

Sydney Striders

**Road Runners' Club
Australia**



Edition No. 90: July - October 2003

MEDOC MADNESS AND THE AFTERMATH

By John S Ayliffe

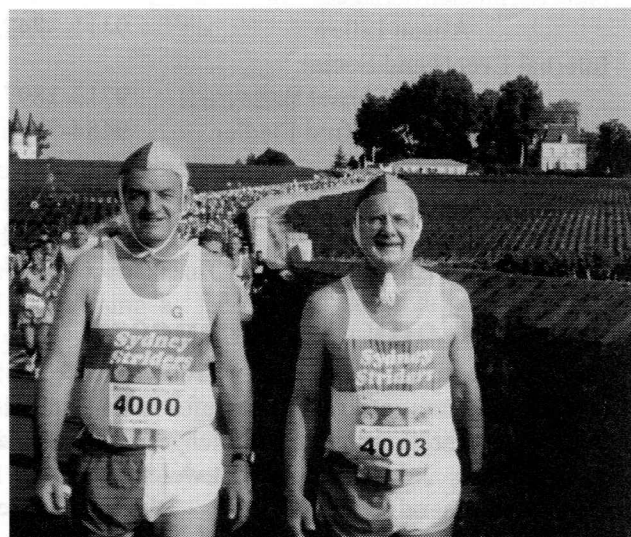
After touring through France with Alf and Rosanne Field – Monet's Garden, chateaux and culinary indulgences to die for, Three Bronzed Aussies partook of the pleasures and eccentricities of a mad-cap marathon that, if the words I write here do it justice, should swell Sunday turnouts at Striders through the winter months from this day forth.

The Medoc is unusual in quite a number of its aspects. In actual fact, the event – that is, the experience – takes place over three days. It goes on and on and not a minute should be missed: Day One, the Prep, people running about like rabbits and "Marathon" on every café blackboard; Day Two, the Event, 42.2ks through a generous selection of the world's richest vineyards – Lafitte, Rothschild - their chateaux wide open and freely offering their wares; Day Three, a 10k Walk and Wine-taste – again! - followed by lunch for 1,000.

It is unusual – as marathons go – to say the least. And that is why I looked around for some other – equally unusual and incredible - running event, that goes on and on, to compare it with.

Of course I didn't have to look far. "Marathon de Sables" and Phil Hugill's searing account of "250 Kilometres through the Sahara Desert" (Blister 89) is literally burnt in my mind. I even took it with me on our travels; and still cannot believe *anyone* would

even contemplate entering such a mad-cap adventure (that's why of course – "adventure", the word sucks us in, doesn't it? For me it is Comrades and Cradle Mountain, I'm sure you'll all have at least one that's "out there". But 250k's of *sand!* Have any Arabs for company, Phil? Bet they were too smart to enter!).
(continued page 4)



**"A classic Medoc shot. It is my favourite".
John Ayliffe (R) and Alf Field**

Inside Blister No 90:

- ◆ Marathon de Sables – Steve Urwin's tale
- ◆ Western States 100 mile by Sean Greenhill
- ◆ Grahame Murphy runs the Grand Canyon!
- ◆ Tom Silk's '12 Foot Track'
- ◆ 10k and Super Series results

AND MUCH, MUCH MORE !

The Blister

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

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

Photos: We can scan photos or use jpg files. We endeavour to return photos but it is best not to send your only copy.

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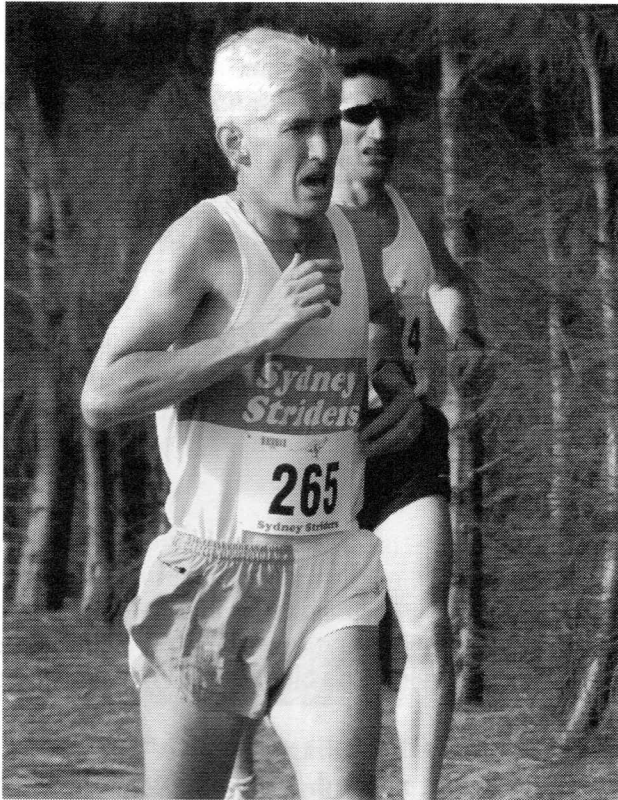
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President's Report

From Stephen Jackson



Stephen running 35mins at the new Homebush 10k course (designed by Stephen)

The Uniform

A regular topic of discussion within the Striders ranks is the somewhat controversial green and white "heritage" uniform. As new members join the question that is often asked is "Why the green and white?", which is usually followed closely by "Why not modernise/change it?". Let me outline the key reasons for the uniform in its current form, but also invite alternative suggestions – providing they satisfy those same criteria. The key element of the uniform is its recognisability, both to Striders and non-Striders. How many of you have had encouragement in the form of "Go Striders" from the sidelines of public races? At the Canberra Marathon this year there was only one club identifiable to every single spectator – Sydney Striders. A smaller number have been lucky enough to run internationally in the Striders singlet – and the cry of "Go Sydney Striders" is guaranteed. So, Rule one is that the name "Sydney Striders" must be large and legible. Rule two is colour. Simple and obvious, and not detracting from Rule one in any way. Strider's colours are green and white. Your input is invited, but change is not guaranteed.

Membership 2004

The cost of renewal of your membership for 2004 will remain the same as the past few years. Good news. The one change being introduced will only affect new members. The vast majority of new members request a singlet within weeks of joining, so the cost of joining will increase by \$35, and will now include a brand new Striders singlet which will be mailed out with the welcome pack. The singlet is being provided at cost. Of course, singlets are always available to members by contacting Gavin on clothing@sydneystriders.org.au.

Super Series 2004

The Super Series 2004 will consist of 10 races with only two 10k races – the first and last of the 10k Series both at Lane Cove. In addition to the 10k races, the races tentatively named for 2004 are 6ft Track, Canberra Marathon, SMH Half, City to Surf, Equaliser, Willy to Billy, Sydney Marathon or Half (no 10k option), and the Internal Half. Comments are invited on the points score system which is refined each year.

Running Safely

Recently, a Strider was running with the Hills Joggers on a Sunday run along a main road in north-western Sydney. The road had a wide verge and the runners were observing safe running tactics – facing the traffic, keeping as far over as possible, and running only two abreast. A taxi coming towards them suddenly veered across the road and took out the pack. Two Hills Joggers ended up in hospital. It was a fine morning, light traffic, and the driver apparently fell asleep at the wheel.

Please think carefully when running – especially at the STaRs. Our attention can stray as we chat to other Striders, the roads we run on are not always runner-friendly, and the errant out-of-control vehicle really does happen. We have had to suspend a couple of STaRs from the calendar because the roads are too narrow and we as a group have not demonstrated safe running tactics the last few times they have been run. We don't want to lose any more STaRs, and more importantly, we don't want to lose any Striders.

Be careful out there, and Stride On!

MEDOC MADNESS AND THE AFTERMATH (continued)

By John S Ayliffe



"The Three Bronzed Aussies wore Whale Beach Surf Club" caps.

(L to R Tim Ayliffe, John Ayliffe, Alf Field)

Of course, by now you are thinking that I am drawing a long bow when I make any comparison. After all, the Three Bronzed Aussies were engaging in nothing more than a long-weekend of over-indulgence, typically French and almost Australian (I only saw one chunder), while the desert brigade were engaged in a blistering battle with the elements in a harsh and life-threatening environment that could have turned any one of them into a Smith's crisp in a matter of hours.

Which explains why, from Phil's account, "50 or so medical support crew" were there to take care of "approximately 670 people". That's a ratio of about 1 to 14. Compare that to the Medoc (I hear you cry) and we're talking about 8,000 runners and a ratio of about 1 to 100 (and each of us in imminent danger of liver-failure at any minute). Admittedly there was a medical tent every few kilometres but we're talking about 42.2 kilometres with 21 *Wine Stops* to contend with.

And if you think that is an occupational hazard, there's the *fromage* and the *pate*, the *entrecote* – and, just when we hit the red carpet with 200 metres to go we were tempted with *oisteures*. Alright, taking these offers up is at the discretion of each and every runner,

but Satan can be a very nice guy, especially when he is wearing white gloves and with a glass of champagne for you ("Beware of the devil dressed as a man of peace," Bob Dylan).

Of course I for one wasn't game to partake of any of this until we'd traversed about 15k's; but when we saw everyone else was getting stuck into it, well, we're only human – and weak, at that point gorgeously weak, we got stuck in too. Fortunately, like the Last Supper, our saving grace proved to be there was as much water to be had as wine, and with the temperature forecast to hit 28 degrees we kept loading up.

September 6th in the Medoc was a touch hot but, except for a half-hour when we were drenched with warm rain, it was not uncomfortable out there amid the rich vines, the invitingly opulent Francophile greenery heavy with their bunches almost ready to be plucked.

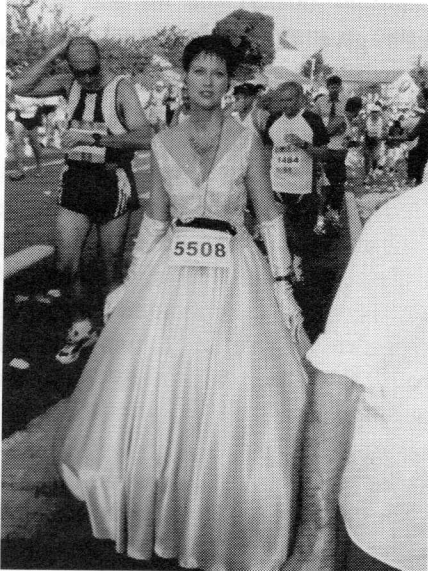
It was no less a postcard, I should expect, than the picture Phil Hugill must have seen every waking moment: yellow sand to infinity beneath blue skies. While the weather wasn't perfect for us it seems Phil's race was "blessed with good weather conditions" as well as "excellent organisation". Well wasn't he the lucky one?

Madness! Phil: "Looking back on it, I was dehydrating from day one...day four collapsed with heat stroke, and needed an IV, with 3 litres of saline pumped into me". And what can I bring to Hugill's painful descriptions of blisters big as saucers and having his feet reshaped by a scalpel (the record time Phil spent in the medical tent was "2.5 hours")? The most I can offer is I ended up with a rash: it did look serious – in fact we thought it may have been measles (wasn't though) – and lingered for four days.

But that was before the party the day after, more food and replenishing our wine out of barrels, and a gorgeous and funny female, who entertained us in song and impersonation and anthem after anthem; with all of us, a thousand revellers, dancing until our legs and livers and hearts cried "No more!" Had they no mercy – after all, we had completed a marathon less than 24 hours previously!

They all seemed to back up, the revelling characters

who had been our constant companions: the trannies in rouge velvet hats and matching satin, the ballroom dancer and bridal couples, the cheese-makers with cheese, the boats and chariots (take your turn between the shafts), the human horses and beer-tasters, the Vikings; all there they were and all had completed the 42.2 kilometres; and were ready to party.



"And she walked all the way"

It was incredible. A word one could say also describes that other unusual event I have been – sometimes struggling? – to compare Medoc with: bet that desert affair turned up its fair share of characters, eager for fun when the torture was over, eh? There's all kinds out there in the wilderness, ask any Brit!

For my part, I had my madcap experience with 1). A mate with a dodgy knee, who's run his last (of 109 marathons!), I reckon, unless he's aiming to reincarnate Long John Silver and 2). My youngest son, of four: Tim Ayliffe, 24, couldn't believe how good he felt (training for it in London with Alf Field their maximum distance was 15k) and now he's looking to do a real marathon (don't kids know how to hurt you?): Berlin, 2004. When it all came down to it, they did it for me. *We* did it, we Three Bronzed Aussies, we did it because I had just turned 60. Reason enough to party for three days, wouldn't you say?

Meanwhile, I cannot get Phil Hugill's desert experience out of my mind; in spite of my own experiences, the annual week-long wilderness walks, on occasion in terrible weather and freezing temperatures (not to forget Rigby's threatened forced night-marches). Perhaps it is a good thing, all that pain and suffering. After all, life isn't meant to be all joy and glorious decadence. Is it? *Is it?*

Do yourself a favour (especially if you have run lots of marathons and are coming of age (the getting of wisdom, or madness?): do the Medoc* Marathon. You'll find it even sits nicely on your tongue: say it now: "*Med-doc*."

*The "Marathon du Medoc" has its own web-site and usually takes place over the first weekend in September. Start checking it out in January.

Stages of Grief Of The Pick-pocketed

1. Dismay: "I've ruined everything"
2. Self-protection: "Got to cancel the cards"
3. Anger: "The bastards"
4. Self-anger: "I wasn't careful enough"
5. Acceptance: "They probably needed the money"
6. Pity: "How can I help solve this problem?"

That's how it was for me. I was "Faginised" (I thought the pick-pocket pair were mean not to return my wallet and all the cards, after taking the cash!) in Lisbon. The key issue being, at the time, I wasn't vigilant. Sadly there are now warning signs in all Europe's big cities. One I remember most vividly was in a pub by the Thames in London: "Warning: Thieves operate in this area". Sad, but true. After the UK, France and the Medoc, Helen and I got a train to Lisbon, and lulled into a false sense of security, I dropped my guard. It even happened on the tram we had been warned about (the No. 28 is known as "the tourist tram").

But I have to say the Touriste Polizia – yes, they recognise they have a problem and are determined to snuff it out – were excellent. They had our cards cancelled within minutes and wanted a lengthy statement. We found the best card was our Gold Mastercard: we had cash in an hour and new cards delivered by Fed Express to our hotel the very next day. GM also picked up the premium for our travel insurance for the whole period we were away, four and a half weeks.

And incidentally, Portugal is beautiful: unlike the fiery Spaniards the Portuguese are a poetic, gentle people (compare the strident, sharp Flamenco with Portugal's bluesy Fado songs). They have a great history. Whilst their country is essentially poor, they hope things will change, now they have better roads and public amenities since they joined the EU. Helen and I hope so too. We loved Portugal.

“Doing the Canyon”

by Grahame Murphy

24th April 2003 – Grahame Murphy ran down and up the sides of the Grand Canyon in Arizona.

Donkey urine – yuk! Splish! Splosh! It’s impossible to avoid it. More donkey urine – all over the sides and top of my shoes as I jump down from step to step. It’s just putrid! My nice Adidas Distance Trainers Mark IV are looking and smelling more interesting than several years of sweating could ever make them. And as for my socks.....

I’m on a mad dash down the Angel Bright Trail from the South Lip of the Grand Canyon, Arizona all the way to the river’s edge and back up again. Maybe it’s a silly idea but I thought it was worth a shot.

My wife Angie and I are on a three-week trip to the U.S. It involves a drive from Los Angeles across California to Phoenix Arizona and then on over the mountains of Colorado to Denver. After a few days staying with friends in the desert of Scottsdale near Phoenix we headed towards the Indian reservation land of northern Arizona that would take us across the border into the high altitude country of Colorado. Only yesterday we determined that it was worth a detour to the Grand Canyon on the way. And only yesterday in the late afternoon we arrived there and stood on the southern edge, mesmerised by the size and splendour of the scene that unfolded before us.

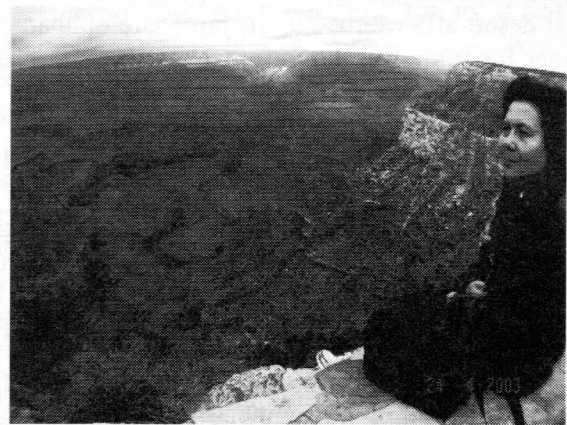
All during this wonderful trip I was consciously aware that I and my team-mates back home were in the final weeks of training for Trailwalker 2003 and that I had to somehow do more than simply squeeze in some light runs while on vacation. I had to find a way to get in at least one multi-hour training run, unsupported and in a foreign place.

Way way down in front of me I could just make out a distant trail. It was like standing at Echo Point in the Blue Mountains and seeing a path far below in the Megalong Valley, only on a scale some four or five times larger. The geology was identical, not that I’m in any way knowledgeable about such things. Basically in both places you stand on the edge of a plateau and look down for the great view instead of the traditional stand at the bottom of the mountain and look up. The trail looked to be some six or seven kilometres away. On checking at the tourist information centre I found that my estimate was correct although the point I could see was actually

only halfway down to the river at the bottom of the canyon. I was also told that a hike down to the water would probably take a day or so, one way. Hmmm.

Well, let’s give this a go, I said to myself and although no words came out my wife saw a look in my eyes that told of my intentions. She had also seen that same expression a few years ago as we toured Scotland for the first time and we had driven unexpectedly up to a sign on the narrow road out of Fort William. The sign pointed to the start of the track to the top of Ben Nevis, the country’s highest mountain. A little unscheduled constitutional had seen me return well-satisfied two and a half hours later from the summit to a very patient and understanding spouse.

The next morning Angie drove me back to the edge of the Grand Canyon. The temperature was around freezing and there was a layer of snow on the ground. I promised to stick to the trail, stay within my capabilities and do whatever it took to return the same high point within four hours. My absolute “send out the search party” backstop was five hours. With only minimal preparation I was off.



Angie waits patiently at the top

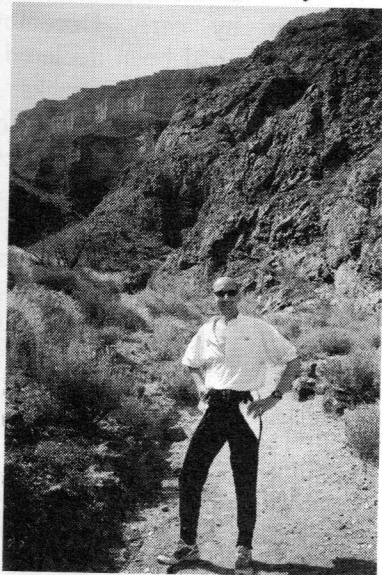
The view and sensation on jumping over the edge on to the first part of the course was phenomenal. This was going to be a rather special run. The constant hairpins with steep rough steps would remind me of Nellie’s Glen in the Six Foot Track, only many times longer.

Almost immediately I noticed the track was very wet and muddy. In fact most of the long steps had an eroded top surface that contained a substantial puddle which was too big to cross, so I just splattered my

way through. At first I wondered why the "water" was deep brown in colour but I quickly worked out the connection. The nearly constant procession of mule trains carrying supplies and tourists helped provide the answer.

I soon encountered the first of many signs saying the same thing "Do not, for any reason, attempt to hike down to the river and back up again in one day – it can be dangerous."

Hmmm again. Is there something I should know? Or am I really sure of not just my own abilities but also all the risks in what I'm attempting to do? Let's just keep going and see what happens.

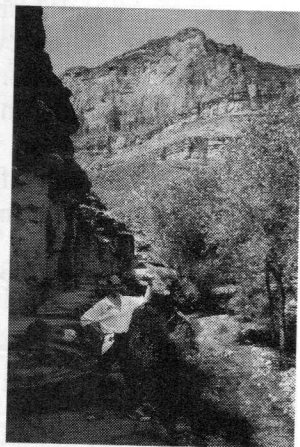


Grahame just after leaving the bottom

The downhill seemed for a while to be never ending. Everything is on such a grand scale here. Apart from the very occasional early morning trekker I was on my own, bounding my way down with exhilaration gradually away from the heights of the canyon edge. After about forty minutes non-stop fast running I came to a short flatter slightly shady section that would prove to be the distant trail I had seen from above. Then the footpath dropped sharply downwards again. Watching my time I figured I would reach the bottom at after about an hour and a half and I was about right. Imagine a ninety-minute version of Nellie's Glen and that's what I had under the belt.

Turning around I was immediately aware of firstly how hot it was (nearly 20 degrees warmer than the start) and how cooked my quads were after what I'd just done. The return trip was going to be fun.

I climbed back to the flatter part halfway up feeling tired but still moving fairly

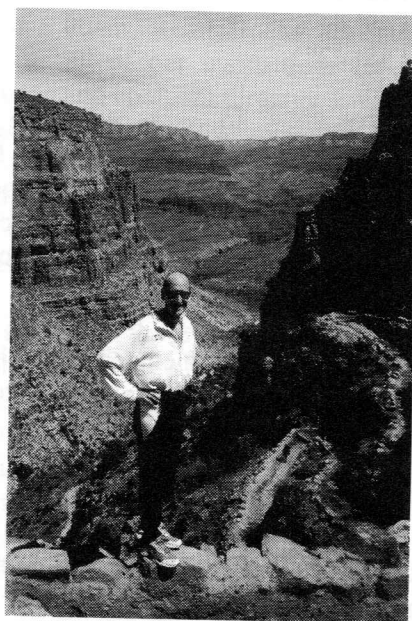


Halfway home and looking good

strongly. But from there things went, well, not so much downhill as less uphill. The final section of the two vertical kilometres was just so hard. I slowed to a shuffle and from there to a bit of a stagger. Time slipped away uncontrollably just like it does when you fail to maintain pace towards the end of a marathon. The last couple of kilometres were not pleasant. I was very appreciative of my lovely wife's gesture in wandering down the first kilometre to meet a very weary boy indeed. I'd used up half of my emergency time allocation. One and a half hours down and almost exactly three hours up – 4½ hours to cover not much more than 20kms. That was the Grand Canyon.

While journeying away from this beautiful area I did wonder why I faded so noticeably in the final quarter. On reflection there was probably a combination of factors. Firstly dehydration must have contributed – I drank hardly anything en route and consumed more than 3 litres within an hour of finishing. The altitude on the upper sections and the huge loss and gain in altitude – over one vertical mile – would have played a part. Lack of any food would not have helped. And finally there was sunburn. With no cap – I didn't have one to take – my bald head got such a severe case of sunburn that four days later people were starting to avoid this strange person with his bad case of giant dandruff. They didn't know he'd done the Canyon.

Grahame is better known for his round-the-world runs. In 1994, while at the Geographic North Pole, Grahame ran round the Pole, and therefore all time zones, in 23 seconds. In the year 2000, while at the Geographic South Pole, he once again ran right round the world and this time bettered his P.B. by a couple of seconds.



Marathon de Sables 6 –12 April 2003

By Stephen Urwin

Event Snapshot

- A 243km, 6-stage, 7-day event through the Moroccan Sahara.
- Competitors carry all gear and food throughout the event.
- Other than race admin, and medical facilities, the only 'support' is 9 litres of water per day and a very basic shade cloth tent
- Temperatures vary from 0°C at night to 50°C during the day.
- 661 starters (592 male, 69 female)
- 633 finishers
- Of the 10 Moroccan competitors, 6 finished in the top 10
- The Ahansal brothers (who between them have won the last seven MdS) comfortably took out 1st and 2nd place.
- Overall times of the first 4 positions and last were:

1	18H 56' 08"
2	18H 59' 15"
3	20H 22' 09"
4	21H 49' 44"
633	73H 55' 42"
- Whilst the top 40 or so could be considered semi-pro, the majority are there 'just to finish'. The field this year included a blind competitor from Korea. The time limits for each stage are fairly generous – the organisers want as many to finish as is possible.
- The support crew included 2 helicopters, 40 Land Rovers, numerous 4-wheel motorbikes, 70 doctors, 160 admin, press, drivers etc.

The Inception

Around mid 2001 Phil Hugill and I mused about finding a challenge that was a bit beyond the

ordinary. Steve Jackson and Grahame Murphy had been to the ends of the earth (literally) so Phil and I initially looked skywards and came up with the Everest Marathon. Our race was to be in April 2002, however by early December 2001 a state of emergency had been declared throughout Nepal due to Maoist guerrilla attacks. The situation in the country worsened through Christmas and in February 2002 we reluctantly withdrew from the race. So, where to from there?

Having vaguely heard of the Marathon des Sables (MdS), I saw a programme on the race in mid 2002 and the seeds were sown. My brother-in-law in the UK was long overdue to get married and I hinted to him that a date around the Easter school holidays would be really good timing. He duly obliged. Getting 'permission' to do the run was therefore relatively easy in my case. The family would follow a week after I left and we'd meet up in London after the race just in time for the wedding. Phil had it a little harder as an expectant father with delivery anticipated only three weeks before we were due to depart. Nevertheless, he was able to persuade Vivienne that it was in fact perfect timing to show the new baby off to the relatives in the UK. Planning therefore began in earnest.

Entries for the race are organised through France, the UK and the US. We were allocated to the US organisers and in hindsight were very glad of it. Their organisation, through Racing the Planet (www.racingtheplanet.com) was superb and was very 'for runners by runners' in its approach. Between Mary Gadams and Josh Miller they had had seven good finishes in the event. If they didn't have an answer to any question (which was unlikely) they would find it. Whilst in theory entries closed in July for the following year, we managed to squeeze in in September. The entry fee was US\$2,700, fully paid and non-refundable from the time of entry.

