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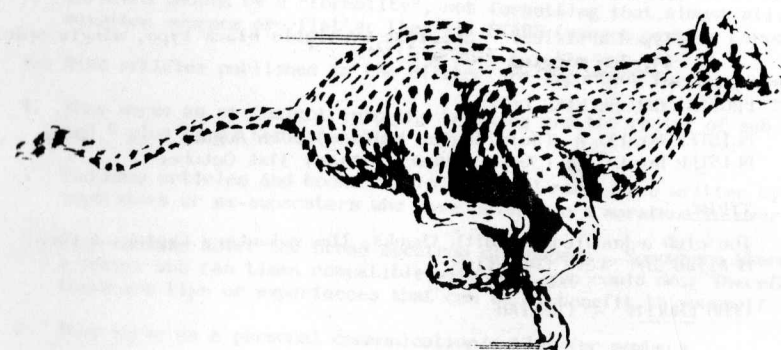
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Sydney Striders

MARATHON & ROAD RUNNERS CLUB



The Blister

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CLUB EMBLEM - CHEETAH

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Editorial

THE NIKE MARATHON, CANBERRA

As expected Nike produced a new club record, many P.B's and a few disappointments. The Nike did not really tell us anything new and merely reinforced what we already know:

1. It is a near perfect course.
2. A small percentage of members aiming at P.B's blew up. Once a few marathons have been negotiated, most members run marathons to either enjoy themselves and do a P.B. or merely to enjoy themselves. Running a P.B. obviously means running faster than before. The gamble is therefore to throw caution to the wind either before or after half way. One is therefore exposed to the possibility of blowing.
3. STARS of up to 35 k are sufficient to comfortably get through a marathon. If you struggled and believed that longer STARS would have been the answer, I must disagree. One has to become proficient on the longer STARS (up to 35 k) not run occasional near marathon distances. By regularly attending STARS the first 30-35 ks of a marathon should be a "formality", not forgetting that almost all marathon courses are flatter than all STARS (except perhaps Larpa).

The Nike articles published in the Blister are important for 2 reasons.

1. They serve as an insight into the training and the racing of sub 3, 3 and 4 plus times for marathons.

Too many articles and books on training and racing are written by superstars or ex-superstars who have never ran a marathon in over 2.20.

Club members cover the broad spectrum of runners. Somewhere there is a member who ran times compatible with what you could do. Therefore there are tips or experiences that can be of benefit to yourself.

2. They serve as a personal communication/outlet for members.

There are few people that one can relate with regarding marathons. Friends and family while offering enthusiastic encouragement probably still don't appreciate the finer aspects of the 42.2k event.

The Blister offers an opportunity to document the event and share your experiences with someone on the same wavelength.

STRIDERS 1982 OPEN HALF MARATHON

With all the euphoria of the Half Marathon now over, its time to sit back and take account of where we're at and what it's all about. Phil Caldwell has been appointed the Half Marathon Co-ordinator for 1982 - keeping his finger on the pulse in the early months, planning and supervising (see his article later).

Once again, to everyone associated with the event, a big thank you. 7 letters from competitors of thanks and congratulations says it all. (I thought people only ever wrote to complain). I think we've got a winner on our hands!

Sunday Training Runs (Stars) and Races Analysis

DATE	VENUE	EVENT	ATTENDANCE
28.2.	Striders ½ Marathon Trial	race	31
7.3.	North Head Trek	star	32
14.3.	Gap Gallop	star	27
20.3.	Willoughby Wander	star	23
27.3.	City Scramble	star	42
4.4.	Nike Marathon	marathon	36
4.4.	Bill's Bush Bash	star	5
11.4.	Artamon Amble	star	24
18.4.	Collaroy Classic	star	29
25.4.	Larpa Run	star	39

Another ten weeks and a few hundred more kilometres down the road sees us with the first major marathon of the season now successfully past but, judging by the high level of attendance, many people training hard for the next.

Sam's "City Scramble" the week before Nike, brought in a record to date of 42 runners, which prompts the question 'how long before we hit the 50 mark?' It also makes it a logical time to say welcome to new members and remind everyone to be sociable and introduce themselves to the many new faces we are seeing on our stars.

Don't forget that we are always open to suggestions for new STAR courses - anyone with any ideas just contact Brian Colwell with proposals. Perhaps it is time for another course in the inner west?

WANTED!

(While on the subject of STARS) - a run host to take over the La Perouse course from Brian Colwell. This course will hopefully soon be further revised, so an alternative starting point (perhaps Centennial Park) will be easy to arrange. If anyone is interested in becoming host to this run and has any helpful suggestions as to how to improve it, please contact Brian. In the meantime, keep on striding!

Quotes of the Month

ROBERT DE CASTELLA on marathoning:

"If you feel bad at 10 miles you're in trouble.
If you feel bad at 20 miles you're normal.
If you don't feel bad at 26 miles you're abnormal."

SAM DAHER on his 2:48 Nike P.B.:

"Now I'm only 40 minutes behind Salazar".

BERNIE LIEBMAN passing the first timekeeper (1 mile) in well under 6 minutes per mile at NIKE,
"Was that 5.30 or 6.30 pace?"

The International Scene

LONDON LETTER by Bob Holmes

If anyone seriously doubted whether the world marathon tidal wave would breach the stiff upper cliffs of the British shore, they should have asked the Post Office on Monday, 2 November 1981. For that was the date from which entries to the second London Marathon were being received - and no less than 73,000 flooded in!

"It made the first one look like a trickle," said an overworked sorter. Yet sceptics had said the 21 000 who had applied for that race represented a one year wonder, a curious raising of the eyebrows to see what was afoot in the rest of the world. The running cognoscenti, however, knew better. And, as always, the figures only tell a fraction of the story.

Apart from those from elite runners (men - sub 2:15, women - sub 2:51), entries for the 14 000 places are being accepted on a first come first served basis and the Post Office is playing an essential part by timefranking the envelopes. This method, it was thought, would sort the fanatic from the mere enthusiast. But not even Chris Brasher himself could have envisaged the lengths to which prospective runners would go to ensure an entry for 9 May.

On the night of 1 November, the train to Glasgow from Euston was unusually crowded. Thin looking men clutched envelopes with a conspiratorial air. They had made a discovery. The main post office in Glasgow has a 00h30 postmark and they were going there to post their entries!

Altogether over 6 000 envelopes were franked around the country before 1 am and there are going to be almost 60 000 people wishing they'd risen a little earlier on that fateful morning. But, happily, they will have alternatives. Marathons are coming out of council meetings as often as disgruntled rate-payers, and over 60 have been organised for 1982 from as far apart as Cornwall and Calfness.

All this and only 18 short months ago the largest field for a marathon in Britain was still under 800.

Striders Half Marathon

SYDNEY STRIDERS INTERNAL HALF-MARATHON

Sunday 7th March 1982

Pos.	Name	Time	Pos.	Name	Time
1	Bruce Usher	1:16:06	17	Mick Edwards	1:25:38
2	Robert Harrison	1:17:54	18	Brian Colwell	1:27:58
3	Bill Flanagan	1:18:42	19	Dave Blackhall	1:30:00
4	Sam Daher	1:18:58	20	Ivan Freys	1:32:16
5	Bob Shaw	1:19:15	21	Leo Leader	1:33:05
6	Dennis Cooley	1:19:25	22	Glen McGregor	1:33:32
7	Stuart Greaves	1:19:35	23	Sue Hill	1:33:35
8	John Jeston	1:20:47	24	Ian Miller	1:33:43
9	Osten Hansson	1:21:18	25	Bill Hunter	1:37:43
10	Charles Coville	1:21:53	26	Brian Lynch	1:40:20
11	Dick Harris	1:23:00	27	Derek White	1:41:31
12	Ray Doran	1:23:04	28	Jane Flanagan	1:52:48
13	Craig Johnson	1:23:25	29	John Oldroyd	1:59:32
14	Dave Ingham	1:24:02	30	Bob Cheetham	1:59:32
15	Chris Staples	1:24:19	31	Dot Flanagan	2:13:01
16	Steve Cornelius	1:25:21			

A SELECTION OF QUOTES FROM THE RACE SURVEY

"Five Star"

Ashley Youmie

"Leave the course as it is; a hill serves two purposes; to test mentally and to test physically.....If anyone has done the "Great Nosh Race" then that hill is nothing!.....Tremendous to have such a course in suburban Sydney.

R. Hart

"After competing in athletic runs for over 20 years I can honestly say I can offer no complaint.....The organisation was first class."

Alastair Johnstone

"I would not change the course. It is very tough and challenging."

Norm Berger

"The route through the park is the most pleasant I have ever had the pleasure to run on. I've been back there since, for training runs. I look forward to next year!"

Shane Sody

"The results form and accompanying literature and certificate were excellent."

K. King

"I predict double the number of participants next year, with additional problems for the organisers. I am sure you shall cope."

W. Raimond(overall winner)

"How can you improve on this event?? In recent times runners seem to take too much for granted. We are lucky to get such good sponsors, organisers, helpers, police co-operation etc. Are we expecting too many hand-outs, too much in the way of prizes? We should all be pleased for the opportunity to run together for enjoyment."

Bill Redhead

"The organisation, the course, the great 'T' shirts, and the way you looked after the runners was superb."

Mal Nicolson

"I came about 6th from last and received a hero's welcome.....Impressed with the way no presentations were made until the last entrant crossed the finishing line. Faultless, and a wonderful example of how an event should be organised. The Avon half-marathon was a complete let down in comparison."

Maureen Smith

".....a highpoint of my running career."

J. Evennett

"Should be more races in National parks or bush areas."

J. Kopriva

"Beautiful" (referring to course)....."Banquet" (referring to handouts).

Ron Brammer

"....when I went to get a cup of coffee there was no hot water, apparently a fault with the electrical supply for the urns, but this was rectified within 60 seconds and was promised by a delightful young lady that it would not happen again next year and if it did it would be rectified in half the time. So on the strength of that delightfully smiling young lady's promise that she could do it in half the time next year.....I'll be back."

