

Sydney Striders

**Road Runners' Club
Australia**



Edition No. 91: October - December 2003

7x7x7 - Seven Marathons Seven Continents Seven Days



On Wednesday, October 29th, two Antarctic adventurers, Sir Ranulph Fiennes and Dr. Mike Stroud, ran a marathon in Sydney as part of their quest to run 7 marathons on 7 continents in 7 days. Needless to say Striders were heavily involved in support of this valiant enterprise. Stephen Jackson measured a course for them and on the day they were accompanied by Grahame Murphy (far L), Bruce Craven (2nd L) and Paul Thompson (far R).

Fiennes, who underwent emergency double-bypass heart surgery in June, raised funds for heart foundations. The marathons were Antarctica, South America (Chile), Australasia (Sydney), Asia (Singapore), Africa (Cairo), Europe (London), North America (New York). Grahame did half the Sydney course before retiring injured, Bruce did a 17km lunchtime run and Paul Thompson turned up to do a Half and ended up doing the lot. Well done fellas.

The Blister

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Copy Preferences

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

How to send? Email to Blister address (Blister@sydneystriders.org.au) or phone Editor.

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: If pasting photos into article please also send as separate **jpg** files – printing requirement. We endeavour to return photos but it is best not to send your only copy.

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Next Deadline Date

Sunday 4th April 2004

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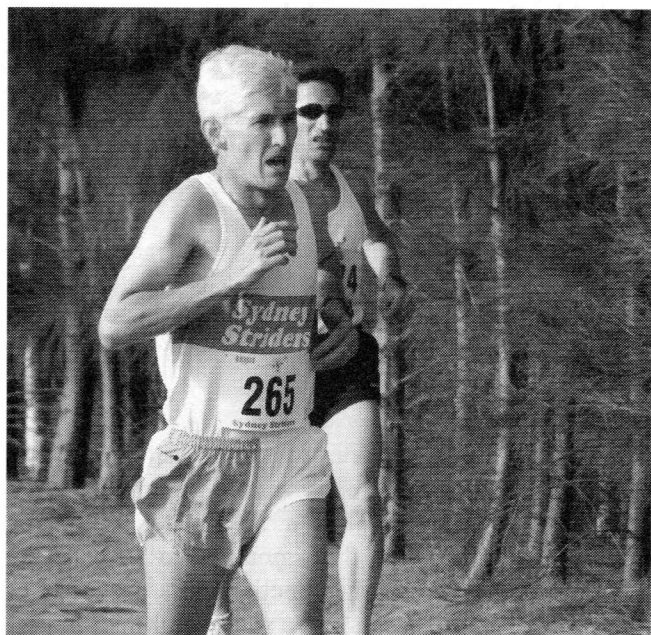
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President's Page

From Stephen Jackson



Stephen at the Homebush 10k

2004 is upon us (how many 'President's Pages' start with words like that?). New 10k and Super Series are starting, and Striders are popping up all over the place. Striders turn up in all sorts of sports and pastimes that are not running related. Please let us know about your exploits beyond Striders, and make sure a Striders singlet turns up in a photo somewhere!

Membership numbers

2003 ended with 484 Sydney Striders. 29% are female, up from 22% the year before. Average age has dropped to 43, males averaging 44, females 38. Retention rates are good, and 74% of members are on email.

Registered Athletes

During 2003 the Striders became a registered Athletics Club which has major benefits for the club as a whole. Striders who become 'registered athletes' are able to compete in a whole new range of events around the year, get discounts from a number of suppliers, and are able to compete as Striders rather than as members of other clubs as it has had to be in the past. The biggest benefit to registered and non-registered Striders is that we now have access to the Athletics NSW insurance scheme which should see our insurance costs remain at current levels.

The Uniform

In the last issue, I mentioned the highly visible nature of the Striders uniform. A few weeks after that was published, a Strider who regularly runs down Ballarat way joined a group there for a Sunday long run. There were only about a dozen or so runners there, but all had sub 34 min 10k times, certainly a quality training group. My spy pulled off his tracksuit top to reveal a Striders singlet and the leader of the group immediately commented in very positive tones "Those damn Striders are everywhere. I see them at all the races I go to – there must be thousands of them!". Who was that man? None other than the great Steve Moneghetti – now, that is recognition! My operative was immediately accepted and had a great run.

Cash Awards

In years gone by the Striders have had cash awards for some categories in certain events. Over time the distribution of cash has slowly been reduced as both costs have gone up and sponsorship dollars have reduced. We are now in a position to finally remove the cash component from our awards system, so in 2004 and beyond, awards will be trophies, vouchers, and glory only!

Take care out there, and Stride On!

Update your 2003 results

From Richard Wassell, Database Manager

Could anyone who has not yet done so, please send me their 2003 results as a Strider (and best before joining) for 10km, City to Surf, Half Marathon, Marathon, Ultras and Triathlons, and any PBs. (rwassell@iprimus.com.au or 9560-5369)

Results need to be received by 5th March 2004 to be eligible for the awards presented at the Annual Awards Event on Friday 21st May. These are: Marathon - Best Marathon (Open and Age-Groups), Best Debut (Male and Female), Improver of the Year (Sub 3Hr and Sub 4Hr), Best Half Marathon (Open and Age-Groups), Triathlete of the Year, Ultra Runner of the Year, Encouragement Award.

The Awards Brunch – December 14th 2003

By Michael Bailey

The best attended Striders non-running event of recent times – probably for all time. Thank you so much to all those who attended and particularly to those who donated their services to making the event happen and to those who donated to the raffles.

Phil Roux and Damian Tancred of the Sydney Running Centre, sponsors of the Striders 10k Series, were our guests and presented the Awards for the Series.

Special thanks are due to Brian Taylor who very happily again donated a Breville Juicer as the major prize. As Brian points out, such an appliance goes hand in hand with what we are all endeavoring to be at Striders, healthy human beings.

Our other raffle and lucky door prizes are pretty damn good too! There were half a dozen separate prizes each of three bottles of high quality wine. These functions are worth attending! Judging by your feedback, it seems that this is the event that members most enjoy as an opportunity to get together with like-minded souls.

115 people indicated their intention to attend the function and about 105 turned up on the day against the previous highest of 95 at last year's equivalent function. Against advice, I try to be as flexible as possible and to make it easy for those who wish to pay on the day to do so. To achieve this I always emphasize, for example, that an e-mailed notification of intention to attend is a commitment to pay whether or not you actually attend.

Naturally we have to commit to particular numbers to the Middle Harbour Yacht Club and this figure is based upon your commitments. The MHYC are flexible and to the degree that they are, we can be too. Nevertheless, if you want us to continue to be flexible with payment methods, we must ask that those who say they will pay, actually do, a very few did not do so.

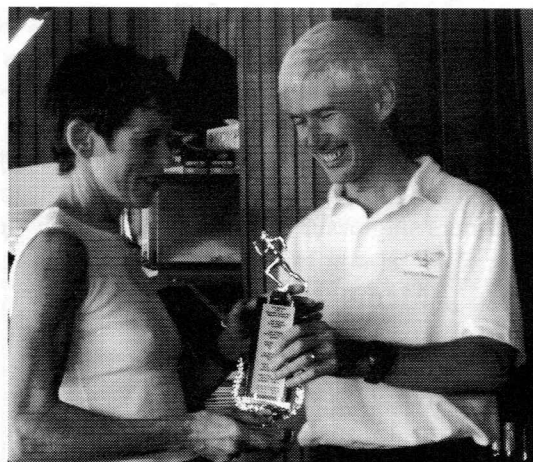
It would be incredibly remiss of me not to mention that the great majority of those who said they would pay on the day did indeed do so.

Your Club is successful!

Most Members are aware that they are part of what is

probably the most successful road running club in Australia – we don't call ourselves 'Australia's Premier Running Club' for nothing! Your committee maintains compliance with its own constitution and with State laws. Also, and very importantly, its accounts are in order and whilst our financial Membership base remains as healthy as in recent years, we earn a small surplus of income over expenditure. There is a fairly fine line and the surplus occurs only as a result of diligent management and healthy membership numbers.

This surplus must be made available equally to all members and one of our ways of achieving this objective is to subsidise some of our functions. To this end we budgeted for a \$500 subsidy of the Brunch. Simplistically, this amounted to \$8 per head on the ticket price of the function, less proceeds of the raffle. The raffle was more successful than in past years and all this resulted in a net subsidy of the function of approximately \$300.



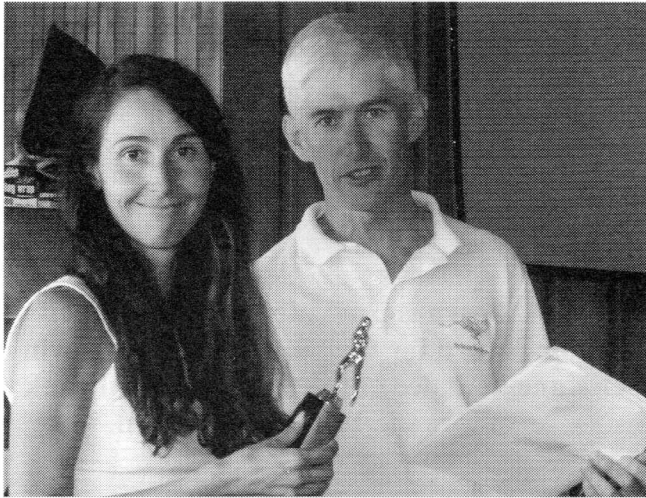
Joanne Cowan Open and Veteran Winner in the Super Series, 10k Series and Club Half-Marathon Championships

The Awards

A particularly pleasing aspect of Striders awards is the number of categories – most of us could earn at least a placing in a particular category of award if we set out to do so. Examination of the winners this year underlines this. Some truly fantastic athletes in an absolute sense won awards and other winners included those more ordinary mortals amongst us. It is important that the Club is able to attract all levels of athleticism without an elitist element and to make everyone feel equally comfortable running with a

suitably paced sub-group.

2003 winners are listed below – congratulations to all. (Note: there were not entries in all categories)

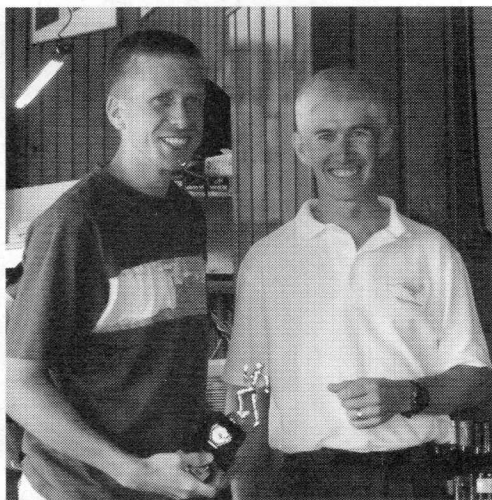


Manuela Sumetzberger – Marathon Pre-Vets winner

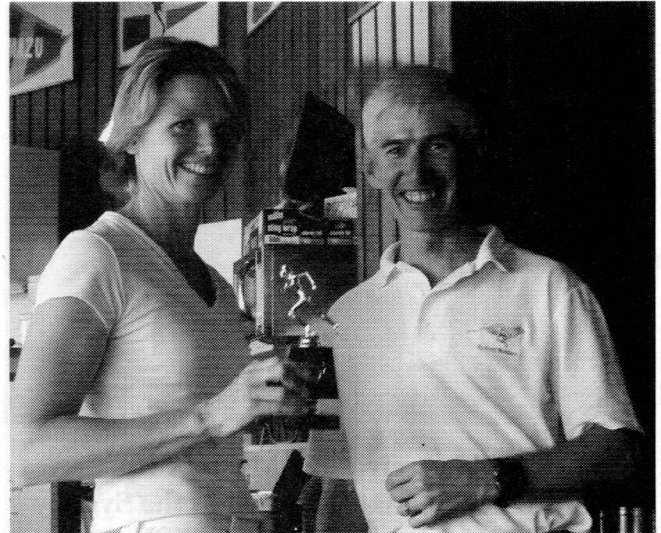
Marathon Championships

Canberra Marathon in April

Open Male	Jonathan Craig	2.39.43
Runner up:	Christopher Dwyer	
Open Female	Catriona Cater	3.12.12
Runner up:	Dawn Tiller	
PreVet Male	Martin Matthews	2.56.14
PreVet Female	Manuela Sumetzberger	4.00.22
Veteran Male	Jonathan Craig	2:39:43
Veteran Female	Catriona Cater	3.12.12
Masters Male	Christopher Dwyer	2.51.44
Seniors Male	Peter Hammerschmidt	3.37.26
Super Senior Male	Frank Dearn	4.54.55



Martin Matthews, Marathon Pre-Vets Winner

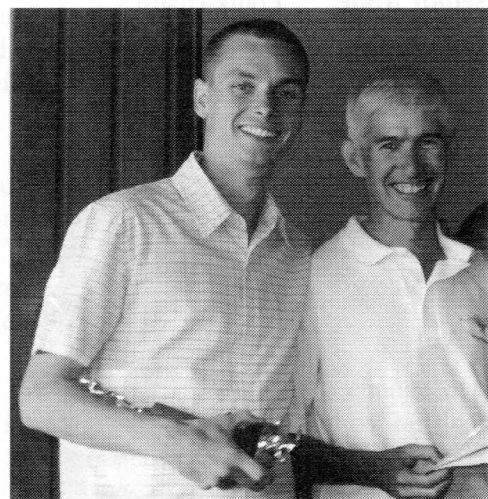


Catriona Cater, Open and Vets Marathon Winner.

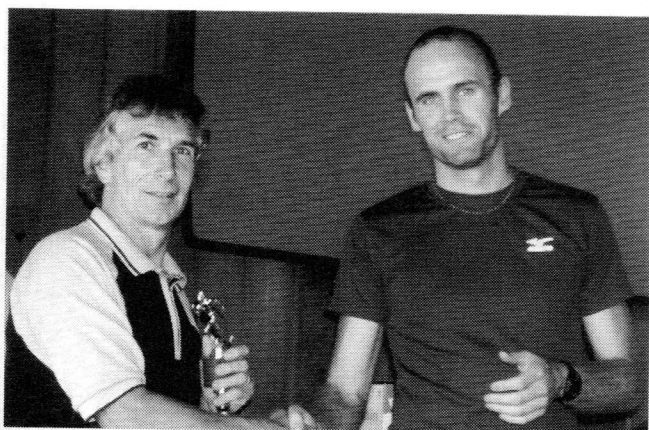
Half Marathon Championships

(Sydney Morning Herald Half in May)

Open Male	Darren Benson	1.13.03
Runner up:	John Young	
Open Female	Joanne Cowan	1.28.32
Runner up:	Catriona Cater	
PreVet Male	Darren Benson	1.13.03
PreVet Female	Karen Van Esveld	1.34.53
Veteran Male	Ross Sinclair	1.21.36
Veteran Female	Joanne Cowan	1.28.32
Masters Male	Christopher Dwyer	1.21.09
Masters Female	Tina Campbell	1.48.21
Seniors Male	Ray Doran	1.27.24
Seniors Female	Penny Smith	2.09.02
Super Senior Male	Ron Daly	1.59.03



Darren Benson Open and Pre-Vet Winner of the Half-Marathon Championship and 10K Series



Ron Schwebel receives the Masters 10k Series Award from Damian Tancred of the Sydney Running Centre, sponsors of the 10K Series.

**The 10 Km Series Awards
The Middle Harbour Yacht Club Perpetual Trophy**

Handicap	Heiko Schaefer
Age and Gender Adjusted	Joanne Cowan
Open Male	Darren Benson
Runner up: Mark Wilson	
Open Female	Joanne Cowan
Runner up: Caroline Yarnell	
PreVet Male	Darren Benson
PreVet Female	Allison Lilley
Veteran Male	Keith Bateman
Veteran Female	Joanne Cowan
Masters Male	Ron Schwebel
Masters Female	Elizabeth Woodhams
Seniors Male	Peter Hammerschmidt
Seniors Female	Penny Smith
Super Senior Male	Frank Dearn



Elizabeth Woodhams 10K Series Masters Winner



Frank Dearn is presented with the Super Senior Award for the Super Series by Kevin O'Kane, founder of the Super Series. Frank also won the 10K Series Award.

The Super Series Awards

(10 events, 10k to 45k, from February to November)

Age and Gender Adjusted	Keith Bateman
Open Male	Darren Benson
Runner up: Keith Bateman	
Open Female	Joanne Cowan
Runner up: Joanne Barton	
PreVet Male	Steve Hume
PreVet Female	Allison Lilley
Veteran Male	Keith Bateman
Veteran Female	Joanne Cowan
Masters Male	Barry Rutter
Masters Female	Elizabeth Woodhams
Seniors Male	Heiko Schaefer
Seniors Female	Penny Smith
Super Senior Male	Frank Dearn
Best Age and Gender Score (in One Race)	
Joanne Cowan (862 points) Sydney 10k	



Penny Smith – Seniors Winner of the Super Series, 10K Series and Half Marathon Championship

Equaliser Cross-Country Award

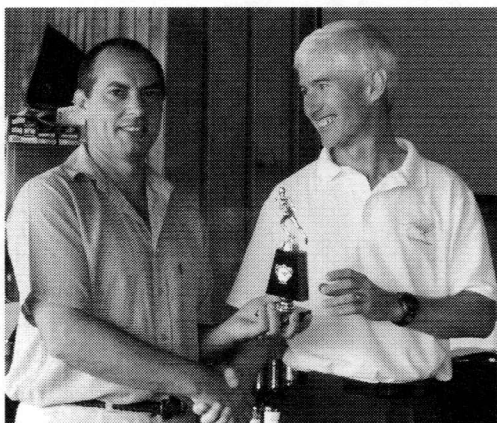
Open Stuart Chellis 0.58.03

Runner up: Andrew Gibbons

Internal Handicap Half Marathon Award

Open Joe Degabriele

Runner up: Brad Renshaw



Joe Degabriele – Internal Half Handicap Winner

Striders in the News

Strider **John Young** married **Jeedy** :

'History was made on November 16th. The wedding of a bus driver who was married in a bus shelter. The happy couple also met in a bus shelter, but I believe it was not the same one. The wedding was to take place in an adjacent park, however the heavens opened up just as the bride arrived, so the 293 bus from Greenwich to the City, had to wait for the formalities to be done. Those Striders who went to the wedding all had a memorable night.' (From Peter Truscott).

The story made Column 8 in the Sydney Morning Herald (but Pete tells it better).

Striders Baby

Striders, in particular the 6:30 walking group, a new walking member was born Tuesday 30/12/03 - Jackson Thomas Deane (to **Tim and Rebecca Deane**), five weeks early but still ready to run! The 8km on Sunday must have done the job!! (PS Steve you'll need to work on the age adjusted tables)

Letter to the Editor

Dear Editor,

Someone's got to raise this subject sometime...

I can't help noticing that fewer Striders are wearing our uniform.

I myself, for example, only ever wear one of two very historic T-shirts – the world isn't ready for my thighs in a pair of high cut shorts.

Now don't get me wrong, Charles. Striders have a proud history and I don't think we should abandon our particular shade of green, or the half green, half white shorts. I can even live with the font – it's easily readable and recognizable around the world. If we changed the font, it'd have to be to something similar – same size, white on green stripe, the lot.

My main beef is with the cut of the shorts. Can't we have some box cut shorts? That's what most recreational runners wear these days. And so much more becoming on the middle-aged female bum. I know, I know, the colour probably isn't available....

And have you noticed the cut of women's T-shirts and singlets is more fitted these days (and how many newer club members are women?)? I don't know what you guys are into, but we like T's with little sleeves in a soft, light fabric.....quite sensuous really!

You see a lot of bike shorts around, too. For good reason. Many of us, men and women, find that bike shorts are the only thing you can wear on a long run and not end up in agony. But raw inner thighs are preferable to those horrible, thin, shiny ones we've got now.

And while we're on the subject of horrible thin, shiny fabrics.....Bra tops. Most of us would be arrested if we appeared in public wearing one of those! Something slightly more robust would go down (and hold up) well.

So I'm not really proposing a change of uniform – let's keep the basic colours and overall look. But can we talk about some new cuts and styles?

I know, I know. The colour probably isn't available.....

Margaret White

The Kepler Challenge 2003

By Joel Mackay



Well, as always, there is good news and bad. The good news is that a few people might read this article and decide to cross the ditch and give the Kepler Challenge in NZ's South Island a whirl themselves – if they do, they will most likely have a great time. The bad news, fortunately, is restricted to the subset of the club that has the misfortune to end up running near me in StaRs on a regular basis over the next few months (I can see Lance groaning already), because they will have to put up with the endless string of superlatives and accolades that I use to describe the run to some poor unfortunate who innocently asks "Did you do some run in NZ recently?"

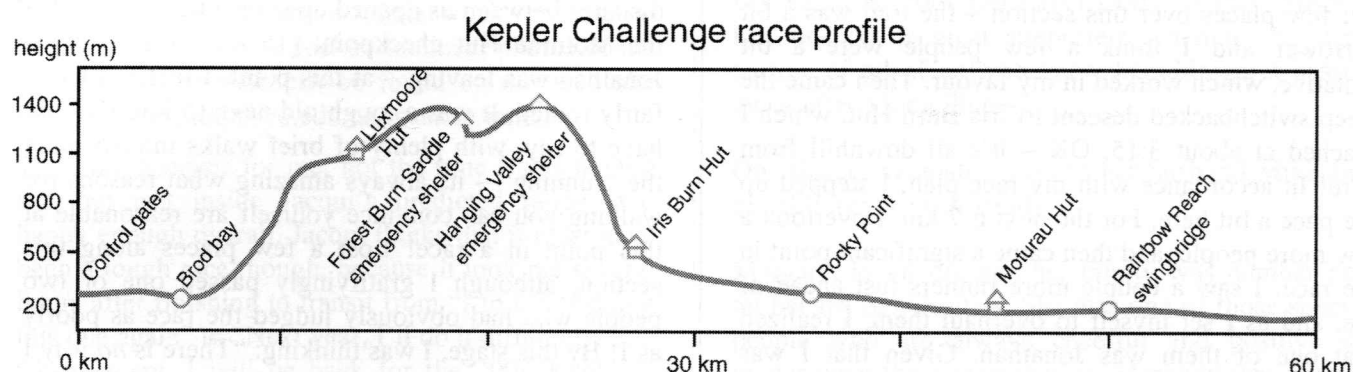
Maybe I can get them out of my system here... The Kepler Track is a 60-km circuit that starts and finishes on the shores of Lake Te Anau, which is about 200 km from Queenstown. It is listed as one of the "Great Walks" in NZ (which also includes the Milford, Routeburn and Abel Tasman Tracks). Most people walk it in three or four days.

The Kepler Challenge runs this Track and seems to be NZ's premier ultramarathon, from what I could gather (like the 6-Foot Track here, Kev?). The field is limited to 350 and always reaches capacity a couple of months prior to the event – there is a waiting list. One difference from most ultras in Australia is the list of compulsory gear that each competitor has to take – a result of the alpine terrain that you spend some time traversing. This gear is checked when you register and again about an hour or two into the event, and comprises: a waterproof jacket and overtrousers, thermal top, tights and hat, gloves and some sort of survival blanket or bag.

Anyway, I thought I would give the Kepler a go, inspired as I was by Michael Bailey's account of the race in a Blister early in 2003. It is held at the beginning of December, so I was in plenty of time to get organized. Overall, I had a good year in 2003 leading up to the Kepler: a good PB at 6-Foot, a PB at Canberra, my first 10-km under 38 min, and a reasonable Sydney Half. Trailwalker was a bit of a blot on the copybook, but I blame our one-legged president for that...

So, I started my buildup for the race about 10 weeks out, and all was going OK until I foolishly sprained an ankle playing squash about 5 weeks from race day. Bum. Fortunately, it wasn't a very severe sprain and I was able to start running on a treadmill after about 10 days. After a couple of weeks I was out on the road and after three I was back in the bush with my ankle taped. All in all, the ankle unfortunately wasn't quite bad enough to constitute a good excuse...

In order to get a feel for the type of time I should be aiming for, I checked out the times from previous years on the event web site (<http://www.keplerchallenge.co.nz/>). How can I do this? Let's see – if I go on my 6-Foot time this year, I finished at around about the same time as the first woman home (Dawn, of course). If I use the same sort of principle, that puts me at about 5:40-6 h (the female winner last year – Zelah Morrall – finished 11th – in 5:40). This also puts me at 10th-15th place – given I was 23rd at 6-Foot and there are around half as many people in the Kepler, this seems at least consistent. Jacqui, my other half, put me at about 5:30-6:30, given the same data.



Jacqui and I thought we had might as well make a trip out of it, so we planned to do go bushwalking in the S. Island for a week or so after the race. We winged it across the Tasman on Thursday, two days before the race and arrived in Te Anau via Queenstown without incident. Friday night was slightly alarming, for two reasons. Firstly, glancing casually around the Te Anau town hall during the race briefing, it seemed that everywhere I turned, the faces looked like lean, mean ultra machines. I was hastily reassessing my likely finishing place... Second, up until around 4 hours before the race was due to start, there were 110 km/h winds up on the ridge that we were to run along and snow flurries down to 900m (race goes up to 1300 m...). Eek.

Fortunately, all was good on race morning and the weather had pretty much cleared up. I caught the event bus from Te Anau to the start line at 5:15 am – Jacqui was still safely tucked up in bed... I was wearing my Striders long-sleeve and normal running shorts and shoes (the track is in very good condition – you don't really need trail shoes) – the rest of the compulsory gear was in my Camelbak. No bladder in the Camelbak though – just my hand bottle – there were plenty of drinks stations on the course. Total pack weight was less than 2 kg with a couple of Powerbars and some snakes – hardly noticeable. There was self-seeding at the start (1-h chunks), so I settled in the 6-7 h section and looked around for the other Strider I knew was there – Jonathan Worswick. We each knew the other was running and had gone out together for a few bush runs in the months leading up to the race. He wasn't expecting to set the race alight, from what I could gather – he said his preparation had been compromised by foolish things like visits from relatives and stuff that falls into the

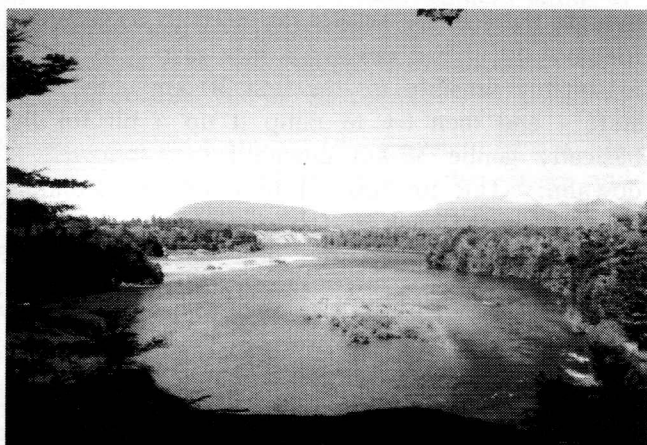
general category of “doing things other than running” – very peculiar, but there you go. Anyway, I spotted him, said giddy, and then we were off!

As you can see from the race profile, the first 6 km was flat – around the shore of Lake Te Anau. After calling “good luck” to Jonathan and watching him disappear around a bend, I settled into a rhythm and just enjoyed running through the beech forest with glimpses of the lake and a nice soft trail underfoot. Chatted to a few people around me and started to take a few snaps with the disposable camera I had decided to take – not something I have ever done before, but I thought the scenery in this run need to be recorded for posterity. I had devised a race plan – to take it reasonably sensibly for the first 30 km – the hilly stuff – and then try to ramp it up a bit for the basically gentle 30-km downhill that followed (a downhill STaR to finish, I told myself). Running downhill in the bush has always basically been the running I have enjoyed the most, so I thought this was a reasonable plan.

In line with the plan, I walked much of the next section – up through the bush. The next highlight of a race that was just fabulous in terms of scenery was breaking through the treeline onto the alpine plains. The 360-degree views were absolutely stunning – the incredible feeling of space around you was just so rare in a run and the trail was so good that you could afford to look around to soak it up. After 1:30, I reached the first checkpoint – Luxmoore Hut – where our gear was checked I donned my jacket and polypropylene gloves for the drizzle that had started. At this stage, I was about 50th or so.

For the next hour or so, I ran across the undulating alpine terrain – sharp ridges with spectacular drops on each side down to alpine lakes, stunning views of

nearby and distant peaks decorated with the remains of the winter's snow and even a bit of snow of our own to run through. On balance, I think I gained a fair few places over this section – the trail was a bit narrower and I think a few people were a bit tentative, which worked in my favour. Then came the steep switchbacked descent to Iris Burn Hut, which I reached at about 3:15. OK – it's all downhill from here! In accordance with my race plan, I stepped up the pace a bit here. For the next 6-7 km, I overtook a few more people, and then came a significant point in the race. I saw a couple more runners just ahead of me, and as I set myself to overhaul them, I realized that one of them was Jonathan. Given that I was expecting him to finish probably about 30-40 min ahead of me, this meant one of three things: (a) Jonathan was struggling a bit – in line, perhaps, with his thoughts of poor buildup, (b) I was having a blinder, or (c) I was travelling faster than I should have been at that stage, with ~23 km to go. I know which of these you are all thinking was the most likely, but of course my ego convinced me that it was some combination of (a) and (b) that was operating. Jonathan was surprised to see me (as I was him), but encouraging.