The Preparation

And so the training begins. I am fortunate and get away to a solid training base through October/November/December. Work pressures are reasonable and I am able to build some good mileage. My plan is to try to run a consistently high mileage (which for me is 100–120km per week) including

back to back solid runs on Saturday and Sunday each week.

Meanwhile Phil is doing a good job of exhausting his health care limits on acupuncture to a calf injury and consequently achieves zero mileage. However the New Year sees him pick up rapidly from a zero base.



Marathon de Sables competitors – Steve Urwin far left

My aim is to continue my pre-Christmas mileage through January, run Cradle Mountain (80km) in early February and the Six Foot Track five weeks later. A week of sand running at the end of January is tougher than expected, especially as by now I have started to load the backpack (with a 5kg bag of cat litter!). I manage only alternate days in the sand with this weight.

I start Cradle Mountain with conservative expectations but fitter than for my 11hr 33min in 1995. I know that the course has improved significantly with an increased use of boardwalk through some of the rougher areas. I run with a 4.5kg pack and despite a very ordinary two hour section of walking in the middle of the run, I manage to run the entire last four hours and finish a fraction under my '95 time in 11hrs 32min.

Then work kicks in and my training mileage dives. However in the lead up to Six Foot Track I am philosophical in the knowledge that I have a good base. I've increased my pack weight to 6.5kg, still well short of the weight I know I'll have to carry through the desert. Whilst thinking I am running fairly conservatively, I am nevertheless surprised just how tough the last 15km of the run are as a result of the pack and I record a significant PW of 5hrs 13min. My upper back is sore, the shoulder straps have cut

in, and I'm feeling pretty flat. The last four weeks from Six Foot Track up until the MdS are a fairly low mileage tick over, nevertheless injury and illness had been avoided.

I'm very conscious of the family's support in this period. When I'm not in the office or working interstate I'm either running, ordering/buying gear or testing food. The race has become fairly all-consuming but Sue is aware that it is one of those life focuses that I've got to do and she's incredibly supportive.

Six weeks before MdS we become aware of Mike Cole, a British army soldier posted to Paddington Barracks, who is also entered for the run. We meet up with him and manage a few training runs (including Six Foot Track) with him.

As the race approaches, tensions increase as the Coalition forces move on Iraq. We nevertheless proceed as planned.

The Trip

We fly to Heathrow arriving early 3rd April and on our way to Morocco on a lunchtime flight by charter plane. The flight contains only MdS competitors and we have been fortunate to get a cancellation.

By Thursday evening, we arrive in Ouzazate (Morocco's Hollywood, where movies including 'Life of Brian' and 'Gladiator' have been shot).

It is clear from the start that there is a very strong military feel to the background of the average competitor.

Next day at 9.00am, Road Books are handed out. These give us all of our instructions for the week including maps and compass directions. We board the coaches which head due west towards the Atlas Mountains. Four hours later, we are transferred to the back of army trucks (standing only) until we arrive a further 45 minutes later at the camp (bivouac). We are allocated to one of a range of tents, depending on nationality (which as the only two Australians, we ignore and stick with the British contingent). Our tent of nine comprises Phil and me, Paul, Wilson (ex-army, now security consultant who's claim to fame is being personal bodyguard for Paul McCartney), Mike Cole, Damian, Ron, Caspar, Tony. Most of the guys in the tent have met each other before, having competed in a 60km cross-country race outside London in the lead up to MdS.

Whilst I am paranoid about the weight of every item of gear, it is quickly apparent that many of the guys have brought with them the proverbial kitchen sink. The tents are everything we have been told, or read about – sewn together hessian coffee sacks with 2 or 3 tree branches as tent poles.

Saturday 5 April – Registration Day

The day starts decidedly chilly and with a great air of expectation and apprehension. Today is when we must go through a thorough gear check, and leave behind everything that we will not personally carry through to the finish. Registration is organised by race number and at our allotted time Phil and I join the queue. We hand in all surplus gear which will be taken to the hotel at the finish. The organisers insist on a minimum pack weight of 5kg (which is impossible given the compulsory gear and food that must be carried) and a maximum starting weight of 15kg (excluding flare and water). As they start to check off the required items, they see my spreadsheet checklist. They seem to take comfort in this and the rest of the procedure is fairly cursory. For some competitors however, it is clearly like a bad experience at airport customs.

Medical certificate and ECG are checked. Both must be no more than four weeks old or time penalties will be handed out (a competitor next to me with a five week old ECG receives a 1 hour penalty!).

Phil and I are taken aback at registration to be advised that all of the American-registered contingent (i.e. including us) have been given a 1 hour penalty for not providing a supplementary race deposit to cover the issue of emergency items and insurance for repatriation (this deposit is lost if you withdraw from the race). The American organiser insists that the deposit has been paid in a single lump sum cheque, in February. The matter is not resolved until day 2 of the race when each of the American contingent has to sign a statutory declaration confirming that we have paid the deposit to the American organisers. The friction resulting from this and other administrative issues ultimately leads to the expulsion from camp of Josh, the American organiser.

The French organiser's application of penalties is ruthless and there are frequent scenes of competitors almost reduced to tears, arguing their case against a 30 or 60 minute penalty for a minor infringement.

The emergency kit that we were issued includes a flare (which in itself weighs over 0.5kg) and salt

tablets. Phil's pack and mine both weigh in at spot-on 10kg. The rest of the guys in our tent all vary between 11 and 15kg (two of them had to throw away gear to get down to the 15kg weight).

At this stage, we are still being fed by the organisers but that finishes this evening. From tomorrow morning we are on our own.

Day 1 – 25km

A cool start to the day again with a light breeze. Very pleasant conditions for the 9.00am start. Prior to the start we are asked by the organisers to stand in a certain order to form 'an appropriate peace symbol' which will be filmed from above by the helicopters. It is only several days later we find out that we have formed a large CND symbol.

Today is labelled in the Road Book as an easy one to break us in gently. Everyone finds it harder than anticipated. The temperature peaked at only 32°C. I generally feel good though the sand is harder to run on than I anticipated. It is very fine and powdery, and whilst the terrain is generally a mix of hard compacted sand, with some areas of softer sand, the last 4km of the day are through dunes. My finishing position is 143rd.

Some of the guys in the tent start to realise that they have seriously over-catered and they are already ditching some food. Tony gives his Thermarest mattress (510 g) to one of the locals.

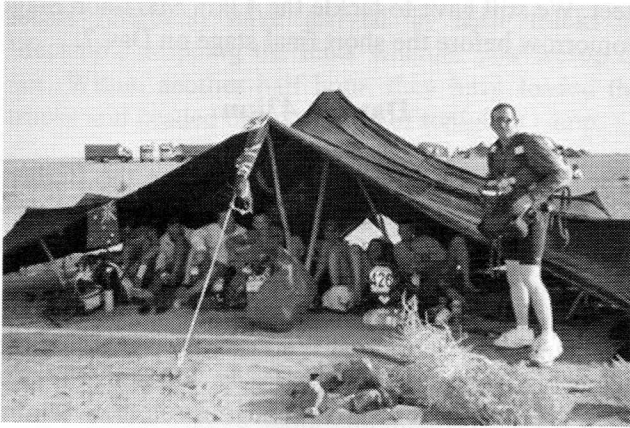
Day 2 – 34km – Dune Day

We are told at the start today of 1 withdrawal from the first day, a girl with a broken arm.

Dune Day, as the description implies, predominantly covers sand dune terrain. The majority of the first 18km of the day comprises soft sand dunes, thankfully few of which are of 'Lawrence of Arabia' height. Gaiters are a must for every day of this event. Phil and I have purchased ours from the US. They are made of lycra and are fairly low on the ankle. Rather than simply hook them onto the front and back of the shoe as designed, we have glued the base of the gaiters all around our shoes. Nevertheless the powder-like sand still gets through and at Checkpoint 1 and 2 I have to take both shoes off to unload sand.

I seem to be travelling better than yesterday. Conscious of dehydration and salt depletion, I have taken 'Succeed' capsules from the US but feel that

these have brought on the nausea that I feel from Checkpoint 3 to the finish, where I drop approximately 20 places, finishing 108th for the day. The nausea continues after the run and, finishing in the hottest part of the day it is hard to do anything other than lie in the shade. Today's temperature was 35°C, with 20% humidity.



Above - Tent 54

I had decided before leaving Sydney that most of my energy replacement would come from Hi5 powdered 'Energy Source'. I carry two 750ml water bottles in the clip-on front pack which is an accessory to the Moletracks backpack. One flask contains water and the other Hi5. I carry four measured quantities of Hi5 in a small plastic bottle within the front pouch. In hindsight, I should have varied the flavours of the Hi5 as all food and drink quickly becomes incredibly boring on such an event.

Day 3 – 38km

Mike vomited badly last night and was given a 2.5 litre drip (and a 1 hour penalty). After breakfast this morning he vomits again and we are worried that he will struggle today.

The food that Phil and I have brought is already proving a good move and far more appetising than the 'Mountain House' and other more established brands the British competitors have brought.

The Road Book describes the course today as a mix of stony, undulating ground, packed earth and sandy ground. I stick to the MdS issue salt tablets and have a good steady run with no flat spots. Whilst most of the course is marked by A4-size fluoro card on a wooden stake about every 300 metres, some areas are deliberately left without markings and you must follow compass directions in the Road Book. I lose

concentration late in this leg and go off course losing 10 places but manage to pick up 9 of these again to finish 53rd. I drank 3.5 flasks of Hi5 today, along with ½ a bar of Hi5 Energy Source. After 3 days I'm lying 94th overall.

My feet have held up well to this point. Even on Day 1 some people had developed pretty ugly blisters. I religiously tape my toes with athletic strapping tape, only having to re-do most toes every 2nd day.

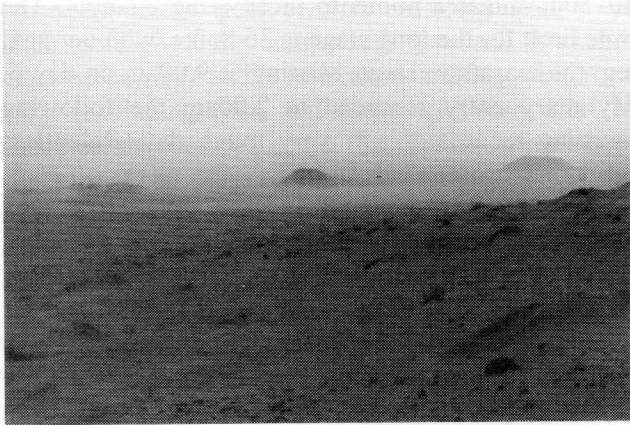
Day 4 – 82km

To ensure that everyone gets some night running, the top 50 competitors as well as the top 5 women are set off 3 hours after the rest of the field, at midday. I personally think that this 'punishes' the guys lying 40–50th and is a bonus to those lying 50–60th. The time limit for the long stage is 36 hours, with our next leg, the marathon stage, starting at 9.00am on day 6. My diary entry recorded at 2.00am the following morning records "Very, very tough day. Relentless headwinds, some sandstorms."

Despite my position on Day 3 and increasing level of confidence, I am determined to start conservatively. As ever, the front of the field go off too fast and for the first 1 – 2 hours, I suspect that I am around 100th position on the course (bearing in mind that the top 50 have yet to start for the day). I run from Checkpoint 1 to Checkpoint 3 with Russell, a sports massage therapist from New Zealand (lying 54th overall). We have started to move through the field but I nevertheless resist temptation to go with him and from Checkpoint 3 he eases away. On the slow trudge up one of the mountain passes after Checkpoint 3, I pick up a German competitor Artur, and we stick together for the next 7 hours to the finish. Artur owns a sports shop near Stuttgart and while he has never previously run a marathon, he has trained seriously for this event for the last 12 months. We work well together and pull each other through the self-doubt 'holes' that thankfully occurred at different points for each of us. The temperature hits 37°C after midday.

As we travel between Checkpoints 5 and 6, in the middle of a rock strewn desert landscape stands a woman dressed in full black garb. She is carrying a plastic bucket with four bottles of Coca Cola! Where she has come from or has acquired the Coke the mind boggles to think, but before we could be tempted to risk the 1 hour penalty if we are caught taking assistance, a race vehicle pulls up and moves her on.

Sometime after Checkpoint 6, the Ahansal brothers go past (having caught up a 3 hour deficit) helicopters tracking them overhead. From Checkpoint 7 darkness descends quickly and as the sand gets softer we drop into a march. The course markers are now lit by glow sticks (which are also mandatory for all competitors to wear after darkness – as ever a 1 hour penalty if you lose it!). By now, the field is very spread out and we pick up significant numbers at each checkpoint, where we barely pause. We manage to pull things together in the last 5km and run the whole way. We are tricked several times by seeing a light 'glow' over the dunes in the distance, only to find that it is race vehicles, sometimes 3 in convoy. Eventually we see the lights of the camp and gradually hear the hum of the generators. It is nevertheless still 2km away.



Sandstorm approaching

Artur and I hug each other as we cross the line together in 11 hours 36 min, which we find the next morning gives us 47th place for the stage. 5½ hours later, only two more of the tent have returned. As more of them appear the 'war' stories emerge. Wilson's left calf has ballooned to four times its normal size. He has finished the longest stage but is seriously concerned that it is a repeat of the Compartment Syndrome (bleeding into the muscle) that he suffered in his right leg some years ago. After much deliberation with the doctors within our tent and with the French medical staff, at dawn he decides to withdraw. Almost immediately a Land Rover appears to pick up all of his gear to ensure that none of it is distributed among other competitors.

The second drama of the night is that Ron, feeling unable to continue, released his emergency flare whilst on one of the mountain passes. A Land Rover duly appeared and he was given an intravenous drip on the hillside. Whilst thinking that his race had ended, he was asked after two hours if he wished to continue. He battled on to Checkpoint 7 and slept for

several hours before starting again before first light on the last sector. We also heard that Phil had been kept at one of the checkpoints and given a drip.

The mood through Day 5 is a sombre one, as the temperature climbs to 44°C. The medical tent is like an army field hospital, with the biggest problems resulting from very bad blistering and swelling of the feet. We still have to tackle the 42km Marathon Stage tomorrow before the short final stage on Day 7.

Day 6 – 42km

The day starts with a mini drama when the Berbers are dropping the Americans' tent next door and they discover a scorpion. Fortunately no one is bitten.

Whilst the terrain is fairly flat, the course today covers a lot of soft sand. We find afterwards that the temperature has hit 50°C with 7% humidity. Whilst the Ahansal brothers cover the course in 2hrs 54min, I struggle to finish 173rd in 5hrs 11min. Whilst I have steadily climbed through the field from Day 1, today is my low point. Nevertheless, such were the gains made on the long stage that I only drop 8 places overall to 73rd.

Day 7 – 22km

There is a flat atmosphere in the camp this morning and everyone just wants this stage over with. There is a big clearout of gear as people leave sleeping mats and any surplus food with the Berbers. We note that the last 2km today is on tarred roads through the town of Tazzarine. I remain flat throughout this stage, finishing 157th for the day but only losing 1 place overall to finish 74th in a time of 31H 02' 52".

I have been asked many questions since my return and summarise a couple of these below:

Q Did you enjoy the Event?

A No, enjoyment isn't a word that I would use to describe it. Whilst it was an amazing experience and there were clearly enjoyable aspects, it is more the sense of challenge and achievement that stays with me.

Q Would you do it again?

A Not on your life! If anyone is fortunate enough to have the opportunity to do such an event, I would certainly recommend it. If I was to consider such an enormous undertaking in the future (and I think this

highly unlikely) I would look to do something different on another continent. Only one of the competitors that I spoke to was keen to consider doing the event again.

Overview of a Typical Day

Dawn breaks at 5.20 – 5.30am. Before 6.00am, the locals (Berbers) have arrived in their trucks to 'decamp', dropping the tents whether you are up or not. Within another half hour, they have loaded the trucks and headed off to the site of tonight's camp.

Time passes quickly in the morning and you need to be very focused to get through all of the early morning chores of ablutions, breakfast, preparation of feet, packing, collecting water and generally getting your head together for the day ahead.

The bivouac is arranged in a horseshoe shape with over 80 tents pitched about 200 metres from the main camp and the start/finish line. Other than the medical tent and admin area (emails, results) we are barred from the main camp. Before the start each day, we are told the maximum temperature from the previous day and the anticipated conditions for the day ahead. The number of retirees are also announced. As with most races, there are the glory seekers and the plain over-enthusiastic who race away from the start each day, to be captured on video from the helicopters overhead. Checkpoints occur every 10–12km, and at each of these, your race number is recorded, dog tag punched and you are handed a 1.5l bottle of water. Your race number is written on the bottle and the lid and you are given a time penalty if these are found on the course. At each checkpoint a doctor asks you how you feel and encourages you to take a break. Doctors are on hand to treat injuries and there are several tents set up if you need a break out of the fierce sun. At the finish, you are handed 4.5l of water.

A positive aspect of being one of the first back in your tent is that you get to choose your spot for the night. However the middle spots come with a drawback that if the poles fall down in the night (a not infrequent occurrence) they can do you serious injury.

Phil and I used Esbit stoves which are a tiny flat piece of perforated metal which you fold to give 4 prongs or legs sticking down, and the same sticking up to support a saucepan. This 'stove' cradles a small firelighter block. Lighting them is frustrating but the weight gain is substantial. The British contingent have been told by their rep that they cannot travel

with firelighters and have been sold on a green gel called Greenheat. Most of them have brought 3, 4 or 5 tins of this at 200g each. Phil and my dishes are all pasta and rice, and if left to soak in the sun are highly edible after about 20 minutes, without any external heat.

Late in the afternoon, one of the admin staff appears with a bundle of thin strips of paper, each bearing an email message. This is undoubtedly the highlight of the day. It is hard to describe the effect on morale of a simple two or three line note that comes from family, friends, colleagues, Striders and occasionally out of the blue from someone who had logged onto the website and seen an Australian competing and wants to send a message of support. Whilst it is possible to send emails from the admin centre via satellite link (they have 5 laptops set up for a 3 or 4 hour period each day) they are French keyboards with different key configurations. It is therefore slow (and expensive).

The sun is down before 6.30pm each day and generally by 8.30pm everyone has crashed. At night, you wear every scrap of clothing that you have brought with you. Other than the first night when the temperature is down around 0 ° C, I generally sleep well. My ear plugs are a must however as, with the amount of liquid consumed to stay hydrated, there is continual disruption through the night.

Comments on Food

- Through an adventure store in Brisbane, I was put in touch with Nathan Wilson, a young Tasmania-based chef whose company 'Chefsway' makes the highest quality gourmet dried food. His products leave those for sale in the general camping stores for dead.

- In addition to the main meals, we took several light noodle-style meals as snacks.

- For breakfast I had muesli which I soaked in water overnight. Whilst I could eat it for weeks on end in Sydney by Day 5 of the run I was thoroughly sick of it.

- A real treat was to be able to be able to make a cup of tea occasionally (generally with the hot water that someone else had boiled!).

Unfortunately due to space limitations Stephen's notes on the gear he used could not be printed. Please contact myself or Stephen to get a copy. Ed.

City to Surf August 2003

Name	H.m.s	Cat	Name	H.m.s	Cat	Name	H.m.s	Cat
Dean Degan	0.45.55	M Pre	Karen Van Esveld	0.59.54	F Pre	Andrew Duggan	1.10.48	M Pre
Darren Benson	0.46.04	M Pre	Ben McSweeney	0.59.58	M Pre	Benny Gauci	1.10.55	F Vet
Chris Truscott	0.47.55	M Pre	Craig Brown	1.00.16	M Pre	Paul Glare	1.11.15	M Vet
Jonathon Craig	0.47.56	M Vet	William Ward	1.00.17	M Pre	Philip Fleming	1.11.35	M Vet
Richard Sarkies	0.49.17	M Pre	Alex Jensen	1.00.58	M Pre	John Zahra	1.11.52	M Pre
Stuart Chellis	0.49.18	M Pre	Marie O'Connell	1.01.07	F Pre	Adam Barnes	1.11.53	M Pre
Andrew Gibbons	0.49.48	M Pre	James Cryer	1.01.18	M Mst	Ian McCrabb	1.11.56	M Vet
John Young	0.51.04	M Pre	Adrian Spragg	1.01.46	M Vet	Mario Torresan	1.12.03	M Pre
David Burgess	0.51.40	M Pre	Craig Plumb	1.02.07	M Vet	Kerryn Parkinson	1.12.07	F Pre
Mark Wilson	0.51.41	M Pre	Pierre Van Heerden	1.02.08	M Vet	Neil McPherson	1.12.14	M Snr
Christopher Dwyer	0.51.46	M Mst	Renae Lentjes	1.02.21	F Pre	Nadene Serman	1.12.15	F Pre
Gerry Arthur	0.52.00	M Pre	Mohammed Alkhub	1.02.27	M Vet	Geoff Taylor	1.12.25	M Vet
Ross Sinclair	0.52.05	M Vet	Alex McAlister	1.02.38	M Pre	David East	1.12.34	M Vet
Stephen Jackson	0.52.06	M Vet	Mark Davis	1.02.48	M Vet	John Shepherd	1.12.45	M Mst
Greg Coy	0.52.29	M Vet	David Camm	1.03.02	M Vet	David Adler	1.12.48	M Vet
Keith Bateman	0.53.07	M Vet	Alex Whitworth	1.03.27	M Snr	Steve Packer	1.12.52	M Vet
Martin Matthews	0.53.50	M Pre	Dale Thompson	1.03.37	F Pre	Ken Walker	1.12.57	M Pre
Randall Brophy	0.54.06	M Vet	Heiko Schaefer	1.03.41	M Snr	Amanda Garland	1.12.58	F Vet
Mark Shingler	0.54.07	M Vet	Vanessa Browne	1.03.55	F Pre	Gregory Mackay	1.12.58	M Vet
Steve Hume	0.54.07	M Pre	Robert Wawrzyniak	1.04.10	M Vet	Manfred Fiedler	1.13.09	M Snr
Jenny Truscott	0.54.23	F Pre	Adam Cresswell	1.04.13	M Pre	Elizabeth Woodhams	1.13.27	F Mst
Sean Ryan	0.54.24	M Pre	Michael Free	1.04.23	M Pre	Michael Johnstone	1.13.30	M Pre
Anthony Wong	0.54.37	M Pre	Tim Deane	1.04.39	M Pre	Jeremy Lowes	1.13.46	M Mst
Shaun Atchison	0.54.40	M Pre	Max Crossley	1.04.43	M Mst	Steven Norden	1.13.56	M Vet
Craig Dunn	0.54.43	M Pre	Amanda Underwood	1.04.56	F Pre	Ted Brailey	1.14.01	M Mst
John Van Yzendoorn	0.54.44	M Pre	Charles King	1.04.57	M Vet	Melissa Treloar	1.14.26	F Vet
Stephen Bodnar	0.55.10	M Vet	Lisa Carroli	1.05.38	F Vet	Scott Treloar	1.14.27	M Pre
Graham Farnsworth	0.55.21	M Pre	Graham Sharp	1.05.40	M Vet	Andrew Robertson	1.14.40	M Pre
Greg Donovan	0.55.22	M Vet	Steve Stewart	1.05.50	M Vet	David Bray	1.14.41	M Pre
Gerard Donnan	0.55.29	M Pre	Andrew Joseph	1.05.51	M Mst	Per Jensen	1.15.32	M Mst
Paul Jackson	0.56.02	M Pre	Dougal Langusch	1.05.53	M Pre	Denis Speyer	1.15.34	M Vet
Luke Peterson	0.56.14	M Pre	Hugh Langshaw	1.06.23	M Pre	Ken Harris	1.16.05	M Vet
Cameron Arnold	0.56.30	M Pre	Mike Hansen	1.06.30	M Vet	Jon Patrick	1.16.15	M Mst
Joanne Cowan	0.56.32	F Vet	Paul Thompson	1.06.45	M Vet	Jack Leigh	1.16.37	M Mst
Kendall Waller	0.56.40	M Pre	Garry Maddox	1.06.49	M Vet	Fernando Santisteban	1.17.08	M Pre
Tim Austin	0.57.04	M Pre	Ross McCarty	1.07.02	M Mst	Sam Chuah	1.17.49	M Mst
Stephen Ball	0.57.21	M Vet	Nick Woodhams	1.07.05	M Mst	Gordon Forsyth	1.18.08	M Mst
Richard Deutsch	0.57.25	M Pre	Jeff Morunga	1.07.18	M Vet	Brad Renshaw	1.18.22	M Mst
Philip Boswell	0.57.35	M Vet	Tony Barbaro	1.07.54	M Pre	Joanna White	1.18.23	F Pre
Neil Barker	0.57.57	M Pre	Paul Trainor	1.08.04	M Pre	Allison Lilley	1.18.36	F Pre
Tom Fischer	0.58.29	M Pre	Michael Rees-Evans	1.08.07	M Pre	John Simmonds	1.18.48	M Snr
James Woodhams	0.58.40	M Pre	Amy Fisher	1.08.13	F Pre	John Ross	1.19.08	M Mst
Mark Schaefer	0.58.41	M Pre	Phil Garvin	1.08.14	M Mst	Rick Collins	1.20.03	M Mst
Michael Sharp	0.58.51	M Pre	James Moody	1.08.19	M Mst	Lynn Herisson	1.20.09	F Vet
Lachlan Renshaw	0.58.54	M Pre	Manuela Sumetzberger	1.08.27	F Pre	Monica Reyes	1.20.13	F Pre
Joanne Barton	0.59.02	F Vet	Sarah Entwistle	1.08.36	F Mst	Gill Cavenagh	1.20.17	F Vet
Charles Coville	0.59.17	M Mst	Bruce Inglis	1.08.39	M Vet	Marcus Juhasz	1.20.25	M Pre
David Gayford	0.59.26	M Vet	David Cooke	1.09.06	M Vet	Eric Schmierer	1.20.58	M Mst
Ron Schwebel	0.59.30	M Mst	Bernadette Boulous	1.09.39	F Pre	Leigh MacRitchie	1.21.31	F Pre
Mike Morrissey	0.59.36	M Vet	Anton Kapel	1.09.46	M Pre	Stephen Kibble	1.21.54	M Pre
Jeff Gissing	0.59.49	M Vet	Mary Barnes	1.09.58	F Vet	Karey Payne	1.22.05	F Pre
			Alan Smith	1.10.08	M Vet	Ruth McColl	1.22.07	F Mst

Rebecca Deane	1.22.08 F Pre	Frank Dearn	1.28.01 M SSr	Graham Willis	2.08.43 M Mst
Mike Elliott	1.22.21 M Vet	Joanna Woods	1.29.21 F Pre	Kevin O'Kane	2.14.51 M Mst
Daniel Vorster	1.23.02 M Vet	Michelle Farrar	1.31.42 F Pre	George Herisson	2.18.59 M Vet
Ian Walker	1.23.17 M Vet	Peter Truscott	1.35.41 M Pre	Marlies Laaper	2.19.13 F Vet
Lilian Chuah	1.23.20 F Pre	Roland Hassall	1.37.28 M Pre	Mukesh Kerae	2.22.28 M Pre
Terri Vincelli	1.23.47 F Pre	Peter Johnson	1.39.06 M Snr	Gary Aitkenhead	2.48.15 M Vet
Kerry Ross	1.23.53 F Vet	Rachel Smith	1.41.06 F Pre	Chris Thompson	2.55.09 M Vet
Paul Munro	1.23.55 M Snr	Peter Tedesco	1.50.53 M Vet	Helen Wilson	3.06.21 F Mst
Frances Brown	1.24.02 F Vet	Jane Grundy	1.56.32 F Pre	Alan Phillips	3.11.58 M Mst
Eliza Rayward	1.25.28 F Pre	John Plummer	1.57.08 M SSr	Carol Taylor	3.14.30 F Mst
Beatrice Gill	1.25.58 F Pre	Geoff Cox	1.59.36 M Vet	Mark Gardiner	3.34.13 M Pre
Lesley Maher	1.26.57 F Mst	Helen Ritchie	2.04.42 F Mst		
Lorraine Spanton	1.27.10 F Mst	Gregory Prerau	2.06.17 M Vet		

Featuring in age-group categories were:

W50-54	Dale Thompson	1 st
W45-49	Joanne Cowan	2 nd
M40-44	Jonathan Craig	1 st

In the team categories:

Jogging Clubs

3rd 'Sydney Striders' team of Martin Matthews, Steve Hume and Stephen Bodnar in 163:07

Mixed

1st David Burgess, Mark Wilson, Joanne Barton

Family of Four

2nd 'Woodhams on the Run' – James, Nick, Elizabeth and Anne (three are Striders) in 280:01

W40+

2nd team included Gillian Cavenagh

Insurance, Banking, Finance, Legal, Accounting

3rd team (KPMG) included Anthony Wong

And from your Correspondent on the Sand, Dave Burgess:

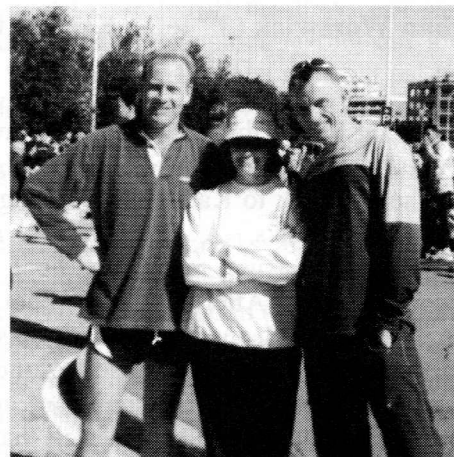
Two teams that performed well in the SMH Half shone again in the City to Surf.

