

Sydney Striders

**Road Runners Club
Australia**



Edition No. 89: April - July 2003

Marathon de Sables

**250 Kilometres through the Sahara Desert,
Morocco, April 2003**

By Phil Hugill

The Tomb has no Pockets !

Let me start by dispelling any thought or consideration that this will be a report about a race, it is not. The Marathon Des Sables for me was a journey of physical, mental and emotional hurdles. Along the way I ran, walked, hobbled and at one stage crawled, but always with the goal that I would finish this bloody thing!

Summary

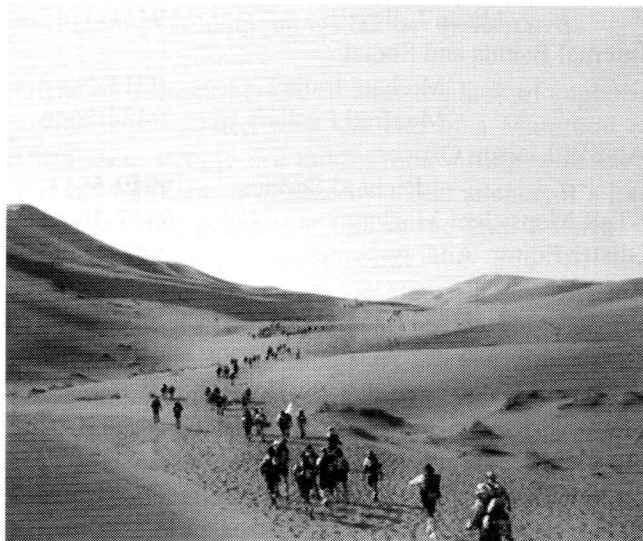
The Marathon Des Sables, or MDS as it is known, is a multi stage, self-sufficiency foot race through the Sahara Desert. The course varies from year to year but is always approximately 250 kilometres in distance over seven days. There is one long leg, i.e. 80 kilometres, normally on about day four. A Dune day is also normally included which, as the name implies, involves running over continuous sand dunes for about 40 kilometres.

Logistics

Participants have to carry all their food, sleeping bag and personal items, spare clothing and cooking utensils for the week in a back pack, and the water ration for each day. Approximately 670 people from around the world participated, mostly male in their

thirties and forties. A small number of females participated, less than twenty I believe, though there may have been a few more in the past.

The race is put on and managed by a French organisation, with different organisations around the world authorised to accept entries. I entered through an organisation called 'Racing The Planet' in the USA, along with fifty Americans and my friend and training partner from Sydney, Steve Urwin.



Inside Blister No 89:

- ◆ Trailwalker - Barry Rutter & Bruce Craven
- ◆ Charles Covilles's journey to Ironman
- ◆ Malaysia Ironman from Gary Leahy
- ◆ Joe Degabriele's '10k Angels'
- ◆ Maastricht Marathon from Phil Kennedy
- ◆ 10k and Super Series results

AND MUCH, MUCH MORE !

The Blister

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MARATHON DES SABLES (continued)

By Phil Hugill



This year's race was blessed with good weather conditions (sand storms are a common hazard at this time of year) and, from my experience, excellent organisation, logistical and medical support.

The stages are broken up over six days and camps are set up by the organisers each night, with runners sleeping in open sided traditional Berber tents with up to eight people per tent, sleeping shoulder to shoulder on a rug thrown over the hard desert rock. We ended up with nine in our tent, but a more compatible and supportive group of people you could not hope to meet.

In terms of equipment, I purchased a Moletrack backpack from the USA with the optional front pack, which accommodates two 750 ml water bottles. You have to carry some mandatory equipment, anti venom pump, space blanket, distress flare, signalling mirror, a minimum of 2000 calories per day of food, knife and space blanket. I purchased running shorts with deep front pockets (which were never used) and running tops that were meant to breathe, i.e. dissipate heat. I also purchased running shoes as recommended (non-porous) however they caused a recurring ankle problem so I went back to my trusty Brooks Beast. A tragic mistake as it turned out, as the Brooks are porous and running with shoes full of fine sand is not recommended.

Apart from the tents and a ration of water per day, the only other support offered is medical, the interestingly titled 'Doc Trotter' medical service. I have to be honest I spent the first couple of days looking for this mysterious Doctor Trotter, until it was pointed out to me that Doc Trotter was the

generic name given to the 50 or so medical support crew, not an actual individual!

The Race

Let me start at the end, for two reasons. Firstly, I have never been so glad to finish anything as much as I was glad to finish this event. As a fellow competitor put it on day three, "this is just utterly miserable". Secondly, it was only at the finish that the enormity of this challenge and what it meant to me became clear.

The End

I am sitting under a canvas awning, sipping a bottle of Fanta orange, generally feeling awful. My feet hurt which is not surprising given how swollen, infected and blistered the skin is. I have just crossed the finish line, been kissed by the French organiser Patrick, and given a medal the size of a small plate which I find amazing. Not sure what I expected but I am surprised at both the greeting, given how bad I smell, (then again Patrick kisses every finisher) and the medal itself, which is many things but not understated.

Glancing around there is an amazing lack of euphoria normally associated with the end of a Marathon or Ultra race. People are talking and sitting with their feet up, but there is almost an unreal silence, it's like people cannot grasp that this is the end. I listen to several conversations around me and all are remarkably similar, people are almost in a trance-like state, discussing various aspects of the final leg but no-one comments on the finish. There is no recognition that it's over and we all made it. It's more like they're awaiting the next stage, as though the race goes on, and I think for all of us it always will. For me personally it was at this point that it dawned upon me that I had lived through a defining experience and moment in my life, one which I will never forget and one which will shape future plans in terms of my running. I will be forever grateful to have participated in a truly remarkable event and to have shared this experience with eight other people in tent 54.

How did I get to the end?

Working backwards how did I get involved in this event and what was my training like? Basically I had

been talking to my friend Steve for a couple of years about doing something different in a running sense and trying to seek a new challenge. I am not sure who discovered the MDS first, or who suggested it would be a good idea but somehow we both decided in mid 2002 that we would do this event. Which was interesting given that at the time I was injured and unable to run. So basically we entered and started planning for the race. Weeks dragged on to months and eventually I was able to start training in January 2003. This was after three months of no exercise due to an ankle/knee problem. However I figured that I had a reasonable background in distance running and had been training well up to October 2003, so I should be fine. Funny how you can convince yourself of anything!

Anyway Steve worked tirelessly in planning and was a great inspiration and source of support as we worked out how to approach this event. Through Steve we managed to source freeze-dried food from a company in Tasmania; this was an excellent find as having tasted the products sold in most outdoor shops I have to say they taste like dried cardboard. The Tasmanian food however from Nathan at 'Chefsaway' was wonderful. Trouble is by the middle of the event, with dehydration kicking in, sand everywhere and a mixture of vomiting and diarrhoea affecting everyone, no food, no matter how good, really goes down that well.

Training wise, before the event I packed as much in to twelve weeks as I could. I figured speed was not an issue and concentrated on endurance, running every day - hills, bush, road etc., with a long run on a Saturday (4 hours plus) backed up with a 2 – 3 hour Sunday run.

Where I went wrong was not training with a backpack filled to capacity, as I would experience in the actual race. In the race I became physically exhausted very quickly.

So training aside and thanks to Steve's organisational skills I ended up at Sydney Airport ready to fly to the UK and connect straight away with a flight to Morocco. My first night in Morocco was a disaster with a bout of vomiting through the night. So the next morning, feeling rather seedy, off we went via a coach on a six hour journey into the Sahara. For the last hour we had to change transport and climb on a rather large and old construction truck, which could navigate across the desert. No roads and no suspension in the vehicle - and so to the first camp.

Camp life

One thing no one tells you or ever describes about this event, or I suspect similar events, is the deprivation you experience. Let's face it we all live very comfortable lives with basic services taken for granted. It's not until you're in the Sahara with nearly 700 other people that the whole toilet thing becomes very personal. Trying to maintain some sense of dignity and privacy is impossible, and after a couple of days you don't care. It's basically about walking a reasonable distance from the tent and doing what you have to do without too much sand getting involved or worse still losing your balance and sitting in something you would much rather not.

Toileting aside the first order of business upon arriving at the camp site is to grab a tent, which is worked out by nationality, I ended up with a great bunch of guys all from the UK and all very supportive and positive.

The other major event in camp life is cooking meals. This was O.K. at first, but by the end of the week everything was just a trouble. Some people had small cooking stoves and pots, others just poured cold water into dehydrated food and let it stand in the sun for twenty mins or so. I took a small (tiny) stove which you placed a cooking tablet in, impossible to light and in the end just too much hard work. That said, dehydrated food with cold water and fine sand are not the best mixture!

The open sided tents provided are a real challenge. The wind howls through, which means there is no protection from the sand. At least it did not rain, which is possible at night in the Sahara. We sleep shoulder to shoulder, nine of us lined up like sardines in a tin, all wrapped in our sleeping bags. You basically spend non-running time, eating, going to the toilet and living in your sleeping bag resting and trying to stay warm at night. I bought a 0 to +5 °C rated bag which was a mistake, the 0 to -5 °C was really what I needed. Temperatures during the day peaked at 50 °C and dropped to 0 °C at night.

The snack food I had taken, energy bars etc., did not inspire me much by week's end, and in fact I found it difficult to eat, craving sweet things, which I didn't have.

The whole camp life thing becomes very tiring, not that you do much, it's just you're so exhausted that even small things become difficult, I spent a lot of time talking to my new friends in our tent, not about

the race but about life in general. This aspect of the event was probably the most enjoyable for me, meeting new people, talking and debating aspects of life, getting a different opinion etc.

The Race

The race itself was over on the first day as a race for me, as I started to dehydrate very early on. The first day was only just over 30k and a mixture of terrain, however my pack at only 10kg was still having an impact as I tired very quickly. Day Two was the 'Dune Day' and this was where my major health problems started to impact.

Day Three was much as Day Two, approx 40k's of variable terrain, small dunes, some big dunes, rocky ground and dried up river beds. Day Four was the big day, 80 kms or so followed by a rest day, (Day Five). Then the marathon stage and a final day of about 24 kms. It felt like I spent more time in the medical tent than on the course, which was a bit sad for me but you just have to deal with things as they come up. As a doctor said to me "you cannot predict how your body will react in this environment". I determined however you could choose how you deal with it mentally, and I chose to go on.

In terms of medical problems, my experiences broadly fell into these categories: Blisters, Dehydration and Physical and Mental Exhaustion.

Blisters. Once blisters appear, the MDS medical team (Doc Trotter) cut away the blistered and infected skin, drown the exposed flesh in red iodine and then apply a second skin product, which sticks directly over the blistered area. I started this treatment regime on the night of day two. My record time spent in the medical tent having blisters attended to was 2.5 hours after the marathon leg on the second last day. It was during this extended treatment session that I met one of the senior doctors, an anaesthetist from Paris and we debated life and its meaning as he reshaped my toes and heels with his scalpel. During our conversation we learnt a lot about each other and why we do what we do. He worked in a public hospital in Paris, working with people rather than working for money. I work with disabled people in Sydney, as the doctor summed it up, "the tomb has no pockets", in other words it's what you do in your life that matters not how many dollars you accrue.

Dehydration. Looking back on it, I was dehydrating badly from day one. But it was on day four, the long day, that I collapsed with heat stroke and needed an

IV, with 3 litres of saline pumped into me. This was apparently at the 60k checkpoint. The event passed me by as I was unconscious. I remember it was dark, then I woke up and it was day break, so the doctor attending to me checked me over and said I could continue but to get checked at the finish. Once at the finish I went straight to the medical tent where a very attractive French nurse checked me over, blood pressure, heart rate, and said I was fine (didn't feel it). At the end of the check up, the nurse looked at me, smiled and said "Philip, we spent a wonderful night together last night under the stars". I looked at her in amazement and enquired what the hell she meant? The nurse informed me that upon my arrival at the checkpoint she had led me into the tent, assisted the doctor with the IV and had been so worried about me that she laid her sleeping bag out next to me and lay beside me all night to make sure I was OK. Very wonderful of her and yet I have no memory of my one and only night spent with a French nurse. Bugger!

Finally my problems really were **physical and mental exhaustion**, this event drains you like no other. It's the deprivation that tires you, the environment is so harsh, the physical challenge so never ending and the self-doubt eats away at you.

The End or the Beginning

So I finished the event, battered and bruised, but happy to finish. I think this event is very much a beginning of a life journey rather than just a race you finish. You cannot describe how you feel at the time, but now some three months later and still recovering, I feel it is a wonderful event I would recommend to everyone, and it has reaffirmed my personal view about life's challenges and the need to truly value what's important.



CANBERRA MARATHON 2003

By Jim Moody



Jim Moody at last year's Sydney Marathon

The morning started much the same as last year - organised chaos. Runners looking around for friends, running partners or support crew. The MTG arrived in groups of two or three with friends and family attached, offering advice and admonitions and looking desperately for other members of the group. There is strength and security in numbers. The request for a group photo took forever to arrange and not until a small group arranged themselves artfully on the steps did anything begin to happen. The late arrivals joined the group. The picture for posterity was taken and the countdown began.

Those who had reconnoitered the area previously had a general idea of where to go. The rest followed other Striders to the marshalling area behind the start line in readiness for the gun. The start became almost a Striders affair. There were some 70 Striders taking part in the race and the newer runners were given an additional confidence boost by the older hands just being there.

Nerves that had been causing all sorts of effects settled and it all seemed just like the start of another Sunday STaR, the chatter quieted and the wait began. As usual someone spoke prior to the run giving advice and encouragement. Those of us at the rear of the pack heard vague noises but nothing coherent. The gun went off (this is presumption as we started to edge forward and suddenly crossed the line) and away we went.

The grand plan for the MTG was to try for about a 6 min per kilometre pace for the first ten kilometres. As this was the usual pace for the MTG, the group settled easily into the normal Sunday AM routine. Talk was spirited, questions were asked and funnily enough the level of confidence appeared very high. Groups formed and reformed but stayed quite close, the old herd instinct kept us together for the first 10 kms.

We passed the 10 km mark in exactly 60 minutes. This boosted the confidence of the group and the second 10 km flowed easily from the first. This Marathon has no real hills, only a few undulations (unknown terminology for Striders). The speed had settled in at around the 6 min k pace, all the nerves had disappeared and been replaced by the usual camaraderie that is distinctive of Striders runs. In the next 10 kilometres, unfortunately Sam developed cramps severely enough to cause him to pull up during this section, this brought home to the group the difference between a STaR and what they were embarking upon. Confidence seemed to falter for a while but again the group had the support from each other and soon resurfaced.

At this time the group had started to break up into two, each had about seven runners. As in any group of runners there are varying speeds and during the MTG training program we had regularly split into two groups. This caused no undue concerns as part of the group went ahead. At this time the MTG's confidence was still very high.

This Marathon has very few sights to contemplate and being a double loop offers the rather appalling thought that the first time around is only that and no matter how tired you feel now you will pass that way again and will then be feeling even worse. The really good sign was that the level of conversation had not dropped perceptibly, nobody complained or even suggested that there was too far to go, the groups were still together and feeling good.

There are long stretches of this Marathon that are devoid of spectators and apart from the drink stations quite boring to run. The organisers provided great support around the course with drink stations and marshals at plenty of locations to assist us, the sponges in the latter stages are also very popular.

We were lucky enough to have a number of support groups and family members who continually popped up all over the course. They must have driven for miles to get to the various locations. This encouragement was invaluable and a great big thank-you goes to those special people.



Steve Packer at the finish – Steve raised \$450 in sponsorship for the Bush Fires Appeal

The 35 km mark arrived without comment. The dreaded 'Wall' did not suddenly drop from above and bring anybody to stationary quivering mass of pain. At this time it still felt like a Sunday STaR. The groups again started to spread out as various runners found renewed strength while some found a slightly slower pace more to their choosing.

This is the time when all the STaRs, midweek runs and hours of training proved their worth. I am sure that everyone felt the pain start to build, the emotions becoming stronger but at no time did any of the MTG talk of stopping. We found ourselves passing others, who had not spent the time training, sitting on the roadside rubbing muscles or just sitting and looking forlorn while we plodded on. The Striders we passed going in other directions offered encouragement which in turn boosted the enthusiasm of all of the group.

The talk continued undiminished until the last bend, at least in my group. One comment that had been bounced around from the beginning was how the last one hundred metres was going to be a 100 metre dash. Coming up that last hill (read undulation) before the final bend to that 100 metres this was vehemently discarded with comments like "not

bloody likely", "nothing left in the tank".

I do not know where people get the charge of energy at the last bend. I was quite happy to keep the same pace to the finish. My running mates who had declared their inability to lift suddenly took off. No comment. The surge of adrenaline must have been monumental. What a fantastic way to finish.

It is an unusual thing but having spent 4 + hours out on the course I find there are very few memorable things to talk about, the excitement all happens at the start or at the finish, the bit in the middle is a bit of a blur for me.

I can't think of a period of six months of training when I have enjoyed myself so much,

Congratulations to Sydney Striders and the members of the MTG for your fantastic efforts.

Wanted – first-time Marathon runners!

Striders MTG

The MTG will be starting a new training program for runners wanting to compete in their first Marathon.

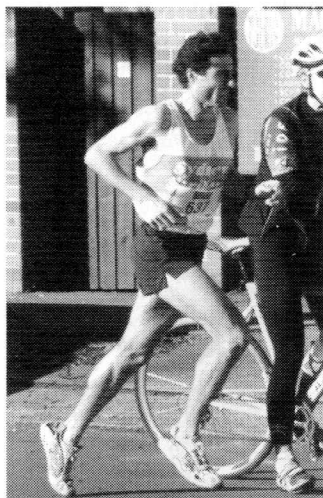
We will begin after the Sydney Marathon with a number of 10 km STaRs before starting the program in November and will be aiming for Canberra 2004. This MTG will be aiming for a Marathon time of between 4 and 4 ½ hours. Any enquiries contact Jim Moody on A/H 9888 9333 or email on James_Moody@Medical-Gas.com.au. The MTG is open to financial members of the club only.

Blister 89 Credits

Photos – Phil Hugill, Jim Moody, Bruce Craven, Phil Kennedy, Kylie Catchpole, Brad Renshaw & Tina Campbell, Andrew Smith. Proof-reading – Penny Smith. Results – Jim Moody, Caroline Yarnell, Stephen Ball, Mark Wilson, Darryl Chrisp, Rebecca Deane, Gary Leahy, David Gayford.

Striders Team in Athletics NSW Events

From ANSW Liaison Officer, Richard Sarkies



Richard Sarkies at the MiniMos 10k

The team started with a bang, coming 2nd in the 10km Road Champs ahead of some better known outfits such as St George and Randwick Botany. And as a bonus Jonathan Craig won the 40+ and John Young was 3rd in the 35+. The course was a brutal affair, with times consistently two minutes slower than a 'normal' one. The winner, normally a sub 30 man, clocked 32:10.

NSW 10 km Road Race Championships, 10th May - Individual Results

Chris Truscott	34:02	11th
John Young	35:57	20 th
Jonathan Craig	36:04	22nd
Darren Benson	36:09	26 th
Richard Sarkies	36:10	27th
Jim Villiers	37:28	39th
Ron Schwebel	41:50	74th

This was followed by the SMH Half Marathon where we placed 4th, a fine effort from the team of Darren Benson, John Young, Chris Dwyer, and Dave Burgess. This length of event will be a strong point for the Striders considering our background and we look forward to a strong showing in the full version in September.

SMH Half, 26th May - Individual Results (NSW Residents only)

Darren Benson	73:03	6 th
John Young	74:26	10 th
Dave Burgess	81:01	32 nd
Chris Dwyer	81:09	

NSW Road Relays, Bass Hill, 15th June

The Road Relays was the next event in the calendar, consisting of 4 legs of 4km each, not a favourable distance for our endurance folk. After a great start from Chris Truscott in 6th place we managed to hold our own quite well dropping just two places to finish 8th after Richard Sarkies, Craig Dunn and Darren Benson put in strong performances. This will be an area to work on, as we are up against clubs with a strong track background in the shorter events.

Until now we were placed 4th overall in the Winter Premiership, however things came a bit unstuck in the NSW Cross Country in Nowra. We couldn't field a full team of six due to injuries and unavailabilities and therefore we didn't even score the minimum one point. Darren Benson, Craig Dunn and Martin Matthews made the trip down south, a beautiful setting, making up for the brutal nature of the course.

NSW Cross-Country Championships, 28th June

Darren Benson 44:55, 15th
Martin Matthews 50:26, 43rd
Craig Dunn 51:15, 47th

Unfortunately this has dropped us down the ladder a little, so let's look to put in a big performance in the **NSW Short Course Cross Country on 19th July** and the rest of the season including the **Long Relays (31st August)** where we need a team of ten.

New Members – April to June

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.

Joanna	Henao	Sandra	Domelow
Shaun	Rutherford	Jane	Grundy
Craig	Plumb	Cara	McFadden
Richard	Sarkies	Max	Crossley
Andrew	Fuller	Paul	Evans
Monica	Reyes	Tony	Barbaro
Fulvio	Fabreschi	Tim	Cradock
Edward	Kim	John	Sutherland

THE ROAD TO THE 2003 AUSTRALIAN IRONMAN TRIATHLON - 8 YEARS OF OBSTACLES, CHALLENGES AND MIND GAMES

By Charles Coville

THE DREAM

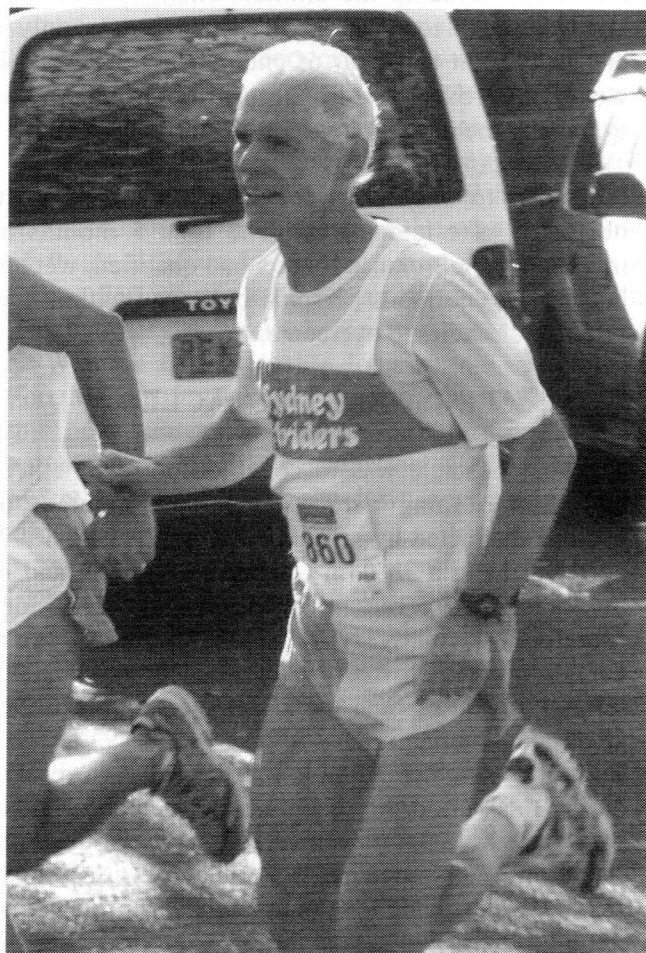
We all dream. Endurance athletes dream of new events to conquer to add to those challenges already accomplished. Over the past 34 years, I have realised each of my personal endurance dreams in running, kayaking and now triathlons. These events required me to focus my obsessiveness and single-minded determination into acquiring new skills, achieving a higher level of fitness and developing a strengthened mental capacity to overcome many obstacles.