We continued on together at a fair clip for about 6-7 km – I was feeling good and running strongly – Jonathan mentioned a couple of times that we were going a touch quicker than he was planning to, but of course that just fuelled my ego further... We picked up another few places (although less than we expected, given the pace that we were moving at), and all was good.

Of course I am sure you all know what happened next. With about 16 km to go, I started to realize that option (c) was in fact the operative situation and the distance between us opened up somewhat. I arrived at the Moturau Hut checkpoint (15 km to go) just as Jonathan was leaving – at this point, I realized I was fairly rooted. It was a tough old next 15 km, I would have to say, with plenty of brief walks interspersing the “running” – its always amazing what reasons for walking you can convince yourself are reasonable at this point in a race! Lost a few places along this section, although I gratifyingly passed one or two people who had obviously judged the race as poorly as I! By this stage, I was thinking: “There is *no way* I am going to be walking with a full pack the day after tomorrow...”. I hit the “11 km to go” checkpoint at 5:20, and finished up with a scorching 11 km in 1:06 or so to finish in 6:27 or so and 36th place. Jonathan, finishing in 6:05, had put 20 min on me in 15 km.

The big talking point of the race was that Zelah Morrall not only broke the woman's course record by 23 min, but finished second overall, only 7 min behind the winner – an absolutely awesome performance – and she looked pretty fresh when she finished to boot (so I was told!). The other notable feature about the finish was the can of Speights (S. Island beer) in the post-race pack – actually, it tasted pretty good!



Fortunately, I recovered sufficiently for our walking trip to take place – five days walking the Caples and Routeburn Tracks – which were even more awesome than the Kepler – what a region of the world!! The

Routeburn is one of the busiest walks in the country, but we found the number of people to not be a problem at all – didn't ever annoy us. Of course, we had perfect weather for a whole week, so that no doubt helped... If you feel so inclined, photos of the run and of our walk can be found on our web site (<http://www.mmb.usyd.edu.au/mackay/jandj/>).

The final analysis for me: not the time I was hoping for, but just inside Jacqui's predicted range, and happy enough overall. Jacqui thinks that it must have been a tough race though, because it took me several hours after finishing to transit from "I'm never doing this one again" to "Next year, I'll do it differently...". Chances are, I will be back for the 2004 Kepler – might see you there...?



Margaret Ward

On Saturday 20th December 2003 Sydney Striders lost one of its great supporters when to the deep sorrow of all of us who knew her, Margaret passed away after a long illness.

Our sincere sympathy goes to her husband Mike and her children Nick & Emily.

Margaret loved life and her family was number one on her list of priorities. She was one of those special people who are always cheerful and positive no matter what the circumstances. Margaret was a great organizer and worker and for the past 8 or 9 years she was responsible for all of the Club's mail-outs. On many occasions she went to a lot of personal trouble to ensure that our calendars reached us on time by dropping just about everything else and giving us the attention we perhaps did not fully deserve.

Margaret loved her family very much and consequently put up an incredibly gutsy performance to try and beat her illness into submission. Through all of the very debilitating treatments to which she was subjected she maintained a sense of optimism and vision that was inspirational. No complaints, just take things as they come and get on with life.

Forever the organizer Margaret had last minute instructions for all of us who attended her funeral service. Wear no black and flowers welcome. The service itself was a celebration of her life and typical of Margaret there was a special effort made to comfort not only her children Nick and Emily but also the many other children present.

We will all miss Margaret very much and in closing it needs to be said that during this time she was supported by a wonderful group of neighbours, friends and relations. Leading this group was her husband Mike, who has put in many hard yards at places such as Bogong to Hotham, The Glass House Mountains, Brindabella, the 6 Foot Track Marathon and Trailwalker. We know that Margaret would want him to continue on conquering these great events in the future just as he has done in the past.

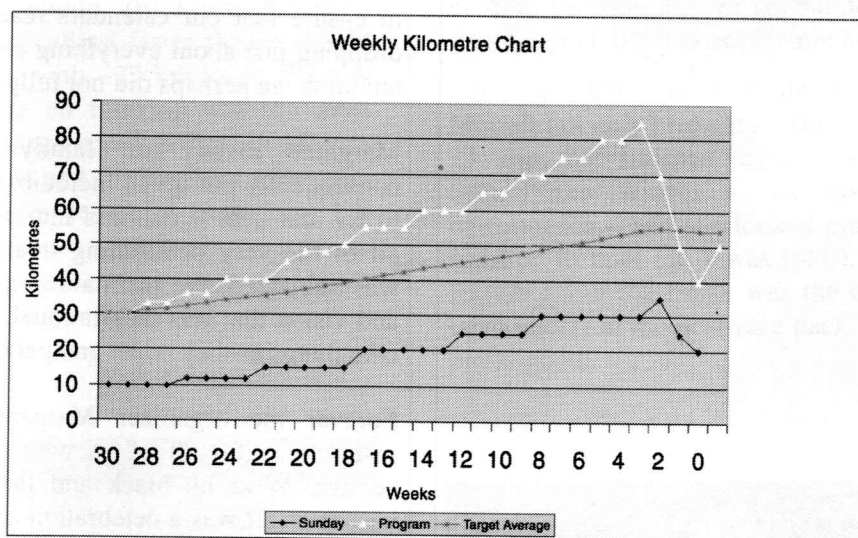
Mike, Nick and Emily all have other races to run and we know that whatever happens in the future they will come out on top thanks to the wonderful legacy of optimism and love of life and family left by Margaret and for which she will always be remembered.

Marathon Training Group

From James Moody, MTG Coordinator

The MTG has again been established to provide an opportunity for those club members who would like to extend their running CV to include a Marathon and with this in mind the Canberra Marathon in April 2004 has been selected as the goal. The current group has about 20 first time Marathoners plus a number of experienced runners who are coming back after layoffs for various reasons.

The MTG is currently at week 17 of the program and are now starting with the 6:00 AM group for the 20 k distances, we are about to extend that distance to 25 k's during the next two weeks for approximately 4 weeks prior to running the 30 kms until tapering for race day. The average pace is around 6 min/k plus drink stops as this will be our proposed speed for Canberra in April. At this stage we are running between 55 and 60 k's a week which will extend to a maximum of 85 towards the end of the program. It is the intention of the group to run Canberra in approximately 4:20 to 4:30 and the training program has been designed with this in mind. If there are any members of the club who would still like to join us or would like any information about the group please email or contact us on the MTG information details at the beginning of the Blister



New Members – October to January

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.

Peter Slater	Rob Bell
Janet McCormack	Raymond Wareham
David Criniti	Allan Wareham
Peter Quinn	Dimitri Kontopos
Yvonne Kirk	Jim Kandunias
Mike Fowlds	Peter Simson
Gavin Markey	David Ward
Madeleine Snelling	Jill Reich

Roll of Honour

The following had anniversaries of membership in October - December:

20 years

Graham Butler

15 years

Joanne Cowan

10 years

Rozanne Green

Philip Boswell
Neil McPherson

5 years

Jonathan Gliksten
Paula Shingler

Alexandra Dunn
Mark Shingler

Warrum Bungles

Warrumbungle National Park Running Week

By Margaret White

While most Striders enjoyed the Internal Half Marathon on the gentle slopes of the Lane Cove River Park, a small squad of highly trained volunteers trekked north-west into the tough interior of the state in search of new running fields. Objective? Warrumbungle National Park Running Weekend.

Approaching the ancient and mysterious Warrumbungle Range, it became clear that 'The Spire' and 'The Bread Knife' were terrifyingly well-named. The squad split into two teams. One headed West, into the tightly-knit and little-known town of Tooraweenah. One skirted the foothills to approach from Coonabarabran, North-East.

The fifth member of the squad was moving quickly up the Hume Highway from Victoria. He would arrive at 7.05 for the 7 am start the next morning. Like many, he had faltered in his search for the start, 'near the Visitors' Centre'. The field waited. Patiently. No need to rush into this.

The Tooraweenah team had spent the previous afternoon scouting out the Tooraweenah Show. A walking race for horses, the open running race for humans (aged 6 to 26 and not a running shoe or singlet between them), the egg-throwing contest and the sheep butchering demonstration were closely and keenly observed. The Warrumbungles' strange beauty, looming over events, aroused both dread and anticipation.

The squad also learned some valuable lessons for life at the Show: sheep dogs gleefully ignore the boss sometimes and it's very hard to make a horse walk over a blue tarpaulin. Think about it.

Soon after dawn next morning, squad members waited nervously with a small but daring field of competitors. Among their number, 81 year old Thelma Davies. A priest had journeyed from Great Britain to participate. Spooky. In clear sparkling mountain air they gathered, among astonishing rock formations and eerie fields of purple Patterson's Curse. Knarled trees stood guard over this sacred place, and its inhabitants, as they always had.

At the signal, the runners headed into the wilderness. Many of those who saw them doubted the wisdom of their quest. In the lead, two members of the Striders'

squad determinedly turned right into Jack Renshaw Drive. The field followed closely. One and half kilometres down the road the frantic race organiser turned them around.

Into the Mountains they scaled the highest peak. The race organiser had led competitors to believe that there were no ascents to rival the Pluviometer, nor descents like the drop to Caves House. Unless the pain of the Six Foot Track resembles that of childbirth, he lied.

It was hot, dusty, going. Stoic members of volunteer organizations, based in Coonabarabran, provided solace and fresh water at regular intervals. Those who made it through were greeted by an admiring, if puzzled, mayor and a hot sausage sizzle. Like all pioneers, they had endured indescribable hardship. The race organiser promised cordial at the aid stations next year.

Most of the squad returned to civilisation exhausted, but happy with the success of their mission. Two firsts, a second and one brave just survived. Only one was defeated by the harsh, unyielding landscape and searing sunshine, too hot and tired to go on.

Report back to the Club: The Warrumbungle Running Weekend is a worthy challenge for strong and brave Striders. For those overweight, genetically under-endowed, demotivated or just plain lazy (all or any of the above): there's always next year.

Warrumbungle Marathon Weekend 18th-19th October

Ultra Marathon 50k

2 nd Kelvin Marshall	4.50.21
10 th Keith White	7.19.20
Margaret White	DNF

Marathon

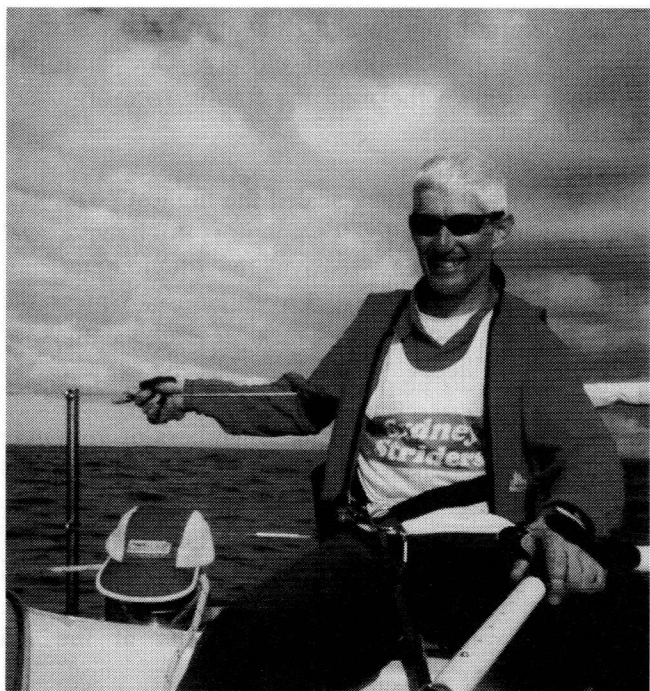
1 st George Lisson	3.43.28
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10k

1 st Female Xandra Dunn	0.45.09
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Striders at Sea - Sydney to Hobart 2003

By Stephen Jackson



Stephen at the helm

The last boat home in the 2003 Sydney to Hobart received a rapturous welcome from thousands of well-wishers on a buzzing Constitution Dock in Hobart.... unfortunately we were the second last boat home and were welcomed by my lovely wife, Megan, and Trish, the wife of another crew member, with the unwitting support of half a dozen or so leftover revellers from the New Years celebration the night before... Yes, we were second last home, and yes, we were last on handicap, but no, I would not choose to do the Hobart race in any other yacht than the 33ft Berrimilla (Skandia, the first boat home, is three times the size of Berri!). Berri is owned and skippered by Alex Whitworth, a long standing Strider, who has completed more than a dozen Hobarts.

This is a good point to mention a quote I heard in Hobart – “Ocean racing is vast amounts of mind numbing boredom interspersed with fleeting moments of sheer terror”. Never a truer thought expressed.

Where did it start? I started sailing with a vague intention of doing a Hobart about 10 years ago. Unfortunately that boat sunk about a year later, and from then until late 2002 Hobart continued to be just

another dream. In November 2002 Alex and I were doing the Akuna Bay Arrgh STaR when the sight of boats in the estuary prompted me to say I would love to do a Hobart one day. I was oblivious to Alex's legendary status in sailing and Hobart terms, so when he gave me his number and said to call him, I did little until January 2003. From then until now Alex has put up with my rusty, old, and minimal sailing experience to build my knowledge and skills to a point where I could be a relatively useful member of Berri's crew for Hobart 2003. Since the '98 Hobart when six sailors died and a number of boats foundered, the standard of experience, training of crew and safety levels of the yachts has been raised substantially. Interestingly, Berri won its division in the '98 Hobart, so obviously I had stumbled upon one of the safest yachts in the fleet.

Preparation for Hobart has involved sailing and racing Berri mid-week and weekends at every opportunity, time on Pippin, another Hobart boat during the winter season, courses including sea safety, survival and first aid, and working on the boat – whether it be varnishing, sanding, painting, or wiring in any spare time left. We also competed in the Lord Howe Island race, a three and a half day Category 1 invitation-only event, and the Flinders Islet race late in the year. A combination of qualification issues and insurance coverage saw the 2003 fleet for Hobart down to 57 starters, from a high of 371 in 1994, the 50th year of the race. Next year is the 60th, and a fleet approaching 150 is expected.

Berri, as mentioned, is 33ft long and about 25 years old. Regularly raced in the Harbour with just Alex and me on board, Berri has a crew of 6 for the multi day events. An excellent blend of youth (well, relative youth I guess) and experience was assembled for Hobart with the crew age averaging 49 across 5 guys and a female navigator. The crew had a total of 27 Hobarts between them with 2 virgins on board (me and Laura). Alex says that preparation for Hobart starts when Berri arrives home in Sydney after the previous Hobart, and to that I can attest. In the final month leading into the Hobart preparation from refining instrument locations to gently scrubbing the hull, from varnish to new sails, from check and rechecking sheet and halyard condition to radio checks and GPS transponder installation occurring at every spare

moment. My trek home from the city to Lilyfield was regularly via Rushcutters Bay, Berri's home.

Finally, Boxing Day arrived and the crew assembled for the final weather briefing at 8:30am. Not ideal weather news for Berri, but that's sailing. Personal gear was stowed aboard – no room for individual bags – no room for a change of clothes – even the bottles of water were frozen to keep the ice chest cool then used for drinking water once defrosted. Wet weather gear and thermals, sailing gloves, a hat and sunnies, and a life jacket with built in EPIRB (satellite tracking unit) is the standard wardrobe. Plus the delightful crew shirt for this race.

Casting off from the Cruising Yacht Club at Rushcutters Bay at 11:00am, we headed for the northern end of the start line to check in and display our storm sails so that permission to start could be obtained. We then gently motored up towards the Heads to see what the wind and tide were doing, then cruised back to the start line enjoying the wall to wall spectators, both on the water and the shoreline. Alex and the brains trust of Yoppie and Pete decide on a conservative start behind the fleet sticking to the southerly boundary of the exclusion zone. Then, at 1pm the gun goes and we are off. A good start, out the Heads towards the back of the pack, and, as we found out later, with a full minute of Berri coverage on the TV! Turning south into a choppy sea we were Hobart-bound and fingers crossed, the weather gods would be kind to us. Bugger, they weren't. Late on Night One the wind died, along with our hopes of a good handicap finish, and we spent 12 hours bobbing around, going 2 miles backwards. Not fun. From this point to the last few hours up to Hobart has merged into a blur, probably due to a watch system which was 3 hours on and 3 hours off around the clock, with the inevitable aforementioned moments of terror occurring at the change of watch so that the theoretical 3 hours of rest was rarely that.

Rest? There were six of us in a boat smaller than a 12-seater mini bus. Everything moving all the time, banging and crashing, wet and wild, always hanging on – for not to hang on can lead to severe pain – more of that later. Ocean racing never stops. Not for a minute. Even when becalmed the boat is rocking and rolling, and the crew is on edge peering into the distance looking for the ruffle on the water's surface that may signal the next puff of wind, and debating the tactic that will get us out of the hole we are in, or the move that got us into the hole in the first place. No, rest is a rare commodity on an ocean racer.

Having said that, with five guys and a girl, differing backgrounds and ages, it was a tribute to Alex's skippering skills and his crew selection that there was not one hint, at any time, of crew unrest or friction. Despite living shoulder to shoulder, with no privacy and every opportunity to offend, all six of us were better friends on arrival in Hobart than when we left Sydney – and that is with Mal snoring like a runaway steam train!

Meals were limited to an excellent evening hot feed accompanied by random grazing throughout the day (and night). Bread and honey, pieces of fruit, muesli bars, noodles, protein shakes and fruit poppas, lots of chocolate and the ever-present snakes.



Stephen up the mast

Exciting moments? Losing a halyard to the top of the mast and, being the lightest in the crew, guess who got hauled up to the top of the mast in the middle of Bass Strait to retrieve it? ... Schools of dolphin, porpoise and seals, pods of whales, and the odd sunfish passing by (more often than favourable winds I am afraid) ... Zipping when I should have zagged in the sail compartment when Berri launched

off a wave and I chest-butted the bulkhead – only to crack my sternum and break a rib... Being on the foredeck when wild wind and rogue wave combined with a recalcitrant spinnaker to bury Berri's nose in green water and broach across the wave (turn the boat side on and tip it over down the wave so that the mast is nearly in the water), leaving me only attached to Berri by a life line. As we came up Yoppie, who was on the helm at the time, said in a surprised tone "Look, Steve is still there!" ... Getting wind after 12 hours becalmed (really, that was extremely exciting!) We actually spent nearly 48 hours at zero knots ... 13.4 knots down the face of a wave ... The scramble for mobile phones off northern Tasmania when we were briefly in range ... The paparazzi buzzing us off Tasman Island in a light plane – low enough that it had to fly around our 62ft mast ... Being at the helm for the final leg up the Derwent and across the line ... An hour's sleep in the last 36 hours with both Alex and Yoppie confined to berths with a bad case of crook roll-mops (pickled herrings) ... Entering Constitution Dock with my wife cheering us on – I will admit to the odd tear at this point (must have been the salt...). Finishing the 59th Sydney to Hobart Yacht Race, recognised around the world as the Everest of ocean racing.



Laura, navigator (L), Strider Alex Whitworth (R)

I said at the start of this article that I would not swap Berri for any other boat. I stand by that statement. Zana may have been faster, and Brindabella more comfortable, First National may have won handicap honours, and Skandia first over the line. However to really experience ocean racing I believe you must do

it in a small boat with a tight crew. On a small boat everyone matters – and everyone does everything. I worked the sails, was at the helm, navigated and cooked, packed spinnakers and made radio calls (OK, so I may have overstepped the mark there, sorry Alex). A small boat "feels" the ocean, is out there for a long time, and each crew member turns their hand to whatever is needed, whenever it is needed. Team work and camaraderie are the real essence of a good experience.

Would I do it again? Yes. Will I do it again? If opportunity knocks. My heartfelt thanks go to my lovely wife Megan, for putting up with this particular obsession, Alex Whitworth for his patience and excellent sailing skills, the rest of the crew, Yoppie, Peter, Malcolm, and Laura, and to Berrimilla for being a damn fine ocean-going yacht.

Distance: 630 nautical miles (that's 1,166 km) in a straight line. We covered 1,444 km. Winning time: 2 days 15 hours 14 minutes. Our time: 5 days 18 hours 29 minutes. Average speed of the winner (Skandia) a touch under 10 knots. We averaged 4.5 knots. Biggest crew Zana: 28. Berrimilla: 6. Biggest boats - Skandia and Zana at 30 metres, Berri is just a touch over 10 metres.



Bass Strait - somewhere

Katoomba to Kanangra in a day **(Keep this one away from the kids)**

By David Lancaster

Soon after I married into the McElroy clan my new father-in-law regaled me with stories of hiking the Kanangra/Cox's area before there was an established track.

I had heard that the track was not clear in some areas so knew I needed to become familiar with the problem areas. On my first attempt the weather closed in and forced me to abandon the attempt. My second attempt was successful, but not without losing many hours at another difficult juncture, and having to contend with soaking rain.

The idea of trying to complete it in one day evolved some time after I had joined the running fraternity. Stories of Comrades and 6 foot, Brindabella and Glasshouse all mixed together to lull me into thinking that it was quite normal to run all day. Inability is just a state of mind.

Several problems had to be overcome. Firstly, when to go? Secondly, how to get there? Thirdly, who would go? I needn't have worried about Question Three. Between Kevin Tiller, Sean Greenhill and me we soon had 21 interested runners on email.

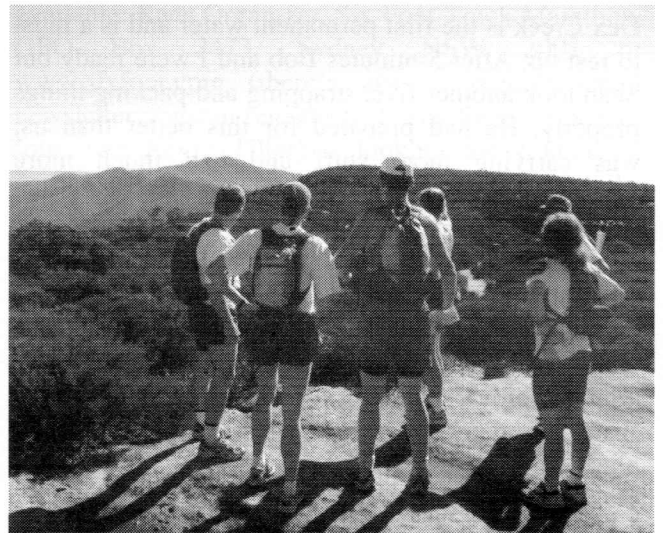
For Question One - I wanted to run in the late spring early summer to avoid the cold and miserable conditions I had experienced before and so that the days were longer. However other runs and the Rugby World Cup pushed our event back to the last weekend in November. I felt it would be too hot but at least we would have plenty of daylight.

For Question Two - We hit on the idea of hiring a mini bus with one volunteer to drive us out early on Saturday and then return to Sydney while we ran.

In the weeks leading up to the run, eleven runners pulled out so the hire costs worked out at around \$30 pp but we still needed to have our own cars in Katoomba to drive home. The first time we all met was 6.30 am at the Katoomba Railway Station - the official finish for the Sydney Bush Walkers who do this trek once a year. They average 12 - 12 ½ hours so on the basis of that we should do this in 8 - 9 hours.

Kanangra Plateau is covered in native brush trees

that disguise the track, but I had been here before so at 8.35 we clicked our watches and started off confidently. Several viewpoints along Kanangra Plateau provide excellent views of the run to come. From a geological perspective Kanangra Walls is believed to have been an ancient shoreline with several offshore islands (see snap below). These islands have become the peaks that we must summit one after the other. As the water receded sand settled everywhere meaning that almost every rock in the mountains and Sydney today is sandstone.



**The way ahead - David Lancaster (1st L),
Sean Greenhill (centre)**

Smith's Pass is the only point you can use to descend to the saddle that leads on to Crafts Walls (Peak One) and can be hard to find, but the day was clear and we made no mistakes. I pointed out one track that had caught me out years before.

One hour into it and we were all feeling well and making good time. About then Sean stopped to tie something and the group split up. I went back to the place Sean had been seen last and waited until he reappeared from another direction. He had missed a turn and continued on for a while but his good bush skills told him to turn around.

When Sean said, "My running has gone to @#% since the Hawkesbury Classic, I never imagined kayaking for 18 hours would be particularly fatiguing." I thought it was just one of those things

runners say, however, I should have taken more notice.

We soon met Bob Elliot who had waited for us and we ran together over Peaks Two and Three but fell further and further behind the other group. The oddly named knolls – Rip, Rack, Roar & Rumble are actually exposed Quartzite reminders from a pre-sandstone era. These formations pose a unique challenge to your ankles as they provide opportunity to twist and break.

Mt Cloudmaker, Peak Eight and 11 kms on, was reached in 3 hours and the book signed. By this time we had descended and risen up to 300 mtrs several times but the others had been there 45 mins or so before us.

Dex Creek is the first permanent water and is a must to rest up. After 5 minutes Bob and I were ready but Sean took another five, strapping and packing things properly. He had prepared for this better than us; was carrying more stuff and had much more experience at long distance running.

Bob was carrying minimal water while I had 3 litres. I had minimal food while Bob had ample. Sean has enough of each plus bandages, scissors, torch, etc. etc. At this point I began imagining that we three were the only ones performing less than our best and that the others were moving further and further ahead.

Leaving Dex Creek can be eventful as once again you must push through the native brush and keep your direction without a clear track. After this there is an opportunity to turn incorrectly and gradually head off in an easterly direction. I have lost time here before looking for the correct track but this time we ran through without incident.

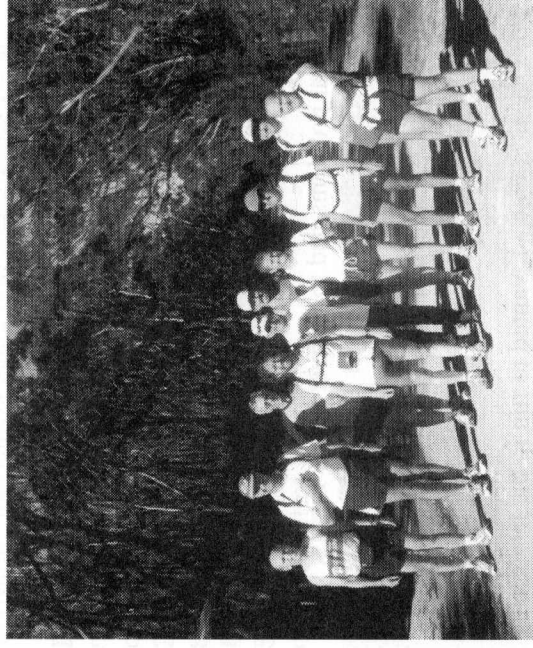
Mt Strongleg was reached in 1½ hours but it took more than another hour to descend the 630 mtrs to Kanangra Creek just below (it is called 'Strong-leg' for good reasons). For the next 15 kms, fallen trees littered and obscured the track. Obviously the area had been subject to strong winds in the past month or so.

Kanangra Creek is the second place fresh water can and must be collected because there is no guaranteed water in the next 30 kms. This joins the Cox's River, which must be crossed before beginning the arduous climb up Yellow Pup. Most of us spent time refreshing ourselves here; some even lay in the river

to cool off.

I began my ascent bravely but soon fell way behind both Bob and Sean as my lack of food extracted a harsh penalty. This track rises over 600 mtrs in 2 kms, was exposed to the direct sun and took me close to 1½ hours to summit. I was not alone in this as James reported later that he lay down on the track and slept for 25 mins before waking and continuing his run.

As Sean's underlying strength began to show, so did the affects of dehydration on those who hadn't carried enough water. They were forced to drink anything that could be found. By mid afternoon and still less than halfway, we began to wonder if we would be out here after dark.



Team photo at the start – Striders Fulvio Fabreschi (2nd L), James Cryer (3rd L), Stephen Jackson (5th L Bus driver), Sean Greenhill (5th R), David Lancaster (1st R).

The run through to Medlow Gap was beautiful and spurred on by the clock and a sugar donut from Sean, I soon pulled away from my companions. I found I could maintain a steady pace except when going up the slightest rise because at that time I experienced the most excruciating cramps. Refusing to stop I shuffled through each painful experience but expected the others to catch me as I did. Jan Herrmann put it better when he said, "Despite being sick most of the way, I still 'appreciated' the stunning scenery in a weird, I suppose masochistic, way."

Occasionally I stopped and waited but unknown to me, Bob was suffering more and more. After climbing up Taros Ladder, I sat down to rest again

and concurred with Paul Every's sentiments when he said, "I felt like @#% but realised there was nowhere else on earth I'd rather be."