David Burgess, Joanne Barton and Mark Wilson won the 'Mixed Team' category in both events!

Veterans (O-40s) team of Ross Sinclair, Greg Coy, and Greg Donovan came 4th in the City to Surf after Ross and Greg had been in the first placed O-40s team in the SMH Half.

The Mixed Team, in their very own version of "Married & Flirting" won both the Fairfax Events

for 2003 (SMH Half Marathon and the City To Surf) in times of 254.08 and 162.24 respectively. In fact such was their performance that in each event respectively they won by about 30 minutes and over 20 minutes. Their time beat the 'Athletic Club' and 'Men's Sporting Club' categories and were worth third place in the 'Jogging Clubs' and 'Men O-30' categories.



L to R Winning 'Mixed Team' David Burgess, Joanne Barton & Mark Wilson

In respect to the Vets O-40s team, their performance too, was outstanding with a decisive win by them in the SMH Half Marathon, hammering their opposition by approximately a quarter of an hour. It should be noted that this race is also the NSW State Championship event for this distance, so nobody good stayed at home. In the City to Surf the Vet O-40s team also produced a red-hot performance coming fourth in an event that attracts over 19,000 teams in total.

Basically the whole "running crew" had a good day out at the beach with all bar Joanne (having forgotten her bikini) slipping into their swimming cossies for a bodysurf afterward – we will be back with the boards and the tanning lotion next year!

12 Foot Track – 9th August 2003

Report by Tom Silk



**12 Foot Track runners – Striders are:
standing Tom Silk (far L) Jim Villiers (far R)
- in front row Fulvio Fabreschi (2nd left)
Jonathan Worswick (3rd left), Kevin Tiller
(2nd right).**

I've always considered the very few that have run the Six Foot Track and then turned around at Jenolan Caves for the run back to Katoomba as being some sort of running freaks. A feat that is almost unbelievable, as I'm sure many Six Foot Track runners would attest to. After all, the Six Foot Track Marathon is considered one of the hardest shorter ultra marathons in the country; it's sort of the Holy Grail of running. To finish it is significant in itself but to then turn round and go back – well that's the 12 foot track.

I had never truly considered attempting this run, although it was an ambition of mine to run a Fat Ass ultra – but which one, and when, was always a decision for a later date.

On the Sunday before the 12 Foot Track I was running my usual Sydney Striders 30k at Berowra. Dawn Tiller asked me if I was doing the 12 Foot. My response was “are you crazy, no way”. After all, my training was building towards the Brindabella Classic in October, a 54k Mountain Run in the Brindabella Ranges outside Canberra, and I hadn't done anything longer than 3 hours since the Brindabella (fire-affected course 46k) last year which I ran in 4.40.

Four days before the run the emails started from the

hardcore 12 footers asking who was turning up for breakfast. This, and my discussion with Dawn Tiller, sowed the seed – I actually started to consider it. But considering, and making the mental leap to actually doing, is massive and took me a further three days to resolve. It wasn't until 36 hours prior to the race that I emailed Sean Greenhill to ask whether he thought I could do it. I had done a few Sunday runs with Sean so he knew a little about my form, plus of course Sean is a very experienced ultra-runner having completed this run in 2001 and 2002 plus numerous others including, only recently, the infamous Western States 100 miler.

I fully expected Sean's reply to be “better hold off, you haven't done enough long runs this year” – but his advice was quite the opposite – he reckoned I could do it. That was all I needed – exactly 36 hours prior to the race I mentally made the transition from “maybe” to “Yes! I'm in”.

From that moment on, the race was all I could think of. I asked myself why I was doing this. Wouldn't it be better to spend a nice comfortable Saturday taking the kids to swimming and basketball then watching the Rugby test? It took me a while to get to the real reason. I wanted to go to the edge, find pain and reach within and come through it. I wanted to find out who I really am – I wanted to challenge my existence.

I drove up from Sydney early Saturday morning and parked my car. When I got out I couldn't believe how cold it was. I poured a cup of coffee and immediately lost half of it as my hand shook uncontrollably from shivering. I got back in the car to try and keep warm. Pretty soon cars were pulling up everywhere and it looked like there were about 15 runners ready to go.

After the traditional photo in front of Explorers Tree we were off. I was amazed at how quickly the front runners were out of sight. I think I was still adjusting my pack and already I couldn't see them. It didn't matter because after all I knew this was going to be a solo effort that was going to take everything that I had.

As usual the run down Nellies Glen is slow as you gingerly pick your way down the moss-covered stairs and rocks which meander alongside the creek.

The drop in elevation here is drastic as you go from the main ridgeline to the valley floor.

Fulvio Fabreschi was right behind me and we were talking away; after a minute or two of silence I looked behind and he was gone. I didn't see him again. I later found out that he had turned around at the top of the Pluviometer, or 'Pluvi' as it is better known, and gone back – probably close to 54km all up.

I ran with Kevin Tiller and Tim Turner until the Cox's River. I stopped here and hid a drop bag for the way back with a jacket, my gloves and a bottle of Coke. Pretty quickly we all split up.

The Pluvi never gets any easier. I really don't think you can train for this climb, it's long and steep and unrelenting. Although once you get to the top it feels like you've overcome a major hurdle and the trail along Black Range Road is a nice even run – well, most of it. I started to get a couple of hot spots on my feet so I stopped and taped them up.

Man was it cold. There was a south-west wind blowing and it must have been coming up the range from the Snowies. They call the SW wind the 'lazy wind' because it doesn't go around you, it goes straight through you. Stupidly I'd left my gloves at the Cox's river and Geez I wished I had them now.

I had started to get into a fairly consistent rhythm – walk the uphill and run anything else. Finally I saw Max and Sean at the 34k mark where they filled my pack bladder – then off I went for the final 11k to the caves.

I had broken the run into three 30k sections to help me win the mind battle. These were – start to the top of Pluvi, Pluvi to Jenolan Caves Road (on the return leg) and from there back to Explorers Tree.

In my mind I knew if I got back to Jenolan Caves Road still feeling human then I would make it to the end.

I came into the Caves after 6h 12m and stayed for 30 minutes with Tim and Kevin, I don't know how Kevin stomached a Nachos at this point – all I could eat was a Magnum Ice Cream and a can of Coke. I knew if I sat there any longer it was going to be hard to get up that hill. So I stood and told the guys I was going – they thought that was a good idea and came as well. Immediately we lost Kevin – I never saw him again.

The climb out of the Caves was nowhere near as bad as I thought it was going to be and I actually felt better now than I had at any point during the whole run. This gave me great confidence and when I got back to where Sean and Max were, there was never any doubt that I was going the whole way. Sean refilled my pack bladder and gave me more coke. Just as I was about to leave Tim came in and called it a day. As I ran off into the distance it was now that I knew I was not going to see anyone else today. 34km to go and perhaps 6 hours of running left.

The run down Black Range Road was really comfortable and I felt I was in a trance. There was no pain, no impatience, there was nothing except this overwhelming satisfaction of running alone a million miles from nowhere and relying on no-one but myself.

My aim was to get to the Cox's River by nightfall because the river crossing is a lot harder at night and it's easy to go off the track around this point. I finally got to the top of the Pluvi just as the light started to dim. I remember talking out loud to the Pluvi "Ha, you can't get me now old pal I'm on my way down" – boy, was I wrong. The steepness going down is as bad, if not worse, than going up – quivering, knee-knacking, toe-crushing.

I crossed the small creeks and Little River before dark which was good because these crossings are not as easy as the Cox's and in the dark I'm sure I would have got wet. The mountains were truly inspiring in the faltering light. The animals had come out for their pre-dark fossick; wallabies and kangaroos were out and bounded away as they saw the intruder coming towards them. I was mesmerised by the ease with which they scattered up the steeps and how they faded into the background.

At this point I decided to get my head-light out and make sure it was working before dark actually hit.

I was still a fair way from the River and it was fully dark by now. I kept looking behind me to see if I could spot Kevin's light. I sort of expected that I would see it especially when I got up high – but I didn't.

When I got to the Cox's it took me a few minutes to find my drop bag and was lucky because my light picked up the reflective material on my jacket.

Coke, Coke, Coke. What an amazing drink – sugar and caffeine – I sculled this like there was no

tomorrow. Just what I needed for the climb out. But there was only one problem – I couldn't find the way across the river, I walked back and forth a few times trying to recognise something, anything. Everything looks different at night. Then I saw a bonfire and started walking towards it. Someone yelled out "Are you trying to find the crossing?" I said "Yes" and they steered me in the right direction. I navigated my way across and still had dry feet.

At the 56k mark Sean had said to me that he thought the hardest part of the run was the climb out of the Cox's. I wasn't quite sure if he was trying to help me leave something in the tank to get back out or whether he really believed it. I didn't find the climb out too bad at all; in fact I was now running a lot of the uphills. I was in this painless rhythm, it was almost like my brain and legs were no longer connected. I didn't have to think about running, my legs just sort of decided when to take off again.

The trail twists and turns with rocks and roots protruding out everywhere; concentration on foot positioning and following the right trail was brain numbing. It's easy to miss a trail marker when you're looking at the ground and your vision is restricted to the perimeter of your light. I knew there were a couple of deviations that were not readily obvious and I had tried to memorise these when we ran down some 10 hours before. As long as I saw the little red walking signs nailed to trees and fence posts I knew I was OK.

I heard the rumble of lorries on the distant ridgeline and I let out a "YEAH". I knew I was getting close now, although in reality I was at least two hours from the top.

I thought I saw some headlights in the distance and decided there was a car with supplies at Megalong Valley Road; I had no fluids left and a drink just before the final climb up Nellies Glen was making my mouth water. I was buoyed by this.

I ran harder across the fields and up the dirt roads. I longed to get to the road – but I still kept telling myself "Be patient, the end will come, just be patient".

Finally I got there, Megalong Valley Road. There was no-one there. I stood in the middle of the road, there was just this ghostly silence.

I kept going. I was so close that I just wanted it to be finished, I was looking for the signs of the gradual

increase in steepness, which would indicate the start of the climb out of the valley floor up Nellies Glen to the ridgeline.

All of sudden my head-lamp went out – it was pitch black. I stopped and took off my back-pack and groped around for my torch which I found. It was bitterly cold, it was a case of move or freeze. A quick change of batteries and I was away again.

I had never really thought how hard it would be to climb up Nellies Glen after running 90 kilometres. It was hard. It was walk for a few minutes, rest for a few minutes. As I rested I would sit on a step and look out at the valley below – the sound of the dripping water and the running creek tinkling down through the rocks, the huge bursts of mist that rose in my light as I breathed and the massive cliffs that enshrined the Glen against the night sky. This, if nothing else that I had experienced today, made the experience complete.

I had already told myself that I had to run down to the tree and touch it to finish. There was going to be no wimping out now for the sake of not running a mere 50 metres after 90 km. This I did and stopped my watch – 14 hours and 22 minutes.

I walked to my car and lo and behold someone (Sean & Kev?) had left a bottle of coke and some lager for me. The lager could wait until I drove home but the Coke went down a treat – thanks guys.

I immediately rang Suzanne because I knew she'd be freaking out by this time. It was now 9.40pm I had started running at 7.15am.

12 Foot Track Results – Striders

Pos	Name	6 Foot	12 Foot	
1	Jonathan Worswick	4:58	10:26	(cour
7	Tom Silk	6:12	14:22	
8	Jim Villiers	4:24	6:10 [BRRT]	
10	Kevin Tiller	6:15	8:48 [BRRT]	
11	Fulvio Fabreschi	10:35 [KPKB]		

[KPKB] - Katoomba-Pluviometer-Katoomba Boomerang option (approx 52km)
[BRRT] - Black Range Road "Toasted" option (approx 55km)

17 runners competed, 7 completed full 12 Foot Track, 3 did Six Foot and 5 completed intermediate options.

The 'Equaliser' 20th July

The annual Striders' cross-country saw 79 brave souls tackle the challenging course. Officials were: Mary Wilson, Heather Forster, James Moody, Graham Willis, Michael Bailey, Mike Ward, Steve Cornelius, Jim Screen, Manfred Fiedler, Mike Hansen, Peter Woods, Stephen Jackson.



Joe Degabriele impersonates a windmill as he tries to stay upright on a slippery slope



A line of Striders pick their way through the stones. Tracey Love leading, then Sharon Callister and Lesley Maher.

Pl.	Name	h.mm.ss	27	Joanne Barton	1.11.18	54	Sharon Callister	1.22.56
1	Stuart Chellis	0.58.03	28	Benny Hagberg	1.12.07	55	Tracey Love	1.23.01
2	Andrew Gibbons	0.58.05	29	Viviene Kartsounis	1.12.17	56	Lesley Maher	1.23.27
3	Keith Bateman	0.59.18	30	Rod Lovel	1.12.28	57	Lorraine Spanton	1.25.41
4	Steve Hume	1.00.22	31	Charles King	1.13.22	58	Tina Campbell	1.26.39
5	Wayne Stanton	1.01.18	32	Philip Hugill	1.13.36	59	Adrian Krahn	1.26.53
6	Cameron Arnold	1.01.32	33	Dougal Langusch	1.14.24	60	David East	1.26.59
7	Shaun Atchison	1.01.45	34	Iain Martin	1.15.04	61	Sam Chuah	1.27.29
8	Martin Matthews	1.02.07	35	Tim Deane	1.15.05	62	Steve Packer	1.30.10
9	Craig Dunn	1.03.27	36	Graham Butler	1.15.34	63	Elizabeth Woodhams	1.30.43
10	Tim Austin	1.03.41	37	Gregory Prerau	1.15.42	64	Joanna White	1.31.11
11	Dawn Tiller	1.04.09	38	Caroline Yarnell	1.15.52	65	Steven Norden	1.31.21
12	Salvador Gala	1.04.41	39	Heiko Schaefer	1.15.55	66	Kerry Ross	1.31.49
13	Paul Jackson	1.05.09	40	Alan Smith	1.16.15	67	Rebecca Deane	1.31.50
14	Luke Peterson	1.05.29	41	Arthur Huxtable	1.17.11	68	Gill Cavenagh	1.32.14
15	Greg Donovan	1.06.24	42	Michael Free	1.18.19	69	Joe Degabriele	1.32.17
16	Ken Harris	1.06.28	43	Clara Vucetic	1.18.54	70	John Kerr	1.33.14
17	Mark Robinson	1.07.25	44	Kevin Tiller	1.19.56	71	Lilian Chuah	1.33.33
18	Gary Aitkenhead	1.07.29	45	Glenda Anderson	1.20.09	72	Frances Brown	1.33.54
19	Joanne Cowan	1.07.38	46	David Ritchie	1.20.15	73	Leigh MacRitchie	1.33.59
20	Craig Plumb	1.07.49	47	Louise La Hei	1.20.36	74	Mercy Samia	1.35.05
21	Barry Rutter	1.08.11	48	George Herisson	1.21.16	75	Megan Jackson	1.37.31
22	Michael Sharp	1.09.08	49	Robin Cameron	1.21.30	76	Michael Wilson	1.37.32
23	Mohammed Alkhub	1.10.03	50	Ian Singer	1.21.53	77	Frank Dearn	1.39.05
24	Mark Schaefer	1.10.12	51	Amanda Underwood	1.21.59	78	Philip Fleming	2.04.17
25	James Cryer	1.10.19	52	David Lancaster	1.22.34	79	Paul Thompson	2.07.40
26	John Van Yzendoorn	1.11.05	53	John Zahra	1.22.48			

Western States Endurance Run - an Australian Perspective

By Sean Greenhill

"When you're lost in the wild and you're scared as a child

And death looks you bang in the eye

When you're sore as a boil it's according to Hoyle

To cock your revolver - and die.

But the Code of a Man says "fight all you can"

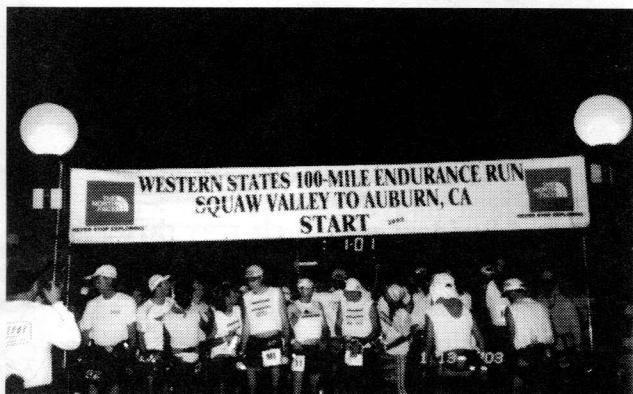
And self dissolution is barred

In hunger and woe, oh it's easy to blow

It's the Hell-served-for-breakfast that's hard."

- Robert Service, "The Quitter"

Used as a motivational tool by Robin Knox-Johnston during his first solo circumnavigation of the world.



Start line at Squaw Valley

Executive summary- I'll quote John Medinger's race report from Wasatch 2000 "it went reasonably well for about 65 miles. Then it got ugly. Then it got very ugly. Then it got stupefying, Bataan death march, lurching, staggering, crying-for-yo'-mama-in-the-middle-of-the-night ugly. That went on for several more hours...". I finished Western States placed 222nd in 28h 59.

Previously eight Australians had finished the Western States Endurance Run, the most prestigious offroad ultra in the world. So far, no one from the Sydney Striders had entered. This year, David Sill and I were both determined to rectify that. Western States - a 100 mile crossing of California's Sierra Nevada mountains from Squaw Valley to Auburn with 18,000ft of climb and 22,000 ft of descent - was celebrating its 30th running this year.

I flew into San Francisco with my mum Gayl to be greeted by old acquaintances Carol LaPlant and Phil Brown. Phil would help Gayl crew for me whilst Carol had talked me into taking her

on as a pacer (macho considerations aside, I didn't want to have to come back to avenge a DNF). Training had been good - I'd averaged 70-80 miles/week very consistently since March, starting off with 6 hour runs in the hills of the Watagan Range around Ourimbah State Forest. Having built an endurance base, I sharpened from mid-May by cutting out gymwork and bringing my long runs down to back-to-back hard 30Ks on the road on both days of the weekend. With some fine tuning from sports quack extraordinaire Martin Horne, (and some salty motivation from Stephen Jackson) my time for the "Ten Bridges" 28K loop on Saturdays came down from 2.23 to 2.10 in four weeks. The weekend before my departure I took 59 seconds off my 10K PB at the North Head race - from 43.47 to 42.48, so knew I was in peak condition with a solid endurance base overlaid by an improving turn of speed and strength.

The only question mark in my preparation was that my two planned VERY long runs - the Barrington Tops 24 Hour Rogaine in April and the Trailwalker 100K in May - were both cancelled, so I had not done any runs longer than 6 hours since my 10 hour finish at the Mt Bogong-Mt Hotham race in January. I was still fairly confident though, given I had a pretty good endurance base from all the ultras I'd done in recent years, and my growing scepticism of the utility of training runs longer than 60K - such runs take a while to recover from and disrupt the next week's training schedule. We'd see.

I had almost no nerves before the race - I knew that no training would affect me now, and I could not influence trail or weather conditions (forecast to be the hottest race since 1995). We went to the medical (my weight, 189 pounds) and race briefing. Last minute preparations and foot taping (I taped my forefoot, historically the site of my blister problems) meant I only got 2 or 3 hours sleep before rising at 3am for the race.

Race Day, Saturday June 28. Nerves are still pretty much nonexistent, I await the final seconds of the countdown to 5am. I honestly never heard the shotgun blast of the start; I just saw the clock tick down to zero and followed the crowd up a gravel road towards Emigrant Gap. I'm walking fast but easily, slowly moving up through the conga line of pale coloured shirts and caps that snakes

up into the mountains. Here and there someone RUNS up this hill - I just look at them and silently wonder why they'd bother running anything but the flat sections. For a little while I'm behind a Japanese actor - it's not hard to spot him, with his loud tights and shirt and the cameraman running next to him.

The sun crept into view as I turned and looked back towards Lake Tahoe surrounded by its rim of mountains, some still dusted with snow. Magnificent stuff. We passed our first patch of trailside snow after half an hour's climbing. Across a grassy moor, through the Escarpment aid station and past more snow patches to be met by a cheering crowd at the top of Emigrant Gap. I topped out after 1.04, good going as the 28 hour schedule on the WS website gives 1.10 as the split time for the top. I joke to others around me that the top of this climb is well over a thousand feet higher than Australia's highest mountain.

The next few miles through the Granite Chief Wilderness are a combination of superb views to high mountain peaks and rough singletrack often under temporary streams of snowmelt. Not ideal surface by any means but I haul into Lyon Ridge after 2.14, still ahead of schedule. Then I'm running on a mixture of good quality singletrack and fire roads, while the granite- and pine-covered mountains still roll away in all directions, leaving me spellbound at times. I regret not having a camera. Most of the section to Robinson Flat I run with Ed from Alaska and Mike from Los Angeles; jokingly we address each other as "Alaska, "California" and "Sydney" rather than using our real names.

I jog through Red Star Ridge (17 miles) after 3.29, still well ahead of schedule, but I'm fatigue-free and bowling along happily, soaking up as much exposure to the high Sierra Nevada as I can. I elect to keep going at my present pace, rationalising that if I can set up a buffer of time for the heat and canyons that come up later, it will be to my advantage. At Red Star Ridge I collected my first drop bag, pulled out a couple of tubs of creamed rice, and realised I had no spoon. Much to the amusement of the aid station staff, I scooped it into my mouth with my finger, and kept using that primitive but effective method for the rest of the race.

Climbing to Robinson Flat, the chill of the morning is well and truly gone and we're starting to sweat. I arrive just before 10am, get weighed (Up to 194 pounds), and realise my crew weren't there. Traffic congestion on Foresthill Road apparently. I left a

heavily expletive-laden message that they'd better be at Little Bald Mountain (28 miles) in 45 minutes.

At 10.50am, I arrive at Little Bald Mountain aid station. There's the crew! They're most apologetic for missing me at Robinson and Carol insists I'm having a great run. I drink some chilled soup and a few other bits, resist the invitation to sit in a deckchair - "I'm NOT sitting down!" would become my constant refrain this day - and depart for the infamous canyons.

The descent to Deep Canyon aid station is a mixture of rocky singletrack and dry dirt roads. There's a lot of dust in the air and the heat is bothering me now. Because of the heat, I eat little - and the sportsdrink of choice in the aid stations, GU2O, tastes pretty bad, so I direct the staff to fill one of my bottles with water and the other with coke.