Ron Brammer

"Even with my petty gripes, I must still give the run a rating of 10 out of 10."

Ron Brammer

"It was the first half-marathon I have run, and it would be hard to imagine a more beautiful setting.....Running through the park in the early morning with the mist rising from the river and the birds singing almost took my mind off the effort of completing the 21K."

From a letter by Sue Thomson to the Lane Cove S.R.A. Trust.

"All the girls helping out at all stages were good looking (maybe when I am tired all girls are great) but they all did a great job."

Les Grant

TOWARDS THE 1983 HALF-MARATHON

With the Race Results having been issued to all finishers last week and donations forwarded to Lane Cove River Trust and the School, only a few loose strings remain from the 82 half-marathon.

Would members please advise Phil Caldwell if:

1. You are holding any race equipment (drink bins, sponges, bunting, timing, equipment, etc) so that we can complete the post-race inventory and arrange storage.
2. You can offer storage facilities for race equipment until next year.

The undoubted success of this year's event was further borne out last week by a strong, initial response to a questionnaire issued to finishers with the Race Results. At the same time, a review by the Race Committee of all aspects of the race has highlighted many instances where changes/improvements are called for next year, particularly given the prospect of a doubling, at least, of the number of entrants.

Where then do we go from here?

As a first step, the 1982 Race Committee has formulated the following set of 'directional' guidelines within which to frame our approach to staging another open half-marathon:

1. WHY SHOULD STRIDERS STAGE A MAJOR OPEN EVENT?

- (i) To foster interest in long distance running as a sporting and recreational pursuit.
- (ii) To promote Striders to potential members and the running community generally.
- (iii) To reciprocate other organisations and competitors for having competed in their events.

2. WHY A HALF-MARATHON RATHER THAN A MARATHON?

- (i) Whereas the marathon calendar is heavily saturated there is only one other major half-marathon on the N.S.W. running calendar.
- (ii) Although named as a "marathon club" it is not inappropriate to only organise a half-marathon.
- (iii) With the basis for a half-marathon successfully established there is no real need to pursue a full marathon.
- (iv) With club membership presently less than 100, staging a full marathon could unduly strain our resources. Our open program should be contained to the present half-marathon for the foreseeable future.
- (v) To alleviate the dearth of distance races during Summer/Autumn and to provide a stepping stone to the full-marathon program commencing in April.
- (vi) Responses from competitors in the 82 half-marathon to our post-race questionnaire shows strong support for retaining the event in its 1982 form and their intention to compete again in 83.

City to Surf Survey

Compiled by SAM DAHER

ATHLETIC CLUBS - TEAMS OF 4 - CATEGORY AB (under 30)

1978	1st	202.36	Western Suburbs
	2nd	216.24	Parramatta
	3rd	219.26	Ryde-Hornsby
1979	1st	179.24	Western Suburbs
	2nd	198.40	Ryde-Hornsby
	3rd	211.38	Parramatta
1980	1st	177.41	Western Suburbs
	2nd	185.33	Birubi Track Club
	3rd	201.28	Manly Warringah
1981	1st	188.08	Birubi Track Club
	2nd	194.52	Manly Warringah
	3rd	209.37	Western Suburbs

ATHLETIC CLUBS - TEAMS OF 4 CATEGORY AC (30 and over)

1978	1st	196.36	Randwick Botany		
	2nd	203.18	Eastern Suburbs		
	3rd	209.22	Ryde Hornsby		
1979	1st	195.28	Randwick Botany		
	2nd	199.26	South Coast		
	3rd	208.02	Western Creek A.C.T.		
1980	1st	189.38	Randwick Botany		
	2nd	196.22	Western Suburbs		
	3rd	---	No qualifiers		
1981	1st	203.29	South Coast	)	Category AC (30 to 39)
	2nd	---	No qualifiers		
	3rd	---	No qualifiers		
1981	1st	---	No qualifiers	)	Category AG (40 and over)
	2nd	---	No qualifiers		
	3rd	---	No qualifiers		

COMMENTS

The above may be purely of academic interest as whilst it is not certain it may be restricted to clubs affiliated with the A.A.A.

In any case on performances required Striders would have a good chance for a placing in the under 30 category (easily the most competitive category) whilst placings would be a mere formality in the newly divided (1981) age categories of "30 to 39" and "40 and over" where of the 2 sets of 3 placings 5 went begging through lack of qualifiers.

We feel, however, that the option should be left open to stage, or become associated with, a full marathon (eg. Sydney), further into the future, although the latter has the danger of exposing the club's name to problems that can arise from relying on third parties.

3. WHAT DIRECTION SHOULD THE HALF-MARATHON TAKE?

- Striders should maintain full effective control of organisation and retain 'Striders' as part of the race name.
- Aim to establish the event's reputation as:
 - the most professionally/best organised distance event in Sydney.
 - a run organised by runners for runners (rather than for charities) which gives as much back to the competitors as possible.
 - a non elitist event, with the last finisher being as important as the first.
- Cater for all types and levels of competitors. Promote the event as:
 - a stepping stone for the marathon program commencing in April.
 - the first major R.R.A. race of the calendar year (yet to be confirmed for 83).
 - a "pinnacle" in itself for the more serious 'fun runner'.
- Retain existing traffic free/park course but with contingency for 'water over the weir' conditions.
- Look to progress, but not place excessive emphasis on 'the larger the field the better'.
- Acquire additional/more substantial sponsorships.

Against this background, the decision has been made to hold our second open half marathon at the same location on 27th March 1983 - 2 weeks prior to the Nike and one week after the A.A.A. National Championships. To this end, a 12 month action plan is presently being formulated commencing with renegotiation of use of the Park and School and approaching of potential sponsors next month.

In the meantime, we need to appoint members to the following positions making up the 1983 Half-Marathon Sub-Committee.

Entries Manager	Medical Services Manager
Public Relations Manager	Parking Manager
Sponsorship Manager	Refreshment Station Manager
Equipment Manager	Catering Manager
Grounds Manager	Prizes/Awards Manager
Recording Manager	Treasurer
Services/Products Manager	Secretary
Course Manager	Co-ordinator
Marshalling Manager	Manpower Manager
Master of Ceremonies	Photography/Artwork Manager
Pre-Race Function Manager	

Would you please therefore advise Phil Caldwell no later than 12th May if you are interested in assisting on the sub-committee in some capacity, indicating, if possible particular position(s) of interest. Please refer to Phil any questions regarding the responsibilities attaching to individual positions.

Stop Press

Congratulations to Carmen and Mike Bingham on the birth of a girl Strider on Tuesday 27th April at Hornsby Hospital. The Botanic Gardens will miss the lunchtime running of the first pregnant Strider.

MENS TEAMS OF 3 - CATEGORY AF

1978	1st	141.16	Mick Simmons
	2nd	143.04	Total
	3rd	144.08	PTC of NSW
1979	1st	131.34	Mick Simmons
	2nd	137.28	NSW CCC
	3rd	139.06	PTC of NSW
1980	1st	140.34	NSW IT
	2nd	141.56	SKA & UTA NSW
	3rd	143.50	Dencorub NSW
1981	1st	137.06	Talays Runners Club
	2nd	164.24	Normo Nomad
	3rd	165.45	North Flood Flyers

COMMENTS

Usually extremely competitive. However 2nd and 3rd placings in 1981 shows a sharp decrease in times and if this trend holds for 1982 these placings are well within reach. - Entries therefore recommended.

MENS TEAMS OF 3 - AGED 30 AND OVER - CATEGORY AG

1978	1st	146.30	Kembla Joggers
	2nd	149.18	Coca Cola
	3rd	152.18	Harbord Diggers
1979	1st	141.42	Randwick Runners Shop
	2nd	146.08	Commonwealth Bank
	3rd	146.50	Bronte S.L.S.C.
1980	1st	141.28	Talays Runners Shop
	2nd	142.28	Commonwealth Bank
	3rd	144.24	Harbord Diggers
1981	1st	141.56	Talays Runers Shop
	2nd	143.58	Commonwealth Bank
	3rd	157.16	Giovannis Restaurant

COMMENTS

Times constantly of a high standard. However as in the previous category the time for 3rd placing showed a marked decrease than in previous years bringing it within reach - Worth a try.

MIXED TEAMS OF 3 - 2 MALES 1 FEMALE - CATEGORY AJ

1978	1st	162.46	Norm Provans Cronulla Road Hogs
	2nd	169.50	E.S. P.O.W. & P.H. Hospitals
	3rd	174.26	Sydney Hospital Rum Runners
1979	1st	152.30	Go Jog (One)
	2nd	158.30	Go Jog (Two)
	3rd	162.24	Norm Provans Discounts
1980	1st	147.10	The Kool Kentara
	2nd	158.42	T.N.T. Sport
	3rd	162.18	Cronulla Road Hogs
1981	1st	158.08	Commonwealth Bank
	2nd	162.06	A CPE Road Runners
	3rd	178.49	Talays Runners Club

COMMENTS

Any two Striders who can team up with a female runner capable of a sub-1 hour time stands an excellent chance of a placing and on last year's time an outright win is a possibility. Last year's 3rd placing is within reach of a number of combinations wholly within the club's membership.

An outstanding category to consider:

INDUSTRIAL & BUSINESS TEAMS OF 3 - CATEGORY AP

INTRODUCED IN 1981

1st	137.08	Dencorub
2nd	151.50	Macdonald's Annerley
3rd	157.36	NRMA

COMMENTS - Chance for placing

TERTIARY EDUCATION - TEAMS OF 3 - CATEGORY AQ

1st	165.58	NSW I.T. Runners
2nd	176.13	The Whipits
3rd	181.28	N.S.W. Centipede

COMMENTS - Times slow but probably insufficient qualifying Striders.

SPORTING (Other than Athletic Clubs) TEAMS OF 3 - CATEGORY AK

1st	128.12	Runners Club 3
2nd	136.22	" " 1
3rd	147.26	Mt Pritchard Club

COMMENTS - Too competitive. However Strider's TOP TEAM would be a chance for 3rd placing. May be wiser to seek easier categories.