RUNNING AND KAYAKING

In the late 1960's and early 1970's I pushed my inexperienced body to complete demanding long distance running events in South Africa that had become a curiosity just before the running boom arrived. In 1969 I struggled through my first 90 km Comrades Marathon in a small field of 586 runners. A year later I completed a grueling track 100 miler. My preparation for these races was through trial and error as there was little science to training and nutrition in those pioneering days of endurance running.

Kayaking was a summer sport that complemented my winter running. In 1972 I completed my first Duzi, the challenging white water race over 3 days paddling 160 km from Pietermaritzburg to Durban along the fast flowing Umsinduzi and Umgeni rivers in Natal. When I started the race I faced an enormous obstacle – I had never paddled in a river or negotiated rapids as I had trained on the only two dams in Johannesburg. My dream of organising the first expedition to kayak 650 km of the Orange River, the boundary between South Africa and Namibia, was realised in 1975. Over 15 days, accompanied by a group of 6 fellow paddlers and a support team of 11 in 3 Land Rovers, we paddled through a barren and inhospitable land, surrounded by desert and encountered extreme temperatures but few humans. Other challenges included an unexplored river and dangerous wildlife such as snakes and leopards.

In 1998 I completed the JLW Challenge, a 2 day "kayak" triathlon that started in falling snow at



Charles finishes the MiniMos 10k in June

Mount Buller and finished in a hot Melbourne over 210 km away. The triathlon comprised two run, cycle and kayak sections. I holed the kayak hull and broke the rudder within 1 km of the start of the kayak section on a small innocuous rapid. The subsequent 20 km crossing of a cold and windy Lake Eildon in a rudderless and leaking kayak was negotiated with extreme concern and great difficulty. On day two, the 28 km final kayak stretch down the Yarra River into downtown Melbourne was again paddled without a rudder for steering.

These ultra distance races helped me master the obstacles and challenges of inexperience, misfortune, fatigue and mind games that I would again confront in the 2003 Ironman triathlon.

TRIATHLONS

My initiation into “swim” triathlons was in 1994 over the Olympic distance Nepean triathlon on the Penrith River. I undertook the 51.5 km event after limited cross training. The swim (1.5 km), bike (40 km) and run (10 km) race inspired me to compete in longer triathlons including the ultimate challenge, the 226 km Ironman. However, at that time it was only a distant blip on the radar of endurance challenges. It would take over 8 years before the Ironman was eventually included on my sporting curriculum vitae.

I decided to only enter the Ironman after known obstacles were laid to rest. The final 5 months of training for the Ironman, once I had qualified, were to become an enormous personal challenge with a new series of obstacles to overcome.

PERSONAL OBSTACLES

The first obstacle was to conclude my competitive marathon running career, as I was reluctant to become distracted by serious cross training. In 1997, aged 48, I ran a 3h 04m Canberra Marathon and in the same year I ran my 8th and final Comrades Marathon. I finally retired from marathons after completing the Host City Marathon in April 2000, keeping my sub 3 hour marathon average intact after 28 standard marathons.

There was another obstacle that I needed to resolve during this period. My daughters Lauren and Natalie were both keen sportswomen, and as an enthusiastic supporter I committed my weekends to their sport. As I could not dedicate long hours on weekends to cross training, the Ironman was put on hold until after the girls had graduated from high school.

SWIMMING OBSTACLES

In the early 1990's I dabbled in low key training for swimming and cycling and the occasional short course triathlon. Previously, my only swimming experience was in the annual school swimming carnival. I would compete without any training as swimming clashed with my involvement in athletics. My bike training was sporadic and undertaken over short distances. I therefore needed to substantially improve my competency in both disciplines.

However, a more serious obstacle was my fear of swimming in water out of my depth. I was confident swimming in a pool, but not in a lake or the sea. In 1976 I almost drowned in a freak kayaking accident. I foolishly attempted to paddle over a large 3 metre

weir on a fast flowing, flooding river and became trapped in the turbulent whirlpool below the weir. I feared for my life as I struggled to breathe and desperately tried to free myself from the clutches of the powerful vortex. After what seemed an eternity, I was inexplicably and miraculously flung out of the whirlpool and washed downstream to safety. In the following years I remained haunted by nightmares of drowning as I struggled to overcome this fear whenever I swam.

17 years later, in 1993, to finally help arrest my phobia and to initiate triathlon training, I participated in a summer series of 2km ocean swim races. I finished all 4 races that I entered but panicked whenever I approached the farthest turnaround buoy out at sea. I desperately sought the comfort of something to hold on to, as I again feared drowning. I was tormented by the thoughts of my kayaking accident. The mental block seemed unbreakable.

Swimming in my earlier triathlons did not ease my anxiety. In several races I continued to hesitate at the buoys to regain my composure, as the option to abort the race was very real. Added to my consternation were my painful leg cramps during the swim, being a slow swimmer and having an inability to adapt to cold water. Participation in swim squad training twice a week slowly helped me to overcome this lack of confidence. My new squad coach also discouraged me from kicking while swimming freestyle. This reinvention of my style eliminated my leg cramps. I also undertook a weekly long continuous swim in the pool and I eventually exceeded the distance that I was required to complete in triathlons. As my fitness improved I felt confident that whatever the unexpected situation, I could swim to safety.

The turning point was at the Forster Half Ironman qualifier in November 2002. I swam self-assured and quicker than my target time and believed that I had finally triumphed over my phobia. I now needed to double the distance of a 1.9 km Half Ironman swim, not merely from a fitness perspective but also to give myself a new mental edge. On 23 February 2003 I finally swam 4 km non-stop in West Pymble pool in 1h 32m. This milestone gave me the confidence to know that the Ironman distance had been conquered in slow, chlorine water without the additional buoyancy from a sleek wetsuit. The ultimate 3.8 km swim in a wetsuit and salt water would surely be quicker and more efficient.

CYCLING OBSTACLES

Up until 1995 I had not cycled further than 90 km on a single ride. My strategy for both cycling and swimming was to build up confidence for the distance and an improved level of fitness. In recent years I cycled two "Uncle Fester (Peter Corte) Birthday Rides" to Wiseman's Ferry (180 km each), as well as two 'Around the Bay in a Day' rides in Melbourne (210 km each). The Ironman bike distance had been negotiated. Now all that I needed to do was to become fitter on the bike through regular training. This was progressively achieved in late 2002 when I cycled on Saturdays and Sundays as well as twice during the week.

MEDICAL OBSTACLES

In January 1999 I suffered a serious viral infection that made me lethargic and restricted my participation in sport for six months. Then in May 2000 I was involved in a nasty bike accident when I narrowly missed shattering my left kneecap. I required surgery to my knee and index finger as well as a long rehabilitation, which again delayed my sporting activities. Once I had overcome these complications I was left with 2 final debilitating obstacles to overcome - regular cramps on the bike / run during long distance triathlons and a recurrent left calf muscle injury.

RUNNING OBSTACLES

My first long distance triathlon was the Sri Chimnoy Half Ironman in Canberra in 1995. In that triathlon and each of my next five Half Ironman triathlons, my legs cramped during the 21.1 km run. The 2002 Forster Half Ironman qualifier was a cramping nightmare. I cycled at a fast pace on the bike, as I needed to finish in the top 5 of 29 competitors in my 50 – 54 year age category. At the 60 km mark, with 30 km to go, I started to cramp in my calves, adductors and quadriceps. I backed off the pace as I returned along Lakesway to Forster, but still struggled to dismount from my bike due to horrendous cramps. Although I eventually started the run without cramping, cramps set in by 7 km. The nightmare had commenced. I ran my slowest ever half marathon in 2h 3m. Ironically, while I struggled with cramps my fellow competitors were suffering from the heat. It was a very hot and smoky day and bushfires blazed uncontrolled throughout the state. I could more comfortably endure these hot conditions as I regularly ran at lunchtime throughout Sydney's

steamy summer months.

Despite my slow run I was competitive in both the swim and bike ride and I qualified for one of the 250 slots available for the 2003 Ironman. A month later at the Half Ironman in Canberra further cramps convinced me that I needed medical advice. In late December I visited the Narrabeen Sports Medicine Centre where a sports doctor tested my blood for abnormalities. The laboratory results were all normal, but there was still no conclusive explanation for my debilitating cramps. The sports doctor prescribed a two pronged remedial approach. He suggested that I consume a 350 mg salt tablet every hour during endurance events. Additionally I should drink 750 ml of fluids 2 hours before race start followed by a further 750 ml of fluids 1 hour 40 minutes later. In late February 4 weeks before the Ironman, at the NSW State Championship long course triathlon at Port Macquarie, I would undertake my only test of this new strategy. However, one further obstacle prevented me from experimenting with the salt and hydration proposal. I broke down once again with a left calf injury.

I succeeded in training injury free leading up to the Forster Half Ironman in November 2002. To avoid running injuries I reduced my weekly kilometres during November and December. I correspondingly increased the time spent cycling. In early January I holidayed for two weeks in Tasmania and had a break from training. Upon my return, refreshed and enthusiastic, I intended to embark on a final 10-week programme of concentrated training leading into the Ironman. My first run after my holiday was a disaster. Without any warning I strained my left calf as it tightened up and went into a mild spasm. Over the next eight weeks, I stopped running, received acupuncture, massage and physiotherapy, but all with limited success. After treatment and rest I would be given the all clear to commence running, but once again my left calf would tighten up during my first comeback run.

MIND GAMES

Fortunately I could continue to swim and cycle during my running lay off. However, how was I to remain motivated to train not knowing if I could overcome my injury in time to make the start line? To undertake a 5 hour cycle on a Sunday morning followed up by a 1 hour swim later that afternoon required a new psychological challenge I had yet to master. Even if the calf were to miraculously improve, I would still lack long distance running

training for the marathon. I desperately needed positive mental reinforcement.

A set of simple and puerile mind games that I conceived convinced me to keep training. I decided to change my password on my work computer to *SOLEOUSOK* ('soleous' being the name of my injured calf muscle). Every morning when I logged on to my computer I would receive a self-assured visual message. Friends who enquired about my preparation all received the same positive response. Without exception I confidently predicted that I would be at the start line on the 6th of April. James Tucker, 2002 Ironman, once said of my eight Comrades Marathons, "you can't buy that running experience". I would regularly reflect on these inspiring words during training to convince myself that my absence of marathon training was not going to be an obstacle to completing the Ironman. I had not run over 21 km in a single session since August 2000 and I was only able to run a total of 49 km in the 7 weeks following my injury. I regularly wore my Comrades Marathon necktie to work to help reinforce my past endurance achievements.

I succeeded in dedicating an average of 12 hours per week to training and peaked at a record 17 hours in the first week in March. However, a reality check reminded me that I had just over a month to go to race day, and I could not run further than 10 km without my calf muscle tightening up.

THE BREAK THROUGH

Finally, the break through that I so desperately sought happened. Maureen, my wife, had just started rehabilitation treatment with Jenny, a physiotherapist in Mosman, to help her recover from an unsuccessful arthroscopy to her knee. The treatment, was a combination of exercises and a sports tape strapping technique around the knee. Jenny assessed my running from a biomechanical perspective and concluded that my partially worn cartilage in my big left toe was the cause of my calf injury. Through her strapping technique at various points on my buttocks, hamstring, calf, heel and arch, she believed that she could correct the undue strain that my biomechanical imbalance had placed on my hamstring and calf muscles. A set of 3 exercises was also prescribed.

In the final four weeks of training I managed to run a total of 100 km without any calf tightness as a result of the strapping and exercise programme. I was confident that I was ready for Ironman, despite my lack of recent long distance running training.

THE FINAL OBSTACLE

However, there was to be one final unexpected pre-race obstacle one day before the start of Ironman. The water temperature had fallen from 22 to 18 degrees Celsius due to an adverse change in the weather. This could have been disastrous to my swim, as my low level of body fat meant that suffering from hypothermia was a real possibility. During the Canberra Half Ironman in November 2002 I shivered uncontrollably at the end of the 1.9 km swim in the 21 degrees Celsius water temperature of Lake Burley Griffin, despite wearing a short sleeved wetsuit. A quick telephone call, 18 hours before the race, to ask Lauren to buy a silicone swim cap before she left Sydney to drive north to Forster solved the problem. I would wear an extra layer of insulation under my official orange swim cap.

THE SWIM

I felt relaxed yet excited at 5.45 am on the banks of Wallis Lake on Ironman day as I pulled on my new long sleeve neoprene wet suit to be worn for the first time in a triathlon. My swim was concluded after 1h 14m in the tumble dryer like environment of flailing arms and legs of the 1,500 competitors and was 6 minutes quicker than my target for the 3.8 km distance. In the swim in the November qualifying Half I had recorded 39 minutes. The swim leg was sensational by my standards. I reassured myself that this was a positive omen for what lay ahead.

THE CYCLE

I now entered what was potentially the start of the cramping territory. The 180 km bike leg was approached confidently but cautiously. The on, off, on again rain forced me to cycle slower than I had intended due to the puddled roads and slippery downhills. I nonetheless slotted into a comfortable yet fast pace for as long as I could. I lost over 10 minutes when I stopped for four toilet breaks as well as a pit stop at one of the four Shimano bike mechanics on the course. The mechanic adjusted the cleats on my cycle shoes to relieve a mild nagging pain that had developed above my right knee. I averaged 28.2 km / hour on the bike compared to 31 km / hour that I had raced in the November qualifying Half Ironman. I dismounted my bike after 6h 34m free of leg cramps for the first time in a long distance triathlon. My preplanned hourly nutritional ritual to consume 1 salt tablet, 1 litre of electrolyte fluid and 70 gms of carbohydrate appeared to resolve

my cramping problem. I felt surprisingly strong and quietly optimistic for the 42.2 km marathon.

THE RUN

My regular Friday lunchtime training run, swim, run to the open air North Sydney Olympic Pool and back over the Harbour Bridge had conditioned me for transitional running. I encountered no problems converting from cycling to running as my legs responded to the final discipline and I immediately settled into a comfortable 4m 55s / km pace. I gave the thumbs up to my support crew as I completed the small 4 km Tuncurry loop before I headed out on the first of the two 17 km sections through the spectator lined suburbs of Forster. After 1h 30m I completed the first 17 km section and I again indicated to Maureen and Lauren my positive well being and on going enjoyment of the long day's proceedings as I identified them amongst the cheering crowds.

At the carbohydrate loading dinner two nights prior, 2002 winner Chris McCormack described how his race fell apart during the latter stages of the 2002 run. The Mack truck had "fallen on his head" at 35 km as he "hit the wall" and struggled to the finish. I had savoured the race atmosphere until the Mack truck fell on my head just after the start of the final section. I had simply 'hit the wall' as my legs started to tire dramatically at 25 km. The words of advice from 1995 Ironman Scott Crawford also became a reality. "Charles, just remember that the swim and bike legs are mere warm ups for the run. Ironman only begins around the 30 km mark of the marathon". After 10 hours the real Ironman challenge had finally begun. It was time to adjust to survival mode and I needed to run on memory.

James Tucker's comments about my Comrades Marathon experience resurfaced. The mind game techniques that I had successfully adopted for coping in these situations during other endurance events were called on. I broke up the remaining 17 km into comprehensible chunks. Three Corporate Cup races of 6 km each appeared so much easier to visualise than a mind-boggling 40% of a marathon. Another mental technique I embraced in the 1997 Comrades Marathon was to focus on running from one drink station to the next, 2 km away. I silently sang a song from "The Scarlet Pimpernel", the musical in which Maureen had recently performed. The rousing song of resistance and inspiration, "Into the fire", never seemed more apt although I hastily ignored the "Madame Guillotine" option.

"Come on legs". I pleaded in vain to my aching, lethargic legs as I slowed down to an 8 minute / km pace. I had not walked for fear of cramping and I

slotted into a fast shuffle. It was demoralising to have competitors in my age category pass me again after I had laboured to pass them a few km earlier. The conspicuous letter "G" in black ink on their right calf muscle differentiated them from other age categories. What was further disconcerting was the return of the light rain. The yellow glow stick issued from a drink station just on sunset was a stark reminder that the race had started just after early light that morning and was to be concluded in the dark that evening. The night air was cool and the back roads and paths had fewer spectators than during the first lap. It had suddenly become a long, dark and lonely experience.

I snapped myself out of my brief depression as an inner voice reminded me of the old cliché that out of adversity something positive always happens. My left calf muscle that dogged my training for over 3 months had not troubled me in over 4 hours on the road. I was also less than 3 km away from completing my first long distance triathlon without cramping. A wave of emotion engulfed me as I passed the last drink station and I reflected on the perseverance and sacrifices required being there. I had dedicated 220 hours to training in the 21 weeks since qualifying on 10 November. There were also the numerous 5am training sessions, early nights to bed and a reduced social life. 26 medical consultations since the 24th of January were added to the list.

As I struggled up the last rise, 300 metres from the finish, Lauren's friends Mike, Mick and Hannah called out my name. It was an unexpected bonus to hear familiar voices offer me a final round of encouragement. I had acknowledged my last personalised support from friends Danny, James and Marlies over one hour earlier at the 30 km drink station. The upbeat music, singing and cheering in the distance intensified as I shuffled into the start of the long animated human tunnel and headed towards the finish. The voice of the international race compere, Mike Riley, boomed out above the cacophony as he personalised each competitor's finish ahead of me. It was finally my turn to be introduced to the exuberant crowd packed into the compact grandstand. I was overwhelmed by the passionate occasion and felt mentally and physically drained.

"Charles Coville", announced Mike Riley, "You are an Ironman".

Age Category 50 – 54. Finishers 77. My position 46th.
3.8 km Swim - 57th - 1h 14m 04s ;
180 km Cycle - 52nd - 6h 34m 10s ; 42.2 km Run -
44th - 4h 42m 53s ; Total time - 12h 43m 28s

GOING DUTCH - MY TREATY WITH MAASTRICHT

By Phil Kennedy

Around the 30km mark at Six Foot Track I swore to myself that I would never again commit to a marathon without committing with equal vigour to training. As I dragged body and soul over the line, somehow sadistically enjoying the experience, I knew that I had to once again seriously analyse the wisdom of "running on memory". There is no escaping the hard yards and I had fallen into the lazy approach over the last few years, as my times reflect. No more I swore.

Then...I found that I would be in Europe (a continent yet to be crossed off my 'Run-a-marathon-on-each-continent-list') and not wanting to pass up on the opportunity I immediately checked out on-line international calendars for anything in/near Amsterdam, my destination. (I can recommend the international calendar on www.marathonguide.com). I had exactly two weeks in which to 'train' (and renovate house/appease spouse & boss/bond with children etc – the runner's lament). Stuff my earlier resolution, I decided to commit to this experience and undertook to myself to train properly 'next time'.

One of the two options for that particular weekend was the Almere Marathon in Amsterdam, which did not fill me with inspiration. This appeared to be a fairly drab event, two laps in the city/suburbia (although I was probably doing it an injustice). Clearly the better option was the Maas Marathon which advertised beer-tasting along the way and claimed to be the flattest course in Europe. How could I resist?

The problem was that the event was a good three hours at least from Amsterdam. Bugger that, it would be worth the experience so I decided to over-night in a local B&B/pension. The race started and finished in the Belgian town of Vise, crossed over to the west bank of the mighty Maas river, headed north into Holland through the city of Maastricht, then crossed back over the river and wound south through a mosaic of picturesque farmyards and villages.

The pasta party the night before the event was notable for the quality of the wine and the home-made pasta and for the entertainment laid on by the decibly-challenged DJ and local talent. The locals spoke French more than anything else and I had anticipated being able to get by with my knowledge of Afrikaans/Flemish. Wrong. One embarrassing

consequence was a mix-up which had my host assume that I was consenting to sharing my bed with a fellow runner (same gender). Wrong again.

The race started at 9:30am in a carnival atmosphere. I was treated to a memorable breakfast by my host and his cycling mates. The organisers of the marathon had allowed cyclists who had pre-registered to join the course after 13km and this added to the atmosphere of the event. The weather in Amsterdam had been miserable – wet and cold. The forecast had suggested the same for race day but it turned out to be a fine 27C. I had not packed a cap or sun-screen. 'No-hat no-play' would have been a wise policy for my thatch-free cranium. I was a delicate lobster pink come Monday.



At various points along the course we were heralded by percussion bands of one form or another. The most effective was a steel drum octet pounding with great energy in the valley floor and the acoustics were just amazing. Beats 'Chariots of Fire' for inspiration. The first 15kms followed cycle tracks and cobbled streets (the cobbles were actually quite annoying after a while). At 20km we entered Maastricht and the course snaked through the central park and the CBD much to the amazement of the café crowd. By this time I was already feeling the effects of under/no-training and I had little strength and even less resolve/reserve despite the course being as flat as claimed. The heat was not helping and I had not yet started beer tasting, so that was no excuse.

I had expected some recognition of my Sydney Striders vest from the local runners, but they seemed a fairly subdued and reserved lot and the only banter I received was from a Pom and a Scotsman travelling

in Belgium together, when they passed me (individually) at around the 35km mark. They had been tasting the beer at every opportunity and had an impressive array of stamps on their chest bibs by way of confirmation of their participation. By this time it was very warm, drink stations seemed further apart and due only to intense peer pressure I succumbed to my first beer. It was clear that this was not going to be a 'fast' marathon. My expectation of a sub-4 hour race had long evaporated. I am very aware of dangers of dehydration and the diuretic effects of alcohol. However, calculating the extent of my energy output and relative state of decline and assessing the risks was not all that difficult. I must say that the beer (Jupiler) at the 40km mark tasted magnificent.

After the race I suggested that this might be my last (don't we all?) and Pom asked how many I had run. I boasted that this was number 37 and I politely enquired how many they had run. "Oh, we're part of the hundred club" I was informed by Scotty, "and he's on 198". They then added that they were looking to run an ultra on each continent and would be visiting Australia soon. I insisted that they attempt 6 Foot Track, conveniently close to Sydney - a fast, flat trail ultra. (also suggested they visit the Striders & CoolRunning websites)

The Maas Marathon (or Marathon de la Meuse) is a unique race. If you find yourself in Europe in May, and you are in the mood for either a flat, fast course for a sure PB or a festive, somewhat blurred trot through the hamlets of the Low Countries, then this is one I highly recommend.

A new STaR in the (Striders) Galaxy

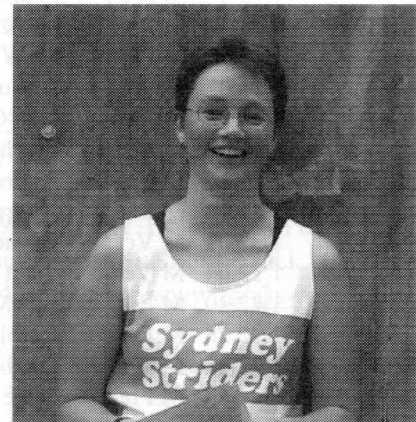
The inaugural **Airport Adventure** was run on 29th June – what a great new STaR!

The 19 km option provided a fast, flat and scenic run, perfect for the week before the Gold Coast marathon. And for those who felt that no STaR is complete without at least a couple hills, the 30 km option offered that too. And yes it's a certified 30 kms.