I fall into the company of Jim from Vermont, who's celebrating his birthday today. We make a good pair as we drop to the bottom of the canyon, wet our hats, and powerwalk up the road towards Dusty Corners. Jim speaks of his races in the Vermont 100 and his family. Our paces and temperaments match. Dusty Corners... singletrack towards Last Chance.

My weight is still up from the start - it's 193 - but this is normal for me. Jim and I leave Last Chance for Deadwood Canyon and the infamous climb to Devil's Thumb. It becomes a narrow singletrack with some tricky footing that drops into the canyon. Jim and I toss in some walking to save our legs and are passed by several people, but pass a couple more. Then we start the climb up the Thumb.

This hill, in the heat of early afternoon, took all the fight out of me and Jim wasn't much better. A very steep singletrack switchbacking back and forth. A small mercy was that it's pretty much all under tree cover. After taking an hour to move forward just over a mile and a half, I'm thoroughly demoralised as we arrive at Devil's Thumb aid station (47 miles) at half past three in the afternoon.

I don't want to eat. My weight is still 193 so hydration is good, but I just don't want food, just managing a can of Ensure and creamed rice. I tell Jim to run ahead while I'd walk for a while, I needed to get over this bad patch. He ran ahead, but within a few minutes I was passed by Monica Scholtz. She told me to try and run with her. I could, and we made good pace down into El Dorado Canyon. Sue Johnston fell in with us. I was amazed to be in such

company. Monica, the Canadian who runs a 100 every second week of the year, and Sue, who has been first woman at Hardrock. Sue told us she was having a bad day, and she and Monica did much of the talking as we ran downhill and I stayed silent. Dust was everywhere.

When we reached the aid station at the bottom Sue was no longer with us and we'd caught up to Jim (I found out later Sue had dropped at Michigan Bluff. Carol knew this when I saw her at Foresthill, but didn't mention it to me till after the race, in case it discouraged me). Monica then took off up towards Michigan Bluff while I took it a lot easier, walking pretty much all of it.

Michigan Bluff (55 miles) just after 6pm, weighed, met the crew, refused a chair again, and tried to get down some food but just wasn't up to it. A few chips, some soup and another Frappuccino was about all before I left. I said I'd take it easy to Foresthill and arrive around 8pm. (Strider David Sill dropped out at Michigan Bluff).

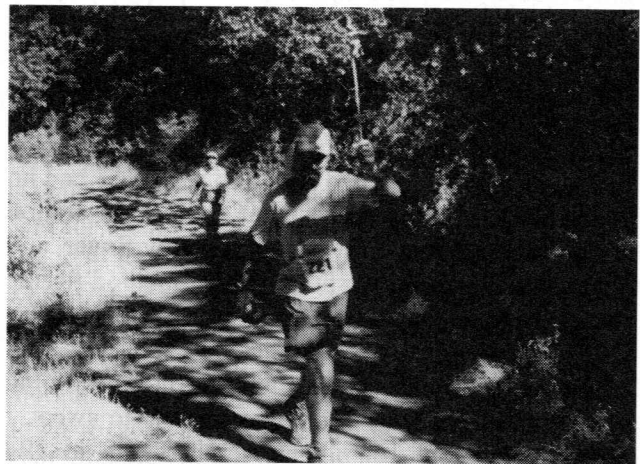
I'd run the Michigan Bluff - Foresthill section the week before and found the trail quality dropping into Volcano Canyon to be pretty poor- and it was again, lots of loose rocks that made the hot spots on my heels flare into blisters. Gordon Ainsleigh (the first man to run the WS trail, back in 1974) passed me dropping down to Volcano Creek as I gingerly worked my way down, but I powerwalked strongly upwards and out of there and passed Gordon back again. I felt guilty for doing that to the legend.

I walked uphill into Foresthill (62 miles) at around 8pm. I was still ahead of the 28 hour pace, though only by 15 minutes. I was weighed and met the crew. Some intoxicated fellow from a local radio station gave me a glass of Sierra Nevada pale ale and tried to interview "the Aussie" but when he couldn't get his act together right away we left. Tried to eat, but still wasn't up to much after all the elevation changes and heat of the last 30 miles. I kept telling everyone I just wanted the damn thing to be over, but the realisation that it was still at least 12 hours of running away almost had me in tears, though I managed to fight them off without anyone noticing (I think). Of course, in hindsight (and I think I knew this deep down at the time) my emotional state at the time was a result of low blood sugar as a result of not eating enough in the canyons - you can't run these things just off coke and the odd munchies. Race conditions were taking their toll. Carol started

dropping back towards Dardanelles aid station- it got dark as we descended lower into the forest and the sun crept below the horizon. Carol told everyone I was from Australia and we were gone again.

My pace started to slip on the next section to Peachstone - there's a reasonable amount of uphill in this section and each uphill was draining me until I was reduced to hunching down with my hands on my knees to recover from each one. Carol would stand some distance ahead, trying to get me to run to her, but I had nothing left as my blood sugar levels crashed out and 150 runners started coming on strong from behind. Each runner and pacer who passed me further contributed to my misery, and the downhills were further beating up my blisters, although the uphills were, of course, no comfort. A couple of times I had to lean on Carol or a tree as my sense of balance went and I staggered dizzily down the trail. I finally stumbled into the lights of Peachstone (70 miles) at about 10.15 and Carol directed me to a chair. Having refused to sit all day, I was too tired to argue.

Within minutes I was shivering violently with cold (it was a warm evening) but I lacked the brainpower to put on the blankets on the chair next to me. Carol and the aid station people wrapped me in three of them and I drew them tight, curling up in cold and misery. Carol started getting food and drinks from the aid stations, and I slowly managed to start eating - at first a few grapes at a time and half a cup of coffee, I was able to graduate to slices of bread and chunks of cheese. These began to take their effect and I started to warm up (though still cold) and I was able to swap a joke with one of the medicos, although my mood wasn't improved by all the runners and pacers who came running out of the darkness as I sat powerlessly on the sidelines.



Climbing to Robie Point, Carol LaPlant in background

Carol was magnificent. Always asking what I wanted to eat or offering suggestions, she'd get it from the food tables and deliver with a few encouraging words. Without her, I may well have not left Peachstone. As my watch clicked towards 11pm, I looked around and announced I'd be out of here in a few minutes; when my watch beeped the hour of 11, I threw down the blankets, stood up, and Carol and I left. The aid station people clapped and cheered at the metamorphosis.

After that we made decent progress down towards Rucky Chuck. By now my feet had fallen into a pattern. Some blisters would be acutely painful at any one time, but after a while they'd go numb and some other group of blisters would angrily awaken and take their place. As well as blisters around the edges of both heels that hurt on the downhill, I had others on the backs of my feet around the Achilles tendon that hurt on the uphill, and a couple of beauties under the calluses directly under the heels. My forefeet weren't too bad though and that's where I normally have issues, so evidently the tape was working.

We reached Rucky Chucky (78 miles) at 2am, grasped the rope and went in. Keeeeerrrrriiiiiissssst, was that damn water cold! I tried to hurry but found that an unlikely proposal in the fast current, so just held onto the rope, swapped jokes with the hardy volunteers who were standing waist deep in the water, and tried to avoid getting the boys wet.

Because of the "uphill" blisters on the backs of my feet, these two miles took almost an hour. Mum was waiting at the aid station at the top, but I didn't want to hang around and Carol and I cleared out quickly. I wanted to walk as much as possible to take the pressure off my feet, but this reality was shattered by the "WS Trail" markers on the side of the single-track. The mile numbers to Auburn on these signs seemed

to indicate a shockingly slow speed, so after yelling to Carol for a while about how we weren't going to make the cutoff I managed to drag myself into running at a good speed. The memories of Tuesday night tempo 10Ks in Lane Cove National Park and Thursday morning intervals at Timbrell Park (a century ago it seemed) came back as I was even able to run uphill and we passed several runners who had passed us around the vicinity of Greengate.

We drew into ALT (85 miles) just before dawn and I realised the WS Trail mileage markers were out. I

slumped into a chair but I was quickly shivering again, so I got up and we left quickly.

I made pretty poor progress en route to Brown's (a combination of generally-bugged-up syndrome and worsening foot problems) so I told Carol we'd go right through that aid station at mile 90. We heard it 15 minutes before we arrived, with big subwoofers cranking out the old country'n'western classics at volume. I ran in barked "number 221 checking in AND out" and kept going. Carol was opening a gap on me here as I wheezed to a slow halt - even as we went down a hill.

I had a pocketful of GUs to keep my blood sugar up. We passed half a dozen runners on the climb to Pointed Rocks; then it was almost a sprint on the downhill to No Hands (well I was sprinting as well I could after having run 90 miles). I left Carol behind but the descent to No Hands seemed to go forever, as I ignored my foot pain and ran it all. Surely the bridge couldn't be far now? I had to wait about 12 minutes after first seeing the Highway till I made the final descent to No Hands Bridge (97 miles).

Mum and Phil were there, a big surprise. I had two hours to cover three miles, and my legs were thrashed from the downhill from Pointed Rocks to No Hands (having taken the downhills of the canyons just fine, inexplicably) so I resolved to walk from here. I crossed the American River one more time and set off towards Robie Point. Carol was there with the crew, having got a lift from No Hands, and she handed me the Australian flag to hold during the last mile. I walked past groups of cheering spectators.



The finish!

I started to watch the time. I wasn't worried about

the cutoffs but it would be nice to go under 29 hours. A descent to the Placer High School athletics track, where the finish waited after one lap of the track. Emotions had been milked out of me hours before, now there was a curious detachment as I covered the final four hundred metres. I was telling someone else's feet to turn over, it seemed. Still keeping an eye on the watch, I broke into a jog as the voice on the PA started to read out my details. I held the flag up as I passed under the finish banner in 28.59, 222nd of 405 starters and 272 finishers.

YEEHAAAAAAAAAAAAA!

Jim was there to greet me after his own 26 hour finish, then it was an emotional reunion with Carol, Phil and mum. They took my medical details one more time (weight still 193, more than my starting weight) and I dragged myself onto a lounge in the medical tent and lay there for 15 minutes before being helped to my feet and staggering to the showers. Once the water struck the broken skin on my feet the pain was incredible. I showered as fast as feasible and slumped into a chair for the awards ceremony. People were sleeping left and right, just too spent to pay attention to the full ceremony. They read out my name and I huffed over to collect my brass buckle and Western States was over for 2003.

Final impressions - the WS organisation is remarkably professional and efficient. Main irritation was a lack of decent food in the aid stations and the GU2O was a fairly ordinary sportdrink. But the event as a whole is a special one, and I'm certainly extremely happy to complete a goal set so long ago.



Right after finish with Carol and my mum
Gayl

Gold Coast Marathon

From Jim Moody



For those who haven't had the pleasure of running in the Gold Coast Marathon take a tip, "GO FOR IT", this is advertised as Australia's foremost Marathon and rightly or not it is a beauty.

The event is designed to provide entertainment for those members of our families who do not necessarily believe that going for a 42.195 kilometre hike is the ideal way to spend a Sunday morning. The Marathon is obviously the main attraction however the event also has a Half Marathon, a 10 kilometre race and 8 kilometre walk and a 4 and a 2.2 kilometre kids dash. The total number of entries this year was approximately 12,000.

Each event is coordinated to keep the competitors separate. The Half leaves before the Marathon and heads north on the course while the Marathon heads south somewhat later. The 10k run and the 8k walk leave later again during the morning with everybody finishing in the same recovery area at different times. The recovery area is fenced off and only competitors allowed in. There is plenty of space, it's easy to get drinks and there is a massage tent as well as a physiotherapist tent. This year there were a number of the 10k runners and walkers (not everybody wanted to walk only 8k and walked with the 10k runners instead) who finished at the same time as the Marathoners. The road being divided into two lanes providing a sanctuary for those of us who have trouble negotiating around people after the 40 k mark.

The terrain is flat (another unheard of term in the Strider's lexicon) and I mean FLAT, the only inclines that you will come across are where the road crosses canals with a probable elevation of about 3 metres, a great place for a PB. The course follows

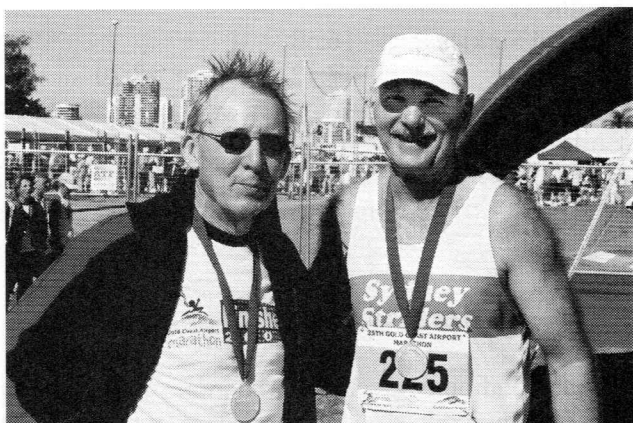
the coastal edge with superb ocean views for the majority of the race. Beaches with the odd dolphin behind the surf only add to the panorama. It has been redesigned during the last few years to provide an easily followed, reasonably straight course.

The entertainment includes bands and a village fair which all helps to take your mind off how you are feeling especially in the later stages. During the race there were more than a few "GO STRIDERS" from the local crowds with the odd pro-Queensland comment thrown in for good measure, the spirit of the spectators was very supportive throughout.

This year the weather was perfect, relatively cool with a slight breeze. It held that temperature for most of the first three hours then climbed marginally but stayed within tolerable limits.

From the start the race heads south for a 13 kilometre leg to Miami Beach where the course does a "U" turn and heads back past the start for an 8k leg north to Runaway Bay then return and finishes almost opposite the start.

This year the Club sponsored a marquee for us and it came complete with tables and chairs. This was a terrific facility; it gave us somewhere to meet before and after the race, to change, leave bags during the run and to put your feet up in the sunshine afterwards. We could sit and chat about the run or about the 1,000th STaR that would have been underway in Sydney and who would be there, it was appreciated by all of us and a huge 'Thank-you' goes to the committee for arranging it.



Michael Bailey (L) and Brad Renshaw

From a Striders viewpoint the race had some unusual sights. After the race we caught Michael Bailey with his hair all spiked (see photo above) - people have been known to pay fortunes for that look; the two Sarah's, who now live up that way, were spotted

sneaking into the recovery area to use the loos, the public ones had queues a mile long, obviously the wait would have been awful. I think we all enjoyed the race and the day, a small group managed to stay awake long enough to drive to Main Beach for dinner that evening, a perfect way to finish a tough but satisfying day.

Complete Results

Marathon	Gun time	Chip time
Kelvin Marshall	3:01:54	3:01:47
Bruce Craven	3:12:05	3:11:39
Neil Barker	3:14:48	3:14:52
Mark Gardiner	3:21:13	3:20:36
Marie O'Connell	3:22:03	3:21:48
John Van Yzendoorn	3:24:17	3:23:46
Mac El-Khansa	3:27:06	3:27:06
Daniel Vorster	3:38:37	3:37:44
Jo Barton	3:39:08	3:38:45
Sharon Callister	3:43:00	3:41:37
Sue Palmer	3:52:11	3:51:24
Jim Moody	3:53:14	3:51:59
Amanda Underwood	3:55:19	3:52:11
Tina Campbell	3:56:13	3:55:53
Michael Bailey	4:19:29	4:18:24
Brad Renshaw	4:59:15	4:57:43
Eric Schmierer	4:59:53	4:58:29
Allison Lilley	5:00:30	4:59:01
Sam Chuah	5:09:24	5:08:08

In the Half Marathon Chris Truscott was 10th in the Australian Championships and Jenny Truscott was 13th female and Bronze medallist in the Australian Championships (Jenny's PB was over 2mins).

Half Marathon

Chris Truscott	71.06	71:05
John Young	75.30	75:51
Jenny Truscott	79.39	79:41
Craig Dunn	86:16	84:02
Renae Lentjes	94:39	93:49
Dougal Langusch	97:19	96:03
Glenda Anderson	104:03	103:13
Vicki Pilkerton	110:27	109:08
Heather Forster	120:35	118:39
Fiona Nelson	120:35	118:39

10 K

Randy Brophy	37:43	37:43
Lachlan Renshaw	38:42	38:35
Pete Truscott	52:30	53:32
Graham Willis	56:56	55:21

Athletics NSW Events

From Richard Sarkies

NSW Short Course Cross Country Championships

A great turnout from the Striders with 9 out of 23 registered members tackling the challenging 7km course at Campbelltown. The team came in 6th, with individual highlights being Keith Bateman grabbing a silver in the 45-49 category (just 1 second off the gold) and Richard Sarkies 3rd in the 35-39. Competing in their first ANSW event were Keith, Steve Hume, and Dave Burgess. A big thank-you to Dave and Darren Benson for their contribution to organising teams for these competitions. We're getting very close to being able to enter more than one team, particularly in the over 35's etc where we'll smash the opposition once we have enough numbers registered. The results from the race are below:

Chris Truscott 20th
Darren Benson 23rd
Richard Sarkies 39th
Keith Bateman 65th
Steve Hume 76th
Martin Matthews 77th
Dave Burgess 88th (and in a lot of pain from his famous bike accident)
Craig Dunn 104th
Ron Schwebel 120th

NSW Cross Country Relay – Miranda

A glorious Sydney winter day greeted us for the cross-country relays in Miranda where we tackled the 4 x 4km testing two-lap course. Darren Benson took on the heavyweights in the first leg after taking out that morning's Striders 10k and showed great recovery powers to put in a solid effort to be 15th, followed by fellow Lane Covers Dave Burgess and Martin Matthews (also showing great endurance to back up after the 10k), and fresh as a daisy Richard Sarkies (who didn't do the 10k, slack bastard). We maintained our first leg position to the end to stay in the hunt for a bronze in the Winter Premiership. We hoped to score big in the Sydney Marathon and Long Distance Relays.

Darren Benson 12:47
Dave Burgess 14:36
Martin Matthews 14:29
Richard Sarkies 13:14

NSW Long Distance Relay

A fine day greeted the runners at Sydney Olympic Park for the annual 10-stage charity relay. The first leg set the tone for the day where we were lying in 3rd position. We alternated between 3rd and 4th all day to finally finish 4th behind the strong St George outfit, Randwick Botany and Kembla Joggers, last year's winners.

Of note were Craig Dunn with a massive 2 min 10k PB (which boded well for the Marathon), Tony Wong and Steve Jackson in their first outings for ANSW events (Steve ran an equal season best). A big thanks to Chris Dwyer, who competed under a slight injury cloud, and everyone else who I know put in.

Results below, for those not sure of the format, there were three 15km, four 10km, and three 5km legs.

Name	5k	10k	15k
Stephen Jackson	17:53	36:12 (18:19)	
John Young	17:12	18:03	53:28 (18:12)
Steve Hume	18:34	38:13 (19:37)	
Darren Benson	17:07	16:55	50:42 (16:40)
Tony Wong	17:32		
Martin Matthews	18:17	37:34 (19:17)	
Richard Sarkies	16:53		
Jim Villiers	17:12	18:20	54:10 (18:39)
Chris Dwyer	17:29		
Craig Dunn	17:50 (approx)	36:05 (18:15 approx)	

NSW Marathon 14th September, 2003

Tough conditions greeted the endurance warriors on this testing course, with head winds making the journey west from Anzac Bridge extra hard. Those who saw the coverage recently probably would have noticed Darren Benson towards the front at various stages (TV hog!), where he finished a creditable 5th in NSW (2:39), whilst Craig Dunn pulled off a massive PB to finish 9th in NSW (2:51).

WINTER PREMIERSHIP

The marathon suited us down to the ground in the Winter Premiership, but unfortunately due to illness we did not have a full strength team and did not score points on the day. Had we had our full complement we would certainly have finished at least 2nd on the day and accumulated enough points to finish 4th as opposed to our final standing of 6th.

DISTANCE RUNNER OF THE YEAR

The following Striders were placed for the overall season, based on individual results in championship races:

Darren Benson	9 th
Chris Truscott	35 th
Craig Dunn	37 th
John 'Crackers' Young	42 nd

It was a great start to our Athletics NSW campaign and we look forward to building on this result next year.

For those unsure of the format of ANSW events and maybe keen to give it a try, I will provide some information in the next Blister in readiness for next winter.

The summer season is now upon us and anyone interested in doing some faster stuff (even 10km on the track is available!) feel free to give me a call or email for more information. (0405 575 910; rsarkies@optusnet.com.au)



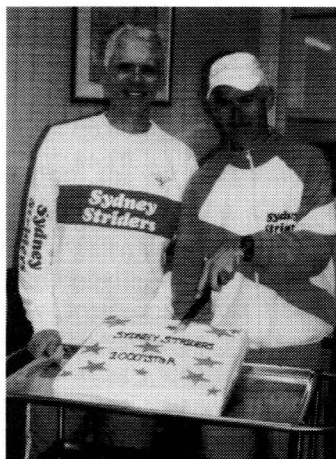
Some of the Long Distance Relays team, L to R standing Martin Matthews, Chris Dwyer; sitting Richard Sarkies, Darren Benson, Jim Villiers

Mount Wilson-Bilpin 35km , 23rd June

Name	pl.	half way	h.mm.ss	cat
Jonathan Craig	4	1.04.50	2.24.04	M Vet
Stuart Chellis	7	1.05.06	2.29.10	M Pre
Jonathan Worswick	10	1.08.00	2.31.55	M Vet
Martin Matthews	13	1.07.48	2.35.09	M Pre
Steve Hume	18	1.07.24	2.38.26	M Pre
Christopher Dwyer	20	1.08.36	2.38.55	M Mst
Keith Bateman	22	1.07.48	2.43.14	M Vet
Lance White	24	1.12.00	2.45.58	M Pre
Dawn Tiller	27	1.14.17	2.46.41	F Vet
Warwick Selby	28	1.15.48	2.47.59	M Mst
Kendall Waller	33	1.14.16	2.51.21	M Pre
David Gayford	34	1.14.30	2.53.06	M Vet
Chris Thompson	37	1.15.42	2.55.47	M Vet
Barry Rutter	40	1.15.57	2.57.32	M Mst
Adrian Spragg	45	1.14.20	3.00.12	M Vet
James Cryer	52	1.18.11	3.02.58	M Mst
David King	65	1.22.07	3.10.31	M Mst
Joanne Barton	84	1.22.57	3.17.18	F Vet
Robert Wawrzyniak	87	1.26.29	3.18.17	M Vet
Dougal Langusch	93	1.29.45	3.21.23	M Pre
James Moody	97	1.27.16	3.22.50	M Mst
Amanda Underwood	99	1.29.55	3.23.58	F Pre
Manuela Sumetzberger	103	1.31.05	3.26.19	F Pre
Rod Lovel	106	1.25.35	3.27.23	M Mst
Heiko Schaefer	115	1.31.05	3.31.42	M Snr
Graham Butler	116	1.35.00	3.32.36	M Mst
Hugh Spencer	117	1.35.00	3.32.37	M Snr
Robin Cameron	122	1.33.10	3.35.11	F Vet
Ivan Freys	130	1.44.45	3.39.40	M Mst
Peter Hammerschmidt	131	1.44.45	3.39.47	M Snr
Manfred Fiedler	133	1.35.00	3.40.30	M Snr
Keith White	136	1.32.10	3.43.48	M Mst
Julie McGaw	143	1.38.44	3.44.19	F Vet
Jeff Morunga	146	1.33.10	3.46.39	M Vet
Fulvio Fabreschi	148	1.34.25	3.50.22	M Mst
Monica Reyes	150	1.41.15	3.51.01	F Pre
Allison Lilley	153	1.38.44	3.53.13	F Pre
Michael Bailey	156	1.38.44	3.55.46	M Mst
Roger Rigby	160	1.41.15	3.57.03	M Snr
Mike Elliott	166	1.39.49	4.02.55	M Vet
Brad Renshaw	173	1.49.37	4.08.46	M Mst
Kirsten Themsen	174	1.49.37	4.08.47	F Mst
Wayne McCarthy	177	1.52.47	4.11.22	M Snr
Lilian Chuah	181	1.51.20	4.14.08	F Pre
Sam Chuah	182	1.51.20	4.14.09	M Mst
Beryl Wilson	183	1.45.28	4.14.41	F Mst
Margaret White	185	1.50.30	4.15.50	F Vet
Jim Screen	95	1.56.46	4.21.58	M Snr
Michael Wilson	96	1.56.45	4.21.59	M Mst
Steven Norden	196	1.45.14	4.23.17	M Vet
Nick Themsen	200	1.45.14	4.25.37	M Vet
Richard Wassell	205	1.40.28	4.30.08	M Pre
Stephen Bodnar	214	dnf	dnf	M Vet
Allan Marks	216	dnf	dnf	M Mst
Stephen Jackson	hlp	hlp	hlp	M Vet
Megan Jackson	hlp	hlp	hlp	F Vet

1000th STaR

By Jim Screen



Club founder Charles Coville (L) and President Stephen Jackson cut the cake

If you happen to be one of the 100 or so Striders who purchased a 1000th STaR vest, what is it that you tell the curious friend who asks you "What the hell was the 1000th STaR?"

Would you just say that the running club of which I am a member calls its Sunday training runs "STaRs", or perhaps give a quick talk on the universe.

Whichever way you see things, it is a reasonable bet that you will have your own specific view of what a STaR is and while it might be similar to what others think, it will be different.

Make no mistake about it though, whatever you happen to think, STaRs are very special and in that challenging way Australians have about taking so many things for granted, do not receive the acclamation they deserve. Indeed, there are those who occasionally find reason to criticise a STaR, but fortunately there are those who consider that no matter what happens there can never be anything wrong with a STaR, especially if one considers life without them.

STaRs are held around about 45 times each year, over about 24 different courses. They are held whether the weather be hot or cold, wet or dry, calm or windy or a combination of the lot. Participants can look forward on any Sunday to a new and interesting experience. They will meet fellow citizens who have banded together from a very wide range of occupations and social backgrounds and run with them at a common pace through the streets, parklands and beaches of one of the world's most beautiful cities.

