

Sydney Striders

**Road Runners' Club
Australia**



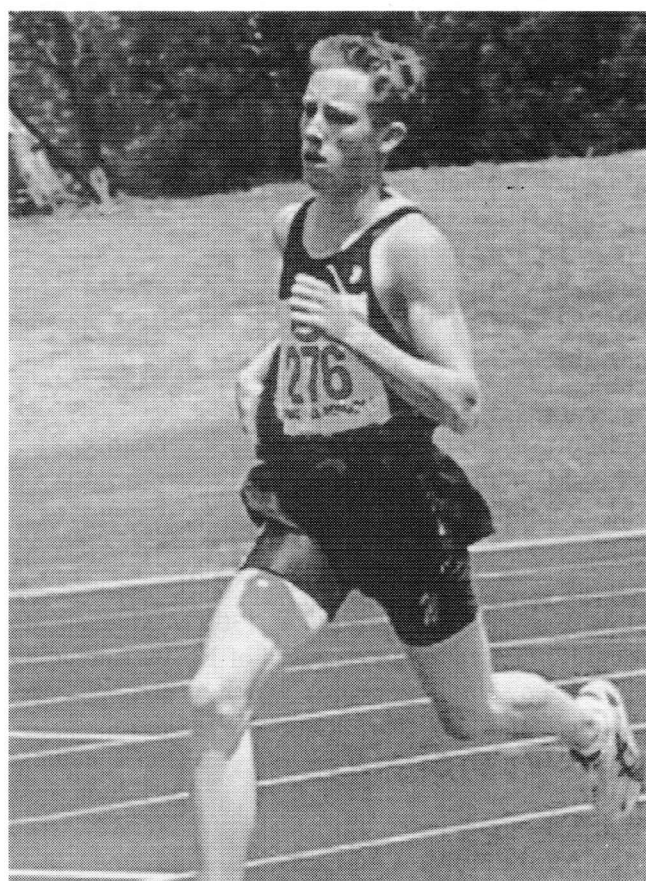
Edition No. 92: January - March 2004

David and Lachlan set the pace



David Criniti came 1st in the Gosford 12Hr covering 142.495km which is reported to be the 3rd best all-time Australian performance at the event. He also set a course record at the Maroondah Dam 50k.

David is pictured at the Forster Ironman where he finished 25th - 466th out of the water (3.8k swim), 188th off the bike (180k cycle), then the fastest run split with a 2:50 marathon to finish in 9hrs 08 mins.



Lachlan Renshaw gained 2nd place in the NSW U-20 800m Championship in February with a PB of 1:52:85. (The winner did 1:52:52). A great run in itself but all the better given that Lachlan is still 16 years old and while still supposedly a U-18 runner, moved up an age-group to get some competition.

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 in a Word document and attach to your email. It is easier 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.

Blister Contributions

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Next Deadline Date

Sunday 1st August 2004

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President's Page

Registered runners

In 2003 Striders made the necessary changes in constitution and procedures to fully affiliate with Athletics NSW. This gave two important benefits to the membership. The first, and most important, was that Striders could now utilise the insurance coverage of Aths NSW which is a major saving to Striders. With insurance costs escalating each year, Striders can now maintain coverage for approximately \$3,500 this year, which is only incrementally higher than last year and some 50% less than general insurance cover.

The second advantage to Striders is the opportunity for Striders to compete in Athletics NSW and Athletics Australia events as Striders. As an affiliated club, Striders now must maintain our links to Aths NSW by contributing and been seen to contribute to the success of Aths NSW events. To encourage Striders participation, the committee has decided to subsidise Aths NSW registration fees for up to 10 Striders. These Striders have been selected based on their participation in Aths NSW events in 2003, their performances both in open and age categories, and their willingness to race for Striders in the 2004 winter season. The subsidies will be revisited at the end of the Winter Season and reconsidered for the Summer Season using the same criteria as the Winter season.

Giving up running

The human mind is an amazing thing, and when applied to running it has a nasty streak. In the last 10k of the 2002 6ft Track I had categorically decided to give up running forever. I even confirmed it to my lovely wife after crossing the line. By the time we had driven as far as Katoomba on the way home I was at least going to run 10k's again. It did take a week before I was planning for my next assault on 6ft. It has taken many marathons, but I can now judge how well I have run by how long it takes to start planning for the next one. I have only categorically given up running on three occasions, I have given up running marathons again after many races, and I have absolutely categorically stated that I won't run more than 10k ever again on too many occasions to remember. In Canberra last weekend one of the MTG'ers was in tears at the end of the marathon – "never again" she said with venom – but

before the last Strider has crossed the line she had tapped me on the shoulder and asked if I would help her plan for the next one IF she decided to go again... How quickly we forget the pain and then the achievement takes over, relegating those tortured hours to some dark recess of the mind, only to trot them out again somewhere around 35k of that next marathon.

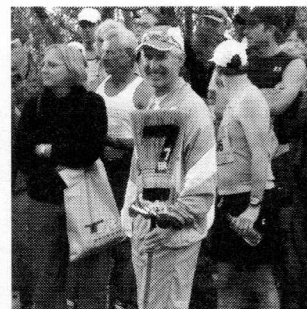
Not giving up running

My Dad had a heart attack recently. The Thursday before Easter the heart specialist put him on a treadmill for a stress test. Within a few minutes the Doctor had jumped across the room to hit the big red button as the heart monitor went off the scale, and a few hours later Dad was in the hospital for heart surgery. By Thursday night, and after three hours on the slab, they had avoided open heart and put a stent into the offending artery.

The specialists who saw Dad all said that the only reason he wasn't in a box was that he runs. Now, he only started running when he turned 60. He turned 76 last week. He claims this insanity called running is hereditary – you get it from your kids. OK, so there isn't a great deal of difference between his run and his walk these days, but the point is it is never too late to start, and regardless of age and speed, you just cannot afford to stop – for your sake, and for the sake of your family and friends.

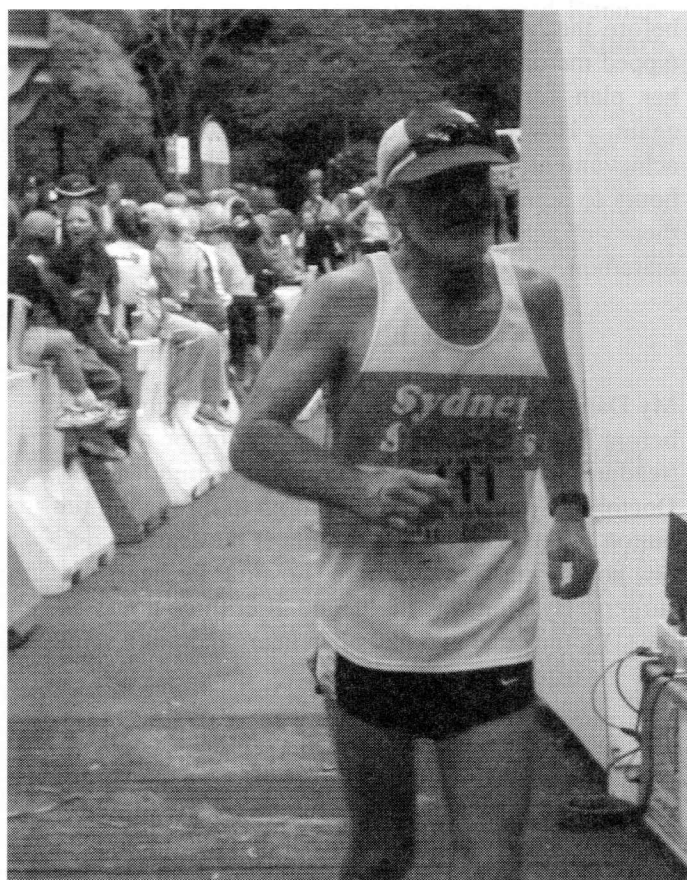
He is now planning for his 17th City to Surf later this year. I don't think we will trouble the scorers in the Father and Son category, but hey, with a combined age over 120 we must have a chance at the oldest combination!

Take care out there, and Stride On!
Stephen



Stephen the Sweeper at Six Foot Track

Six Foot Track 2004



Eric Schmierer crosses the line



Graham Butler at the finish

1 Darren Benson	3.42.10	23 Amanda Underwood	5.21.13	F	45 Graham Butler	6.05.01
2 Jonathan Worswick	3.54.22	24 Cameron Arnold	5.24.37		46 Eric Schmierer	6.10.12
3 Richard Green	4.21.51	25 Roland Hassall	5.25.01		47 Vivienne Kartsounis	6.13.28 F
4 Sean Ryan	4.23.40	26 Joanne Barton	5.28.40	F	48 Mario Torresan	6.15.28
5 Greg Donovan	4.24.58	27 David King	5.29.38		49 Allan Wareham	6.23.29
6 Kelvin Marshall	4.26.24	28 Stephen Bodnar	5.32.17		50 Julie McGaw	6.35.54 F
7 Martin Matthews	4.28.21	29 Adrian Spragg	5.32.47		51 Bridgit English	6.40.30 F
8 Warwick Selby	4.32.05	30 David Clear	5.32.58		52 Steven Norden	6.41.56
9 George Lisson	4.37.17	31 Dougal Langusch	5.33.35		53 Ross McCarty	6.43.15
10 Bruce Craven	4.52.22	32 Darryl Chrisp	5.33.36		54 Brad Renshaw	6.45.02
11 Barry Rutter	4.53.42	33 Stephen Kibble	5.35.40		55 Michael Bailey	6.45.02
12 David Gayford	4.55.47	34 Mohammed Alkhub	5.42.13		56 Brian Ogilwy	6.53.00
13 Greg Coy	4.57.28	35 Peter Roberts	5.43.42		57 Stephen Jackson	7.00.01
14 Joel Mackay	5.03.41	36 Stewart Turner	5.45.34		58 Roger Rigby	7.01.13
15 Tim Austin	5.04.57	37 Jeff Morunga	5.47.03		59 Wayne McCarthy	7.01.14
16 James Cryer	5.06.43	38 Robert Wawrzyniak	5.47.55		60 Frank Dearn	7.14.57
17 Sean Greenhill	5.06.44	39 Peter Hammerschmidt	5.49.12		61 David Criniti	7.43.12
18 Peter Tedesco	5.09.01	40 Jose Vilar	5.51.48		Note: David Criniti and Stephen Jackson were 'Sweepers'. Kevin Tiller is Race Director.	
19 Tom Silk	5.11.09	41 Keith White	5.52.35			
20 Chris Ferguson	5.14.23	42 George Herisson	5.53.04			
21 Patrick Hodgins	5.14.58	43 David Lancaster	5.57.19			
22 Richard Deutsch	5.18.26	44 James Moody	6.04.03			

Mob Run – Top Three

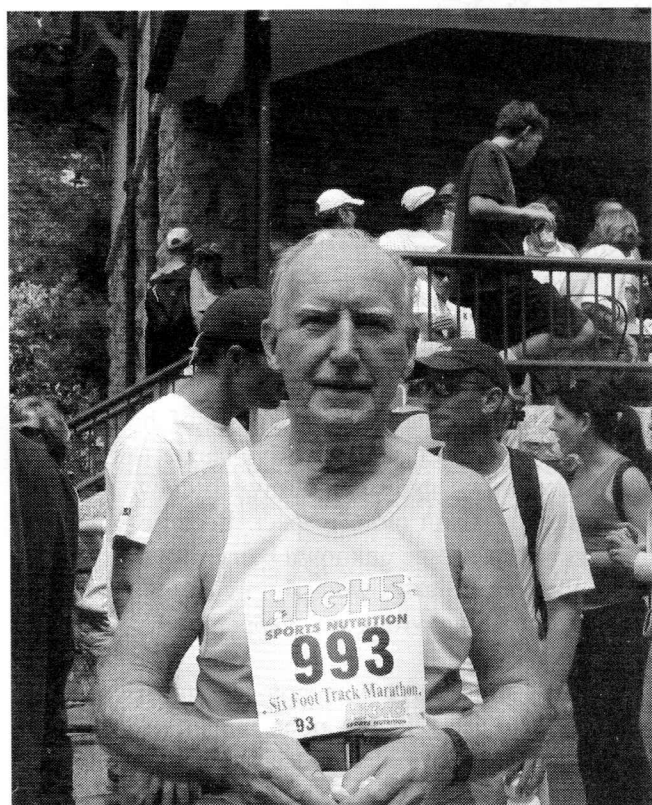
	Pts	No. runners
1 Sydney Striders	27139	62
2 Billys Bushies	26454	50
3 Northside Running Group	21387	45

Striders didn't win by much!!