My run along Narrow Neck was an act of pure discipline but the sun was setting and I still had over 10 kms to go. I believed all of the others had finished so I was surprised to find Jan shuffling along. Through him I heard that the others had split up around Yellow Pup and were in various states of exhaustion.

My run ended in 12 hours when I found Peter Davies and Paul at the locked gate waiting for Jan. Fulvio Fabreschi was up at the police station getting permission to unlock the gate so he could drive out along the plateau to pick up the last of us. This was a good thing as it was well after dark and Bob was now quite dehydrated. He had been going for over 13 hours.

We were all totally spent with three out of nine having vomited at some point. I considered myself insane for having ever wanted to make this run but Fulvio got me thinking when he spoke of going back some time and doing it right.

Other comments from the group included –

- I've run the 12-foot track – but this was hard.
- The smart ones came down with botulism the day before.
- I fell into a deep slumber before we had reached Leura. Fortunately I wasn't driving.
- All voiced sincere thanks to Stephen Jackson for selflessly giving up his time to spare us the horror of late-night car shuffling.

Thursday Long Training Run

A long run in the City on a Thursday evening to prepare for Six Foot and/or Canberra.

Start/Finish: Steps of the State Library, Macquarie Street (opposite Bent Street).

Time: Start 5.45pm on the dot - we will not wait!

Distance: 17.5kms, est. time about 1hr 45 mins. From March 4th Six Footers will revert to 12.5km course. BYO drink belt - only one tap en route.

Contact: Michael Bailey on 0412 212 427 or michaeljsbailey@aol7.com.au

Pace will be slow! Faster runners welcome but please run as a separate group rather than drag the pace of this group faster than it should go.

Super Series Events 2004

Feb - Striders 10k

Mar – Six Foot Track (45k Bush Run)

Apr - Canberra Marathon

May - SMH Half

Jun – The Equaliser 14k (Striders X-Country C'ship)

Jul – *To Be Advised – Watch the Website/NextBlister*

Aug - City to Surf 14k

Aug - Willy to Billy (35k Bush run)

Sep - Sydney 10/21/42km

Oct - Internal Handicap Half

Sat. March 13th, Six Foot Track

45km mountain trail run, 8am start. Katoomba to Jenolan Caves. Time limit 7 hours. Entry forms now available: Race Organizer, Six Foot Track Marathon, GPO Box 2473, Sydney NSW 2001 or www.sixfoot.com (there's also a regular email newsletter you can register for). The Race Organizer (our own Kevin Tiller) is looking for volunteers, particularly at race check-in – see website for details.

Sun 23rd May SMH Half

It really does fill up fast, so get your entry in as soon as entries open. Leaving it until the last minute will not work for this one. Keep in mind that the SMH Half is the Club Half Marathon Championship, and you must be properly entered and in club uniform (at least a recognisable Striders top) to be eligible for any Club Awards. 'Properly entered' means no swapping, buying, borrowing, stealing, or just plain using someone else's entry! The race will be officially launched on Monday 22nd March, online entry will become available from that date. 2003 entrants will be sent an entry form late in the week ending 19th March. For a hard copy entry form, phone or email after 15th March. The website is www.smh.com.au/halfmarathon or 1800 555 514.

The race always reaches its 4000 runner limit so please enter early! SJ

Other Events

Crackneck Challenge 16km Sunday 9th May

Organised by former Strider Peter Ford now moved up to the Central Coast with assistance from Derek Foley of 'The Right Track' fame. See 'The Right Track' web site www.funrun.com.au. The run/race/walk starts and finishes at Memorial Park, The Entrance. (From Michael Bailey)

Glasshouse 100 Miles 2003

By Sean Greenhill

I entered this year's Glasshouse in a fairly subdued state of mind. Having run Western States in June, I took five weeks of easy jogging to recover and found myself only seven weeks out from Australia's sole trail 100 mile run. Figuring I already had a good endurance base, I did one 56km run in the Watagans, then concentrated mainly on speedwork and averaged around 120km/week. I did figure that, at 89 kg, I was too heavy for optimal performance in this running lark, so via Coolrunning's resident exercise science brainiac, Elly Peters, I contacted Dr Helen O'Connor, a sports nutritionist who had previously worked with the likes of Pat Farmer. With Helen's assistance I dropped from 12.9% to 9.5% body fat in the space of six weeks and my form improved noticeably as a result.

The first Saturday of September I knocked over a minute off my 10K PB, then ran another 6 hours in the Watagans the next weekend and the next Saturday ran the 'Bridges' loop, where I took a minute off my best time for the course. All good signs.

I spent much of the week before the race covering the new course. The last few years the course was an 80km circuit run twice, this time it had a 115km 'western' section consisting of several interconnected loops, and an out-and-back 45km 'eastern' section.

It was blazing hot (into the 30s) all week leading up to the event. The forecast was for the heat to continue into Saturday but cooler weather on Sunday. The nights during the week were quite cool but once the sun rose, the temperature soared.

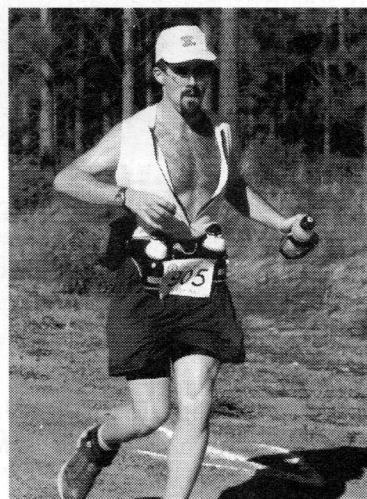
Thirteen starters fronted on Saturday 27th September. A fog hung over the grass and our breaths were misting despite the warmth, indicating a very high dewpoint, not a good sign. Pretty quickly I was jogging along with Ian Wright, Jan Herrmann, Kieron Thompson and Walter Brumniach. It was obvious right away that the pace was too fast, but despite that the five of us ran most of the 10k up Mt Beerburum. Kieron turned to me and said that the splits for the first two aid stations were ahead of the splits he'd put together for an 18-something hour finish!

Thinking of what Kieron told me I informed the

guys that the pace was too fast for me and I walked quite a bit of the way to Checkpoint Three.

We would only pass the first four aid stations once during the run, so I didn't bother sending drop bags to them, but they also had rudimentary aid for the same reasons, so I carried five doughnuts in my pocket as fuel for the first 28km.

Heading out to Checkpoint Four, memories of previous years came back - this part of the course, at least, was unchanged from earlier years. Through the pine State Forests, with glimpses of distant peaks, which we will run all around by the time the day is done. Usually it's at this point that you realise it's a bloody big piece of real estate out here and running 100 miles really is a long, long way.



Sean heading into Checkpoint 4

The 6km from Checkpoint Five to Six contains the notorious Goat Track and Hennessey's Hill. I negotiated the eroded gullies and fallen trees and logs and jogged into Six in gathering heat, right on that 1.10 schedule. I jogged out of Six onto the "new" course; from here on it would all be different to previous years.

Just after leaving Six a lanky, shaven-headed character caught me up; it was 'The Ladies Man'. He'd posted on Coolrunning about eight weeks prior that he was interested in doing the 100 and outlined his recent training; I was doubtful and had advised him if he was serious, he might consider entering the 100, seeing how far he got and learning the lessons for 2004. But he was good company now as we

crossed the Woodford Rd and looked down onto the Powerline. This was a section of eroded, crappy trail through a small valley several km long that started with a treacherous decent, then rose and fell in a succession of short, sharp hills, gradually working towards the next ridgeline. All exposed to the sun; the temperature was getting debilitating by now.

Kelvin Marshall, only running the 50 mile today, appeared from a side trail and mentioned he'd got lost. He fell in with us and the three of us ran together until we crossed another road, when Kelvin realised he was heading the wrong way. We gave him some directions and he headed off in the opposite direction whilst we ran on a dirt road through pleasant farmland into Eight.

From Checkpoint Eight we ran two loops through a new section called the Basin. This was one of the worst parts of the course, this climb just went on and on and was open to the sun and heat. After the first loop of the Basin, Eight represented approx. 53km.

Apparently we were now in equal fourth place - Ian Wright, Kieron and Walter were ahead, but Adam was behind us somewhere. We hadn't seen him - turned out later he'd taken a wrong turn. I headed out on the longest stretch between aid stations on the course - almost 12km to Seven.

We arrived at Seven to find we had moved up another place and were now in equal third! Ian Wright hadn't arrived, and he also had taken a wrong turn. Adrian Pearce was there - ostensibly a crew person for Adam, we'd corresponded by email before the race about the possibility he might pace me at night.

We ran out together, describing a convoluted loop that would return us back to Seven. It seemed interminable but also quite scenic in parts; there were a couple of stretches alongside billabongs that were pleasant; I mentioned to The Ladies Man that the temptation to jump in and cool off was very hard to resist!

Our return to Seven brought up 85km and my worst patch of the race. Ladies Man got organised quickly so I told him to go ahead on his own; I needed to eat and get my act together. I was about half an hour ahead of my projected sub 24 splits; maybe I had gone out too fast?

I spent 20 minutes here eating slowly; Ian came up from behind, confirmed his navigational error, and

remarked he was blistering badly. When he left I still felt no better really than before, so I figured I might as well get going and see what happened. I collected my lights and started walking in Ian's wake back towards Six.

I started to feel a bit better but took it easy all the same. It got dark; on with the lights, jog a bit, jog a bit more. I emerged from the eucalypts to run alongside a pineapple farm, then into the trees again near the Powerline and back up the hill to Six - 93km down. Ian was pulling out due to his blistering. Munching on bread, I headed out into the dark I had slipped into a mental approach of 'Just do it'-make forward progress, don't think about how much lies ahead, and the finish will come. Very Zen.

I was jogging along a rolling dirt road, alone in the darkness, heading out towards the black shadow of Mt Beerwah silhouetted against the clear night sky. I wasn't alone for long-a car came up from behind and parked next to me. Adrian got out and said he was ready to pace me to Five. I picked up a stick to use as a trekking pole - good for taking the weight off my feet.

I found the uphill painful as my shoes would rub against the blisters on my heels - but otherwise we made good progress. This leg seemed to take forever, but when we climbed up the last steep pitch to the forestry road a few minutes up from Five, we found we'd actually moved quite well and would get to the aid station earlier than I said we would. 101km was up. Tim would pace me for the 14km back to the Sportsground.

This section was interminably long in the dark... just dragged on forever, and I was fairly subdued when I hauled into One. So much so that I walked most of the four km from One to the Sportsground. A check of the watch told me I'd arrive there a couple of minutes after 11pm. I charged Tim with the responsibility to kick my arse out of there if I hadn't departed the Sportsground by 11.30 - I wanted to have at least 12 hours for the last 45km, just in case something went wrong (last year I'd covered the last 45km in about 7 and a half hours). We thought we might see The Ladies Man running back towards us on the way out to the Eastern Section but we never saw him - indicating he must have been at least 45 minutes, probably more, ahead of me. Earlier on I had sagely told myself that, seeing as this was his first foray beyond 88km, he'd inevitably come back to me during the night and third place would be mine. My master plan didn't seem to be working out

as I envisaged.

Tim pointed out that 11.30 had arrived and started giving me all sorts of aggro looks but I was pretty ponderous in getting my act together again. Finally Adrian and I left at about 11.35 - he'd pace me out to Wild Horse Mountain (Checkpoint Nine).

For a guy who was having trouble staying awake, I made pretty good time (with Adrian's assistance) to Nine (125km). The good folks at Nine gave me a coloured chip to place in a box on top of Wild Horse Mountain just to verify I'd got to the top. The climb up the mountain itself was nothing fancy... a quick admiration of the mountains and the coast (as they appear after midnight) and we hiked back down to the bottom.

The Ladies Man was well over an hour ahead... seemed unlikely we'd catch him now, so as Tim and I trotted along under a black sky punctuated with thousands of white sparkles, our conversation shifted to when we'd see the leaders coming back towards us. Walter and Kieron were still together apparently, but their pace had slipped from crazy fast... to the extent that we wondered if they might not get in in under 24 hours. Tim and I wondered what sort of creative abuse we could come up with... that it was just NOT ACCEPTABLE to attempt to win this bloody thing and take SO LONG about it... We decided against it -if they had been pushing each other for 140 odd km by the time we saw them, they might not take smart remarks in the best of humour.

I had predicted in advance that psychologically the Eastern section wouldn't be too bad as runners would be coming towards you in both directions, but it was still a surprise to see someone out there after all the buildup. Kieron was in the lead, with Walter on his shoulder and Tony Howes, Kieron's pacer, bringing up the rear. Some quick shakes of hands and "good on you" and "well done" and we passed each other in the night. Looked like they'd get in in under 24 with a little time to spare... but who was going to win? Would it be a sprint finish across the Sportsground after 100 miles running shoulder to shoulder?

Within 5 minutes we saw another light coming towards us. We were thunderstruck - The Ladies Man emerged from the night, looking determined and moving fast. He had made up a hell of a lot of time on the leaders and was now within striking distance. I tapped him on the shoulder and told him to "go for the win" and we parted ways.

Tim pointed out that I seemed to crash after around an hour of leaving an aid station, so I tried to get

down some extra food here. It was starting to get cold even when I was on the move. The sky was changing from black to blue to grey as we passed some grazing horses; we could see the lights of Ten and another light coming towards us; Jan.

He had risen from the depths during the heat of the day to run hard during the night, catch up with and then pass Bill and David and was now striking out alone on this loop, 9km behind me. The second visit to Ten was 143km. With Jan so far back (but closing, no doubt) and the leading three already finished or very close to, the incentive to push myself was gone, so I walked almost all the way back to Nine in pretty much an hour and a half. The sun had risen and chased away the chill. I collected another chip to deposit at the top of Wild Horse Mountain; Tim and I hiked slowly up, dropped the chip, admired the views again, and then made slow progress back down. I was relying heavily on my makeshift trekking pole on the downhills.

It was anticlimactic; I wasn't going to catch anyone and no one was close enough to get me from behind, so it was mostly walking. I just couldn't be bothered running. We did see some kangaroos near the western side of Wild Horse Mountain; apart from that little was said as we saw the Matilda Roadhouse coming up; only a few minutes to go.

Tim backed off to let me soak up the last few hundred metres; I started to run again, crossed underneath the Glasshouse Mountains Road, up and onto the Sportsground. A pumped fist and I crossed the line in 27.11, a new PB but not the time I had hoped for.

I felt pretty good. No real fatigue. Of 13 starters, 7 finished the 100 in under the cutoff - a fairly typical attrition rate.

My recovery has been much better than my two previous 100 mile finishes; I'm nowhere near as badly fatigued and the disrupted sleeping patterns and appetite evident after last year's Glasshouse and, to a lesser extent, this year's Western States have not been apparent this time round.

Ian Javes announced at the awards ceremony that he was standing down as RD, which seems to be placing the event in some doubt. Hopefully another Race Director can be found; as Australia's only 100 mile event, Glasshouse is a benchmark in this country's ultra running.

GLASSHOUSE RESULTS

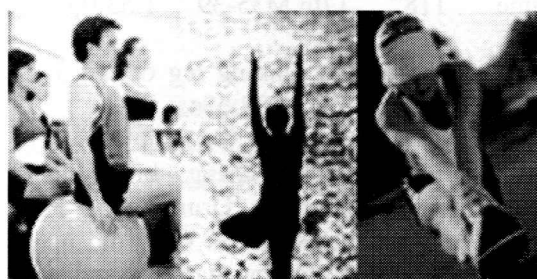
=1st Walter Brumniach & Kieron Thompson	22:58:12
3rd Rodney Ladyman	23:18:24
4th Sean Greenhill	27:11:47 (Strider)
5th Jan Herrmann	27:41:30
6th David McKinnon	28:36:20
7th Bill Thompson	29:06:26

Kerrie Hall and Nick Barclay finished unofficially after the 30 hour cutoff. Ian Wright, Adam Barron, Ian Javes and Carol LaPlant DNFd.

MASSAGE PILATES

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Thanks to all. In addition to named contributors were: Photos: Sydney Half - Rebecca and Tim Deane; Homebush 10k - Neville Mitchell, a visitor from Queensland. Results & Info: Stephen Jackson and Sean Greenhill. Also thanks to Jim Screen, Richard Wassell on database and proof-reader Penny Smith.

Athletics NSW Events

From Richard Sarkies, NSW Coordinator

News of Sydney Striders Registered Runners -

The summer brings the shorter faster track races to test one's speed and provide a bit of variety. So far we've had a few keen ones brush the cobwebs off the spikes and work the lungs to full capacity, and here are some of the results so far.

State 10k Track 8th Nov

Striders were certainly not inconspicuous, with eight out of around 40 starters. We now have 26 registered and growing. Three PB's (Dave Criniti, Dimitri Kontopos, and Richard Sarkies) and several debuts on the track in reasonable conditions, although a bit of a headwind in the back straight. Big congratulations to Ron Schwebel - 1st in his age group.

Men 10,000 m Open

1 Hurt, Simon	30:39.94
7 Truscott, Chris	32:06.04 (1st Strider)
8 Criniti, David	32:11.33
15 Benson, Darren	33:47.42
16 Richard Sarkies	33:47.71
19 Kontopos, Dimitri	35:12.61
21 Matthews, Martin	36:12.75
25 Koorey, Matthew	37:43.93

Men 35-39 10,000 m

2nd Sarkies, Richard	33:47.71
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Men 50-54 10,000 m

1st Schwebel, Ron	40:14.97
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STATE CHAMPIONSHIPS

State Relays, Homebush, 29 Nov 03.

Open Men 4x1500 Metre

Always hard mixing it with the speedsters clocking sub 4 min for 1500, but the team fought hard to run 7th and continue our presence on the track scene.

7th Sydney Striders Road Runners	17:35.79
Chris Truscott, Darren Benson, Keith Bateman (4:26 PB), Martin Matthews	

Men 3000 Metre State Open, Homebush, 10Jan04

Sarkies, Richard	9:30.23
Bateman, Keith	9:51.05 (first time 3000m)
Matthews, Martin	10:01.73

In oppressive conditions of 38 degrees, three brave

souls stepped onto the track, only to be peeled off it at the end of the race along with some souvenir tarmac. The only smart one was Darren Benson who cheered on in the stands, but even he ran out of breath before the race was over.

ALLCOMERS MEETS

Men 3000 Metre Open, Homebush, 1/11/03
7th Truscott, Chris 8:47.98

Men 5000 Metre Open, Homebush, 15/11/03
Keith Bateman, 17:46, 1st Vet

Men 1500m, Bass Hill, 22/11/03
Keith Bateman 4 34.7 PB (1st time 1500m) – 1st Vet

Men 3000 Metre Open, Homebush, 6/12/03
14th Matthews, Martin 9:43.17

Men 5000 Metre Open, Homebush, 13/12/03
4th Benson, Darren 16:29.35
5th Matthews, Martin 17:01.70

Race Results

Hawaii Ironman Triathlon 19th Oct

577 th	Roger Casey	10.41.47
837 th	Elizabeth Edmonds	11.23.23
1090 th	Gary Leahey	12.16.04
1386 th	Brenda Hamill	13.55.57

From the LiStt (Benny Hagberg and Gary Leahey) Even after swimming 3.8k and riding 180k some competitors at Hawaii this year earned a Boston spot for this year. At least one of them is a member of Striders – **Elizabeth Edmonds** - at 3.25 she ran fastest in her age 40-44 qualifying within the Boston required time by 24 minutes. (The second fastest ran 3.32.)

State 10k 8th Nov. Women 45-49

1st Joanne Cowan (UTS Norths) 39:27.43

800m Open Allcomers

15th Lachlan Renshaw (SYP) 1:57.32

State Relays Homebush 29 Nov 03

4x1500m Men (200+ combined yrs)

UTS Gold medal winning team included **Stephen Ball**.

And **Joanne Cowan**, running for UTS Norths, won

Silvers in both the 120+ (that's O-30s) and 160+ 4x800m events; another Silver in the 120+ 4x1500m and a Bronze in the 160+ 4x1500m.

Mark Preston – Triathlons -

NSW Triathlon Championships, Maitland, Oct.

2nd in M45-49 age group

Noosa Triathlon (very competitive)

1st M45-49 in PB of 2.06.56.

Kurnell Sprint Triathlon, November.

2nd M45-49

Mark is now in the process of qualifying for World Championships in Madeira, Portugal May 2004.

Nepean Triathlon, 2nd Nov

From Steve Hume:

“Striders that I was aware of in the race include the following :-

	Overall place	Cat + place	Time
John Simmonds	505rd	4 th M60-64	2:23:52
Mark Wilson	311rd	46 th M35-39	2:05:36
Ross Sinclair	167 th	15th M40-44	1:57:10
Mark Fiore	129 th	10th M40-44	1:54:17
Steve Hume	118 th	17th M35-39	1:53:03

Dean Degan anchored the running leg of the team that came first overall, running 32:33s.

Greg Coy failed to start after suffering a broken hand in a nasty training incident at Drummoyne Pool involving that brute Sean Greenhill. Greg did make an appearance to support training partners and pick up the post race goody bags.”

Zatopek 10,000m Women

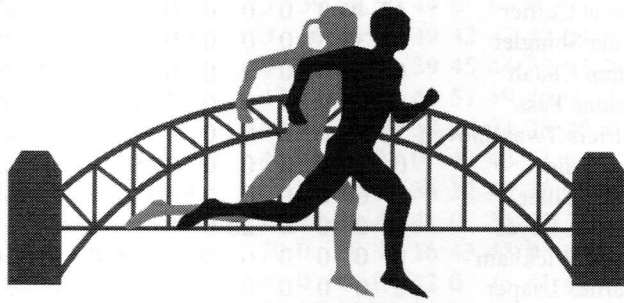
Jenny Truscott 10th 36:28.97

Personal Bests

Jaap Bakker -I have a new PB in the marathon (because it was my first one) 3:12:28 in Sydney Marathon in September.

Sydney Striders 10k Series 2003

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SYDNEY RUNNING CENTRE

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

Striders	Time
David Criniti	0.32.57
Darren Benson	0.33.04
Richard Sarkies	0.34.32
Stuart Chellis	0.35.18
Peter Olds	0.36.18
Keith Bateman	0.36.36
Steve Hume	0.36.38
Peter Truscott	0.36.45
Mark Wilson	0.37.26
Ross Sinclair	0.37.27
Eliza Stewart	0.38.01 F
Cameron Arnold	0.38.08
Ben McSweeney	0.38.11
Shaun Atchison	0.38.12
Greg Coy	0.38.17
Greg Donovan	0.38.26
Victor Donovic	0.38.29
Jaap Bakker	0.38.37
Tim Austin	0.38.47
Joanne Cowan	0.39.24 F
Philip Boswell	0.39.26
Salvador Gala	0.39.46

Luke Peterson	0.39.47
Kendall Waller	0.39.49
Ray Doran	0.40.11
Peter Slater	0.40.14
Craig Brown	0.40.36
Joanne Barton	0.40.39 F
Stephen Ball	0.40.48
David Gayford	0.40.49
Walter Mitchell	0.40.50
Ron Schwebel	0.40.53
Craig Plumb	0.40.56
Melanie Rauleder	0.41.12 F
Mike Morrissey	0.41.14
Adrian Spragg	0.41.40
Roland Hassall	0.41.41
Barry Rutter	0.41.43
Michael Free	0.41.51
Sean Greenhill	0.42.28
Rod Lovel	0.42.32
Tony Barbaro	0.42.35
Stewart Turner	0.42.39
Julian Wright	0.42.58
John Hodges	0.43.00

Matt Koorey	0.43.13
Peter McCrindle	0.43.35
Gary Aitkenhead	0.43.37
Caroline Yarnell	0.43.42 F
Richard Deutsch	0.43.52
Gregory Prerau	0.43.55
Heiko Schaefer	0.43.59
Manuela Sumetzberger	0.44.06 F
Peter Hammerschmidt	0.44.24
David Bray	0.44.51
Tim Deane	0.44.54
Mary Stringer	0.45.02 F
Campbell Reid	0.45.03
Mark Davis	0.45.17
Charles King	0.45.24
James Moody	0.45.49
Glenda Mitchell	0.45.52 F
Amy Fisher	0.46.01 F
Amanda Underwood	0.46.07 F
Peter Roberts	0.46.09
George Lisson	0.46.10
Alan Smith	0.46.13
Jeff Morunga	0.46.52

Race 10 Lane Cove 1st November 2003 Outright Results

Open Men

1	Glenn Guzzo	31.59	
2	David Criniti	32.57	1 st Strider
3	Darren Benson	33.04	2 nd Strider
4	Damian Tancred	34.15	

Open Women

1	Eliza Stewart	38.01	1 st Strider
2	Joanne Cowan	39.24	2nd Strider
3	Joanne Barton	40.39	3rd Strider
4	Melanie Rauleder	41.12	

Handicap Competition Placings in Race 10:

1	Craig Brown
2	Eliza Stewart
3	Sandra Domelow

Race Officials: Rebecca Deane, Kylie Catchpole, Shirley Rutter, Kerry Ross, Sam Chuah, Jurg Kunzle, Gavin Morisset, Kevin O'Kane, Graham Willis, Dougal Langusch, Frank Dearn, Stephen Jackson, Joe Degabriele, Grahame Murphy, Andrew Smith, Dennis Nel, Mark Robinson, Peter Woods, Deb Polverino.

Gary Leahey	0.47.10	Ted Brailey	0.49.39	John Kerr	0.51.28
Ross McCarty	0.47.39	Benny Gauci	0.49.45 F	Steve Packer	0.51.36
Iain Martin	0.47.43	Brian Ogilwy	0.49.54	Jack Leigh	0.52.02
Sandra Domelow	0.48.07 F	Clara Vucetic	0.50.00 F	Leigh MacRitchie	0.52.20 F
David Ritchie	0.48.12	David Lancaster	0.50.07	Lilian Chuah	0.53.47 F
Mike Hansen	0.48.26	Brad Renshaw	0.50.13	Paul Thompson	0.53.48
Bernadette Boulous	0.48.36 F	Allison Lilley	0.50.50 F	Penny Smith	0.57.36 F
John Sneddon	0.48.37	Eric Schmierer	0.50.57	Megan Jackson	0.58.13 F
Robin Cameron	0.49.23 F	Sharon Callister	0.51.17 F	Christine Cullen	0.58.56 F

Final 10k Female Open

Total is your best eight point scores. Race 10 had double points.