GOVERNMENT DEPARTMENTS - TEAMS OF 3 - CATEGORY AT

1st	146.50	State Local Authority
2nd	147.49	Custom Joggers A.C.T.
3rd	149.02	Water Board Runners

COMMENTS - Too competitive. Looking elsewhere

VETERANS - TEAMS OF 3 MEN (40-49) CATEGORY BF

1st	145.38	Talays Runners
2nd	146.52	Athletes Foot
3rd	149.18	Talays No. 3 Vets.

VETERANS - TEAMS OF 3 (50-59) CATEGORY BG

1st	157.29	B.O.P.
2nd	167.16	Three Westerners
3rd	172.37	Beachside Joggers

VETERANS - TEAMS OF 3 (60 and over) CATEGORY BH

1st	183.04	185 not out
2nd	212.10	Ronden John
3rd	---	No qualifiers

COMMENTS - May not have sufficient Striders to qualify.

Sam Daher has surveyed prior year City to Surf results. There are certain categories which members should consider to enhance their chances of winning a medal.

Please advise Sam of your preferred category so that he can match you with a suitable club member.

Don't forget that you must direct your entry through the club for us to be able to assist you.

In The Interest Of All Runners

SUBMISSION REGARDING DRAFT MANAGEMENT PLAN
FOR LANE COVE RIVER STATE RECREATION AREA

The club has made a written submission to the State Government's National Parks & Wildlife Service in connection with a Draft Plan of Management for Lane Cove River S.R.A.

The Plan defines the role and theme of the park and the general concept for its future management and use. Development policies for recreational activities and facilities, and for managing the natural environment, are described and related action plans to be carried out over the next five years identified.

Your committee felt it was important to make a submission given, firstly, the extensive use which members make of roads and trails within the park and adjoining open space areas and, secondly, the importance of the park to the staging of our open and internal half-marathons.

The thrust of the submission was essentially threefold:

- (i) That the Draft Management Plan underestimates the importance of, and fails to adequately provide for, 'jogging' and other pedestrian type activities within the park and its environs. "Too much emphasis is placed upon the two primary activities (picnicking/barbecuing) and related vehicular traffic and too little emphasis upon providing for a range of secondary activities (passive and active walking, jogging, recreational cycling, ornithologists, etc)."
- (ii) That the various jogging activities detailed in the submission, properly controlled, are fully acceptable activities to be fostered within the park. "They neither alienate the bushland environment nor unreasonably intrude on other users. As such....jogging should be accorded far more consideration in the framing of the access ways and scheme of operations proposals."
- (iii) Development of an integrated system of pedestrian trails within the park and adjoining open space areas should be accorded high priority. "This would yield a substantial increase in the number of walkers and joggers gaining benefit from the park, commensurate with reduction of the damage to the natural environment by containing pedestrians to clearly demarcated trails."

The submission also endeavoured to facilitate the drawing of independent and objective conclusions about jogging as it relates to the park by analysing the nature of the jogging activities taking place; the reasons why joggers are attracted to the park; the various types of jogging activity (individual and group-training and competitive); demands placed on park facilities by joggers; and anticipated future trends in usage of the park by joggers.

A copy of the submission will be available at the STAR runs and copies may be obtained from Phil Caldwell.

Our thanks to Sue Hill and Bob Peirson for their assistance with the submission.

Committee

Marathon Review

NIKE, CANBERRA SUNDAY 4TH APRIL.

COURSE RECORD	GRAEME KENNEDY	2.15.16	1981
1ST MALE	DEREK FROUDE	2.17.45	1982
1ST FEMALE	SHANE BARRETT	2.45.12	1982

POSITION	STRIDER	TIME	PREVIOUS P.B. IF P.B. RUN AT NIKE	IMPROVEMENT
40	BILL FLANAGAN	2.36.47	2.46.52	10.05
45	DAVE COX	2.37.52	2.45.02	7.10
78	ROBERT HARRISON	2.42.37	2.50.00	7.23
123	BOB SHAW	2.48.15	NOVICE	-
124	SAM DAHER	2.48.24	2.52.10	3.46
126	BRUCE USHER	2.48.25	3.16.48	28.23
134	DENNIS COOLEY	2.49.33	2.57.03	7.30
176	DICK HARRIS	2.54.00	N/A	
182	STUART GREAVES	2.54.31	N/A	
241	DAVE INGHAM	2.58.19	3.18.12	18.53
245	JOHN JESTON	2.58.48	2.59.32	0.44
263	BRIAN LYNCH	2.59.55	3.13.47	13.52
296	STEVE CORNELIUS	3.03.00	3.07.46	4.46
303	CRAIG JOHNSON	3.04.20	3.10.00	5.40
333	MICK EDWARDS	3.06.53	3.14.00	7.07
338	BERNIE LIEBMANN	3.07.19	N/A	
339	OSTEN HANSSON	3.07.20	N/A	
377	KEITH LEGGETT	3.09.27	NOVICE	
378	NEIL PLEVY	3.09.27	N/A	
382	MARK HANLON	3.09.47	NOVICE	
398	JOHN SNELSON	3.11.25	3.22.23	10.58
444	LEO LEADER	3.15.14	N/A	
478	DAVE BLACKALL	3.19.12	N/A	
525	IAN NEWLANDS	3.24.54	NOVICE	
533	IAN MILLAR	3.25.54	NOVICE	
543	BRIAN COLWELL	3.26.31	N/A	
544	LYNNE EVANS	3.26.31	3.37.00	10.29
558	JOHN DAWES	3.27.34	NOVICE	
641	JOHN OLDROYD	3.37.15	N/A	
702	DEREK WHITE	3.50.46	N/A	
777	GLEN MCCREGOR	4.18.47	NOVICE	

CASUALTIES

PHIL CALDWELL
CHARLES COVILLE
SUE HILL
JIM TRAVERS

1/2 MARATHON

MIKE HALMY

STRIDERS SUMMARY

PERSONAL BESTS	14	40%
NOVICE FINISHERS	7	20%
OTHER FINISHERS	10	29%
CASUALTIES	4	11%

RACE SUMMARY

ENTRANTS	1134
STARTERS	1 1000
FINISHERS	810

THE NIKE MARATHON, 1982.

By Bill Flanagan.

In November, 1978, after about one year of competitive running, I chose the Canberra Marathon for my second marathon attempt, and came away very well satisfied with 2.58, a P.B. by 13 minutes. Now, three and a half years and six marathons later, with my P.B. slowly reduced to 2.46.52, I returned to Canberra, in the hope of getting close to 2.40, or even scraping below that mark.

In 1978, the 240 starters ran mostly along the cycle paths bordering Lake Burley Griffin, on a perfect running day, with complete cloud cover, no wind, and low humidity. Either Canberra weather is always like that, or it's especially arranged for marathon days, for it was the same again this year - perfect. With about five times the number of runners this year, the cycle paths were no longer adequate, so the race was run on roads, but these were kept free of traffic, and the course was still a most satisfactory one, adjacent to the lake, and passing many of the landmarks of Canberra. Everything was just right, and there would be no excuses!

My biggest problem in marathoning has been my pace in the first half. I have usually got caught up in the atmosphere, and have run the first 10k much too fast, then really struggled for the last 10k. In Honolulu in 1980, where the atmosphere was absolutely electric - with 6,000 runners charging off before sunrise, with brass bands and fireworks and bugle calls bringing a lump to the throat - I took off with a 5.13 split for the first mile, and 1.13 for half way, to finish in 2.58. That's 1.45 for the second half - hardly an even pace!

That was a lesson learned the hard way. So this time, as the gun went off, I ignored the pace of the other eleven hundred starters in the 1982 Nike Marathon. I was determined to get into a rhythm of six-minute miles and stick with it until at least 35k; there I expected to fade, probably losing about five minutes struggling through the wall. That would be nothing new after Honolulu, and after last year's Big M, where the last 2k took me sixteen minutes.

Having thus ignored the fast early pace, I reached one mile in 5.53. I received a pleasant surprise on noticing that every mile was marked, because I had expected only 5k markings. This was a great help to my pacing, and was just one example of the fine organisation of the event, with the excellent programme, the fruit and drinks, the efficient arrangements at the finish, and the awards dinner. The drink and sponge stations were very well conducted by their staff in colourful and humorous costumes, adding a carnival touch to the pleasant and friendly scene. The whole occasion was worthy of that beautiful city.

One of the beauties of the Canberra course is that you can see all the runners at the turns, at 2.5k, 12.5k, 22.5k and 32.5k. As well as seeing the race unfold among the leaders, you get a lift from seeing someone you know running the other way. It is a far more interesting course than the point-to-point layouts like the Big M, which I find so boring that I almost lose interest in the race after 10k.

The colours of the Striders were conspicuous. When the pace had settled down after about 5k, I'd lost sight of Bruce Usher, could just see Dave Cox, and was just behind Sam Daher. I caught Dave at about 14k, ran with him in a group which at times became rather large, and went through half way in 1.18. Bruce had gone through half way in 1.12, and was never in sight until suddenly at 30k I noticed him, just ahead. Still with Dave, I passed Bruce soon afterwards. Dave then went away from me again, and led me by about 100 metres at the 32.5k turn.

The last 10k became a totally new experience - actually passing people, including Dave at 35k, a stage where in previous marathons I would have been running head first into the wall. At that distance, I felt that I was pushing for the first time, while at the same time feeling confident of breaking 2.40; but not until the 26 mile mark did it really dawn on me that I would do 2.37. Those last 385 yards were sheer ecstasy - passing three runners, being announced over the p.a., and hearing the good response from the large crowd. We've all heard of "Runner's High", but I was higher still - I was up in the clouds for hours!

When I came back to Earth, I wanted to find a logical reason for my nine-minute improvement, but I hadn't done anything remarkably different. I've always counted back thirteen weeks before the marathon date, and in that period have tried to miss as few days' running as possible, to do an 18-20 miler once a week, and to get my weight down below eleven stone by staying off the junk food, while getting in at least four one-hundred-mile weeks.