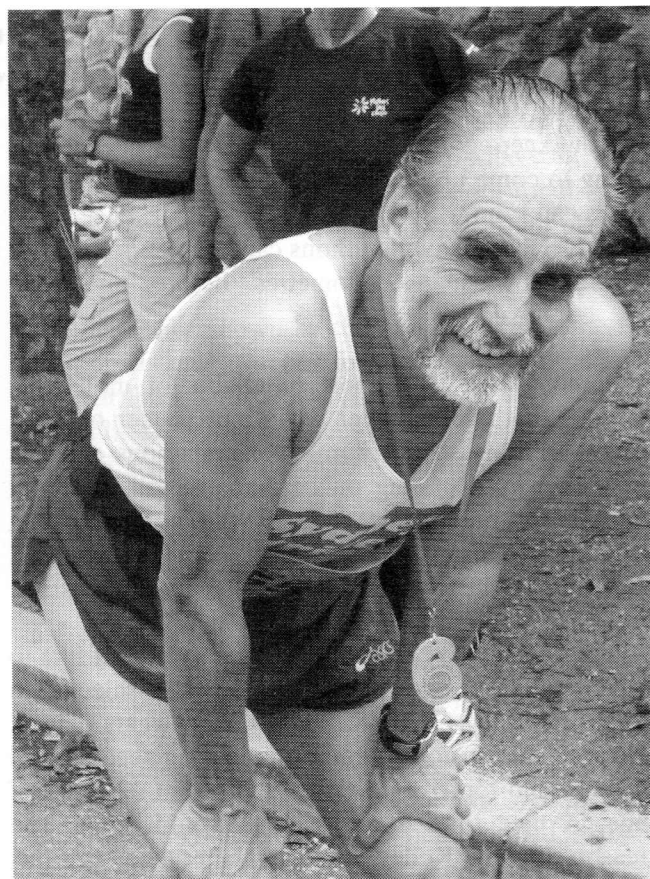
First Strider home, Darren Benson, was 5th Outright and 1st in 20-29 age-group. Jonathan Worswick placed 9th Outright and 3rd 40-49. Other age-group placings were Frank Dearn 2nd in 70-79 and Peter Roberts 3rd in 60-69. First Strider on Age/Sex Adjusted Score was Darren in 7th place.

Following his success in 2001 as the first juggling gorilla in the City-to-Surf, Joel Mackay juggled three balls the whole way along 6 Foot Track (except when eating, drinking or negotiating rivers). "It was very nearly two balls about 200 m from the end, when I dropped one down a drainage ditch coming down to Caves House. Fortunately it was only about arms length inside the drain and I managed to retrieve it before anyone passed me."

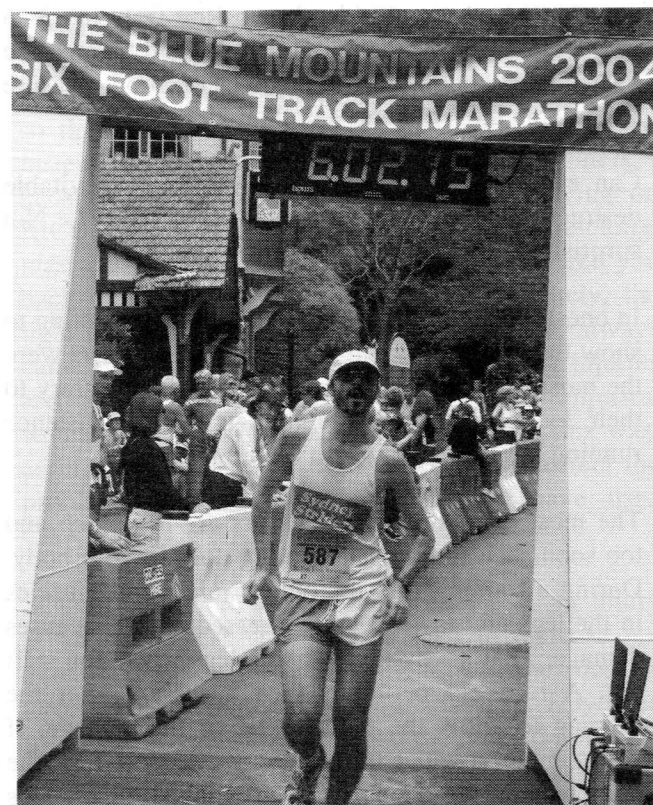
For a breakdown of splits and paces go to 'Race Results' on the Striders website, i.e. not Super Series section.



Frank Dearn after the race



Jim Moody catches breath after the finish



Stewart Turner finishes strongly

The End of the Road?

By Kevin O'Kane

If you keep going long enough, THE question is going to come up, in one form or another, how many years can I run?

- 1- How many marathons can I run?
- 2- How many kilometres before my body breaks?

Common sense, that most unreliable of indicators, tells us that every runner wears out sooner or later. There are only so many miles or marathons or years in your legs. Running on hard roads will wear out your knees much quicker than your non-exercising brothers and sisters. And so on. It's obvious, you say. But what about Johnny Kelley? He shouldn't exist.

Johnny Kelley had the running career we'd all like to have. He was a two time Olympian (also selected in 1940) in 1936 and 1948, the last at 40 years of age. He won the Boston Marathon twice, finished second 7 times and top five 15 times, the last at 42 years of age. A nice time to retire, one would think. The reason Johnny Kelley is remembered, however, is that he kept going. He ran in 61 Boston Marathons, finishing 58 times, the last at age 84. He ran 30 times under 3 hours, and did not run over 4 hours until he was 74. [Mind you, Striders' own Ron Daly ran 3.55 in the Host City Marathon at age 76, and blamed the heat for his "poor" performance.] For good measure Johnny ran the Yonkers Marathon 29 times.

Can everyone be a Johnny Kelley, or is inevitable destruction built into a runner's body? Not surprisingly, the answer is that 'it depends'.

In one 1978 study the researchers set out expecting to show that biomechanical and anatomical factors were the most likely cause of running injuries. Contrary to their hypothesis, they found that 60% of distance running injuries were due to training errors.

The most common training errors are too much and too soon. Just think what training does to your body. During a training run, the bones, joints and muscles in the legs and low back are stressed and this causes damage. That's why you get sore legs when you start out. A recovery period is then necessary after the training to allow the body to repair the damage. If you combine regular training with adequate rest, the body responds to the stress by growing stronger. This happens to bones, ligaments, tendons and muscles. Once stronger, your body can handle greater stress.

This process, known as "supercompensation" takes time, and cannot be rushed. If you step up the mileage too soon, or do not allow sufficient recovery, this strengthening process does not take place, and you actually weaken yourself. The stresses build up and you suffer an injury.

The risk of injury will occur whatever the new stress it is that you add. It may be that you add high intensity workouts to your program. Unless you build up slowly, the strain placed on muscles and ligaments put you at high risk of injury. Likewise, suddenly changing from hard surfaces to soft may cause muscle injuries due to different loads on your muscles, while moving from soft surfaces to hard introduces high impact forces which the body needs time to adapt to.

You can make it even worse if you compound the problem, such as introducing a high intensity workout on grass when you are used to slow roadwork, or increasing both intensity and extra distance at the same time. Slow and planned progression in all aspects is the only way to stay injury free.

Having said all that, there must be an upper limit. High mileage and high intensity may be necessary for high performance, but there are unavoidable risks. If you build up slowly, have adequate rest and still get injured, you may need to reduce or change your training to stay injury free.

Australian marathoner Derek Clayton, who pioneered the 'train till you drop' mentality, and slashed the world best marathon time in the process, was always injured when the major races were on, and eventually retired in frustration after a relatively short career. He regarded 'pissing blood' as a badge of honour. He later said "If I had my competitive career to run over again, I would change some of my attitude to injuries. I would show them more respect. Because, after all, injuries weren't some unknown barrier I was trying to break through. Injuries were simply my body telling me that something wrong was happening."

How many times have your non-running friends and relatives said it? Pity the poor runner. He/she will have arthritis when older. Once again, it seems like common sense. All that pounding must wear down the cartilage in your knees and hips. It's only a matter of time before they become inflamed and arthritic.

Fortunately, the research says that common sense is not necessarily right.

The most comprehensive study concerning running and disability started in 1984 in the Stanford Arthritis Centre in the U.S.A. Although the runners studied were serious long distance runners, and averaged, over a year, around 43kms/week, the notion that the hard pounding would cause arthritis was given a pounding itself. Disabling leg injuries were five times more common in the sedentary control group, while disabling upper body conditions were 20 times more likely to occur! The study was extended when critics said that five years wasn't enough, but the gap continued to increase in favour of the runners. The benefits increased up to about 40kms/week. Running more had little positive or negative effect. The differences became greater, again in favour of runners, as the participants aged. The biggest gap was in the 75 to 79 age group, where musculoskeletal problems skyrocketed for non-exercisers, but remained fairly stable for runners.

So where does that leave me? Off running for a year with worn cartilage in my knees, you might say that I prove my arguments wrong. Not so, unfortunately. Just somewhere between ignorant and arrogant. I have still managed (so far) 30 years of running, 24 years of marathons – 50 or so – and 20 or so Striders years (probably equal to 100 ordinary human years).

So what to do? Research has found that body weight does not make you more likely than a lightweight to be injured. If you do most of your training on concrete roads, you are not more likely to be hurt than a runner training on forest trails. If you are a heel striker or forefoot striker, you have the same injury risk. Men and women have an equal risk of injury from running. (*American Journal of Sports Medicine*. vol. 16(3), pp 285-294, 1988)

What's left? It has been established in a number of studies that stretching before exercise does not help, and can increase injury risk. Conversely, it shows that there is a modest benefit to be obtained from stretching after a run. So stretching after each run is a good start. However, this is a safety net rather than a first choice option.

A very strong predictor of injury, however, is the number of consecutive days you train during a week. The more consecutive days, the higher the risk. You need to give your body predictable periods of recovery between runs. Without this time to consolidate, your body cannot produce the

supercompensation and associated beneficial effects on the muscles, tendons and ligaments. Each time you slot in a rest day, you give your body up to 48 hours to perform its miracles, compared to less than 24 if you don't. You don't necessarily have to reduce your total training, as you can make up for the need for gaps by training longer, harder, or more often on the days you do train.