The Armani suits or boiler suits disappear and it's interesting to see how everyone is placed in the same station in life when toiling up yet another long and winding hill into a head-wind, similarly dressed in running shoes, shorts and singlets. Common purpose, common goal and friendships which flourish, even though it is often only on Sundays that one gets to see the fellow runner who stayed with you the previous week when things were not going so well.

Sometimes, it is sad to say, common sense gets left at home and the road Nazi streak in some members comes to the fore. Not only do these unthinking souls endanger themselves by running down the centre of a road, by diving across in front of oncoming traffic or by crossing roads against red lights, they also unwittingly encourage others to do similar things for fear of being left behind. Life as a Strider is not about destroying or damaging life but building it so that each of us as individuals can make a reasonable effort to reach our full potential as healthy fit human beings.



Striders listen to Charles Coville talking about the early days of the Striders

The heart and soul of the STaRs are the runners who turn up and run. But perhaps the real stars are the hosts who give up their time on a couple of occasions each year to put on the STaR. It is just so good to be given a map of the course at the start, have your car keys minded, be introduced to the other runners and to know that when you return from the run someone has boiled the jug, put ice on the drinks, cut up the fruit, put out the snakes and jelly babies and in many instances provided a unique aspect of the breakfast such as providing copious quantities of carrot cake, or a sausage sizzle, or bacon and egg muffins. It is just so good.

And someone goes to a lot of trouble to see that we receive a calendar which lists each of the STaRs for the next three months. That green sheet is now up to its 109th edition and much should be said about how challenging it is to put this program together and have it in our hands on time every time.



The 10K Team – from L, Barry Rutter, Joe Degrabriele, Shirley Rutter, Peter Woods

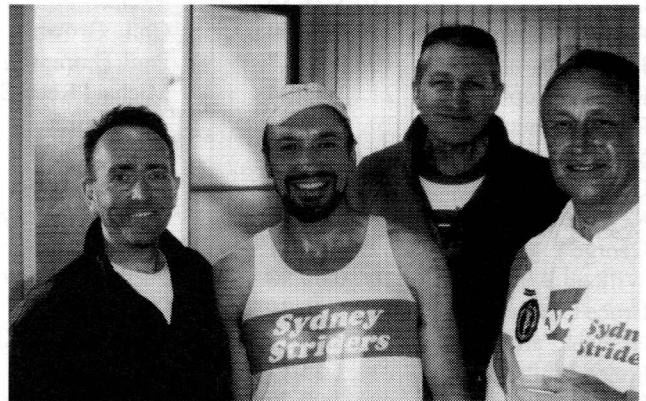
And then there are the map makers. Every run has a map and every map has a choice of runs. In the early days the Hosts prepared their own maps and it is claimed by some that on the odd occasion it would have been just as good not to have tried to use them. One of the more interesting aspects of a STaR run is to see two or more groups of runners passing each other going in opposite directions yet using the same map. Perhaps the problem could be directed at the "super navigators" in the Club who think they know every step of the way and who have led many a bunch of Striders up the proverbial garden path. These days maps turn up on the Club's Web Site and are available in colour and there is an ongoing project to update all the maps and present the instructions in a common format.



L to R, Andrew Smith, John Simmonds, Margaret White, Penny Smith

And then there are the solo runners who get out of bed so early on a Sunday morning to travel half way across Sydney and end up running by themselves because they run in the wrong group or they stop for a ten minute pit stop at the first service station.

STaRs have not varied much over the years and whilst many of the runners change, what they do stays the same. The addition of a 7am Host to look after new runners has been a positive step. There was once an experiment to start STaRs from 7am in winter. All this achieved was to have runners spread out over 20kms from 6am to 10am in groups of 2 or 3 and STaR hosts being driven out of their minds from having to stay on duty for many hours.



L to R David Lancaster, Adrian Spragg, Steve Cornelius, Alan Phillips

So to celebrate 1000 of these wonderful occasions the Club met at the Glengarry Guide Centre at North Turramurra on Sunday 6th July 2003. About 50 Striders said they would be in attendance. Double this if you are a Strider organiser and that should be 100 but what do you do with the loaves and fishes when more than 150 roll up. Throw in a handful of ex-members and it doesn't take long for the supply of specially made commemorative coffee mugs to run out, or the milk to run out, and so on.

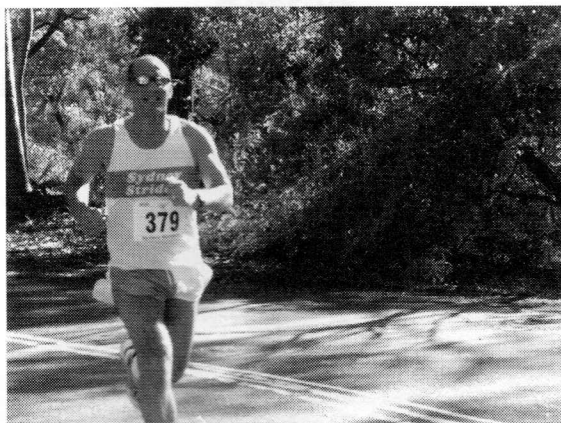
President Stephen Jackson hosted the breakfast and founding president Charles Coville gave a most entertaining talk about the early days of the STaRs. Stephen and Charles cut a special 1000th STaR cake. All things considered the 1000th STaR was a great success. Lots of old and new friends getting together for a few hours, at a great venue, a beautiful winter's morning, a good run, a good map, and a good breakfast. Life sure can be good.

Sydney Marathon/Half/10k - September 14th

Results show race entered - 42/21/10 kilometres and chip time. To compare times for rankings our Results Manager has then multiplied 10k time by 4.7 and Half Marathon time by 2.2.

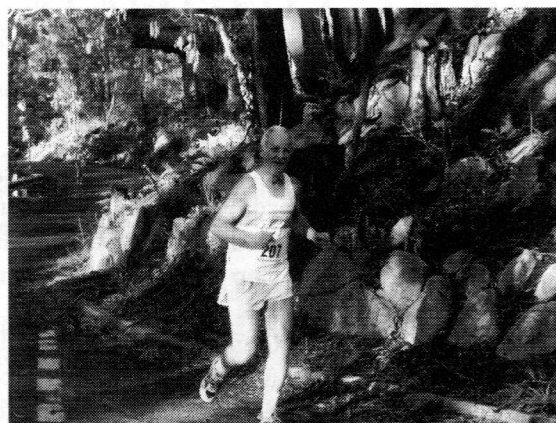
Name	Time				
Dean Degan	21	1.11.13	Jose Vilar	42	3.33.27
Stuart Chellis	10	0.33.54	Craig Plumb	21	1.37.02
Darren Benson	42	2.39.53	Glenda Mitchell	10	0.45.36
Mark Wilson	10	0.35.49	Roland Hassall	42	3.34.24
Stephen Jackson	10	0.35.59	Paul Trainor	10	0.45.44
Craig Dunn	42	2.51.30	James Cryer	21	1.37.45
Tim Cradock	21	1.19.47	Amy Fisher	10	0.45.46
Shaun Atchison	42	2.56.50	Renae Lentjes	42	3.35.51
Steve Hume	10	0.37.41	Julian Wright	21	1.38.12
Jenny Truscott	10	0.37.51	Bronwyn Adams	42	3.36.14
Keith Bateman	21	1.22.26	Ken Walker	42	3.37.39
Gerry Arthur	21	1.22.36	Mary Stringer	10	0.46.23
Andrew Gibbons	21	1.22.50	Michael Free	21	1.39.20
Joanne Cowan	10	0.38.47	Craig Brown	42	3.38.58
Randall Brophy	21	1.23.24	Paul Thompson	21	1.40.22
Richard Deutsch	10	0.39.04	Michael Rees-Evans	42	3.40.52
Martin Matthews	21	1.23.43	Alan Smith	42	3.40.58
Greg Donovan	21	1.23.50	Leanne Pass	21	1.41.08
Kelvin Marshall	42	3.04.54	Marlies Laaper	21	1.41.25
George Lisson	42	3.05.14	Robert Wawrzyniak	42	3.44.03
William Ward	10	0.39.38	Gary Leahey	21	1.42.09
Bruce Craven	10	0.39.39	Philip Kennedy	10	0.47.54
Graham Farnsworth	42	3.07.17	Paul Evans	42	3.46.37
Lance White	21	1.25.11	Mahmoud El-Khansa	42	3.47.40
David Gayford	42	3.07.29	Ron Wilson	10	0.48.27
Cameron Arnold	21	1.25.36	Andrew Joseph	21	1.43.51
Jenny Wickham	21	1.26.08	Campbell Reid	21	1.43.58
Jaap Bakker	42	3.12.28	Garry Maddox	21	1.44.01
Dawn Tiller	21	1.27.33	Lorraine Spanton	10	0.49.02
Ron Schwebel	10	0.41.24	Anton Kapel	42	3.50.37
Gary Aitkenhead	42	3.15.04	Mohammed Alkhub	42	3.51.49
Chris Thompson	10	0.41.36	Adrian Krahn	10	0.49.22
Gerard Donnan	42	3.16.07	Joe Flinn	10	0.49.25
Caroline Yarnell	10	0.42.06	Mary Barnes	42	3.52.32
Suzanne Kelly	42	3.18.30	Charles King	42	3.52.38
Andrew Bilsdon	21	1.30.19	Vanessa Browne	42	3.52.39
Max Crossley	10	0.42.22	Monica Reyes	42	3.53.30
Michael Sharp	21	1.30.43	John Zahra	21	1.46.25
Joanne Barton	21	1.31.27	Brian Ogilwy	21	1.46.59
Barry Rutter	42	3.23.10	Tim Deane	21	1.47.44
Jeff Morehen	21	1.32.59	Sarah Elfick	21	1.47.51
Alex Jensen	10	0.43.35	Steven Norden	21	1.48.06
Tom Fischer	42	3.25.10	Michelle Davern	21	1.49.03
Mike Morrissey	42	3.26.28	Joanna Henao	21	1.49.06
Walter Mitchell	10	0.43.57	Michael Johnstone	21	1.49.17
Anthony Wong	10	0.44.04	Sandra Domelow	21	1.49.24
Mark Davis	10	0.44.21	Neil McPherson	21	1.50.11
Stephen Kibble	21	1.34.56	Elizabeth Woodhams	21	1.50.22
John Stathis	42	3.29.32	James Moody	42	4.03.19
Heiko Schaefer	10	0.45.09	Steve Packer	21	1.51.53
Lisa Carroli	21	1.36.42	Rick Collins	21	1.52.00
Paul Bullas	42	3.33.16	Jon Patrick	10	0.52.30
			David Cooke	21	1.52.33
			Rebecca Deane	10	0.53.05
			Ross McCarty	42	4.09.32
			Joanna White	21	1.53.53
			Ruth McColl	21	1.54.00
			Ted Brailey	21	1.54.03
			Per Jensen	10	0.53.35
			Belinda Sheehan	21	1.55.11
			Marcus Juhasz	10	0.54.12
			Geoff Taylor	21	1.55.58
			Leigh MacRitchie	21	1.56.20
			Jack Leigh	21	1.56.49
			Lisa Friis	21	1.56.54
			Jeff Morunga	42	4.18.52
			Michael Wilson	42	4.19.57
			Frances Brown	10	0.55.30
			David East	21	1.58.38
			Richard Wassell	10	0.55.49
			Kirsten Themsen	21	2.00.02
			Jane Grundy	21	2.00.06
			Julie McGaw	21	2.00.19
			Karey Payne	21	2.00.20
			Peter Woods	21	2.01.18
			Olivia Collier	10	0.56.55
			John Singleton	21	2.01.54
			Victoria Pilkerton	21	2.01.56
			Kerry Ross	21	2.01.57
			Allison Lilley	42	4.28.45
			Kerryn Parkinson	10	0.57.34
			Paul Munro	10	0.58.06
			Scott Treloar	42	4.35.11
			Melissa Treloar	42	4.35.12
			Mike Elliott	21	2.05.59
			Eric Schmierer	42	4.39.25
			Beryl Wilson	42	4.39.50
			Megan Jackson	10	0.59.40
			Penny Smith	21	2.07.30
			Brad Renshaw	42	4.40.49
			Lilian Chuah	42	4.45.01
			Joanna Woods	10	1.00.58
			Nick Themsen	21	2.12.19
			Sam Chuah	42	4.53.27
			Michael Bailey	42	4.56.05
			Alistair Cooke	21	2.14.48
			Alexandra Dunn	42	4.58.32
			Michelle Grose	10	1.07.07
			Peter Johnson	21	2.26.13
			Edward Kim	42	5.22.30
			Brian Taylor	21	2.30.01
			Fernando Santisteban	10	1.11.18
			Robyn Moody	10	1.14.34
			Luke Carter	10	1.16.12
			Neil Barker	10	1.19.44

Handicap Half, Lane Cove 19th October



Winner Joe Degabriele

Name	Time	hcp+/-	
Joe Degabriele	1.45.04	-.24.56	Michael McCarthy
Brad Renshaw	1.57.15	-.10.45	Gerry Arthur
Stephen Kibble	1.37.06	-.05.54	Ian Singer
Manuela Sumetzberger	1.39.40	-.05.20	Bradley Loh
Dougal Langusch	1.38.15	-.04.45	Charles King
Allison Lilley	1.57.35	-.04.25	Kendall Waller
Mary Stringer	1.43.24	-.03.36	John Kerr
Paul Bullas	1.36.40	-.03.20	Keith Bateman
Roland Hassall	1.36.44	-.03.16	Adrian Krahm
Joanne Barton	1.34.49	-.03.11	Ray Doran
Michael Free	1.34.52	-.03.08	Diane Read
Greg Donovan	1.27.03	-.02.57	Victoria Pilkerton
Steve Hume	1.22.20	-.02.40	Steve Packer
Robert Wawrzyniak	1.39.43	-.02.17	Lorraine Spanton
Ben McSweeney	1.27.44	-.02.16	Frances Brown
Vivienne Kartsounis	1.36.52	-.02.08	James Moody
Mercy Samia	2.08.54	-.02.06	Arthur Huxtable
Gregory Prerau	1.41.14	-.01.46	Joanne Cowan
Amy Fisher	1.43.17	-.01.43	James Cryer
Kerry Ross	2.00.18	-.01.42	Penny Smith
Cameron Arnold	1.26.30	-.01.30	Martin Matthews
Daniel Vorster	1.41.56	-.01.04	Andrew Charleston
Craig Brown	1.37.04	-.00.56	David Bray
Sandra Domelow	1.48.13	-.00.47	Stephen Jackson
Darren Benson	1.13.28	-.00.32	Julian Wright
Barry Rutter	1.34.34	-.00.26	Craig Plumb
John Ayliffe	2.06.34	+00.34	Peter Olds
Robin Cameron	1.52.38	+00.38	Peter Slater
Shaun Atchison	1.24.43	+00.43	Rod Lovel
David Criniti	1.14.52	+00.52	Heiko Schaefer
Tim Cradock	1.16.55	+00.55	Tim Deane
Jenny Wickham	1.28.56	+00.56	Renae Lentjes
Mike Hansen	1.43.59	+00.59	Amanda Underwood
Philip Boswell	1.30.05	+01.05	Catriona Cater
Mike Morrissey	1.36.11	+01.11	Adrian Spragg
Suzanne Kelly	1.33.12	+01.12	Graham Butler
John Boakes	1.55.20	+01.20	Charles Coville
			Tim Austin



Runner-up Brad Renshaw

1.47.27	+01.27	Virginia Ffitch	2.15.59	+05.59
1.24.28	+01.28	Geoff Taylor	1.59.39	+06.39
1.47.28	+01.28	Peter Quinn	1.54.40	+06.40
1.49.30	+01.30	Michael Johnstone	1.57.48	+06.48
1.44.35	+01.35	Jaap Bakker	1.35.03	+07.03
1.30.39	+01.39	Allan Wareham	1.55.37	+07.37
1.56.41	+01.41	Stuart Chellis	1.28.10	+09.10
1.24.42	+01.42	John Young	1.26.11	+09.11
1.54.44	+01.44	Alex Jensen	1.49.33	+09.33
1.31.57	+01.57	Brian Ogilwy	1.57.04	+10.04
1.44.02	+02.02	Stewart Turner	1.43.18	+10.18
2.03.12	+02.12	Victor Donovic	1.39.10	+11.10
1.56.29	+02.29	Tracey Love	2.02.41	+11.41
1.57.36	+02.36	Dean Gardiner	1.45.45	+11.45
2.08.42	+02.42	Sharon Callister	2.02.55	+11.55
1.48.50	+02.50	Robert Chalmers	2.02.03	+12.03
1.44.57	+02.57	Leigh MacRitchie	2.13.20	+13.20
1.31.11	+03.11	Luke Peterson	1.42.44	+14.44
1.42.15	+03.15	Michelle Farrar	2.15.57	+15.57
2.11.18	+03.18	Fiona Nelson	2.15.58	+15.58
1.27.22	+03.22	Mario Torresan	2.03.28	+16.28
1.27.24	+03.24	Jeff Morehen	1.56.59	+19.59
1.51.26	+03.26	Mohammed Alkhub	2.02.45	+24.45
1.24.27	+03.27	Geoff Carroll	dnf	dnf
1.40.33	+03.33	Max Crossley	dnf	dnf
1.38.02	+04.02	Paul Thompson	dnf	dnf
1.25.04	+04.04	Maria DiMarco	dnf	dnf
1.37.17	+04.17	Ray Wareham	dnf	dnf
1.44.27	+04.27	Officials: Megan Jackson, Tina Campbell, Ross McCarthy, Andrew Smith, Ian Whitfield, Euan Callister, Robyn Moody, Graham Willis, Rebecca Deane, Julie McGaw, Peter Woods, Shirley Rutter, Sue Hill, Iain Martin, Kevin O'Kane, Tom Silk, Manfred Fiedler, Richard Sarkies, Michael Bailey.		
1.46.29	+04.29			
1.47.35	+04.35			
1.42.40	+04.40			
1.44.46	+04.46			
1.36.53	+04.53			
1.38.54	+04.54			
1.51.30	+05.30			
1.39.44	+05.44			
1.33.55	+05.55			

LEGAL EAGLES FLY HIGH IN CORPORATE CUP

By Charles Coville

32 corporate teams comprising 15 runners per team compete every 2nd Wednesday over 12 weeks on a 5.9k Stephen Jackson certified course in the Botanic Gardens in the Corporate Cup competition. It is run over part of the Striders 10k course. There are 10 Striders in the team of 15 Legal Eagles runners. The Legal Eagles Corporate Cup team achieved its best ever result in its 10 year history in the four competitions in series 46 (May 2003 – August 2003).

Fastest Team

- 1st - Legal Eagles 62 points
2nd - Sydney Water Sewer Rats 49 points

Representation

- 1st - Sydney Water Sewer Rats 85 points
2nd - Legal Eagles 85 points

This competition was decided on a count back to the prior series. Despite losing on a count back Legal

Eagles created history by being the first team to achieve a full team of 15 runners for 4 of the 6 races. The previous record was for a full team in 3 of the 6 races.

Handicap

- 1st - Sydney Water Sewer Rats 1135 points
2nd - Legal Eagles 976 points

Knockout Final

- 1st - Sydney Water Sewer Rats 196 points
2nd - Legal Eagles 188 points

Top 10 age category Strider finishers were

45 – 49	3 rd Stephen Jackson	22.45
50 – 54	6 th Charles Coville	24.35
	8 th Scott Smiles	25.05

Top 10 age category Strider point scorers were

50 – 54	3 rd Charles Coville	119 points
	=8 th Scott Smiles	104 points
	Peter Cobley	104 points

Other Striders in the successful Legal Eagles team include Nick Adams, Richard Briscoe, Mark Fiore, Grahame Murphy, Paul Jackson, and Danny Vorster. Andrew Smith, John Hamilton and Steve Urwin were members of previous Legal Eagles teams.

18 APRIL 2004



new balance

Canberra Marathon

Incorporating
the Australian Masters
Athletics Marathon Championships
Canberra 50k Ultra Marathon
Marathon Eve 5/10k Fun Run



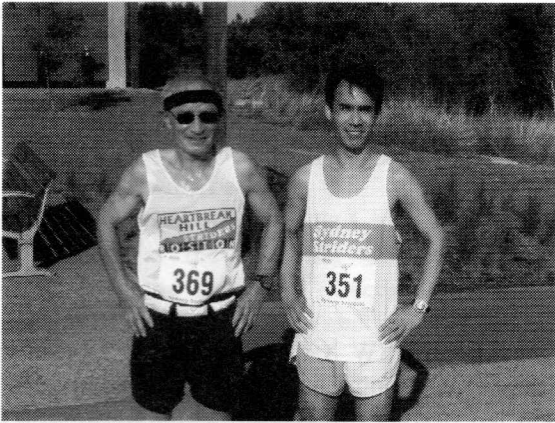
Event manager:
Cundy Sports Marketing
PO Box 206
Ettalong Beach
NSW 2257
Tel 02 4342 7611
Fax 02 4342 7648



Email: cundysm@ozemail.com.au · Web: www.canberramarathon.com.au

Heartbreak Hill Striders, Boston

From Heiko Schaefer (seen below with son Mark, in his Heartbreak Hill Striders vest at the Homebush 10k)



Yep, it's official! We now have a sister club in Boston, home of the world's oldest, most venerable and longest running marathon (since 1897), featuring the original Heartbreak Hill. The famous course from Hopkinton to Boston is also the playground of the eponymously named Heartbreak Hill Striders.

The sister club relationship is the outcome of a resolution at this year's general meeting and as the proposer of this relationship I was made aware in unambiguously clear terms that I was the default choice of taking on the role of co-ordinator. Little did they know that this would not be an onerous task but rather a pleasure because the Heartbreak Hill Striders are a great bunch of people who offered a virtual stranger exceptional support and fellowship when I ventured to Boston earlier this year.

Of course, Striders have been to Boston before, fending for themselves and acquitting themselves admirably over the years. None more so than Alf Field in the 100th running of the Boston in 1996. His extraordinary exploits in that race have remained one of the biggest and best kept secrets associated with the Boston marathon; you will not find any reference to it in the official annals, or the many other published reports, except in an obscure Blister article buried deep in the bowels of the Striders website.

Some initiatives to get the relationship up and running (hmmm..nice pun) will soon appear on the club website. As a first step everybody who has ever run the Boston will be offered induction into the Sydney Striders Boston Marathon Hall of Fame. To this end, I would like anybody who has ever run

Boston to let me have the following information by emailing to: boston@sydneystriders.org.au

Full Name (including nickname if you dare), Year(s) of race, Age(s) at time of race, Official time(s), gun and chip if possible, Any comments you might care to add that capture your experience of the race and the city. Also if you know of any ex-Striders who have done Boston and how they may be contacted let me know as well.

In the meantime, one has to work hard to keep a relationship fresh and stimulating, so let me have any questions, comments or suggestions at boston@sydneystriders.org.au

If you want to find out more about your new sister (brother?) striders you can do that here: <http://www.heartbreakhill.org/>

Do you actively train by running, cycling or rowing?

**ARE YOU INTERESTED IN PARTICIPATING
IN ASTHMA RESEARCH?**

Are you 18-35 years old?

**Do you actively train to compete in sports
involving running, cycling or rowing?**

**You are symptom free OR you get wheezy or
short of breath following exercise**

**WE NEED YOUR HELP to improve
our UNDERSTANDING of the
MECHANISMS of ASTHMA in
ATHLETES**

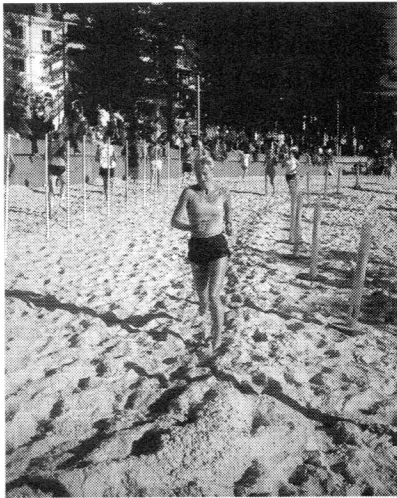
**Please contact Dr Pascale Kippelen or Dr
John Brannan in the Department of
Respiratory Medicine at Royal Prince Alfred
Hospital on:**

Phone: 9515 6121

E-mail: pkippelen@optusnet.com.au

**Participants will be reimbursed for their
time and travelling expenses**

Race Results



Northbridge 5.5k 3rd August.

Caroline Yarnell (seen above in the Manly Soft Sand Classic 9k in June) was second female in a time of 22minutes.

Corporate Cup (No. 46), ending July 2003.

Strider results, other than those in the Legal Eagles, over the 5.9k course: **Marlies Laaper** 3rd fastest 35+ in the Series with 27:50, **Gerry Arthur** 5th fastest in 30-39 age group with 22:40 and **Steve Hume** 7th in the 35-39 with 22:35.

Fathers Day Five, Central Coast, 7th September

Heiko and Mark Schaefer (pictured below) again won the 'Father and Child' team event, having previously won in 2001. They missed the event in 2002.



Glasshouse Mountain 100 miler 27th September
 =1st Keiron Thompson. Walter Brumniach 22h 58m
 3rd Rodney Ladyman 23:??,
 4th **Sean Greenhill** 27h 12m (PB) Sydney Strider.
 (Race report in next Blister)

Berlin Marathon 28th September

Chris Dwyer 2:50:24 (not bad for a 50 y.o.)

Steve Bodnar 3:18:58

ANSW Distance Runner of the Year

See Richard Sarkies' ANSW report for placings of Striders team members. Striders who run for other track & field clubs and placed were:

Jenny Truscott	2 nd
Jo Cowan	20 th
Lilian Chuah	38 th
Caroline Yarnell	60 th

Dean Degan	32 nd
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Dean ran the NSW X-Country 4km in 12m 21s and at the NSW Long Distance Relays completed the 15km leg in 49:29. **Caroline Yarnell** ran the 10km leg in 42:02.