I've missed only a few odd days over the last year with injuries, and I certainly feel I've got stronger from consistent training. The bulk of my mileage is done running to and from work, which gives me fourteen miles a day; this is usually run at eight-minute-mile pace, depending on what mood I'm in.

Since last November, when I began taking part in Stars, I've found my 18-20 milers much more enjoyable. While I always had got a buzz out of these long runs, I was having trouble getting started week after week, especially on the same courses. The Stars put new life and fresh interest into my long runs, enhanced by the discovery of new scenic parts of Sydney, and by the company of other runners.

Part and parcel of my previous marathon efforts had been the stiffness suffered for the next few days. This time, by contrast, I've pulled up remarkably well, maybe because of the stretching I've been doing. It's something I've never bothered to do in the past, but I've really felt the benefit since taking it up and persevering with it.

Congratulations to all the Striders who ran well in Canberra. I'll be there next year for sure, and I recommend that you run in it too. It's a quality marathon!

This was my 3rd attempt at the marathon distance; well second really, as the misnamed Sydney marathon was short, which I completed in 3 hours 12 minutes 36 seconds.

The frustration of that run forced me into attempting to run the Lake Gillawarna Marathon 2 weeks later with, of course, the predictable result. Got to 36kms and couldn't go any further.

Both of those runs took place in September last year.

To make this recount have some significance as a basis for comparison for other Striders, I'll now digress a little and give some background information on myself and my training to date.

Joined the Striders in April last year.

Up until then ran the City to Surf once (no athletic background to speak of) although kept in reasonable trim by many years of squash.

Age 41.

My training has been very simple, alternating 10k and 15k runs Monday to Friday. Saturday off, and whenever possible, Sunday runs with the Striders or my own 28 or 32k course. My average weekly distance over the last 5 months would be 70kms. The last 5 weeks prior to the Nike I was running 90kms per week. It should have been 7 weeks at 90, but work pressure and a slow healing gash on my leg stopped me from running for 2 weeks.

And so to the Nike.

I had planned to run somewhere between 3.15 and 3.30. So I had splits marked out for both of those times.

At 8 o'clock 1100 or so of us headed away all smiles and in high hopes, urged on by a large group of spectators, including friends and wives of Striders who had travelled down to Canberra in the chartered coach. In fact, the encouragement given was really appreciated by me on the 4 or 5 times I passed by them.

The first turn-around-point at 12.5kms came up right on 3.15 pace. There was plenty of running company at this stage as the really hard work has not begun and one was able to appreciate the beautiful course. The drink and sponge stations were well manned and a nice light touch was provided by the beards, top hats and tails attire of some of the personnel.

Now it was time to head back to the far turn-around-point at the 22.5k mark. I was still running at 3.15 pace when I passed it and feeling in good condition. The 4 way and 25k mark came up in 1 hr 34 mins and 1 hr 52 mins respectively.

However, at about the 28k mark I started to get a tightening feeling in my stomach, which I thought was a stitch coming on. I had just taken a drink of water and maybe taken it in too quickly. At any rate I decided to slow down a little to see if the tightening would stop. It didn't completely go away, but it wasn't hindering me, and when the 30k mark was passed I had only dropped a minute's time (2 hrs 16 minutes).

And so, out to the 32.5k turn-around-point for the last time, which was a relief mentally as every step now was back to the finish line.

Now for the first time, real signs of tiredness and tightening of my thigh muscles came upon me. The 2 previously gentle rises (which one had not worried about on the other laps) now suddenly became quite steep and quite a number of runners were now walking up them.

I reached the 35k mark in 2 hrs 41 mins. (now a couple of minutes over 3.15 pace) so the race was now on. For me it now became a matter of concentration and convincing myself that the next 7ks was an extra short training run.

Fortunately, my state of tiredness had not worsened and I was able to maintain a steady pace to the 40k mark (3hrs 13 mins).

Now I new I was almost home, only 2 and a bit kms to go and I think this thought now stimulated me.

The last kilometre was great. Spectators were lining the finish area and giving tremendous encouragement to the runners as they came in to finish. I managed to sprint the last 150 yards to the finish, which amazed me, and crossed the line in 3 hrs 24 mins 54 seconds.

Wow! What a feeling. I'd done it. All those early morning (5:30) runs up River road and the Pacific Highway had been worth it.

Now, maybe a slightly changed training programme with some speed work to get my little legs moving ...

I would like to thank Neil Plevy and the Committee for organising the Canberra trip. It was a great 2 days and I think it got everybody into a good frame of mind for the Marathon.

Marathon Ladder

(as at APRIL, 1982) (E.6 C.E.)

The table below ranks only those marathon performances achieved by runners while they were members of Sydney Striders. Hence, results achieved prior to joining Striders are not taken into account.

However, where a member's best-ever, or only, marathon time was recorded prior to joining Striders, that result is shown in a separate column on the right-hand side of the table, together with year and location.

Please advise Dave Cox of any incorrect details.

STRIDER	TIME	MARATHON AS A STRIDER	DATE	MARATHON PRIOR TO JOINING STRIDERS	
1. BILL FLANAGAN	2.36.47	NIKE	4/82		
2. DAVE COX	2.37.52	NIKE	4/82		
3. BRUCE ROBERTSON	2.39.40	GOLD COAST	8/81		
4. TONY MCCALL	2.41.07	CAMPBELLTOWN	5/81		
5. ROBERT HARRISON	2.42.37	NIKE	4/82		
6. BOB SHAW	2.48.15	NIKE	4/82		
7. SAM DAHER	2.48.24	NIKE	4/82		
8. BRUCE USHER	2.48.25	NIKE	4/82		
9. CHARLES COVILLE	2.48.53	TRANSVAAL STATE (RSA)	9/81		
10. DENNIS COOLEY	2.49.33	NIKE	4/82		
11. DICK HARRIS	2.54.00	NIKE	4/82	2.53.10 FIESTA BOWL	
12. STUART GREAVES	2.54.36	NIKE	4/81	ARIZONA USA	1980
13. OSTEN HANSSON	2.55.08	GOLD COAST	8/81		
14. BERNIE LIEBMANN	2.56.05	N.S.W. STATE	6/81	2.40.00 TRANSVAAL	
15. NEIL PLEVY	2.56.46	HARBORD DIGGERS	4/81	STATE (RSA)	1978
16. DAVE INGHAM	2.58.19	NIKE	4/82		
17. MIKE ANSCHUTZ	2.58.21	GILLAWARNA	9/80		
18. JOHN JESTON	2.58.48	NIKE	4/82		
19. RAY DORAN	2.59.23	GILLAWARNA	9/81		
20. BILL HUNTER	2.59.25	VETERANS	7/81		
21. MIKE BINGHAM	2.59.33	N.S.W. STATE	6/81		
22. SUE HILL	2.59.46	AVON	5/81	2.52.01 AVON	
23. BRIAN LYNCE	2.59.55	NIKE	4/82	W.GERMANY	1979
24. WYNNE HENDERSON	3.00.07	HARBORD DIGGERS	4/81		
25. DAVE BLACKALL	3.02.24	N.S.W. STATE	6/80		
26. STEVE CORNELIUS	3.03.00	NIKE	4/82		
27. BRIAN COLWELL	3.03.07	GOLD COAST	8/81		
28. CRAIG JOHNSON	3.04.20	NIKE	4/82		
29. MICK EDWARDS	3.06.53	NIKE	4/82		
30. KEITH LEGGETT	3.09.27	NIKE	4/82		
31. MARK HANLON	3.09.47	NIKE	4/82		
32. STEVE KNIGHT	3.11.20	HARBORD DIGGERS	4/81		
33. JOHN SNELSON	3.11.25	NIKE	4/82		
34. NEIL COLLUM	3.12.21	GILLAWARNA	9/81		
35. LEO LEADER	3.15.14	NIKE	4/82	3.05.00 CAPE	
36. PETER GARRETT	3.17.27	NIKE	4/81	PENINSULA(RSA)	1980
37. GEOFF MURRAY	3.20.45	N.S.W. STATE	6/81		
38. BARRY JONES	3.23.18	VETERANS	7/81		
39. IAN NEWLANDS	3.24.54	NIKE	4/82		
40. IAN MILLAR	3.25.54	NIKE	4/82		
41. LYNNE EVANS	3.26.31	NIKE	4/82		
42. GEOFF COX	3.27.26	HARBORD DIGGERS	4/81		
43. JOHN DAWES	3.27.34	NIKE	4/82		
44. CHRIS BURKE	3.29.53	GILLAWARNA	9/80		
45. NEIL GUY	3.29.56	GILLAWARNA	9/80		
46. CARMEN BINGHAM	3.30.50	N.S.W. STATE	6/81		
47. JOHN OLDROYD	3.35.00	N.S.W. STATE	6/81		
48. JOHN FLYNN	3.35.37	GILLAWARNA	9/80		
49. DWIGHT NELSON	3.37.26	HARBORD DIGGERS	4/81		
50. KARL TOPFER	3.46.52	HARBORD DIGGERS	4/81		
51. PETER RYAN	3.49.23	N.S.W. STATE	6/81		
52. DEREK WHITE	3.50.46	NIKE	4/82	3.26.34 NIKE	1981
53. JOHN GALE	3.49.27	ADELAIDE	8/81		
54. GLEN MCGREGOR	4.18.47	NIKE	4/82		
55. BOB PIERSON	4.33.40	HARBORD DIGGERS	4/81		
KEITH CANARD			2.29.00	NSW STATE	1980
HARRY KARLIKOFF			2.50.00	GILLAWARNA	1981
NIGEL HADGKISS			2.52.21	BLACKTOWN	1981
BERNARD COOLEY			2.57.45	NSW STATE	1981
DAVE MILL			3.05.00	GOLDEN REEF	
				(RSA)	1981
IVAN FREYS			3.07.00	HARBORD DIGGERS	1979
PETER FOULSHAM			3.21.00	HARBORD DIGGERS	1980
JOHN EDWARDS			3.32.52	NIKE	1980
JANE FLANAGAN			3.42.00	BIG M	1980
BOB CHEETHAM			3.51.00	BIG M	1981

THE "NIKE" MARATHON

by Keith Leggett

I once read that the marathon was the supreme test of men, both physically and mentally. After competing in the Nike, I know why.