Many thanks to **Stephen Bodnar** for designing the course and hosting the STaR, and special thanks also to wife Vicky and family for helping out.

How to (almost) win an international race

By Kylie Catchpole



In mid-May I placed 2nd in an international 5km race held in Osaka, Japan. Those of you who know me – I shuffle along near the back of the 7am group or at the very back of the 6am group – might find this hard to believe. But if you have the right pre-race strategy, (almost) anything is possible.

The most important part of your strategy is choosing your race. In my case it was the World Conference on Solar Energy Fun Run. I knew as soon as I heard about it that I'd have a chance of a place. There were about 1000 engineers at the conference, but usually only 10% go in the fun run. So the total field would be about 100. Then combining the fact that about 5% of engineers are female with the fact that less than half of all runners are female, I was expecting a female field of somewhat less than five. Sure enough, there were three of us.

After the first few minutes, when one woman zoomed past me like an express train, and I could see the other behind me walking, I knew I wouldn't have to worry too much about race tactics. I covered the 5km course in 23 minutes. The picture was taken just after I'd finished, happily exhausted after my first international race representing my club!

Living up to a name?

Spotted in the international athletics results was a Nigerian lady named 'Endurance Ojokolo'. What a marvellous name for a runner! The story would be even better if she ran marathons but she was actually running the 100m in the Trikala Super Grand Prix in Greece in June. *Ed.*

SMH Half Marathon, 25th May

Darren Benson	1.13.03	M Pre	David Camm	1.37.09	M Vet	Elizabeth Woodhams	1.52.02	F Mst
John Young	1.14.26	M Pre	Paul Bullas	1.37.33	M Vet	Rebecca Deane	1.52.31	F Pre
Stuart Chellis	1.18.42	M Pre	Mark Gardiner	1.37.45	M Pre	Steven Norden	1.52.33	M Vet
Anthony Wong	1.19.53	M Pre	Mark Schaefer	1.37.45	M Pre	Paul Trainor	1.52.52	M Pre
David Burgess	1.21.01	M Pre	Arthur Huxtable	1.37.57	M Mst	Benny Gauci	1.53.00	F Vet
Ronald Stolk	1.21.02	M Pre	Lisa Carroli	1.38.10	F Vet	David Cooke	1.53.00	M Vet
Christopher Dwyer	1.21.09	M Mst	Stephen Ball	1.38.32	M Vet	Julie McGaw	1.53.28	F Vet
Ross Sinclair	1.21.36	M Vet	Andrew Smith	1.38.49	M Vet	Estelle Visser	1.53.41	F Vet
Mark Wilson	1.21.46	M Pre	Andrew Duggan	1.39.14	M Pre	Kerry Ross	1.53.49	F Vet
Keith Bateman	1.22.01	M Vet	Renae Leary	1.39.33	F Pre	David East	1.53.56	M Vet
Greg Coy	1.22.04	M Vet	Scott Smiles	1.39.41	M Mst	Ted Brailey	1.54.02	M Mst
Martin Matthews	1.22.20	M Pre	Jeff Morehen	1.39.42	M Vet	Paul Jackson	1.54.15	M Pre
Sean Ryan	1.22.28	M Pre	Caroline Yarnell	1.39.52	F Vet	Ross McCarty	1.54.40	M Mst
Stephen Jackson	1.22.42	M Vet	Hugh Langshaw	1.39.59	M Pre	Tim Deane	1.54.42	M Pre
Steve Hume	1.22.59	M Pre	Mike Hansen	1.40.23	M Vet	Joe Flinn	1.54.42	M Vet
Jenny Truscott	1.23.02	F Pre	Michael Sharp	1.40.46	M Pre	Andrew Horsley	1.54.50	M Mst
Gerry Arthur	1.25.32	M Pre	Charles King	1.42.12	M Vet	Mukesh Kerae	1.54.56	M Pre
Joel Mackay	1.25.56	M Pre	Alan Smith	1.42.15	M Vet	Ruth Mccoll	1.55.17	F Mst
Tom Fischer	1.26.33	M Pre	Anton Kapel	1.42.45	M Pre	Marlies Laaper	1.55.33	F Vet
Greg Donovan	1.26.37	M Vet	Andrea Mcdonald	1.43.29	F Pre	Heather Forster	1.55.59	F Vet
Victor Donovic	1.27.17	M Vet	Peter Butcher	1.43.32	M Mst	Leigh MacRitchie	1.56.07	F Pre
Ray Doran	1.27.24	M Snr	Jeff Morunga	1.43.35	M Vet	George Herisson	1.56.07	M Vet
John Van Yzendoorn	1.27.41	M Pre	Andrew Waudby	1.43.38	M Vet	Steve Packer	1.56.08	M Vet
Neil Barker	1.28.09	M Pre	Garry Maddox	1.43.47	M Vet	Denis Speyer	1.56.55	M Vet
Richard Deutsch	1.28.17	M Pre	Heiko Schaefer	1.43.55	M Snr	Monica Reyes	1.57.38	F Pre
Jaap Bakker	1.28.21	M Pre	Andrew Joseph	1.44.01	M Mst	Victoria Pilkerton	1.57.43	F Pre
Gary Aitkenhead	1.28.30	M Vet	Ralph Melano	1.44.10	M Vet	Allan Marks	1.57.47	M Mst
Joanne Cowan	1.28.32	F Vet	Stuart Crichton	1.44.21	M Pre	Mary Barnes	1.58.06	F Vet
Stephen Bodnar	1.28.46	M Vet	Shane Grobler	1.44.25	M Pre	John Shepherd	1.58.16	M Mst
Kendall Waller	1.28.50	M Pre	Amy Fisher	1.44.32	F Pre	Allison Lilley	1.58.59	F Pre
Adrian Spragg	1.29.09	M Vet	Dennis Nel	1.44.42	M Vet	Mike Elliott	1.58.59	M Vet
Lance White	1.29.48	M Pre	Mary Stringer	1.44.51	F Vet	Michael Wilson	1.59.03	M Mst
Philip Boswell	1.30.03	M Vet	Robert Wawrzyniak	1.45.03	M Vet	Peter Cookson	1.59.03	M Mst
David Gayford	1.30.07	M Vet	Adam Cresswell	1.45.32	M Pre	Ron Daly	1.59.03	M SSr
Grahame Murphy	1.30.10	M Vet	Brian O'Dea	1.45.45	M Mst	Michael Johnstone	1.59.12	M Pre
Barry Rutter	1.31.15	M Mst	Sandra Domelow	1.45.48	F Pre	John Simmonds	1.59.32	M Snr
Catriona Cater	1.31.17	F Vet	Iain Martin	1.46.01	M Pre	Paul Thompson	1.59.37	M Vet
Joanne Barton	1.31.21	F Vet	Adam Barnes	1.46.03	M Pre	Eric Schmierer	2.01.20	M Mst
Ben McSweeney	1.31.26	M Pre	Tony Barbaro	1.46.17	M Pre	Brad Renshaw	2.01.34	M Mst
Tom Silk	1.32.22	M Pre	Mario Torresan	1.46.51	M Pre	Geoff Crowther	2.01.51	M Pre
Mark Robinson	1.32.35	M Vet	Nick Woodhams	1.46.52	M Mst	Richard Wassell	2.02.14	M Pre
Cameron Arnold	1.32.36	M Pre	Paul Thompson	1.48.07	M Vet	Lisa Gallate	2.02.15	F Pre
Alex Whitworth	1.33.23	M Snr	Tina Campbell	1.48.21	F Mst	Kylie Catchpole	2.02.46	F Pre
Mark Davis	1.33.30	M Vet	Jacqui Matthews	1.48.25	F Vet	Sam Chuah	2.02.58	M Mst
Ron Schwebel	1.34.46	M Mst	Paul Thompson	1.48.42	M Vet	Paul Munro	2.04.35	M Snr
Karen Van Esveld	1.34.53	F Pre	James Moody	1.48.48	M Mst	Lilian Chuah	2.04.43	F Pre
Roland Hassall	1.35.14	M Pre	Robin Cameron	1.49.25	F Vet	Karin Kaehne	2.04.51	F Vet
James Woodhams	1.35.20	M Pre	Mark Davis	1.49.29	M Vet	Alastair Wallace	2.06.04	M Vet
Gregory Prerau	1.35.26	M Vet	Lesley Maher	1.49.30	F Mst	Gillian Boshell	2.07.03	F Pre
Stephen Kibble	1.35.42	M Pre	Michael Kaars	1.49.45	M Mst	Penny Smith	2.09.02	F Snr
Michelle Farrar	1.35.57	F Pre	Michael Rees-Evans	1.49.57	M Pre	Frank Dearn	2.11.10	M SSr
Mohammed Alkhub	1.36.32	M Vet	Fernando Santisteban	1.50.13	M Pre	Alistair Cooke	2.11.20	M Pre
Gregory Mackay	1.36.34	M Vet	Patricia Twaalfhoven	1.50.42	F Vet	Mercy Samia	2.14.45	F Mst
Ivan Freys	1.36.35	M Mst	Lorraine Spanton	1.51.22	F Mst	Megan Jackson	2.15.56	F Vet
Tim Austin	1.36.38	M Pre	Quinn Askeland	1.51.34	M Pre	Kirsten Themsen	2.16.09	F Mst
Vivienne Kartsounis	1.36.40	F Vet	Neil McPherson	1.51.46	M Snr	Nick Themsen	2.17.18	M Vet
Graham Sharp	1.36.57	M Vet	Erica Morgan	1.51.51	F Pre			

SMH Half – Fastest Strider Darren Benson came 14th overall. Featuring in age-group categories were:

M35-39	John Young	3 rd
M50-54	Chris Dwyer	3 rd
M60-64	Ray Doran	1 st
	Alex Whitworth	2 nd
M65-69	Neil McPherson	2 nd
M70+	Ron Daly	2 nd
	Frank Dearn	3 rd

Ron at 78 yrs was the oldest finisher

W45-49	Joanne Cowan	2 nd
W55-59	Tina Campbell	2 nd

No teams entered under the 'Sydney Striders' name, but the following appeared in the results:

Husband & Wife both 35+,
1st Caroline Yarnell & Anthony Wong

Father & child – 3rd Heiko & Mark Schaefer

Father & child (U-20) – 3rd Alex & Per Jensen

Male & female team,
1st David Burgess, Mark Wilson, Joanne Barton

M40+
1st team including Ross Sinclair and Greg Coy.
3rd team included Grahame Murphy



Darren Benson, first Strider home in the SMH Half, seen here at the Mini-Mos.

Upcoming Events

Mostly from www.coolrunning.com.au – go to 'Calendar' for links to email, websites, download entry forms plus online registration for Bankstown and Mt. Wilson.

August 3rd Northbridge Fun Run 10/5.5km, 2km kids run. 10.15am. Linda McEntee 0411-484-301.

August 9th 12 Foot Track 90km or 45km bush run – out'n'back along Six Foot Track. Call Kevin Tiller 0419-244-406 or see www.fatassworld.com

August 10th City-to-Surf, 14km. (Super Series Event). 10am start. Entry form in Sun Herald every Sunday or call 1800-555-514 or go to coolrunning.

August 17th Bankstown Half Marathon 7:30am, 5km 7:45am, Lake Gillawarna, Georges Hall. Call Joan 9724-4729 or via coolrunning.com.au

August 23rd Mt. Wilson – Bilpin 35k. (Super Series Event) Call Margaret Tadrose 4567-1262. Register online at www.coolrunning.com.au.

August 24th 'The Right Track' Mudgee Marathon Start 7:00am. The Right Track (02) 9738-8638 or via coolrunning.

August 31st Lake Macquarie Half or 10.5km run/walk, 5km kids. Starts 7.00am. Chad or Peter 4956-3122 or 0410-474-488 or via coolrunning.

Sept 14th 'Flora' Sydney Marathon, Half or 10k. (Super Series Events) Start Nth Sydney, finish Homebush - approx same route as Olympics. See the [CoolRunning Sydney Marathon Page](#).

Sept 21st Gladesville Bridge to Bridge Run/Walk 5km or 10km. Start 9am, finish Kissing Point Park, Putney. Call Barry Cole on 9874-3148.

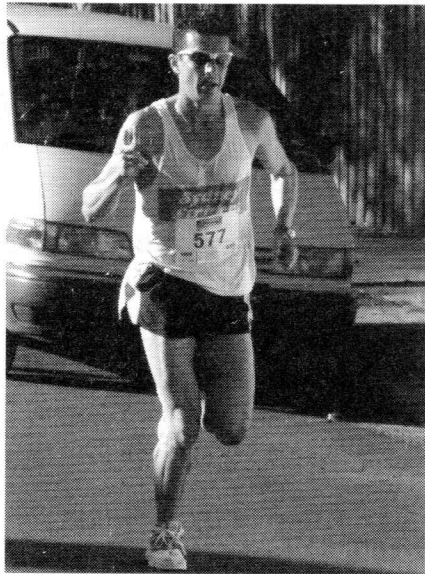
October 11th Fitzroy Falls Fire Trail Marathon Marathon 8am, 10km 9am. Michael Chapman 9518-9099 or website www.fitzroyfallsmarathon.com

October 26th Sussan Women's Fun Run 5km or 10km run/walk. 8am Mrs Macquarie's. Super Sprint Promotions (03) 9596-2340 or via coolrunning.

And Super Series Events **October 19th Internal Handicap Half** (STRIDERS ONLY) and **November 1st Striders 10k**, Lane Cove.

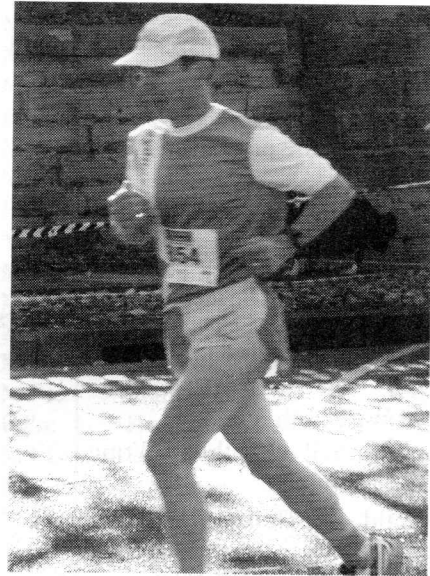
Mini-Mos Marathon 10k, 22nd June

Striders Chris Truscott, Darren Benson, and Richard Sarkies were among the first 10 finishers. The results below show your age-category placing in the race.



Chris Truscott, first Strider in the Mini-Mos

Congratulations to Keith Bateman, Jo Cowan, Ron Schwebel, and Heiko Schaefer for winning their age-groups and to Richard Sarkies, Greg Coy, Dawn Tiller, Alex Whitworth, and Liz Woodhams for placing 2nd/3rd.



Barry Rutter – one of our great O-50 runners

-pl.	name	time					
5	Chris Truscott	0.33.44	11	Barry Rutter	0.44.48	117	Fernando Santisteban 0.51.02
7	Darren Benson	0.34.28	12	Scott Smiles	0.44.54	85	David Cooke 0.51.38
2	Richard Sarkies	0.35.52	30	Mohammed Alkhub	0.44.56	29	John Kerr 0.51.38
8	Stuart Chellis	0.37.06	6	Elizabeth Edmonds	0.44.58	30	Michael Bailey 0.51.46
7	David Burgess	0.37.28	35	Mark Davis	0.45.46	3	Elizabeth Woodhams 0.53.02
1	Keith Bateman	0.37.38	12	Andrea McDonald	0.46.16	37	Andrew Horsley 0.53.28
3	Greg Coy	0.38.38	41	Mike Hansen	0.46.34	112	Mike Elliott 0.54.28
14	Martin Matthews	0.38.44	76	Simon Kent-Jones	0.46.36	7	Beryl Wilson 0.56.02
17	Steve Hume	0.39.18	1	Heiko Schaefer	0.46.50		Geoff Crowther 0:56:08
22	Andrew Fuller	0.39.38	16	Peter Cobley	0.47.04	46	Ted Brailey 0.56.10
1	Joanne Cowan	0.40.02	46	Ralph Melano	0.47.14		Eric Schmierer 0:56:14
28	Tom Fischer	0.40.12	18	James Moody	0.47.16	7	John Simmonds 0.56.18
7	Roger Casey	0.40.30	87	Darren Goodsir	0.47.24	161	Richard Wassell 0.56.24
24	Craig Dunn	0.40.40	47	Campbell Reid	0.47.30	8	Mercy Samia 0.57.14
9	Greg Donovan	0.40.56	94	Paul Trainor	0.47.56	43	Frances Brown 0.59.04
1	Ron Schwebel	0.41.02	52	Tim Deane	0.48.00	10	Penny Smith 0:59:28
2	Dawn Tiller	0.41.12	97	Hugh Langshaw	0.48.16	93	Megan Jackson 0.59.32
11	Mark Robinson	0.41.20	98	Michael Free	0.48.18	10	Paul Munro 0.59.34
5	Alex Jensen	0.41.40	58	Paul Thompson	0.48.44	94	Allison Lilley 0.59.36
32	Cameron Arnold	0.42.00	2	Alex Whitworth	0.49.22	12	Frank Dearn 1.00.44
15	Adrian Spragg	0.42.24	21	Amy Fisher	0.49.24	14	Peter Johnson 1.13.42
17	David Gayford	0.42.32	13	Robin Cameron	0.49.40	79	Marlies Laaper 1.36.59
35	James Woodhams	0.42.34	23	Ross McCarty	0.49.52		Ray Doran DNF
46	Michael Sharp	0.43.32	24	James Cryer	0.49.58		Gerry Arthur DNF
7	Charles Coville	0.43.32	72	Hans Pandeya	0.50.04	n/a	Andrew Smith hlp
	John Stathis	0:44:22	23	Erica Morgan	0.50.14	n/a	Stephen Jackson hlp
4	Caroline Yarnell	0.44.30	75	Joe Flinn	0.50.34		
			76	David East	0.50.36		

Malaysia 2003 – My Eleventh Ironman

By Gary Leahy

A mixed year of preparation after the Australian Ironman 2002 and a previous two-year lay off from training after Hawaii in 1999 all came to a head at Langkawi on Sunday 23 February.

In 1999 with three Ironman races in an eight month period I was 'Ironman-ed' out. New Zealand in March where I qualified for Hawaii, the Australian Ironman five weeks later (entered as an insurance policy in case I wasn't successful in NZ) and Hawaii – the World Championship - held in October.

I wasn't going to repeat that story again. Well, almost. I had entered both Malaysia and Australia, however in January a cortisone injection in the hamstring put paid to that idea. The injury meant that Malaysia was either going to be painful or unlikely. Painful it was to be.

So it's off to Langkawi since the race entry, airfares and hotel accommodation were already paid and Forster doesn't have the same attraction as a tropical island off the west coast of Malaysian peninsula. The island is about the same size as Singapore.

The name Langkawi combines two old Malay words 'helang' (meaning eagle) and 'kawi' (strong). Classical Malay literature has it that the island is the resting place of Garuda, a mythological bird who became Vishnu's vehicle. The whole island is steeped in legends, the favourite is of Mahsuri a maiden who was wrongly accused of infidelity and before allowing herself to be executed put a curse on the island for seven generations. (Lonely Planet – Malaysia, Singapore and Brunei)

The weather reports note the average temperature at around 37 degrees with 85% humidity. Langkawi is an island and I'm still waiting for the cooling sea breeze.

The scheduled swim start was 6.15am. The same as Australian Ironman....not a problem! Except that the first morning after arriving I was out the door at 6am for a reconnaissance of the bike course and it is absolutely pitch black darkness. Like you can't see zip.....and I'm riding down the road with no lights! They can't possibly have the swim at 6.15 or even 6.30. They'll lose people. It's nearly 7am before there is any semblance of light on the horizon.

Water temperature of 26 degrees means the swim

isn't refreshing but at least you don't have to perform *origami* exercises to extricate yourself from the wet suit.

It's out and back - that's a 1.9k straight line to the turning buoy. I can't see much because the goggles keep fogging up with the humidity - so I must have swam....what? 4.2k?

On the bike it's two laps around the island. Last year (2002) the course went straight through town except it was 10k shy of the 180k. Why not lengthen the course by taking in the scenic route (read hills) at the back of Kuah? On the first downhill I reach 70 kph without pedalling.

Off and around the island you compete for bitumen with taxis, cars and motor scooters. Sometimes we are all four abreast. Road rules are a mystery on Langkawi. Double lines, blind corners, oncoming traffic and passing cars!

Being a Muslim country the kids are off to school on a Sunday; so there is lots of cheering during the bike leg as the course passes through the many villages.

It was hotting up by the end of the first lap when we turned at the 'race hotel' for the second lap and by the time I passed the crocodile farm at the 130k mark for the second time I was about to pass out.

Back to the transition by the giant eagle statue and it's now only three laps of 14k to go. Sounds easy? I struggled off the bike. The cortisone has apparently worn off and the hamstring pain is now irritable.

Running is arduous. I stopped to talk to Prue and she sends me on my way. Is that the caring spouse?

I stopped again down the road to stretch and chat to Shona Preston and son Zack. Did I forget to mention John is also competing? His running went downhill quickly after falling into a stormwater drain in KL (where they now live) some three weeks before. John is behind me by some 20 minutes and I aim to keep it that way.

I befriended an Italian, Ormondo, who is doing his first Ironman and says he is frightened to run (basically as he is stuffed). He was told the bike and run course was flat. You know as well as I, that you

never believe other people's course descriptions.

I eventually convince Ormondo to walk/run and then bring it up to a trot. But the time has blown out and by this stage who cares! It's going to be a PW but it's oh so hot. I can't remember if Hawaii was this hot - that was four years ago. It was a hot and humid summer in Sydney. I spent Saturdays running off the bike in the middle of the day after 180 k. I should be used to it.and did I mention the humidity?

It also gets dark very quickly near the equator. The sun goes down, down, down, then it's black. And yes, it's still hot and humid.

The last lap couldn't have come fast enough. Thank God for the finish, it beckons with the all too familiar American commentator screaming out 'You're an Ironman', the lights and of course is my hair straight for the finishers photograph? The medal, finisher's shirt and a 'dinky' towel. So that's what you get for \$365 US!

What 13 hours! A miserable effort. On the way to picking up the bike we see the German, Hubert, who placed 2nd in the 50-54 age group. He has a grin as wide as the Rhine. His place earns him a coveted Hawaii spot. He says 3rd place was nearly an hour behind him. Hey, that is about where I was. First in the age group, another Australian, Kevin Hill was expected to take it out. He won the 50-54 age group in Hawaii in 2002 in a time of 10.15.

So a podium finish for 3rd (or 2nd runner up as the trophy says) in a new age group 50 – 54 - and after walking for at least 6 k, but probably more.

And you can't get out of this too easily without forking out another \$407 US for another day in the hot sun on the hot lava fields of Hawaii.

So now it's the Ironman World Championships in October.

Gary Leahy

Age Category 50–54. Overall place 122nd. Age Group place 3rd

3.8 km Swim – 143rd - 1h 14m 43s
1st Transition - 4m 29s
180km Cycle – 115th - 6h 19m 52s
Time after cycle - 7h 39m 03s
2nd transition - 5m 20s
42.2km Run – 139th - 5h 22m 03s
Total time - 13h 06m 25s

John Preston

Age Category 45-49. Overall place 188nd. Age Group place 7th

Swim – 151st - 1h 15m 31s
1st Transition – 4m 30s
Cycle – 154th - 6h 42m 52s
Time after cycle – 8h 02m 52s
2nd Transition – 5m 35s
Run – 218th - 7h 04m 27s
Total time - 15h 12m 53s

Gold Coast Marathon, 6th July

These times are from gun, chip times and report in next Blister.