	L	N	L	L	N	D	L	N	H	LC	Tot
	C	H	C	C	H	M	C	H	B		
Joanne Cowan	60	61	57	57	57	0	26	61	61	114	528
Caroline Yarnell	51	0	51	0	51	56	56	53	53	102	473
Clara Vucetic	41	0	46	42	47	50	51	46	26	82	405
Glenda Mitchell	48	47	0	48	0	0	50	23	48	96	360
Allison Lilley	35	36	39	34	40	30	35	39	42	80	346
Penny Smith	0	33	36	31	37	40	0	34	38	72	321
Megan Jackson	31	33	26	33	40	30	39	0	38	72	316
Rebecca Deane	29	30	45	47	43	0	36	38	26	48	316
Catriona Cater	56	53	43	41	53	0	0	51	0	0	297
Elizabeth Woodhams	38	44	26	40	42	0	44	43	0	0	277
Benny Gauci	26	27	0	29	34	38	35	0	0	84	273
Jenny Truscott	0	46	50	50	50	0	0	48	0	0	244
Shirley Rutter	21	22	26	20	27	30	26	23	37	48	239
Tracey Love	44	22	37	31	0	47	48	0	0	0	229
Leigh MacRitchie	0	0	0	37	0	0	39	35	41	76	228
Amanda Underwood	0	0	0	0	0	0	43	49	41	92	225
Amy Fisher	0	35	0	0	0	41	0	35	39	74	224
Sharon Callister	0	0	42	45	0	0	0	33	0	78	198
Mary Stringer	42	49	0	0	0	0	0	0	0	98	189
Jacqui Matthews	45	46	48	49	0	0	0	0	0	0	188
Manuela	46	0	0	0	0	0	0	0	40	100	186
Sumetzberger											
Lesley Maher	0	41	0	45	0	49	49	0	0	0	184
Lisa Carroli	40	41	0	0	50	0	0	47	0	0	178
Joanna White	0	34	0	0	0	45	0	42	43	0	164
Karen Van Esveld	53	0	0	50	0	60	0	0	0	0	163
Joanne Barton	0	0	0	53	0	0	0	0	0	106	159
Kerryn Parkinson	21	0	28	25	0	31	27	0	26	0	158
Eliza Stewart	0	0	0	0	0	0	0	0	46	100	146
Robin Cameron	0	0	26	0	0	30	0	0	0	86	142
Beryl Wilson	32	0	0	0	0	32	40	36	0	0	140
Bernadette Boulous	0	0	0	0	0	0	37	0	35	68	140
Kerry Ross	0	0	0	0	0	34	31	0	26	48	139
Heather Forster	21	22	42	43	0	0	0	0	0	0	128
Mary Barnes	0	0	30	28	0	36	0	34	0	0	128
Ruth McColl	0	0	0	41	41	43	0	0	0	0	125
Tina Campbell	0	22	44	46	0	0	0	0	0	0	112
Amanda Garland	0	42	33	0	36	0	0	0	0	0	111
Kylie Catchpole	0	38	0	0	0	0	0	23	0	48	109
Frances Brown	37	0	0	33	0	0	0	37	0	0	107
Sandra Domelow	0	0	0	0	0	0	0	0	34	70	104
Renae Lentjes	0	0	0	0	49	0	0	50	0	0	99

Olivia Collier	47	40	0	0	0	0	0	0	0	0	87
Paula Shingler	0	38	37	0	0	0	0	0	0	0	75
Lilian Chuah	0	0	0	0	0	0	0	0	0	74	74
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
Dawn Tiller	0	0	0	0	0	0	60	0	0	0	60
Monica Reyes	0	0	0	0	28	0	0	30	0	0	58
Jenny Wickham	0	0	0	0	0	0	0	56	0	0	56
Marlies Laaper	0	0	0	0	0	53	0	0	0	0	53
Helen Ritchie	0	0	0	0	27	0	0	23	0	0	50
Tracey Halliday	49	0	0	0	0	0	0	0	0	0	49
Julie McGaw	0	0	0	0	0	0	0	23	26	0	49
Christine Cullen	0	0	0	0	0	0	0	0	0	48	48
Lorraine Spanton	0	0	0	0	0	0	46	0	0	0	46
Gill Cavenagh	0	0	0	0	0	0	0	41	0	0	41
Vivienne Kartsounis	0	0	40	0	0	0	0	0	0	0	40
Rachel Johnson-Kelly	0	39	0	0	0	0	0	0	0	0	39
Rachel Smith	0	0	39	0	0	0	0	0	0	0	39
Melanie Watson	0	0	0	0	38	0	0	0	0	0	38
Sarah Elfick	0	0	0	0	0	0	0	0	37	0	37
Sue Hill	0	35	0	0	0	0	0	0	0	0	35
Glenda Anderson	0	0	0	0	35	0	0	0	0	0	35
Erica Morgan	33	0	0	0	0	0	0	0	0	0	33
Maria DiMarco	0	0	0	0	0	0	0	0	30	0	30
Karel Pavich	0	0	0	26	0	0	0	0	0	0	26
Robyn Moody	0	0	0	0	0	0	0	0	26	0	26
Eliza Rayward	24	0	0	0	0	0	0	0	0	0	24
Mercy Samia	23	0	0	0	0	0	0	0	0	0	23



Glenda Mitchell at the Homebush 10k in October

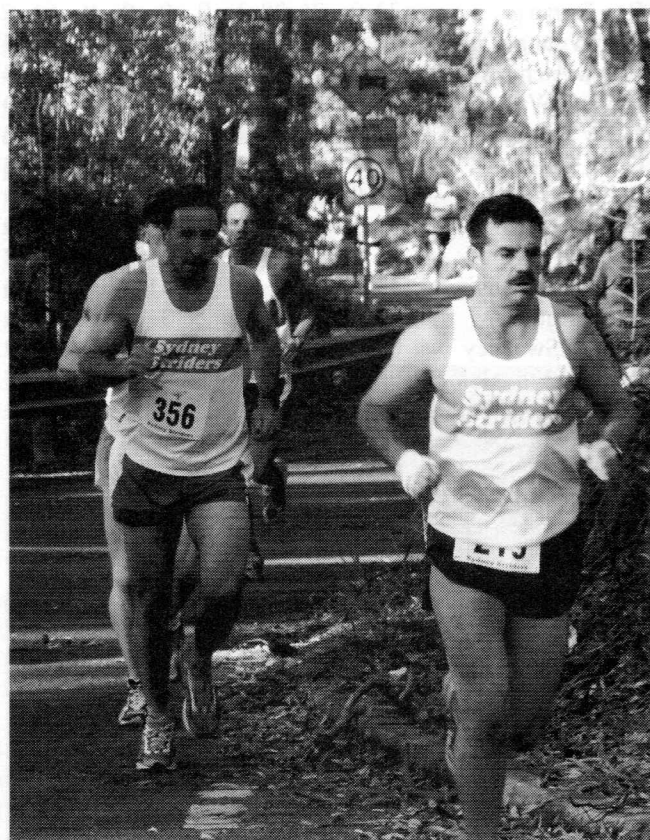
Final 10k Male Open

	LC ^N H	LCLC ^N H	D M	LC ^N H	H B	LC Tot
Darren Benson	60	60	60	60	60	56 112 532
Mark Wilson	48	45	50	0	51 51 51	48 51 92 442
Keith Bateman	44	12	45	47	45 49 49	43 50 100 429
Ross Sinclair	51	48	48	0	46 47 50	45 46 90 426
Steve Hume	43	43	42	44	44 47 3	40 45 96 404
Jonathan Craig	53	53	56	51	0 56 56	56 0 0 381
Peter Truscott	37	39	51	50	44 0 0	6 44 94 365
Stephen Jackson	3	36	44	46	49 42 47	43 54 4 361
Jaap Bakker	0	26	37	41	39 45 44	32 41 76 355
David Burgess	47	13	50	45	48 51 49	48 0 0 351
Greg Donovan	42	40	34	0	38 0 34	38 40 80 346
Stuart Chellis	40	41	0	38	0 43 43	51 0 82 338
Cameron Arnold	0	0	13	36	36 32 40	32 39 90 318
Victor Donovic	29	12	30	40	41 0 36	31 31 78 316
Tim Austin	30	0	28	34	16 43 43	0 37 74 305
Greg Coy	0	0	44	0	42 0 45	41 42 82 296
Ron Schwebel	36	39	40	39	3 36 22	19 30 52 294
Luke Peterson	12	30	27	35	0 35 35	26 35 68 291
David Gayford	23	24	2	27	30 38 31	23 27 56 256
Salvador Gala	17	20	20	24	23 34 30	28 2 70 249
Joel Mackay	41	41	41	43	40 0 0	36 0 0 242
Richard Sarkies	0	0	0	39	43 0 0	49 0 106 237
Adrian Spragg	34	33	33	22	28 30 0	0 0 46 226
Martin Matthews	35	0	36	0	50 0 47	0 48 0 216
Ray Doran	33	0	36	38	35 0 0	0 0 64 206
John Young	0	46	43	53	56 0 0	0 0 0 198
Shaun Atchison	0	0	0	0	0 33 32	39 29 64 197
Kendall Waller	0	0	19	23	33 22 19	0 34 46 196
Gerry Arthur	0	46	47	0	49 2 0	0 49 0 193
Craig Dunn	0	32	0	0	29 0 40	46 43 0 190
Philip Boswell	0	0	0	30	0 0 23	27 33 72 185
George Lisson	39	13	12	16	0 0 38	0 36 24 178
Rod Lovel	24	26	14	19	12 21 15	12 19 36 174
Randall Brophy	49	44	0	0	0 41 37	0 0 171
Barry Rutter	27	28	2	2	26 2 3	2 29 44 161
Ben McSweeney	0	0	29	2	0 23 27	12 0 66 159
Mohammed Alkhub	0	17	19	23	19 23 21	12 23 0 157
Gary Aitkenhead	21	0	0	28	27 28 0	18 0 24 146
Walter Mitchell	12	34	0	2	0 0 18	2 24 54 146
Mark Schaefer	15	19	2	12	22 19 17	13 18 0 135
Michael Sharp	20	29	31	2	0 0 24	21 0 0 127
Mark Davis	22	12	12	12	17 12 12	0 0 24 123
Stephen Bodnar	0	37	35	0	3 44 0	0 0 0 119
Richard Deutsch	28	13	0	19	0 13 22	19 0 4 118
Mark Robinson	32	31	0	20	0 0 28	0 2 4 117
Peter Hammerschmidt	19	12	12	12	12 13 12	12 0 24 116
Lance White	40	0	38	0	0 0 0	34 0 0 112
Paul Thompson	12	12	12	12	12 12 12	0 15 24 111
Heiko Schaefer	12	12	12	0	12 12 12	12 12 24 108
Jeff Morunga	12	12	12	12	0 12 12	12 12 24 108
Charles King	12	12	12	0	12 12 12	12 12 24 108
Mike Hansen	12	0	12	12	12 0 12	12 12 24 108
Eric Schmierer	2	12	12	12	12 0 12	12 12 24 108
Ted Brailey	0	12	12	12	12 12 12	0 12 24 108
Tim Deane	2	2	15	2	12 12 14	12 14 24 105
David Criniti	0	0	0	0	0 0 0	0 0 100 100

Ross McCarty	0	12	0	12	12	12	12	12	0	24	96
Brian Ogilwy	0	0	12	12	12	12	0	12	12	24	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
Frank Dearn	12	12	12	12	12	12	12	0	0	4	88
Alan Smith	0	0	0	12	12	14	12	0	13	24	87
Iain Martin	12	12	0	12	13	12	0	0	0	24	85
James Moody	12	0	12	12	0	0	0	12	13	24	85
Steve Packer	12	12	0	0	12	12	0	12	0	24	84
Sean Ryan	0	0	0	36	0	48	0	0	0	0	84
Craig Brown	0	0	0	0	0	10	0	12	0	60	82
Alex Jensen	0	0	14	4	34	25	2	0	2	0	81
Roland Hassall	0	0	0	21	0	0	0	15	0	44	80
Tim Cradock	0	0	0	46	0	0	0	34	0	0	80
Peter Olds	0	0	0	0	0	0	0	0	0	80	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
John Sneddon	16	6	8	15	24	0	0	0	2	4	75
Nick Woodhams	12	2	12	12	12	0	12	12	0	0	74
Grahame Murphy	0	38	0	0	32	0	0	0	0	4	74
George Herisson	12	12	12	12	0	12	12	0	0	0	72
Ralph Melano	14	18	16	12	12	0	0	0	0	0	72
David Bray	0	0	12	12	0	0	0	12	12	24	72
Hugh Spencer	0	0	0	12	12	12	12	12	12	0	72
Gregory Prerau	12	0	0	17	0	18	0	0	0	24	71
Michael Free	0	2	2	12	2	6	9	2	18	20	71
Craig Plumb	0	0	0	0	0	17	0	0	22	30	69
Mike Morrissey	0	0	0	0	0	0	0	0	16	48	64
David Cooke	0	2	12	12	0	12	12	0	12	0	62
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
Kevin O'Kane	12	12	12	12	3	0	3	0	0	4	58
Stephen Ball	0	0	0	0	0	0	0	0	0	58	58
Sean Greenhill	0	0	0	0	18	2	13	4	2	18	57
Andrew Gibbons	56	0	0	0	0	0	0	0	0	0	56
Matt Koorey	0	0	0	0	0	0	0	50	0	6	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
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
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
John Hodges	0	0	0	0	21	0	0	0	0	28	49
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
Dean Gardiner	12	14	22	0	0	0	0	0	0	0	48
David Lancaster	0	12	0	0	12	0	0	0	0	24	48
Ken Harris	0	0	26	22	0	0	0	0	0	0	48
Stewart Turner	0	0	0	0	0	0	0	0	15	32	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
Graham Willis	12	12	0	12	0	0	0	0	2	4	42
Gavin Morisset	12	12	2	0	0	0	0	0	12	4	42
Peter Slater	0	0	0	0	0	0	0	0	0	42	42
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
Jurg Kunzle	12	12	12	0	0	0	0	0	0	4	40

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
Richard Wassell	12	0	0	12	12	0	0	0	0	0	36
Paul Trainor	12	0	0	0	12	0	0	12	0	0	36
Campbell Reid	2	12	2	12	2	0	0	0	2	4	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
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
Tony Barbaro	0	0	0	2	2	2	6	2	6	14	34
Wayne Stanton	0	0	0	0	0	0	0	33	0	0	33
Peter Woods	13	2	2	2	3	2	3	2	2	4	31
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
Sam Chuah	0	0	0	12	0	0	0	12	0	4	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
Andrew Smith	0	0	17	0	3	2	0	0	0	4	26
Jeff Gissing	0	0	0	0	0	26	0	0	0	0	26
David Ritchie	12	2	0	0	3	2	0	2	0	4	25
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
Ian Singer	0	0	12	0	0	0	12	0	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
Gary Leahey	0	0	0	0	0	0	0	0	0	24	24
Brad Renshaw	0	0	0	0	0	0	0	0	0	24	24
Quinn Askeland	0	2	2	12	2	2	2	0	0	0	22
Per Jensen	0	0	2	2	2	2	12	0	2	0	22
Neil Barker	21	0	0	0	0	0	0	0	0	0	21
Joe Degabriele	3	2	2	2	3	2	3	2	2	4	21
Peter Cremen	0	0	0	0	0	0	0	20	0	0	20
Mark Gardiner	0	0	0	0	0	0	0	0	20	0	20
Max Crossley	0	0	0	0	0	17	0	2	0	0	19
Adam Cresswell	18	0	0	0	0	0	0	0	0	0	18
Geoff Taylor	0	0	0	0	0	12	2	2	2	0	18
John Kerr	0	0	0	2	2	2	2	2	2	4	16
Philip Fleming	0	0	0	2	14	0	0	0	0	0	16
Tony Partridge	3	12	0	0	0	0	0	0	0	0	15
Jim Screen	12	2	0	0	0	0	0	0	0	0	14
Paul Bullas	0	12	0	0	0	0	0	2	0	0	14
Richard Crnek	0	2	12	0	0	0	0	0	0	0	14
Steve Cohen	0	0	0	0	0	14	0	0	0	0	14
Kevin Tiller	0	0	0	0	0	0	12	2	0	0	14
Philip Hugill	0	0	0	0	0	0	13	0	0	0	13
David East	12	0	0	0	0	0	0	0	0	0	12
Philip Kennedy	12	0	0	0	0	0	0	0	0	0	12
Darren Goodsir	0	12	0	0	0	0	0	0	0	0	12
Steve Stewart	0	12	0	0	0	0	0	0	0	0	12
Alf Field	0	12	0	0	0	0	0	0	0	0	12
Neil McPherson	0	0	12	0	0	0	0	0	0	0	12
Paul Glare	0	0	12	0	0	0	0	0	0	0	12
Dennis Nel	0	0	0	3	0	0	3	0	2	4	12

Arthur Huxtable	0	0	0	12	0	0	0	0	0	0	12
Steven Norden	0	0	0	0	12	0	0	0	0	0	12
Alan Phillips	0	0	0	0	12	0	0	0	0	0	12
Julian Wright	0	0	0	0	0	0	0	2	0	10	12
Michael Johnstone	0	0	0	0	0	0	0	0	12	0	12
John Zahra	0	0	0	0	0	0	0	0	12	0	12
Michael Christie	0	0	0	0	2	2	3	0	0	0	7
Hans Pandeya	0	2	2	2	0	0	0	0	0	0	6
Jack Leigh	0	0	0	0	0	0	2	0	0	4	6
Peter McCrindle	0	0	0	0	0	0	0	0	2	4	6
Scott Smiles	0	5	0	0	0	0	0	0	0	0	5
Ian Whitfield	0	0	2	0	0	0	3	0	0	0	5
Peter Roberts	0	0	0	0	0	0	0	0	0	4	4
Dougal Langusch	0	0	0	0	0	0	0	0	0	4	4
John Sauer	3	0	0	0	0	0	0	0	0	0	3
Robert Chalmers	3	0	0	0	0	0	0	0	0	0	3
Anton Kapel	0	0	0	0	0	0	3	0	0	0	3
Alastair Wallace	2	0	0	0	0	0	0	0	0	0	2
Alistair Cooke	2	0	0	0	0	0	0	0	0	0	2
Andrew Fuller	0	0	0	2	0	0	0	0	0	0	2
Darryl Chrisp	0	0	0	2	0	0	0	0	0	0	2
Stuart Crichton	0	0	0	2	0	0	0	0	0	0	2
Norman Kang	0	0	0	0	0	2	0	0	0	0	2
Hugh Langshaw	0	0	0	0	0	2	0	0	0	0	2
Ivan Freys	0	0	0	0	0	0	0	0	2	0	2
Michael McCarthy	0	0	0	0	0	0	0	0	2	0	2



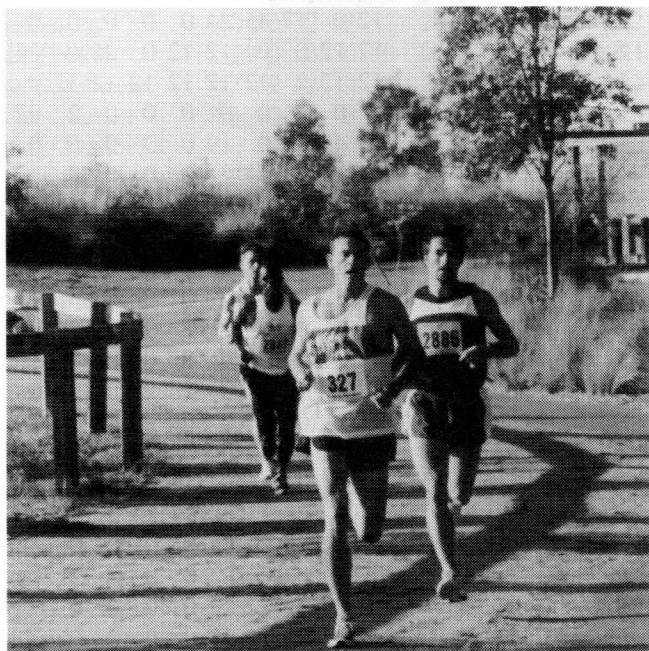
Greg Coy leads Greg Donovan up to Scribbly Gums in the November Lane Cove 10k

Final 10K Handicap

Again, best eight point scores count, last race counted double. (First 145 point-scorers listed)

	LC ^N _H	LCL ^N _C	LC ^N _H	D ^N _M	LC ^N _H	H ^N _B	LC	Tot
Heiko Schaefer	32	35	39	0	45	42	12 17 35 70	315
Victor Donovic	49	12	45	50	34	0	12 13 12 78	293
Cameron Arnold	0	0	2	60	41	13	41 13 31 82	283
Luke Peterson	12	56	35	35	0	36	33 12 34 26	267
Steve Hume	46	37	19	13	15	17	3 12 42 76	265
David Gayford	39	33	2	46	47	32	25 12 12 24	258
Salvador Gala	22	25	21	24	17	51	35 28 2 50	256
Allison Lilley	24	12	12	12	12	2	12 47 39 88	246
Eric Schmierer	2	60	12	12	37	0	12 12 27 66	238
Jaap Bakker	0	2	36	41	21	40	44 12 18 24	236
Jeff Morunga	23	48	56	47	0	12	12 12 12 24	234
Darren Benson	12	46	12	17	12	38	12 12 37 54	228
Rod Lovel	25	36	12	12	12	29	12 12 12 86	224
Keith Bateman	21	12	37	23	25	35	21 12 21 38	221
David Bray	0	0	12	37	0	0	0 12 48 100	209
Robert Wawrzyniak	33	17	0	33	0	37	41 0 41 0	202
Tim Austin	12	0	12	20	12	61	48 0 12 24	201
James Moody	12	0	60	12	0	0	0 50 37 28	199
Glenda Mitchell	38	15	0	12	0	0	18 2 31 82	198
David Burgess	41	13	39	13	13	35	15 20 0 0	189
Paul Thompson	12	12	27	25	27	15	29 0 29 24	188
Stephen Jackson	3	13	16	13	43	13	13 28 44 4	183
Mark Wilson	41	20	14	0	12	32	22 14 12 24	179
Tony Barbaro	0	0	0	2	29	4	46 2 15 72	170
Walter Mitchell	12	45	0	2	0	0	12 2 12 84	169
Megan Jackson	13	13	2	37	51	2	13 0 13 26	168
David Cooke	0	2	43	42	0	41	28 0 12 0	168
George Lisson	19	12	12	12	0	0	53 0 33 24	165
Roland Hassall	0	0	0	51	0	0	0 40 0 74	165
Brian Ogilwy	0	0	12	34	18	12	0 12 50 24	162
Ross McCarty	0	12	0	12	12	47	38 16 0 24	161
Peter Hammerschmidt	28	12	12	12	12	28	12 32 0 24	160
Mohammed Alkhub	0	12	42	26	12	23	13 12 20 0	160
Tim Deane	2	13	40	2	12	12	31 12 13 24	157
Charles King	12	12	12	0	23	27	12 12 12 44	154
Manuela	12	0	0	0	0	0	0 0 43 98	153
Sumetzberger								
Alan Smith	0	0	0	12	43	43	12 0 19 24	153
Caroline Yarnell	30	0	12	0	29	20	12 12 12 24	151
Michael Free	0	2	2	12	2	34	33 20 35 12	150
Greg Donovan	14	12	12	0	12	0	12 31 32 24	149
Quinn Askeland	0	2	38	43	38	2	26 0 0 0	149
Joel Mackay	44	39	13	13	12	0	0 26 0 0	147
Ross Sinclair	29	27	12	0	12	12	19 12 12 24	147
Ted Brailey	0	12	28	14	12	18	12 0 12 38	146
Joanne Cowan	31	23	13	13	13	0	3 13 13 26	145
Mark Davis	45	12	12	12	15	12	12 0 0 24	144
Kendall Waller	0	0	36	9	35	2	2 0 24 36	144
Clara Vucetic	12	0	12	12	33	23	15 12 2 24	143
Jonathan Craig	12	30	18	12	0	26	24 20 0 0	142
Philip Boswell	0	0	0	12	0	0	12 35 15 68	142
Adrian Spragg	37	13	30	12	12	13	0 0 0 24	141
Sean Greenhill	0	0	0	0	56	2	13 35 2 32	140
Stephen Bodnar	0	53	32	0	3	50	0 0 0 0 138	
Craig Brown	0	0	0	0	0	2	0 15 0 120	137
David Camm	34	0	12	0	44	45	0 0 0 0 135	
Gary Aitkenhead	12	0	0	31	12	33	0 23 0 24 135	
Martin Matthews	46	0	19	0	32	0	16 0 17 0 130	
Iain Martin	12	49	0	12	20	12	0 0 0 24 129	
Bruce Craven	0	0	47	0	12	0	50 18 0 0 127	
Hugh Spencer	0	0	0	12	31	12	37 12 22 0 126	
Joanne Barton	0	0	0	53	0	0	0 0 0 72 125	
Nick Woodhams	12	14	12	12	28	0	12 34 0 0 124	
Benny Gauci	2	2	0	30	16	2	13 0 0 58 123	
Rebecca Deane	2	2	49	28	12	0	12 12 2 4 121	
Per Jensen	0	0	2	28	26	2	60 0 2 0 120	
Stuart Chellis	6	22	0	12	0	36	2 36 0 4 118	
Ron Schwebel	12	12	22	12	3	12	12 12 12 24 118	
Mary Stringer	12	12	0	0	0	0	0 0 0 94 118	
Barry Rutter	13	18	2	2	12	2	3 2 40 26 116	
Geoffrey Crowther	0	2	12	48	53	0	0 0 0 0 115	
Lisa Carroli	38	34	0	0	30	0	0 12 0 0 114	
Beryl Wilson	17	0	0	0	0	38	47 12 0 0 114	
Greg Coy	0	0	16	0	12	0	20 29 12 24 113	
Peter Truscott	2	18	24	18	12	0	0 2 12 24 112	
Gordon Forsyth	0	2	0	0	3	2	12 42 51 0 112	
Michael Sharp	12	41	31	2	0	0	12 13 0 0 111	
Richard Sarkies	0	0	0	2	36	0	0 12 0 60 110	
Mike Hansen	12	0	12	12	12	0	12 12 12 24 108	
Penny Smith	0	12	12	12	12	12	0 12 12 24 108	
John Sneddon	12	21	23	29	16	0	0 0 2 4 107	
Ben McSweeney	0	0	2	2	0	2	17 2 0 82 107	
Amy Fisher	0	2	0	0	0	46	0 2 34 22 106	
Joanna White	0	12	0	0	0	17	0 37 38 0 104	
Craig Dunn	0	2	0	0	12	0	30 48 12 0 104	
Allan Marks	0	0	0	12	51	0	39 0 0 0 102	
Elizabeth Woodhams	15	26	2	12	12	0	12 22 0 0 101	
George Herisson	35	12	12	12	0	12	17 0 0 0 100	
Frank Dearn	12	12	12	12	12	24	12 0 0 4 100	
Graham Sharp	12	0	17	45	24	0	0 0 0 0 98	
Steve Packer	12	12	0	0	12	12	0 25 0 24 97	
Mark Schaefer	12	12	2	12	12	12	12 12 0 96	
Eliza Stewart	0	0	0	0	0	0	0 0 2 92 94	
Brian O'Dea	26	43	2	0	19	0	3 0 0 0 93	
Campbell Reid	2	14	24	44	2	0	0 0 2 4 92	
Mike Morrissey	0	0	0	0	0	0	0 0 2 90 92	
James Cryer	50	40	0	0	0	0	0 0 0 0 90	
Kevin O'Kane	12	12	44	12	3	0	3 0 0 4 90	
Stephen Kibble	2	32	0	0	0	0	0 0 56 0 90	
Shaun Atchison	0	0	0	0	0	2	36 21 2 28 89	
Sandra Domelow	0	0	0	0	0	0	0 0 2 86 88	
Kerryn Parkinson	2	0	40	39	0	2	2 0 2 0 87	
Amanda Underwood	0	0	0	0	0	0	2 46 13 24 85	
Mark Robinson	18	12	0	12	0	0	34 0 2 4 82	
Gregory Prerau	12	0	0	16	0	19	0 0 0 34 81	
Alex Jensen	0	0	2	2	60	12	2 0 2 0 80	
Denis Speyer	12	12	26	29	0	0	0 0 0 0 79	
Peter McCrindle	0	0	0	0	0	0	0 0 2 76 78	
Ralph Melano	12	29	12	12	12	0	0 0 0 0 77	
Fernando Santisteban	36	0	0	12	28	0	0 0 0 0 76	
Graham Farnsworth	0	0	0	0	0	43	0 33 0 0 76	
Julian Wright	0	0	0	0	0	0	0 34 0 42 76	
Richard Deutsch	2	2	0	2	0	2	39 23 0 4 74	
Karen Van Esveld	12	0	0	12	0	49	0 0 0 0 73	

Ray Doran	12	0	12	12	12	0	0	0	0	24	72
James Woodhams	0	2	0	46	2	0	22	0	0	0	72
Leigh MacRitchie	0	0	0	12	0	0	12	12	12	24	72
Lance White	12	0	20	0	0	0	0	39	0	0	71
Catriona Cater	12	16	15	2	12	0	0	12	0	0	69
Frances Brown	43	0	0	12	0	0	0	12	0	0	67
Sam Chuah	0	0	0	12	0	0	0	51	0	4	67
Jeff Morehen	12	0	53	0	0	0	0	0	0	0	65
Gerry Arthur	0	12	12	0	12	2	0	0	26	0	64
Stephen Ball	0	0	0	0	0	0	0	0	0	64	64
Tracey Love	12	2	12	13	0	12	12	0	0	0	63
Marcus Juhasz	0	2	0	12	12	25	12	0	0	0	63
Sharon Callister	0	0	13	13	0	0	0	12	0	24	62
Michael Rees-Evans	0	12	0	0	0	0	0	49	0	0	61
Michael Wilson	0	0	0	12	3	31	13	0	0	0	59
Craig Plumb	0	0	0	0	0	2	0	0	37	20	59
Lesley Maher	0	12	0	13	0	21	12	0	0	0	58
Kylie Catchpole	0	51	0	0	0	0	0	2	0	4	57
Wayne McCarthy	0	0	0	0	0	12	45	0	0	0	57
Randall Brophy	20	12	0	0	0	0	12	12	0	0	56
Gill Cavenagh	0	0	0	0	0	0	0	56	0	0	56
Amanda Garland	0	12	31	0	12	0	0	0	0	0	55
Adam Cresswell	53	0	0	0	0	0	0	0	0	0	53
John Young	0	9	2	30	12	0	0	0	0	0	53
Mario Torresan	0	0	12	12	0	0	0	0	28	0	52
Monica Reyes	0	0	0	0	2	0	0	50	0	0	52
Leanne Pass	0	0	0	0	0	0	2	0	50	0	52
Philip Fleming	0	0	0	2	49	0	0	0	0	0	51
Lorraine Spanton	0	0	0	0	0	0	51	0	0	0	51
Erica Morgan	50	0	0	0	0	0	0	0	0	0	50
Renae Lentjes	0	0	0	0	12	0	0	38	0	0	50
Jurg Kunzle	12	21	12	0	0	0	0	0	0	4	49
Olivia Collier	12	37	0	0	0	0	0	0	0	0	49
Heather Forster	3	2	12	32	0	0	0	0	0	0	49
Mary Barnes	0	0	2	2	0	2	0	43	0	0	49