I am a recent member of the Striders, so this trip was a chance for me to meet the other members.

My training leading up to the marathon consisted of about 50 miles a week, but never more than 60 miles. This I considered to be adequate training as I have only ever run track events before (maximum distance of 5000 metres). The 50 miles was divided up into 30 miles Monday to Friday, running on the roads in Ashfield, fighting off angry dogs and irate pensioners. The other 20 miles was run on Saturday morning up at Woy Woy (my weekend residence) where I only had to contend with holiday-makers and their dogs.

I travelled down to Canberra in the Striders' bus. The marathon was nervously discussed and training programmes exchanged. When I explained my training and my hope (dream) of running sub 3 hours in my first marathon the "veterans" greeted this with scepticism. Sam informed me that the very first marathoner died after running the distance and that if I was very lucky I could expect only three days of general pain.

The conditions on the day of the race were perfect. There was complete cloud cover and the temperature was about 10°C. The race was well organised. We were all marshalled to the appropriate area and awaited the start while the theme music from "Chariots of Fire" inspired us to greater heights. The gun went off at precisely 8.00 a.m., and the nervous tension and energy was released immediately. It is hard to gauge your speed and how far you have travelled; you are literally floating on air.

We had driven over the course the previous day and it did seem a long way then. However it was twice as far on the day. I had been pre-warned not to go out too fast, but merely to "enjoy" the race. The race was started slowly enough — eight minutes for the first mile, improving to about seven minutes a mile. I considered this to be an easy pace. After a while I was joined by Neil Plevey, who stayed with me for the remainder of the race.

I reached the halfway mark in 93 minutes, and felt really good; I hadn't had any aches or pains. I started to wonder what the big deal was about running a marathon; it didn't seem hard at all. However I was soon to find out what makes the marathon the prestigious event.

About the 18-mile mark I developed stomach pains. Neil advised me not to stop but to keep running. I continued on and it soon abated. For the rest of the race I was merely going through the motions without any thought for time, the energy slowly leaking out of the system. By the 25-mile mark my hamstring muscles started to tighten up and it took 12½ minutes to run the last mile and 385 yards.

The finish was worth the pain; there is nothing like crossing that line knowing that you have beaten "It". By "It" I mean the run, the other athletes, your own pain, and your mind which countless times during the race has nagged you to stop and do something sane.

During the race I encountered no wall as such. There were pain barriers but I have experienced these same barriers when running 5000 metres. (As my parents keep saying, "No sense, no feelings".) The Birubi coach Jack Pross explains: "It's only pain. It's a figment of your imagination. Now get out there and run."

I would like to take this opportunity to thank all those responsible for the organisation of the trip; it was terrific. I would also like to thank Bob, Sam, Clive and the mad Scotsman Jim for their pre-race inspiration (I didn't die after all). A special thanks to Neil Plevey, for without him I wouldn't have made it.

"WHEN'S THE NEXT ONE?"

Some ten months ago on my bi weekly morning "jog", I and my two other jogging mates (Turramurra Trotters) had the misfortune to meet with Bernie Liebmann out on his morning run (Dave Blackall as still happens on occasions had slept in). I say misfortunate because Bernie decided to "jog" with us that morning and suggested in future we meet at the same time as we had the same meeting place.

I had heard of Bernie, a South African runner previously, and I thought running with him might sharpen me up for the City to Surf. For the next two months or so I would struggle to keep up with Dave and Bernie — they always seemed to sprint up hills.

Slowly, Bob, (one of my two previous jogging companions) and I became fitter, and we could keep up with Dave and Bernie most of the time.

Then I made my next mistake — I was persuaded by Dave and Bernie to run with the Striders. Well, I may have been "fit" for morning runs of 80 — 90 minutes, but as for two hours plus — that was another matter. Slowly, I became fitter and S.T.A.R runs became bearable and occasionally enjoyable; and my City to Surf. time did improve.

I now became determined to run another marathon and finish. My past marathon performance was not good. In the 1979 Diggers' Marathon I pulled out at Dee Why. Although I had been running well over short distances — I had not done any long runs — and my knees started to give in at the 15 mile mark and finally collapsed at Dee Why. I did not run again for two months — and then only after a visit to a podiatrist and having plastic orthotics fitted.

In 1980 I followed a twelve week training schedule, which in hindsight lacked a little in quality, and finished in 3:18 having aimed for 3:30. In 1981 long runs on Sunday too often came second to surfing — and in trying for a 3 hour marathon — fell to pieces at 15 miles and finished in 3:40.

In late 1981 I ran the Palm Beach to Manly 30km run in company with Bernie, Bruce Robertson and Charles who took it as a training run — laughing, joking and telling stories whilst I puffed and panted. I finished in 2:07 — 3 hour marathon pace, tired but pleased. Maybe I could keep it up for another 12km.

I was getting fitter. The S.T.A.R runs were not such an effort — and I decided that the Canberra Marathon would be it. I had been told the weather was what I like, cold and crisp, and the course flat.

I was now averaging about 100kms, running six days a week, with still 8 weeks to Nike, and I was more certain than ever that a sub 3 hour was possible. Forwarded my entry to Nike and kept at it, nearly always one long run on the weekend usually with the Striders.

Saturday 3 April off to Canberra by car with Jenny and the three kids. I had worked out mile splits for both 2:55 and 3:00 based on a schedule in Fun Runner.

Slow start — fast second five miles and then slowing down for the remainder:

	1-5	6-10	11-15	16-20	20+ finish
2:55	6:34	6:21	6:30	6:44	7:07
3:00	6:45	6:32	6:41	6:55	7:20

Arrived in Canberra, collected my number - very impressed with the organization and then drove around the course. No-one had mentioned the hills at the 18 and 23 mile mark - just when I need them!

All keyed up Saturday night but managed to get off to sleep only to be woken as were the girls (all three) by the band at 12.30 a.m. Finally, got back to sleep.

Up Saturday at 6.30 a.m. - feeling good except for a slight headache. Into the Striders' bus - much discussion about times etc. - and down to the start.

Across to the start and had just finished re-knotting my shoes for the fourth time - BANG - the run is on.

I was determined to go slowly at the start and not get caught up in the rush. Everyone seemed to be passing me. There was Jenny and girls waving at the first corner. Up to the first mile - 6:36 - almost right on schedule.

First turn around and already runners were streaming past on the first long leg - there goes Cox, Usher and others.

Past the new High Court - still feeling fresh - and still running 6:36 miles. A veteran and I kept passing and repassing each other - he also aiming for sub 3 hour.

At the five mile mark I was only 10 seconds behind the 2:55 pace. Now for the faster pace for the next five miles. This is where my schedule let me down - or I let it down - no way I was going to be able to get down to 6:21 pace and hold it.

I was managing to hold a 6:25 pace up to the seven mile mark but then started to drop back to the 6:32-6:35 pace. Passed a running friend - kept together for the next mile - he was aiming for sub 2:55 - but his splits were more even than mine (he finished in 2:54). At 10 miles he pulled away as we caught up to Jenny Walker.

Followed Jenny Walker through the half-way mark in about 86 minutes. I was running at about 6:38 pace, I was getting concerned as I was only a minute under the 3 hour schedule and still 11 miles to go.

Jenny Walker pulled ahead or I slowed down but as I told myself it was as per my schedule to slow at the 16 mile mark. I was still feeling good but so I had previous times - and I didn't really know how I should be feeling.

I was managing to hang onto a 6:45 pace as I went up those little hills and past the 18 mile mark. Starting to make up time on my schedule again - and passing other runners.

There is Jenny and the girls again - Liebmann's just ahead she says - that doesn't seem possible. Up to the drink station, the attendants all resplendent in their evening wear. Up through the nursery, and really feeling cocky - where is the WALL. Past the family again - girls wave and I wave back.

I think I managed to maintain a 7:10 pace through the 21 and 22 mile mark. Looks like Liebmann up ahead. I catch up - Bernie has been suffering from cramp.

Starting to feel tired - Bernie concerned about me not breaking 3 hours - I am more concerned that Bernie is pushing me along too hard. For my sake I wish he would get cramp again and let me "slow" down.

Bernie has cramp again, still concerned about my breaking the 3 hours - I tell him I've got almost two minutes up my sleeve - he waves me on. Under the bridge, round the corner towards the last drink station - being a "second" station I am "allowed" to stop and drink rather than trying to drink on the run which I find very difficult.

People are walking now, must keep at it - sub 3 hours in sight. Up towards the crowds gain and still managing to pass people.

Round the corner and away from the lake, how far is a marathon 26 miles and how many yards?

There's the 26 mile mark, put on a bit of speed - will the legs take it?

Round the last corner - there's the finish - push towards the line - 3.58:18. I've done it.

Maybe if I had pushed it harder after half way ... maybe if... that's for next time... what did I learn?

The schedule didn't really suit me. Next time I will try for a more even pace through the first ten, a slower more even second ten, and hang in for the last six. I need a schedule - I can't work out how things are going on the run. The only split I accurately remember was the first - take it slow and steady - cool weather suits me - make sure I drink at every station - I did not overheat as I have on some previous long runs.

THE BEST QUOTES FROM THE CANBERRA TRIP

The trip to the Nike Marathon in Canberra produced a large number of quotable quotes, which made it rather difficult for the judges to select a winner, but here are the best from a very high-quality field:

Bob Shaw, looking wistfully down at his alligator-style running-shoes, held together by the merest thread: "I'm a bit worried about my shoes".

Sam Maher, brandishing the kettle he'd won in the lucky draw, grinning from ear to ear: "Arrr, didn't you blokes win a prize?".

Bob Shaw again, hopefully scanning the moaning crowd of stiff-legged marathoners: "Anyone for a foot-massage? 25 cents a toe, a dollar the whole foot".