Another factor shown by the research is that the risk of injury is much higher for newcomers to the sport than for those with many years of such activity. This contradicts "common sense" that total hours of training are a good predictor of injury, but also gives a clue about staying injury free. Experienced runners not only have more years in their legs, they also do more distance each week than newcomers. The veteran runners have obtained more specific strength and coordination from their years of training, which is the key to injury prevention. This is consistent with the Stanford Centre Study showing benefits up to the 40km/week level, which is arguably around the point where runners might be said to be serious. Upgraded strength protects and stabilises joints and prevents muscles and connective tissues being pulled apart by repetitive activities like running. An injury is not just an irritation, it is a sign that a body part is not strong enough to do its job.

So why did I wear out my knee? My first step was to run Sunday to Friday each week, and I was often tight and sore. My body could never "supercompensate", so that the connective tissues just became fatigued instead of stronger. Like most experienced runners, I became quite good at treating injuries, relying on RICE (Rest, Ice, Compression, Elevation), stretching, massage and similar treatments. They do get you back on the road - for a while. Unfortunately, the tight hips and hamstrings, and the knee pain, always came back over time. Over 50% of running injuries are, like mine, recurrences of previous injuries. Runners are not always smart. My denial reflex was, as in many runners, also strong. I didn't correct the problem, just the symptom. I should have tried CAKE too (Cure And Keep Exercising).

Scientific support for strength training as an injury preventer is very strong. You need to increase not general strength, but actual strength in the muscles needed to efficiently function on the run. I avoided gyms and physios for years, and thought I'd got away with it. Over time, my weak and unbalanced muscles were always putting stress onto the inside of my knee, wearing away until there was little cartilage left there. To fix it, exercises and weight training on the

specific weak areas will, I hope, move the weight bearing to the middle of my knee and the remaining cartilage.

If you have a sensibly constructed training program, with adequate rest, and you still get injured, then your body is telling you that it is out of balance. To fix it, you need to reconstruct the problem area with targeted strength training, with help from a professional. I knew that, but thought I could get around it. Didn't work.

Anyway, I'm off to the gym.

Sources

Dick Travisano: "What you don't know about common sports injuries can really hurt you."

Owen Anderson: "Running injuries and disabilities"

Raphael Brandon: Distance Running Injuries: Eliminate these training errors and reduce your chances of getting hurt

Coming Super Series Events 2004

May 23rd - SMH Half (entries closed 15th April)

Jun 20th - MiniMos 10k Call 0414-207-910 or www.minimosmarathon.com

July 18th - The Equaliser 14k (Striders X-Country C'ship - Member Only)

Aug 8th - City to Surf 14k. Entry form in Sun-Herald from 1st June.

Aug 21st - Willy to Billy (35k Bush run)

Contact Margaret Tadrosse (02) 4567-1262 or 0404-061-262 or www.coolrunning.com.au/races/bilpin.

Sep 12th - Sydney 10/21/42km

Oct 17th - Internal Handicap Half (Members only)

Other Upcoming events

Further information on races and more events at coolrunning.com.au

30 May Blacktown City Fun Runs. 10km starts 9.00am., 4km starts at 9.15am. Blacktown Olympic Centre. Team categories. Entries accepted on day. Contact Mark Gibson (02) 9839-6075.

12 June Poor Man's Comrades - Fat Ass Run

A 96km road run, held as close to the race date of the original Comrades Marathon as possible. A hilly

route from Sydney Opera House, along the old Pacific Highway and other backroads to Gosford Railway Station. No Fees, No Awards, No Aid, No Wimps! www.fatassworld.com/poormans or email (Strider) Kevin Tiller kevin@coolrunning.com.au or phone 0419-244-406.

13 June Manly Soft Sand Classic

21km (8am) & 9km (8:30am), Manly Surf Pavillion. www.seaaustralia.net.au

27 June Manly Dam - Cutler Fun Run 10km

9:45 am start. Also 2.5km (9am). Traffic-free course around beautiful Manly Dam. Great family fun day. Contact (Strider) Greg Donovan 0410-478-006 or greg.donovan@aon.com.au

27 June Woodford - Glenbrook 25km

Start 10:15am, Woodford Railway Stn. Contact Phyl Hodgkinson (02) 96898124 <http://www.careflight.org>

4 July Gold Coast Airport Marathon

Also Half, 10km. Contact (07) 5564-8733 or www.goldcoastmarathon.com.au.

25 July Warrumbungle Marathon

Also 10km, 21km, 50km - all "off road" in National Park and challenging. Starts from Warrumbungle National Park, 30km west of Coonabarabran, NSW. Contact (02) 9738-8638 www.funrun.com.au

7 Aug 12 Foot Track, 90km or 45km bush run

Out and back along the route of the 6 Foot Track. No Fees, No Awards, No Aid, No Wimps! Same contact details as 'Poor Man's Comrades'.

15 Aug Bankstown Half

7:30am, 5km at 7:45am, Lake Gillawarna, Georges Hall. Contact Joan 9724-4729 or Western District Joggers and Harriers - www.westies.org.au

22 Aug Mudgee Marathon

Start 7:00am Contact The Right Track (02) 9738-8638 or www.funrun.com.au

27-29 Aug Trailwalker 100km

Teams of 4. Time Limit 48hrs. Course follows the Great North Walk, an extremely arduous bush track. Sponsorship Oxfam Community Aid Abroad. Contact www.coolrunning.com.au/races/trailwalker. Or Kevin Doye (02) 8204-3900.

Send a message to the LiSSt if you want make your availability known for Striders teams.

Athletics NSW Events

From Richard Sarkies, ANSW Coordinator

There were just a handful of keen track contestants competing over the summer. Keith Bateman pretty much flew the flag solo with some outstanding performances and several PB's, the highlights being a 16:22 5000m and a 4:21 1500m. From these results, and not wanting to put any pressure on, he is staring a 34min 10k right in the face.

Keith Bateman

10/01/04 NSW State C'ship 3000m 09:51.50 PB

24/01/04 1500m Homebush Track 04:30.50 PB
Series

13/03/04 NSW Masters 1500m – Gold 04:24.88 PB

14/03/04 NSW Masters 5000m – Gold 16:22.47 PB

10/04/04 National Masters 1500m 04:21.22 PB

11/04/04 National Masters 5000m 16:26.22

NSW State Championships 5000m, 28th January

Pl.

12	Chris Truscott	0.15.06
23	Darren Benson	0.16.16
27	Martin Matthews	0.16.42
28	Keith Bateman	0.16.46 PB
31	Richard Sarkies	0.16.55

Homebush Track Series 3000m 15th February

Keith Bateman 0.09.43

Martin Matthews 0.10.01

Also competing in the **NSW State Masters Championships** on 13th March, although in Sydney University colours, was Caroline Yarnell:

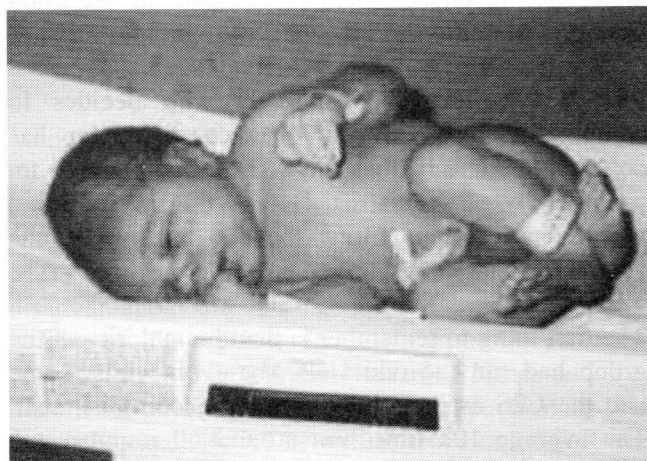
3rd F40-44 1500m 5:24

Caroline is now a fully fledged registered Strider and said on the LiSSt "Striders women I'm hoping to persuade some of you to contact Richard Sarkies to register as a Strider with Athletics NSW. Richard does all the paperwork and organises everything very well. I'm a Strider, but have been running track races, cross country and relays with Sydney Uni. I'm about to jump ship to the Striders though.

What does registering get you?

- 1) A chance to enter all the state championships and various track and road races individually.
- 2) The chance to run cross country for the Striders.
- 3) The chance to enter Striders teams in state events, such as the Long Distance Relay - something Striders

might be good at. Striders has a pretty strong and enthusiastic men's group - let's try and build up a women's section!"



Wilson Sarkies, 10K Series Winner 2026?

Congratulations to Richard and Kirsten.

STOP PRESS

NSW Novice 10km Champs 24 April 04

Champion: Glenn Guzzo, 31:25

11th Richard Sarkies, 34:59 (trying to show fatherhood and running can still mix, just). Keith Bateman, unfortunately did not finish due to illness, but running strongly nonetheless.

Open 10km Event

Darren Benson, 33:20

A great first up result for the Striders in the Winter Championships with, recently joined, Glenn Guzzo romping home to win the first event in the calendar.

Blister 92 Credits

Thanks to all. In addition to named contributors were: Photos: Robyn and Jim Moody, Kevin O'Kane, Rick Collins, Brian Ogilwy. Results & Info: Stephen Jackson, Kevin Tiller, Steve Hume, Caroline Yarnell, Anthony Wong and John Van Yzendoorn. Also thanks to Richard Wassell on database and proof-reader Penny Smith.

Marathon Training Group Canberra 2004

By James Moody, MTG Coordinator

I have again been brow-beaten into offering another literary masterpiece recounting the exploits of the latest Marathon Training Group and what they have undergone to enable them to compete in the 2004 Canberra Marathon.

Firstly, I believe that anybody who decides to compete in races of this distance or longer has definitely some issues that need attending to, probably by a psychiatrist. But, putting my personal attitudes aside, it is fitting to pass on some of the adventures that have come to pass.

The first thing to remember is that the majority of the group had run the odd Half Marathon whilst some had the C2S as their prior running accomplishment. The average 10k time was around 60 minutes and running 30 kilometres in one week was as daunting as running the Simpson Desert. And well, not even Kelvin Marshall does that sort of thing, or does he?

We ran with the 7:00 AM group for our first forays from 10 into 15km territory. We discussed what the future held as far as weekly distances were expected. You can imagine the looks of concern when numbers in the 60 kilometre range were mentioned. If only they knew what plans were being hatched on their behalf they would have been on their bikes and away.



The 4 Hr Group at Canberra

As the weeks passed and we moved into the 6:00 start time slot it was quite amazing to watch as the group's strength grew and friendships developed and as in previous MTG's the group began to split into speed-related sub groups. There were the usual rivalries that

develop within any group of competitive people, especially those who involve themselves in endeavours of this sort, and the 10K Series was the perfect opportunity to exercise them.

When the first of the 2004 10K Series came around at Lane Cove the MTG runners performed quite creditably, a number of 45 minute runs were accomplished and as usual the rivalries between individuals came bubbling to the surface. In this race Brian Ogilwy pushed out quite fast and passed Louise Stewart around mid-race, only to be left in the lurch 300m from the finish. This competition has since blossomed into full-blown war but unfortunately for Brian his sprint finish has to move considerably more mass than does Louise's and to date his record is 0-2. I should also mention that Brian gives Louise some 30 + years head start.



Rivals Brian Ogilwy and Louise Stewart at Canberra with Martin Harris in the middle

Brian had another interesting morning when he arrived late for the start. You guessed it, at 6:20 the only other late starter was Jo Cowan. While we appreciated Jo's great effort to find us (as usual lost in the back streets of Edgecliff) when she eventually dropped Brian off we nearly had to call an ambulance. He wasn't actually broken just bent a bit.