Kelvin Marshall	3:01:54	
Bruce Craven	3:12:05	
Neil Barker	3:14:48	
Mark Gardiner	3:21.13	
John Van Yzendoorn	3:24:17	
Mahmoud El-Khansa	3:27:06	
Jo Barton	3:39:08	
Sharon Callister	3:43:00	
Jim Moody	3:53:14	(25m+ PB)
Tina Campbell	3:56:13	(3 rd in Masters Australian C'ship)
Michael Bailey	4:19:29	
Brad Renshaw	4:59:15	
Eric Schmierer	4:59:53	
Allison Lilley	5:00:30	
Sam Chuah	5:09:24	

Half Marathon

Chris Truscott	71.06	(23 rd place and 10th in Australian Championships)
John Young	75.30	
Jenny Truscott	79.39	(13th female and Bronze Medallist in the Australian C'ships, also 2mins+ PB)
Renae Lentjes	94:39	
Glenda Anderson	104:03	
Vicki Pilkington	110:27	
Heather Foster	120:35	

10 K

Randy Brophy	37:43
Lachlan Renshaw	38:30
Peter Truscott	52.30 (PW)
Graham Willis	56:56

Ex Striders now residing in Qld ran Marathon in Striders colours: Sarah Brown 3:57:34, Sarah Braund 3:57:35.

Sydney Trailwalker 2003 with Striders 200+ Team

By Barry Rutter
with photos from Bruce Craven

The 'Striders 200+' Team: Warwick Selby, David King, Darryl Chrisp, Barry Rutter

Support Team: Sandy Murphy, Angela Selby, Shirley Rutter



Striders teams at the start (Back L-R Steve Tancred, Greg Donovan, Neil Barker, Bruce Craven, Darryl Chrisp, Warwick Selby, David King. Front - Adrian Spragg, Barry Rutter)

It was early in January following the STaR at Lane Cove that our team was born. I remember Warwick coming up and asking if I was interested in going in the event. Within 20 minutes Warwick had David King and me filling out the registration papers. Warwick doesn't muck around! That made three of us and our fourth member Darryl Chrisp, was recruited a month or so later after the STaR at Woolwich, when I popped him the usual question, "Are you interested" etc. So we had our team. If you are wondering why the team was called 'Striders 200+', it's because we are all Striders on the wrong side of 50.

Our training runs started after the Canberra Marathon and we covered much of the course over time on a Sunday, including a couple of legs at night. It's good to run together before such an event as it's all part of the experience. You get to know each other better and on race day you feel that much more confident with each other.

I must admit at this point there were times leading up to the race that I said to myself. "What have you got yourself into!" I've done some crazy things over the years, but what really concerned me was whether I

could actually do the distance with these guys, Warwick and David being sorts of legends in this event since it started and Darryl being a long distance veteran. The longest I had run in any event was Six Foot Track and I know how I feel during and after that. I was getting worried that I might let the team down on the day and I didn't want that. But as I found out later, all of us to some extent have those emotions, as I am sure most teams do.

So after the rain cancellation the race day finally arrived. Actually a perfect day and, as we found out later, a perfect night as well. We all arrived early at Warwick's place, (he lives just near the start), registered and returned for a coffee, checked the bags and back for the start.

There are two waves, half of the 343 teams start at 9.00am and the other half 11.00am. Our start was 9.00am, we went off right on time.

Leg 1 – Hunters Hill High School to Lane Cove Park 13.5km

A fairly uneventful leg, we had all run much of this numerous times at STaRs. Ran at a comfortable pace all the way, being wary not to slip on the wet boardwalks or rocks and damage oneself so early. Leg time was 1hr.04mins. Checkpoint time 1 min.

Leg 2 – Lane Cove Park to Thornleigh 12.5km Cumulative 25km

A bit tougher leg, quite a few hills and some climbing up and down. Ran all of this leg where we could. Towards the end of this leg, Darryl and David tending to drop back a bit.

Leg time was 1hr 42mins. Checkpoint time 6 mins.

Leg 3 – Thornleigh to Rosemead (Hornsby) 8 km Cumulative 33km

At the Thornleigh checkpoint Darryl indicates he is starting to cramp in his calves. I rub some of my emu oil into the calves and tell him he'll be OK, which I am sure helps him a lot. We then run off. This leg has its ups and downs also but we had run this up and back in training comfortably. However, there were now clear signs that Darryl was in trouble. He was slowing down and requiring to walk and jog. David was staying with him, with Warwick and I a little bit ahead but always within sight and sound.

Leg time was 1hr 16mins. Checkpoint time 9 mins.

Leg 4 – Rosemead (Hornsby) to Crosslands 16 km Cumulative 49km

While we were having our eats and drinks, Darryl said that beside the cramps he was feeling lethargic and was only holding us up and would drop out here. Warwick, who is a doctor, suggested he eat a bit more and have a Coke, which I think he did. At this checkpoint David also said he was not feeling the best. Warwick gave him the same advice and especially to drink more. It was warm now and we were all sweating and losing fluid. Had my first Coke here, very nice. When we prepared to move out, Darryl did likewise, but we could see he was now struggling and we still had two thirds of the race to go, 67kms. Darryl said later that if this had not been a team event, he would have certainly pulled out here.

Rather than run off we walked out of Rosemead. The leg ahead would be difficult if you were feeling OK, but it would be much worse if you were under stress in some way. This leg includes the run down into Galston Gorge with a lot of climbing and walking involved. This probably helped the situation because you could not run a lot of this and so we walked a good deal of the leg. This leg took 2hrs 10mins and it was after leaving the Gorge that you could see David was in trouble also. He had developed a leg problem which was causing him a lot of pain and was severely restricting him. But on top of that, and probably worse, was that he was feeling sick and actually was sick if you know what I mean. Both David and Darryl were again at the back doing the best they could in the circumstances.

The approach to Crosslands Reserve was scenic with the Berowra Creek close on one's left and I could not help but take in this environment on such a beautiful day. It was around 3.30pm and the sun was starting to settle behind the hills to the west. I ran the last couple of kms to the checkpoint as I felt fine in myself and I knew Warwick was with the other two boys. I never asked any of them if they enjoyed the same piece of country that I did.

Leg time was 2hr 23mins. Checkpoint time 13 mins.

Leg 5 – Crosslands Mt Ku-ring-gai 7 km Cumulative 56km

At Crosslands checkpoint, Sandy, our excellent back up, had as usual set everything out on card tables so we did not have to fossick for our food and drink. It was at this point that David was at his lowest, feeling very off-colour and probably not in any condition to continue on. Warwick again suggested he needed to eat and drink but David said he would bring it up. Someone else said if it stays down long enough it

would help anyway. David thought he was having a reaction to the Energy Bar he had eaten earlier on and was making him sick. When David said he would pull out there we all knew how bad things were. However, the one positive we had was that Darryl was starting to feel a bit better. So as Darryl had done at Rosemead, David just got up and walked out with us. David also said later that had it not been a team event he would have exited here, but like Darryl earlier, he was not about to let the team down. Had another Coke here, very nice.

The leg to Mt Ku-ring-gai is not long in distance, but rises dramatically 200m from river level 2km into the leg to the 6km mark. It's very steep in parts and Warwick and Darryl move ahead. I walk this leg with David and we push on up the hill as the last of the daylight fades away. We reach Mt-Ku-ring-gai public school at 5.10pm.

Leg time was 1hr 16mins. Checkpoint time 15 mins. (Our longest rest)

Leg 6 – Mt Ku-ring-gai to Wildflower Gardens St Ives 13 km. Cumulative 69km

We have our longest stay here and get our night gear organised. As we leave the checkpoint darkness is upon us. It was at this point that whilst we still had 44 difficult kms to go, for the first time in many hours, there was a feeling in the team that we could all get this done. Spirits seem to have lifted a cog or two. Perhaps this was due to the coolness of the early evening after a warmish (for winter) day with considerable dramas to contend with. Or maybe it was that we would shortly be heading south again, for the finish. Whatever it was, I think we all knew it.

During this leg, as we approached Appletree Bay, another piece of postcard scenery came upon us. The full moon was shining on the Bay, the water was dead calm and not a breath of wind. You could have heard a pin drop out there. Maybe that's exaggerating a bit but it was worth the entry fee just to be there at that time. Unfortunately this relaxing situation was about to change for us in a most unexpected way.

Just after leaving Bobbin Head, with the track meandering alongside Cowan Creek, the track suddenly disappeared in a sea of water as far ahead as we could see with our lights. For the first time in the race we were uncertain as to whether we had missed a turnoff a little earlier. We decided to go back a bit and check. Fortunately however, another team came up and were adamant that this was the right way. So the eight of us decided to go bush a bit and see if we could get around the water. This was a lot more

difficult than we thought as it was more mulga and rather steep and was hands and knees stuff in the dark. All eventually made it past the water barrier which was later confirmed as a king tide.

If all that wasn't enough, the climb out of the Bay up to the Wildflower Gardens near Mona Vale Road was extremely tough. For me it was the most difficult leg, just so much climbing. When we reached the checkpoint I know I was feeling it. My feet were sore (and wet from going in some water earlier) and I remember that I was last checking in. This was my personal low point. I considered changing to new shoes and dry socks, but this would take more energy and time away from rest so I decided to stay as I was. (It was a good decision as everyone's shoes, feet and socks would continue to get wet from here to the finish due to the amount of water still on the track). Had another Coke here, very nice again.

Leg time was 3hr 01mins. Checkpoint time 9 mins.

Leg 7 – Wildflower Gardens St Ives to Davidson Park (under Roseville Bridge) 12 km.

Cumulative 81km

It was 8.35pm when we left Wildflower Gardens. Warwick and Darryl had started to move out. I looked around to find David and he was being sick again in the bush. He said he felt a bit better having brought up some of what he had just eaten. The trip to Davidson Park is pretty much a downhill section but not much is runnable at night. However, we were now walking at a fast march pace and we all stayed pretty close through much of this leg. During the early part we all discussed what we thought was going on with the other Striders teams. At any moment we thought that one of the younger teams would come up and leave us in their wake. We were getting reports from Sandy that some of the teams were having their own set of problems, it was not just us. So we formed the view that we were not going too badly all things considered. We just needed to keep moving at the fastest walking pace that allowed for the terrain we were on at any given time.

Of course the further we got the more concerned we were of being overtaken by another Over-50's team. We knew there was a very strong Over-50's 'Billy's Bushies' team out to do well also.

We arrived at Checkpoint 7 at 11.21pm and it was getting fairly cold. My wife Shirley was there also and would continue on to the finish with Sandy. I put on an extra layer of clothing here and some of the others did also. Had another Coke here, very nice.

Leg time was 2hr 46mins. Checkpoint time 10 mins.

Leg 8 – Davidson Park (under Roseville Bridge) to Frenchs Forest 8 km.

Cumulative 89km

As we walked out from under the Roseville Bridge I think we all believed that we were going to make it. Darryl was now going strong and showing no signs of the early problems, David was maintaining the strong walking pace and at times was leading the way. Actually Warwick had always maintained, even in our training runs, that David would finish strong as he had done in previous years. I was tending to get aching feet but thankfully no sign of blisters. Warwick was now feeling the distance and I think he was concerned that he might suffer the same problems as in last year's event where, in the last leg, he struggled just to finish.

This leg, whilst only 8 km is not as easy as one thinks, especially at night and after 81kms. We did this leg in training at night and knew the route well, with a lot of up and down and does not allow any real running. We were all happy just walking as quick as we could. Nevertheless I slip and fall into the barbed wire fence and cut my leg up a bit. No other dramas, and we reach the second last checkpoint at 1.08am Saturday morning.

At this checkpoint had no appetite to eat anything solid, just jellybeans and I am sorry to say, a 'V' (like Red Bull). Did not even want a Coke, just wanted to get going and finish it. I think everyone felt the same. Leg time was 1hr 37mins. Checkpoint time 7 mins.

Leg 9 – Frenchs Forest to North Harbour (Finish) 11 km. Cumulative 100km

This leg is well known to all of us, done many times on STaRs and even in this training. However, we took a wrong turn in a street in Seaforth and we had to backtrack about 200m or so. No one could explain why we went wrong on sealed road with street lights and in streets we have been on many times. I think we all just lost concentration thinking this bit was easy.

This leg also takes in the beach just after Clontarf. It was nice to see a very low tide and hard sand to walk on. The last thing we needed at that time was some soft sand training. As we moved around Dobroyd Head towards Reef Beach we heard voices to our rear in the still night. You can imagine. With the finish now only about 2.5/3km away, were we to be overtaken by that other Over-50's team? It was a bad thought. So we all agreed we would start running again, which was not easy on a very wet track and

which we all found hard to do with 'old age' stiffness setting in. To our dismay, no matter how hard we ran the voices kept getting closer, until just near Forty Baskets Beach, where we could see their lights coming up to our rear. We knew we were done for here and the last thing we needed now was to take on a one km sprint to the finish. But somewhat to our relief, when they were about 20m behind us, we could all detect that these were not 50+ voices, more like 30 or less. When they passed us there were seven of them, including a couple of girl runners who were just running the last leg with the guys. We all remarked how good it would be to have young legs again - the guy's legs we meant not the girls! We later saw that they represented AMP.

And so it was we reached the finish at 3.32am in a total of 18hrs 32mins, placing equal 9th team over the line. The young AMP team were recorded with the same time as us because they ran around the wrong way when they got to North Harbour Reserve while we just did the right thing and ran straight to the finish. That will teach them not to have the girls with them in future! Leg time was 2hr 17mins.

Needless to say we were all glad to see the finish, but elated with the way the team was able to overcome a number of problems along the way. Only by everyone in the team having the determination to finish and the desire to work together as a team, were we able to achieve the elation of finishing this very tough event.

In the final results 'Striders 200+' were elevated to equal 6th Complete Team to finish out of the 343 starting teams. We won the Over-50's category and broke the Over-50's record to boot. ('Billy's Bushies' only finished 50mins behind us in the Over-50's). We also beat the time for the Over-40's this year which was 22hrs 58mins.

The uniqueness of participating in this event, apart from funds being raised for a very worthy cause, is the team aspect of the event. As runners in races, whilst we may sometimes run as a club, by the sport's very nature, we mostly run as individuals and you only need to focus on yourself, your own problems and personal achievement. This event allows you, in fact makes you, consider everyone else in the team and you find you don't worry about your own problems so much and that in itself is probably a good thing. I recommend this event to everyone. Give it a go next year!

Finally, thanks to my team mates Warwick, David and Darryl for being such great competitors. I hope you all enjoyed the experience, good and bad, as

much as I did. Secondly, thanks to Sandy for the outstanding back up support all the way through. Without your support set up, we simply could not have done anywhere near as well as we did.

Bruce Craven writes: Trailwalker 2003 must set some type of record. It was re-directed because of fires, postponed because of floods, and made more difficult because of a king tide! Nature at its best.



Bruce's team 'Four Strides from Home', L to R Bruce Craven, Matthew Fitz-Gerald, Neil Barker, Tom Morrow

I was in the Striders team that came 5th called "4 Strides From Home" (Team 31). Luckily we were able to get all four team-members across the line in just under 17 1/2 hours. These included Neil Barker, Matt Fitz-Gerald, Tom Morrow and myself. Neil rolled his ankle at 15 kms but managed to complete the next 85 kms on a combination of pain-killers and courage (stupidity some would say as he was on crutches for the next four days!). We found it tough, cold, long, and rewarding and somehow managed to avoid the worst of the high tide that night which the organisers had to balance with the fantastic full moon on offer.

I want to congratulate Jonathan Worswick's team on winning the event but also commiserate with Adrian Spragg's team who could only get three to the starting line despite frantic last minute calls. The delay of a month meant all teams were well and truly into cold and flu season!

All four in our team vowed during the run that we would not be returning, but of course, pain dulls over time!

Trailwalker Results

Strider **Elizabeth Edmonds** was Race Organizer.

1st 'Powered by Lansa' 12h 58m
Team included Strider **Jonathan Worswick** and Canberra-based ex-Strider **Trevor Jacobs** with Nigel Aylott and Jonathan Sheppard.

6th 'Four Strides From Home' 17h 25m
(5th Complete Team) Striders **Bruce Craven**, **Matthew Fitz-Gerald**, **Neil Barker** with Tom Morrow.

'Midnight Ramblers' 18h 24m
Strider **Benny Hagberg** with Graeme Elgie and Andrew McCulloch. Strider **Keith White** DNF'd at 70km.

9th 'Striders 200+' 18h 32m
(6th Complete Team + 1st Over-50s with a new record) **Warwick Selby**, **David King**, **Darryl Chrisp**, **Barry Rutter**

23rd 'Ghost Riders' 21h 10m
Striders **Adrian Spragg**, **Greg Donovan** with Steve Tancred but no 4th runner due to rescheduling of race (read the name again – it is a Striders team!)

=29th 'Striders Plus' 22h 03m
Striders **Jim Screen**, **Paul Jackson**, **David Lancaster** with Bob Elliott

=29th 'More Bloody Striders' 22h 03m
Striders **Stephen Jackson**, **Joel Mackay**, **Graeme Murphy** with John Sneddon

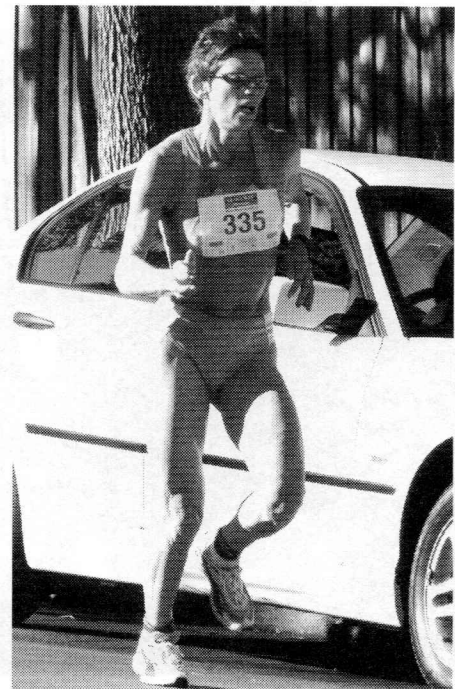
135th 'Easy Striders' 28h 26m
Heather Forster, **Rod Lovel** (seen below in North Head 10k), **George Herisson** and **Robin Cameron** (**Margaret White** missed out due to the rescheduling of the race)



Striders in the News

Jo Cowan was featured (with photo) in the North Shore Times of 4th June as she won gold in the NSW 10k Road Race Championships in the 45-49 age group. (Jo runs NSW events with UTS Northern Suburbs). **Jenny Truscott** also got a mention as race winner.

Jim Cryer bared his sole in the SMH 'Health and Science' section after going down with an infected foot. **Stephen Jackson** reported to the LiSt 'have just been speaking to Jim Cryer, a Strider for some time. His foot, along with the rest of him, has been hospitalised for the past week with a bad infection. Jim thought it was a twisted ankle, but hadn't actually twisted it. Now he won't be running for a few weeks his foot is swollen, blotchy, and absolutely excruciatingly painful to stand on. The opinion of the medico's (and there have been a few) is that the infection was due to bugs multiplying in his damp running shoes that then got into his foot via cracks in the skin around the forefoot. Both the cracks and the damp shoes have been exacerbated by the cool, damp spell period we have been experiencing - shoes not drying out, feet getting soft, leaving shoes on for a period after a run - a nice damp warm environment for bugs to multiply. So, a stark reminder that shoes and feet need maintenance - dry them well and keep them clean. If your shoes smell (more than usual) get some anti bacterial powder just in case.'



Jo Cowan at the Minimos

10km Angels

By Joe Degabriele

Question: How long does 10 kilometres take?

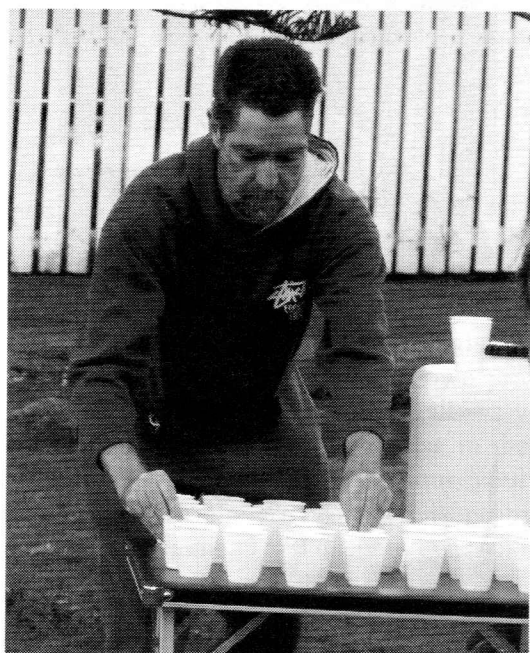
Answer: About 3 hours on Saturday and 100 volunteer hours.

Months before anyone runs a step, our now ex-President (but still Vice-Pres) Jim Screen, the 'Chief Diplomat' negotiates with the National Parks to grant what sometimes seems like royal assent to our runs.

On the day, creeping through the dark at 6.00 a.m. on a cold Saturday morning a small army starts to assemble as the real backbone of the 10km Series Team disturbs the quiet venues of the Sydney Strider 10km courses.

The first wave is our club's Gear Quartermaster – Peter Woods – this quietly spoken Strider has given a lot in his support of the Striders - including both knees recently (two recent ops)! But seriously every month Peter loads his car up on a Friday night, every square inch packed with chairs, tables, signs, water, first aid kit, etc, etc.

Unpacking the car is fairly straightforward but loading the car is a certifiable art form. And without his monthly contribution of 7 hours of his time - transporting, cleaning and warehousing our gear we would be seriously up the creek.



Peter Woods sets up a drink stop at the North Head 10k in June

The second wave arrives in the form of our Hosts – the 'Canteen Sergeants'. At North Head - David and Helen Ritchie, at Lane Cove - Barry and Shirley Rutter. These guys are also quiet angels doing the planning and shopping to feed a hunger and thirsty horde of over 200 runners (and growing each race). Obviously these teams are getting it right, the food and drinks disappear on each occasion. But buying the food is only half the job. On Saturday morning the team arrives at 6.10 a.m. with goods in hand and start preparing the ice buckets and drinks, cutting up all the fruit and cakes, laying out the nuts, lollies and chocolates. And after 8.30 a.m. there is a clean up of the site and amazingly by 9.00 a.m. the sites are guaranteed to be back to their pristine state – you just can't tell there was a race and a 'spread' consumed.

At 6.10 a.m. the third wave arrives with our 'Course Team' Stephen (our new President) and Megan Jackson. They quietly go about laying out the course markers and signs. At Lane Cove, Stephen traverses the course on his scooter, whizzing up the course in the dark. Fairly straight-forward only because Course Designer Stephen has spent hours planning each course, ensuring each one is accurately measured to the last centimetre. To his credit we are always prepared to consider new courses and be prepared for anything – though we all cross our fingers the weir doesn't overflow during the rail construction at Lane Cove.