Dean Degan takes the lead in the October Homebush 10k

Final 10k Age Group Placings

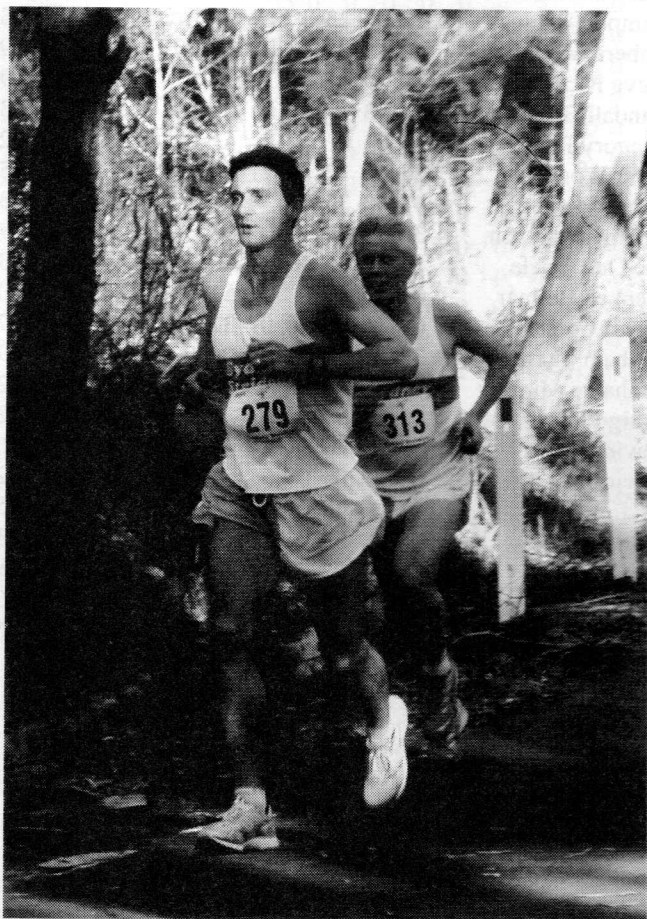
	L	N	L	L	N	D	L	N	H	LC	Tot
	C	H	C	C	H	M	C	H	B		
Female Seniors											
Penny Smith	0	56	60	60	60	60	0	60	60	120	536
Sue Hill	0	60	0	0	0	0	0	0	0	0	60
Female Masters											
Elizabeth Woodhams	60	60	50	51	60	0	53	60	0	0	394
Lesley Maher	0	56	0	56	0	60	60	0	0	0	232
Beryl Wilson	53	0	0	0	0	43	51	56	0	0	203
Tina Campbell	0	46	60	60	0	0	0	0	0	0	166
Ruth McColl	0	0	0	53	56	56	0	0	0	0	165
Helen Ritchie	0	0	0	0	46	0	0	46	0	0	92
Lorraine Spanton	0	0	0	0	0	0	56	0	0	0	56
Robyn Moody	0	0	0	0	0	0	0	0	50	0	50
Mercy Samia	46	0	0	0	0	0	0	0	0	0	46
Female Veterans											
Joanne Cowan	60	61	61	61	61	0	37	61	61	122	548
Caroline Yarnell	53	0	53	0	53	60	56	56	56	106	493
Clara Vucetic	45	0	48	47	50	53	53	50	39	94	440
Megan Jackson	42	45	33	43	48	38	47	0	51	92	406
Glenda Mitchell	49	49	0	50	0	0	51	36	53	100	388
Shirley Rutter	32	34	33	31	37	38	37	36	50	70	335
Benny Gauci	32	35	0	36	38	41	39	0	0	96	317
Catriona Cater	56	56	46	43	56	0	53	0	0	0	310
Tracey Love	47	34	43	42	0	50	50	0	0	0	266
Sharon Callister	0	0	46	50	0	0	0	46	0	92	234
Mary Stringer	46	51	0	0	0	0	0	0	0	102	199
Jacqui Matthews	48	48	50	51	0	0	0	0	0	0	197
Lisa Carroli	41	43	0	0	51	0	0	51	0	0	186
Kerry Ross	0	0	0	0	0	38	37	0	39	70	184
Robin Cameron	0	0	33	0	0	38	0	0	0	98	169
Joanne Barton	0	0	0	56	0	0	0	0	0	112	168
Heather Forster	32	34	46	48	0	0	0	0	0	0	160
Mary Barnes	0	0	34	35	0	39	0	39	0	0	147
Frances Brown	43	0	0	43	0	0	0	47	0	0	133
Amanda Garland	0	46	37	0	39	0	0	0	0	0	122
Paula Shingler	0	40	39	0	0	0	0	0	0	0	79
Lisa Friis	0	0	0	0	0	0	38	0	41	0	79
Julie McGaw	0	0	0	0	0	0	0	36	39	0	75
Patricia Twaalfhoven	34	37	0	0	0	0	0	0	0	0	71
Dawn Tiller	0	0	0	0	0	0	60	0	0	0	60
Marlies Laaper	0	0	0	0	0	56	0	0	0	0	56
Tracey Halliday	50	0	0	0	0	0	0	0	0	0	50
Gill Cavenagh	0	0	0	0	0	0	0	48	0	0	48
Vivienne Kartsounis	0	0	41	0	0	0	0	0	0	0	41
Karel Pavich	0	0	0	34	0	0	0	0	0	0	34
Female Pre-Vets											
(Top Ten)											
Allison Lilley	49	48	51	49	49	41	48	47	45	96	437
Rebecca Deane	40	41	53	53	50	0	49	46	33	70	402
Leigh MacRitchie	0	0	0	51	0	0	51	45	44	94	285
Amy Fisher	0	43	0	0	0	46	0	40	41	86	256
Jenny Truscott	0	50	50	50	50	0	0	51	0	0	251
Amanda Underwood	0	0	0	0	0	0	50	53	46	102	251
Kerryn Parkinson	37	0	40	40	0	41	40	0	33	0	231
Manuela Sumetzberger	53	0	0	0	0	0	0	0	43	112	208
Joanna White	0	47	0	0	0	53	0	49	46	0	195
Karen Van Esveld	60	0	0	56	0	60	0	0	0	0	176

Male Super Senior	LC ^N _H	LCLC ^N _H	LC ^N _H	D ^N _M	LC ^N _H	H ^N _B	LC Tot
Frank Dearn	60	60	60	60	60	0	80 500
Male Senior							
Peter Hammerschmidt	56	56	53	51	56	60	106 507
Heiko Schaefer	51	53	56	0	53	56	112 499
Brian Ogilwy	0	0	50	50	51	0	100 405
Ray Doran	60	0	60	60	0	0	120 360
Hugh Spencer	0	0	0	53	51	50	319
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	53	51	104
Jim Screen	53	40	0	0	0	0	93
Peter Roberts	0	0	0	0	0	0	82 82
Neil McPherson	0	0	51	0	0	0	51
Alf Field	0	50	0	0	0	0	50
Male Masters							
Ron Schwebel	56	56	60	60	30	60	528
Rod Lovel	50	50	53	53	50	56	473
Barry Rutter	52	53	32	28	60	36	435
George Lisson	60	47	46	51	0	0	422
Ted Brailey	0	38	45	43	44	47	394
Eric Schmierer	28	39	43	41	41	0	378
Ross McCarty	0	42	0	46	46	51	376
John Sneddon	49	39	46	46	53	0	340
James Moody	40	0	48	48	0	0	338
Nick Woodhams	43	33	47	49	48	0	317
Kevin O'Kane	42	40	50	47	30	0	300
John Kerr	0	0	0	32	33	38	266
David Ritchie	44	26	0	0	36	40	253
Gavin Morisset	47	45	32	0	0	0	230
Gordon Forsyth	0	26	0	0	30	36	225
Graham Willis	41	41	0	45	0	0	218
Per Jensen	0	0	32	28	29	36	206
Brian O'Dea	46	46	32	0	49	0	204
Jurg Kunzle	39	37	44	0	0	0	180
Charles Coville	0	0	0	28	56	36	173
Michael Wilson	0	0	0	44	30	50	171
Keith White	0	44	39	0	47	0	169
John Hodges	0	0	0	0	51	0	153
Sam Chuah	0	0	0	40	0	0	148
Allan Marks	0	0	0	39	42	0	125
James Cryer	53	51	0	0	0	0	104
Max Crossley	0	0	0	0	0	53	99
Graham Butler	48	0	0	0	0	49	97
Mike Ward	45	0	51	0	0	0	96
Gary Leahey	0	0	0	0	0	0	96
Jack Leigh	0	0	0	0	0	30	90
Brad Renshaw	0	0	0	0	0	0	86
Christopher Dwyer	0	50	0	0	0	31	81
Tony Partridge	29	36	0	0	0	0	65
Ian Whitfield	0	0	32	0	0	31	63
Arthur Huxtable	0	0	0	50	0	0	50
Alan Phillips	0	0	0	0	40	0	40
Scott Smiles	0	38	0	0	0	0	38
Ivan Freys	0	0	0	0	0	0	38
Darryl Chrisp	0	0	0	28	0	0	28

Male Veterans	LC ^N _H	LCLC ^N _H	LC ^N _H	D ^N _M	LC ^N _H	H ^N _B	LC Tot
Keith Bateman	51	25	53	56	53	56	502
Ross Sinclair	56	56	56	0	56	53	501
Greg Donovan	50	51	48	0	49	0	446
Victor Donovic	47	24	46	51	50	0	436
Stephen Jackson	14	49	51	54	61	51	431
Jonathan Craig	60	60	60	60	0	60	420
David Gayford	45	45	13	47	49	46	417
Salvador Gala	42	44	42	46	44	47	409
Adrian Spragg	49	47	47	44	46	47	366
Greg Coy	0	0	51	0	51	0	359
Mark Davis	44	40	35	38	42	38	353
Mohammed Alkhub	0	42	41	45	43	42	340
Charles King	38	39	31	0	36	37	338
Mike Hansen	39	0	32	31	33	0	315
Paul Thompson	29	34	29	35	35	36	315
Jeff Morunga	26	30	30	37	0	34	311
Gary Aitkenhead	43	0	0	48	45	45	306
Philip Boswell	0	0	0	49	0	0	283
Alan Smith	0	0	0	34	38	39	263
Mark Robinson	48	46	0	43	0	0	249
Campbell Reid	26	36	23	39	29	0	243
Robert Wawrzyniak	32	38	0	32	0	35	219
Steve Packer	27	29	0	0	30	31	219
Randall Brophy	53	53	0	0	0	49	203
Gregory Prerau	37	0	0	42	0	41	202
Peter Woods	26	14	13	16	21	20	195
Ralph Melano	41	43	39	36	34	0	193
George Herisson	34	33	24	30	0	33	187
Joe Degabriele	14	14	13	16	21	20	183
Stephen Bodnar	0	49	49	0	21	51	170
David Cooke	0	16	25	28	0	32	167
Graham Sharp	33	0	34	41	41	0	149
Grahame Murphy	0	50	0	0	48	0	142
Craig Plumb	0	0	0	0	0	34	142
David Camm	35	0	28	0	37	40	140
David Lancaster	0	32	0	0	32	0	132
Andrew Smith	0	0	40	0	21	20	125
Mike Morrissey	0	0	0	0	0	0	123
Dennis Nel	0	0	0	30	0	0	118
Dean Gardiner	31	41	44	0	0	0	116
Denis Speyer	23	28	26	29	0	0	106
Geoff Taylor	0	0	0	0	0	30	98
Stephen Ball	0	0	0	0	0	0	94
Ken Harris	0	0	45	40	0	0	85
Joe Flinn	0	0	23	27	0	0	84
Jeff Morehen	40	0	43	0	0	0	83
Mark Shingler	0	37	38	0	0	0	75
Ian Singer	0	0	37	0	0	35	72
David Adler	0	0	0	0	0	30	66
Philip Fleming	0	0	0	23	40	0	63
Paul Bullas	0	35	0	0	0	0	59
Hans Pandeya	0	17	17	16	0	0	50
Wayne Stanton	0	0	0	0	0	47	47
Jonathan Gliksten	46	0	0	0	0	0	46
Jeff Gissing	0	0	0	0	43	0	43
Peter Cremen	0	0	0	0	0	42	42
Philip Hugill	0	0	0	0	0	41	41
Godfrey Franz	0	0	0	0	39	0	39

Paul Glare	0	0	36	0	0	0	0	0	0	0	36
Steve Stewart	0	31	0	0	0	0	0	0	0	0	31
Steven Norden	0	0	0	0	31	0	0	0	0	0	31
Philip Kennedy	30	0	0	0	0	0	0	0	0	0	30
David East	28	0	0	0	0	0	0	0	0	0	28
Alastair Wallace	14	0	0	0	0	0	0	0	0	0	14
John Sauer	14	0	0	0	0	0	0	0	0	0	14
Robert Chalmers	14	0	0	0	0	0	0	0	0	0	14

Male Pre-Vets (Top Ten)	L	N	L	L	N	D	L	N	H	LC	Tot
	C	H	C	C	H	M	C	H	B		
Darren Benson	60	60	60	60	60	60	60	56	112	532	
Mark Wilson	51	48	51	0	51	53	53	49	53	94	455
Steve Hume	47	47	47	47	47	50	17	45	48	98	431
Jaap Bakker	0	34	43	44	44	48	49	40	45	86	399
Peter Truscott	40	41	53	51	47	0	0	21	47	96	396
David Burgess	50	26	51	48	49	52	52	49	0	0	377
Tim Austin	40	0	39	40	34	47	48	0	42	84	374
Cameron Arnold	0	0	25	42	42	41	46	40	44	94	374
Luke Peterson	35	41	38	41	0	43	43	37	41	82	366
Stuart Chellis	43	43	0	39	0	46	46	53	0	82	352



Steve Hume and Keith Bateman at the November Lane Cove 10K. Keith was Veteran Winner in both the 10K Series and Super Series, also coming first on Age & Gender Adjusted points in the Super Series. Steve was Pre-Vet Winner in the Super Series (and 3rd in the Open Category)

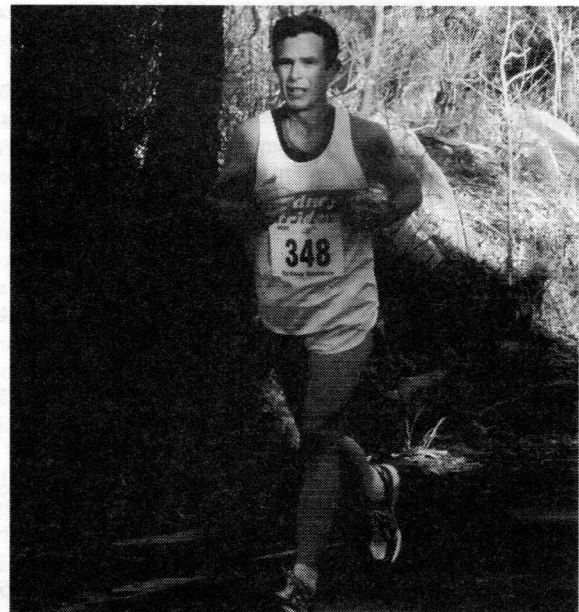
Final 10k Age & Gender Adj

	LC	NH	LC	LC	NH	DMLC	NH	HB	LC	Tot
Joanne Cowan	856	868	845	843	859	0	0	851	855	848 6825
Darren Benson	782	812	786	808	811	814	814	805	824	816 6504
Keith Bateman	764	0	789	794	808	813	822	816	820	808 6470
Ross Sinclair	773	785	778	0	778	768	793	789	780	761 6244
Stephen Jackson	0	711	772	767	798	744	784	803	819	0 6198
Mark Wilson	746	752	759	0	766	765	779	781	774	739 6122
Ron Schwebel	744	769	782	772	0	755	721	751	753	747 6073
Heiko Schaefer	692	707	726	0	751	757	755	766	774	775 6011
Caroline Yarnell	744	0	739	0	767	756	757	759	749	732 6003
Peter Hammerschmidt	759	748	695	708	750	756	744	773	0	752 5990
Peter Truscott	725	753	766	769	734	0	0	652	733	734 5866
Steve Hume	702	716	724	717	731	720	0	730	750	750 5838
Greg Donovan	718	724	705	0	731	0	713	748	752	735 5826
Victor Donovic	683	0	709	736	752	0	733	738	712	745 5808
Rod Lovel	707	724	694	710	694	714	703	696	707	718 5679
Jonathan Craig	773	797	811	799	0	805	818	823	0	0 5626
David Gayford	659	673	0	692	716	711	726	710	694	703 5625
Jaap Bakker	0	668	681	694	703	704	728	697	719	698 5624
Clara Vucetic	674	0	690	675	725	716	725	710	0	668 5583
Salvador Gala	639	650	658	665	673	695	707	720	0	711 5479
Cameron Arnold	0	0	637	675	689	661	704	696	704	707 5473
Tim Austin	648	0	663	669	624	695	715	0	700	695 5409
Luke Peterson	595	656	660	669	0	670	685	684	691	678 5393
Mohammed Alkhub	0	657	673	677	678	672	678	679	679	0 5393
Stuart Chellis	734	755	0	761	0	777	769	793	0	764 5353
Mark Davis	679	664	652	660	681	659	663	0	0	653 5311
David Burgess	728	0	747	713	747	747	756	761	0	0 5199
Paul Thompson	608	628	646	652	664	651	674	0	676	550 5199
Ted Brailey	0	604	654	653	660	652	649	0	649	648 5169
Penny Smith	0	634	629	647	646	643	0	639	655	653 5146
Charles King	622	620	626	0	646	641	642	616	627	632 5056
Mike Hansen	636	0	634	618	636	0	617	633	637	597 5008
Mark Schaefer	605	624	0	591	644	623	630	647	622	0 4986
Adrian Spragg	711	713	730	687	728	710	0	0	0	704 4983
Michael Free	0	531	551	580	611	624	642	651	666	652 4977
George Lisson	745	684	621	695	0	0	773	0	773	651 4942
Jeff Morunga	556	585	623	639	0	615	624	609	612	612 4919
Tim Deane	593	596	613	0	599	592	620	606	614	601 4842
John Sneddon	691	698	714	727	735	0	0	0	636	633 4834
Kendall Waller	0	0	678	683	703	680	696	0	699	695 4834
Brian Ogilwy	0	0	671	688	696	644	0	669	719	656 4743
Eric Schmierer	530	589	565	571	592	0	568	589	594	594 4662
Greg Coy	0	0	769	0	763	0	776	787	772	755 4622
Richard Deutsch	665	629	0	656	0	642	687	697	0	618 4594
Ross McCarty	0	647	0	632	642	658	680	679	0	652 4590
Nick Woodhams	640	643	638	637	654	0	645	667	0	0 4524
Catriona Cater	752	750	764	757	753	0	0	743	0	0 4519
Allison Lilley	553	549	539	530	554	0	508	581	584	589 4479
Campbell Reid	621	618	635	650	650	0	0	638	642	4454
Frank Dearn	622	614	624	631	647	643	619	0	0	0 4400
John Kerr	0	0	0	636	643	645	612	605	640	619 4400
Tony Barbaro	0	0	0	584	597	584	629	598	622	636 4250
Joel Mackay	684	699	702	696	704	0	0	713	0	0 4198
Ray Doran	815	0	841	842	861	0	0	0	0	839 4198
Benny Gauci	566	573	0	596	605	590	609	0	0	608 4147
Gary Aitkenhead	663	0	0	703	703	704	0	710	0	663 4146
Elizabeth Woodhams	683	706	0	687	674	0	689	705	0	0 4144
Rebecca Deane	598	588	620	623	592	0	520	553	0	0 4094
James Moody	579	0	651	631	0	0	0	681	680	666 3888
Glenda Mitchell	637	640	0	629	0	0	646	0	649	654 3855

Manuela Sumetzberger	630	0	0	0	0	0	0	0	669	678	1977
Michael Wilson	0	0	0	644	0	666	660	0	0	0	1970
Roland Hassall	0	0	0	637	0	0	0	655	0	655	1947
Alex McAlister	625	659	0	0	0	0	0	0	635	0	1919
Craig Brown	0	0	0	0	0	627	0	624	0	664	1915
Sharon Callister	0	0	631	653	0	0	0	0	0	619	1903
Graham Willis	632	633	0	634	0	0	0	0	0	0	1899
Dean Gardiner	590	631	653	0	0	0	0	0	0	0	1874
Amanda Garland	0	610	623	0	631	0	0	0	0	0	1864
Bernadette Boulous	0	0	0	0	0	0	612	0	636	616	1866
Gordon Forsyth	0	0	0	0	0	0	594	608	636	0	1838
Stephen Kibble	575	589	0	0	0	0	0	0	656	0	1820
David Lancaster	0	604	0	0	594	0	0	0	0	586	1784
Allan Marks	0	0	0	570	598	0	615	0	0	0	1783
Frances Brown	606	0	0	565	0	0	0	589	0	0	1760
Mario Torresan	0	0	587	580	0	0	0	0	592	0	1759
Fernando Santisteban	579	0	0	566	596	0	0	0	0	0	1741
Paul Trainor	549	0	0	0	568	0	0	603	0	0	1720
Jurg Kunzle	557	578	581	0	0	0	0	0	0	0	1716
Joe Flinn	0	0	563	577	0	0	0	568	0	0	1708
Hans Pandeya	0	539	584	551	0	0	0	0	0	0	1674
Eliza Stewart	0	0	0	0	0	0	0	0	770	792	1562
Tim Cradock	0	0	0	790	0	0	0	745	0	0	1535
Richard Wassell	490	0	0	519	524	0	0	0	0	0	1533
Alex Whitworth	0	760	0	767	0	0	0	0	0	0	1527
Grahame Murphy	0	746	0	0	753	0	0	0	0	0	1499
James Cryer	741	756	0	0	0	0	0	0	0	0	1497
Joanne Barton	0	0	0	749	0	0	0	0	0	744	1493
Tina Campbell	0	0	739	750	0	0	0	0	0	0	1489
Charles Coville	0	0	0	0	748	0	733	0	0	0	1481
Sean Ryan	0	0	0	721	0	735	0	0	0	0	1456
John Hodges	0	0	0	0	731	0	0	0	0	716	1447
Max Crossley	0	0	0	0	0	711	0	727	0	0	1438
Matt Koorey	0	0	0	0	0	0	0	791	0	624	1415
Mike Morrissey	0	0	0	0	0	0	0	0	699	701	1400
Renae Lentjes	0	0	0	0	691	0	0	706	0	0	1397
Graham Farnsworth	0	0	0	0	0	689	0	707	0	0	1396
Paul Jackson	0	0	0	0	0	677	707	0	0	0	1384
Graham Butler	687	0	0	0	0	0	687	0	0	0	1374
Heather Forster	0	0	678	694	0	0	0	0	0	0	1372
Ken Harris	0	0	679	682	0	0	0	0	0	0	1361
Wayne McCarthy	0	0	0	0	0	657	673	0	0	0	1330
Paula Shingler	0	668	658	0	0	0	0	0	0	0	1326
Philip Fleming	0	0	0	650	675	0	0	0	0	0	1325
Mike Ward	642	0	656	0	0	0	0	0	0	0	1298
Olivia Collier	635	662	0	0	0	0	0	0	0	0	1297
Ian Singer	0	0	653	0	0	0	639	0	0	0	1292
Jeff Morehen	625	0	659	0	0	0	0	0	0	0	1284
Stewart Turner	0	0	0	0	0	0	0	0	645	632	1277
Julian Wright	0	0	0	0	0	0	0	632	0	628	1260
Mark Shingler	0	601	636	0	0	0	0	0	0	0	1237
Peter McCrindle	0	0	0	0	0	0	0	0	612	622	1234
Sandra Domelow	0	0	0	0	0	0	0	0	605	622	1227
Leanne Pass	0	0	0	0	0	0	582	0	643	0	1225
Kerry Ross	0	0	0	0	0	596	610	0	0	0	1206
Patricia Twaalfhoven	601	600	0	0	0	0	0	0	0	0	1201
Sam Chuah	0	0	0	581	0	0	0	619	0	0	1200
David Adler	0	0	0	0	0	0	590	0	606	0	1196
Michael Rees-Evans	0	571	0	0	0	0	0	614	0	0	1185
Lisa Friis	0	0	0	0	0	0	588	0	569	0	1157
Jack Leigh	0	0	0	0	0	0	554	0	0	582	1136

Monica Reyes	0	0	0	0	532	0	0	583	0	0	1115
Kevin Tiller	0	0	0	0	0	0	573	539	0	0	1112
Richard Crnek	0	484	488	0	0	0	0	0	0	0	972
Christopher Dwyer	0	847	0	0	0	0	0	0	0	0	847
Dean Degan	0	0	0	0	0	0	0	0	829	0	829
David Criniti	0	0	0	0	0	0	0	0	0	818	818
Jim Villiers	0	0	0	0	0	0	0	795	0	0	795
Andrew Gibbons	773	0	0	0	0	0	0	0	0	0	773
Dawn Tiller	0	0	0	0	0	0	770	0	0	0	770
Anthony Wong	0	761	0	0	0	0	0	0	0	0	761
Jenny Wickham	0	0	0	0	0	0	0	756	0	0	756
Wayne Stanton	0	0	0	0	0	0	0	756	0	0	756
Neil McPherson	0	0	749	0	0	0	0	0	0	0	749
Peter Olds	0	0	0	0	0	0	0	0	0	743	743
Andrew Charleston	0	0	0	0	0	0	0	0	739	0	739
Stephen Ball	0	0	0	0	0	0	0	0	0	736	736
Godfrey Franz	0	0	0	0	0	734	0	0	0	0	734
Peter Roberts	0	0	0	0	0	0	0	0	0	710	710
Scott Smiles	0	709	0	0	0	0	0	0	0	0	709
Vivienne Kartsounis	0	0	701	0	0	0	0	0	0	0	701
Lorraine Spanton	0	0	0	0	0	0	697	0	0	0	697
Jim Screen	696	0	0	0	0	0	0	0	0	0	696
Peter Slater	0	0	0	0	0	0	0	0	0	688	688
Peter Cremen	0	0	0	0	0	0	0	686	0	0	686
Andrew Robertson	0	0	0	0	0	685	0	0	0	0	685
Marlies Laaper	0	0	0	0	0	683	0	0	0	0	683
William Ward	0	0	0	0	0	0	0	682	0	0	682
Rachel Smith	0	0	678	0	0	0	0	0	0	0	678
Jeff Gissing	0	0	0	0	0	678	0	0	0	0	678
Melanie Watson	0	0	0	0	675	0	0	0	0	0	675
Arthur Huxtable	0	0	0	674	0	0	0	0	0	0	674
Tracey Halliday	671	0	0	0	0	0	0	0	0	0	671
Andrew Smith	0	0	670	0	0	0	0	0	0	0	670
Dennis Nel	0	0	0	670	0	0	0	0	0	0	670
Neil Barker	667	0	0	0	0	0	0	0	0	0	667
Philip Hugill	0	0	0	0	0	0	663	0	0	0	663
Jonathan Gliksten	658	0	0	0	0	0	0	0	0	0	658
Robin Cameron	0	0	0	0	0	0	0	0	0	653	653
Sue Hill	0	649	0	0	0	0	0	0	0	0	649
Gill Cavenagh	0	0	0	0	0	0	0	645	0	0	645
Mark Gardiner	0	0	0	0	0	0	0	0	645	0	645
Sarah Elfick	0	0	0	0	0	0	0	0	643	0	643
Ivan Freys	0	0	0	0	0	0	0	0	642	0	642
Gary Leahey	0	0	0	0	0	0	0	0	0	642	642
Steve Cohen	0	0	0	0	0	640	0	0	0	0	640
Simon Kent-Jones	0	639	0	0	0	0	0	0	0	0	639
Paul Glare	0	0	639	0	0	0	0	0	0	0	639
Brad Renshaw	0	0	0	0	0	0	0	0	0	635	635
Paul Bullas	0	634	0	0	0	0	0	0	0	0	634
Adam Cresswell	622	0	0	0	0	0	0	0	0	0	622
Erica Morgan	619	0	0	0	0	0	0	0	0	0	619
Mercy Samia	615	0	0	0	0	0	0	0	0	0	615
Hugh Langshaw	0	0	0	0	0	614	0	0	0	0	614
Alan Phillips	0	0	0	0	613	0	0	0	0	0	613
Andrew Fuller	0	0	0	605	0	0	0	0	0	0	605
Karel Pavich	0	0	0	603	0	0	0	0	0	0	603
Darren Goodsir	0	601	0	0	0	0	0	0	0	0	601
Glenda Anderson	0	0	0	0	600	0	0	0	0	0	600
John Zahra	0	0	0	0	0	0	0	0	598	0	598
Alf Field	0	593	0	0	0	0	0	0	0	0	593
Philip Kennedy	590	0	0	0	0	0	0	0	0	0	590
Rachel Johnson-Kelly	0	584	0	0	0	0	0	0	0	0	584

Steve Stewart	0	580	0	0	0	0	0	0	0	0	580
Michael McCarthy	0	0	0	0	0	0	0	0	0	575	575
Maria DiMarco	0	0	0	0	0	0	0	0	0	573	573
Kylie Catchpole	0	572	0	0	0	0	0	0	0	0	572
Peter Woods	570	0	0	0	0	0	0	0	0	0	570
Steven Norden	0	0	0	0	568	0	0	0	0	0	568
Michael Johnstone	0	0	0	0	0	0	0	0	0	565	565
David East	562	0	0	0	0	0	0	0	0	0	562
Alastair Wallace	560	0	0	0	0	0	0	0	0	0	560
Lilian Chuah	0	0	0	0	0	0	0	0	0	556	556
Eliza Rayward	547	0	0	0	0	0	0	0	0	0	547
Tony Partridge	0	522	0	0	0	0	0	0	0	0	522
Christine Cullen	0	0	0	0	0	0	0	0	0	508	508
Norman Kang	0	0	0	0	0	457	0	0	0	0	457
Alistair Cooke	444	0	0	0	0	0	0	0	0	0	444



Barry Rutter, Masters Winner in the Super Series, at the November Lane Cove 10k.