As part of the training we have all tried different drinks, gels and whatever aids we are told will get us to the end in record time and feeling no pain. Brad Loh took it into his head to overdose on Gatorade the

day before a STaR to try and stock up his glycogen reserves. The result on the Sunday morning was not pretty, the MTG arrived back quite late after numerous stops for Brad who was feeling somewhat the worse for wear and decidedly lighter.



Bradley Loh finishing at Canberra

More recently, Lawrence, a newer member of the group wore a brand new red peak cap. Unfortunately it poured with rain, the red dye ran and Lawrence had the look of someone who had had a rather nasty accident with a very sharp knife. His singlet turned blood red and at first I thought that we had our first real casualty in the MTG and we would have to bury him on the spot. The dye eventually rinsed off with the rain and a quick rinse in the nearest running water. The hat never made it home. The picture below was taken on that STaR, we are not sure if it was planned but the sign says it all.



Work has a nasty habit of interfering with the distances called for by the training program. Jennie

Meixner had to go to Warsaw shortly after Christmas and decided to take her running gear, if only for use in a gym. Luckily for Jennie she found a local running mate in Warsaw. She managed to hold up the Striders flag on the first outing. However on the second, with temperature dropping well below zero, about 5 k's from her hotel she nearly collapsed and managed the return trip in the snow at a walk in her Striders running gear. You can only wonder what the locals must have thought.

Many of the 6:10 and 6:20 starters have been known to find us meandering around the various STaR courses going in strangely different directions to the rest of the club. This strange anomaly is founded in MTG history. It is the art of being orientationally disadvantaged and has been lifted to extraordinary heights by the MTG. Its heritage can be traced to the days of the MTG founder, Kevin O'Kane, and has been built on by the more recent leaders. Who can forget Michael Bailey returning from one STaR via Mascot Airport? Or George Herisson taking the MTG, and anybody who happened to follow, through previously undiscovered sections of the Sydney bush. You will be pleased to know that I have kept this tradition going and, while not in the same league as previous leaders, have been awarded the 'Bourke and Wills Award' on more than one occasion. The MTG on their own have also pulled off some extraordinary efforts. The Airport Adventure comes to mind, when the front runners of the MTG followed an unknown group of non-Striders off towards Wollongong. If it hadn't been for the kind support of a passing motorist who saw me frantically waving and gasping for breath after chasing them for ages and still some distance to the rear, they may never have come home.



Lost Again

To help with training we had the pleasure of Stephen Jackson's company when he organised two speed sessions at Timbrell Park for the group. It was uncharted territory for most of us and will be incorporated into future MTG programs if possible. It was a surprise for most of the group to run 4 min kms, which was somewhat faster than they ever anticipated running.

We also had the pleasure of John Petrozzi's company, chiropractor to Stephen Jackson and half of the rest of the club. John came to two Wednesday evening runs and gave talks on stretching and building core strength specifically aimed at runners and preventing running injuries.

The MTG have had some memorable moments during the last few months, Maria Di Marco won on Handicap at the Homebush 10K and Brian Ogilwy is still leading his age group in the Super Series. The Sydney Marathon Clinic 30k in March was the MTG's first race at this distance. Everybody finished on time and as expected, much to their surprise. This was a good indicator for Canberra as well as getting everybody used to the pre-race nerves and running without stopping to look at maps or the view. As an added bonus those of the MTG who ran in the current 10 K series have all run PB's recently and are hoping for good results in the upcoming SMH Half. As an aside Jennie Meixner actually beat her Half Marathon PB during the Canberra Marathon by some two minutes.

On many Sunday runs we had the pleasure of starting with the 6:00 AM group. The advice to the MTG from members of the club was freely given and valued by all. We also had the company of various club members on a number of runs that also gave everybody the chance to ask all those questions about things that are taken for granted by experienced Marathoners. To those of you who spent your time with us, it was greatly appreciated.

We would like to express a special thanks to the STaR Hosts who were extremely patient. We were the last home on many occasions and your efforts and support with food and drinks were treasured at the end of some tough excursions.

This year the group has run approximately 1,700 kilometres that includes six 30 km and one 35 km Sunday STaRs, run around Iron Cove Bay 46 times, competed in two of the 10k Series and one 30 km race as well as their normal weekly runs. I am not sure that if they knew what they were going to do

over the last few months they would have embarked on the journey. They have taken on the challenge of the Marathon and all have done very well.

And now for the results, this year the MTG included 12 first time marathoners and another eight or so runners who have previously completed the distance. Everybody finished the Marathon, some well within their expected times and some not quite. During the Marathon the support from Striders and their families with "GO STRIDERS" helped get everybody home.

Our thanks go to George Herisson who ran the first 10 k with the MTG at an exact 6 min/k pace. This allowed us to split into two groups and that is pretty well how we ran the whole race with some of the more energetic taking off in the last kilometre or so. Everybody put in a great effort. Congratulations are in order to them all.



**The 6-minute group at Canberra – (L to R)
Christine Cullen, George Herisson, Fiona
Nelson, Jennie Meixner**

Results for the 12 first-time Marathoners were:

David Bray	3:22:01	Julie Macdonald	3:57:59
Mike Fowlds	3:28:18	Virginia Ffitch	3:58:18
Louise Stewart	3:48:33	Brian Ogilwy	4:07:32
Martin Harris	3:53:33	Fiona Nelson	4:37:41
Bradley Loh	3:57:51	Jennie Meixner	4:40:51
Maria Di Marco	3:57:59	Christine Cullen	4:40:51

The MTG has regrouped for the Sydney Marathon, running with the 6:00 AM group until September. Pace will be moderate and as usual the MTG is aiming at a 4hr plus Marathon.

Boston Marathon 2004

From Al Nagel of the Heartbreak Hill Striders

When Charles Dickens wrote "It was the best of times, it was the worst of times." He most surely was making a prediction about the 2004 Boston Marathon.

The 'best of times' was, of course, the event itself, which captivates an entire region, brings out over two million spectators, and attracts over 20,000 runners from around the world.

The 'worst of times' was the horrific weather on April 19, 2004 - sunshine, 28° C at the start, 30° C at the finish, and no relief in between. The winner of the women's race collapsed at the finish and was escorted to the awards ceremony in a wheelchair. The second place finisher in the men's race was vomiting as he crossed the finish line. And there were hundreds of much worse stories. It was the hottest marathon day in almost 20 years and one of the five hottest in the 108 year history of the Boston Marathon.

So you all (or at least some of you) can be thankful you were racing in Canberra. The Heartbreak Hill Striders had the pleasure of welcoming Mark Gardiner of the Sydney Striders to all of our pre- and post-race activities. We hope he enjoyed getting to know all of us a bit. We certainly enjoyed showing him some Boston hospitality.

Most of our HHS group, including Mark, made it to the finish line with only their egos bruised. Mark confided to me after the race that, despite just having trained through the hot Australian summer, the Boston conditions were still very difficult for him. He certainly was not alone. Personal goals and expectations quickly evaporated within the first five miles on Monday.

There's some good news in all of this! The average high temperature for Boston in mid-April is 13 to 14 °C. After a warm 2003 marathon and a blistering hot 2004 marathon, the odds are definitely in favor of a cool run in 2005. So we hope that next year several of you Sydney Striders will make the trip and we can show you the real Boston Marathon in 'the best of times'.

Striders Results:

Mark Gardiner 4:07:19

Paul Glare 4:11:23



Canberra Marathon - Autumn



Boston Marathon - Spring, Sydney Strider Mark Gardiner with the Boston Heartbreak Hill Striders

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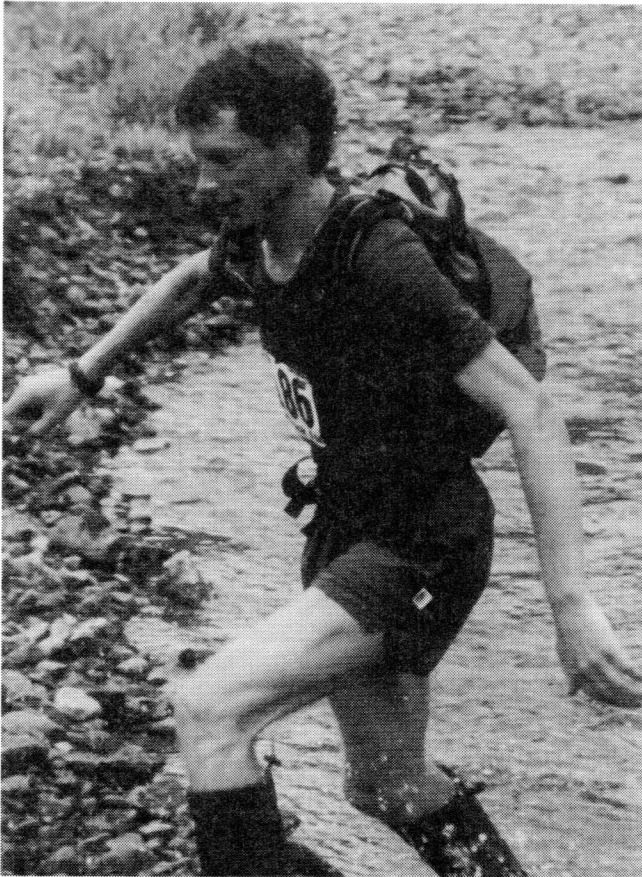
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Sports Performance at Altitude

By Jonathan Worswick



Jonathan at HardRock, Colorado

- This article discusses altitude with respect to athletic performance.

Introduction

During the Mexico Olympics in 1968 the decreased air resistance was a major factor in the track events like sprinting and jumping, such as Bob Beamon's long jump record (it wasn't broken for another 25 years) and Ralph Dobell setting an Olympic record at the 800m. However the longer distance events produced lower performances. An interesting fact is that many of the placegetters either lived or had spent time at altitude whereas leading medal contenders struggled to produce the form they expected, for example Ron Clark finishing 6th in the 10,000m.

Altitude is a major factor in athlete's performance even at low elevation as they may have been training high.

In 2003 a number of Rugby League players were found (and later severely reprimanded) to be using 'Hypoxy' tents to increase the efficiency of their use of oxygen.

It is common practice for elite cyclists, triathletes and runners to spend many months training at altitude, at such places as Boulder (USA) and Falls Creek in the Snowies.

My own experience is the HardRock 100 mile mountain run in Colorado, a gruelling high elevation event. To give you a feeling for what this race entails here are some of the statistics from the race manual:

"Over 66,000 feet of elevation change, average of 11,000 feet, 6 passes above 12,000 ft, 5 passes above 13,000 ft and 1 pass above 14,000 ft. Highest point 14,048 ft, lowest point 7,870 ft."

Effects on the Body

At high altitude you will not be able to run at the same intensity or speed. Your heart rate will accelerate with smaller levels of exertion than usual, and you may find yourself short of breath when running/walking up even the smallest incline.

Further you may find it difficult to get quality sleep and over a few weeks you are likely to lose weight, both lean body mass and fat.

A recent study (Sky Running: Medical Conditions) that took place on running at altitude stated:

The principal effect on the body of diminished barometric pressure (hypoxia) is reduced work capacity caused by the diminished possibility of utilising aerobic metabolic processes to resynthesise energy (APT) for vital activity, work and exercise. The tissue that suffers most in hypoxia is the central nervous system, which provokes a reduction in neuron excitability and alteration in the sleep pattern. The quality of sleep can modify both physical and intellectual performance and it is thought that un-acclimatised individuals at high altitude present a reduction of phases 3 and 4 of the sleep pattern and REM sleep.