Sam Maher again, lifting his shirt to charm the ladies: "With a chest like mine, you'd have to eat bananas".

Anonymous, looking very tired: "I only finished to please the cheer-squad".

Steve Cornelius, 15 seconds after crossing the finishing line: "I'm giving this *!\$*!% game away!".

In addition to the above, Jim The Mad Scotman also said a very great deal of quotable things, but was disqualified on the grounds that the judges couldn't understand a word he said.

But the quote of the weekend, which was unanimously judged to take out first prize, was spoken by a non-member of the Striders - Keith, the driver of the bus: "Well, fellers, I had been considering selling my golf clubs and buying a pair of running-shoes, but after watching some of you blokes come up the finishing-straight this morning I've decided to keep the clubs!".

(Or, from Fatness to 'Flu and Fatigue in a few million steps.)

by Ian Millar

My first thoughts on running a marathon probably came to me about July, 1981 after I'd been running for 6 months. I felt that I was more of a consistent runner than a speedy one and wondered whether my slowish pace could be carried further than the normal "fun run" distance. Aside from a Striders' run in April and the Randwick Rugby Union Mini Marathon in June my maximum distance per run was about 16 k. By early October the fun-run calendar was thinning out and my thoughts turned to running the Giant Jog 30 k. run and to membership with Sydney Striders.

The Giant Jog distance was a little daunting but I decided to give it a go - even if it was just as a guide for the future. The result was a pleasing 2 hr 22-04 but with an eye-opening experience to attempting something far longer than training distances. With 2 hr 5 mins completed, I was feeling very good. The sudden onset of joint aches was incredible - within 50 metres I felt aches in my shoulders, back, hips (especially), knees, and ankles. There were no later injuries and my regular running was not interrupted.

My runs with the Striders until mid-December were at 5 of the 7 STAR runs available (with 2 short, 1 medium and 2 long courses attempted.).

The 1981 running year finished with no injuries, a marvellous healthy feeling, and the loss of 2½ stone in weight (down to 10½ stone.).

Christmas/New Year was spent bushwalking and touring in Tasmania and I arrived back in Sydney in time to run the Harbord Diggers 30 k. run. No running for 3 weeks and a sprained ankle and a strained knee - that I thought had recovered - resulted in a slower time (by 4 mins) than the Giant Jog. The "body-joint wall" and the injury recurrence both pounced immediately after 20 k. I decided to continue but the later pain and subsequent 3 week training disruptions would influence me to pull out if I suffered similar discomfort in future.

From January, 1982 I commenced a Striders' marathon training programme for the Canberra NIKE. In addition to ½ Marathon trial, I managed to attend 8 of the 10 STAR runs available (with 6 long courses completed). My weekly distances up to and including the NIKE were (in k's): 61,41,52,68,85,83,111,106,108,112,85,37,63.2. In general, the training was steady - no speed work - and particularly enjoyable for the STAR group participation.

2 weeks before the NIKE my legs were starting to feel "dead": able to run but without much life. Also, the side of my left calf muscle developed a "catching" feeling which went away after 10-15 mins running. With a week and a half to go the muscle said "enough" and I suffered a tear to some of the muscle fibre. In the ten days before the NIKE I tried a massage, physiotherapy sessions, rest, and eventually managed some slow running without undue discomfort. I was booked on the Striders' bus and would go to Canberra regardless; all I could do was to wait for Sunday to see how I felt and try to balance my bad experience at the Harbord Diggers 30 k. run with the acute desire to complete my first marathon.

A comfortable bus trip to Canberra (in the company of some surprisingly subdued runners) allowed a relaxing start to the weekend. The pre-race Carbo. dinner did not eventuate for me: the pettiness of the motel staff lead to my decision not to experiment with unfamiliar pre-race meals.

The cool overcast Sunday morning was appreciated by the runners, I'm sure. The pre-dawn improvised breakfast of bread and honey, with

tea and/or coffee had been consumed by many of the runners (most now obviously more hyped up than the previous day).

The time seemed to fly that morning and a warm-up to the theme music of Chariots of Fire was soon followed by the 8.00 am gun sounding the start to about 1000 runners. I'd organised my track suit for a half-way collection if needed and started from as far back as possible. I ensured a gentle slow start and settled back to see what my calf was going to feel like. The first mile in almost 8 minutes prompted a speeding up and by the time call at 5 k. I was at the pace I felt I should run at: 4.6 mins per k. A very good traffic-free course consisting of a double out-and-back configuration provided me with a very entertaining run. The completion of short and long loops twice each allowed a sight of the whole field on four occasions. I appreciated seeing the battle for the lead (and the accompanying battle for first Strider), the positioning of so many familiar faces, and the changing nature of the looks on their faces.

Points I liked about the very well organised run were -

- (a) the well supplied water stops every 5 k. and the sponge stations between the water stops,
- (b) the time calls at the first mile and each 5 k. (I had never experienced time calls and thought them superfluous for a runner wearing a watch. I think my appreciation is related to the marshall's participation, the regularity of the calls and the consequent progression, and not having to think about reading a watch.)
- (c) the many encouraging spectators along the course (even though I had trouble picking them out late in the run).

The only point detracting from an otherwise excellent set-up was the end of the long loop around the plant nursery: the path is narrow and unsealed.

The split times for my run showed how I was feeling: 23 mins for each 5 k. up to 25 k.; 23½ mins to 30 k.; 25½ mins to 35 k.; 28 mins to 40 k.; nearly 14 mins to 42.2 k. My final time of 3 hr 25-54 leaves me with mixed feelings of disappointment, but pleasure at finishing, and confidence of doing better some other run.

The effect on my body was unexpected in many ways. At 15 k. I started feeling a strain in the groin and while it stayed with me all the way it didn't affect me to any great extent. My calf tear had been giving the occasional niggle especially for the sharp L.H. turns at the loop ends. To my dismay the pain came back suddenly, near the 20 k. mark. I was uncomfortable at every stride and I felt "that was it for the day". Because I had just started the short loop for the second time, rather than stop and walk back to find my track suit I decided to complete the loop. Just before the 25 k. mark the pain disappeared and I had no further trouble from the calf. I don't recall any "joint aches" late in the race. Pain in the muscles in the front upper leg area slowed my pace and it was agony around the 35 k. mark. The last few k.'s did not hurt at all - I couldn't feel anything, but I also couldn't get my legs to go any faster. My only point of walking was at the 40 k. water stop. (I think I was too scared to stop at other times.)

About 37 k. I started feeling cold and nausea. For one k. it worried me but I put it out of my mind after I heard the runner behind me retch and vomit.

I feel the run was a tremendous experience and will always stay in my mind. Other points that stood out, were -

- (a) a marshall gathering up hundreds of sponges and muttering "I'm going to run next year",
- (b) other Striders making the effort to encourage their club-mates,
- (c) my visual search of spectators to find some coke after I'd stopped thinking about the nausea (all that I saw was consumed by Mr. Colwell just before I got to him!!!!)
- (d) the number of runners that were walking after the 35 k. mark,

- (e) the disbelief at having to walk 30-40 metres to the school hall from the finish line to get a drink,
- (f) the glorious sight (and taste) of the orange juice, oranges (quartered), watermelon, and coffee/tea/milo in the hall.

My post-race recovery was not complicated - I picked up the 'flu and couldn't run for 7 days. (The desire to run was there but not the ability.)

P.S.: During the week off running, I made an appointment with a Podiatrist. I found the consultation very enlightening towards explaining my recent injuries and a long-term callousing of my big toes. What affect my newly prescribed orthotics will have, remains to be seen.

P.P.S.: In the sub-title of this contribution, if a "step" is taken as a metre then the "few million steps" represent about 3000 k. run between February, 1981 and the memorable 1982 NIKE. Thank you to all those Striders (and supporters) that have been of assistance to-date. It certainly feels worthwhile.

WELL RUN, BRI (UKM) ANI

Congratulations to Brian Lynch who, in his first marathon as a Strider (the Canberra marathon), bettered his previous best by an incredible 14 minutes, and almost gave the finishing-line cheer-squad heart attacks by scraping in under 3 hours with only 5 seconds to spare!

Those in the know tell us that Brian's finishing-time of 2:59:55 is absolutely typical of the man. Mr Lynch has apparently made brinkmanship a way of life, has brought last-gasp efforts to a state of refinement hitherto unknown in human history, has made an art-form out of just scraping in.

Brian's the bloke you've all seen dashing into the railway station, flattening porters and ticket-collectors, hurling himself head-first into the last carriage as the train moves out of the station. He's also the guy who gets the last two tickets for the performance every time he fronts up at Mitchell's Bass, and at the Opera House he's the last to take his seat as the lights start to dim and the ushers begin to refuse people entry.

At uni, his assignments and theses were handed in 3 minutes before deadline, and his exam marks were regularly 0.5% above minimum pass requirements. One of his most brilliant bits of brinkmanship occurred in 1974, when the Australian government decided to make it more difficult for British-born migrants to enter the country and become permanent residents. Predictably, Brian arrived on the last ship to enter Fremantle, only 2 days before the new law took effect.

In soccer, his was always the team to score an equalising goal with the last kick of the match. In the kitchen, he notices the about-to-boil-over milk when it's a millimetre off the top of the pan. His phone bills are usually paid about an hour before the service is due to be cut off.

And throughout it all, Brian retains his inimitable "che sera, sera" air of unruffledness, as if he simply hasn't noticed how fine a margin he's left himself. He's done it so often now, it no longer seems the slightest bit unnatural. In the immortal words of Alfred E. Neumann (of "Mad" magazine): "What, me worry?". All we can say is, if you're unlucky enough to find yourself behind Brinkman Lynch in the big line-up at the Pearly Gates on Judgement Day, start doing a bit of queue-jumping! Because you can bet your boots, as soon as he's inside, St. Peter's going to say "Full house now, thanks! All you mob shove off downstairs!"

"How to fade successfully and wander in for a disorientated P.B."