Brindabella Classic (52k) 6th October

1 st Trevor Jacobs	4:19:02	
2 nd Martin Fryer	4:31:06	1 st Strider
9 th Dougal Langusch	5:45:33	
10 th Graham Butler	6:15:30	

Bulls Head Challenge (26k)

13 th Amanda Underwood	2:32:00
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Warrumbungle Marathon Weekend 18th-19th October

Ultra Marathon 50k

2 nd Kelvin Marshall	4.50.21
10 th Keith White	7.19.20

Marathon

1 st George Lisson	3.43.28
-------------------------------	---------

10k

1 st Female	Xandra Dunn	0.45.09
------------------------	-------------	---------

Addition to **Nike Women's Classic** (15 June) results in last Blister: In the 5k **Frances Brown** ran 25:31 to take 5th place in the 40-44 age group. In the 10k, **Erica Morgan** ran 48:52 and **Eliza Rayward** 52:41.

Personal Bests

Keith Bateman 35:59 Lane Cove 10K, 2nd Aug
 Roland Hassall 41:38 North Head 10k
 3:34:24 Sydney Marathon

LACHLAN RENSHAW ON TRACK IN 2003

Sixteen year old Strider Lachlan Renshaw (son of Brad) has had a great year on the track. In May he won both the Open 400m and 800m GPS Athletics Championship events for the second year in succession. As he is currently a year 10 student at Sydney Grammar School, he is in the unique position of having another two years in which he can compete in the open events.

In October he won both the U17 400m and 800m events at the NSW All Schools Championships and will compete at the National Championships in Brisbane from the 11th - 14th December, 2003. His PBs are 49.57secs for 400m and 1min54.1secs for the 800m event.

And he ran the Gold Coast 10k in 38:30.

Roll of Honour

The following had anniversaries of membership in July - September:

20 years

Paul Russell

Robi Russell

15 years

Geoff Taylor

5 years

Stephen Ball

Graham Willis

Jon Patrick

The 'Gu Man'

Sam Chuah has taken over the responsibility for distribution of Gu from Tina Campbell. Many thanks to Tina for supplying us all with Gu energy for the last 4 years. Sam will have Gu available after STaRs at \$2.20 each (high street sports shops charge \$3.00). Please help Sam with the correct change as he carries a limited supply of coins at STaRs. Sam runs with the MTG.

Weekday Training Groups

Waverton, Thursday evening

Alison Lilley reminds us that we have a great run on Thursday evenings. It starts 6pm at the Waverton Bowling Club, Wollcott St, Waverton. The run is just under 10km in a great setting, with something for all - hills, twists, two water stops and views - we run along our beautiful Harbour and right under the Harbour Bridge. Come along and enjoy a great run. For those that work in the city, it's just a short train ride to Waverton.

Timbrell Park, Five Dock, Thursday morning

And **Tim Austin** and **Sean Greenhill** remind us that number of Striders (including our beloved President) meet at 6:30am at south east corner of Timbrell Park, Five Dock (at the end of Iron Cove on the Bay run). One lap of the park on a bitumen bike track is 1.2 km, so they do one km repeats with 200m recovery. Numbers have slowly increased to a dozen people, so get along. One km repeats at present are between 3'20 and 4'20, each person at their own pace. This varies from headbanger (El Presidente and Ross Sinclair) to relatively ponderous, but anybody would be welcome. Number of repeats varies, but usually between 4 and 8 (10 for the crazies). Those doing high numbers of reps usually start by 6.15, those doing 5 are running at 6.30. Usually everyone's finished by 7am or so.

Pennant Hills Park, Thursday morning

And in another part of the city, **Steve Hume** asks if anybody is interested in joining him and a couple of others for interval training at Pennant Hills Park on Thursday mornings (6:00am) Presently, there is a small group that run varying speeds (range is currently somewhere between 35-45 min for 10k). The plan at present is to run 8x800m at around your 5km race pace. If interested just go along, or give Steve a call/e-mail if you want to find out more. shume@westpac.com.au (w) 9260 5740, (h) 9481 9352, (m) 0422 061 345

Centennial Park, Wednesday morning

And **Keith Bateman** is getting record attendances for interval training at Wed 6am Centennial Park.

See the **STaR Calendar** for list of all Striders training sessions.

Running Event Cancellations

Club President, **Stephen Jackson**, reported to the LiSST on 19th September: 'Today I attended a meeting with Athletics Australia to discuss the current issues with insurance, cancellation of fun runs, and general issues with the non-representation of "recreational runners" in the greater community. Attending the meeting were Athletics Australia's Simon Allatson - CEO, David Gynther - Competition Manager, Robert Richard - Marketing co-coordinator Running Australia and Kevin Tiller - CoolRunning Founder (and Strider), Mark Russell (lawyer), Rachel Ayala (Northside Runners) and me.

The meeting was quite productive and should see recreational runners represented under the AA umbrella with an existing framework, Running Australia, being further developed to drive quality assurance of road runs, insurance issues being addressed, and further development of relationships with the RTA, Police, and interested parties.

A press release will be issued by AA shortly, and further information on developments as it comes to hand.'

And **Kevin Tiller** sent: 'MEDIA RELEASE: Friday 19th September 2003 Running Industry Concerns Over Event Cancellations

A recent spate of community event cancellations, due mainly to difficulties with insurance and local authority approval, was the catalyst for a recent meeting in Sydney between Athletics Australia and a representative group of local recreational runners.

On Monday 15 September 2003, Athletics Australia CEO Simon Allatson met with representatives of Coolrunning Australia to discuss the ongoing role that AA can play within the recreational running industry.

Traditionally, the running industry that conducts hundreds of community running events has been independently organised and has not had the capacity to provide a united voice.

However, through the establishment of AA's Running Australia framework, the industry has developed a structure that is able to address concerns, develop quality assurance standards for events and represent individual events and participants more effectively.

Specifically to ensure that the fun run participation population, and smaller community running events, have more of a voice in regards to major issues, AA extended an invitation for Coolrunning to appoint two representatives onto the existing Participation Committee.

The Athletics Participation Committee was formed in 2001 to assist AA in establishing its position within the out of stadium event industry.

Athletics Australia CEO, Simon Allatson, expressed the organisation's ongoing commitment to this area of the sport.

"A lot of work has gone into establishing the Running Australia Framework to place community running events within an appropriate structure. Athletics Australia is committed to working with groups such as Coolrunning Australia to ensure that the interests of all stakeholders are represented and promoted."

Coolrunning Australia made an in-principal acceptance to be part of the Participation Committee and to help AA to tailor Running Australia to meet the needs of runners throughout Australia.

Coolrunning Australia representative, Kevin Tiller, welcomed the invitation, saying, "We see the offer from Athletics Australia as a positive step forward for the interests of recreational runners. We are committed to working with Athletics Australia and ensure that small event organisers and recreational runners have a voice."

STaR Walking Group

From Kevin O'Kane

After injuring my knee, it is necessary for me to take a few months to build up my legs before it is safe to run again. When I mentioned this to a few other "invalids", we decided to meet each Sunday at STaR venues for a ninety minute walk. This has proved popular with both injured (or unenthusiastic) runners, as well as some partners. We have had several walkers each week so far, and we would welcome more who want exercise at a comfortable pace. While the weather is warm, we are meeting at 6.30 each week.

MARATHON TRAINING GROUP

From James Moody

The MTG is just starting this year's group in preparation for the Canberra Marathon next April. We are currently running with the 7:00 am STaR Group for 10 km and will be until December. We are in the early stages of training and the program will begin in earnest in November so if you are interested now is the time to join us. Any enquiries can be emailed to MTG@sydneystriders.org.au or through the club information address: info@sydneystriders.org.au.

An unsolicited testimonial follows...Ed

In praise of the MTG (and Jim!)

By Julie McGaw

I know there are around 20 Striders who are part of the Marathon Training Group aiming for the Canberra 2004 marathon, and I thought my story might help to keep them encouraged during those times we all have when we wonder "Why the hell am I doing this?"

I come from a long line of non-runners. When I did the City to Surf in 2000, my family treated me like a minor celebrity, and when I told them I'd entered the Sydney Morning Herald Half they reacted with amazed disbelief. "Why?" they said. So you can imagine the complete amazement when I told them I'd joined the MTG to run a marathon. It had been generally assumed that this running thing was a phase I was going through. Our family doesn't run. We didn't even know anyone else who ran. Nobody in my husband's family runs. I was regarded with bemusement.

In the MTG, though, things were different. Obviously, everybody ran. Nobody thought I was odd because I was running. And everyone accepted that a marathon was a sane and normal goal. And then there was Jim.

I don't want to embarrass Jim Moody because he's got another group of runners to look after, but he's a marvel for a beginner marathoner. He's patient, he answers endless trivial emails without any sign of irritation, he will take a genuine interest in your training and he never makes you feel stupid, even

when you ask a question that was, in hindsight, clearly quite stupid. In the care of the MTG, even a non-runner can finish a marathon.

The group is great for lots of other reasons, too. When you show up for a run at 6am on a Sunday (why ARE they so early!), you know there will be other runners of your ability (which in my case is pretty slow). You get to chat with new people, see new areas, enjoy new hills and learn on the way, because the MTG usually includes someone (besides the erstwhile leader) who's already done a marathon, and they don't mind talking about it. But the best part is actually on the marathon weekend. You have people to meet, to talk things over with the night before, and start the run with on The Day. This might not seem important at the moment, but after several months of training for something as marathon as a marathon, you can get a bit nervous as the run itself approaches, and being able to share that with others in the MTG is a huge relief.

Then, of course, there's the end, when you've got mates that have already finished and those still behind you, and you're part of special group of people that know what it's like to run a marathon. It's quite magic, and for me at least, I know it wouldn't have happened without Jim and everyone else in the MTG. So good luck for the 2004 runners, you couldn't be in better hands.

Striders in the News

Caroline Yarnell was featured in a 'Runners World' article advertising the Sussan Classic (October 26th) – see photo back page. Caroline is a regular 10k Series runner and husband Tony Wong is also a member of Striders. JC.

Pierre Van Heerden, had a 'My Sport' profile in the Australian Financial Review Life & Leisure liftout on 15th August. SJ.

The latest edition of 'Wild' magazine has a snippet on this year's Trailwalker illustrated with a photo taken near the start. The photo shows a couple of blurry Striders (*surely a blurry photo of ...Ed*) one of whom is **Adrian Spragg**. (Spotted by Iain Martin).

Heather Forster and **Tina Campbell** are believed to be the Striders pictured on the 2003 'Willy Billy' T-shirts.

Awards Brunch – Dec. 14th

From Michael Bailey

Gosh, how time flies, it's that time of year again!

A great time was had by all who attended last year's event at the Middle Harbour Yacht Club.

This year, as usual, the runners-up and winners will be presented with their well deserved awards in the various categories, i.e. age grouped, gender adjusted, outright etc etc in the Club Marathon, Club Half Marathon, 10km and Super Series events.

The Brunch itself starts immediately after Joanne Cowan's STaR at The Spit on December 14th – post-run showers will be available for our use at the yacht club. There will be a choice of a traditional cooked breakfast or a more healthy variety – it was surprising last year how many people chose the former!

The Committee encourages you to bring partners and children (kids half price) – last year 95 people attended; let's make it more than 100 this year.

Your Club is a successful one! It is well run and when we attract high membership numbers a small surplus of income after expenditure is generated. It is paramount that the benefit of this surplus is made available equally to all members. The Committee is therefore able to subsidize Club functions such as the annual Brunch thus making it a very very good value affair!

In addition to the awards, there will be a major prize raffle, a lucky door prize and a wine raffle. If any Members are in possession of any 'spare' good quality wine, it will be gratefully received.

The invitation to the event is included with this edition of 'Blister' – the President and Committee look forward to seeing you on December 14th.

Blister 90 Credits

Thanks to all to named contributors. Not otherwise acknowledged are: Photos: Daniel Vorster – Sydney Half, Jim Screen - Equalizer and 1000th STaR, Phil Hugill. Results & Info: Stephen Jackson, Frances Brown, Joanne Cowan, Steve Hume. Also Richard Wassell on database and proof-reader Penny Smith.

New Members – June to October

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.

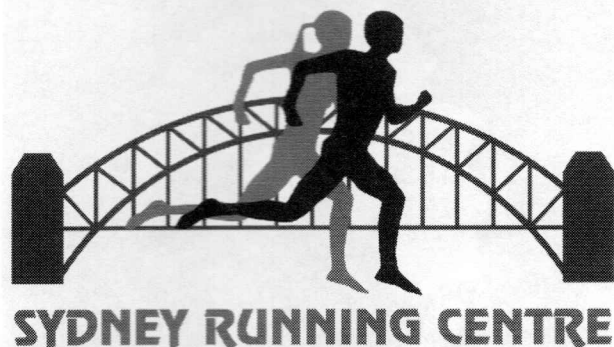
Dougal	Langusch	John	Boakes
Amanda	Underwood	Daniel	Vorster
Uma	Nair	Beatrice	Gill
Sue	Palmer	Shaun	Atchison
Jason	Saunders	Marie	O'Connell
Emma	Robinson	Maxwell	Gerlach
Ian	McCrabb	Craig	Brown
Vanessa	Browne	Margaret	Cameron
Peter	Folkes	Fiona	Nelson
Louise	La Hei	William	Ward
Ken	Walker	Mike	Morrissey
Leanne	Pass	Lisa	Friis
Joanna	Woods	Nick	Mundi
Belinda	Sheehan	Stewart	Turner
Matt	Koorey	Steve	Hobart
Bradley	Loh	Michelle	Davern
Suzanne	Kelly	Julian	Wright
Gregorg	Hunter	Luke	Carter
Michelle	Grose	Tim	Baird
Robyn	Moody	Paul	Goldman
Peter	McCrindle	Andrew	Charleston
Jennie	Meixner	Graham	Walker
Peter	Roberts	Sarah	Elfick
Christine	Cullen	Alex	Sweeney
Michael	McCarthy	Maria	DiMarco
Eliza	Stewart	Peter	Olds
Geoff	Carroll	Virginia	Ffitch
Diane	Read		

Hatch, Match and Dispatch

Long time Striders **Bronwyn and Richard Wassell** have had their second baby. Young **Bailey Oliver Wassell** arrived on Friday 17th October at 8.23 am at Prince of Wales Private Hospital. Running weight of about 3kg, parents ready to resume training shortly! Well done Bronny, back to training Richard, a new play mate Brittany! SJ

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.

Race 7 Lane Cove 2nd August 2003 Outright Results

Open Men

1	Darren Benson	33.08	1 st Strider
2	Damian Tancred	33.49	
3	Jonathan Craig	34.04	2 nd Strider

Open Women

1	Dawn Tiller	39.35	1 st Strider
2	Fiona Lennon	40.04	
3	Caroline Yarnell	42.17	2 nd Strider

Handicap Competition Placings in Race 7:

1	Per Jensen
2	Tony Barbaro
3	George Lisson

Race Officials: Shirley Rutter, Joanne Cowan,
 Christopher Dwyer, Ian Whitfield, Barry Rutter,
 Kevin O'Kane, Brian O'Dea, Steve Hume, Anton
 Kapel, Michael Christie, Joe Degabriele, Peter
 Woods, Dennis Nel, Helen Forsyth, Deb Polverino.

Striders Outright	Time				
Darren Benson	0.33.08	Kendall Waller	0.39.44	Hugh Spencer	0.44.53
Jonathan Craig	0.34.04	Mark Robinson	0.40.08	Heiko Schaefer	0.45.10
Stuart Chellis	0.35.03	James Woodhams	0.40.32	Graham Butler	0.45.34
Mark Wilson	0.35.30	John Van Yzendoorn	0.40.36	Ian Singer	0.45.36
Ross Sinclair	0.35.54	Bruce Craven	0.40.37	Ross McCarty	0.45.40
Keith Bateman	0.35.59	Michael Sharp	0.40.53	Sean Greenhill	0.45.49
David Burgess	0.36.04	Philip Boswell	0.41.05	Jeff Morunga	0.45.58
Martin Matthews	0.36.10	Ron Schwebel	0.41.59	Clara Vucetic	0.46.06 F
Stephen Jackson	0.36.51	Caroline Yarnell	0.42.17 F	Glenda Mitchell	0.46.28 F
Greg Coy	0.36.59	Mohammed Alkhub	0.42.18	George Herisson	0.46.38
Jaap Bakker	0.37.03	Charles Coville	0.42.21	Mike Hansen	0.46.49
Tim Austin	0.37.42	Michael Free	0.42.28	Nick Woodhams	0.46.59
Shaun Atchison	0.37.46	Walter Mitchell	0.42.30	Kevin Tiller	0.47.38
Randall Brophy	0.37.53	Mark Schaefer	0.42.48	David Cooke	0.47.48
Craig Dunn	0.38.01	Tony Barbaro	0.43.06	Michael Wilson	0.48.16
Cameron Arnold	0.38.18	Rod Lovel	0.43.25	Lesley Maher	0.48.26 F
George Lisson	0.38.51	Tim Deane	0.43.28	Tracey Love	0.48.41 F
Ben McSweeney	0.39.04	Philip Hugill	0.43.35	Bernadette Boulous	0.48.53 F
Victor Donovic	0.39.09	Quinn Askeland	0.43.46	Wayne McCarthy	0.49.07
Luke Peterson	0.39.21	Paul Thompson	0.43.51	Lorraine Spanton	0.49.18 F
Greg Donovan	0.39.22	Robert Wawrzyniak	0.44.06	David Adler	0.49.23
Paul Jackson	0.39.24	Per Jensen	0.44.09	Ted Brailey	0.49.32
Richard Deutsch	0.39.27	Amanda Underwood	0.44.14 F	Allan Marks	0.49.37
David Gayford	0.39.29	Mark Davis	0.44.17	Benny Gauci	0.49.38 F
Dawn Tiller	0.39.35 F	Alan Smith	0.44.19	Manfred Fiedler	0.49.56
Salvador Gala	0.39.41	Charles King	0.44.42	Elizabeth Woodhams	0.50.18 F
		Peter Hammerschmidt	0.44.52	Lisa Friis	0.51.23 F

Leanne Pass	0.51.24 F	Alex Jensen	0.53.20	Kerryn Parkinson	0.57.32 F
John Kerr	0.51.36	Beryl Wilson	0.53.45 F	Rebecca Deane	0.57.33 F
Kerry Ross	0.51.37 F	Marcus Juhasz	0.53.57	Frank Dearn	0.58.49
Geoff Taylor	0.52.19	Jack Leigh	0.54.41	Allison Lilley	0.58.50 F
Gordon Forsyth	0.52.39	Leigh MacRitchie	0.56.41 F		
Eric Schmierer	0.53.19	Megan Jackson	0.56.54 F		

Race 8 North Head 6th September 2003 Outright Results

Open Men

1	David Criniti	32.57	
2	Darren Benson	33.30	1 st Strider
3	Jonathan Craig	33.52	2 nd Strider

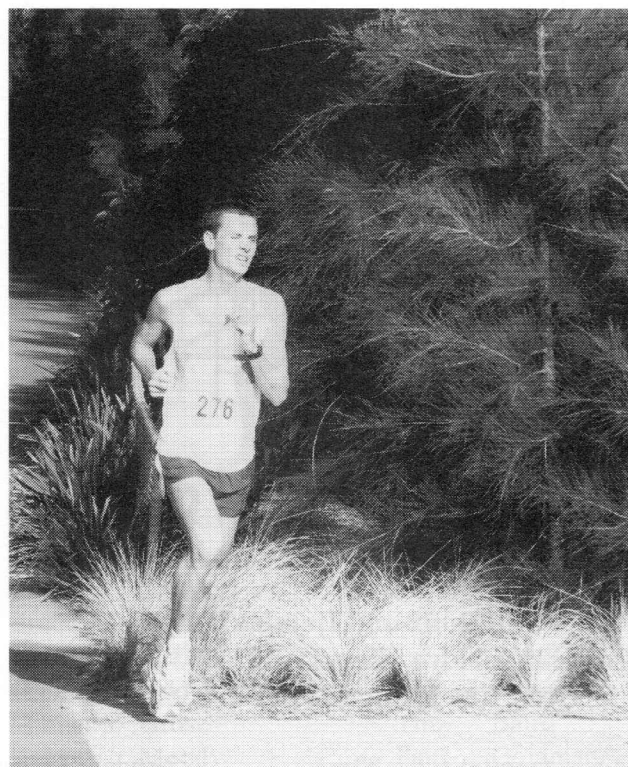
Open Women

1	Joanne Cowan	38.55	1 st Strider
2	Belinda Halloran	38:56	
3	Jenny Wickham	39.34	2 nd Strider

Handicap Competition Placings in Race 8:

1	Monica Reyes
2	Gill Cavenagh
3	Mary Barnes

Race Officials: Helen Ritchie, Kylie Catchpole, Glenda Mitchell, Shirley Rutter, Julie McGaw, David Ritchie, Barry Rutter, Walter Mitchell, Paul Bullas, Peter Woods, Joe Degabriele, Helen Forsyth, Robin Moody, Deb Polverino, Trevor McGaw.



Race 8 first Strider Darren Benson (seen here at the Homebush 10k)

Name	Time				
Darren Benson	0.33.30	Wayne Stanton	0.38.32	Mark Schaefer	0.41.42
Jonathan Craig	0.33.52	Jaap Bakker	0.38.42	Michael Free	0.41.56
Jim Villiers	0.33.54	Cameron Arnold	0.38.46	Caroline Yarnell	0.42.08 F
Stuart Chellis	0.34.00	Victor Donovic	0.38.52	Mohammed Alkhub	0.42.14
Matt Koorey	0.34.06	Richard Deutsch	0.38.53	Catriona Cater	0.42.22 F
Richard Sarkies	0.35.23	Joanne Cowan	0.38.55 F	Renae Lentjes	0.42.24 F
Mark Wilson	0.35.26	Salvador Gala	0.39.15	Amanda Underwood	0.42.25 F
David Burgess	0.35.52	Philip Boswell	0.39.21	Julian Wright	0.42.39
Craig Dunn	0.35.56	Luke Peterson	0.39.27	Max Crossley	0.42.42
Ross Sinclair	0.36.05	William Ward	0.39.31	Jenny Truscott	0.42.50 F
Tim Cradock	0.36.13	Jenny Wickham	0.39.34 F	Peter Hammerschmidt	0.43.13
Keith Bateman	0.36.14	Tom Fischer	0.39.41	Craig Brown	0.43.15
Stephen Jackson	0.36.15	David Gayford	0.40.23	Lisa Carroli	0.43.32 F
Greg Coy	0.36.26	Ben McSweeney	0.40.25	Rod Lovel	0.43.51
Steve Hume	0.37.39	Michael Sharp	0.40.31	Michael Rees-Evans	0.43.54
Shaun Atchison	0.37.42	Peter Cremen	0.40.36	Tim Deane	0.44.28
Greg Donovan	0.37.47	Ron Schwebel	0.40.38	Heiko Schaefer	0.44.31
Randall Brophy	0.37.48	Gary Aitkenhead	0.40.41	James Moody	0.44.49
Joel Mackay	0.37.50	Bruce Craven	0.40.46	Tony Barbaro	0.45.19
Graham Farnsworth	0.38.20	Peter Truscott	0.41.22	Nick Woodhams	0.45.24
Lance White	0.38.30	Roland Hassall	0.41.38	Paul Trainor	0.45.34
		Sean Greenhill	0.41.40	Mike Hansen	0.45.41

Ross McCarty	0.45.42	Geoff Taylor	0.49.37	Allison Lilley	0.51.31 F
Hugh Spencer	0.46.29	Sam Chuah	0.49.46	John Kerr	0.52.40
Charles King	0.46.35	Joe Flinn	0.50.30	Rebecca Deane	0.54.06 F
Clara Vucetic	0.47.02 F	David Bray	0.50.32	Frances Brown	0.54.19 F
Jeff Morunga	0.47.05	Kevin Tiller	0.50.39	Beryl Wilson	0.54.25 F
Amy Fisher	0.47.20 F	Joanna White	0.50.41 F	Leigh MacRitchie	0.55.13 F
Mary Barnes	0.47.38 F	Gill Cavenagh	0.50.53 F	Penny Smith	0.58.52 F
Steve Packer	0.48.21	Monica Reyes	0.51.18 F	Sharon Callister	dnf F
Brian Ogilwy	0.48.59	Eric Schmierer	0.51.24		
Elizabeth Woodhams	0.49.12 F	Gordon Forsyth	0.51.28		

Race 9 Homebush 4th October 2003 Outright Results

Open Men

1	Charlie Low	32:08	
2	Dean Degan	32.31	1 st Strider
3	Darren Benson	32.43	2 nd Strider

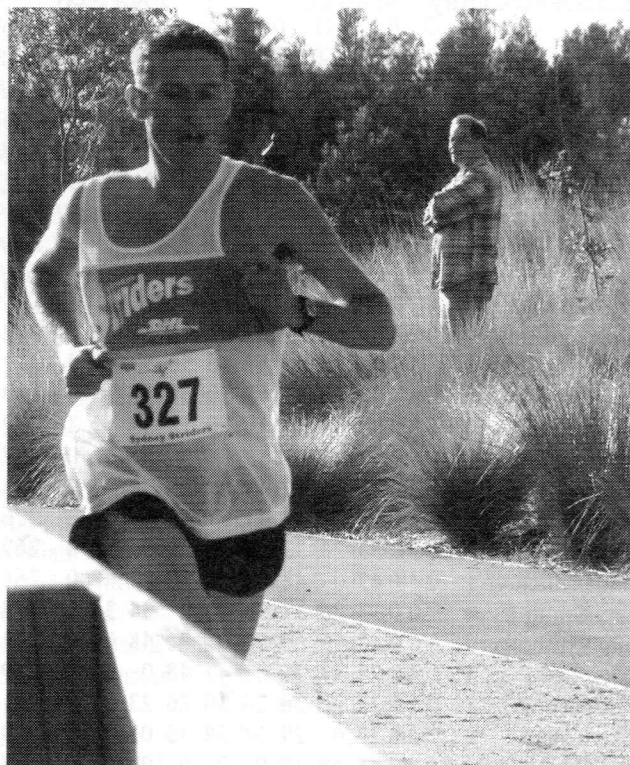
Open Women

1	Joanne Cowan	39.05
2	Eliza Stewart	39.07
3	Melanie Rauleder	41.15

Handicap Competition Placings in Race 9:

1	Leanne Pass
2	Stephen Kibble
3	Manuela Sumetzberger

Race Officials: Robyn Moody, Rebecca Deane, Kerry Parkinson, Clara Vucetic, Julie McGaw, Kerry Ross, Graham Willis, John Van Yzendoorn, Sean Greenhill, Salvador Gala, Joe Degabriele, Peter Woods, Mark Robinson, Dennis Nel, Arya Keijzers, Helen Forsyth, Deb Polverino.