The average speed compared to performance at sea level is 72% at 4,200m, at 5,200 it's 62%.

Athletic performance is critically dependent on oxygen for metabolism. After the initial shock of arriving at elevation the body will start to produce more red blood cells to compensate, thus enabling more oxygen to get to the muscles.

Medical Conditions

The medical condition caused by going up too high (for most people over 3000m/10,000ft) too fast is Acute Mountain Sickness (AMS), commonly called Altitude Sickness.

Other medical conditions at altitude include: High altitude Cerebral Edema (HACE), High altitude Pulmonary Edema (HAPE) both of which can prove fatal, Sleeping Disorder and Appetite Loss.

Exercise induced exhaustion together with mountain weather conditions can cause Hypothermia.

Now what about the symptoms?

Serious AMS symptoms include: persistent severe headaches, persistent vomiting, ataxia (loss of co-ordination and inability to walk in a straight line), liquid sound in the lungs, difficulty breathing, coughing blood and severe lethargy, difficulty sleeping. Note: If you have any of these symptoms immediately go to a lower altitude to relieve the symptoms. If they persist seek medical attention ASAP. A subtler symptom may be toothache, so planning a dental visit prior to travel would be advisable. Most of these would occur during an event due to the combination of altitude and exhaustion.

Personally I have suffered some of the effects of altitude (but not at a level which needed medical intervention) such as: headaches (although not persistent), dehydration, sickness, ataxia and difficulty breathing and sleeping. My worst experience was during the Hardrock race in July 2000. I was fit and relatively well acclimatised, and started the race feeling good, in fact I was leading at the half-way stage. At about 60 miles I started losing motion control and feeling nauseous. For the remainder of the race I was sick multiple times, constantly struggled with breathing and slowed considerably, taking long rests at the aid stations.

Acclimatisation

To be competitive you need to be acclimatised. That is, you need to take time to let your body adapt to performing at altitude. You need to gradually ascend

and take time to let your body respond to the changing environment.

Acclimatisation allows major physiological benefits to your oxygen transport system, these are:

- Ventilation of the lungs by increased transfer of oxygen from the pulmonary alveoli to the blood
- Increased red blood cells which contain haemoglobin responsible for carrying oxygen
- Increased extraction of oxygen by muscles

This can be calculated, or for a rule of thumb I would ideally allow at least 4 weeks for an endurance event at an altitude greater than 3,000m. Of course this does depend on the elevation, the duration you will be at that elevation, how fit you are and your body type.

I also found that the cumulative effect of elevation change is an important factor.

If the course includes a high climb early in the event, then drops off and doesn't climb to the same altitude, you may find, after a short period of discomfort, that you recover when you drop in elevation. Races I have run with this type of topography are the Angeles Crest 100 miler (California) and Kepler Challenge (South island NZ) where I wasn't affected by altitude.

Okay, so how fast should you ascend? A safe rate of ascent for most people requires spending 2-3 nights between 2000m/6500ft and 3000m/10,000ft. From 3000m you should sleep an average of 300m higher each night with a rest day every 1000m.

In 2002, I arrived in Colorado then ran three marathons at altitude (between 2,000m and 3500m) on consecutive weekends, not the best thing to do! The first was in Aspen, a popular ski resort. On the first of a two-loop course I felt pretty good although breathless, during the 2nd loop I slowed down considerably adding about 20 minutes.

The next weekend I ran the Leadville Trail Marathon. This course was at a considerably higher elevation than the Aspen race. I struggled from the start although managed to stay in the top 5 until the final climb at the halfway point where we turned around, then I blew up. I half walked - half ran the descent back to the finish. I felt awful, the altitude draining all my strength and took longer than usual for post-race recovery.

A week later I ran the Snowy River Marathon, west of Boulder. This had less altitude and elevation gain than the previous two races. This time I felt great,

running strong and breathing relatively normally. I had further acclimatised, and in fact being at a higher elevation then going lower was advantageous.

In the HardRock 100 the top five finishers are predominantly local competitors or people who live at altitude. There are however always exceptions such as Hans Put, who lives and trains in New York. He came second in the HardRock in 2000 after spending only a short time acclimatising.

Some people just have a physical advantage that allows their body to adapt to the environment. Physical fitness and exertion, as well as body type, are factors in how well you acclimatise.

Having said that, there is an opinion that arriving the day before a race at altitude is better than 1-2 weeks before as the body does take some time to reach its lowest ebb before starting to compensate.

Event Preparation

Although Australia provides an abundance of great trails for running, a disadvantage of living in this country is the lack of high mountains.

Unfortunately most of us don't have the time or the money to spend the ideal four or more weeks at altitude.

Here are a few (very) basic guidelines that may help making the most of the time you have:

- Spend a few days at 2,000m relaxing, maybe a short easy run each day. HYDRATE. Try to avoid eating large meals.
- Go hiking and camp/sleep high, e.g. camp up on a ridge but spend your days walking lower in the valleys. Note: from experience, carrying a pack up hills for the first week or two will be hell, so maybe something to avoid.
- Introduce some hill runs and longer distances at lower intensity later in the first week (don't expect to be running too many of them though!). HYDRATE.
- Increase intensity and distance in 2nd week, leading up to long ridge runs at altitude. HYDRATE.
- 3rd week, reduce intensity and distance allowing last few days of total relaxation. HYDRATE.

Of course the usual avoiding alcohol, coffee etc. is good practice in any race preparation.

Alternatively, if you are limited for time and can spare the expense then there is another way to acclimate, Hypoxo (Oxygen) tents! The Canberra Institute of Sport has a large oxygen chamber (which you can pay to spend the night in) but also you can hire small tents that fit over your bed with a mechanism that controls the pressure to simulate altitude. About 8 weeks is necessary to gain any real advantage using this equipment.

During the Event

Keep drinking, preferably electrolyte, and constant rather than large amounts, being aware of over hydration (Hyponatremia). I find a mixture of electrolyte and water keeps me from feeling too nauseous. Salt tabs are popular with endurance athletes as they contain the correct levels of Sodium and Potassium. Conserve energy i.e. pace yourself. During the night, to prevent hypothermia, raise blood sugar levels with food and hot drinks.

Later in the event (more noticeable on the ascents) you will likely suffer from lack of oxygen and be forced to stop or walk every 20m. This is normal, although rather disconcerting. To assist your breathing keep an upright posture. Placing your hands on your hips also helps open up your chest to allow deeper breathing. Be aware of the cumulative effect of the altitude.

So what are my recommendations?

If you can, don't fly straight to your highest altitude, driving is better as there isn't such a shock when you arrive. We once flew into La Paz (airport over 4000m) and struggled to walk and talk at the same time for several days!

Recognise the symptoms and act accordingly. Don't think you are superhuman as altitude affects everyone.

Allow time for your body to acclimatise. Ideally train high, race low...but you'd have to live in some amazing place to do that...!!

References:

- Sutton John R.,(1993). Exercise Training at High Altitude: Does it improve endurance performance at sea level. Sky Running. <http://www.skyrunning.com/>
 Lonely Planet Nepal (1999). Trekking: Health and Safety
 Jamie McGuiness, (1997). Trekking in Langtang Helambu & Gosainkund
 Hilary Bradt, (1989). Backpacking & Trekking in Peru & Bolivia.
 There is also plenty of material available on the internet.

Letters

Dear Editor,

Congratulations to Jim Moody

As a member of the Marathon Training Group I would like to congratulate Jim for all the work he has put into preparing the group of first time marathon runners for the Canberra Marathon. Jim has taken the time over many months to nurse and nurture the runners through all the times of doubt and despair to finally prepare them for probably one of the biggest challenges in their athletic life. Jim has always taken that extra step to advise, console, encourage, support, be firm and to praise as the needs arose even to the extent of organizing a nerve soothing pasta party in Canberra on the eve of the marathon. Jim's weekly (sometimes daily) morale boosting emails always kept the group informed and in touch and his seemingly endless source of knowledge about everything to do with running answered all the questions as they arose. Thanks Jim, on behalf of the group, as you now cast us into the world of marathons. You may even have us running with you next year in the Six Foot Track

Thanks again on behalf of the group
Rick Collins



The MTG relax after their 35km STaR at Waverton. (L to R) Benny Gauci (sitting behind the urn), Jennie Meixner, Charles King, James Moody, Virginia Ffitch, Mike Fowlds, Brian Ogilwy, Fiona Nelson, Rick Collins, Martin Harris, Bradley Loh, Louise Stewart, Julie Macdonald, Maria Di Marco

Dear Editor,

Is the Blister a running magazine or a photo opportunity magazine ?

After looking at the Oct/Dec 2003 edition I am confused. Included in that edition were ten (10) photos of Steve Jackson. I thought I was reading a trade union magazine with heaps of photos of the incumbent secretary/treasurer in the midst of a tight election campaign.

Now Steve's mum may think her little lad is god's gift (I understand his wife is somewhat ambivalent), but TEN.

I ask you to please cast your net much wider in an effort to introduce more interesting faces to your readers.

I also understand that your photo of Dave Ritchie was published without the expressed permission of his Press Agent. I understand legal proceedings will be commencing unless a more flattering shot is published, say of him winning a race.

I remain your dazed and confused servant,

The quiet one
Helen Ritchie

Thanks for your letter Helen. The pictures from the Awards Brunch were of the award winners and happen to include the presenter, be that Damian Tancred, Kevin O'Kane or Stephen Jackson. I considered cutting the presenters out of the photos but decided that including them looked better than a disembodied hand. I have always published a picture of the President with his report, be it Stephen or Jim Screen and I always encourage contributors to provide a couple of action shots with their article. So if any Strider seems to appear frequently it just may indicate that they do a lot for the Club including helping with content for Blister. It is Blister policy to include as wide a selection of faces as possible. In the last Blister the following 'new faces' appeared: Manuela Sumetzberger, Catriona Cater, Elizabeth Woodhams, Alex Whitworth, Glenda Mitchell, Steve Hume, Ray Doran, Michael Sharp, Mohammed Alkhub - and Dave Ritchie. But thank you for raising the issue. I can only publish what members send in, be it photographs or articles. If any Strider wants to see a wider cast of the net then I need further assistance in providing good action shots of identified runners.

(Helen hosts the North Head 10k).

Race Results

New York Marathon 9th November 2003

Pl

229	Gerry Arthur	2.52.40
2154	Jeff Morehen	3.27.42
3612	Pierre Van Heerden	3.39.17

Another winner at the **State Relays 29th November**: Caroline Yarnell, running in the Sydney University team, won a Gold in the 120+ 1500m relay as her team set a new State record.

Coastal Classic 12 Hour 10th January 2004

David Criniti finished first

Half	42.2k	50k	100k	12 hours
1.45.45	3.31.09	4.10.25	8.24.25	142.495km

Hobart Cadbury Marathon 11th January

3rd place - Craig Dunn 2.52.57

Sydney Marathon Clinic 18th January

Dist Pl.