Another Nike P.B. Story: Bruce Usher

Canberra, April 4, 1982 was to be a "Catch 22" situation. The only way I could compete was by entering a "stress competition", a sort of domestic triathlon, during the 12 hours prior to the start.

Task 1; commenced 5.00 p.m. Saturday, photographing a friend's wedding for 2 hours.

Task 2; started at 7.35 p.m. collecting children from parents at Mona Vale and driving to Canberra.

Task 3; on arrival at motel, 11.45 p.m., 18 month old daughter considers she had enough sleep in the car on the drive down.

2.00 a.m., daughter has now corrupted 4 year old son, wife wants to go home!!

2.30 a.m., I repeat the maxim "The last night doesn't count" for the hundredth time.

2.45 a.m. Calista, my wife in an incredible act of "Marathon Matrydom" dresses kids who by now think its lunch time on a dark overcast Sunday and takes them for a walk? (God knows where, I didn't dare ask -- I'm now feeling too guilty to ever consider sleeping!)

3.30 a.m., the kids have given in, my wife's a daze and still wants to go home and I keep repeating "The last night doesn't count".

6.40 a.m. out of bed.

7.55 a.m. - I don't feel nervous, excited or tired, I just want to run.

1st mile - 5 min. 25 or 30

10 km - 34 min. (I think)

half-way - 1 hour 12 mins. - I expected to fade 10 mins.

18 miles - pace slowing

19 miles - Bill Flannigan and Dave Cox running very strongly go past.

23 miles - hanging in, Robert Harrison flies past and shouts out

"A bit more experience needed" or something similar (nasty little chap)

25½ miles - started wandering (i.e. the faster I pushed myself the more I deviated off a straight line)

26 miles - I commence to entertain/motivate, Bob Shaw and Sam by falling on hands and knees and just in case they didn't see it I did it twice again before crossing finishing line for a 2.48 something.

I am then helped to the steps of the gym where a St. John's Ambulance Officer pours cold water over me to cool me down for the (I had apparently overheated very badly) next 30 mins.

My thanks to everyone who helped my wife and myself. It was more of a shock to her than me.

I honestly just felt exhausted and mentally washed out. Physically I was fine, my legs did not cramp (I didn't even entertain the thought of walking at anytime during the race) nor become stiff on the following day.

I didn't run to splits! I ran as I felt? I thought it was an interesting experiment, although nothing was planned.

I drank 1/3 cup of water at each stop and luxuriated in as many sponges as possible.

Campbelltown I will run to splits. It may take the spontaneity out of the early race but from 30 km it should be interesting.

Road Runners Association



after months of preparation the N.S.W. Road Runners Association became a reality at a well attended meeting at Sports House on 29.3.82!!! Pentathlete Alex Watson is an outstanding choice as the first president! Alex, a top athlete has flair, ideas, and drive! John Jeston of 'Sydney Striders' is V.P. and Kerry Anderson secretary.

The energetic, enthusiastic committee represents all levels of road runners, the elite, the heavy milers, and beginner joggers!

THE ROAD RUNNERS ASSOCIATION OBJECTIVES ARE:

- * to work with clubs, organisations and the media, to promote the interests of road runners and road running!
- * to establish a central register of fun runs and road races!
- * to provide guidelines and encouragement to run organisers!
- * to develop a list, and details of regular running groups!
- * to organise running seminars and film nights!
- * YOU ARE PROBABLY ALREADY ASSOCIATED WITH A GREAT RUNNING GROUP! THE ROAD RUNNING ASSOCIATION WILL NOT TAKE THE PLACE OF THAT!!!

ROAD RUNNERS ASSOCIATION

* Members of the N.S.W.R.R.A will receive a really smart tee shirt, a wind cheater, or a singlet, plus a regular up-dated race calendar and newsletter!

N.S.W. ROAD RUNNERS ASSOCIATION. P.O. BOX 1114 GROSVENOR ST. SYDNEY 2000

Clubrunner Championship

POINTS TALLY TO 24.1.82

Pos.	Name	Points	Pos.	Name	Points	Pos.	Name	Points
1	USHER B.	88	30	BLACKWELL B.	32		MORGAN D.	
2	FLANAGAN B.	85		LEADER L.			MURRAY G.	
3	MILLAR I.	70	32	HARRIS D.	30		NELSON D.	
4	JOHNSON C.	66		PLEVEY N.			TOPFER K.	
5	SHAW B.	65	34	DONOVAN J.	28		WHITE D.	
6	COLWELL B.	62		SNELSON J.			MACKIE A.	
	GOVILLE C.		36	FLANAGAN J. (F)	26		HILLS D.	
	EVANS L. (F)			HALMY M.			EVENNETT J.	
	HANSSON O.		38	PIGGOTT P.	24		WELCH C.	
10	JESTON J.	61		HUNTER B.		70	HAMMOND R.	4
11	DORAN R.	58		ADAMS R.	22		ANESBURY B.	
12	HANLON M.	56		BINGHAM M.			CONNOLLY P.	
13	CORNELIUS S.	53	42	GREAVES S.	21		EASTWOOD G.	
14	HARRISON R.	51	43	GIUFFRE M.	20		FULTON K.	
15	BLACKHALL D.	48		RYAN P.			GARRETT P.	
	EDWARDS M.		45	COOLEY B.	18		HALL D.	
	NEWLANDS I.			HENDERSON W.			KARUKOFF H.	
	INGHAM D.		47	FREYS I.	16		MARCH C.	
19	FLANAGAN D. (F)	46	48	MARSDEN W.	12		MCGUIRK M.	
	HILL S. (F)			ROBERTSON B.			RADFORD T.	
21	MCGREGGOR G.	42		WILMOT J.			ROWNEY G.	
22	DAWES J.	40		MCDONALD M.			STILSON J.	
	LYNCH B.			HADCKISS N.			HAYDEN B.	
	TRAVERS J.		54	PARKER D.			CHEETHAM B.	
25	COLLUM N.	38		EDWARDS J.	8		FYRE B.	
26	COOLEY D.	36 1/2		FLANAGAN A. (F)			CANNARD K.	
27	CALDWELL P.	36		GALE J.			GRINFIELD M.	
	LIEBMAN B.			JONES B.			FOULSHAM P.	
29	PIERSON B.	34		KNIGHT S.			KING L.	
				HATCH T.			BOLTON R (F)	
							DONNAN M.	

PARTICIPANT POINTS FOR CLUB'S INTERNAL 1/2 MARATHON YET TO BE INCLUDED.

PERFORMANCE POINTS ALREADY INCLUDED

Club Colours

VESTS \$13

The all nylon vest has now been superseded by a polycotton mesh vest.

(Note: Many mesh vests in sports stores are cheaper, but because they are all cotton - lose their shape).

SHORTS \$8

Presently being redesigned and will soon be available for purchase.

Marathon Survey

EVENT	AREA	DATE: (i) OF RACE (ii) OF DEADLINE FOR ENTRIES	COURSE DESCRIPTION	COURSE RECORD
Campbelltown Joggers Leader Marathon	Campbelltown	(i) 16-5-82 (ii) 7-5-82	Out and back; Gently undulating	Horst Wegner, 2:22:29, 1981
Commodore Computers 1982 N.S.W. State Marathon Championship	Holsworthy	(i) 27-6-82 (ii) 8-6-82	Double-out-and-back; mostly flat	Steve Poulton, 2:17:07, 1981
Veterans' Marathon	Hensley Athletic Field Pagewood	(i) 4-7-82 (ii) Entries on the day	4 laps; undulating, largely flat, no big hills	
Festival City Marathon	Adelaide	(i) 29-8-82 (ii) 9-8-82	Mostly flat or gently undulating, with some hills around 25-30 km; A to B course (Gawler to Adelaide)	Ian Graves, 1980 2:27:03
Olympic Way	Wagga	(i) 22-8-82 (ii) 22-7-82	Mostly flat or gently undulating, with some hills around 25:30 km; A to B course (June to Wagga)	John Bell 2:29:00
Super Fast Gold Coast International Marathon	Surfers Paradise	(i) 29-8-82 (ii) 13.8.82	Very flat, basically out-and-back twice	Rod Lyons, 1981 2:24:04
Gillawarna Marathon	Lake Gillawarna	(i) 18-9-82 (ii) Approx. 8-9-82	Out-and-back twice, very flat	Horst Wegner 1981 2:28:04
Big M Melbourne Marathon	Frankston, Melbourne	(i) 17-10-82 (ii) Late September	Mostly flat, with some undulations; point-to-point	Andrew Lloyd, 1980 2:17:37

For out-of-Sydney marathons, Sydney Striders will organise transport and accommodation provided there is a favourable response.

The club intends providing entry forms for all marathons.

1981 SIZE OF FIELD: (i) STARTERS (ii) FINISHERS	1981 WINNERS (i) MALES (ii) FEMALES	1981 NO. OF SUB-3 HOURS	ENTRANCE FEE	CONTACT
(i) 120 (ii) 95 approx.	(i) Horst Wegner, 2:22:29 (ii) Joan Sutton 3:19:05	20	\$5	Ken Saunders (046) 25-2686 (home) (02) 236-9309 (work)
(i) 500 (ii) 377	(i) Steve Poulton, 2:17:07 (ii) Penny Waters, 2:50:09	120	\$4	Keith Reynolds, 645-4440 (work) 637-2984 (home)
(i) 72 (ii) 37	(i) Steve Pollard, 2:39:02 (ii) Carol Luddington 4:01:18	9	\$2	Iogan Irwin, 666-8533(work)
(i) 739 (ii) 707	(i) Stephen Guy 2:30:36 (ii) Desiree Letherby, 2:52:23	76	\$10	Bruce Abrahams (race director), P.O. Box 96, Glenelg S.A., 5045 Ph. (08) 294-3248 (A/H)
(i)/(ii)+ 100	John Bell 2:29:00			Ken Scheuner C/- Commonwealth Bank, June, OR Rod Dominisch 439 4255
(i) 480 (ii) 460 (approx.)	(i) Rod Lyons, 2:24:04 (ii) Margaret Reddan, 2:58:33		\$ 6	Bob Martin, C/- Super-Fast Film Laboratories (075) 38-3355
(i) 152 (ii) 105	(i) Horst Wegner 2:28:04 (ii) Maria Gemenis 3:05:57	28		Bob McMurdo, 605-3401 (H)
(i) 5807 (Entrants) (ii) 3769	(i) Andrew Lloyd 2:19:03 (ii) Jackie Turney 2:42:12	362		Mrs. Win May, Sec. Big M. Melbourne Marathon, Olympic Park Admin. Bldg., Swan St., Melbourne, Vic. 3002

Technical Corner

YOUR NEXT MARATHON MAY NOT BE A P.B. -

Anonymous...