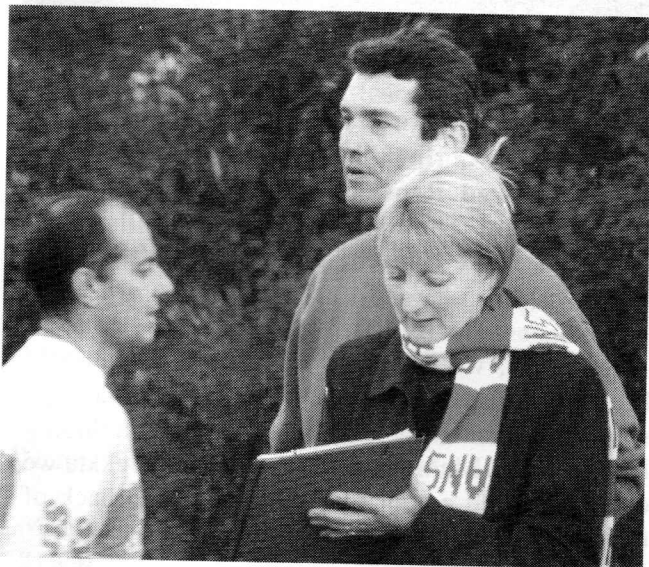
Then around 6.20 a.m. the fourth wave of volunteers arrives – the registration teams. We used to think two registrations tables would be enough but in 2003, it has have grown to four tables – two for members and two for non-members. A few regulars have helped streamline the process and Stephen Jackson prepares member lists to speed up registration. This is especially helpful around 6.45 a.m. when the rush of eager Striders all arrive in a brief frantic few minutes. Some of the regulars include David Burgess, Jo Cowan etc. Some of these helpers swap over to allow runners to warm up for, the actual running of the 10km.

Finally at 6.40 a.m. the final team of volunteers arrive to be Course Marshals, keen to wear orange jackets and wave red flags to ensure the course is followed.

Then we are almost ready for the start. Quickly the

timekeepers are trained and assembled for the quick flurry of the start. They then relax for about 32 minutes before they're in the action again. If you think the pressing the spot watch when fumbling feet fall over the line is not stressful then you need to talk to our timekeepers. The charge at the line is furious and competitive but we have a counter measure - as a fail-safe we have two timekeepers at each race.

But the stress attack job goes to one of the gentlest person you will ever meet – Shirley Rutter, wife to young Barry and therefore doomed to be involved in Striders just as much as with her netball, school canteen and the Salvation Army. Shirley has been our 'Recorder' for the last few years, scribbling down the bib numbers of the finishers as they charge out of their trenches towards the finishing line in a vain attempt to save precious seconds against the terror of the target time. The job becomes so stressful, especially at the notable times of just under 40 minutes and just under 45 minutes etc., we added a 'Caller' to stand beside Shirley so she only has to write. And now we are adding a 'Catcher' to chase after runners who slipped past with an obscured number. If Shirley wasn't a saint we would be lost, especially when runners manage to hide their race numbers.

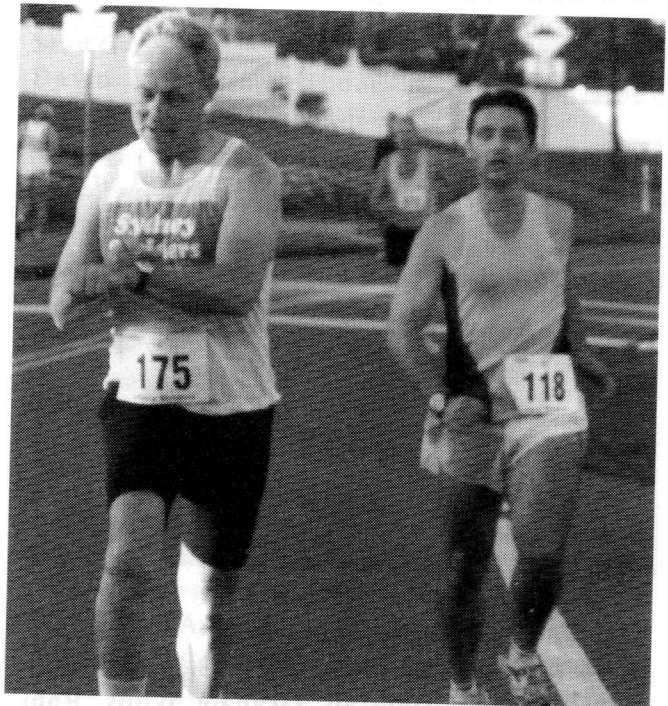


'Recorder' Shirley Rutter waits for the front-runners with her 'Caller' Stephen Bodnar behind and 10k Series Director Joe Degrabriele on left

Our newest volunteer position is our surrender to the digital age – the 'Scanner' who scans the barcodes on the race numbers on all those hot sweaty bodies in order of finishing before allowing them to go off and have a warm down or just collapse. (*Last race Peter Woods was asking runners to wait to be 'barcoded' – the runners looked a little apprehensive about what exactly he was going to do to them. Ed*) It's necessary to ensure accurate recording as well as reducing the time taken to input the results. Which brings me back to Stephen Jackson, the original 'Father Time'. After the race, he whisks away with the results in hand, returning to his lair to feed his magic box to tabulate results and further mysteries as he sets evil target times.

Of course at the end of each race, we acknowledge the race winners and lucky draw winners with gift vouchers from our sponsors – Sydney Running Centre. Finally our results are collected by Jo Cowan, who reports them to the Sunday papers, so that the running community knows the Strider 10k Series is still alive and well.

All said and done, the 10km series is lots of fun. We get to see the wonder of elite runners and the effort of the back markers striving to improve with every run. We manage to pull together a great effort in putting on quality events in a seemingly worry-free environment and it is really rewarding. So next time you're not running consider putting your hand up and join us on race day and put in a couple of hours towards keeping our 10k Series alive.



Customers closing fast! Alan Philips (R) and Richard Wassell in a sprint finish

The Fantastic Forster Foreshore STaR, May 3rd 2003

By Tina Campbell

How does running a STaR around picturesque Forster sound? What about staying at one of the cleanest and best run Tourist Parks in NSW, situated right on the bank of Wallis Lake? Add to this the 'Fantastic Forster Foreshore' STaR hosted by Kirsten and Nick Themsen (past 'STaR Hosts of the Year'). Got your interest? Then pencil in the first weekend in May 2004.

May 3rd 2003 saw the first FFF run. Seven runners, one walker and two young ladies attended. We arrived at the 'Forster Waters Tourist Park on the Lake' during the Saturday afternoon. The FWTP is owned and operated by Ross Betts, a long-time Strider. The accommodation is varied and the rates are very reasonable.

From the veranda of one of the huts we enjoyed a lovely sunset over the lake followed by sundowners. After which we adjourned to the recreation room where Ross had set up a BBQ for us to use. There was the added pleasure of the local live-in muso who entertained us on his electric organ! As this was the inaugural Forster STaR, Ross contributed a couple of kilos of succulent local prawns. Brad Renshaw and Graham Willis did a great cooking job on the BBQ, there were plenty of salads provided by Kirsten and Nick. Plenty of red wine and champagne was consumed.



Where's dessert?

(L to R Fran Thompson, Nick Themsen, Mike Hansen, David Dunstall, Graham Willis, Robi Russell, Tina Campbell, Kirsten Themsen, Ross Betts, Brad Renshaw & Paul Thompson).

Next morning, feeling a bit bleary eyed, we all trooped around to the Themsen's to do what we came to do – run. Nick, on his bike, led us on a tour of Forster/Tuncurry pointing out all the places of interest. We had lots of stops to enjoy the scenery, as we ran along roads, beaches, grass and some bush. The only downer on the day was the storm that blew in during the night. It continued through most of the morning bringing patchy rain and wind but that didn't spoil the experience for us.



Before the run we draw straws for the bike, the Viking won

(L to R, Brad Renshaw, David Dunstall, Robi Russell, Paul Thompson, Graham Willis, Nick Themsen, Mike Hansen, Tina Campbell, Kirsten Themsen).

After 25km, we ended up back at the Themsen's beautiful house on the canal where their usual high standard of catering was in evidence, including Kirsten's Egg McMuffins. As well as the brekkie we even got to do a spot of fishing from the back of their house. This has to be a first at a STaR!

All in all it was a great weekend. Forster is only a three hour drive from Sydney, and there is plenty for the whole family to enjoy. So, next May if you feel like a weekend away from the big smoke we suggest you give the Fantastic Forster Foreshore STaR a try.

Race Results

NSW 10km Road Race Championships, 10th May

Jenny Truscott	40m 01s	1 st
Jo Cowan	41m 07s	6 th

Jo was 1st in the 45-49 age group. (Jenny runs with the Randwick Botany team and Jo with UTS Norths for these ANSW events).

For Striders ANSW team results see Richard Sarkies article on page 8).

Mother's Day Classic, 11th May

4K

1 st Jenny Truscott	14:07	1 st runner home
17 th Randy Brophy	15:13	2 nd 40-49 age grp
30 th Caroline Yarnell	16:12	2 nd 40-49 age grp

8K

3 rd Damien Tancred	27:31	Our 10k Sponsor
7 th Anthony Wong	29:03	1 st 30-39
10 th Sean Ryan	29:44	3 rd 21-29
11 th Randy Brophy	30:18	2 nd 40-49
24 th Ray Doran	31:43	1 st 60-69
107 Bernadette Boulous	36:32	10 th 30-39

Cradle Mountain 85km 26th May

3rd place, Jonathan Worswick 9h27m

Also Jonathan's 3:50:56 at Six Foot Track in March gave him 5th place overall.

MS 8k Run at Milson's Point, June 1st.

Caroline Yarnell 2nd woman. 33:41

(It was very hilly, like the Mosman 10k, and actually had steps. Time was OK considering the hills. They give good prizes too! The family then did the 10K walk with me after that. CY)

Stephen Ball

West Metropolitan X-C Long (8 to 10k) In seven races Stephen gained six firsts and one second in the Masters(50+) category.

NSW Road Relays 5th June Stephen (who has run ANSW events for a number of years with UTS Norths) was in a silver medal winning 45+ team.

Manly Soft Sand Classic June 8th

21KM

16 th Anthony Wong	1:59:16
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9KM

(Winner Charlie Low 38:09)

18 th Ron Schwebel	46:35	1 st Super Masters
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66th Caroline Yarnell 54:16 2nd in 40-49 age grp

(I won that age-group last year, but my friend had turned 40 this year – bah! CY)

Nike Women's Classic 10km 15th June

6 th Jenny Truscott	38:33	2 nd 25-29
77 th Bernadette Boulous	47:46	19 th 30-34
106 th Rebecca Deane	49:23	29 th 25-29
153 rd Benny Gauci	50:57	31 st 35-39
210 th Helen Wilson	52:55	2 nd 55-59
289 th Beryl Wilson	54:56	4 th 50-54
295 th Kerry Parkinson	55:07	84 th 25-29

And Rebecca won a pair of Nike sneakers for her efforts!

Comrades 16th June

Pierre van Heerden	8:36:21
Alan Nel	10:25:50
Graham Sharp	10:28:29
Richard Tait	10:48:40
Richard Bartlett	DNF

Australian Mountain Running Championships, Mt. Burelli, 12km, 21st Jun

30th Warwick Selby 70:40 (5th M50)

Western States 100 Mile Run, USA, June 28th

Sean Greenhill. 28 hrs 59mins, placed 222nd

David Sill dropped out at Michigan Bluff checkpoint after 55 miles.

Bay to Breakers, Gosford to Terrigal, 11km - 29th June

Mark Wilson 39:47 14th place, 2nd in age-grp

(Nice hilly, fast course, great scenery, blue skies. Rained during the run, but then the sun came out towards the end. Went in the sea for a dip after. Excellent prizes. First prize was a week for two in the Gold Coast. They are going to try to keep it going next year. Full support from the council, it's just the RTA who want to call it off. The police did a great job with the cones, etc. I was FIRST STRIDER HOME. Paul Arthur finished first in 34m something. There were a scattering of Striders there. MW)

Woodford to Glenbrook , 29th June**David Gayford** 1:47:48. **P.B.**

Took seven minutes off my previous 25k result. A number of other Striders were there. DG.

Cutler Dam 8km 29th June, at Manly Dam

(Winner Charlie Low	25:12)	
4 th Dean Degan	25:59	(1 st Strider)
12 th Anthony Wong	29:17	
20 th Randy Brophy	30:27	
22 nd Jo Cowan	30:32	
49 th Ron Schwebel	33:26	
70 th Michael Free	35:05	

2.5K

1 st Ron Schwebel	9:57	(1 st runner home)
10 th Caroline Yarmell	10:55	

Great Nosh 15km, 6th Jul

Derek Hamill	77:59	
Caroline Yarmell	84:38	10 th F, 2 nd F40
Tony Barbero	88:45	
Arthur Huxtable	93:98	

Personal Bests**Keith Bateman** at North Head 10k, June 7th ran 36m 20s – his best since 1980.**Roland Hassall**

10k - 42:32 in the May 10k

1/2 marathon - 1:35:14 in the SMH half

Tony Barbero writes: Since I only started running in April this year, every race I've entered has resulted in a PB, unfortunately I'm still a long way behind the greyhounds - I don't know if I should be concerned or encouraged by the opportunity? I'm hoping to continue the trend with my first C2S, Nosh and orienteering events. My first 10km run was as a non-Strider at Lane Cove in April at 51.39, then Lane Cove in May with 46.26 was as a Strider - so just joining the Striders took over 5 mins off my time! Then June in Manly was 45.22, so at this rate Darren Benson will be hearing my footsteps by about this time next year. I also did the SMH Half with a PB (of course, since it was my first) - 106.17

Roll of Honour

This last six months the following had anniversaries of membership:

20 years

Nobby Young	Wayne Stanton
Lesley Maher	Peter Cobley

15 years

Ian McArthur	Malcolm Satchell
John Sauer	

10 years

Rod Lovel	Jonathan Worswick
Michael Wilson	Clara Vucetic
Elizabeth Edmonds	David Solomon
Peter Cookson	Keith White
George Herisson	

5 years

Pierre van Heerden	Dean Gardiner
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Situations Vacant - STaR Hosts

A funny thing happened to our Database Manager Richard Wassell when he was hosting the North Head STaRStrange! Aren't Richard and Brad Renshaw (our Calendar Manager) hosts of the Iron Cove Bolter? They are. But there is currently no STaR host for the 'North Head' so, being all-round good guys, Brad and Richard gave up their Sunday morning run so this STaR wouldn't get missed from the Calendar.

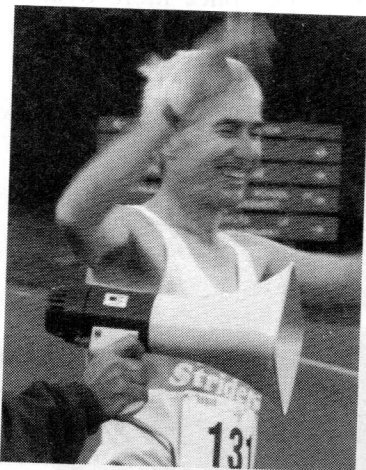
We have a shortage of STaR hosts and with over 400 members that should not be. It's only once or twice a year! Team up with a running partner to share the load. We can organize an experienced host to assist hosting your first STaR. Ability to bake a cake is not a pre-requisite – there are shops that do that stuff! Just shovel out the Cokes, juices, Mars bars, fruit and (purchased) cake and watch them disappear.

Ah, yes ... a funny thing happened to Richard Wassell at North Head – a non-member on her first STaR offered to take over the hosting of the North Head STaR. Richard thought it was ironic. I say good for her – but we still need more hosts. Please contact Brad Renshaw, Calendar Manager (phone number on Page 2). We have just had our 1000th STaR - STaRs are central to this Club. If you enjoy running them, please help running them.

President's Report

From Stephen Jackson

In my first President's report I would like to take the opportunity to thank Jim Screen for six years of tireless, and often thankless, effort as President in creating a club that is strong, growing, and the envy of many other sports based clubs around. Membership is growing, now approaching 500, the weekly STaR usually has 75+ turning out, the 10k Series is averaging 200 attendees each month, the Super Series now encompasses many of Sydney's great events, and only last week we saw 150+ Striders, both old and new, turn out for the 1,000th STaR – and again there was Jim Screen hosting yet another STaR! The biggest challenge now? Finding the half a dozen people willing to take on the duties that have gravitated to Jim over the years – so that he can have a rest, and the club can continue to flourish in the years ahead.



Stephen acknowledges the cheers of the crowd at the North Head 10k in June

The club's committee is a dedicated group of people who keep the club running (pun intended). Interestingly, the Annual General Meeting saw all the committee members elected unopposed. The lack of competition for roles on the committee wasn't due to branch rigging or good politiking, but to the single nomination for each role. The alarm bells are ringing – we may have a growing and financially stable club, but we are exposed to a number of 'single points of failure' with necessary duties being compressed into a handful of long term (some would say long suffering) members who will deserve a break as soon as capable and generous members, both old and new, step forward to do their bit to run the club. Yes, this is a request for members to consider contributing to the running (there is that pun again) of the club.

A heated topic in the running community currently is the demise of a number of Fun Runs through the ever growing cost of insurance and RTA/Police/Council requirements. The Dee Why Pub to Pub, the Gosford Breakers run, and the Blacktown Cities Marathon, along with a number of smaller events have been forced to cancel. The prime reason is that it is just not viable to spend tens of thousands of dollars on insurance and measures required by the authorities. I invite constructive comment to president@sydneystriders.org.au as the committee discusses and defines a position for Striders in the debate. As a club, Striders must look after the internal events specifically for members before looking to support, as a club, external events. Each year the club organises 12 internal races, along with literally hundreds of training runs for members. We also support a number of events by nominating them in the Super Series, or as Club Championship events. Donations are also made to organisations such as Manly Hospital, Friends of Lane Cove National Park, and Taronga Zoo.

And finally, thanks to all those who offered congratulations, best wishes, and condolences (!) for my elevation to President. As I said at the AGM, I plan to continue running. I would love to lead from the front, but I suspect Darren Benson, Joel Mackay and the other young guns have plans to end my two years at the top of the Super Series – I suspect a hat-trick is out of the question! Just remember, the new rule is that winning the Super Series puts you in line for the Presidency - be warned!

Speedwork Training

Sean Greenhill and Stephen Jackson are still doing their interval session at 6.30am Thursdays at Timbrell Park, Five Dock. **Sean writes:** 1K repeats on the 1200m bike path that rings the park with 200m recovery (returning to the start point, jogging the 200m in half the time it took to run the interval). Minimum of three intervals up to ten, depending on how we feel, but usually five or six.

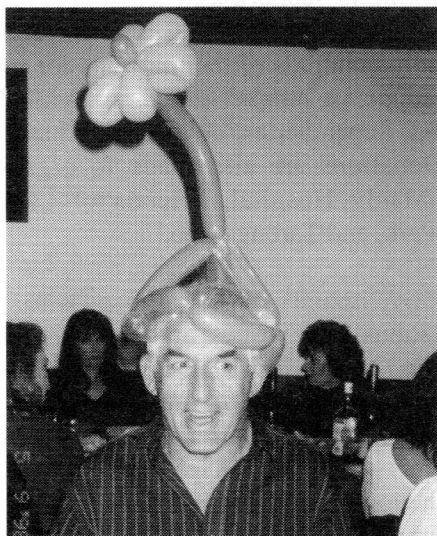
Lately a couple of other bodies have been turning up as well. Pace varies from road nazi fast (Stephen) to slow and shuffling (me) so any interested parties should be able to slot in without difficulty. We meet on the bike path closest to the intersection of Timbrell Drive and Dobroyd Parade - the southeast corner of Timbrell Park. All welcome. Call President Stephen Jackson to check before showing up (see page 2 for committee phone list).

JIM SCREEN

PRESIDENT 1997-2003

From Kevin Tiller

Jim Screen was voted in as the Club's ninth President in May 1997 and has served the club for six years, quite possibly the longest period ever. Maybe the reason he was President for so long was because he did such a very thorough and capable job that no-one felt the urge to stand against him. Certainly the last couple of AGMs has seen Jim play a progressively more active role in finding a replacement!



Jim Screen wearing the President's traditional headgear? A bit of fun at a pre-Marathon pasta party

Jim represents the first of the 'new Striders' to become President - someone who was not around in the very early days of the club. He did not join Striders until 1991 when the club was already more than 11 years old. Jim spent most of his life playing squash and golf, as befits a close-to-retirement-age banker. As an overweight 15-stone man he was taunted that he couldn't complete the inter-bank 9km race (The Chubb Cup) with a year's preparation. In 1989 he started his running program and eventually completed the event, then the City to Surf. His banking mate even managed to get Jim to run a Half Marathon in Lane Cove Park that a local running group put on. Jim managed to complete that run in a scud under two hours, before joining that running group – the Sydney Striders. He then left for Wollongong without even running with the club!

Back in Sydney, in 1993, Jim started running with those people that kept sending him a crazy running

magazine every few months - The Blister. He turned up most weeks and gradually his times started improving, even whittling his Marathon PB down to under the 4 hour mark.

Jim's natural inclination to be organised and help others get organised was noticed. In around 1995 he snuck onto the Committee as an assistant to Kevin O'Kane (Internal Events, if memory serves us both correctly) before stepping up to more responsible roles in the Wendy Downes and John Turner presidencies.

With more time on his hands, and a natural flair for appearing organised and responsible, he was a shoe-in for the role of President, taking the reins from John Turner in May 1997. Jim campaigned for a move back to traditional values and immediately reinstated the cheetah as club emblem instead of an orange stripe. New running clobber was designed and purchased so that once more Sydney Striders quartered shorts could be the terror of every sleeping suburb in Sydney.



A cheerful post-race Jim

During 1998, Jim set his PBs for the Marathon (3:36) and the Half (1:34) before experiencing the now familiar 'Post-Presidential Performance Slump' followed by bouts of injury. Jim concentrated on the inner workings of the club, starting with getting the finances straight by returning the club to volunteer-support rather than hiring outside help. He spent a lot of time and effort building up the committee so that all jobs were being completed and in particular that there were processes for attracting and keeping new members to the club. In the time Jim was President membership numbers increased from around 300 members at the end of 1996 to near on

450 members today - the highest ever for the club. This is no mean feat, especially as he's such a nice guy - no guns, no half-Nelsons - just a smile and a firm hand-shake.

Now he has found a replacement President in Stephen Jackson, Jim intends to continue his running by attending STaRs regularly on Sunday mornings, in stark contrast to the previous five Presidents who either stopped running or moved away soon after finishing their term of office. Jim has even stepped up to the Sydney Trailwalker event already - and completed that in 22hrs+. He has some more spare time now and he might even blow the dust off some of those old PBs yet.

If I may add to Kevin's words of appreciation - in my time on the committee I see Jim's great achievement as that of guiding the Striders through the minefield of insurance cover. The press has carried stories about various sporting clubs and events getting into trouble because of cost of insurance cover, but thanks to Jim, the Striders and the 10k Series are still in business - and booming. Our full affiliation to Athletics NSW has also seen a Striders team taking the field and performing well in the ANSW Winter events. As President, and still as Vice-President, Jim puts in a tremendous amount of work, the extent of which is perhaps not fully appreciated even by us committee members. The 'fleece jackets' for the 1000th STaR, approvals for 10k venues etc. don't just happen but involve a great deal of phoning and running around on Jim's part. So thanks Jim. (I know that the load may not seem any lighter as Vice-Pres but at least there is now someone else suffering equally - Mr. Jackson). Ed



Jim presents Jo Cowan with one of her many trophies

SYDNEY STRIDERS AGM 2002/2003

18th May 2003

PRESIDENT'S REPORT

From Jim Screen

One of the great things I like about Sydney Striders is that it is never difficult to become inspired by the achievements of its members. The Club has, over the years, drawn together as good a cross-section of achievers as could reasonably be expected to gather in any one place. Running is the common bond which draws us together, and out of this comes a respect and courtesy for each other which is sincere and genuine. Friendships and respect flourish as we share experiences, pain, jubilation, discipline and disappointment.