Final Super Series Male Open

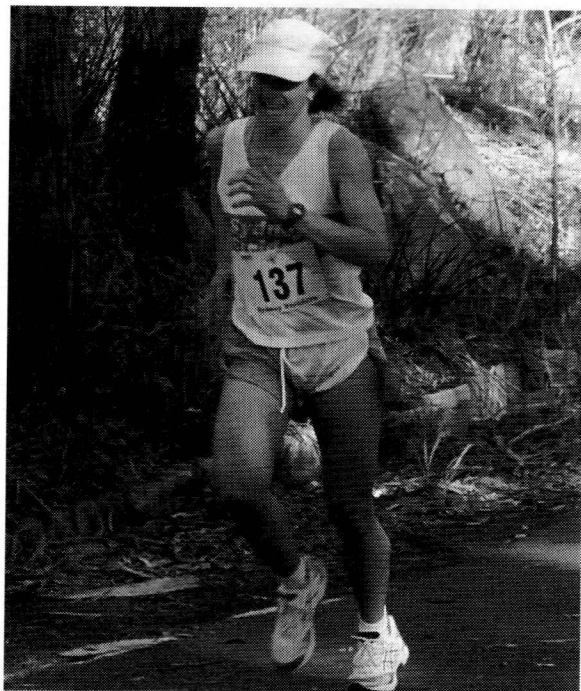
B= Bonus for hosting, volunteering, uniform, etc.

	L	C	6F	C	H	M	E	C	W	S	I	H	L	B	Tot
				M	H	M	Q	S	B	Y					
Darren Benson	60	44	0	62	56	0	57	0	57	62	56	16	470		
Keith Bateman	44	7	50	47	49	54	40	51	47	50	50	26	468		
Steve Hume	43	50	0	42	46	52	36	53	46	53	48	26	459		
Martin Matthews	35	48	47	45	47	48	29	54	42	34	0	8	408		
Stuart Chellis	40	0	44	45	41	51	40	49	46	31	41	10	407		
Greg Donovan	42	54	0	38	41	32	28	0	41	45	40	12	373		
Barry Rutter	27	41	44	22	30	37	0	45	26	36	22	24	332		
Adrian Spragg	34	49	46	27	36	0	13	44	0	25	23	10	307		
Stephen Jackson	2	18	42	43	3	4	43	6	50	53	2	26	288		
David Gayford	23	26	33	24	35	0	13	47	36	0	28	16	281		
Mark Wilson	48	28	0	48	0	0	36	0	51	0	46	14	271		
Lance White	40	52	52	26	0	0	0	50	35	0	0	4	259		
Gerry Arthur	0	0	55	41	12	0	44	0	46	51	0	10	259		
Cameron Arnold	0	0	0	8	37	50	24	0	33	46	45	14	257		
Tim Austin	30	20	0	37	0	46	22	0	0	37	37	22	251		

Jonathan Craig	53 0 64 0 0 0 52 63 0 0 0 12 244	Peter Truscott	37 0 0 0 0 0 3 0 0 0 47 12 99
James Cryer	27 47 35 0 12 33 13 43 14 18 0 2 244	David Criniti	0 0 0 0 0 0 0 0 0 48 50 0 98
Ross Sinclair	51 27 0 49 0 0 43 0 0 0 45 14 229	Mark Davis	22 0 0 16 27 0 3 0 5 0 12 12 97
Joel Mackay	41 56 51 40 0 0 0 0 0 0 25 213	Stephen Kibble	2 0 17 14 0 0 13 0 16 29 0 4 95
David Burgess	47 0 0 52 50 0 47 0 0 0 14 210	Anthony Wong	0 0 0 53 0 0 24 0 16 0 0 2 95
Christopher Dwyer	0 0 60 50 0 0 35 52 0 0 0 4 201	Kevin O'Kane	12 17 23 0 0 0 13 0 0 4 2 23 94
John Young	0 45 0 58 0 0 38 0 0 47 0 8 196	Mark Schaefer	15 0 0 14 0 34 15 0 0 0 0 16 94
Michael Sharp	20 0 41 14 33 36 14 0 25 0 0 10 193	Michael Bailey	0 17 16 0 12 4 0 28 0 4 0 10 91
Mike Hansen	12 24 34 14 26 4 13 0 0 15 12 32 186	Graham Sharp	12 17 29 14 0 0 13 0 0 0 0 6 91
Greg Coy	0 0 0 46 48 0 41 0 0 0 41 10 186	Tom Fischer	0 0 0 29 34 0 7 0 13 0 0 6 89
John Van	35 36 0 34 0 32 31 0 0 0 0 16 184	Tim Cradock	0 0 0 0 0 0 0 0 40 45 0 4 89
Yzendoorn		Graham Butler	12 0 20 0 0 14 0 26 0 14 0 2 88
Heiko Schaefer	12 0 0 14 24 22 13 37 12 14 12 24 184	Michael Wilson	0 0 0 14 0 13 0 21 16 0 0 23 87
Craig Dunn	0 0 0 0 42 47 32 0 53 0 0 10 184	Jeff Morehen	13 43 0 4 0 0 0 0 23 0 0 2 85
Shaun Atchison	0 0 0 0 39 23 0 41 39 32 8 182	Bruce Craven	0 40 0 0 0 0 0 0 35 0 0 8 83
James Moody	12 17 16 14 21 4 13 39 16 14 12 18 180	Scott Smiles	0 0 37 14 29 0 0 0 0 0 0 2 82
Kendall Waller	0 0 35 18 0 0 13 38 0 39 23 12 178	Brian Ogilwy	0 17 0 0 0 0 13 0 14 14 12 12 82
Andrew Gibbons	56 0 0 0 0 47 39 0 35 0 0 0 177	Iain Martin	12 0 0 14 0 26 0 0 0 4 12 13 81
Ron Schwebel	36 0 0 15 40 0 13 0 29 0 26 16 175	Ted Brailey	0 0 0 14 12 0 13 0 14 0 12 14 79
Rod Lovel	24 33 0 0 0 30 0 38 0 14 18 16 173	Graham Willis	12 17 0 0 0 4 13 0 4 2 26 78
Richard Sarkies	0 0 0 0 53 0 51 0 0 4 53 11 172	Dougal Langusch	0 0 0 0 0 17 3 40 0 16 2 0 78
Ray Doran	33 0 0 35 12 0 0 0 0 38 32 6 156	Pierre Van Heerden	0 28 47 0 0 0 3 0 0 0 0 0 78
Robert Wawrzyniak	12 0 25 14 0 0 13 41 16 23 0 10 154	Peter Olds	0 0 0 0 0 0 0 0 0 38 40 0 78
Jaap Bakker	0 0 0 31 0 0 0 0 34 34 38 16 153	Jim Screen	12 17 0 0 0 4 0 22 0 0 0 22 77
Charles King	12 0 27 14 0 29 13 0 16 14 12 14 151	Keith White	0 18 0 0 0 0 0 31 0 0 0 28 77
Brad Renshaw	0 17 0 14 0 0 13 25 16 14 12 40 151	Charles Coville	0 0 0 0 32 0 13 0 0 22 0 8 75
Kelvin Marshall	0 53 53 0 0 0 0 0 42 0 0 0 148	Gerard Donnan	0 0 38 0 0 0 17 0 20 0 0 0 75
Luke Peterson	12 0 0 0 0 43 25 0 0 17 34 14 145	David King	0 32 0 0 0 0 0 42 0 0 0 0 74
Gary Aitkenhead	21 0 0 30 0 39 3 0 32 0 12 8 145	David East	12 0 16 14 12 13 3 0 4 0 0 0 74
Gregory Prerau	12 30 0 14 0 23 13 0 0 20 12 19 143	Mike Morrissey	0 0 0 0 0 0 3 0 12 33 24 2 74
Victor Donovic	29 0 0 36 0 0 0 0 0 24 39 14 142	Craig Brown	0 0 0 0 0 0 3 0 6 30 30 4 73
Ben McSweeney	0 0 49 11 0 0 3 0 0 32 33 8 136	Paul Trainor	12 0 0 14 18 0 13 0 12 0 0 4 73
Jeff Morunga	12 0 30 4 0 0 3 30 16 14 12 14 135	Michael Free	0 0 0 0 5 9 3 0 4 25 10 16 72
Paul Jackson	0 46 0 14 0 44 26 0 0 0 0 4 134	David Lancaster	0 25 16 0 0 14 0 0 0 0 12 4 71
George Herisson	12 17 18 14 12 16 13 0 0 0 0 30 132	Ian Singer	0 17 21 0 0 15 0 0 0 14 0 4 71
Mark Robinson	32 0 0 19 39 30 0 0 0 0 2 8 130	Craig Plumb	0 0 0 0 0 28 3 0 4 17 15 4 71
Paul Thompson	12 0 0 4 14 13 13 0 14 14 12 34 130	Andrew Bilsdon	0 24 30 0 0 0 0 0 17 0 0 0 71
Philip Boswell	0 0 0 25 0 0 19 0 40 36 8 128	Eric Schmierer	2 17 0 14 2 0 3 0 6 0 12 14 70
Mohammed Alkhub	0 0 0 14 28 25 13 0 16 14 0 16 126	Ross McCarty	0 0 0 4 12 0 13 0 16 0 12 12 69
Manfred Fiedler	12 17 16 0 0 4 13 32 0 4 0 26 124	Alex Jensen	0 0 0 0 28 0 3 0 10 14 0 12 67
Jonathan Worswick	0 65 0 0 0 0 0 56 0 0 0 0 121	Paul Bullas	0 0 0 14 0 0 0 0 16 32 0 4 66
Steve Packer	12 0 19 14 0 13 13 0 14 14 12 8 119	Walter Mitchell	12 0 0 0 0 0 0 0 17 0 27 10 66
George Lisson	39 17 0 0 0 0 0 41 0 12 10 119	Neil Barker	21 0 0 33 0 0 8 0 2 0 0 0 64
Richard Wassell	12 0 16 14 12 0 0 18 12 0 0 34 118	Sean Ryan	0 0 0 34 0 0 25 0 0 0 0 4 63
Alan Smith	0 0 32 14 0 21 13 0 16 0 12 10 118	Dennis Nel	0 31 0 14 0 0 0 0 0 0 2 14 61
Randall Brophy	49 0 0 0 0 0 28 0 34 0 0 6 117	Martin Fryer	0 61 0 0 0 0 0 0 0 0 0 0 61
Tim Deane	0 0 0 14 17 25 3 0 14 14 12 16 115	Brian O'Dea	12 0 28 14 0 0 0 0 0 0 0 6 60
Stephen Bodnar	0 21 0 29 0 0 30 16 0 0 0 18 114	Ivan Freys	0 0 0 14 0 0 0 34 0 0 0 12 60
Chris Truscott	0 0 0 0 60 0 54 0 0 0 0 0 114	John Simmonds	0 0 0 14 12 0 13 0 0 0 0 20 59
Salvador Gala	17 0 0 0 0 45 0 0 0 0 35 16 113	Fernando	12 0 0 4 12 0 13 0 12 0 0 4 57
Frank Dearn	12 17 16 14 12 13 13 0 0 0 2 12 111	Santisteban	
Ralph Melano	14 19 24 14 22 0 0 0 0 0 18 111	Nick Themsen	0 0 0 14 0 0 0 19 14 0 0 10 57
Peter	19 0 33 0 0 0 0 33 0 0 12 14 111	Chris Thompson	0 0 0 0 0 0 3 36 17 0 0 0 56
Hammerschmidt		Adrian Krahn	0 0 26 0 0 13 0 0 2 14 0 0 55
Roland Hassall	0 0 21 14 0 0 3 0 16 31 22 4 111	Mahmoud El-	0 0 39 0 0 0 0 0 16 0 0 0 55
Ronald Stolk	0 55 0 51 0 0 0 0 0 0 0 106	Khansa	
Dean Degan	0 0 0 0 0 0 51 0 52 0 0 2 105	Stephen Ball	0 0 0 14 0 0 11 0 0 0 29 0 54
Richard Deutsch	28 0 0 22 0 0 10 0 31 0 2 10 103	Joe Degabriele	2 0 0 0 0 13 0 0 0 15 2 21 53
Steven Norden	0 0 16 14 0 13 13 20 14 0 0 12 102	John Sneddon	16 25 0 0 0 0 0 0 0 0 2 10 53
Sam Chuah	0 0 6 14 0 13 13 23 16 0 2 14 101	Benny Hagberg	0 32 0 0 0 21 0 0 0 0 0 0 53
Warwick Selby	0 51 0 0 0 0 49 0 0 0 0 100	Wayne Stanton	0 0 0 0 0 51 0 0 0 0 0 2 53

Philip Kennedy	12	17	0	0	0	0	0	12	0	0	10	51	Tom Silk	0	0	0	20	0	0	0	0	4	0	0	24		
Graham Farnsworth	0	0	0	0	0	0	19	0	28	0	4	51	Ron Daly	0	0	0	14	0	0	0	0	0	0	10	24		
Arthur Huxtable	0	0	0	14	0	20	0	0	14	0	2	50	John Kerr	0	0	0	0	2	3	0	0	0	4	2	12	23	
Andrew Smith	0	0	0	14	3	0	0	0	4	2	26	49	Peter Cobley	0	0	0	0	23	0	0	0	0	0	0	23		
David Clear	0	48	0	0	0	0	0	0	0	0	0	48	Rick Collins	0	0	16	0	0	0	3	0	4	0	0	23		
Alex Whitworth	0	0	0	17	13	0	13	0	0	0	4	47	Alex McAlister	15	0	0	0	0	0	3	0	0	0	4	22		
David Bray	0	0	0	0	0	0	13	0	0	14	12	8	47	Darren Goodsir	0	0	0	0	20	0	0	0	0	0	2	22	
Mario Torresan	0	0	0	14	0	0	13	0	0	14	0	6	47	John Zahra	0	0	0	0	0	13	3	0	4	0	0	2	22
Grahame Murphy	0	17	0	23	0	0	0	0	0	2	4	46	Philip Fleming	0	0	0	0	0	13	3	0	0	0	0	4	20	
Kevin Tiller	0	8	16	0	0	8	0	0	0	0	14	46	Hans Pandeya	0	0	0	0	12	0	0	0	0	0	6	18		
Mike Ward	12	27	0	0	0	4	0	0	0	0	2	45	Andrew Duggan	0	0	0	14	0	0	3	0	0	0	0	17		
David Cooke	0	0	0	14	12	0	3	0	4	0	12	45	Mukesh Kerae	0	0	0	14	0	0	3	0	0	0	0	17		
Joe Flinn	0	0	0	14	12	0	0	0	12	0	6	44	David Adler	0	0	0	0	0	0	13	0	0	0	4	17		
Gavin Morisset	12	23	0	0	0	0	0	0	0	2	6	43	Roger Rigby	0	0	0	0	0	0	0	17	0	0	0	17		
Paul Glare	0	0	38	0	0	0	3	0	0	0	2	43	Per Jensen	0	0	0	0	0	0	3	0	2	0	12	17		
James Woodhams	0	0	0	4	24	0	6	0	0	0	8	42	Alastair Wallace	2	0	0	14	0	0	0	0	0	0	0	16		
Simon Kent-Jones	0	0	0	0	25	0	0	0	0	0	17	42	John Hodges	0	0	0	0	0	0	0	0	0	14	2	16		
Peter Woods	12	0	0	0	4	0	0	4	4	2	16	42	Michael McCarthy	0	0	0	0	0	0	0	0	14	0	2	16		
Jose Vilar	0	0	36	0	0	0	0	6	0	0	42	42	Quinn Askeland	0	0	0	4	0	0	0	0	0	0	12	16		
Nick Woodhams	12	0	4	0	0	13	0	0	0	12	41	41	Hugh Langshaw	0	0	0	4	6	0	3	0	0	0	2	15		
Sean Greenhill	0	22	0	0	0	0	0	0	0	9	10	41	Gordon Forsyth	0	0	0	0	0	0	3	0	0	0	12	15		
Nick Adams	37	0	0	0	0	0	0	0	0	4	41	41	Marcus Juhasz	0	0	0	0	0	0	3	0	2	0	10	15		
Mike Elliott	0	0	12	4	2	0	3	16	4	0	0	41	41	Andrew Waudby	0	0	0	14	0	0	0	0	0	0	14	14	
Peter Slater	0	0	0	0	0	0	0	0	18	21	0	39	39	Geoff Carroll	0	0	0	0	0	0	0	0	14	0	14	14	
Ken Harris	0	0	0	0	0	31	3	0	0	0	4	38	38	John Ayliffe	0	0	0	0	0	0	0	0	14	0	14	14	
Allan Marks	0	0	0	14	0	0	17	0	0	6	37	37	37	John Boakes	0	0	0	0	0	0	0	0	14	0	14	14	
Andrew Fuller	0	0	0	0	35	0	0	0	0	2	37	37	37	Michael Kaars	0	0	0	14	0	0	0	0	0	0	14	14	
Hugh Spencer	0	0	0	0	0	0	25	0	0	12	37	37	37	Peter Cookson	0	0	0	14	0	0	0	0	0	0	14	14	
Michael Rees-Evans	0	0	0	4	0	0	13	0	16	0	4	37	37	Bruce Inglis	0	0	0	0	0	0	3	0	0	0	10	13	
Robert Chalmers	2	0	0	0	0	0	0	0	14	0	20	36	36	Anton Kapel	0	0	0	4	0	0	3	0	6	0	13	13	
Adam Cresswell	18	0	0	14	0	3	0	0	0	0	35	36	36	Andrew Joseph	0	0	0	4	0	0	3	0	4	0	11	11	
Denis Speyer	12	0	0	14	0	3	0	0	0	6	35	35	35	Garry Maddox	0	0	0	4	0	0	3	0	4	0	11	11	
Jurg Kunzle	12	17	0	0	0	0	0	0	0	2	4	35	35	Jack Leigh	0	0	0	0	0	0	3	0	4	0	2	11	
Andrew Charleston	0	0	0	0	0	0	0	0	33	0	2	35	35	Mark Gardiner	0	0	0	4	0	0	3	0	0	0	2	9	
Max Crossley	0	0	0	0	0	0	3	0	14	14	4	35	35	Alf Field	0	7	0	0	0	0	0	0	0	0	2	9	
Stewart Turner	0	0	0	0	0	0	0	0	16	16	2	34	34	Peter Johnson	0	0	0	0	2	0	3	0	4	0	0	9	
Stuart Crichton	0	17	0	14	0	0	0	0	0	2	33	33	33	Brian Taylor	0	0	0	0	0	0	0	0	4	0	5	9	
Roger Casey	0	0	0	0	33	0	0	0	0	0	33	33	33	Ken Walker	0	0	0	0	0	0	3	0	6	0	0	9	
Neil McPherson	0	0	0	14	0	3	0	14	0	2	33	33	33	Ian Whitfield	0	0	0	0	0	0	0	0	4	0	4	8	
Daniel Vorster	0	0	0	0	0	0	13	0	19	0	32	32	32	Adam Barnes	0	0	0	4	0	0	3	0	0	0	0	7	
Julian Wright	0	0	0	0	0	0	0	4	21	5	2	32	32	Gregory Mackay	0	0	0	4	0	0	3	0	0	0	0	7	
Mark Shingler	0	0	0	0	0	0	27	0	0	0	4	31	31	John Shepherd	0	0	0	4	0	0	3	0	0	0	0	7	
Paul Munro	0	0	0	14	12	0	3	0	2	0	0	31	31	Andrew Horsley	0	0	0	4	2	0	0	0	0	0	0	6	
William Ward	0	0	0	0	0	0	3	0	26	0	2	31	31	Richard Tait	0	0	6	0	0	0	0	0	0	0	0	6	
Dean Gardiner	12	0	0	0	0	0	0	0	14	0	4	30	30	Tim Schafer	0	0	6	0	0	0	0	0	0	0	0	6	
Geoffrey Crowther	0	0	0	14	12	0	0	0	0	4	30	30	30	Edward Kim	0	0	0	0	0	0	0	6	0	0	0	6	
Philip Hugill	0	0	0	0	0	28	0	0	0	2	30	30	30	Paul Evans	0	0	0	0	0	0	0	6	0	0	0	6	
Alistair Cooke	2	0	0	14	0	0	0	14	0	0	30	30	30	Alan Phillips	0	0	0	0	0	0	3	0	0	0	2	5	
David Ritchie	12	0	0	0	0	7	0	0	0	2	8	29	29	Andrew Robertson	0	0	0	0	0	0	3	0	0	0	2	5	
Stephen Urwin	0	29	0	0	0	0	0	0	0	0	29	29	29	Jeff Gissing	0	0	0	0	0	0	3	0	0	0	2	5	
Geoff Taylor	0	0	0	0	0	0	3	0	14	4	0	8	29	29	Matt Koorey	0	0	0	0	0	0	0	0	0	3	2	5
Jonathan Gliksten	28	0	0	0	0	0	0	0	0	0	28	28	28	Steve Stewart	0	0	0	0	0	0	3	0	0	0	2	5	
Wayne McCarthy	0	0	0	0	0	0	24	0	0	0	4	28	28	28	Jon Patrick	0	0	0	0	0	0	3	0	2	0	0	5
John Stathis	0	0	0	0	21	0	0	7	0	0	28	28	28	28	Bradley Loh	0	0	0	0	0	0	0	0	4	0	0	4
Campbell Reid	2	0	0	0	9	0	0	4	0	2	10	27	27	27	Peter Butcher	0	0	0	4	0	0	0	0	0	0	0	4
Michael Johnstone	0	0	0	4	0	0	3	0	4	14	2	27	27	27	Peter McCrindle	0	0	0	0	0	0	0	0	2	2	4	
Tony Barbaro	0	0	0	4	0	0	3	0	0	7	12	26	26	26	Shane Grobler	0	0	0	4	0	0	0	0	0	0	0	4
Gary Leahey	0	0	0	0	0	0	0	14	0	12	0	26	26	26	Steve Cornelius	0	0	0	0	0	4	0	0	0	0	0	4
David Camm	12	0	4	0	0	3	0	0	0	6	25	25	25	25	Tony Partridge	2	0	0	0	0	0	0	0	0	0	2	4
Fulvio Fabreschi	0	0	6	0	0	0	19	0	0	0	25	25	25	25	John Singleton	0	0	0	0	0	0	0	4	0	0	0	4
Scott Treloar	0	0	16	0	0	3	0	6	0	0	25	25	25	25	Ian McCrabb	0	0	0	0	0	3	0	0	0	0	0	3

Ian Walker	0	0	0	0	0	0	3	0	0	0	0	0	3
Jeremy Lowes	0	0	0	0	0	0	3	0	0	0	0	0	3
John Plummer	0	0	0	0	0	0	3	0	0	0	0	0	3
John Ross	0	0	0	0	0	0	3	0	0	0	0	0	3
Lachlan Renshaw	0	0	0	0	0	0	3	0	0	0	0	0	3
Peter Tedesco	0	0	0	0	0	0	3	0	0	0	0	0	3
Phil Garvin	0	0	0	0	0	0	3	0	0	0	0	0	3
Geoff Cox	0	0	0	0	0	0	3	0	0	0	0	0	3
John Sauer	2	0	0	0	0	0	0	0	0	0	0	0	2
Peter Roberts	0	0	0	0	0	0	0	0	0	0	2	0	2
Luke Carter	0	0	0	0	0	0	0	0	2	0	0	0	2
Ron Wilson	0	0	0	0	0	0	0	0	2	0	0	0	2



Joanne Barton, Runner-Up in the Open Super Series

Final Super Series Female Open

	L	6F	C	H	M	E	C	W	S	I	L	B	Tot
	C	M	H	M	Q	S	B	Y	I	H	C	B	
Joanne Cowan	60	0	0	58	60	57	57	0	56	58	57	29	492
Joanne Barton	0	58	0	53	0	54	54	59	50	53	53	7	441
Robin Cameron	0	61	55	40	48	37	0	53	0	43	43	4	384
Allison Lilley	35	55	47	22	40	0	34	50	20	42	40	16	381
Dawn Tiller	0	65	50	0	46	51	0	63	53	0	0	2	330
Caroline Yarnell	51	0	0	47	53	51	0	0	50	0	51	12	315
Megan Jackson	31	42	36	14	41	31	0	36	12	18	36	14	299
Mary Stringer	42	56	0	44	0	0	0	0	32	48	49	12	283
Manuela	46	0	54	0	0	0	34	54	0	37	50	2	277
Sumetzberger													
Elizabeth	38	0	0	35	46	40	37	0	33	0	0	17	246
Woodhams													
Catriona Cater	56	0	64	55	0	0	0	0	0	51	0	10	236
Lilian Chuah	0	0	48	19	0	35	25	48	16	0	37	0	228

Amy Fisher	0	0	0	35	39	0	35	0	35	39	37	8	228
Amanda Underwood	0	0	0	0	0	36	37	46	0	45	46	6	216
Rebecca Deane	29	0	0	34	0	37	26	0	30	18	23	14	211
Frances Brown	37	0	0	43	34	22	0	24	36	0	9	205	
Renae Lentjes	0	0	0	48	0	50	0	38	50	0	4	190	
Lisa Carroli	40	0	0	49	0	46	0	49	0	0	6	190	
Leigh MacRitchie	0	0	0	16	0	33	30	28	33	38	8	186	
Tina Campbell	0	53	0	42	0	42	0	0	18	0	21	176	
Penny Smith	0	0	0	16	42	0	0	14	34	36	34	176	
Julie McGaw	0	0	49	32	0	0	0	52	23	18	0	2	176
Erica Morgan	33	0	53	36	47	0	0	0	0	0	0	169	
Jenny Truscott	0	0	0	52	0	51	0	50	0	0	10	163	
Karen Van Esveld	53	0	0	52	0	52	0	0	0	0	4	161	
Mercy Samia	23	42	0	5	34	22	0	0	25	0	0	151	
Kerry Ross	0	0	0	20	0	28	23	9	40	23	6	149	
Lorraine Spanton	0	0	0	27	0	42	8	29	41	0	2	149	
Jacqui Matthews	45	42	0	41	0	0	0	0	0	0	16	144	
Tracey Love	44	0	0	0	0	44	0	0	39	0	15	142	
Glenda Mitchell	48	0	0	0	0	0	0	36	0	48	10	142	
Benny Gauci	26	0	0	23	0	40	0	0	0	42	10	141	
Clara Vucetic	41	0	0	0	0	40	0	0	0	41	14	136	
Sharon Callister	0	0	0	0	0	45	0	0	38	39	6	128	
Sandra Domelow	0	0	0	33	0	0	0	24	34	35	2	128	
Heather Forster	19	54	0	27	0	21	0	0	0	0	6	127	
Beryl Wilson	32	0	0	35	0	0	47	7	0	0	6	127	
Vivienne Kartsounis	0	0	0	40	0	42	0	0	42	0	2	126	
Victoria Pilkerton	0	0	51	24	0	0	0	10	37	0	122		
Monica Reyes	0	0	0	15	0	22	41	30	0	4	112		
Joanna White	0	0	0	0	0	39	25	31	0	8	103		
Jenny Wickham	0	0	0	0	0	0	0	45	52	0	2	99	
Kirsten Themsen	0	0	0	14	0	0	49	25	0	0	10	98	
Mary Barnes	0	0	0	13	0	31	0	42	0	8	94		
Ruth McColl	0	0	0	29	0	28	0	30	0	6	93		
Lesley Maher	0	0	0	29	0	43	9	0	0	8	89		
Suzanne Kelly	0	0	0	0	0	0	0	43	45	0	88		
Karey Payne	0	0	46	0	0	29	0	12	0	0	87		
Melissa Treloar	0	0	50	0	0	26	0	8	0	0	84		
Marlies Laaper	0	0	0	18	29	3	0	32	0	2	84		
Michelle Farrar	0	0	0	41	0	6	0	32	0	79			
Andrea McDonald	0	0	0	36	40	0	0	0	0	0	76		
Bernadette Boulous	0	0	0	0	0	32	0	0	0	34	4	70	
Vanessa Browne	0	0	0	0	0	38	0	31	0	0	69		
Margaret White	0	0	0	0	0	0	46	0	0	20	66		
Gill Cavenagh	0	0	0	0	0	26	31	0	0	7	64		
Patricia	30	0	0	28	0	0	0	0	0	2	60		
Twaalfhoven													
Olivia Collier	47	0	0	0	0	0	0	9	0	2	58		
Terri Vincelli	0	0	42	0	0	14	0	0	0	56			
Shirley Rutter	0	0	0	0	0	0	0	18	23	14	55		
Kerryn Parkinson	21	0	0	0	0	17	0	5	0	10	53		
Eliza Stewart	0	0	0	0	0	0	0	0	50	2	52		
Paula Shingler	0	0	47	0	0	0	0	0	0	4	51		
Tracey Halliday	49	0	0	0	0	0	0	0	0	49			
Kylie Catchpole	0	0	0	20	0	0	0	0	23	4	47		
Elizabeth Edmonds	0	0	0	0	41	0	0	0	0	41			
Glenda Anderson	0	0	0	0	39	0	0	0	0	2	41		
Marie O'Connell	0	0	0	0	0	41	0	0	0	41			
Dale Thompson	0	0	0	0	0	39	0	0	0	39			
Louise La Hei	0	0	0	0	0	38	0	0	0	38			
Leanne Pass	0	0	0	0	0	0	33	0	4	37			
Bronwyn Adams	0	0	0	0	0	0	37	0	0	37			