Imagine this - there's a marathon coming up, and you're keen to give it a go. You've been training well, you're feeling strong. You've improved your time with each marathon you've been in so far and there's no reason why you won't do it again this time. In fact, you're expecting to run a PB.

Comes the big day, and what happens? Disaster On, you finish it all right, but your hopes for a PB are shot to pieces. Instead you stagger in well outside your best time. You can't understand it. A PB was on the cards - after all your training and all your improvements to date.

This has happened to many of us. The moral of the story in many cases is that you can't just pick any marathon and expect to run a personal best every time. There are a lot of things to be taken into account if you want to improve your time every time. Sure, training and fitness is one of those things, but there are others besides.

For a start : you have to choose carefully which marathon you'll go in. What time of year is it to be held? Obviously if its in the warmer months the day is likely to be hotter than in winter. You'll have to work harder and your time will be slower.

Secondly, if its on the coast the weather might well be humid. We've probably all had experiences of long runs on humid days - not pleasant and not good for results.

So pause here and think of 1981's marathons. Harbord Diggers was hot and humid and unpleasant for many. Gillawarra, in mid-September, was also very hot.

Nike (Canberra), Campbelltown, the State Marathon and Wagga were all held in the cooler months and were all inland. People who ran in these said the weather conditions were ideal.

For many Striders, PB's in 1981 seemed linked to this factor.

Another thing to think about is the course. Is it flat or hilly? For that matter, do you prefer your course to be flat or hilly? Is it out and back, A to B, or out and back twice? Again, which do you like best? Is it boring or scenic? Tedious or interesting? These are all things to think about in choosing your marathon. They could all have a bearing on your result. It would appear that out and back twice is currently in vogue.

Another factor : you might feel strong and think you're ready, but when did you run your last marathon? Was it three months ago or three weeks? Some people seem to recover very quickly from a marathon and can run another very shortly afterwards, but many of us need a good long recovery period. Some people get delayed reactions to marathons. Are you sure you've recovered? And if you are, have you got back enough strength for the effort to run a personal best?

These are the more obvious factors. There are others. Sleep is important in the lead-up to a marathon, and the right food. Is anything likely to happen that would prevent either? Are you moving house? Overworking at your job? Anything else that would rob you of energy, sleep or good meals?

All or any of these things might cause disappointment on the day. The moral of the story is : if you want to run a PB every time, pick your marathon carefully and try to consider every possible factor. If you'd rather run in every possible marathon, then aim to just enjoy a few of them without trying, or expecting, to run your best.

And finally, if, after carefully weighing everything up, you pick your marathon and then still have a bad day remember that everyone has them occasionally. Medical science still doesn't know a lot about the marathon-running body.

Marathon Report

AVON WOMEN'S MARATHON — MANLY, SUNDAY 18th APRIL 1982

1st	Barbara Byrnes (Vic)	2:50:46	6th	Margaret Ricardo (NSW)	3:01:17
2nd	Margaret Reddan (Qld)	2:51:01	7th	Sue Hill (Striders) (NSW)	3:05:28
3rd	Dot Browne (Vic)	2:53:00	8th	Maria Gemenis + (NSW)	3:07:19
4th	Georgina Price (NSW)	2:58:48	9th	Joan Cameron (Vic)	3:07:49
5th	Rhonda Bushby (Qld)	2:58:57	10th	Irene Dunn (NSW)	3:14:45

AVON HALF-MARATHON

Dot Flanagan (Sydney Striders) 2:00:02

STANDARD MARATHON Starters 44 Finishers 41
HALF MARATHON Starters 63 Finishers 61

*STRIDERS new recruit

Membership

As at 25th April our membership stood at 79. (Including 3 unpaid).

An injury free welcome to our members who have joined since the last Blister.

KEITH CANARD	MAX HENDERSON
LANCE DAY	KEITH LEGGETT
PETER FOULSHAM	MALCOLM McDONALD
NIGEL HADGKISS	DAVE MILL
MARK HANLON	CRAIG WELCH

Would members please advise BOB SHAW of any changes of addresses and telephone numbers since the last Blister.

Classifieds

TO LET

Self contained furnished bed/sitting room. Own entrance. Non smoker. \$35.00 per week.

Contact: Bill Hunter 44 4903

FOR SALE

Reebok Aztec Size 9. 60% discount \$24.00

Contact: Charles Coville

SITUATIONS VACANT

Eastern Suburbs STAR. Brian Colwell presently organises both the Gap Gallop and Larpa. He wishes to offload Larpa or a new equivalent run on an Easterner.

Contact: Brian Colwell

"I'll be back next year, if just for the breakfast."

Maria Gemenis-Cruickshank on the Half-Marathon.

"A race which is to become permanent fixture for my road running calendar."

R. Marden on the Half-Marathon.

What's Happening

TUESDAYS - Sam Daher's School of Lactic Acid (or All you wanted to know about Fartlek, but were afraid to participate). Meet at the western end of the Domain at the Corporate Cup start/finish area (The Hospital Road entrance to the gardens - Opposite the Library of N.S.W. and Bent St/Cahill Expressway).
(Contact: Sam Daher H: 662-4292 B: 2709 509)

WEDNESDAY 23rd JUNE - FILM SHOW

The NSW State Marathon Psyche-Up will take the form of a film show (16mm and perhaps video) 4 days before the big event.

Maitland Lecture Theatre - 5th floor, Renwick Building, Sydney Hospital
7.30 pm Nominal Charge

(Contact: Lynne Evans)

SUNDAY 27th JUNE - NSW STATE MARATHON

As there is a teams event, it would be appreciated if members direct their entry forms via the club. Don't forget that entries close on 8th June.
(Contact: Brian Colwell)

SUNDAY 18th JULY - BLUE MOUNTAINS TEAM CHALLENGE

The inaugural 1981 Woodford to Glenbrook 24.5k event was a successful and enjoyable day for Striders. Not only did we score our first teams victory, but we also supplied the largest club entry. A challenging (undulating) course was rounded off with a friendly B.B.Q. picnic at the scenic Euroka Clearing.

So clarify it now - a superb family day for everyone. Further details later.
(Contact: Brian Colwell)

SUNDAY 15th AUGUST - CITY TO SURF

If you're interested in entering as a Strider (and standing an excellent chance of winning a medal - refer Sam Daher's survey), remember to route your entry via the club.

(Contact: Sam Daher H: 662-4292 B: 2709 509)

SUNDAY 22nd AUGUST - OLYMPIC WAY WAGGA MARATHON

Due to the success of the recent Nike/ACT bus trip, consideration will be given to a similar venture for Wagga.

A few details on Wagga are still outstanding but according to Striders single 1981 entrant, Dave Cox, (2.45.05) it is a well organised event on a "challenging" course (i.e. a few undulations) with excellent cool weather.

(Contact: Neil Plevey H: 560 3474 B: 233 8384)

SUNDAY 29th AUGUST - SUPERFAST GOLD COAST INTERNATIONAL MARATHON

Our 1981 contingent of 4 Striders to Bananaland produced our 1981 best marathon performance (Bruce Robertson), a further P.B. (Osten Hansson) and 2 favourable comments (Geoff Murray and Brian Colwell).

Once again the club can help on accommodation and transport provided you act now by advising us of your intentions.

Forthcoming Events

Date	Event	Distance
9	Sydney Marathon Clinic-Series	30km
	London Marathon	42km
16	Campbelltown Marathon	42km
22	N.S.W. Cross Country Champ.	
23	Gillawarna	8am 8km 9am 10km 3km
30	Comrades (South Africa)	87km
	Mt. Prichard to Warragamba	33.4km
	Pacific Fun Run	
	Woy Woy Fun Run	
	Ku-ring-gai	10km
June 5	N.S.W. 25km Road Champ. -2.30pm	25km
	N.S.W. Womens 10km Road Champ.	10km
	Hensley Athletic Field	
12	Parramatta Open-Parramatta Park	16km
	2.45pm	
13	Sydney Marathon Clinic-Series	30km
	Manly Daily Giant Jog	30km
19-20	Australian Cross Country Champ.	
27	State Marathon	42km
July 4	Veterans Marathon	42km
	Hardord Diggers Scenic Run	14km
	10am Freshwater Surf Club	
11	Sutherland to Surf	11km
18	Great Nosh	16km
	Woodford to Glenbrook	25km
24	Australian Marathon Champ	42km
25	King of the Mountain-Bathurst	
	Randwick Rugby Club	22km
	Bam Coogee Surf Club	
31	~Best in the West~ S.M.C.	
August 1	Far North Coast Marathon	42km
8	City to Surf	14km
14	Australian 25km Road Champ.	25km
	Australian 10km Road Champ.	10km
15	Veterans 25km Champ.	25km
22	N.S.W. Road Relay Champ.	
29	Gold Coast Marathon	42km
Sept 5	Sydney Marathon ?	42km
12	Sydney Marathon ?	
18	Gillawarna Marathon & Half-Marathon	42km
	7.00am -	21km
Oct 8	Commonwealth Games Marathon	42km
17	Big M Marathon	42km
24	Mannings International Marathon N.Z.	42km
	New York Marathon	42km
31	Gillawarna Club Challenge 7.30am	10km
Dec 4	Do-It-Yourself Marathon A.C.T.	42km
5	Fukuoka Marathon	42km
12	Honolulu Marathon	42km