The Club is well recognised because not only are we well identified by our very distinctive green and white colours but because we get out on the road and run. We achieve. We have not lost sight of why we have a Club and that is to provide mutual support and encouragement for those wishing to challenge and improve themselves through long distance running.

We have never had more members than now, the Club is financial, we are now a fully affiliated Club with Athletics NSW, the 10K Series is going gang busters as is the Super Series and our internal affairs are in good order and condition. We turn up in record numbers at some of the toughest runs around and our STaRs are looked upon by many in the running fraternity as just being as good. The stars in this instance are those wonderful members who take on the task of being a STaR Host.

Perhaps the biggest challenge facing the Club is how to keep organised without making the organisation the primary focus of our activities. Whether we like it or not there must be some sort of infrastructure sitting in behind the running activities to satisfy the legal and social requirements which abound.

We try not to have stacks of rules and regulations and to a very large extent the debilitating aspects of petty club politics have been avoided and or ignored. The volunteer members who are elected to the various committee positions do so on the understanding that they personally take on a very clear responsibility to complete their duties to the

very best of their ability. Over the years we have been very fortunate to have sufficient willing members who have kept the administration of the Club in a very sound condition. This is evidenced by the stature of the Club as it stands today. A new position of Administration Manager has been introduced to give the President and other committee members more backup and to ensure that the 'must-do' aspects of the club are given the correct priority.

There will be new and better ways of doing things and these will be introduced over time in line with the capacity of the committee to put things into place without needlessly causing disruption and dissent. A new database is becoming a requirement to relieve the pressure on keeping our records correct and to reduce the considerable effort required keeping our race results and ladders up to date. Investigations are well under way to find a solution to those problems.

Membership figures as at 31/3/03 are as follows:

	Financial	Total Membership
2000	322	425
2001	308	455
2002	320	445
2003	381	487

The number of financial members as at 18th May stands at 401.

This annual meeting will bring my six years as president of Sydney Striders to an end. I do not intend to go far away as I have been nominated for the new position of Vice President and Administration Manager and with a bit of luck might be elected to that position. *(He was. Ed)*

I consider that by my standing aside at this point in time and taking on a different role the new President should be in the happy situation of having additional administrative support, thus being able to lead the Club forward without having to worry to much about the nuts and bolts operations of the Club.

Many thanks to all of those who have had to listen to me over the years and who have given the Club so much service during my time as President.

Sydney Striders – Treasurer's report – period end 31 Mar 2003

From Charles King

There follows a copy of the Balance Sheet as at 31 March 2003 and Profit & Loss statement for the 12 months ended 31 March 2003.

Financially the year has been good for the Club, with:

- Cash at bank and on deposit rising
- Value of inventory levels of uniforms reduced
- Membership income to be brought to account rising
- Club expenses exceed Club income by a modest \$612

Membership numbers for the Club have continued at record levels. The continuance of the high level of membership renewals is the foundation for the healthy financial position for the Club

The net result for the Club was lower this year due to:

Four editions of the "Blister" vs. last years 3 editions

- \$2,000

Awarding of membership recognition badges

- \$1,000

Additional Club contribution to Awards Night

- \$1,000

Insurances - \$3,000

Other – incl. & internet; printing / stationery

- \$1,000

The above additional costs were off-set by increased net earnings from the 10k Series – of circa \$1,000 – (after including the cost of new chest numbers and expenditure to use bar coding technology to improve the recording and processing of 10k series results).

The Committee is budgeting for the Club to run at a small deficit (\$180) for the year.

The Committee is budgeting for:

- 4 x Blisters for the year
- Insurance cost similar to 2003

With regard to insurances it is expected that the newly formalised relationship with Athletics NSW will protect the Club from further extreme increases during 2004.

Balance sheet 1

Balance Sheet
As of 31/03/03 (in Aus. Dollars)

Acct	31/03/'03 Balance
ASSETS	
Cash and Bank Accounts	
Sydney Striders	3,398.48
TOTAL Cash and Bank Accounts	3,398.48
Other Assets	
IBD1	10,000.00
IBD2	12,000.00
IBD3	5,000.00
Life Membership	0.00
Outst. cheques	0.00
Prepaid Venue Fees	0.00
Refundable Bond	0.00
Stock - 10 km shirts	0.00
Stock on Hand	4,195.64
Stock on Hand 800th	0.00
Sundry Debtors	742.50
TOTAL Other Assets	31,938.14
TOTAL ASSETS	35,336.62
LIABILITIES & EQUITY	
LIABILITIES	
Other Liabilities	
Creditors	0.00
Liability	0.00
Prep. Don. 1997	0.00
Prep. Don. 1998	0.00
Prep. Fees 1997	0.00
Prep. Fees 1998	0.00
Prep. Fees 1999	0.00
Prep. Fees 2000	0.00
Prep. Fees 2002	0.00
Prep. Fees 2003	12,377.00
Prep. Fees 2004	1,720.00
Prep. New Gear	0.00
Prepaid Brunch	0.00
TOTAL Other Liabilities	14,097.00
TOTAL LIABILITIES	14,097.00
EQUITY	21,239.62
TOTAL LIABILITIES & EQUITY	35,336.62

P&L 2

Profit & Loss Comparison

01/04/01 Through 31/03/03 (in Aus. Dollars)

Category Description	01/04/'02- 31/03/'03	01/04/'01- 31/03/'02
INCOME		
Income:		
10 KM Series	13,100.28	8,174.90
Advertising	180.00	0.00
Donations Rec.	40.00	85.00
Interest Rec.	803.73	550.02
Membership	18,659.10	18,574.00
STaR Net Procs.	592.59	689.57
TOTAL Income	33,375.70	28,073.49
TOTAL INCOME	33,375.70	28,073.49
EXPENSES		
Expenses:		
10km other	4,963.16	1,906.39
10km prizes	3,350.00	2,550.00
10km venue fees	943.50	500.00
Awards Brunch	59.00	447.60
Awards Night	1,495.84	248.00
Bank Charges	1,378.79	1,075.27
Blister - post	2,006.42	1,161.66
Blister - print	5,955.40	3,284.05
Blister-dist'n	261.67	149.82
Calendars-Post	755.48	925.91
Calender-Dist'n	224.84	247.60
Calender-print	68.53	357.80
Donations	500.00	770.00
Gen admin phone	213.86	243.11
Gen admin post	565.28	300.92
Gen admin print	1,706.61	1,144.70
Gen admin stat	63.93	19.95
Insurance	4,839.80	1,987.99
Lodgement Fees	38.00	59.00
M'thon Train Gp	80.00	0.00
Meetings	679.95	728.89
Notices - post	160.60	191.10
Notices -dist'n	34.54	58.78
Notices-print	75.00	110.00
S'Series Prizes	319.90	150.00
Trophies	2,127.69	993.70
Web	1,119.93	423.50
TOTAL Expenses	33,987.72	20,035.74
Uncategorised Expenses	0.00	0.00
TOTAL EXPENSES	33,987.72	20,035.74
TOTAL INCOME - EXPENSES	-612.02	8,037.75

Balance Sheet 3

Balance Sheet as at 31 March

	<u>Year to</u> <u>March ' 03</u>	<u>Year to</u> <u>March ' 02</u>	<u>Year to</u> <u>March ' 01</u>	<u>Year to</u> <u>March ' 00</u>	<u>Year to</u> <u>March ' 99</u>
<u>Current assets</u>					
Cash at bank	3,398	12,045	3,680	5,468	12,139
Interest bearing deposits	27,000	15,610	15,142	10,000	0
Stock on hand - (at cost)	4,196	4,690	5,983	5,105	5,597
Other debtors	743	0	0	700	200
Refundable bonds	0	750	750	750	0
<u>Total assets</u>	35,337	33,095	25,555	22,023	17,936
<u>Current liabilities</u>					
Members fees - this year	12,377	10,522	10,465	10,094	10,394
Members fees - next year	1,720	720	1,275	350	0
<u>Total liabilities</u>	14,097	11,242	11,740	10,444	10,394
<u>Members equity</u>					
Opening balance	21,852	13,815	11,579	7,542	10,648
Surplus / (deficit)	(612)	8,037	2,236	4,037	(3,106)
<u>Net assets</u>	\$21,240	\$21,852	\$13,815	\$11,579	\$7,542

Sydney Striders 10k Series 2003

Sponsored by Sydney Running Centre



Phil Roux and Damien Tancred
Edgecliff Centre, Shop21, 203-233 New South
Head Road, Edgecliff. Tel. 9362 0422.

Striders Outright	Time
Darren Benson	0.33.22
Tim Cradock	0.34.07
John Young	0.34.11
Jonathon Craig	0.34.52
Peter Truscott	0.35.05
Richard Sarkies	0.35.14
Stuart Chellis	0.35.27
Keith Bateman	0.36.59
Sean Ryan	0.37.25
Stephen Jackson	0.37.40
David Burgess	0.38.00
Steve Hume	0.38.02
Jenny Truscott	0.38.20 F
Joel Mackay	0.38.46
Jaap Bakker	0.38.51
Victor Donovic	0.38.59
Ron Schwebel	0.39.15
Joanne Cowan	0.39.16 F
Ray Doran	0.39.40
Tom Fischer	0.39.42
Cameron Arnold	0.39.56
Luke Peterson	0.40.18
Tim Austin	0.40.20
Joanne Barton	0.40.23 F
Kendall Waller	0.40.30
Ken Harris	0.40.53

James Woodhams	0.40.55
Philip Boswell	0.40.57
Richard Deutsch	0.41.05
Gary Aitkenhead	0.41.08
David Gayford	0.41.10
Catriona Cater	0.41.13 F
Nick Adams	0.41.32
John Sneddon	0.41.59
Salvador Gala	0.42.13
Mohammed Alkhub	0.42.22
Adrian Spragg	0.42.24
Roland Hassall	0.42.32
Mark Robinson	0.42.40
Rod Lovel	0.43.01
Alex Whitworth	0.43.08
Gregory Prerau	0.43.10
George Lisson	0.43.13
Karen Van Esveld	0.43.16 F
Graham Sharp	0.43.47
Alex Jensen	0.44.01
Dennis Nel	0.44.08
Campbell Reid	0.44.09
Mark Davis	0.44.30
Andrew Fuller	0.44.33
Jeff Morunga	0.44.52
Ralph Melano	0.45.18
Paul Thompson	0.45.21

Race 4 Lane Cove 3rd May 2003 Outright Results

Open Men

1	Darren Benson	33.22	1 st Strider
2	Glenn Guzzo	34:05	
3	Tim Cradock	34.07	2 nd Strider

Open Women

1	Jenny Truscott	38.20	1 st Strider
2	Joanne Cowan	39:16	2 nd Strider
3	Joanne Barton	40.23	3rd Strider

Handicap Competition Placings in Race 4:

1	Cameron Arnold
2	James Woodham
3	Joanne Barton

Race Officials: Shirley Rutter, Barry Rutter, Charles Coville, Darryl Chrisp, Ben McSweeney, Michael Sharp, Stuart Crichton, Tim Deane, Walter Mitchell, Joe Degabriele, Peter Woods.

Our Sponsor: Damien Tancred 34:38, 6th place

Iain Martin	0.45.24
Alan Smith	0.45.25
Philip Fleming	0.45.30
Robert Wawrzyniak	0.45.35
Mark Schaefer	0.45.38
Jacqui Matthews	0.46.05 F
Quinn Askeland	0.46.17
Tony Barbaro	0.46.26
Arthur Huxtable	0.46.28
Hugh Spencer	0.46.42
Peter Hammerschmidt	0.46.44
Mike Hansen	0.46.48
George Herisson	0.46.53
David Bray	0.47.02
Michael Free	0.47.03
Mario Torresan	0.47.21
Nick Woodhams	0.47.31
Glenda Mitchell	0.47.34 F
Brian Ogilwy	0.47.37
Denis Speyer	0.47.59
Rebecca Deane	0.48.01 F
Tina Campbell	0.48.07 F
James Moody	0.48.24
Lesley Maher	0.48.25 F
Kevin O'Kane	0.48.26
Fernando Santisteban	0.48.32
Sharon Callister	0.48.34 F

Heather Forster	0.48.35 F
Ross McCarty	0.48.44
Graham Willis	0.48.59
Michael Wilson	0.49.02
Clara Vucetic	0.49.04 F
David Cooke	0.49.05
Ted Brailey	0.49.13
John Kerr	0.49.38
Joe Flinn	0.49.43
Ruth McColl	0.50.25 F

Elizabeth Woodhams	0.50.29 F
Hans Pandeya	0.50.34
Benny Gauci	0.50.43 F
Mary Barnes	0.51.21 F
Leigh MacRitchie	0.51.48 F
Karel Pavich	0.52.10 F
Richard Wassell	0.52.33
Eric Schmierer	0.52.38
Sam Chuah	0.53.01
Allan Marks	0.53.07

Geoff Crowther	0.53.18
Per Jensen	0.53.34
Marcus Juhasz	0.53.44
Kerryn Parkinson	0.54.25 F
Allison Lilley	0.56.27 F
Frances Brown	0.56.36 F
Megan Jackson	0.57.11 F
Penny Smith	0.57.29 F
Tracey Love	0.57.41 F
Frank Dearn	0.57.42

Race 5 North Head 7th June 2003

Outright Results

Open Men

1	Charlie Low	32:41	
2	Darren Benson	33.13	1 st Strider
3	John Young	33.54	2 nd Strider

Open Women

1	Jenny Truscott	38.08	1 st Strider
2	Joanne Cowan	38:32	2 nd Strider
3	Teresa Rider	38:50	

Handicap Competition Placings in Race 5:

1	Alex Jensen
2	Sean Greenhill
3	Geoff Crowther

Race Officials: Helen Ritchie, Shirley Rutter, Gordon Forsyth, Kevin O'Kane, Michael Wilson, Ron Schwebel, Michael Christie, Andrew Smith, Joe Degabriele, Peter Woods, Stephen Bodnar, Deborah Polverino, Helen Forsyth

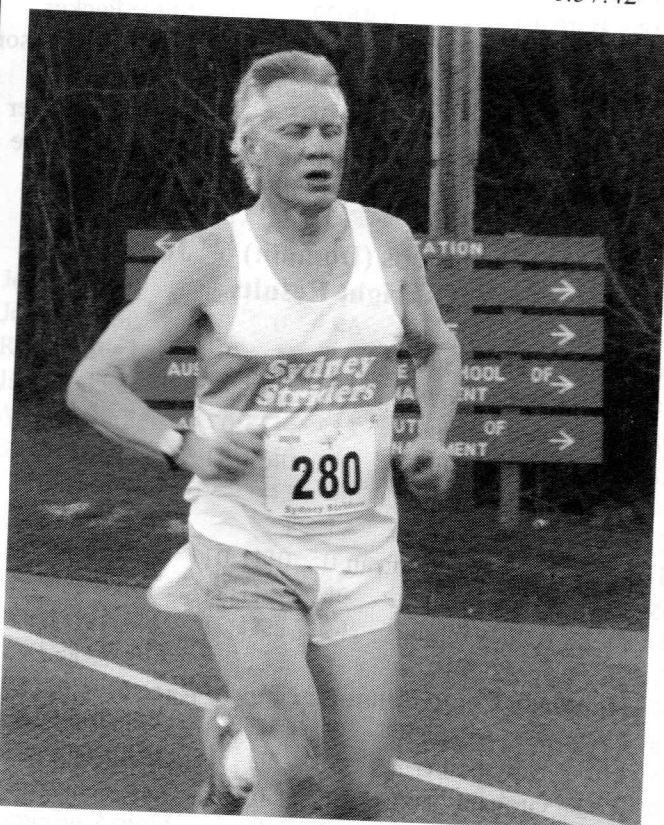
Our Sponsor: Damien Tancred 35:10, 8th place

Striders Outright

Time

Darren Benson	0.33.16
John Young	0.33.54
Richard Sarkies	0.34.11
Mark Wilson	0.35.54
Martin Matthews	0.36.12
Gerry Arthur	0.36.13
Stephen Jackson	0.36.14
David Burgess	0.36.17
Ross Sinclair	0.36.19
Keith Bateman	0.36.20
Peter Truscott	0.36.44
Steve Hume	0.37.18
Greg Coy	0.37.36
Jenny Truscott	0.38.08 F
Victor Donovic	0.38.10
Joel Mackay	0.38.18
Jaap Bakker	0.38.23

Greg Donovan	0.38.25
Joanne Cowan	0.38.32 F
Tom Fischer	0.38.45
Cameron Arnold	0.39.08
Ray Doran	0.39.10
Alex Jensen	0.39.13
Kendall Waller	0.39.20
Grahame Murphy	0.39.34
Nick Adams	0.39.36
David Gayford	0.39.46
Craig Dunn	0.39.52
Adrian Spragg	0.39.59
Gary Aitkenhead	0.41.06
Catriona Cater	0.41.27 F
Barry Rutter	0.41.28
Charles Coville	0.41.30
John Sneddon	0.41.34
Salvador Gala	0.41.42



Keith Bateman runs a PB of 36m 20s

Caroline Yarnell	0.41.43 F
Mark Schaefer	0.41.53
John Hodges	0.42.05
James Woodhams	0.42.10
Mohammed Alkhub	0.42.18
Sean Greenhill	0.42.48
Lisa Carroli	0.43.06 F
Mark Davis	0.43.07
Tim Austin	0.43.12
Graham Sharp	0.43.13
Renae Lentjes	0.43.16 F
Philip Fleming	0.43.49
Iain Martin	0.43.57
Rod Lovel	0.44.01
Campbell Reid	0.44.06
Peter Hammerschmidt	0.44.07
Alan Smith	0.44.15
David Camm	0.44.17

Melanie Watson	0.44.20 F	Keith White	0.46.35	Joanna Henao	0.50.43 F
Charles King	0.44.25	Brian Ogilwy	0.47.04	Eric Schmierer	0.50.44
Quinn Askeland	0.44.27	Ross McCarty	0.47.55	Elizabeth Woodhams	0.51.25 F
Paul Thompson	0.44.32	David Ritchie	0.48.16	Ruth McColl	0.51.32 F
Brian O'Dea	0.44.34	Paul Trainor	0.48.22	Alan Phillips	0.52.01
Bruce Craven	0.44.35	Ted Brailey	0.48.41	Richard Wassell	0.52.02
Michael Free	0.44.41	Amanda Garland	0.48.43 F	Per Jensen	0.52.10
Ralph Melano	0.44.53	David Lancaster	0.49.01	Marcus Juhasz	0.52.51
Heiko Schaefer	0.44.55	John Kerr	0.49.08	Allison Lilley	0.54.01 F
Tim Deane	0.44.59	Steven Norden	0.49.23	Megan Jackson	0.54.33 F
Tony Barbaro	0.45.22	Steve Packer	0.49.27	Monica Reyes	0.56.16 F
Mike Hansen	0.45.28	Glenda Anderson	0.49.50 F	Frank Dearn	0.56.17
Hugh Spencer	0.45.51	Benny Gauci	0.49.57 F	Penny Smith	0.57.35 F
Clara Vucetic	0.46.05 F	Geoff Crowther	0.50.26		
Fernando Santisteban	0.46.06	Rebecca Deane	0.50.34 F		
Nick Woodhams	0.46.17	Allan Marks	0.50.36		

Race 6 Fleet Steps (Domain) 6th July 2003 Outright Results

Open Men

1	Charlie Low	32:29	
2	Darren Benson	33:07	1 st Strider
3	Dave Criniti	33:33	

Open Women

1	Anne MacSporran	41:01
2	Fiona Lennon	41:31
3	Ashley Young	41:38

Handicap Competition Placings in Race 6:

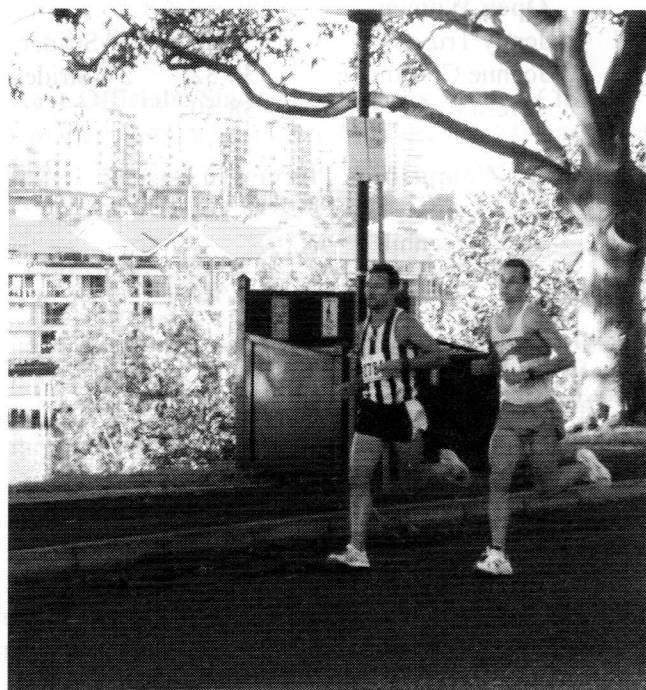
1	Tim Austin
2	Amy Fisher
3	Graham Farnsworth

Race Officials: Allison Lilley, Megan Jackson, Robin Cameron, Shirley Rutter, Barry Rutter, Charles Coville, Gordon Forsyth, Gerry Arthur, Sean Greenhill, Michael Christie, Joe Degabriele, Peter Woods, Deb Degabriele, Helen Forsyth, Janel Gayford, Andrew Smith.