Dean Degan 1st Strider at Homebush

Name	Time	George Lisson	0.38.51	Amanda Underwood	0.42.46 F
Dean Degan	0.32.31	Luke Peterson	0.39.02	Mark Gardiner	0.42.53
Darren Benson	0.32.43	Joanne Cowan	0.39.05 F	Rod Lovel	0.43.12
Stephen Jackson	0.35.32	Eliza Stewart	0.39.07 F	Mark Schaefer	0.43.20
Mark Wilson	0.35.44	Kendall Waller	0.39.36	Robert Wawrzyniak	0.43.27
Keith Bateman	0.36.04	Philip Boswell	0.39.40	Tony Barbaro	0.43.36
Gerry Arthur	0.36.07	Craig Plumb	0.40.08	Paul Thompson	0.43.45
Martin Matthews	0.36.18	Victor Donovic	0.40.17	Tim Deane	0.43.55
Andrew Charleston	0.36.29	Ron Schwebel	0.40.33	Alan Smith	0.43.59
Ross Sinclair	0.36.32	Barry Rutter	0.40.45	Heiko Schaefer	0.44.02
Steve Hume	0.36.40	Michael Free	0.40.59	Peter McCrindle	0.44.16
Peter Truscott	0.36.48	David Gayford	0.41.20	Manuela	0.44.42 F
Craig Dunn	0.36.53	Mike Morrissey	0.41.21	Sumetzberger	
Greg Coy	0.37.10	Stewart Turner	0.41.48	James Moody	0.44.56
Jaap Bakker	0.37.29	Walter Mitchell	0.42.08	Hugh Spencer	0.45.11
Greg Donovan	0.37.34	Mohammed Alkhub	0.42.16	Amy Fisher	0.45.14 F
Shaun Atchison	0.38.14	Alex McAlister	0.42.28	Campbell Reid	0.45.20
Cameron Arnold	0.38.18	Stephen Kibble	0.42.29	Mike Hansen	0.45.22
Tim Austin	0.38.30	Caroline Yarnell	0.42.45 F	Brian Ogilwy	0.45.32

Charles King	0.45.44	Bernadette Boulous	0.47.03 F	Geoff Taylor	0.49.55
David Bray	0.45.50	Ivan Freys	0.47.11	Joanna White	0.50.15 F
Glenda Mitchell	0.46.13 F	Michael Johnstone	0.48.00	Eric Schmierer	0.51.01
Keith White	0.46.17	John Sneddon	0.48.02	Allison Lilley	0.51.14 F
John Zahra	0.46.18	David Adler	0.48.03	Leigh MacRitchie	0.52.12 F
Mario Torresan	0.46.24	David Cooke	0.49.02	Maria DiMarco	0.52.14 F
Alex Jensen	0.46.28	Gavin Morisset	0.49.04	Lisa Friis	0.53.06 F
Sarah Elfick	0.46.32 F	Gordon Forsyth	0.49.14	Penny Smith	0.57.24 F
Leanne Pass	0.46.33 F	Sandra Domelow	0.49.27 F	Megan Jackson	0.58.00 F
Jeff Morunga	0.46.51	Ted Brailey	0.49.31	Shirley Rutter	dnf F
Michael McCarthy	0.46.56	John Kerr	0.49.46	Per Jensen	dnf

Results do not include last (November 10k) race for either 10k or Super Series. A full list of participants will be published in final Blister of the year. The following results are abbreviated.

10k Female Outright

	LC ^N _H	LCLC ^N _H	D ^N _m	LC ^N _H	H ^N _B	-1	Tot
Joanne Cowan	60	61	57	57	57	0	440
Caroline Yarnell	51	0	51	0	51	56	371
Clara Vucetic	41	0	46	42	47	50	349
Allison Lilley	35	36	39	34	39	30	299
Catriona Cater	56	53	43	41	53	0	297
Rebecca Deane	29	30	45	47	43	0	294
Elizabeth Woodhams	38	44	26	40	41	0	276
Megan Jackson	31	33	26	33	39	30	269
Glenda Mitchell	48	47	0	48	0	0	264
Penny Smith	0	33	36	31	36	40	248
Jenny Truscott	0	46	50	50	50	0	244
Tracey Love	44	22	37	31	0	47	229
Shirley Rutter	21	22	26	20	26	30	211
Benny Gauci	26	27	0	29	34	38	189
Jacqui Matthews	45	46	48	49	0	0	188
Lesley Maher	0	41	0	45	0	49	184
Lisa Carroli	40	41	0	0	50	0	178
Joanna White	0	34	0	0	0	45	164
Karen Van Esveld	53	0	0	50	0	60	163
Kerryn Parkinson	21	0	28	25	0	31	158
Leigh MacRitchie	0	0	0	37	0	0	152
Amy Fisher	0	35	0	0	0	41	150
Beryl Wilson	32	0	0	0	0	32	140
Amanda Underwood	0	0	0	0	0	43	133
Heather Forster	21	22	42	43	0	0	128
Mary Barnes	0	0	30	28	0	36	128
Ruth McColl	0	0	0	41	40	43	124
Sharon Callister	0	0	42	45	0	0	120
Tina Campbell	0	22	44	46	0	0	112
Amanda Garland	0	42	33	0	36	0	111
Frances Brown	37	0	0	33	0	0	107
Renae Lentjes	0	0	0	0	49	0	99
Mary Stringer	42	49	0	0	0	0	91
Kerry Ross	0	0	0	0	0	34	91
Olivia Collier	47	40	0	0	0	0	87
Manuela	46	0	0	0	0	0	86
Sumetzberger							
Paula Shingler	0	38	37	0	0	0	75
Bernadette Boulous	0	0	0	0	0	37	72

Leanne Pass	0	0	0	0	0	0	32	0	36	0	68
Patricia Twaalfhoven	30	33	0	0	0	0	0	0	0	0	63
Lisa Friis	0	0	0	0	0	0	33	0	29	0	62
Kylie Catchpole	0	38	0	0	0	0	0	23	0	0	61

10k Male Outright

	LC ^N _H	LCLC ^N _H	D ^N _M	LC ^N _H	H ^N _B	-1	Tot
Darren Benson	60	60	60	60	60	60	480
Mark Wilson	48	45	50	0	51	51	395
Jonathan Craig	53	53	56	51	0	56	381
Ross Sinclair	51	48	48	0	46	47	381
Keith Bateman	44	12	45	47	45	49	372
Stephen Jackson	3	36	44	46	49	42	361
David Burgess	47	13	50	45	48	51	351
Steve Hume	43	43	42	44	44	47	348
Jaap Bakker	0	26	37	41	39	45	305
Peter Truscott	37	39	51	50	44	0	271
Greg Donovan	42	40	34	0	38	0	266
Ron Schwebel	36	39	40	39	3	36	261
Stuart Chellis	40	41	0	38	0	43	256
Victor Donovic	29	12	30	40	41	0	250
Joel Mackay	41	41	41	43	40	0	242
Luke Peterson	12	30	27	35	0	35	235
Tim Austin	30	0	28	34	16	43	231
Cameron Arnold	0	0	13	36	36	32	228
David Gayford	23	24	2	27	30	38	223
Martin Matthews	35	0	36	0	50	0	216
Greg Coy	0	0	44	0	42	0	214
John Young	0	46	43	53	56	0	198
Salvador Gala	17	20	20	24	23	34	196
Gerry Arthur	0	46	47	0	49	2	193
Craig Dunn	0	32	0	0	29	0	190
Adrian Spragg	34	33	33	22	28	30	180
Randall Brophy	49	44	0	0	0	41	171
Mohammed Alkhub	0	17	19	23	19	23	157
George Lisson	39	13	12	16	0	0	154
Rod Lovel	24	26	14	19	12	21	150
Kendall Waller	0	0	19	23	33	22	150
Ray Doran	33	0	36	38	35	0	142
Mark Schaefer	15	19	2	12	22	19	135
Shaun Atchison	0	0	0	0	0	33	133
Richard Sarkies	0	0	0	39	43	0	131
Michael Sharp	20	29	31	2	0	0	127
Gary Aitkenhead	21	0	0	28	27	28	122
Barry Rutter	27	28	2	2	26	2	119
Stephen Bodnar	0	37	35	0	3	44	119
Richard Deutsch	28	13	0	19	0	13	114

Mark Robinson	32	31	0	20	0	0	28	0	2	0	113
Philip Boswell	0	0	0	30	0	0	23	27	33	0	113
Lance White	40	0	38	0	0	0	34	0	0	0	112
Peter Hammerschmidt	19	12	12	12	12	13	12	12	0	0	104
Mark Davis	22	12	12	12	17	12	12	0	0	0	99
Paul Thompson	12	12	12	0	12	12	12	0	15	0	99
Charles King	12	12	12	0	12	12	12	12	0	0	96
Heiko Schaefer	12	12	12	0	12	12	12	12	0	0	96
Jeff Morunga	12	12	12	12	0	12	12	12	12	0	96
John Van Yzendoorn	35	0	32	0	0	0	26	0	2	0	95
Nick Adams	37	0	0	26	31	0	0	0	0	0	94
Ben McSweeney	0	0	29	2	0	23	27	12	0	0	93
Walter Mitchell	12	34	0	2	0	0	18	2	24	0	92
Eric Schmierer	2	12	12	12	12	0	12	12	12	0	86
Mike Hansen	12	0	12	12	12	0	12	12	12	0	84
Frank Dearn	12	12	12	12	12	12	12	0	0	0	84
Ted Brailey	0	12	12	12	12	12	12	0	12	0	84
Sean Ryan	0	0	0	36	0	48	0	0	0	0	84
Tim Deane	2	2	15	2	12	12	14	12	14	2	83
Alex Jensen	0	0	14	4	34	25	2	0	2	0	81
Tim Cradock	0	0	0	46	0	0	34	0	0	0	80
Bruce Craven	0	0	25	0	12	0	25	17	0	0	79
Tom Fischer	0	0	0	27	27	0	0	24	0	0	78
Robert Wawrzyniak	12	12	0	12	0	12	12	0	17	0	77
Nick Woodhams	12	2	12	12	12	0	12	12	0	0	74
Ralph Melano	14	18	16	12	12	0	0	0	0	0	72
George Herisson	12	12	12	12	0	12	12	0	0	0	72
Ross McCarty	0	12	0	12	12	12	12	12	0	0	72
Brian Ogilwy	0	0	12	12	12	12	0	12	12	0	72
Hugh Spencer	0	0	0	12	12	12	12	12	12	0	72
John Sneddon	16	6	8	15	24	0	0	0	2	0	71
Grahame Murphy	0	38	0	0	32	0	0	0	0	0	70
Alan Smith	0	0	0	12	12	14	12	0	13	0	63
David Cooke	0	2	12	12	0	12	12	0	12	0	62
Iain Martin	12	12	0	12	13	12	0	0	0	0	61
James Moody	12	0	12	12	0	0	0	12	13	0	61
Steve Packer	12	12	0	0	12	12	0	12	0	0	60
James Woodhams	0	12	0	21	10	0	17	0	0	0	60
Dean Degan	0	0	0	0	0	0	0	0	60	0	60
Andrew Gibbons	56	0	0	0	0	0	0	0	0	0	56
Graham Farnsworth	0	0	0	0	0	30	0	25	0	0	55
James Cryer	27	27	0	0	0	0	0	0	0	0	54
Graham Sharp	12	0	12	15	15	0	0	0	0	0	54
Kevin O'Kane	12	12	12	12	3	0	3	0	0	0	54
Michael Free	0	2	2	12	2	6	9	2	18	0	53
Paul Jackson	0	0	0	0	0	20	33	0	0	0	53
Jim Villiers	0	0	0	0	0	0	0	53	0	0	53
David Camm	12	0	12	0	12	15	0	0	0	0	51
Marcus Juhasz	0	2	0	12	12	12	12	0	0	0	50
Matt Koorey	0	0	0	0	0	0	0	50	0	0	50
Alex McAlister	15	22	0	0	0	0	0	0	12	0	49
Charles Coville	0	0	0	2	25	2	20	0	0	0	49
Dean Gardiner	12	14	22	0	0	0	0	0	0	0	48
Manfred Fiedler	12	12	12	0	0	0	12	0	0	0	48
Denis Speyer	12	12	12	12	0	0	0	0	0	0	48
Ken Harris	0	0	26	22	0	0	0	0	0	0	48
David Bray	0	0	12	12	0	0	0	12	12	0	48
Gregory Prerau	12	0	0	17	0	18	0	0	0	0	47
Christopher Dwyer	0	40	0	0	0	0	3	0	0	0	43
Gordon Forsyth	0	2	0	0	3	2	12	12	12	0	43
Brian O'Dea	12	12	2	0	12	0	3	0	0	0	41

Michael Wilson	0	0	0	12	3	13	13	0	0	0	41
Sean Greenhill	0	0	0	0	18	2	13	4	2	0	39
Craig Plumb	0	0	0	0	0	17	0	0	22	0	39
Gavin Morisset	12	12	2	0	0	0	0	0	12	0	38
Graham Willis	12	12	0	12	0	0	0	0	2	0	38
Geoffrey Crowther	0	2	12	12	12	0	0	0	0	0	38
Anthony Wong	0	37	0	0	0	0	0	0	0	0	37
Andrew Charleston	0	0	0	0	0	0	0	0	37	0	37
Paul Trainor	12	0	0	0	12	0	0	12	0	0	36
Jurg Kunzle	12	12	12	0	0	0	0	0	0	0	36
Richard Wassell	12	0	0	12	12	0	0	0	0	0	36
Mario Torresan	0	0	12	12	0	0	0	0	12	0	36
Joe Flinn	0	0	12	12	0	0	0	12	0	0	36
Roland Hassall	0	0	0	21	0	0	0	15	0	0	36
Allan Marks	0	0	0	12	12	0	12	0	0	0	36
Jeff Morehen	13	0	21	0	0	0	0	0	0	0	34
Wayne Stanton	0	0	0	0	0	0	0	33	0	0	33
Campbell Reid	2	12	2	12	2	0	0	0	2	0	32
Peter Woods	13	2	2	2	3	2	3	2	2	2	29
Alex Whitworth	0	21	0	8	0	0	0	0	0	0	29
Andrew Robertson	0	0	0	0	0	29	0	0	0	0	29
Jonathan Gliksten	28	0	0	0	0	0	0	0	0	0	28
Keith White	0	12	2	0	12	0	0	0	2	0	28
Godfrey Franz	0	0	0	0	0	28	0	0	0	0	28
Fernando Santisteban	12	0	0	12	2	0	0	0	0	0	26
Jeff Gissing	0	0	0	0	0	26	0	0	0	0	26
Stephen Kibble	2	2	0	0	0	0	0	0	21	0	25
Simon Kent-Jones	0	25	0	0	0	0	0	0	0	0	25
Mark Shingler	0	12	13	0	0	0	0	0	0	0	25
William Ward	0	0	0	0	0	0	0	25	0	0	25
Graham Butler	12	0	0	0	0	0	12	0	0	0	24
Mike Ward	12	0	12	0	0	0	0	0	0	0	24
Michael Rees-Evans	0	12	0	0	0	0	0	12	0	0	24
David Lancaster	0	12	0	0	12	0	0	0	0	0	24
Ian Singer	0	0	12	0	0	0	12	0	0	0	24
Sam Chuah	0	0	0	12	0	0	0	12	0	0	24
Wayne McCarthy	0	0	0	0	0	12	12	0	0	0	24
David Adler	0	0	0	0	0	0	12	0	12	0	24
Quinn Askeland	0	2	2	12	2	2	2	0	0	0	22
Andrew Smith	0	0	17	0	3	2	0	0	0	0	22
Per Jensen	0	0	2	2	2	2	12	0	2	0	22
Craig Brown	0	0	0	0	0	10	0	12	0	0	22
Neil Barker	21	0	0	0	0	0	0	0	0	0	21
David Ritchie	12	2	0	0	3	2	0	2	0	0	21
John Hodges	0	0	0	0	21	0	0	0	0	0	21
Tony Barbaro	0	0	0	2	2	2	6	2	6	0	20

10K Handicap

	LC ^N _H		LCLC ^N _H		D _m	LC ^N _H		H _B		-1	Tot
Heiko Schaefer	32	35	39	0	45	42	12	17	35	0	257
Luke Peterson	12	56	35	35	0	36	33	12	34	0	253
David Gayford	39	33	2	46	47	32	25	12	12	2	246
Victor Donovic	49	12	45	50	34	0	12	13	12	0	227
Salvador Gala	22	25	21	24	17	51	35	28	2	2	223
Jeff Morunga	23	48	56	47	0	12	12	12	12	0	222
Jaap Bakker	0	2	36	41	21	40	44	12	18	0	214
Robert Wawrzyniak	33	17	0	33	0	37	41	0	41	0	202
Steve Hume	46	37	19	13	15	17	3	12	42	3	201
Cameron Arnold	0	0	2	60	41	13	41	13	31	0	201

10k Age Group Placings

Women Seniors	LC ^N _H	LCLC ^N _H	D ^N _m	LC ^N _H	H ^N _B	-1	Tot
Penny Smith	0	56	60	60	60	0	416
Sue Hill	0	60	0	0	0	0	60

Women Masters	LC ^N _H	LCLC ^N _H	D ^N _m	LC ^N _H	H ^N _B	-1	Tot
Elizabeth Woodhams	60	60	50	51	60	0	394
Lesley Maher	0	56	0	56	0	0	232
Beryl Wilson	53	0	0	0	43	51	203
Tina Campbell	0	46	60	60	0	0	166
Ruth McColl	0	0	0	53	56	56	165
Helen Ritchie	0	0	0	46	0	0	92
Lorraine Spanton	0	0	0	0	0	56	56
Robyn Moody	0	0	0	0	0	0	50
Mercy Samia	46	0	0	0	0	0	46

Women Veterans	LC ^N _H	LCLC ^N _H	D ^N _m	LC ^N _H	H ^N _B	-1	Tot
Joanne Cowan	60	61	61	61	61	0	463
Caroline Yarnell	53	0	53	0	53	60	387
Clara Vucetic	45	0	48	47	50	53	385
Megan Jackson	42	45	33	43	48	38	347
Catriona Cater	56	56	46	43	56	0	310
Shirley Rutter	32	34	33	31	37	38	297
Glenda Mitchell	49	49	0	50	0	0	288
Tracey Love	47	34	43	42	0	50	266
Benny Gauci	32	35	0	36	38	41	221

Women Pre-Vets	LC ^N _H	LCLC ^N _H	D ^N _m	LC ^N _H	H ^N _B	-1	Tot
Allison Lilley	49	48	51	49	48	41	385
Rebecca Deane	40	41	53	53	50	0	365
Jenny Truscott	0	50	50	50	50	0	251
Kerryn Parkinson	37	0	40	40	0	41	231
Joanna White	0	47	0	0	0	53	195
Leigh MacRitchie	0	0	0	51	0	0	191
Karen Van Esveld	60	0	0	56	0	60	176
Amy Fisher	0	43	0	0	0	46	170
Amanda Underwood	0	0	0	0	0	50	149
Renae Lentjes	0	0	0	0	56	0	112

Men Super Senior	LC ^N _H	LCLC ^N _H	D ^N _m	LC ^N _H	H ^N _B	-1	Tot
Frank Dearn	60	60	60	60	60	60	420

Men Senior	LC ^N _H	LCLC ^N _H	D ^N _m	LC ^N _H	H ^N _B	-1	Tot
Peter Hammerschmidt	56	56	53	51	56	60	452
Heiko Schaefer	51	53	56	0	53	56	438
Hugh Spencer	0	0	0	53	51	50	319
Brian Ogilwy	0	0	50	50	50	51	305
Ray Doran	60	0	60	60	60	0	240
Manfred Fiedler	50	51	49	0	0	0	200
Michael Christie	0	0	0	0	40	40	121
Alex Whitworth	0	60	0	46	0	0	106
Wayne McCarthy	0	0	0	0	0	53	104
Jim Screen	53	40	0	0	0	0	93

Men Masters	LC ^N _H	LCLC ^N _H	D ^N _m	LC ^N _H	H ^N _B	-1	Tot
Ron Schwebel	56	56	60	60	30	60	464
Rod Lovel	50	50	53	53	50	56	417
Barry Rutter	52	53	32	28	60	36	352
George Lisson	60	47	46	51	0	0	324
Eric Schmierer	28	39	43	41	41	0	322
Nick Woodhams	43	33	47	49	48	0	317
Ted Brailey	0	38	45	43	44	47	306
Ross McCarty	0	42	0	46	46	51	282
John Sneddon	49	39	46	46	53	0	270
Kevin O'Kane	42	40	50	47	30	0	240
James Moody	40	0	48	48	0	0	238
Gordon Forsyth	0	26	0	0	30	36	225
Per Jensen	0	0	32	28	29	36	206
Brian O'Dea	46	46	32	0	49	0	204
John Kerr	0	0	0	32	33	38	204

Men Veterans	LC ^N _H	LCLC ^N _H	D ^N _m	LC ^N _H	H ^N _B	-1	Tot
Ross Sinclair	56	56	56	0	56	53	442
Keith Bateman	51	25	53	56	53	56	431
Stephen Jackson	14	49	51	54	61	51	431
Jonathan Craig	60	60	60	60	0	60	420
David Gayford	45	45	13	47	47	49	368
Victor Donovic	47	24	46	51	50	0	360
Salvador Gala	42	44	42	46	44	47	355
Greg Donovan	50	51	48	0	49	0	344
Mohammed Alkhub	0	42	41	45	43	43	340
Charles King	38	39	31	0	36	37	293
Adrian Spragg	49	47	47	44	46	47	280
Paul Thompson	29	34	29	35	35	36	280
Mark Davis	44	40	35	38	42	38	275
Jeff Morunga	26	30	30	37	0	34	265
Greg Coy	0	0	51	0	51	0	253
Mike Hansen	39	0	32	31	33	0	245
Gary Aitkenhead	43	0	0	48	45	45	222
Robert Wawrzyniak	32	38	0	32	0	35	219
Mark Robinson	48	46	0	43	0	0	205
Randall Brophy	53	53	0	0	0	0	203
Ralph Melano	41	43	39	36	34	0	193
Alan Smith	0	0	0	34	38	39	189
George Herisson	34	33	24	30	0	33	187
Philip Boswell	0	0	0	49	0	0	185
Campbell Reid	26	36	23	39	29	0	183

Men Pre-Vets	LC ^N _H	LCLC ^N _H	D ^N _m	LC ^N _H	H ^N _B	-1	Tot
Darren Benson	60	60	60	60	60	60	480
Mark Wilson	51	48	51	0	51	53	409
Steve Hume	47	47	47	47	47	50	378
David Burgess	50	26	51	48	49	52	377
Jaap Bakker	0	34	43	44	44	48	347
Luke Peterson	35	41	38	41	0	43	319
Peter Truscott	40	41	53	51	47	0	300
Tim Austin	40	0	39	40	34	47	290
Cameron Arnold	0	0	25	42	42	41	280
Joel Mackay	46	45	46	46	45	0	271

10k Age & Gender Adj

	LC	NH	LC	LC	NH	Dm	LC	NH	HB	Tot
Darren Benson	782	812	786	808	811	814	814	805	824	6474
Keith Bateman	764	0	789	794	808	813	822	816	820	6426
Ross Sinclair	773	785	778	0	778	768	793	789	780	6244
Stephen Jackson	0	711	772	767	798	744	784	803	819	6198
Mark Wilson	746	752	759	0	766	765	779	781	774	6122
Ron Schwebel	744	769	782	772	0	755	721	751	753	6047
Joanne Cowan	856	868	845	843	859	0	851	855	5977	
Peter Hammerschmidt	759	748	695	708	750	756	744	773	0	5933
Heiko Schaefer	692	707	726	0	751	757	755	766	774	5928
Steve Hume	702	716	724	717	731	720	0	730	750	5790
Rod Lovel	707	724	694	710	694	714	703	696	707	5655
Jonathan Craig	773	797	811	799	0	805	818	823	0	5626
Jaap Bakker	0	668	681	694	703	704	728	697	719	5594
David Gayford	659	673	0	692	716	711	726	710	694	5581
Salvador Gala	639	650	658	665	673	695	707	720	0	5407
Mohammed Alkhub	0	657	673	677	678	672	678	679	679	5393
Luke Peterson	595	656	660	669	0	670	685	684	691	5310
Caroline Yarnell	744	0	739	0	767	756	757	759	749	5271
David Burgess	728	0	747	713	747	747	756	761	0	5199
Paul Thompson	608	628	646	652	664	651	674	0	676	5199
Peter Truscott	725	753	766	769	734	0	0	652	733	5132
Greg Donovan	718	724	705	0	731	0	713	748	752	5091
Victor Donovan	683	0	709	736	752	0	733	738	712	5063
Charles King	622	620	626	0	646	641	642	616	627	5040
Mark Schaefer	605	624	0	591	644	623	630	647	622	4986
Clara Vucetic	674	0	690	675	725	716	725	710	0	4915
Jeff Morunga	556	585	623	639	0	615	624	609	612	4863
Michael Free	0	531	551	580	611	624	642	651	666	4856
Tim Deane	593	596	613	0	599	592	620	606	614	4833
Cameron Arnold	0	0	637	675	689	661	704	696	704	4766
Tim Austin	648	0	663	669	624	695	715	0	700	4714
Mark Davis	679	664	652	660	681	659	663	0	0	4658
Eric Schmierer	530	589	565	571	592	0	568	589	594	4598
Stuart Chellis	734	755	0	761	0	777	769	793	0	4589
Nick Woodhams	640	643	638	637	654	0	645	667	0	4524
Ted Brailey	0	604	654	653	660	652	649	0	649	4521
Catriona Cater	752	750	764	757	753	0	0	743	0	4519
Penny Smith	0	634	629	647	646	643	0	639	655	4493
Mike Hansen	636	0	634	618	636	0	617	633	637	4411
Frank Dearn	622	614	624	631	647	643	619	0	0	4400
Allison Lilley	553	549	539	530	554	0	508	581	584	4398
George Lisson	745	684	621	695	0	0	773	0	773	4291
Adrian Spragg	711	713	730	687	728	710	0	0	0	4279
John Sneddon	691	698	714	727	735	0	0	0	636	4201
Joel Mackay	684	699	702	696	704	0	0	713	0	4198
Elizabeth Woodhams	683	706	0	687	674	0	689	705	0	4144
Kendall Waller	0	0	678	683	703	680	696	0	699	4139
Rebecca Deane	598	588	620	623	592	0	520	553	0	4094
Brian Ogilwy	0	0	671	688	696	644	0	669	719	4087
Richard Deutsch	665	629	0	656	0	642	687	697	0	3976
Ross McCarty	0	647	0	632	642	658	680	679	0	3938
Greg Coy	0	0	769	0	763	0	776	787	772	3867
Robert Wawrzyniak	619	624	0	634	0	640	660	0	670	3847
Jenny Truscott	0	761	797	780	785	0	0	698	0	3821
Campbell Reid	621	618	635	650	650	0	0	638	3812	

John Kerr	0	0	0	636	643	645	612	605	640	3781
George Herisson	631	617	584	626	0	616	634	0	0	3708
Alex Jensen	0	0	648	618	693	645	510	0	585	3699
Martin Matthews	717	0	727	0	745	0	746	0	743	3678
Hugh Spencer	0	0	0	715	736	0	752	726	747	3676
Tony Barbaro	0	0	0	584	597	584	629	598	622	3614
Craig Dunn	0	703	0	0	676	0	709	750	731	3569
Benny Gauci	566	573	0	596	605	590	609	0	0	3539
Quinn Askeland	0	554	572	583	607	591	616	0	0	3523
David Cooke	0	544	577	589	0	594	605	0	589	3498
Gary Aitkenhead	663	0	0	703	703	704	0	710	0	3483
Ray Doran	815	0	841	842	861	0	0	0	0	3359
Ralph Melano	665	683	683	658	664	0	0	0	0	3353
Michael Sharp	628	662	674	0	0	0	672	678	0	3314
James Moody	579	0	651	631	0	0	0	681	680	3222
Glenda Mitchell	637	640	0	629	0	0	646	0	649	3201
Alan Smith	0	0	0	622	639	646	638	0	643	3188
John Young	0	783	774	793	799	0	0	0	0	3149
Megan Jackson	474	510	0	525	550	0	527	0	517	3103

Super Series Male Outright

Bonus for hosting, volunteering, uniform, etc.