10k	1st	Cameron Arnold	0.36.34	PB
10k	6th	Stephen Jackson	0.39.06	
10k	.	Sean Greenhill	0.42.50	
21k	.	Craig Brown	1.30.46	PB
21k	.	David Gayford	1.34.16	
21k	.	David Bray	1.36.18	PB
21k	.	Mike Fowlds	1.36.34	PB

NSW State Championships 5000m, 28th January

Pl.		ANWS Striders team
12	Chris Truscott	0.15.06 Y
20	Dean Degan	0.15.47 n
23	Darren Benson	0.16.16 Y
24	Damian Tancred	0.16.19 n
25	Raymond Wareham	0.16.19 n
27	Martin Matthews	0.16.42 Y
28	Keith Bateman	0.16.46 Y
31	Richard Sarkies	0.16.55 Y
5	Jenny Truscott	0.17.37 n
14	Joanne Cowan	0.19.38 n

Some Striders are registered with ANSW track clubs with whom they have long associations from before it was possible to be an ANSW registered runner through Striders.

NSW State Championships U-20 800m, 7th Feb

2nd Lachlan Renshaw 1.52.85

Australia Day Dee Why Mile 26th January

Female

1st	Jenny Truscott	04.55
9th	Joanne Cowan	

Male

7th	Chris Truscott	04.30
8th	Darren Benson	04.35
9th	Dean Degan	04.38

Sydney Marathon Clinic 15th February

Dist	Pl		Age Group
5k walk	3rd	Shirley Rutter	0.40.41 Open
5k	8th	Salvador Gala	0.20.25 2nd 35-49
5k	.	Clara Vucetic	0.23.03 1st 35-49
10k	1st	Cameron Arnold	0.36.59 1st 20-34
10k	5th	Stephen Jackson	0.37.46 2nd 45-54
10k	8th	William Ward	0.40.08 3rd 20-34
10k	18th	Dougal Langusch	0.44.36
25k	.	Barry Rutter	1.50.06 3rd 50-59
25k	11th	Craig Brown	1.50.33 3rd 30-39
25k	12th	Stephen Fahey	1.51.07 2nd 40-49
25k	.	David Gayford	1.53.01
25k	32nd	Amanda Underwood	2.17.36 1st 16-29

Maroondah Dam Trail 50k 22nd February

1st	David Criniti	4.04.54	Course Record
8th	Kelvin Marshall	5.25.03	10th run

NSW State Masters Championships 13/14th March

The achievements of Keith Bateman and Caroline Yarnell are listed in ANSW News. Strider Stephen Ball running for UTS Norths track team picked up a few medals too.

2nd M 50-54	400m
1st M 50-54	1500m
1st M 50-54	3000m Steeplechase
2nd M 50-54	5000m

Great Ocean Run 45km – Red Rock to Coffs Harbour, 14th March

Joint 1st Raymond Wareham 3.27.52

Lindfield Fun Run 5/10km 14th March**Pl 10km**

10	Ross Sinclair	M	0.38.26	2nd M 40-49
15	Eliza Stewart	F	0.39.28	2nd F Open/ 1st F16-19
16	Alex Jensen	M	0.40.15	1st M U-16
27	Kendall Waller	M	0.41.47	
36	Ron Schwebel	M	0.43.06	2nd M 50-59
50	Charles Coville	M	0.44.13	3rd M 50-59
138	Stephen Smith	M	0.51.04	
157	Paula Shingler	F	0.52.08	
202	Mike Fowlds	M	0.55.07	pushing double stroller!
258	Leigh MacRitchie	F	1.00.16	

5km

8	Steve Hume	M	0.17.54	3rd M 30-39
29	Caroline Yarnell	F	0.20.58	1st F 40-49
	Neil Barker	M	0.30	Running with son, Scott

NSW Corporate Games 18th-21st March**Canon 5K**

1 st Jenny Truscott	17:31	1 st Women Open
2nd Melanie Rauleder	18:56	1 st Women U-30

1 st Dean Degan	15:12	1 st Men Open
4th Peter Truscott	16:23	1 st Men 30-39
6th Anthony Wong	16:48	1 st Men 40-49
8 th Steve Hume	16:58	PB

10K

Women 30-39	10 th Lisa Gallate	49:28
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SMC 30km – Jennie Meixner, Brad Loh and Christine Cullen

Sydney Marathon Clinic 30km 21st March

Gerry Arthur	2.01.56
John van Yzendoorn	2.10.08
Ben McSweeney	2.11.31
David Bray	2.21.37
Melanie Rauleder	2.21.45
Lisa Caroli	2.26.21
Martin Harris	2.37.07
Jeff Morunga	2.40.48
Julie Macdonald	2.42.50
Maria Di Marco	2.42.54
Christine Cullen	2.58.29
Bradley Loh	2.58.29
Jennie Meixner	2.58.29

Australian Ironman C'ships, Forster 4th April

David Criniti	9.08.49	25th overall
Mark Fiore	10.43.02	423 rd , 5min PB
Gary Aitkenhead	11.35.37	801st
Gary Leahey	12.01.38	952nd
Brenda Hamill	13.32.15	1313 th 2 nd 55-59

David ran the fastest split of the race, beating all the Pros.

London Marathon 19th April

Maxwell Crossley	3:23:57
Michael Sharp	3:29:12

Personal Bests

From **Richard Green**: "Why did I not join the Striders sooner? First run in the famous green strip and I get a PB. Knocked a whole 3 seconds off my 10k PB at the Homebush race - 35.47. Maybe the mozzies spurred me on to greater things !! Also a PB at Six Foot Track"

You ran the race but don't see your name in the results? For non-Super Series events we need you to let us know what races you've run and when you get PBs. Thanks to all who send results in both for themselves and other Striders they spotted.

VISITING MALAYSIA? RUN WITH THE PACESETTERS

From Vivienne Kartsounis

Visiting Kuala Lumpur ? Then go for a run with the Pacesetters Athletic Club, the former running club of Strider Vivienne Kartsounis.

Kuala Lumpur is a fascinating and exciting city to visit and the Pacesetter members are very friendly and would assist any Strider visiting their city in any way they can. Although the Pacesetters Club is based in Kuala Lumpur, they also have Area Group contacts in other major centres in Malaysia namely Kuantan, Klang and Penang. Kuantan is a lovely town on the Malaysian east coast, and the island of Penang is well worth visiting for a holiday, especially if one can include a race or two. There is the very exciting Penang Bridge Race, 22.2km, on the first Sunday in June every year.

The club hosts a number of racing events throughout the year in Kuala Lumpur including the Adidas FTAAA Pacesetters 4 x 3km Road Relay in April and the **Nike Pacesetters 15km on the 23rd May 2004**. The Pacesetters website is www.pacesetters.com.my and the racing calendar can provide you with all the races for the year.

Any Strider requiring further information on visiting or running in Malaysia can contact me via email at kartsounis@iprimus.com.au. I can provide information not only on running, but also good holiday destinations. A bit of snorkelling or a climb up Mount Kinabalu? So if you are in doubt as to where to go for your next holiday, consider sunny Malaysia. The weather is always hot, the people friendly and the food excellent, not to mention the favourable exchange rate.

Pacesetters was formed in 1984 after the first Kuala Lumpur International Marathon by a group of friends interested in sharing information on training and competing in long distance running. With its 20th anniversary this year the club now has a current membership of 1129, ranging from children to senior citizens. It is a very family-orientated club offering a wide variety of training including beginners, triathlon and track. There are bush runs and breakfast runs as well as the long Sunday runs. There are also a number of medical practitioners associated with the club.

Malaysia, as you know, is just north of the equator

and there is never any reprieve from the heat and humidity at that latitude. There are only two seasons, the wet and the dry. It is difficult to start any new exercise program in that weather, but this is where my serious running began. After running in a few local races, I joined the Pacesetters Athletic Club Malaysia, based in Kuala Lumpur, and I have never looked back. Running with that club changed my life. Although it took a few years to acclimatize, even running at 4.30am does not alleviate the humidity and thirst along the way. The one good thing about running there is that you can get in a very long dark early morning run all year round as the daylight hours are constant with roughly twelve hours of sunshine from 7am to 7pm. There is also never any excuse to stay in bed due to the cold!

My family and I are originally from South Africa and we immigrated to Australia in March 2002. We initially left South Africa in 1995, and then lived in Kuala Lumpur, Malaysia for just over six years before our final move to Australia. We have settled very easily into Sydney and feel very at home with the similar southern hemisphere lifestyle that Australia has to offer. Running has always been a part of my life, in between taking time off to have a couple of children, and it has proved a valuable way to make good friends in new places. My first encounter with the Striders Running Club was joining the very social Wednesday 5.30am Acron Oval Bush running group. This was a good introduction to the club and I soon found myself participating in other Strider events and feeling quite at home with the other runners. I was amazed at how many South African runners there are in Sydney. I officially joined Striders in April 2003 and continue to enjoy what it has to offer.

Editor's Note

If you are going overseas for a Marathon, long holiday or career move and want to make contact with local running groups put out a message on the LiSSt or contact the President. Various Striders have contacts in the UK, USA, South Africa, Sweden and Denmark (to name but a few)

New Members – January to March

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.

Ross McLeod	Gary Lewis
Scott Hannan	Susan Chalmers
Pete Steel	Michael Peters
Chris Ferguson	Roger Cox
Naomi Frank	Damian Tancred
Stephen Fahey	Adam Gatford
Peter Todd	Stewart Vincent
Martin Harris	Daniel Muldoon
Glenn Guzzo	Richard Frykberg
Nicole Frykberg	Patrick Hodgins
Melanie Rauleder	Katherine McSweeney
Richard Green	Stephen Smith
Louise Stewart	Andrew Dyer
Gillian Klevansky	Lee Petrie
Julie Macdonald	Lawrence Ullio
Alex Rubin	Sarah Cooper
Bridgit English	Marcel Nooijen
Joshua Kennedy-White	Brendon Jones
Glenn Lockwood	Michael Handley

Roll of Honour

The following had anniversaries of membership in January - March:

20 years

Mike Ward Brian Tailford Ray Reid
John Hodges Edwina MacArthur

15 years

Frank Dearn

10 years

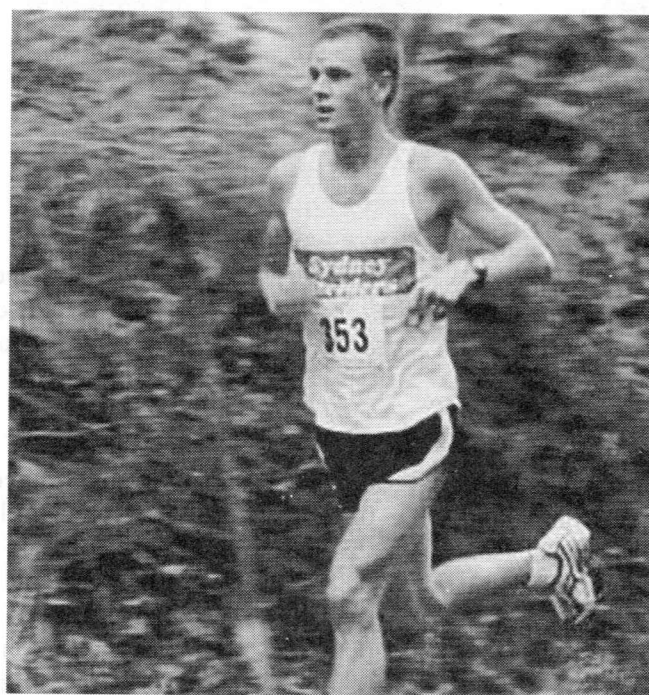
Peter Butcher Ruth McColl
George Lisson Manfred Fiedler
Peter Truscott Chris Truscott
Penny Smith Andrew Smith
Kelvin Marshall