Our Sponsor: Damien Tancred 34:24, 4th place

Striders Outright

Striders Outright	Time		
Darren Benson	0.33.07	Stephen Bodnar	0.38.40
Jonathon Craig	0.34.37	Shaun Atchison	0.38.44
Stuart Chellis	0.34.43	Tim Austin	0.38.49
Mark Wilson	0.35.56	Stephen Jackson	0.38.51
David Burgess	0.36.17	Graham Farnsworth	0.39.20
Keith Bateman	0.36.21	Andrew Robertson	0.39.22
Sean Ryan	0.36.41	Godfrey Franz	0.39.59
Ross Sinclair	0.37.04	David Gayford	0.40.03
Steve Hume	0.37.53	Ron Schwebel	0.40.06
Jaap Bakker	0.38.17	Luke Peterson	0.40.15
		Salvador Gala	0.40.24
		Ben McSweeney	0.40.35
		Kendall Waller	0.40.42
		Cameron Arnold	0.40.49
		Paul Jackson	0.40.53
		Adrian Spragg	0.40.59
		Gary Aitkenhead	0.41.04
		Craig Plumb	0.41.06
		Jeff Gissing	0.41.25
		Karen Van Esveld	0.41.48 F
		Alex Jensen	0.42.07
		Steve Cohen	0.42.09



Strider Darren Benson (R) battles for the lead with Charlie Low

Richard Deutsch	0.42.14	Robert Wawrzyniak	0.45.30	Geoff Taylor	0.50.32
Caroline Yarnell	0.42.20 F	Tim Deane	0.45.34	Brian Ogilwy	0.50.49
Mohammed Alkhub	0.42.40	Quinn Askeland	0.45.38	Benny Gauci	0.51.14 F
Rod Lovel	0.42.45	Marlies Laaper	0.45.42 F	Tracey Love	0.51.35 F
Craig Brown	0.43.02	Amy Fisher	0.45.53 F	Mary Barnes	0.52.34 F
Mark Schaefer	0.43.18	Tony Barbaro	0.46.24	Joanna White	0.52.44 F
Gregory Prerau	0.43.40	Jeff Morunga	0.46.38	Kerry Ross	0.52.47 F
Max Crossley	0.43.41	Clara Vucetic	0.46.42 F	Ruth McColl	0.52.49 F
Michael Free	0.43.42	Ross McCarty	0.46.45	Marcus Juhasz	0.53.10
David Camm	0.43.43	George Herisson	0.47.41	Per Jensen	0.55.11
Alan Smith	0.43.45	David Ritchie	0.47.46	Beryl Wilson	0.55.30 F
Peter Hammerschmidt	0.44.10	Michael Wilson	0.47.52	Kerryn Parkinson	0.56.07 F
Mark Davis	0.44.31	David Cooke	0.48.39	Frank Dearn	0.56.41
Heiko Schaefer	0.44.35	Lesley Maher	0.48.53 F	Penny Smith	0.58.31 F
Charles King	0.44.43	John Kerr	0.48.57	Norman Kang	0.59.19
Hugh Langshaw	0.45.02	Ted Brailey	0.49.19	Hugh Spencer	dnf
Iain Martin	0.45.16	Steve Packer	0.50.17		
Paul Thompson	0.45.23	Wayne McCarthy	0.50.21		

10k Female Outright

	LC	NH	LC	LC	NH	DM	Tot
Joanne Cowan	60	61	57	57	57	0	292
Catriona Cater	56	53	43	41	53	0	246
Clara Vucetic	41	0	46	42	47	50	226
Allison Lilley	35	36	39	34	39	31	214
Caroline Yarnell	51	0	51	0	51	56	209
Jenny Truscott	0	46	50	50	50	0	196
Rebecca Deane	29	30	45	47	43	0	194
Megan Jackson	31	33	26	33	39	31	193
Elizabeth Woodhams	38	44	26	40	41	0	189
Jacqui Matthews	45	46	48	49	0	0	188
Tracey Love	44	22	37	31	0	47	181
Penny Smith	0	33	36	31	36	40	176
Karen Van Esveld	53	0	0	50	0	60	163
Benny Gauci	26	27	0	29	34	38	154
Shirley Rutter	21	22	26	20	26	31	146
Glenda Mitchell	48	47	0	48	0	0	143
Lesley Maher	0	41	0	45	0	49	135
Lisa Carroli	40	41	0	0	50	0	131
Heather Forster	21	22	42	43	0	0	128

10k Male Outright

Darren Benson	60	60	60	60	60	60	360
Jonathon Craig	53	53	56	51	0	56	269
Steve Hume	43	43	42	44	44	47	263
David Burgess	47	13	50	45	48	51	254
Mark Wilson	48	45	50	0	51	51	245
Keith Bateman	44	12	45	47	45	49	242
Ross Sinclair	51	48	48	0	46	47	240
Peter Truscott	37	39	51	50	44	0	221
Stephen Jackson	3	36	44	46	49	42	220

Joel Mackay	41	41	41	43	40	0	206
John Young	0	46	43	53	56	0	198
Ron Schwebel	36	39	40	39	3	36	193
Jaap Bakker	0	26	37	41	39	45	188
Adrian Spragg	34	33	33	22	28	30	180
Stuart Chellis	40	41	0	38	0	43	162
Greg Donovan	42	40	34	0	38	0	154
Victor Donovic	29	12	30	40	41	0	152
Tim Austin	30	0	28	34	16	43	151
Gerry Arthur	0	46	47	0	49	3	145
David Gayford	23	24	2	27	30	38	144
Ray Doran	33	0	36	38	35	0	142
Luke Peterson	12	30	27	35	0	35	139
Salvador Gala	17	20	20	24	23	34	138
Martin Matthews	35	0	36	0	50	0	121
Stephen Bodnar	0	37	35	0	3	44	119
Cameron Arnold	0	0	13	36	36	32	117
Rod Lovel	24	26	14	19	12	21	116
Gary Aitkenhead	21	0	0	28	27	28	104
Mohammed Alkhub	0	17	19	23	19	23	101
Kendall Waller	0	0	19	23	33	22	97
Nick Adams	37	0	0	26	31	0	94
Randall Brophy	49	44	0	0	0	0	93
Mark Schaefer	15	19	2	12	22	19	89
Barry Rutter	27	28	2	2	26	3	88
Mark Davis	22	12	12	12	17	12	87
Greg Coy	0	0	44	0	42	0	86
Sean Ryan	0	0	0	36	0	48	84
Mark Robinson	32	31	0	20	0	0	83
Michael Sharp	20	29	31	2	0	0	82
Richard Sarkies	0	0	0	39	43	0	82
George Lisson	39	13	12	16	0	0	80
Peter Hammerschmidt	19	12	12	12	12	13	80
Lance White	40	0	38	0	0	0	78
Alex Jensen	0	0	14	4	34	25	77
Richard Deutsch	28	13	0	19	0	13	73
Ralph Melano	14	18	16	12	12	0	72

Paul Thompson	12	12	12	12	12	12	72	Alex Whitworth	0	21	0	8	0	0	29
Frank Dearn	12	12	12	12	12	12	72	Andrew Robertson	0	0	0	0	0	29	29
Grahame Murphy	0	38	0	0	32	0	70	Jonathan Gliksten	28	0	0	0	0	0	28
John Sneddon	16	6	8	15	24	0	69	Michael Wilson	0	0	0	12	3	13	28
John Van Yzendoorn	35	0	32	0	0	0	67	Godfrey Franz	0	0	0	0	0	28	28
Iain Martin	12	12	0	12	13	12	61	Gavin Morisset	12	12	2	0	0	0	26
Craig Dunn	0	32	0	0	29	0	61	Fernando Santisteban	12	0	0	12	2	0	26
Charles King	12	12	12	0	12	12	60	Keith White	0	12	2	0	12	0	26
George Herisson	12	12	12	12	0	12	60	Jeff Gissing	0	0	0	0	0	26	26
Heiko Schaefer	12	12	12	0	12	12	60	Peter Woods	13	2	2	2	3	3	25
Jeff Morunga	12	12	12	12	0	12	60	Simon Kent-Jones	0	25	0	0	0	0	25
Ted Brailey	0	12	12	12	12	12	60	Mark Shingler	0	12	13	0	0	0	25
Andrew Gibbons	56	0	0	0	0	0	56	Mike Ward	12	0	12	0	0	0	24
James Cryer	27	27	0	0	0	0	54	Paul Trainor	12	0	0	0	12	0	24
Graham Sharp	12	0	12	15	15	0	54	David Lancaster	0	12	0	0	12	0	24
Ben McSweeney	0	0	29	2	0	23	54	Michael Free	0	2	2	12	2	6	24
Tom Fischer	0	0	0	27	27	0	54	Mario Torresan	0	0	12	12	0	0	24
David Camm	12	0	12	0	12	15	51	David Bray	0	0	12	12	0	0	24
Kevin O'Kane	12	12	12	12	3	0	51	Joe Flinn	0	0	12	12	0	0	24
Nick Woodhams	12	2	12	12	12	0	50	Allan Marks	0	0	0	12	12	0	24
Eric Schmierer	2	12	12	12	12	0	50	Neil Barker	21	0	0	0	0	0	21
Mike Hansen	12	0	12	12	12	0	48	Roland Hassall	0	0	0	21	0	0	21
Robert Wawrzyniak	12	12	0	12	0	12	48	John Hodges	0	0	0	0	21	0	21
Dean Gardiner	12	14	22	0	0	0	48	Sean Greenhill	0	0	0	0	18	3	21
Walter Mitchell	12	34	0	2	0	0	48	Quinn Askeland	0	2	2	12	2	2	20
Steve Packer	12	12	0	0	12	12	48	Andrew Smith	0	0	17	0	3	0	20
Denis Speyer	12	12	12	12	0	0	48	Paul Jackson	0	0	0	0	0	20	20
Ross McCarty	0	12	0	12	12	12	48	David Ritchie	12	2	0	0	3	2	19
Ken Harris	0	0	26	22	0	0	48	Adam Cresswell	18	0	0	0	0	0	18
Brian Ogilwy	0	0	12	12	12	12	48	Craig Plumb	0	0	0	0	0	17	17
Gregory Prerau	12	0	0	17	0	18	47	Max Crossley	0	0	0	0	0	17	17
Tim Cradock	0	0	0	46	0	0	46	Philip Fleming	0	0	0	2	14	0	16
Tim Deane	2	2	15	2	12	12	45	Tony Partridge	3	12	0	0	0	0	15
James Woodhams	0	12	0	21	10	0	43	Joe Degabriele	3	2	2	2	3	3	15
Christopher Dwyer	0	40	0	0	0	0	40	Jim Screen	12	2	0	0	0	0	14
Brian O'Dea	12	12	2	0	12	0	38	Richard Crnek	0	2	12	0	0	0	14
Marcus Juhasz	0	2	0	12	12	12	38	Steve Cohen	0	0	0	0	0	14	14
David Cooke	0	2	12	12	0	12	38	Graham Butler	12	0	0	0	0	0	12
Geoff Crowther	0	2	12	12	12	0	38	Philip Kennedy	12	0	0	0	0	0	12
Alan Smith	0	0	0	12	12	14	38	David East	12	0	0	0	0	0	12
Alex McAlister	15	22	0	0	0	0	37	Darren Goodsir	0	12	0	0	0	0	12
Anthony Wong	0	37	0	0	0	0	37	Paul Bullas	0	12	0	0	0	0	12
Bruce Craven	0	0	25	0	12	0	37	Michael Rees-Evans	0	12	0	0	0	0	12
Graham Willis	12	12	0	12	0	0	36	Steve Stewart	0	12	0	0	0	0	12
Manfred Fiedler	12	12	12	0	0	0	36	Alf Field	0	12	0	0	0	0	12
James Moody	12	0	12	12	0	0	36	Ian Singer	0	0	12	0	0	0	12
Jurg Kunzle	12	12	12	0	0	0	36	Paul Glare	0	0	12	0	0	0	12
Richard Wassell	12	0	0	12	12	0	36	Neil McPherson	0	0	12	0	0	0	12
Hugh Spencer	0	0	0	12	12	12	36	Arthur Huxtable	0	0	0	12	0	0	12
Jeff Morehen	13	0	21	0	0	0	34	Sam Chuah	0	0	0	12	0	0	12
Shaun Atchison	0	0	0	0	0	33	33	Steven Norden	0	0	0	0	12	0	12
Campbell Reid	2	12	2	12	2	0	30	Alan Phillips	0	0	0	0	12	0	12
Philip Boswell	0	0	0	30	0	0	30	Wayne McCarthy	0	0	0	0	0	12	12
Charles Coville	0	0	0	2	25	3	30	Geoff Taylor	0	0	0	0	0	12	12
Graham Farnsworth	0	0	0	0	0	30	30	Craig Brown	0	0	0	0	0	10	10

Gordon Forsyth	0	2	0	0	3	3	8
Per Jensen	0	0	2	2	2	2	8

10K Handicap

	LC	NH	LC	LC	NH	DM	Tot
David Gayford	39	33	2	46	47	32	199
Heiko Schaefer	32	35	39	0	45	42	193
Victor Donovic	49	12	45	50	34	0	190
Jeff Morunga	23	48	56	47	0	12	186
Luke Peterson	12	56	35	35	0	36	174
Salvador Gala	22	25	21	24	17	51	160
David Burgess	41	13	39	13	13	35	154
Keith Bateman	21	12	37	23	25	35	153
Steve Hume	46	37	19	13	15	17	147
Jaap Bakker	0	2	36	41	21	40	140

10k Age Group Placings

Women Senior	LC	NH	LC	LC	NH	DM	Tot
Penny Smith	0	56	60	60	60	60	296
Sue Hill	0	60	0	0	0	0	60

Women Masters	LC	NH	LC	LC	NH	DM	Tot
Elizabeth Woodhams	60	60	50	51	60	0	281
Lesley Maher	0	56	0	56	0	60	172
Tina Campbell	0	46	60	60	0	0	166
Ruth McColl	0	0	0	53	56	56	165
Beryl Wilson	53	0	0	0	0	43	96
Mercy Samia	46	0	0	0	0	0	46
Helen Ritchie	0	0	0	0	46	0	46

Women Veteran	LC	NH	LC	LC	NH	DM	Tot
Joanne Cowan	60	61	61	61	61	0	304
Catriona Cater	56	56	46	43	56	0	257
Megan Jackson	42	45	33	43	48	39	250
Clara Vucetic	45	0	48	47	50	53	243
Caroline Yarnell	53	0	53	0	53	60	219
Tracey Love	47	34	43	42	0	50	216
Shirley Rutter	32	34	33	31	37	39	206
Jacqui Matthews	48	48	50	51	0	0	197
Benny Gauci	32	35	0	36	38	41	182
Heather Forster	32	34	46	48	0	0	160

Women Pre-Vets	LC	NH	LC	LC	NH	DM	Tot
Allison Lilley	49	48	51	49	48	42	287
Rebecca Deane	40	41	53	53	50	0	237
Jenny Truscott	0	50	50	50	50	0	200
Karen Van Esveld	60	0	0	56	0	60	176
Kerryn Parkinson	37	0	40	40	0	41	158
Olivia Collier	56	46	0	0	0	0	102
Joanna White	0	47	0	0	0	53	100
Amy Fisher	0	43	0	0	0	46	89
Renae Lentjes	0	0	0	0	56	0	56
Manuela Sumetzberger	53	0	0	0	0	0	53

Men Super Senior	LC	NH	LC	LC	NH	DM	Tot
Frank Dearn	60	60	60	60	60	60	360

Men Senior	LC	NH	LC	LC	NH	DM	Tot
Peter Hammerschmidt	56	56	53	51	56	60	332
Heiko Schaefer	51	53	56	0	53	56	269
Ray Doran	60	0	60	60	60	0	240
Brian Ogilwy	0	0	50	50	50	51	201
Hugh Spencer	0	0	0	53	51	50	154
Manfred Fiedler	50	51	49	0	0	0	150
Alex Whitworth	0	60	0	46	0	0	106
Jim Screen	53	40	0	0	0	0	93
Michael Christie	0	0	0	0	40	41	81
Wayne McCarthy	0	0	0	0	0	53	53

Men Masters	LC	NH	LC	LC	NH	DM	Tot
Ron Schwebel	56	56	60	60	30	60	322
Rod Lovel	50	50	53	53	50	56	312
Barry Rutter	52	53	32	28	60	37	262
John Sneddon	49	39	46	46	53	0	233
Nick Woodhams	43	33	47	49	48	0	220
Ted Brailey	0	38	45	43	44	47	217
Kevin O'Kane	42	40	50	47	30	0	209
George Lisson	60	47	46	51	0	0	204
Eric Schmierer	28	39	43	41	41	0	192
Ross McCarty	0	42	0	46	46	51	185
Brian O'Dea	46	46	32	0	49	0	173
David Ritchie	44	26	0	0	36	40	146
James Moody	40	0	48	48	0	0	136
Keith White	0	44	39	0	47	0	130
Graham Willis	41	41	0	45	0	0	127
Per Jensen	0	0	32	28	29	36	125

Men Veteran	LC	NH	LC	LC	NH	DM	Tot
Jonathon Craig	60	60	60	60	0	60	300
Keith Bateman	51	25	53	56	53	56	294
Adrian Spragg	49	47	47	44	46	47	280
Stephen Jackson	14	49	51	54	61	51	280
Ross Sinclair	56	56	56	0	56	53	277
Salvador Gala	42	44	42	46	44	47	265
David Gayford	45	45	13	47	47	49	246
Mark Davis	44	40	35	38	42	38	237
Victor Donovic	47	24	46	51	50	0	218
Mohammed Alkhub	0	42	41	45	43	43	214
Greg Donovan	50	51	48	0	49	0	198
Paul Thompson	29	34	29	35	35	36	198
Ralph Melano	41	43	39	36	34	0	193
Gary Aitkenhead	43	0	0	48	45	45	181
Charles King	38	39	31	0	36	37	181
Stephen Bodnar	0	49	49	0	21	51	170
Jeff Morunga	26	30	30	37	0	34	157
George Herisson	34	33	24	30	0	33	154
Campbell Reid	26	36	23	39	29	0	153

Graham Sharp	33	0	34	41	41	0	149
David Camm	35	0	28	0	37	40	140
Mark Robinson	48	46	0	43	0	0	137
Robert Wawrzyniak	32	38	0	32	0	35	137
Mike Hansen	39	0	32	31	33	0	135
Gregory Prerau	37	0	0	42	0	41	120
Steve Packer	27	29	0	0	30	31	117
Dean Gardiner	31	41	44	0	0	0	116
Peter Woods	26	14	13	16	21	21	111
Alan Smith	0	0	0	34	38	39	111
Randall Brophy	53	53	0	0	0	0	106
Denis Speyer	23	28	26	29	0	0	106
Greg Coy	0	0	51	0	51	0	102
David Cooke	0	16	25	28	0	32	101
Joe Degabriele	14	14	13	16	21	21	99

Men Pre-Vet

	LC	NH	LC	LC	NH	DM	Tot
Darren Benson	60	60	60	60	60	60	360
Steve Hume	47	47	47	47	47	50	285
David Burgess	50	26	51	48	49	52	276
Mark Wilson	51	48	51	0	51	53	254
Peter Truscott	40	41	53	51	47	0	232
Joel Mackay	46	45	46	46	45	0	228
Jaap Bakker	0	34	43	44	44	48	213
John Young	0	46	46	53	56	0	201
Tim Austin	40	0	39	40	34	47	200

10k Age & Gender Adj

	LC	NH	LC	LC	NH	DM	Tot
Darren Benson	782	812	786	808	811	814	4813
Peter Hammerschmidt	759	748	695	708	750	756	4416
Steve Hume	702	716	724	717	731	720	4310
Adrian Spragg	711	713	730	687	728	710	4279
Joanne Cowan	856	868	845	843	859	0	4271
Rod Lovel	707	724	694	710	694	714	4243
Mark Davis	679	664	652	660	681	659	3995
Jonathon Craig	773	797	811	799	0	805	3985
Salvador Gala	639	650	658	665	673	695	3980
Keith Bateman	764	0	789	794	808	813	3968
Ross Sinclair	773	785	778	0	778	768	3882
Paul Thompson	608	628	646	652	664	651	3849
Ron Schwebel	744	769	782	772	0	755	3822
Stephen Jackson	0	711	772	767	798	744	3792
Mark Wilson	746	752	759	0	766	765	3788
Frank Dearn	622	614	624	631	647	643	3781
Catriona Cater	752	750	764	757	753	0	3776
Peter Truscott	725	753	766	769	734	0	3747
David Burgess	728	0	747	713	747	747	3682
Heiko Schaefer	692	707	726	0	751	757	3633
John Sneddon	691	698	714	727	735	0	3565
Joel Mackay	684	699	702	696	704	0	3485
Clara Vucetic	674	0	690	675	725	716	3480
David Gayford	659	673	0	692	716	711	3451
Jaap Bakker	0	668	681	694	703	704	3450

Ray Doran	815	0	841	842	861	0	3359
Mohammed Alkhub	0	657	673	677	678	672	3357
Ralph Melano	665	683	683	658	664	0	3353
Tim Austin	648	0	663	669	624	695	3299
Luke Peterson	595	656	660	669	0	670	3250
Ted Brailey	0	604	654	653	660	652	3223
Nick Woodhams	640	643	638	637	654	0	3212
Penny Smith	0	634	629	647	646	643	3199
Campbell Reid	621	618	635	650	650	0	3174
Charles King	622	620	626	0	646	641	3155
John Young	0	783	774	793	799	0	3149
Jenny Truscott	0	761	797	780	785	0	3123
Mark Schaefer	605	624	0	591	644	623	3087
George Herisson	631	617	584	626	0	616	3074
Stuart Chellis	734	755	0	761	0	777	3027
Rebecca Deane	598	588	620	623	592	0	3021
Jeff Morunga	556	585	623	639	0	615	3018
Iain Martin	584	611	0	597	617	599	3008
Caroline Yarnell	744	0	739	0	767	756	3006
Tim Deane	593	596	613	0	599	592	2993
Benny Gauci	566	573	0	596	605	590	2930
Quinn Askeland	0	554	572	583	607	591	2907
Michael Free	0	531	551	580	611	624	2897
Victor Donovic	683	0	709	736	752	0	2880
Greg Donovan	718	724	705	0	731	0	2878
Eric Schmierer	530	589	565	571	592	0	2847
Gary Aitkenhead	663	0	0	703	703	704	2773
Elizabeth Woodhams	683	706	0	687	674	0	2750
George Lisson	745	684	621	695	0	0	2745
Kendall Waller	0	0	678	683	703	680	2744
Allison Lilley	553	549	539	530	554	0	2725
Brian Ogilwy	0	0	671	688	696	644	2699
Cameron Arnold	0	0	637	675	689	661	2662
David Camm	644	0	649	0	673	682	2648
Graham Sharp	630	0	651	670	679	0	2630
Alex Jensen	0	0	648	618	693	645	2604
Richard Deutsch	665	629	0	656	0	642	2592
Ross McCarty	0	647	0	632	642	658	2579
Jacqui Matthews	626	635	652	649	0	0	2562
Mike Hansen	636	0	634	618	636	0	2524
Robert Wawrzyniak	619	624	0	634	0	640	2517
Kevin O'Kane	619	594	647	620	0	0	2480
Steve Packer	580	603	0	0	598	588	2369
David Cooke	0	544	577	589	0	594	2304
Per Jensen	0	0	568	575	590	558	2291
Tracey Love	633	0	531	528	0	591	2283
Denis Speyer	535	552	587	594	0	0	2268
Gerry Arthur	0	738	737	0	745	0	2220
Martin Matthews	717	0	727	0	745	0	2189
Barry Rutter	707	728	0	0	736	0	2171
Stephen Bodnar	0	711	716	0	0	737	2164
Manfred Fiedler	705	709	718	0	0	0	2132
Kerryn Parkinson	509	0	531	550	0	533	2123
Karen Van Esveld	704	0	0	691	0	716	2111
Brian O'Dea	679	702	0	0	715	0	2096

Mark Robinson	697	699	0	677	0	0	2073
Lesley Maher	0	673	0	703	0	696	2072
Lisa Carroli	669	688	0	0	707	0	2064
Megan Jackson	474	510	0	525	550	0	2059
Marcus Juhasz	0	513	0	502	510	507	2032
Ruth McColl	0	0	0	688	673	656	2017
Geoff Crowther	0	490	474	506	535	0	2005

Super Series Male Outright

Bonus for hosting, volunteering, uniform, etc.