Diane Read	0	0	0	0	0	0	0	0	0	36	0	0	36
Eliza Rayward	24	0	0	0	0	0	11	0	0	0	0	0	35
Amanda Garland	0	0	0	0	0	0	28	0	0	0	0	6	34
Lynn Herisson	0	0	0	0	0	0	33	0	0	0	0	0	33
Sarah Entwistle	0	0	0	0	0	0	33	0	0	0	0	0	33
Estelle Visser	0	0	0	31	0	0	0	0	0	0	0	0	31
Sue Hill	0	0	0	0	0	0	0	0	0	18	0	12	30
Nadene Serman	0	0	0	0	0	0	29	0	0	0	0	0	29
Sarah Elfick	0	0	0	0	0	0	0	0	27	0	0	2	29
Lisa Gallate	0	0	0	21	0	0	0	0	0	0	0	5	26
Michelle Davern	0	0	0	0	0	0	0	0	26	0	0	0	26
Christine Cullen	0	0	0	0	0	0	0	0	0	24	0	24	
Robyn Moody	0	0	0	0	0	0	0	2	18	0	2	22	
Fiona Nelson	0	0	0	0	0	0	0	0	21	0	0	21	
Maria DiMarco	0	0	0	0	0	0	0	0	19	0	2	21	
Mary Wilson	0	0	0	0	0	21	0	0	0	0	0	21	
Lisa Friis	0	0	0	0	0	0	0	17	0	4	21		
Virginia Ffitch	0	0	0	0	0	0	0	0	20	0	0	20	
Belinda Sheehan	0	0	0	0	0	0	0	19	0	0	0	19	
Jane Grundy	0	0	0	0	0	4	0	14	0	0	0	18	
Gillian Boshell	0	0	0	17	0	0	0	0	0	0	0	17	
Robi Russell	0	7	0	0	0	0	0	0	0	0	10	17	
Helen Wilson	0	0	0	0	0	0	3	0	0	0	0	10	13
Beatrice Gill	0	0	0	0	0	0	10	0	0	0	0	10	
Joanna Woods	0	0	0	0	0	0	7	0	2	0	0	9	
Karin Kaehne	0	0	0	8	0	0	0	0	0	0	0	8	
Helen Ritchie	0	0	0	0	0	0	3	0	0	0	0	4	7
Rachel Smith	0	0	0	0	0	0	5	0	0	0	0	2	7
Alexandra Dunn	0	0	0	0	0	0	0	6	0	0	0	6	
Carol Taylor	0	0	0	0	0	0	3	0	0	0	0	3	
Michelle Grose	0	0	0	0	0	0	0	2	0	0	0	2	

Final Super Series Age Groups

Female Seniors	L	6F	C	H	M	E	C	W	S	IH	L	B	Tot
	C		M	H	M	Q	S	B	Y	C			
Penny Smith	0	0	0	62	50	0	0	0	62	62	60	34	330
Sue Hill	0	0	0	0	0	0	0	0	0	48	0	12	60
Female Masters													
Elizabeth Woodhams	60	0	0	53	60	52	57	0	58	0	0	17	357
Mercy Samia	46	51	0	41	43	41	0	0	48	0	0	270	
Lorraine Spanton	0	0	0	45	0	57	41	0	50	62	0	2	257
Tina Campbell	0	65	0	62	0	55	0	0	45	0	21	248	
Beryl Wilson	53	0	0	46	0	0	59	44	0	0	6	208	
Kirsten Themsen	0	0	0	50	0	0	63	53	0	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	39	45	0	2	86	
Sarah Entwistle	0	0	0	0	0	0	51	0	0	0	0	51	
Helen Wilson	0	0	0	0	0	0	39	0	0	0	10	49	
Helen Ritchie	0	0	0	0	0	0	40	0	0	0	4	44	
Mary Wilson	0	0	0	0	0	41	0	0	0	0	0	41	
Carol Taylor	0	0	0	0	0	0	38	0	0	0	0	38	
Robi Russell	0	7	0	0	0	0	0	0	0	0	10	17	
Female Veterans													
Joanne Cowan	60	0	0	62	49	57	61	0	60	62	61	29	501
Joanne Barton	0	58	0	55	0	54	57	59	52	55	56	7	453
Robin Cameron	0	61	55	48	45	39	0	56	0	50	49	4	407

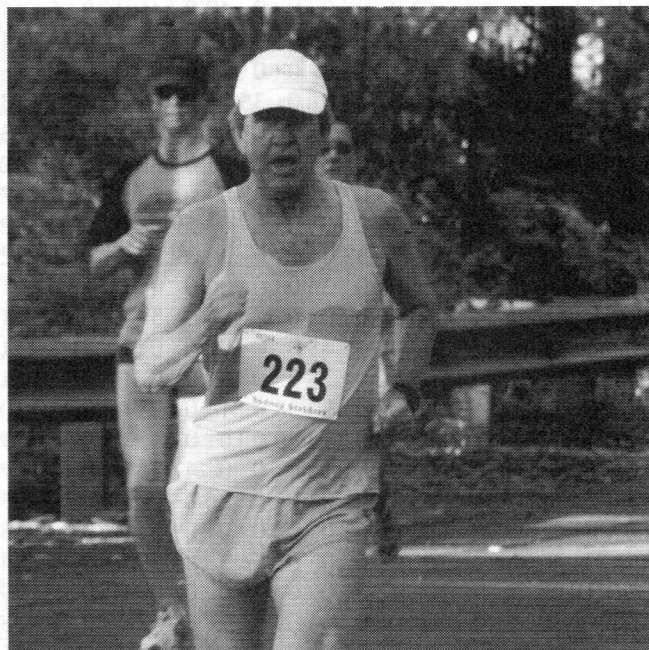
Megan Jackson	42	45	43	38	43	43	0	43	39	35	46	14	396
Dawn Tiller	0	65	50	0	38	51	0	63	58	0	0	2	327
Caroline Yarnell	53	0	0	51	47	51	0	0	53	0	53	12	320
Mary Stringer	46	56	0	50	0	0	0	0	37	51	51	12	303
Frances Brown	43	0	0	0	44	44	45	0	43	46	0	9	274
Catriona Cater	56	0	64	58	0	0	0	0	52	0	10	240	
Kerry Ross	0	0	0	33	0	36	46	0	33	49	34	6	237
Julie McGaw	0	0	53	45	0	0	0	54	44	35	0	2	233
Lisa Carroli	41	0	0	52	0	54	0	51	0	0	6	204	
Benny Gauci	32	0	0	36	0	51	0	0	48	10	177		
Heather Forster	30	55	0	41	0	33	0	0	0	0	6	165	
Jacqui Matthews	48	45	0	49	0	0	0	0	0	0	16	158	
Tracey Love	47	0	0	0	0	47	0	0	48	0	15	157	
Glenda Mitchell	49	0	0	0	0	0	0	38	0	50	10	147	
Sharon Callister	0	0	0	0	0	48	0	0	47	46	6	147	
Clara Vucetic	45	0	0	0	0	40	0	0	47	14	146		
Marlies Laaper	0	0	0	32	32	0	34	0	38	0	2	138	
Vivienne Kartsounis	0	0	0	43	0	42	0	0	43	0	2	130	
Mary Barnes	0	0	0	30	0	0	42	0	49	0	8	129	
Melissa Treloar	0	0	54	0	0	0	39	0	34	0	0	127	
Suzanne Kelly	0	0	0	0	0	0	0	45	48	0	0	93	
Gill Cavenagh	0	0	0	0	0	35	47	0	0	0	7	89	
Shirley Rutter	0	0	0	0	0	0	0	0	35	34	14	83	
Patricia Twaalfhoven	34	0	0	37	0	0	0	0	0	0	2	73	
Margaret White	0	0	0	0	0	0	0	53	0	0	20	73	
Paula Shingler	0	0	47	0	0	0	0	0	0	0	4	51	
Tracey Halliday	50	0	0	0	0	0	0	0	0	0	0	50	
Lynn Herisson	0	0	0	0	0	0	48	0	0	0	0	48	
Amanda Garland	0	0	0	0	0	0	40	0	0	0	6	46	
Estelle Visser	0	0	0	44	0	0	0	0	0	0	0	44	
Diane Read	0	0	0	0	0	0	0	0	42	0	0	42	
Lisa Friis	0	0	0	0	0	0	0	36	0	0	4	40	
Elizabeth Edmonds	0	0	0	0	36	0	0	0	0	0	0	36	
Alexandra Dunn	0	0	0	0	0	0	0	32	0	0	0	32	
Karin Kaehne	0	0	0	29	0	0	0	0	0	0	0	29	
Female Pre-Vets	L	6F	C	H	M	E	C	W	S	IH	L	B	Tot
(Top Ten)	C		M	H	M	Q	S	B	Y	C			
Allison Lilley	49	65	53	44	51	0	43	54	38	49	48	16	472
Lilian Chuah	0	0	54	41	0	50	37	53	36	0	46	0	317
Manuela	53	0	64	0	0	0	37	59	0	43	56	2	314
Sumetzberger													
Rebecca Deane	40	0	0	48	0	51	38	0	42	32	34	14	299
Leigh MacRitchie	0	0	0	37	0	49	41	0	41	47	47	8	270
Amy Fisher	0	0	0	41	46	0	38	0	43	45	43	8	264
Amanda Underwood	0	0	0	0	0	44	39	53	0	51	51	6	244
Renae Lentjes	0	0	0	53	0	52	0	45	58	0	4	212	
Erica Morgan	41	0	60	49	53	0	0	0	0	0	0	203	
Karen Van Esveld	60	0	0	58	0	57	0	0	0	0	4	179	
Male Super Senior													
Frank Dearn	60	65	64	58	60	61	61	0	0	50	12	491	
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	
Male Seniors													
Heiko Schaefer	51	0	0	55	60	61	57	63	60	58	56	24	545
Manfred Fiedler	50	61	60	0	0	48	52	54	0	43	0	26	394
Ray Doran	60	0	0	62	49	0	0	0	0	62	60	6	299
Brian Ogilwy	0	58	0	0	0	0	51	0	58	55	50	12	284
Peter	56	0	64	0	0	0	56	0	0	53	14	243	
Hammerschmidt													
Jim Screen	53	65	0	0	0	48	0	51	0	0	22	239	
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	0	4	179
John Simmonds	0	0	0	52	53	0	50	0	0	0	0	20	175
Neil McPherson	0	0	0	53	0	0	44	0	55	0	0	2	154
Peter Johnson	0	0	0	0	40	0	38	0	41	0	0	0	119
Hugh Spencer	0	0	0	0	0	0	0	49	0	0	0	12	61
Wayne McCarthy	0	0	0	0	0	0	0	52	0	0	0	4	56
John Singleton	0	0	0	0	0	0	0	0	43	0	0	0	43
Roger Rigby	0	0	0	0	0	0	0	43	0	0	0	0	43
Peter Roberts	0	0	0	0	0	0	0	0	0	0	0	41	41
Alf Field	0	7	0	0	0	0	0	0	0	0	0	2	9

Male Masters

Male Masters	L	C	6F	H	M	E	C	W	S	IH	L	B	Tot
	C			M	H	M	Q	S	B	Y	C		
Barry Rutter	52	58	60	58	53	61	0	56	55	62	57	24	544
James Cryer	53	61	54	0	47	57	52	54	52	55	0	2	487
James Moody	40	45	50	46	49	37	46	52	49	51	50	18	456
Ron Schwebel	56	0	0	55	60	0	54	0	56	0	60	16	357
Brad Renshaw	0	47	0	36	0	0	37	45	40	48	43	40	336
Rod Lovel	50	55	0	0	0	54	0	51	0	53	53	16	332
Michael Bailey	0	46	47	0	45	37	0	46	0	36	0	10	267
Eric Schmierer	28	49	0	37	32	0	24	0	31	0	42	14	257
Kevin O'Kane	42	43	52	0	0	0	32	0	0	36	29	23	257
Sam Chuah	0	0	6	35	0	49	39	44	39	0	29	14	255
Graham Willis	41	50	0	0	0	37	33	0	0	36	29	26	252
Christopher Dwyer	0	0	64	62	0	0	51	63	0	0	0	4	244
Ross McCarty	0	0	0	33	48	0	49	0	46	0	47	12	235
Graham Butler	48	0	51	0	0	42	0	40	0	50	0	2	233
Ted Brailey	0	0	0	44	43	0	43	0	43	0	44	14	231
George Lisson	60	48	0	0	0	0	0	0	64	0	49	10	231
Michael Wilson	0	0	0	39	0	47	0	43	42	0	0	23	194
Charles Coville	0	0	0	0	56	0	57	0	58	0	8	179	
Scott Smiles	0	0	55	51	51	0	0	0	0	0	0	2	159
Arthur Huxtable	0	0	0	52	0	51	0	0	0	52	0	2	157
John Kerr	0	0	0	0	36	38	0	0	0	39	31	12	156
Brian O'Dea	46	0	53	48	0	0	0	0	0	0	0	6	153
John Sneddon	49	46	0	0	0	0	0	0	0	0	35	10	140
Nick Woodhams	43	0	0	37	0	0	48	0	0	0	0	12	140
Mike Ward	45	53	0	0	0	37	0	0	0	0	0	2	137
Gavin Morisset	47	52	0	0	0	0	0	0	0	0	29	6	134
Max Crossley	0	0	0	0	0	0	41	0	43	46	0	4	134
David Ritchie	44	0	0	0	0	40	0	0	0	0	36	8	128
Keith White	0	51	0	0	0	0	0	48	0	0	0	28	127
Warwick Selby	0	65	0	0	0	0	0	59	0	0	0	0	124
Andrew Joseph	0	0	0	39	0	0	40	0	38	0	0	0	117
Jurg Kunzle	39	44	0	0	0	0	0	0	0	0	29	4	116
Ivan Freys	0	0	0	53	0	0	0	49	0	0	0	12	114
Rick Collins	0	0	48	0	0	0	25	0	36	0	0	0	109
Mahmoud El-Khansa	0	0	57	0	0	0	0	0	52	0	0	0	109
David King	0	54	0	0	0	0	0	53	0	0	0	0	107
Gary Leahey	0	0	0	0	0	0	0	0	51	0	48	0	99
Jack Leigh	0	0	0	0	0	0	30	0	31	0	30	2	93
Allan Marks	0	0	0	41	0	0	0	42	0	0	0	6	89
Fulvio Fabreschi	0	0	39	0	0	0	0	37	0	0	0	0	76
Per Jensen	0	0	0	0	0	0	32	0	30	0	0	12	74
Andrew Horsley	0	0	0	32	34	0	0	0	0	0	0	0	66
John Shepherd	0	0	0	30	0	0	35	0	0	0	0	0	65
Jon Patrick	0	0	0	0	0	0	31	0	33	0	0	0	64
John Hodges	0	0	0	0	0	0	0	0	0	0	51	2	53
Peter Cobley	0	0	0	0	50	0	0	0	0	0	0	0	50
John Ayliffe	0	0	0	0	0	0	0	0	0	47	0	0	47
Michael Kaars	0	0	0	45	0	0	0	0	0	0	0	0	45
Gordon Forsyth	0	0	0	0	0	0	28	0	0	0	0	12	40

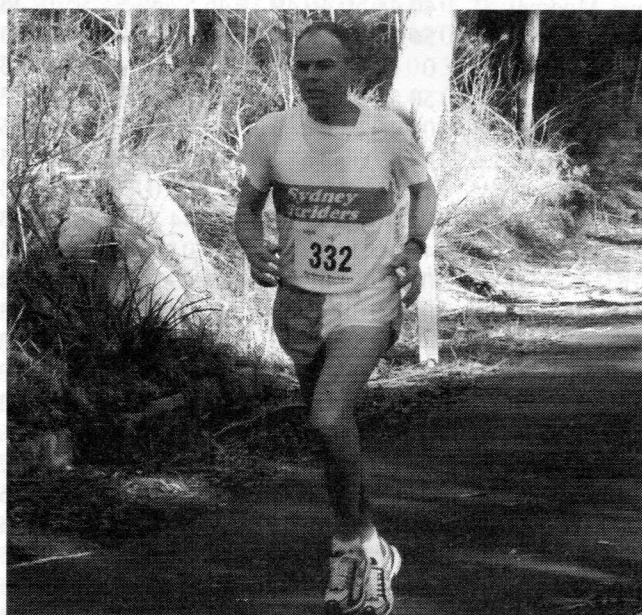
Ian Whitfield	0	0	0	0	0	0	0	0	0	36	0	4	40
Peter Butcher	0	0	0	40	0	0	0	0	0	0	0	0	40
Peter Cookson	0	0	0	38	0	0	0	0	0	0	0	0	38
Phil Garvin	0	0	0	0	0	0	37	0	0	0	0	0	37
Ron Wilson	0	0	0	0	0	0	0	0	37	0	0	0	37
Steve Cornelius	0	0	0	0	0	37	0	0	0	0	0	0	37
Jeremy Lowes	0	0	0	0	0	0	34	0	0	0	0	0	34
Brian Taylor	0	0	0	0	0	0	0	0	25	0	0	5	30
Tony Partridge	27	0	0	0	0	0	0	0	0	0	0	2	29
John Ross	0	0	0	0	0	0	26	0	0	0	0	0	26
Alan Phillips	0	0	0	0	0	0	21	0	0	0	0	2	23

**Dave Ritchie at the November Lane Cove 10k****Male Veterans**

Male Veterans	L	C	6F	C	H	M	E	C	W	S	IH	L	B	Tot
	C			M	H	M	Q	S	B	Y		C		
Keith Bateman	51	7	60	58	60	61	51	56	58	58	61	26	549	
Greg Donovan	50	58	0	52	51	42	47	0	53	55	51	12	471	
Adrian Spragg	49	56	55	48	49	0	41	52	0	49	43	10	452	
David Gayford	45	47	44	46	48	0	44	54	54	0	46	16	444	
Stephen Jackson	13	38	53	53	27	23	55	36	61	63	21	26	435	
Mike Hansen	39	45	50	33	45	23	31	0	0	44	35	32	377	
Charles King	38	0	46	32	0	45	34	0	38	43	38	14	328	
Paul Thompson	29	0	0	14	42	33	30	0	43	34	32	34	291	
Gregory Prerau	37	49	0	42	0	43	13	0	0	46	41	19	290	
Robert Wawrzyniak	32	0	45	25	0	0	35	51	45	47	0	10	290	
Ross Sinclair	56	41	0	62	0	0	57	0	0	56	14	286		
Jeff Morunga	26	0	48	20	0	0	18	50	33	38	36	14	283	
Jonathan Craig	60	0	64	0	0	0	61	63	0	0	0	12	260	
Mohammed Alkhub	0	0	0	41	47	37	38	0	40	35	0	16	254	
Steve Packer	27	0	41	16	0	37	18	0	34	39	33	8	253	
George Herisson	34	40	40	17	36	41	13	0	0	0	30	251		
Gary Aitkenhead	43	0	0	50	0	49	3	0	53	0	42	8	248	
Mark Davis	44	0	0	43	46	0	27	0	35	0	39	12	246	
Alan Smith	0	0	49	31	0	42	25	0	46	0	37	10	240	
Greg Coy	0	0	0	55	56	0	52	0	0	0	53	10	226	
Ralph Melano	41	43	44	27	44	0	0	0	0	0	18	217		
Mark Robinson	48	0	0	44	50	40	0	0	0	0	21	8	211	

Victor Donovic	47	0	0	51	0	0	0	0	48	50	14	210
Steven Norden	0	0	39	21	0	36	16	48	35	0	0	12 207
Stephen Bodnar	0	44	0	49	0	0	48	46	0	0	0	18 205
Philip Boswell	0	0	0	47	0	0	45	0	0	53	49	8 202
Graham Sharp	33	41	47	39	0	0	33	0	0	0	0	6 199
David East	28	0	36	19	39	38	10	0	20	0	0	0 190
Craig Plumb	0	0	0	0	0	38	30	0	34	40	35	4 181
Mike Morrissey	0	0	0	0	0	0	33	0	40	52	44	2 171
Jeff Morehen	40	54	0	24	0	0	0	0	49	0	0	2 169
Ian Singer	0	38	42	0	0	40	0	0	0	40	0	4 164
David Lancaster	0	46	38	0	0	39	0	0	0	0	34	4 161
Salvador Gala	42	0	0	0	0	54	0	0	0	0	48	16 160
Randall Brophy	53	0	0	0	0	0	40	0	45	0	0	6 144
Paul Bullas	0	0	0	37	0	0	0	0	48	51	0	4 140
Pierre Van Heerden	0	48	57	0	0	29	0	0	0	0	0	0 134
Joe Degabriele	13	0	0	0	0	35	0	0	0	43	21	21 133
Andrew Smith	0	0	0	35	27	0	0	0	0	23	21	26 132
Campbell Reid	26	0	0	0	33	0	0	0	30	0	30	10 129
Peter Woods	25	0	0	0	0	23	0	0	18	23	21	16 126
Jonathan Worswick	0	65	0	0	0	0	0	59	0	0	0	0 124
Mike Elliott	0	0	33	4	27	0	3	39	17	0	0	0 123
Stephen Ball	0	0	0	36	0	0	36	0	0	0	47	0 119
Philip Kennedy	30	39	0	0	0	0	0	0	39	0	0	10 118
Grahame Murphy	0	42	0	45	0	0	0	0	0	0	21	4 112
Dennis Nel	0	50	0	26	0	0	0	0	0	0	21	14 111
David Cooke	0	0	0	20	38	0	16	0	23	0	0	12 109
Joe Flinn	0	0	0	18	40	0	0	0	35	0	0	6 99
Nick Themsen	0	0	0	14	0	0	0	47	26	0	0	10 97
David Camm	35	0	0	28	0	0	26	0	0	0	0	6 95
Jose Vilar	0	0	51	0	0	0	0	0	37	0	0	0 88
Chris Thompson	0	0	0	0	0	0	3	43	38	0	0	0 84
Benny Hagberg	0	43	0	0	0	36	0	0	0	0	0	0 79
Geoff Taylor	0	0	0	0	0	0	11	0	32	27	0	8 78
Dean Gardiner	31	0	0	0	0	0	0	0	0	41	0	4 76
Robert Chalmers	13	0	0	0	0	0	0	0	0	36	0	20 69
Paul Glare	0	0	52	0	0	0	14	0	0	0	0	2 68
Garry Maddox	0	0	0	18	0	0	19	0	29	0	0	0 66
Martin Fryer	0	61	0	0	0	0	0	0	0	0	0	0 61
Wayne Stanton	0	0	0	0	0	57	0	0	0	0	0	2 59
Daniel Vorster	0	0	0	0	0	13	0	0	45	0	0	0 58
David Clear	0	55	0	0	0	0	0	0	0	0	0	0 55
Philip Fleming	0	0	0	0	0	34	13	0	0	0	4	51
Denis Speyer	23	0	0	15	0	0	5	0	0	0	0	6 49
Ken Harris	0	0	0	0	0	41	4	0	0	0	0	4 49
Hans Pandeya	0	0	0	0	41	0	0	0	0	0	0	6 47
Jonathan Gliksten	46	0	0	0	0	0	0	0	0	0	0	0 46
Philip Hugill	0	0	0	0	0	44	0	0	0	0	2	46
Mark Shingler	0	0	0	0	0	39	0	0	0	0	4	43
Roger Casey	0	0	0	0	43	0	0	0	0	0	0	43
Stephen Urwin	0	42	0	0	0	0	0	0	0	0	0	42
Gregory Mackay	0	0	0	30	0	0	7	0	0	0	0	37
Jeff Gissing	0	0	0	0	0	32	0	0	0	0	2	34
Andrew Waudby	0	0	0	29	0	0	0	0	0	0	0	29
Alastair Wallace	14	0	0	14	0	0	0	0	0	0	0	28
Bruce Inglis	0	0	0	0	0	17	0	0	0	0	10	27
Tim Schafer	0	0	27	0	0	0	0	0	0	0	0	27
Steve Stewart	0	0	0	0	0	22	0	0	0	0	2	24
David Adler	0	0	0	0	0	19	0	0	0	0	4	23
John Sauer	13	0	0	0	0	0	0	0	0	0	0	13
Ian McCrabb	0	0	0	0	0	12	0	0	0	0	0	12
Geoff Cox	0	0	0	0	0	3	0	0	0	0	0	3

Ian Walker	0	0	0	0	0	0	3	0	0	0	0	0	3
Peter Tedesco	0	0	0	0	0	0	3	0	0	0	0	0	3
Male Pre-Vets (Top Ten)													
	C	6F	C	H	M	E	C	W	S	I	H	L	B Tot
	C	6F	M	H	M	Q	S	B	Y	I	H	C	B Tot
Steve Hume	47	54	0	47	48	54	44	56	47	53	49	26	481
Darren Benson	60	51	0	62	56	0	57	0	57	62	56	16	477
Martin Matthews	38	55	54	49	49	50	35	59	45	37	0	8	444
Stuart Chellis	43	0	47	45	41	51	41	53	46	34	41	10	418
Tim Austin	40	44	0	43	0	48	32	0	0	42	42	22	313
Cameron Arnold	0	0	0	24	43	52	34	0	39	48	47	14	301
Gerry Arthur	0	0	60	46	30	0	46	0	48	52	0	10	292
Lance White	45	55	54	37	0	0	0	54	40	0	0	4	289
Mark Wilson	51	39	0	50	0	0	37	0	51	0	47	14	289
Michael Sharp	38	0	49	26	41	45	26	0	35	0	0	10	270



Peter Hammerschmidt, Seniors Winner 10K Series and Marathon Championship at the November Lane Cove 10k

Final Super Series Age and Gender Adjusted

	LC	6F	CM	H	M	M	EQ	CS	W	B	S	Y	I	H	LC	Tot
Keith Bateman	764	0	720	785	780	789	801	765	787	766	808	7045				
Stuart Chellis	735	0	706	758	727	738	790	776	796	677	764	6790				
Joanne Cowan	856	0	816	827	772	841	0	862	800	848	6622					
Heiko Schaefer	692	0	712	720	710	770	679	755	702	775	6515					
Steve Hume	702	670	722	694	720	730	733	729	733	750	6513					
Martin Matthews	717	729	720	724	696	689	723	746	713	683	0	6457				
Greg Donovan	718	724	0	711	686	668	729	0	740	713	736	6425				
Barry Rutter	707	689	697	728	682	708	0	726	695	708	732	6390				
James Cryer	741	747	675	0	632	710	741	729	709	678	0	6362				
Darren Benson	783	631	0	817	783	0	845	0	793	812	816	6280				
Adrian Spragg	711	693	683	717	687	0	678	683	0	651	704	6207				
David Gayford	659	580	654	694	670	0	694	700	708	0	703	6062				
James Moody	579	514	534	616	646	0	643	636	580	616	666	5516				
Joanne Barton	0	577	0	722	0	669	735	643	722	696	744	5508				
Robin Cameron	0	640	637	644	650	624	0	625	0	625	653	5098				
Allison Lilley	553	550	524	553	502	0	548	544	517	560	589	4938				

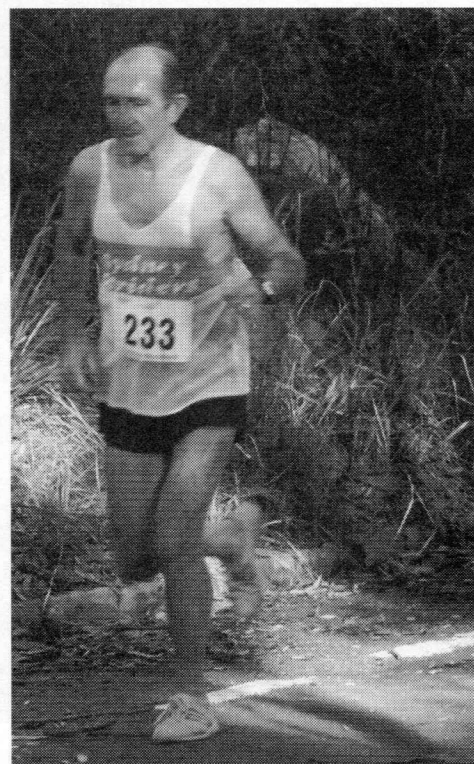
THE BLISTER NO. 91 OCTOBER - DECEMBER 2003