	LC	6F	C M	H H	M M	E Q	CS	W B	SY	I	H	B	Tot
Keith Bateman	44	7	50	47	49	54	40	51	47	50	26	414	
Darren Benson	60	44	0	62	56	0	57	0	57	62	16	414	
Steve Hume	43	50	0	42	46	52	36	53	46	53	26	411	
Martin Matthews	35	48	47	45	47	48	29	54	42	34	8	374	
Stuart Chellis	40	0	44	45	41	51	40	49	46	31	10	366	
Greg Donovan	42	54	0	38	41	32	28	0	41	45	12	333	
Barry Rutter	27	41	44	22	30	37	0	45	26	36	24	310	
Stephen Jackson	2	18	42	43	3	4	43	6	50	53	26	285	
Adrian Spragg	34	49	46	27	36	0	13	44	0	25	10	284	
Gerry Arthur	0	0	55	41	12	0	44	0	46	51	10	259	
Lance White	40	52	52	26	0	0	0	50	35	0	4	259	
David Gayford	23	26	33	24	35	0	13	47	36	0	16	253	
Jonathan Craig	53	0	64	0	0	0	52	63	0	0	12	244	
James Cryer	27	47	35	0	12	33	13	43	14	18	2	232	
Mark Wilson	48	28	0	48	0	0	36	0	51	0	14	225	
Tim Austin	30	20	0	37	0	46	22	0	0	37	22	214	
Joel Mackay	41	56	51	40	0	0	0	0	0	0	25	213	
Cameron Arnold	0	0	0	8	37	50	24	0	33	46	14	212	
David Burgess	47	0	0	52	50	0	47	0	0	0	14	210	
Christopher Dwyer	0	0	60	50	0	0	35	52	0	0	4	201	
John Young	0	45	0	58	0	0	38	0	0	47	8	196	
Michael Sharp	20	0	41	14	33	36	14	0	25	0	10	193	
John Van Yzendoorn	35	36	0	34	0	32	31	0	0	0	16	184	
Ross Sinclair	51	27	0	49	0	0	43	0	0	0	14	184	
Craig Dunn	0	0	0	0	42	47	32	0	53	0	10	184	
Andrew Gibbons	56	0	0	0	0	47	39	0	35	0	0	177	
Mike Hansen	12	24	34	14	26	4	13	0	0	15	32	174	
Heiko Schaefer	12	0	0	14	24	22	13	37	12	14	24	172	
James Moody	12	17	16	14	21	4	13	39	16	14	18	168	
Rod Lovel	24	33	0	0	0	30	0	38	0	14	16	155	
Kendall Waller	0	0	35	18	0	0	13	38	0	39	12	155	
Robert Wawrzyniak	12	0	25	14	0	0	13	41	16	23	10	154	
Shaun Atchison	0	0	0	0	0	39	23	0	41	39	8	150	
Ron Schwebel	36	0	0	15	40	0	13	0	29	0	16	149	
Kelvin Marshall	0	53	53	0	0	0	0	0	42	0	0	148	

Greg Coy	0	0	0	46	48	0	41	0	0	0	10	145
Charles King	12	0	27	14	0	29	13	0	16	14	14	139
Brad Renshaw	0	17	0	14	0	0	13	25	16	14	40	139
Paul Jackson	0	46	0	14	0	44	26	0	0	0	4	134
Gary Aitkenhead	21	0	0	30	0	39	3	0	32	0	8	133
George Herisson	12	17	18	14	12	16	13	0	0	0	30	132
Gregory Prerau	12	30	0	14	0	23	13	0	0	20	19	131
Mark Robinson	32	0	0	19	39	30	0	0	0	0	8	128
Mohammed Alkhub	0	0	0	14	28	25	13	0	16	14	16	126
Manfred Fiedler	12	17	16	0	0	4	13	32	0	4	26	124
Ray Doran	33	0	0	35	12	0	0	0	0	38	6	124
Jeff Morunga	12	0	30	4	0	0	3	30	16	14	14	123
Jonathan Worswick	0	65	0	0	0	0	0	56	0	0	0	121
Richard Sarkies	0	0	0	0	53	0	51	0	0	4	11	119
Paul Thompson	12	0	0	4	14	13	13	0	14	14	34	118
Richard Wassell	12	0	16	14	12	0	0	18	12	0	34	118
Randall Brophy	49	0	0	0	0	0	28	0	34	0	6	117
Jaap Bakker	0	0	0	31	0	0	0	0	34	34	16	115
Stephen Bodnar	0	21	0	29	0	0	30	16	0	0	18	114
Chris Truscott	0	0	0	0	60	0	54	0	0	0	0	114
Ralph Melano	14	19	24	14	22	0	0	0	0	0	18	111
Luke Peterson	12	0	0	0	0	43	25	0	0	17	14	111
Frank Dearn	12	17	16	14	12	13	13	0	0	0	12	109
Steve Packer	12	0	19	14	0	13	13	0	14	14	8	107
George Lisson	39	17	0	0	0	0	0	0	41	0	10	107
Alan Smith	0	0	32	14	0	21	13	0	16	0	10	106
Ronald Stolk	0	55	0	51	0	0	0	0	0	0	0	106
Dean Degan	0	0	0	0	0	0	51	0	52	0	2	105
Tim Deane	0	0	0	14	17	25	3	0	14	14	16	103
Ben McSweeney	0	0	49	11	0	0	3	0	0	32	8	103
Victor Donovic	29	0	0	36	0	0	0	0	0	24	14	103
Steven Norden	0	0	16	14	0	13	13	20	14	0	12	102
Richard Deutsch	28	0	0	22	0	0	10	0	31	0	10	101
Warwick Selby	0	51	0	0	0	0	0	49	0	0	0	100
Sam Chuah	0	0	6	14	0	13	13	23	16	0	14	99
Peter Hammerschmidt	19	0	33	0	0	0	0	33	0	0	14	99
Stephen Kibble	2	0	17	14	0	0	13	0	16	29	4	95
Anthony Wong	0	0	0	53	0	0	24	0	16	0	2	95
Mark Schaefer	15	0	0	14	0	34	15	0	0	0	16	94
Kevin O'Kane	12	17	23	0	0	0	13	0	0	4	23	92
Philip Boswell	0	0	0	25	0	0	19	0	0	40	8	92
Michael Bailey	0	17	16	0	12	4	0	28	0	4	10	91
Graham Sharp	12	17	29	14	0	0	13	0	0	0	6	91
Roland Hassall	0	0	21	14	0	0	3	0	16	31	4	89
Tom Fischer	0	0	0	29	34	0	7	0	13	0	6	89
Tim Cradock	0	0	0	0	0	0	0	0	40	45	4	89
Graham Butler	12	0	20	0	0	14	0	26	0	14	2	88
Michael Wilson	0	0	0	14	0	13	0	21	16	0	23	87
Jeff Morehen	13	43	0	4	0	0	0	0	23	0	2	85
Mark Davis	22	0	0	16	27	0	3	0	5	0	12	85
Bruce Craven	0	40	0	0	0	0	0	0	35	0	8	83
Scott Smiles	0	0	37	14	29	0	0	0	0	0	2	82
Pierre Van Heerden	0	28	47	0	0	0	3	0	0	0	0	78
Salvador Gala	17	0	0	0	0	45	0	0	0	0	16	78
Jim Screen	12	17	0	0	0	4	0	22	0	0	22	77
Keith White	0	18	0	0	0	0	0	31	0	0	28	77
Graham Willis	12	17	0	0	0	4	13	0	0	4	26	76
Dougal Langusch	0	0	0	0	0	17	3	40	0	16	0	76
Charles Coville	0	0	0	0	32	0	13	0	0	22	8	75
Gerard Donnan	0	0	38	0	0	0	17	0	20	0	0	75
David East	12	0	16	14	12	13	3	0	4	0	0	74

David King	0	32	0	0	0	0	0	42	0	0	0	74
Paul Trainor	12	0	0	14	18	0	13	0	12	0	4	73
Ian Singer	0	17	21	0	0	15	0	0	0	14	4	71
Andrew Bilsdon	0	24	30	0	0	0	0	0	17	0	0	71
Brian Ogilwy	0	17	0	0	0	0	13	0	14	14	12	70
Iain Martin	12	0	0	14	0	26	0	0	0	4	13	69
Ted Brailey	0	0	0	14	12	0	13	0	14	0	14	67
Alex Jensen	0	0	0	0	28	0	3	0	10	14	12	67
Paul Bullas	0	0	0	14	0	0	0	0	16	32	4	66
Neil Barker	21	0	0	33	0	0	8	0	2	0	0	64
Sean Ryan	0	0	0	34	0	0	25	0	0	0	4	63
Michael Free	0	0	0	0	5	9	3	0	4	25	16	62
Martin Fryer	0	61	0	0	0	0	0	0	0	0	0	61
Brian O'Dea	12	0	28	14	0	0	0	0	0	0	6	60
Ivan Freys	0	0	0	14	0	0	0	34	0	0	12	60
David Lancaster	0	25	16	0	0	14	0	0	0	0	4	59
John Simmonds	0	0	0	14	12	0	13	0	0	0	20	59
Dennis Nel	0	31	0	14	0	0	0	0	0	0	14	59
Eric Schmierer	2	17	0	14	2	0	3	0	6	0	14	58

Super Series Female Outright

	LC	6F	C M	H H	M M	E Q	CS	W B	SY	I	H	B	Tot
Joanne Cowan	60	0	0	58	60	57	57	0	56	58	29	435	
Joanne Barton	0	58	0	53	0	54	54	59	50	53	7	388	
Allison Lilley	35	55	47	22	40	0	34	50	20	42	16	341	
Robin Cameron	0	61	55	40	48	37	0	53	0	43	4	341	
Dawn Tiller	0	65	50	0	46	51	0	63	53	0	2	330	
Caroline Yarnell	51	0	0	47	53	51	0	0	50	0	12	264	
Megan Jackson	31	42	36	14	41	31	0	36	12	18	14	263	
Elizabeth Woodhams	38	0	0	35	46	40	37	0	33	0	17	246	
Catriona Cater	56	0	64	55	0	0	0	0	51	10	236		
Mary Stringer	42	56	0	44	0	0	0	0	32	48	12	234	
Manuela	46	0	54	0	0	0	34	54	0	37	2	227	
Sumetzberger	37	0	0	0	43	34	22	0	24	36	9	205	
Frances Brown	0	0	48	19	0	35	25	48	16	0	0	191	
Lilian Chuah	0	0	0	35	39	0	35	0	35	39	8	191	
Amy Fisher	40	0	0	49	0	0	46	0	49	0	6	190	
Lisa Carroli	0	0	0	48	0	0	50	0	38	50	4	190	
Renae Lentjes	29	0	0	34	0	37	26	0	30	18	14	188	

Super Series Age Groups

Women Seniors	LC6F	C M	H H	M M	E Q	CS B	W B	SY	I	H	B	Tot
Penny Smith	0	0	0	62	50	0	0	0	62	62	34	270
Sue Hill	0	0	0	0	0	0	0	0	0	48	12	60

Women Masters	LC6F	C M	H H	M M	E Q	CS B	W B	SY	I	H	B	Tot
Elizabeth Woodhams	60	0	0	53	60	52	57	0	58	0	17	357
Mercy Samia	46	51	0	41	43	41	0	0	0	48	0	270
Lorraine Spanton	0	0	0	45	0	57	41	0	50	62	2	257
Tina Campbell	0	65	0	62	0	55	0	0	0	45	21	248
Beryl Wilson	53	0	0	0	46	0	0	59	44	0	6	208
Kirsten Themsen	0	0	0	50	0	0	0	63	53	0	10	176
Ruth McColl	0	0	0	52	0	0	54	0	55	0	6	167
Lesley Maher	0	0	0	48	0	61	42	0	0	0	8	159
Robyn Moody	0	0	0	0	0	0	0	0	39	45	2	86
Sarah Entwistle	0	0	0	0	0	0	51	0	0	0	0	51

Women Veterans	LC6F	C M	H H	M M	E Q	CS	W B	SY	IH	B	Tot
Joanne Cowan	60	0	0	62	49	57	61	0	60	62	29 440
Joanne Barton	0	58	0	55	0	54	57	59	52	55	7 397
Robin Cameron	0	61	55	48	45	39	0	56	0	50	4 358
Megan Jackson	42	45	43	38	43	43	0	43	39	35	14 350
Dawn Tiller	0	65	50	0	38	51	0	63	58	0	2 327
Frances Brown	43	0	0	0	44	44	45	0	43	46	9 274
Caroline Yarnell	53	0	0	51	47	51	0	0	53	0	12 267
Mary Stringer	46	56	0	50	0	0	0	0	37	51	12 252
Catriona Cater	56	0	64	58	0	0	0	0	0	52	10 240
Julie McGaw	0	0	53	45	0	0	0	54	44	35	2 233

Men Super Senior	LC6F	C M	H H	M M	E Q	CS	W B	SY	IH	B	Tot
Frank Dearn	60	65	64	58	60	61	61	0	0	0	12 441
Ron Daly	0	0	0	62	0	0	0	0	0	0	10 72
John Plummer	0	0	0	0	0	0	47	0	0	0	0 47

Men Senior	LC6F	C M	H H	M M	E Q	CS	W B	SY	IH	B	Tot
Heiko Schaefer	51	0	0	55	60	61	57	63	60	58	24 489
Manfred Fiedler	50	61	60	0	0	48	52	54	0	43	26 394
Ray Doran	60	0	0	62	49	0	0	0	0	62	6 239
Jim Screen	53	65	0	0	0	48	0	51	0	0	22 239
Brian Ogilwy	0	58	0	0	0	0	51	0	58	55	12 234
Peter Hammerschmidt	56	0	64	0	0	0	0	56	0	0	14 190
Paul Munro	0	0	0	51	51	0	39	0	40	0	0 181
Alex Whitworth	0	0	0	58	56	0	61	0	0	0	4 179
John Simmonds	0	0	0	52	53	0	50	0	0	0	20 175
Neil McPherson	0	0	0	53	0	0	44	0	55	0	2 154

Men Masters	LC6F	C M	H H	M M	E Q	CS	W B	SY	IH	B	Tot
Barry Rutter	52	58	60	58	53	61	0	56	55	62	24 487
James Cryer	53	61	54	0	47	57	52	54	52	55	2 440
James Moody	40	45	50	46	49	37	46	52	49	51	18 406
Ron Schwebel	56	0	0	55	60	0	54	0	56	0	16 297
Brad Renshaw	0	47	0	36	0	0	37	45	40	48	40 293
Rod Lovel	50	55	0	0	0	54	0	51	0	53	16 279
Michael Bailey	0	46	47	0	45	37	0	46	0	36	10 267
Christopher Dwyer	0	0	64	62	0	0	51	63	0	0	4 244
Graham Butler	48	0	51	0	0	42	0	40	0	50	2 233
Kevin O'Kane	42	43	52	0	0	0	32	0	0	36	23 228
Sam Chuah	0	0	6	35	0	49	39	44	39	0	14 226
Graham Willis	41	50	0	0	0	37	33	0	0	36	26 223
Eric Schmierer	28	49	0	37	32	0	24	0	31	0	14 215

Men Veterans	LC6F	C M	H H	M M	E Q	CS	W B	SY	IH	B	Tot
Keith Bateman	51	7	60	58	60	61	51	56	58	58	26 488
Greg Donovan	50	58	0	52	51	42	47	0	53	55	12 420
Stephen Jackson	13	38	53	53	27	23	55	36	61	63	26 412
Adrian Spragg	49	56	55	48	49	0	41	52	0	49	10 409
David Gayford	45	47	44	46	48	0	44	54	54	0	16 398
Mike Hansen	39	45	50	33	45	23	31	0	0	44	32 342
Charles King	38	0	46	32	0	45	34	0	38	43	14 290
Robert Wawrzyniak	32	0	45	25	0	0	35	51	45	47	10 290
Jonathan Craig	60	0	64	0	0	0	61	63	0	0	12 260
Paul Thompson	29	0	0	14	42	33	30	0	43	34	34 259
Mohammed Alkhub	0	0	0	41	47	37	38	0	40	35	16 254
George Herisson	34	40	40	17	36	41	13	0	0	0	30 251

Gregory Prerau	37	49	0	42	0	43	13	0	0	46	19 249
Jeff Morunga	26	0	48	20	0	0	18	50	33	38	14 247
Ross Sinclair	56	41	0	62	0	0	57	0	0	0	14 230
Steve Packer	27	0	41	16	0	37	18	0	34	39	8 220
Ralph Melano	41	43	44	27	44	0	0	0	0	0	18 217
Steven Norden	0	0	39	21	0	36	16	48	35	0	12 207
Mark Davis	44	0	0	43	46	0	27	0	35	0	12 207
Gary Aitkenhead	43	0	0	50	0	49	3	0	53	0	8 206
Stephen Bodnar	0	44	0	49	0	0	48	46	0	0	18 205
Alan Smith	0	0	49	31	0	42	25	0	46	0	10 203
Graham Sharp	33	41	47	39	0	0	33	0	0	0	6 199
David East	28	0	36	19	39	38	10	0	20	0	0 190

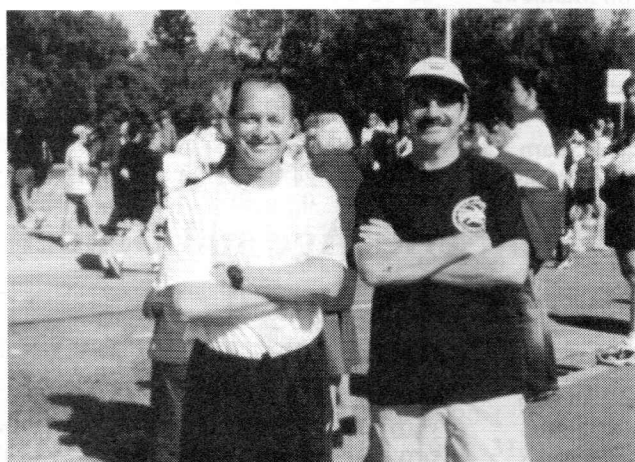
Men Pre-Vets	LC6F	C M	H H	M M	E Q	CS	W B	SY	IH	B	Tot
Steve Hume	47	54	0	47	48	54	44	56	47	53	26 432
Darren Benson	60	51	0	62	56	0	57	0	57	62	16 421
Martin Matthews	38	55	54	49	49	50	35	59	45	37	8 407
Stuart Chellis	43	0	47	45	41	51	41	53	46	34	10 377
Gerry Arthur	0	0	60	46	30	0	46	0	48	52	10 292
Lance White	45	55	54	37	0	0	0	54	40	0	4 289
Tim Austin	40	44	0	43	0	48	32	0	0	42	22 271
Michael Sharp	38	0	49	26	41	45	26	0	35	0	10 270
Cameron Arnold	0	0	0	24	43	52	34	0	39	48	14 254

Super Series Age and Gender Adjusted

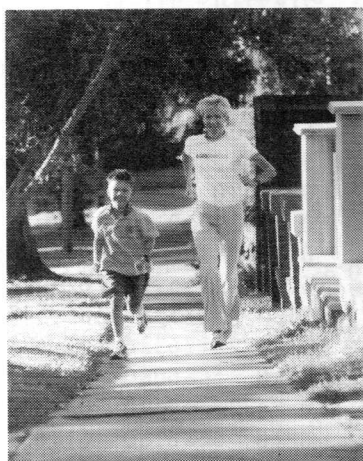
	LC 6F	C M	H H	M M	E Q	CS	W B	SY	IH	Tot
Keith Bateman	7640	720	785	780	789	801	765	787	766	6237
Stuart Chellis	7350	706	758	727	738	790	776	796	677	6026
Joanne Cowan	8560	0	816	827	772	8410	862	800	5774	
Martin Matthews	717	729	720	724	696	689	723	746	713	683 5768
Steve Hume	702	6700	722	694	720	730	733	729	733	5763
Heiko Schaefer	6920	0	712	720	710	770	679	755	702	5740
James Cryer	741	747	6750	632	710	741	729	709	678	5730
Greg Donovan	718	7240	711	686	668	7290	740	713	5689	
Barry Rutter	707	689	697	728	682	7080	726	695	708	5658
Adrian Spragg	711	693	683	717	6870	678	6830	651	5503	
Darren Benson	783	6310	817	7830	8450	793	812	5464		
David Gayford	659	580	654	694	6700	694	700	7080	5359	
James Moody	579	514	534	616	6460	643	636	580	616	4850
Joanne Barton	0	5770	7220	669	735	643	722	696	4764	
Dawn Tiller	0	782	7060	740	7490	763	7660	4506		
Robin Cameron	0	640	637	644	650	6240	6250	625	4445	
Michael Sharp	6290	615	599	631	629	6720	6650	4440		
Allison Lilley	553	550	524	553	5020	548	544	517	560	4349
Mike Hansen	636	577	617	632	6210	6250	0	610	4318	
Robert Wawrzyniak	6190	568	6080	0	653	620	601	641	4310	
Stephen Jackson	0	472	659	7670	0	8040	809	757	4268	
Charles King	6220	568	6160	618	6350	571	602	4232		
Frank Dearn	622	584	570	609	600	581	5950	0	0	4161
Lance White	678	689	681	6640	0	0	697	7000	4109	
Cameron Arnold	0	0	0	644	642	696	6890	697	690	4058
Elizabeth	6830	0	675	654	603	6770	6850	3977		
Woodhams										
Steve Packer	5800	559	5590	519	5840	585	561	3947		
Jeff Morunga	5560	574	6080	0	613	535	513	538	3937	
Tim Austin	648	5420	6890	672	6820	0	635	3868		
David East	5620	479	545	559	514	5600	5230	3742		



George Herisson with daughter Claudia, aged 6, finish the C2S in 2h 18m.



Ross Sinclair (L) and Greg Coy after finishing the C2S as 4th placed Vets team.



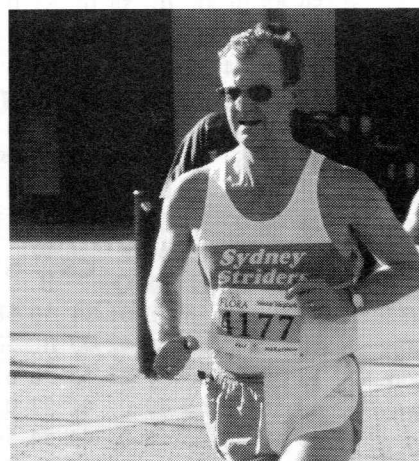
Caroline Yarnell with son Kyle as seen in last edition of 'Runners World' advertising the Sussan Classic (October 26th).



Jim Cryer sprints home at Homebush in the Sydney Half



Joanne Barton at the Sydney Half



Paul Thompson finishes the Sydney Half