5 Years

Nadene Serman Benny Gauci



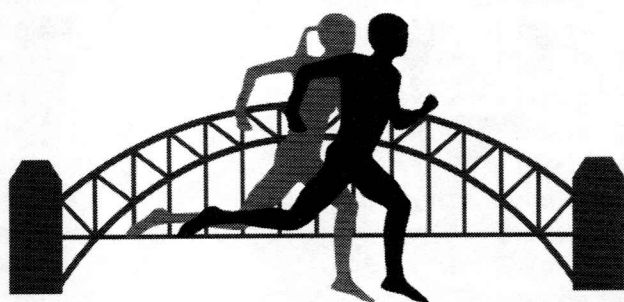
The start of a new 10K Series – Lane Cove.
10K Series results start on next page



Last year's Male Outright Winner Darren Benson at the Lane Cove 10k

Sydney Striders 10k Series 2004

Sponsored by Sydney Running Centre



SYDNEY RUNNING CENTRE

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

Striders		Craig Brown	0.39.42	Michael Sharp	0.43.28
David Criniti	0.32.47	Joanne Cowan	0.39.50 F	Tim Deane	0.43.32
Darren Benson	0.33.09	Stephen Fahey	0.39.59	Mohammed Alkhub	0.43.48
Dean Degan	0.33.33	Joanne Barton	0.40.05 F	Gregory Prerau	0.43.52
Damian Tancred	0.34.02	Dawn Tiller	0.40.32 F	Roland Hassall	0.43.55
Raymond Wareham	0.34.50	Andrew Dyer	0.40.41	Gerard Donnan	0.43.58
Glenn Guzzo	0.35.09	Peter Slater	0.40.56	Kendall Waller	0.44.18
Jonathan Craig	0.35.23	Bruce Craven	0.40.58	Patrick Hodgins	0.44.53
Peter Truscott	0.36.10	Ben McSweeney	0.41.14	Paul Bullas	0.45.08
John Young	0.36.14	Richard Deutsch	0.41.17	Tony Barbaro	0.45.09
Keith Bateman	0.36.33	Stephen Bodnar	0.41.21	Dougal Langusch	0.45.10
Martin Matthews	0.36.37	Craig Plumb	0.41.31	James Cryer	0.45.19
Steve Hume	0.37.10	Mike Fowlds	0.41.50	Gary Aitkenhead	0.45.32
Gerry Arthur	0.37.30	Stephen Ball	0.41.54	Mark Davis	0.45.45
Shaun Atchison	0.37.43	Melanie Rauleder	0.41.56 F	Philip Hugill	0.45.52
Cameron Arnold	0.37.48	Sean Greenhill	0.41.59	Rod Lovel	0.45.53
Stephen Jackson	0.38.06	Salvador Gala	0.42.19	Stephen Kibble	0.45.56
Jenny Wickham	0.38.21 F	Ron Schwebel	0.42.24	David Bray	0.45.58
Ross Sinclair	0.38.40	Barry Rutter	0.42.26	Caroline Yarnell	0.46.05 F
Greg Coy	0.38.51	George Lisson	0.42.30	Lisa Carroli	0.46.06 F
Eliza Stewart	0.38.52 F	John Van Yzendoorn	0.42.56	Campbell Reid	0.46.09
Jonathan Worswick	0.39.19	Chris Ferguson	0.42.58	George Herisson	0.46.15
Greg Donovan	0.39.21	John Hodges	0.43.10	Alan Smith	0.46.16
Jaap Bakker	0.39.36	David Gayford	0.43.22	Charles King	0.46.19

Race 1 Lane Cove 7th February 2004 Outright Results

Open Men

1	David Criniti	32.47	1 st Strider
2	Darren Benson	33.09	2 nd Strider
3	Dean Degan	33.33	3rd Strider

Open Women

1	Jenny Wickham	38.21	1 st Strider
2	Eliza Stewart	38.52	2nd Strider
3	Imogen Thornburgh	38.59	

Handicap Competition Placings in Race 1:

1	Maria DiMarco
2	Paul Bullas
3	Craig Brown

Race Officials: Elizabeth Woodhams, Fiona Nelson, Shirley Rutter, Megan Jackson, Robin Cameron, Kerry Ross, Brian O'Dea, Ian Whitfield, Graham Willis, Darryl Chrisp, Joe Degabriele, Mark Robinson, Mike Hansen, Ken Harris, Deb Degabriele

Louise Stewart	0.46.22 F	Gavin Markey	0.49.40	Steve Stewart	0.53.52
Robert Wawrzyniak	0.46.25	Ralph Melano	0.49.46	Alex Rubin	0.54.11
James Moody	0.46.26	Iain Martin	0.50.20	Adam Gatford	0.54.32
Brian Ogilwy	0.46.33	Naomi Frank	0.50.25 F	Fernando Santisteban	0.54.41
Dean Gardiner	0.46.50	Bernadette Boulous	0.50.29 F	Eric Schmierer	0.55.34
Martin Harris	0.46.59	Roger Cox	0.50.30	Joanna White	0.56.01 F
Maria DiMarco	0.47.14 F	Philip Kennedy	0.50.40	Leigh MacRitchie	0.56.06 F
Amy Fisher	0.47.15 F	Benny Gauci	0.51.22 F	Robi Russell	0.56.16 F
Ross McCarty	0.47.22	Susan Chalmers	0.52.14 F	John Kerr	0.57.25
Sue Palmer	0.47.24 F	Geoff Taylor	0.52.16	Lisa Gallate	0.57.30 F
Michael Free	0.47.29	Denis Speyer	0.52.25	Katherine McSweeney	0.57.42 F
Heiko Schaefer	0.47.42	Manfred Fiedler	0.52.31	Jurg Kunzle	0.58.07
Peter Woods	0.47.45	Steve Packer	0.52.40	Heather Forster	0.58.08 F
Charles Coville	0.47.51	Tina Campbell	0.52.41 F	Mercy Samia	0.59.49 F
Glenda Mitchell	0.48.01 F	Michael Peters	0.52.46	Frank Dearn	1.00.15
Graham Butler	0.48.33	Peter Cookson	0.53.02	Sharon Callister	1.00.19 F
Paul Trainor	0.48.34	Stephen Smith	0.53.03	Rebecca Deane	1.01.13 F
Diane Read	0.48.39 F	John Whealy	0.53.23	Frances Brown	1.03.03 F
Hugh Spencer	0.48.48	Richard Frykberg	0.53.30	Allison Lilley	1.03.12 F
Nicole Frykberg	0.48.49 F	Virginia Ffitch	0.53.32 F	Kevin Tiller	1.05.36
Nick Woodhams	0.49.10	Tracey Love	0.53.45 F		

Race 2 Homebush 6th March 2004 Outright Results

Open Men

1	Jeremy Horne	31.49	
2	David Criniti	32.01	1st Strider
3	Glenn Guzzo	32.45	2nd Strider

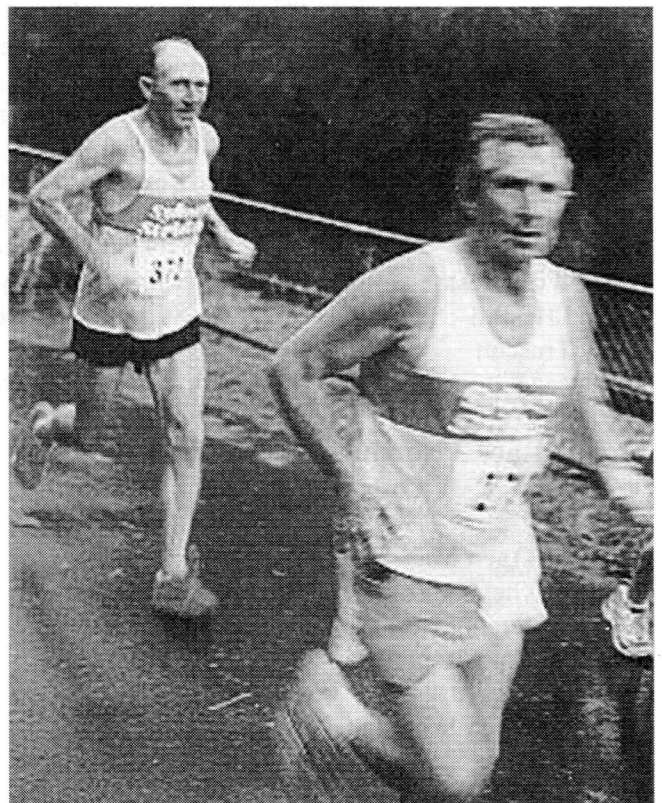
Open Women

1	Billinda Schipp	37.08	
2	Jenny Wickham	38.26	1st Strider
3	Eliza Stewart	38.51	2nd Strider

Handicap Competition Placings in Race 2:

1	Glenn Guzzo
2	Lisa Gallate
3	Paul Bullas

Race Officials: Robyn Moody, Kerry Ross, Megan Jackson, Shirley Rutter, Grahame Murphy, James Moody, Craig Dunn, Steve Hume, Ken Harris, Mark Robinson, Mike Hansen, Peter Woods, Joe Degabriele, Deb Polverino, Carol Taylor, Fraser Taylor



Ray Doran and Ron Schwebel at the Homebush 10k

Striders		Jonathan Craig	0.34.19	Christopher Dwyer	0.36.47
David Criniti	0.32.01	Raymond Wareham	0.34.31	Martin Matthews	0.36.54
Glenn Guzzo	0.32.45	Keith Bateman	0.35.33	Cameron Arnold	0.37.48
Chris Truscott	0.32.51	Peter Truscott	0.35.44	Jonathan Worswick	0.37.56
Darren Benson	0.33.15	Richard Green	0.35.47	Greg Coy	0.38.06
Damian Tancred	0.33.50	Gerry Arthur	0.35.59	Randall Brophy	0.38.12