Mike Hansen	636	577	617	632	621	0	625	0	0	610	597	4915	Graham Sharp	630	557	587	664	0	0	643	0	0	0	3081
Charles King	622	0	568	616	0	618	635	0	571	602	632	4864	Mike Elliott	0	0	548	522	519	0	494	492	496	0	3071
Cameron Arnold	0	0	0	644	642	696	689	0	697	690	707	4765	Greg Coy	0	0	0	767	743	0	786	0	0	0	755 3051
Tim Austin	648	542	0	689	0	672	682	0	0	635	695	4563	Andrew Gibbons	773	0	0	0	0	737	782	0	720	0	3012
Jeff Morunga	556	0	574	608	0	0	613	535	513	538	612	4549	Philip Boswell	0	0	0	726	0	0	750	0	0	732 762	2970
Steve Packer	580	0	559	559	0	519	584	0	585	561	578	4525	Megan Jackson	474	0	0	484	504	486	0	0	503	0	515 2966
Dawn Tiller	0	782	706	0	740	749	0	763	766	0	0	4506	Catriona Cater	752	0	741	746	0	0	0	0	0	709	0 2948
Michael Sharp	629	0	615	599	631	629	672	0	665	0	0	4440	David Burgess	728	0	0	736	723	0	760	0	0	0	2947
Ron Schwebel	744	0	0	701	738	0	732	0	737	0	747	4399	John Young	0	631	0	801	0	0	764	0	0	692	0 2888
Mark Wilson	746	600	0	738	0	0	770	0	773	0	739	4366	Peter	759	0	703	0	0	0	0	641	0	0	752 2855
Caroline Yarnell	744	0	0	699	719	665	0	0	760	0	732	4319	Hammerschmidt	549	0	0	534	573	0	581	0	601	0	0 2838
Robert	619	0	568	608	0	0	653	620	601	641	0	4310	Paul Trainor	0	0	0	604	0	541	538	0	563	571	0 2817
Wawrzyniak	0	472	659	767	0	0	804	0	809	757	0	4268	Kerry Ross	0	0	0	604	0	541	538	0	563	571	0 2817
Stephen Jackson	622	584	570	609	600	581	595	0	0	0	0	4161	Richard Wassell	490	0	425	490	484	0	0	428	489	0	0 2806
Frank Dearn	678	689	681	664	0	0	0	697	700	0	0	4109	Craig Dunn	0	0	0	0	663	675	712	0	740	0	0 2790
Lance White	678	616	0	683	0	0	0	0	708	693	729	4107	Rebecca Deane	598	0	0	585	0	516	525	0	564	0	0 2788
Mary Stringer	625	594	0	660	0	599	327	0	0	627	658	4090	Victor Donovic	683	0	0	721	0	0	0	0	0	635 745	2784
Gregory Prerau	0	0	641	684	0	0	703	683	0	670	695	4076	Joel Mackay	685	718	675	694	0	0	0	0	0	0	0 2772
Kendall Waller	0	568	557	626	0	0	403	0	592	619	655	4020	Mark Robinson	697	0	0	685	699	678	0	0	0	0	0 2759
Roland Hassall	608	0	0	600	607	366	637	0	647	0	550	4015	Mike Morrissey	0	0	0	0	0	0	698	0	648	660	701 2707
Paul Thompson	707	645	0	0	0	666	0	622	0	641	718	3999	Lisa Carroli	669	0	0	678	0	0	666	0	688	0	0 2701
Rod Lovel	679	0	0	689	641	0	672	0	662	0	653	3996	Sam Chuah	0	0	0	549	0	557	569	512	485	0	0 2672
Mark Davis	0	547	0	570	0	0	580	536	520	596	635	3984	George Lisson	745	522	0	0	0	0	0	0	750	0	651 2668
Brad Renshaw	683	0	0	675	654	603	677	0	685	0	0	3977	Jaap Bakker	0	0	0	675	0	0	0	0	659	628	698 2660
Elizabeth Woodhams	0	0	0	520	562	570	602	0	554	554	601	3963	Tom Fischer	0	0	0	689	671	0	666	0	618	0	0 2644
Tim Deane	0	0	0	629	606	0	632	0	654	637	650	3808	Renae Lentjes	0	0	0	661	0	0	691	0	643	641	0 2636
Amy Fisher	530	532	0	543	539	0	538	0	501	0	594	3777	Paul Jackson	0	655	0	532	0	676	715	0	0	0	0 2578
Eric Schmierer	630	0	578	0	0	0	630	614	0	635	678	3765	Fernando	579	0	0	547	538	0	512	0	385	0	0 2561
Manuela	562	0	479	545	559	514	560	0	523	0	0	3742	Santesteban	625	643	0	618	0	0	0	0	667	0	0 2553
Sumetzberger	773	617	0	760	0	0	787	0	0	0	760	3697	Jeff Morehen	0	0	0	0	0	0	646	0	579	615	664 2504
David East	0	0	0	652	638	648	661	0	573	513	0	3685	Craig Brown	605	0	0	610	0	610	664	0	0	0	0 2489
Alkhub	663	0	0	717	0	677	247	0	685	0	663	3652	Mark Schaefer	621	0	0	0	604	0	0	0	606	0	642 2473
Gary Aitkenhead	0	0	525	528	0	506	517	499	487	0	556	3618	Campbell Reid	0	0	0	622	0	0	0	0	601	608	622 2453
Lilian Chuah	0	0	0	0	565	551	610	0	603	632	652	3613	Sandra Domelow	667	0	0	689	0	0	692	0	350	0	0 2398
Michael Free	0	0	707	697	0	0	749	0	722	706	0	3581	Neil Barker	0	0	0	792	0	0	793	0	790	0	0 2375
Gerry Arthur	0	0	577	607	0	586	580	0	592	0	612	3554	Jenny Truscott	566	0	0	584	0	0	612	0	0	0	608 2370
Alan Smith	0	0	0	0	0	693	712	0	717	704	706	3532	Benny Gauci	619	0	563	588	596	0	0	0	0	0	0 2366
Shaun Atchison	575	0	517	635	0	0	486	0	640	630	0	3483	Erica Morgan	0	0	0	0	612	536	0	0	0	599	619 2366
Stephen Kibble	615	556	0	551	595	564	0	0	0	576	0	3457	John Kerr	0	0	0	0	766	0	802	0	0	0	796 2364
Mercy Samia	0	0	0	0	0	679	674	0	659	652	711	3375	Richard Sarkies	0	0	0	0	0	575	591	575	0	607	0 2348
Craig Plumb	0	0	672	652	0	0	649	0	0	680	706	3359	Dougal Langusch	599	0	0	0	613	0	0	567	565	0	0 2344
Ben McSweeney	606	0	0	542	538	546	0	577	547	0	3356	Beryl Wilson	0	0	0	594	566	0	584	0	587	0	0 2331	
Frances Brown	665	0	0	676	0	0	679	0	694	0	618	3332	Paul Munro	781	0	0	0	0	0	763	0	755	0	0 2299
Richard Deutsch	705	587	653	0	0	0	700	681	0	0	0	3326	Randall Brophy	0	0	0	561	560	0	602	0	564	0	0 2287
Manfred Fiedler	679	601	0	693	0	616	727	0	0	0	0	3316	David Cooke	584	0	0	563	0	571	0	0	0	0	568 2286
John Van	815	0	0	846	0	0	0	0	0	805	840	3306	David Lancaster	0	590	536	0	0	562	0	0	0	0	586 2274
Yzendoorn	0	0	816	819	0	0	848	811	0	0	0	3294	Michael Bailey	0	559	503	0	627	0	0	581	0	0	0 2270
Ray Doran	773	0	807	0	0	0	836	817	0	0	0	3233	Julie McGaw	0	0	526	591	0	0	0	571	557	0	0 2245
Christopher Dwyer	0	0	0	567	0	504	529	0	566	494	572	3232	Monica Reyes	0	0	0	559	0	0	537	549	595	0	0 2240
Jonathan Craig	0	0	0	673	0	632	565	0	701	637	0	3208	Alex Whitworth	0	0	0	777	670	0	750	0	0	0	0 2197
Leigh MacRitchie	0	0	0	673	0	632	565	0	701	637	0	3208	Ian Singer	0	478	555	0	0	562	0	0	0	595	0 2190
Lorraine Spanton	595	0	0	0	0	654	693	0	0	581	678	3201	Michael Wilson	0	0	0	582	0	517	0	514	567	0	0 2180
Puke Peterson	0	0	0	629	626	0	0	0	643	625	653	3176	Victoria Pilkerton	0	0	541	559	0	0	0	0	540	534	0 2174
Lenky Smith	687	0	591	0	0	655	0	622	0	616	0	3171	Charles Coville	0	0	0	0	713	0	753	0	0	683	0 2149
Graham Butler	631	542	555	555	0	571	306	0	0	0	0	3160	Stephen Ball	0	0	0	664	0	0	747	0	0	0	736 2147
George Herisson	0	0	0	0	0	578	664	622	0	628	649	3141	Neil McPherson	0	0	0	706	0	0	717	0	717	0	0 2140
Amanda Underwood	0	0	0	0	0	578	664	622	0	628	649	3141	Anthony Wong	0	0	0	760	0	0	729	0	628	0	0 2117
Steven Norden	0	0	525	547	0	486	546	451	570	0	0	3125	Karen Van Esveld	704	0	0	693	0	0	720	0	0	0	0 2117
Brian Ogilwy	0	514	0	0	0	643	0	671	614	656	3098	Adrian Krahn	0	0	542	0	0	493	0	0	546	520	0 2101	
Ross McCarty	0	0	0	589	617	0	666	0	575	0	651	3098	Kelvin Marshall	0	705	689	0	0	0	0	0	693	0	0 2087
Ralph Melano	665	579	582	628	631	0	0	0	0	0	0	3085	Michael Johnstone	0	0	0	500	0	0	531	0	546	506	0 2083
Ted Brailley	0	0	0	619	573	0	625	0	618	0	648	3083	Vivienne	0	0	0	694	0	676	0	0	0	698	0 2068
	0	0	0	514	0	0	643	0	671	614	656	3098	Kartsounis	0	0	0	685	683	691	0	0	0	0	0 2059
	665	579	582	628	631	0	0	0	0	0	0	3085	Scott Smiles	639	0	0	0	0	686	0	0	0	0	711 2036
	0	0	0	619	573	0	625	0	618	0	648	3083	Salvador Gala	0	646	0	726	0	656	0	0	0	0	0 2028
													Tina Campbell	0	646	0	726	0	656	0	0	0	0	0 2028

Kevin O'Kane	619	490	585	0	0	0	323	0	0	0	2017	Suzanne Kelly	0	0	0	0	0	0	0	0	701	714	0	1415	
Clara Vucetic	675	0	0	0	0	668	0	0	0	668	2011	Graham	0	0	0	0	0	0	0	705	0	677	0	1382	
Stephen Bodnar	0	562	0	704	0	0	743	0	0	0	2009	Farnsworth	0	0	0	0	0	0	0	0	0	0	0	1349	
Arthur Huxtable	0	0	0	701	0	647	0	0	0	660	0	2008	Gavin Morisset	699	650	0	0	0	0	0	0	0	0	0	1342
Gerard Donnan	0	0	655	0	0	0	702	0	647	0	0	2004	David King	0	648	0	0	0	0	0	694	0	0	0	1341
David Camm	644	0	0	673	0	0	685	0	0	0	0	2002	Alistair Cooke	444	0	0	454	0	0	0	0	443	0	0	1327
Andrew Joseph	0	0	0	649	0	0	678	0	656	0	0	1983	William Ward	0	0	0	0	0	0	646	0	681	0	0	1312
John Sneddon	691	658	0	0	0	0	0	0	0	0	633	1982	Peter Slater	0	0	0	0	0	0	0	0	0	624	688	1309
Paul Bullas	0	0	0	665	0	0	0	0	641	671	0	1977	Benny Hagberg	0	666	0	0	0	643	0	0	0	0	0	1308
Brian O'Dea	679	0	636	661	0	0	0	0	0	0	0	1976	Mahmoud El-Khansa	0	0	683	0	0	0	0	0	625	0	0	1307
Glenda Mitchell	637	0	0	0	0	0	0	0	658	0	654	1949	Bruce Craven	0	614	0	0	0	0	0	0	693	0	0	1306
David Ritchie	667	0	0	0	0	622	0	0	0	0	655	1944	Grahame Murphy	0	569	0	725	0	0	0	0	0	0	0	1294
Pierre Van Heerden	0	591	678	0	0	0	669	0	0	0	0	1938	Gary Leahey	0	0	0	0	0	0	0	0	651	0	642	1293
Ruth McColl	0	0	0	656	0	0	611	0	670	0	0	1937	Andrea McDonald	0	0	0	636	647	0	0	0	0	0	0	1283
James Woodhams	0	0	0	626	634	0	664	0	0	0	0	1924	Vanessa Browne	0	0	0	0	0	0	674	0	597	0	0	1271
Marlies Laaper	0	0	0	590	322	0	322	0	677	0	0	1911	Ivan Freys	0	0	0	688	0	0	0	582	0	0	0	1270
Nick Woodhams	640	0	0	622	0	0	649	0	0	0	0	1911	Mike Ward	642	617	0	0	0	0	0	0	0	0	0	1259
Lesley Maher	0	0	0	678	0	643	567	0	0	0	0	1888	Jose Vilar	0	0	631	0	0	0	0	0	626	0	0	1257
Peter Truscott	725	0	0	0	0	0	407	0	0	0	734	1866	Alex McAlister	626	0	0	0	0	0	622	0	0	0	0	1248
Andrew Bilsdon	0	581	615	0	0	0	0	0	668	0	0	1864	Heather Forster	0	604	0	634	0	0	0	0	0	0	0	1238
Garry Maddox	0	0	0	616	0	0	627	0	614	0	0	1857	Dennis Nel	0	616	0	620	0	0	0	0	0	0	0	1236
Walter Mitchell	575	0	0	0	0	0	0	0	617	0	664	1856	Bernadette	0	0	0	0	0	0	619	0	0	0	616	1235
Julian Wright	0	0	0	0	0	0	0	0	607	593	628	1828	Boulous	626	0	0	607	0	0	0	0	0	0	0	1233
Mary Barnes	0	0	0	572	0	0	635	0	608	0	0	1815	Jacqui Matthews	0	0	635	0	0	0	584	0	0	0	0	1219
Adam Cresswell	622	0	0	568	0	0	616	0	0	0	0	1806	Paul Glare	0	0	0	647	0	0	566	0	0	0	0	1213
Sharon Callister	0	0	0	0	0	603	0	0	564	619	1786	Gregory Mackay	0	0	0	608	0	0	0	0	605	0	0	1213	
Hugh Langshaw	0	0	0	608	573	0	600	0	0	0	0	1781	John Stathis	0	0	0	0	0	0	0	0	0	0	0	1209
Jim Screen	696	555	0	0	0	0	528	0	0	0	0	1779	Stewart Turner	0	0	0	0	0	0	0	0	577	632	1209	
John Simmonds	0	0	0	596	582	0	598	0	0	0	0	1776	Patricia	601	0	0	594	0	0	0	0	0	0	0	1195
Tony Barbaro	0	0	0	561	0	0	574	0	0	0	636	1771	Twaalfhoven	0	0	0	0	0	0	591	0	602	0	0	1193
Kirsten Themsen	0	0	0	556	0	0	581	630	0	0	0	1767	Jon Patrick	0	0	0	0	0	0	663	527	0	0	0	1190
Tracey Love	633	0	0	0	0	579	0	0	0	547	0	1759	Ken Harris	0	0	0	0	0	0	614	0	0	0	0	1185
Rick Collins	0	0	550	0	0	0	578	0	630	0	0	1758	John Shepherd	0	0	0	571	0	0	0	0	0	0	0	1182
Jack Leigh	0	0	0	0	0	0	568	0	569	0	582	1719	Sean Greenhill	0	547	0	0	0	0	0	0	0	0	635	1182
Joe Flinn	0	0	0	549	567	0	0	0	581	0	0	1697	Dean Gardiner	590	0	0	0	0	0	0	0	578	0	0	1168
Philip Kennedy	590	513	0	0	0	0	0	0	590	0	0	1693	Keith White	0	592	0	0	0	0	0	576	0	0	0	1168
Anton Kapel	0	0	0	581	0	0	558	0	550	0	0	1689	Andrew Horsley	0	0	0	588	576	0	0	0	0	0	0	1164
Michael Rees-Evans	0	0	0	543	0	0	572	0	574	0	0	1689	Olivia Collier	635	0	0	0	0	0	0	526	0	0	0	1161
Dean Degan	0	0	0	0	0	0	848	0	838	0	0	1686	Per Jensen	0	0	0	0	0	0	586	0	575	0	0	1161
David Bray	0	0	0	0	0	0	522	0	535	604	1661	Andrew Duggan	0	0	0	601	0	0	550	0	0	0	0	1151	
John Zahra	0	0	0	0	0	529	554	0	571	0	0	1654	Daniel Vorster	0	0	0	0	0	0	512	0	637	0	0	1149
Joanna White	0	0	0	0	0	520	550	0	578	0	0	1648	Gill Cavenagh	0	0	0	0	0	556	582	0	0	0	0	1138
Michelle Farrar	0	0	0	686	0	0	470	0	484	0	1640	Joe Degabriele	0	0	0	0	0	507	0	0	618	0	0	1125	
Melissa Treloar	0	0	535	0	0	0	579	0	505	0	0	1619	Ken Walker	0	0	0	0	0	0	534	0	583	0	0	1117
David Criniti	0	0	0	0	0	0	0	0	0	797	819	1616	Peter Woods	570	0	0	0	0	0	0	535	0	0	0	1105
Chris Truscott	0	0	0	0	800	0	813	0	0	0	0	1613	Adam Barnes	0	0	0	562	0	0	542	0	0	0	0	1104
Denis Speyer	535	0	0	535	0	0	542	0	0	0	0	1612	Fulvio Fabreschi	0	0	524	0	0	0	551	0	0	0	0	1075
Geoff Taylor	0	0	0	0	0	0	558	0	531	515	0	1604	Jurg Kunzle	557	517	0	0	0	0	0	0	0	0	0	1074
Mario Torresan	0	0	0	564	0	0	549	0	489	0	1602	Alastair Wallace	560	0	0	511	0	0	0	0	0	0	0	0	1071
Jonathan Worswick	0	822	0	0	0	0	775	0	0	0	1597	Terri Vincelli	0	0	553	0	0	0	514	0	0	0	0	1067	
Graham Willis	632	599	0	0	0	0	347	0	0	0	1578	Eliza Rayward	547	0	0	0	0	0	504	0	0	0	0	1051	
Karey Payne	0	0	505	0	0	0	525	0	547	0	1577	Stuart Crichton	0	459	0	572	0	0	0	0	0	0	0	1031	
Chris Thompson	0	0	0	0	0	0	229	670	670	0	1569	Kevin Tiller	0	0	466	0	0	540	0	0	0	0	0	1006	
Kerryn Parkinson	509	0	0	0	0	0	525	0	520	0	1554	Marcus Juhasz	0	0	0	0	0	0	484	0	498	0	0	982	
Warwick Selby	0	758	0	0	0	0	0	774	0	0	1532	Joanna Woods	0	0	0	0	0	0	482	0	491	0	0	973	
Tim Cradock	0	0	0	0	0	0	0	748	776	0	1524	Geoffrey	0	0	0	490	4								

John Hodges	0	0	0	0	0	0	0	0	0	0	716	716	Lisa Gallate	0	0	0	538	0	0	0	0	0	0	0	538	
Ron Daly	0	0	0	716	0	0	0	0	0	0	0	716	Kylie Catchpole	0	0	0	536	0	0	0	0	0	0	0	536	
Peter Roberts	0	0	0	0	0	0	0	0	0	0	710	710	Quinn Askeland	0	0	0	535	0	0	0	0	0	0	0	535	
Marie O'Connell	0	0	0	0	0	0	705	0	0	0	0	705	Tim Schafer	0	0	532	0	0	0	0	0	0	0	0	532	
Elizabeth Edmonds	0	0	0	0	700	0	0	0	0	0	0	700	Karin Kaehne	0	0	0	529	0	0	0	0	0	0	0	529	
Roger Casey	0	0	0	0	693	0	0	0	0	0	0	693	John Boakes	0	0	0	0	0	0	0	0	0	523	0	523	
David Clear	0	687	0	0	0	0	0	0	0	0	0	687	Andrew Robertson	0	0	0	0	0	0	522	0	0	0	0	522	
Andrew Charleston	0	0	0	0	0	0	0	0	0	0	682	0	682	Gillian Boshell	0	0	0	518	0	0	0	0	0	0	518	
Andrew Fuller	0	0	0	0	681	0	0	0	0	0	0	681	Robert Chalmers	0	0	0	0	0	0	0	0	0	512	0	512	
Dale Thompson	0	0	0	0	0	0	677	0	0	0	0	677	Christine Cullen	0	0	0	0	0	0	0	0	0	508	0	508	
Jeff Gissing	0	0	0	0	0	0	675	0	0	0	0	675	Beatrice Gill	0	0	0	0	0	0	501	0	0	0	0	501	
Tracey Halliday	671	0	0	0	0	0	0	0	0	0	0	671	Ian Walker	0	0	0	0	0	0	499	0	0	0	0	499	
Hugh Spencer	0	0	0	0	0	0	0	670	0	0	0	670	Richard Tait	0	0	495	0	0	0	0	0	0	0	0	495	
Nick Adams	663	0	0	0	0	0	0	0	0	0	0	663	Alexandra Dunn	0	0	0	0	0	0	0	0	493	0	0	493	
Jonathan Gliksten	658	0	0	0	0	0	0	0	0	0	0	658	Fiona Nelson	0	0	0	0	0	0	0	0	0	484	0	484	
Diane Read	0	0	0	0	0	0	0	0	0	0	655	0	655	Virginia Ffitch	0	0	0	0	0	0	0	0	0	484	0	484
Peter Cobley	0	0	0	0	654	0	0	0	0	0	0	654	John Plummer	0	0	0	0	0	0	477	0	0	0	0	477	
Tom Silk	0	0	0	653	0	0	0	0	0	0	0	653	Robyn Moody	0	0	0	0	0	0	0	0	465	0	0	465	
Leanne Pass	0	0	0	0	0	0	0	0	0	651	0	651	Michelle Grose	0	0	0	0	0	0	0	0	446	0	0	446	
Phil Garvin	0	0	0	0	0	0	649	0	0	0	0	649	Brian Taylor	0	0	0	0	0	0	0	0	443	0	0	443	
Bronwyn Adams	0	0	0	0	0	0	0	0	642	0	0	642	Rachel Smith	0	0	0	0	0	0	426	0	0	0	0	426	
Andrew Smith	0	0	0	637	0	0	0	0	0	0	0	637	Helen Ritchie	0	0	0	0	0	0	395	0	0	0	0	395	
Peter Butcher	0	0	0	637	0	0	0	0	0	0	0	637	Edward Kim	0	0	0	0	0	0	0	0	393	0	0	393	
Stephen Urwin	0	637	0	0	0	0	0	0	0	0	0	637	Peter Tedesco	0	0	0	0	0	0	381	0	0	0	0	381	
Ron Wilson	0	0	0	0	0	0	0	0	630	0	0	630	Luke Carter	0	0	0	0	0	0	0	0	354	0	0	354	
Matt Koorey	0	0	0	0	0	0	0	0	0	0	624	624	Geoff Cox	0	0	0	0	0	0	343	0	0	0	0	343	
Peter McCrindle	0	0	0	0	0	0	0	0	0	0	622	622	Helen Wilson	0	0	0	0	0	0	280	0	0	0	0	280	
Philip Hugill	0	0	0	0	0	621	0	0	0	0	0	621	Carol Taylor	0	0	0	0	0	0	266	0	0	0	0	266	
Alex Jensen	0	0	0	0	0	0	0	0	619	0	0	619	Alan Phillips	0	0	0	0	0	0	241	0	0	0	0	241	
Paula Shingler	0	0	617	0	0	0	0	0	0	0	0	617														
Michael Kaars	0	0	0	615	0	0	0	0	0	0	0	615														
Estelle Visser	0	0	0	614	0	0	0	0	0	0	0	614														
Steve Stewart	0	0	0	0	0	0	613	0	0	0	0	613														
Bruce Inglis	0	0	0	0	0	0	610	0	0	0	0	610														
Sarah Elfick	0	0	0	0	0	0	0	0	610	0	0	610														
Amanda Garland	0	0	0	0	0	0	604	0	0	0	0	604														
Michelle Davern	0	0	0	0	0	0	0	0	603	0	0	603														
John Singleton	0	0	0	0	0	0	0	0	601	0	0	601														
Nadene Serman	0	0	0	0	0	0	597	0	0	0	0	597														
Glenda Anderson	0	0	0	0	0	591	0	0	0	0	0	591														
Andrew Waudby	0	0	0	590	0	0	0	0	0	0	0	590														
Louise La Hei	0	0	0	0	0	588	0	0	0	0	0	588														
Jeremy Lowes	0	0	0	0	0	0	586	0	0	0	0	586														
Roger Rigby	0	0	0	0	0	0	0	583	0	0	0	583														
Simon Kent-Jones	0	0	0	0	579	0	0	0	0	0	0	579														
Darren Goodsir	0	0	0	0	576	0	0	0	0	0	0	576														
Gordon Forsyth	0	0	0	0	0	0	576	0	0	0	0	576														
David Adler	0	0	0	0	0	0	575	0	0	0	0	575														
John Ross	0	0	0	0	0	0	574	0	0	0	0	574														
Shane Grobler	0	0	0	574	0	0	0	0	0	0	0	574														
Belinda Sheehan	0	0	0	0	0	0	0	0	571	0	0	571														
John Ayliffe	0	0	0	0	0	0	0	0	0	568	0	568														
Lisa Friis	0	0	0	0	0	0	0	0	0	565	0	565														
Allan Marks	0	0	0	564	0	0	0	0	0	0	0	564														
Peter Cookson	0	0	0	563	0	0	0	0	0	0	0	563														
Ian McCrabb	0	0	0	0	0	0	561	0	0	0	0	561														
Paul Evans	0	0	0	0	0	0	0	0	560	0	0	560														
Hans Pandeya	0	0	0	0	557	0	0	0	0	0	0	557														
Michael McCarthy	0	0	0	0	0	0	0	0	0	555	0	555														
Wayne McCarthy	0	0	0	0	0	0	0	555	0	0	0	555														
Lynn Herisson	0	0	0	0	0	0	550	0	0	0	0	550														
Margaret White	0	0	0	0	0	0	0	549	0	0	0	549														
Bradley Loh	0	0	0	0	0	0	0	0	0	545	0	545														

**Ray Doran, Seniors Half Marathon
Championship Winner, at the November
Lane Cove 10k (black & white printing
doesn't do justice to those orange shoes!)**



Ray Doran, Seniors Half Marathon Championship Winner, at the November Lane Cove 10k (black & white printing doesn't do justice to those orange shoes!)

Blister Photo Gallery



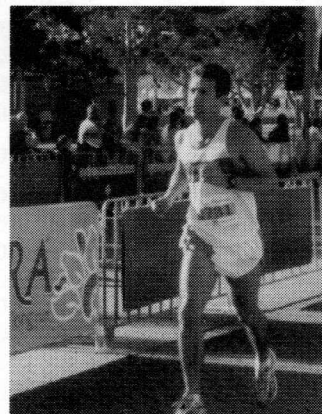
**The post-Xmas Equaliser training group
enjoy a Christmas drink**



Homebush 10k – the Start



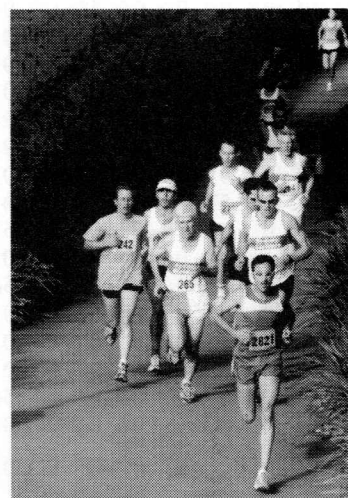
**Homebush – the leaders – Charlie Low with
Dean Degan and Darren Benson close behind**



**Michael Sharp finishes the Sydney Flora Half
in 1:30:43**



**Mohammed Alkhub leads a group including
Caroline Yarnell (Runner-Up 10k Series
Open)**



**The following pack – Striders Stephen
Jackson, Mark Wilson (Runner-Up
10k Series Open) and Keith Bateman**