	L	C	H	M	sub	bn	Tot
	C	6F	M	H	M	T	-1
Darren Benson	60	44	0	62	56	222	0 8 230
Joel Mackay	41	56	51	40	0	188	0 23 211
Keith Bateman	44	7	50	47	49	197	7 8 198
Steve Hume	43	50	0	42	46	181	0 13 194
Martin Matthews	35	48	47	45	47	222	35 4 191
Greg Donovan	42	54	0	38	41	175	0 6 181
Stuart Chellis	40	0	44	45	41	170	0 4 174
Adrian Spragg	34	49	46	28	36	193	28 8 173
Lance White	40	52	52	27	0	171	0 2 173
Barry Rutter	27	41	44	23	30	165	23 18 160
David Burgess	47	0	0	52	50	149	0 8 157
Ross Sinclair	51	27	0	49	0	127	0 6 133
Mark Wilson	48	28	0	48	0	124	0 6 130
David Gayford	23	26	33	25	35	142	23 8 127
Stephen Jackson	2	18	42	43	3	108	2 18 124
Mike Hansen	12	24	34	14	26	110	12 26 124
James Cryer	27	47	35	0	12	121	0 2 123
Jonathon Craig	53	0	64	0	0	117	0 6 123
Gerry Arthur	0	0	55	41	12	108	0 6 114
John Van Yzendoorn	35	36	0	35	0	106	0 7 113
Christopher Dwyer	0	0	60	50	0	110	0 2 112
Michael Sharp	20	0	41	14	33	108	0 4 112
John Young	0	45	0	58	0	103	0 8 111
Kelvin Marshall	0	53	53	0	0	106	0 0 106
Ronald Stolk	0	55	0	51	0	106	0 0 106
Ron Schwebel	36	0	0	16	40	92	0 8 100
Greg Coy	0	0	0	46	48	94	0 4 98
Mark Robinson	32	0	0	20	39	91	0 4 95
Ralph Melano	14	19	24	14	22	93	14 13 92
Ray Doran	33	0	0	36	12	81	0 6 87
Scott Smiles	0	0	37	14	29	80	0 2 82
Tim Austin	30	20	0	14	0	64	0 16 80
Graham Sharp	12	17	29	14	0	72	0 6 78
Richard Wassell	12	0	16	14	12	54	0 24 78
George Herisson	12	17	18	14	0	61	0 16 77
James Moody	12	17	16	14	21	80	12 9 77
Pierre Van Heerden	0	28	47	0	0	75	0 0 75
Kevin O'Kane	12	17	23	0	0	52	0 23 75
Mark Davis	22	0	0	17	27	66	0 8 74
Victor Donovic	29	0	0	37	0	66	0 8 74
Gregory Prerau	12	30	0	14	0	56	0 17 73
Frank Dearn	12	17	16	14	12	71	12 8 67

Tom Fischer	0	0	0	29	34	63	0	4	67
Stephen Bodnar	0	21	0	30	0	51	0	16	67
Jonathan Worswick	0	65	0	0	0	65	0	0	65
Rod Lovel	24	33	0	0	0	57	0	8	65
Jeff Morehen	13	43	0	4	0	60	0	2	62
George Lisson	39	17	0	0	0	56	0	6	62
Richard Sarkies	0	0	0	0	53	53	0	9	62
Martin Fryer	0	61	0	0	0	61	0	0	61
Ben McSweeney	0	0	49	12	0	61	0	0	61
Heiko Schaefer	12	0	0	14	24	50	0	11	61
Brad Renshaw	0	17	0	14	0	31	0	30	61
Paul Jackson	0	46	0	14	0	60	0	0	60
Chris Truscott	0	0	0	0	60	60	0	0	60
Brian O'Dea	12	0	28	14	0	54	0	6	60
Kendall Waller	0	0	35	19	0	54	0	6	60
Peter Hammerschmidt	19	0	33	0	0	52	0	8	60
Charles King	12	0	27	14	0	53	0	6	59
Manfred Fiedler	12	17	16	0	0	45	0	14	59
Dennis Nel	0	31	0	14	0	45	0	12	57
Andrew Gibbons	56	0	0	0	0	56	0	0	56
Gary Aitkenhead	21	0	0	31	0	52	0	4	56
Neil Barker	21	0	0	34	0	55	0	0	55
Anthony Wong	0	0	0	53	0	53	0	2	55
Richard Deutsch	28	0	0	23	0	51	0	4	55
Robert Wawrzyniak	12	0	25	14	0	51	0	4	55
Michael Bailey	0	17	16	0	12	45	0	10	55
Andrew Bilsdon	0	24	30	0	0	54	0	0	54
David East	12	0	16	14	12	54	0	0	54
Paul Thompson	12	0	0	4	14	30	0	23	53
Graham Willis	12	17	0	0	0	29	0	24	53
Cameron Arnold	0	0	0	9	37	46	0	6	52
Jeff Morunga	12	0	30	4	0	46	0	6	52
Warwick Selby	0	51	0	0	0	51	0	0	51
Randall Brophy	49	0	0	0	0	49	0	2	51
Jim Screen	12	17	0	0	0	29	0	22	51
Alan Smith	0	0	32	14	0	46	0	4	50
Mohammed Alkhub	0	0	0	14	28	42	0	8	50
Steve Packer	12	0	19	14	0	45	0	4	49
John Sneddon	16	25	0	0	0	41	0	8	49
David Clear	0	48	0	0	0	48	0	0	48
Paul Trainor	12	0	0	14	18	44	0	2	46
Craig Dunn	0	0	0	0	42	42	0	4	46
David Lancaster	0	25	16	0	0	41	0	4	45
Grahame Murphy	0	17	0	24	0	41	0	4	45
Peter Truscott	37	0	0	0	0	37	0	8	45
Bruce Craven	0	40	0	0	0	40	0	4	44
Keith White	0	18	0	0	0	18	0	26	44
Eric Schmierer	2	17	0	14	2	35	0	8	43
Mike Ward	12	27	0	0	0	39	0	2	41
Nick Adams	37	0	0	0	0	37	0	4	41
Paul Glare	0	0	38	0	0	38	0	2	40
Ian Singer	0	17	21	0	0	38	0	2	40
Jaap Bakker	0	0	0	32	0	32	0	8	40
Mahmoud El-Khansa	0	0	39	0	0	39	0	0	39
Gavin Morisset	12	23	0	0	0	35	0	4	39

Philip Kennedy	12	17	0	0	0	29	0	10	39
Gerard Donnan	0	0	38	0	0	38	0	0	38
Roland Hassall	0	0	21	15	0	36	0	2	38
Andrew Fuller	0	0	0	0	35	35	0	2	37
Tim Deane	0	0	0	14	17	31	0	6	37
Mark Schaefer	15	0	0	14	0	29	0	8	37
Iain Martin	12	0	0	14	0	26	0	11	37
Simon Kent-Jones	0	0	0	0	25	25	0	12	37
Jose Vilar	0	0	36	0	0	36	0	0	36
Sean Ryan	0	0	0	34	0	34	0	2	36
John Simmonds	0	0	0	14	12	26	0	10	36
Alex Whitworth	0	0	0	18	13	31	0	4	35
Charles Coville	0	0	0	0	32	32	0	2	34
Alex Jensen	0	0	0	0	28	28	0	6	34
James Woodhams	0	0	0	4	24	28	0	6	34
Ted Brailey	0	0	0	14	12	26	0	8	34
Kevin Tiller	0	8	16	0	0	24	0	10	34
Roger Casey	0	0	0	0	33	33	0	0	33
Jurg Kunzle	12	17	0	0	0	29	0	4	33
Michael Wilson	0	0	0	14	0	14	0	19	33
Graham Butler	12	0	20	0	0	32	0	0	32
Adam Cresswell	18	0	0	14	0	32	0	0	32
Benny Hagberg	0	32	0	0	0	32	0	0	32
David King	0	32	0	0	0	32	0	0	32
Steven Norden	0	0	16	14	0	30	0	2	32
Fernando Santisteban	12	0	0	4	12	28	0	4	32
David Cooke	0	0	0	14	12	26	0	6	32
Denis Speyer	12	0	0	14	0	26	0	6	32
Stuart Crichton	0	17	0	14	0	31	0	0	31
Andrew Smith	0	0	0	14	3	17	0	14	31
Joe Flinn	0	0	0	14	12	26	0	4	30
Stephen Urwin	0	29	0	0	0	29	0	0	29
Jonathan Gliksten	28	0	0	0	0	28	0	0	28
Philip Boswell	0	0	0	26	0	26	0	2	28
Geoff Crowther	0	0	0	14	12	26	0	2	28
Adrian Krahn	0	0	26	0	0	26	0	0	26
Paul Munro	0	0	0	14	12	26	0	0	26
Stephen Kibble	2	0	17	4	0	23	0	2	25
Salvador Gala	17	0	0	0	0	17	0	8	25
Sean Greenhill	0	22	0	0	0	22	0	2	24
Nick Woodhams	12	0	0	4	0	16	0	8	24
Ron Daly	0	0	0	14	0	14	0	10	24
Ivan Freys	0	0	0	14	0	14	0	10	24
Nick Themsen	0	0	0	14	0	14	0	10	24
Peter Coble	0	0	0	0	23	23	0	0	23
Brian Ogilwy	0	17	0	0	0	17	0	6	23
Sam Chuah	0	0	6	14	0	20	0	2	22
Darren Goodsir	0	0	0	0	20	20	0	2	22
Ross McCarty	0	0	0	4	12	16	0	6	22
Robert Chalmers	2	0	0	0	0	2	0	20	22
Tom Silk	0	0	0	21	0	21	0	0	21
John Stathis	0	0	0	0	21	21	0	0	21
David Camm	12	0	0	4	0	16	0	4	20
Campbell Reid	2	0	0	0	9	11	0	8	19
Mike Elliott	0	0	12	4	2	18	0	0	18

Super Series Female Outright

	LC	6F	C M	H M	M T	sub T	-1	bn	Tot
Robin Cameron	0	61	55	40	48	204	0	2	206
Joanne Cowan	60	0	0	58	60	178	0	8	186
Allison Lilley	35	55	47	22	40	199	22	8	184
Catriona Cater	56	0	64	55	0	175	0	8	183
Erica Morgan	33	0	53	36	47	169	0	0	169
Dawn Tiller	0	65	50	0	46	161	0	0	161
Megan Jackson	31	42	36	14	41	164	14	8	158
Caroline Yarnell	51	0	0	47	53	151	0	4	154
Mary Stringer	42	56	0	44	0	142	0	12	154
Jacqui Matthews	45	42	0	41	0	128	0	16	144
Elizabeth Woodhams	38	0	0	35	46	119	0	13	132
Joanne Barton	0	58	0	53	0	111	0	7	118
Tina Campbell	0	53	0	42	0	95	0	16	111
Karen Van Esveld	53	0	0	52	0	105	0	2	107
Heather Forster	19	54	0	27	0	100	0	6	106
Mercy Samia	23	42	0	5	34	104	0	0	104

Super Series Age Groups

Women Masters	L C	6F	C M	H M	M T	sub T	-1	bn s	Tot
Elizabeth Woodhams	60	0	0	53	60	173	0	13	186
Mercy Samia	46	51	0	41	43	181	0	0	181
Tina Campbell	0	65	0	62	0	127	0	16	143
Beryl Wilson	53	0	0	0	46	99	0	0	99
Kirsten Themsen	0	0	0	50	0	50	0	10	60
Ruth McColl	0	0	0	52	0	52	0	4	56
Lesley Maher	0	0	0	48	0	48	0	4	52
Lorraine Spanton	0	0	0	45	0	45	0	0	45
Robi Russell	0	7	0	0	0	7	0	10	17

Women Pre-Vets	L C	6F	C M	H M	M T	sub T	-1	bn s	Tot
Allison Lilley	49	65	53	44	51	262	44	8	226
Erica Morgan	41	0	60	49	53	203	0	0	203
Karen Van Esveld	60	0	0	58	0	118	0	2	120
Manuela Sumetzberger	53	0	64	0	0	117	0	0	117
Victoria Pilkerton	0	0	55	45	0	100	0	0	100
Rebecca Deane	40	0	0	48	0	88	0	8	96
Lilian Chuah	0	0	54	41	0	95	0	0	95
Andrea McDonald	0	0	0	42	50	92	0	0	92
Amy Fisher	0	0	0	41	46	87	0	2	89
Jenny Truscott	0	0	0	52	0	52	0	8	60

Women Senior	L C	6F	C M	H M	M T	sub T	-1	bn s	Tot
Penny Smith	0	0	0	62	50	112	0	18	130

Women Veteran

	L	6F	C	H	M	sub	-1	bn	Tot
	C		M	H	M	T	s		
Robin Cameron	0	61	55	48	45	209	0	2	211
Catriona Cater	56	0	64	58	0	178	0	8	186
Megan Jackson	42	45	43	38	43	211	38	8	181
Joanne Cowan	60	0	0	62	49	171	0	8	179
Mary Stringer	46	56	0	50	0	152	0	12	164
Jacqui Matthews	48	45	0	49	0	142	0	16	158
Caroline Yarnell	53	0	0	51	47	151	0	4	155
Dawn Tiller	0	65	50	0	38	153	0	0	153
Heather Forster	30	55	0	41	0	126	0	6	132
Joanne Barton	0	58	0	55	0	113	0	7	120

Men Masters

	L	6F	C	H	M	sub	-1	bn	Tot
	C		M	H	M	T	s		
Barry Rutter	52	58	60	58	53	281	52	18	247
James Cryer	53	61	54	0	47	215	0	2	217
James Moody	40	45	50	46	49	230	40	9	199
Ron Schwebel	56	0	0	55	60	171	0	8	179
Kevin O'Kane	42	43	52	0	0	137	0	23	160
Scott Smiles	0	0	55	51	51	157	0	2	159
Eric Schmierer	28	49	0	37	32	146	0	8	154
Brian O'Dea	46	0	53	48	0	147	0	6	153
Michael Bailey	0	46	47	0	45	138	0	10	148
Christopher Dwyer	0	0	64	62	0	126	0	2	128

Men Pre-Vet

	L	6F	C	H	M	sub	-1	bn	Tot
	C		M	H	M	T	s		
Darren Benson	60	51	0	62	56	229	0	8	237
Joel Mackay	46	61	53	45	0	205	0	23	228
Martin Matthews	38	55	54	49	49	245	38	4	211
Steve Hume	47	54	0	47	48	196	0	13	209
Lance White	45	55	54	38	0	192	0	2	194
Stuart Chellis	43	0	47	45	41	176	0	4	180
David Burgess	50	0	0	52	50	152	0	8	160
Michael Sharp	38	0	49	26	41	154	0	4	158
Mark Wilson	51	39	0	50	0	140	0	6	146
Gerry Arthur	0	0	60	46	30	136	0	6	142

Men Senior

	L	6F	C	H	M	sub	-1	bn	Tot
	C		M	H	M	T	s	al	
Manfred Fiedler	50	61	60	0	0	171	0	14	185
Ray Doran	60	0	0	62	49	171	0	6	177
Heiko Schaefer	51	0	0	55	60	166	0	11	177
Jim Screen	53	65	0	0	0	118	0	22	140
Peter Hammerschmidt	56	0	64	0	0	120	0	8	128
Alex Whitworth	0	0	0	58	56	114	0	4	118
John Simmonds	0	0	0	52	53	105	0	10	115
Paul Munro	0	0	0	51	51	102	0	0	102
Brian Ogilwy	0	58	0	0	0	58	0	6	64
Neil McPherson	0	0	0	53	0	53	0	2	55

Men Super Senior

	L	6F	C	H	M	sub	-1	bn	Tot
	C		M	H	M	T	s	al	
Frank Dearn	60	65	64	58	60	307	58	8	257
Ron Daly	0	0	0	62	0	62	0	10	72

Men Veteran

	L	6F	C	H	M	sub	-1	bn	Tot
	C		M	H	M	T	s	al	
Keith Bateman	51	7	60	58	60	236	7	8	237
Greg Donovan	50	58	0	52	51	211	0	6	217
Adrian Spragg	49	56	55	48	49	257	48	8	217
Mike Hansen	39	45	50	33	45	212	33	26	205
David Gayford	45	47	44	46	48	230	44	8	194
Stephen Jackson	13	38	53	53	27	184	13	18	189
Ralph Melano	41	43	44	27	44	199	27	13	185
Graham Sharp	33	41	47	39	0	160	0	6	166
Ross Sinclair	56	41	0	62	0	159	0	6	165
George Herisson	34	40	40	17	0	131	0	16	147
Mark Robinson	48	0	0	44	50	142	0	4	146
Gregory Prerau	37	49	0	42	0	128	0	17	145
Mark Davis	44	0	0	43	46	133	0	8	141
Jonathon Craig	60	0	64	0	0	124	0	6	130
David East	28	0	36	19	39	122	0	0	122
Charles King	38	0	46	32	0	116	0	6	122
Jeff Morehen	40	54	0	24	0	118	0	2	120
Greg Coy	0	0	0	55	56	111	0	4	115
Stephen Bodnar	0	44	0	49	0	93	0	16	109
Paul Thompson	29	0	0	14	42	85	0	23	108
Robert Wawrzyniak	32	0	45	25	0	102	0	4	106
Victor Donovic	47	0	0	51	0	98	0	8	106
Pierre Van Heerden	0	48	57	0	0	105	0	0	105
Jeff Morunga	26	0	48	20	0	94	0	6	100
Gary Aitkenhead	43	0	0	50	0	93	0	4	97
Mohammed Alkhub	0	0	0	41	47	88	0	8	96
Grahame Murphy	0	42	0	45	0	87	0	4	91
David Lancaster	0	46	38	0	0	84	0	4	88
Steve Packer	27	0	41	16	0	84	0	4	88
Dennis Nel	0	50	0	26	0	76	0	12	88
Alan Smith	0	0	49	31	0	80	0	4	84
Ian Singer	0	38	42	0	0	80	0	2	82
Philip Kennedy	30	39	0	0	0	69	0	10	79
Andrew Smith	0	0	0	35	27	62	0	14	76
David Camm	35	0	0	28	0	63	0	4	67
Campbell Reid	26	0	0	0	33	59	0	8	67
Jonathan Worswick	0	65	0	0	0	65	0	0	65
Mike Elliott	0	0	33	4	27	64	0	0	64

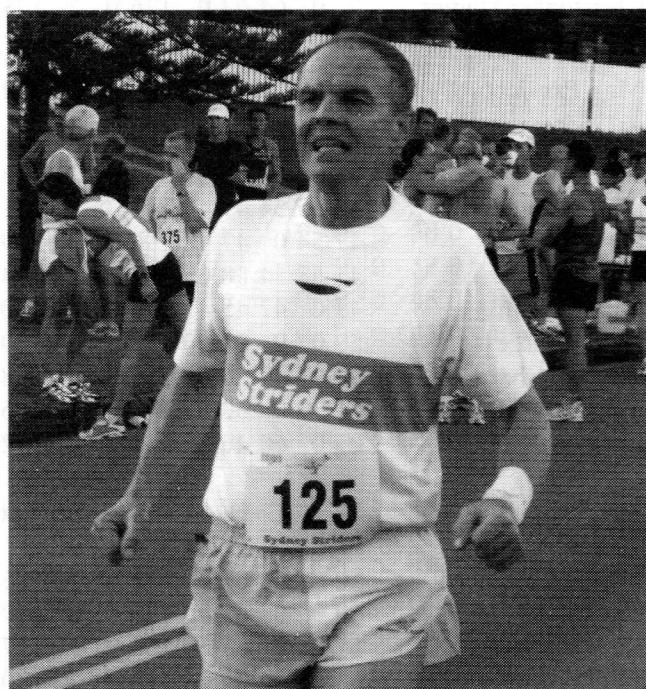
Super Series Age and Gender Adjusted

	LC	6F	CM	HH	MM	sub	T-1	Tot
Keith Bateman	764	0	720	785	780	3049	0	3049
Darren Benson	783	631	0	817	783	3014	0	3014
Stuart Chellis	735	0	706	758	727	2926	0	2926
Martin Matthews	717	729	720	724	696	3586	696	2890
Greg Donovan	718	724	0	711	686	2839	0	2839
Barry Rutter	707	689	697	728	682	3503	682	2821
Adrian Spragg	711	693	683	717	687	3491	683	2808
James Cryer	741	747	675	0	632	2795	0	2795

Steve Hume	702	670	0	722	694	2788	0	2788
Joel Mackay	685	718	675	694	0	2772	0	2772
Lance White	678	689	681	664	0	2712	0	2712
David Gayford	659	580	654	694	670	3257	580	2677
Robin Cameron	0	640	637	644	650	2571	0	2571
Ralph Melano	665	579	582	628	631	3085	579	2506
Mike Hansen	636	577	617	632	621	3083	577	2506
Joanne Cowan	856	0	0	816	827	2499	0	2499
Michael Sharp	629	0	615	599	631	2474	0	2474
Graham Sharp	630	557	587	664	0	2438	0	2438
Frank Dearn	622	584	570	609	600	2985	570	2415
James Moody	579	514	534	616	646	2889	514	2375
Erica Morgan	619	0	563	588	596	2366	0	2366
Mercy Samia	615	556	0	551	595	2317	0	2317
George Herisson	631	542	555	555	0	2283	0	2283
Catriona Cater	752	0	741	746	0	2239	0	2239
Dawn Tiller	0	782	706	0	740	2228	0	2228
David Burgess	728	0	0	736	723	2187	0	2187
Ron Schwebel	744	0	0	701	738	2183	0	2183
Allison Lilley	553	550	524	553	502	2682	502	2180
Caroline Yarnell	744	0	0	699	719	2162	0	2162
Ross Sinclair	773	617	0	760	0	2150	0	2150
David East	562	0	479	545	559	2145	0	2145
Eric Schmierer	530	532	0	543	539	2144	0	2144
Heiko Schaefer	692	0	0	712	720	2124	0	2124
Mark Wilson	746	600	0	738	0	2084	0	2084
Mark Robinson	697	0	0	685	699	2081	0	2081
Scott Smiles	0	0	685	683	691	2059	0	2059
Elizabeth Woodhams	683	0	0	675	654	2012	0	2012
Mark Davis	679	0	0	689	641	2009	0	2009
Mary Stringer	678	616	0	683	0	1977	0	1977
Brian O'Dea	679	0	636	661	0	1976	0	1976
John Van Yzendoorn	679	601	0	693	0	1973	0	1973
Manfred Fiedler	705	587	653	0	0	1945	0	1945
Stephen Jackson	0	472	659	767	0	1898	0	1898
Richard Wassell	490	0	425	490	484	1889	0	1889
Jeff Morehen	625	643	0	618	0	1886	0	1886
Gregory Prerau	625	594	0	660	0	1879	0	1879
Paul Thompson	608	0	0	600	607	1815	0	1815
Tim Austin	648	542	0	617	0	1807	0	1807
Charles King	622	0	568	616	0	1806	0	1806
Robert Wawrzyniak	619	0	568	608	0	1795	0	1795
Roland Hassall	0	568	557	626	0	1751	0	1751
Jeff Morunga	556	0	574	608	0	1738	0	1738
Stephen Kibble	575	0	517	635	0	1727	0	1727
Steve Packer	580	0	559	559	0	1698	0	1698
Kevin O'Kane	619	490	585	0	0	1694	0	1694
Michael Bailey	0	559	503	0	627	1689	0	1689
Fernando Santisteban	579	0	0	547	538	1664	0	1664
Ray Doran	815	0	0	846	0	1661	0	1661
Paul Trainor	549	0	0	534	573	1656	0	1656
Christopher Dwyer	0	0	816	819	0	1635	0	1635
Mike Elliott	0	0	548	522	519	1589	0	1589



North Head 10k - the leading group, John Young 2nd left, Darren Benson 3rd left. 10k Sponsor Damien Tancred far right of group.



Leading the 10k Senior Men, Peter Hammerschmidt at North Head in June