Sean Ryan	0.38.16	Salvador Gala	0.41.51	Keith White	0.47.11
Stephen Jackson	0.38.21	Gregory Prerau	0.42.02	Hugh Spencer	0.47.17
Jenny Wickham	0.38.26 F	Stephen Kibble	0.42.08	Glenda Mitchell	0.47.21 F
Jaap Bakker	0.38.42	Suzanne Kelly	0.42.12 F	Paul Jackson	0.47.26
Eliza Stewart	0.38.51 F	Mohammed Alkhub	0.42.18	Graham Butler	0.47.30
Andrew Dyer	0.38.55	Walter Mitchell	0.42.24	Steven Norden	0.47.36
Joel Mackay	0.39.01	Paul Bullas	0.42.33	David Lancaster	0.48.50
Craig Brown	0.39.10	Caroline Yarnell	0.43.02 F	Roger Cox	0.48.51
Tim Austin	0.39.49	Mike Fowlds	0.43.15	Julie Macdonald	0.49.05 F
Richard Deutsch	0.39.55	Alan Smith	0.43.20	Steve Packer	0.49.29
Stephen Bodnar	0.39.57	David Bray	0.43.22	Manfred Fiedler	0.50.03
Victor Donovic	0.40.16	Mark Schaefer	0.43.28	Tina Campbell	0.50.06 F
Joanne Cowan	0.40.18 F	James Cryer	0.43.29	Geoff Taylor	0.50.19
Alex Jensen	0.40.27	Rod Lovel	0.43.37	John Sneddon	0.50.22
John Van Yzendoorn	0.40.28	Tony Barbaro	0.43.40	Stephen Smith	0.50.32
Dawn Tiller	0.40.29 F	Charles Coville	0.43.56	Eric Schmierer	0.50.41
Philip Boswell	0.40.32	Dougal Langusch	0.43.57	Naomi Frank	0.50.42 F
Chris Ferguson	0.40.39	Pete Steel	0.44.00	Denis Speyer	0.51.01
Ron Schwebel	0.40.53	Hugh Langshaw	0.44.12	Benny Gauci	0.51.18 F
Barry Rutter	0.40.57	Lisa Carroli	0.44.18 F	David Cooke	0.51.20
Melanie Rauleder	0.40.58 F	Martin Harris	0.44.33	Lisa Gallate	0.52.50 F
Ben McSweeney	0.41.01	Darryl Chrisp	0.44.45	Adam Gatford	0.53.52
David Gayford	0.41.03	Stewart Turner	0.45.21	Helen Wilson	0.54.35 F
Craig Plumb	0.41.04	Michael Free	0.45.23	Robi Russell	0.54.52 F
Ray Doran	0.41.06	Louise Stewart	0.45.28 F	Allison Lilley	0.54.54 F
Catriona Cater	0.41.20 F	Brian Ogilwy	0.45.30	Jurg Kunzle	0.55.10
Stephen Ball	0.41.25	Sean Greenhill	0.45.40	Lee Petrie	0.56.32 F
Luke Peterson	0.41.31	Mario Torresan	0.45.46	Kevin Tiller	0.56.39
Mike Morrissey	0.41.32	Campbell Reid	0.45.51	Ted Brailey	0.56.52
Andrew Charleston	0.41.35	Ross McCarty	0.45.54	Frances Brown	0.56.53 F
Roland Hassall	0.41.36	Heiko Schaefer	0.46.09	Rebecca Deane	0.58.16 F
Jenny Truscott	0.41.40 F	Paul Trainor	0.46.13	Mercy Samia	0.58.19 F
Tim Deane	0.41.43	Clara Vucetic	0.46.51 F	Katherine McSweeney	1.00.23 F

Race 3 North Head 7th April 2004 Outright Results

Open Men

1	Glenn Guzzo	31.38	1st Strider
2	Jeremy Horne	32.01	
3	Chad Roberts	32.45	

Open Women

1	Eliza Stewart	36.59	1st Strider
2	Jenny Wickham	38.26	2nd Strider
3	Helen Burrell	38.58	

Handicap Competition Placings in Race 3:

1	David East
2	Susan Chalmers
3	Mike Fowlds

Race Officials: Robin Cameron, Glenda Mitchell, Shirley Rutter, Kerry Ross, Joe Degabriele, Mark Robinson, Robyn Moody, Deb Polverino, Janet Gayford, Rob Leonard



Charles King – seen at the Lane Cove 10k

Striders

Glenn Guzzo	0.31.38	Gregory Prerau	0.41.49	Sebastian	0.48.01
Chris Truscott	0.32.40	Charles Coville	0.41.58	Warmerdam	
Dean Degan	0.33.01	Luke Peterson	0.42.00	Clara Vucetic	0.48.15 F
Richard Green	0.36.07	Catriona Cater	0.42.02 F	Roger Cox	0.48.23
Martin Matthews	0.36.08	John Hodges	0.42.05	Tina Campbell	0.48.39 F
Sean Ryan	0.36.11	Michael Sharp	0.42.32	Steve Packer	0.48.56
Ross Sinclair	0.36.51	David Bray	0.42.34	Sharon Callister	0.49.01 F
Stuart Chellis	0.36.57	Stephen Kibble	0.42.41	Stephen Smith	0.49.08
Eliza Stewart	0.36.59 F	Mohammed Alkhub	0.43.11	John Sneddon	0.49.11
Shaun Atchison	0.37.24	Roland Hassall	0.43.18	Michael Rees-Evans	0.49.14
Gerry Arthur	0.37.29	James Woodhams	0.43.19	Julian Wright	0.49.27
Jonathan Worswick	0.37.40	James Cryer	0.43.34	Susan Chalmers	0.49.33 F
Jaap Bakker	0.37.43	James Moody	0.43.35	David Lancaster	0.49.37
Jenny Wickham	0.38.16 F	Paul Bullas	0.43.46	Manfred Fiedler	0.49.54
John Van Yzendoorn	0.38.51	Caroline Yarnell	0.43.53 F	Amanda Underwood	0.50.03 F
William Ward	0.38.52	Lisa Carroli	0.43.54 F	John Whealy	0.50.20
Craig Brown	0.38.55	Patrick Hodgins	0.44.07	Denis Speyer	0.50.34
John Young	0.39.10	Dougal Langusch	0.44.17	Allison Lilley	0.50.59 F
George Lisson	0.39.16	Mary Stringer	0.44.28 F	Eric Schmierer	0.51.33
Simon Kent-Jones	0.39.34	Rod Lovel	0.44.41	Marcus Juhasz	0.52.01
Ben McSweeney	0.39.42	Dean Gardiner	0.44.48	Elizabeth Woodhams	0.52.07 F
Cameron Arnold	0.39.45	Paul Trainor	0.44.55	Kevin Tiller	0.52.27
Philip Boswell	0.39.46	Pete Steel	0.45.05	Adam Gatford	0.52.40
Stephen Fahey	0.39.49	Michael Free	0.45.06	Heather Forster	0.52.41 F
Mike Fowlds	0.39.50	Glenn Lockwood	0.45.09	Ted Brailey	0.52.49
Joanne Barton	0.39.53 F	Peter Woods	0.45.24	George Herisson	0.52.51
Andrew Charleston	0.39.59	Paul Glare	0.45.29	Robi Russell	0.53.01 F
Stephen Jackson	0.40.10	Brian Ogilwy	0.45.44	Rebecca Deane	0.54.40 F
David Gayford	0.40.23	Heiko Schaefer	0.45.45	Leigh MacRitchie	0.55.25 F
Kendall Waller	0.40.25	Campbell Reid	0.45.48	Frances Brown	0.55.41 F
Craig Plumb	0.40.28	Charles King	0.45.50	Katherine	
Ray Doran	0.40.29	Ken Harris	0.45.52	McSweeney	0.57.28 F
Stephen Bodnar	0.40.31	Peter Roberts	0.45.54	Frank Dearn	0.57.37
Melanie Rauleder	0.40.32 F	Stewart Turner	0.47.10	Paul Munro	0.58.00
Walter Mitchell	0.40.42	David East	0.47.17	Lisa Gallate	dnf F
Ron Schwebel	0.41.22	Steven Norden	0.47.22	Lee Petrie	dnf F
Salvador Gala	0.41.23	Nick Woodhams	0.47.23	Ross McCarty	dnf
Barry Rutter	0.41.25	Julie Macdonald	0.47.34 F	Tim Deane	dnf
		Maria DiMarco	0.47.55 F	Peter Truscott	dnf

10k Female Open

	LC	HB	NH	Tot
1 Eliza Stewart	56	56	60	172
2 Jenny Wickham	50	50	56	156
3 Lisa Carroli	47	45	48	140
4 Caroline Yarnell	48	46	39	133
5 Melanie Rauleder	49	40	41	130
6 Tina Campbell	35	40	43	118
7 Joanne Cowan	53	53	0	106
8 Joanne Barton	51	0	53	104
8 Glenda Mitchell	42	42	20	104
10 Dawn Tiller	50	51	0	101
10 Robi Russell	30	35	36	101
12 Catriona Cater	0	49	50	99

13 Allison Lilley	22	34	39	95
14 Rebecca Deane	24	31	35	90
15 Frances Brown	23	32	33	88
16 Clara Vucetic	0	43	44	87
16 Julie Macdonald	0	41	46	87
18 Louise Stewart	36	44	0	80
18 Maria DiMarco	45	0	35	80
20 Naomi Frank	39	39	0	78
21 Susan Chalmers	36	0	41	77
21 Lisa Gallate	19	37	21	77
23 Benny Gauci	37	38	0	75
24 Sharon Callister	25	0	42	67
25 Leigh MacRitchie	31	0	34	65
26 Heather Forster	27	0	37	64
27 Katherine McSweeney	18	19	22	59
28 Lee Petrie	0	33	20	53

29 Shirley Rutter	12	19	20	51
29 Kerry Ross	12	19	20	51
31 Elizabeth Woodhams	12	0	38	50
32 Mary Stringer	0	0	47	47
33 Amy Fisher	44	0	0	44
34 Sue Palmer	43	0	0	43
35 Nicole Frykberg	40	0	0	40
35 Amanda Underwood	0	0	40	40
37 Jenny Truscott	0	38	0	38
38 Suzanne Kelly	0	37	0	37
39 Mercy Samia	16	20	0	36
39 Helen Wilson	0	36	0	36
41 Tracey Love	33	0	0	33
42 Joanna White	32	0	0	32
42 Robin Cameron	12	0	20	32
44 Diane Read	31	0	0	31
44 Megan Jackson	12	19	0	31
46 Bernadette Boulous	28	0	0	28
47 Virginia Ffitch	24	0	0	24
48 Robyn Moody	0	19	0	19
49 Fiona Nelson	12	0	0	12

10k Male Open

	LC	HB	NH	Tot
1 Glenn Guzzo	49	56	50	155
2 Martin Matthews	44	42	50	136
3 Gerry Arthur	42	44	45	131
4 David Criniti	60	60	0	120
4 Jonathan Worswick	36	40	44	120
6 Cameron Arnold	40	41	35	116
7 Jaap Bakker	34	35	43	112
8 Darren Benson	56	51	0	107
9 Stephen Jackson	39	36	30	105
9 Craig Brown	33	32	40	105
11 Damian Tancred	51	50	0	101
12 Chris Truscott	0	53	46	99
13 Jonathan Craig	48	49	0	97
14 Dean Degan	53	0	43	96
14 Richard Green	0	45	51	96
16 Peter Truscott	47	46	2	95
17 Keith Bateman	45	47	0	92
18 Ross Sinclair	38	0	48	86
18 Sean Ryan	0	37	49	86
20 John Young	46	0	39	85
20 Ben McSweeney	28	21	36	85
20 John Van Yzendoorn	17	26	42	85
23 Stephen Bodnar	26	29	25	80
24 Raymond Wareham	40	38	0	78
25 Greg Coy	37	39	0	76
26 Mike Fowlds	24	12	32	68
27 Shaun Atchison	31	0	36	67
28 Ron Schwebel	20	23	23	66
29 Stephen Fahey	32	0	33	65

30 David Gayford	14	20	29	63
31 Barry Rutter	19	22	21	62
32 Craig Plumb	25	9	27	61
33 Philip Boswell	0	25	34	59
34 Richard Deutsch	27	30	0	57
35 George Lisson	18	0	38	56
36 Andrew Dyer	21	34	0	55
36 Salvador Gala	21	12	22	55
38 Stuart Chellis	0	0	47	47
39 Steve Hume	43	2	0	45
39 Andrew Charleston	0	14	31	45
41 Gregory Prerau	12	12	20	44
41 Ray Doran	0	18	26	44
43 Charles Coville	12	12	19	43
44 Stephen Ball	23	17	0	40
44 Chris Ferguson	16	24	0	40
46 David Bray	12	12	15	39
47 Stephen Kibble	12	12	14	38
47 Randall Brophy	0	38	0	38
49 Mohammed Alkhub	12	12	13	37
49 Roland Hassall	12	13	12	37
49 Simon Kent-Jones	0	0	37	37
52 Paul Bullas	12	12	12	36
52 James Cryer	12	12	12	36
52 Rod Lovel	12	12	12	36
52 Campbell Reid	12	12	12	36
52 Brian Ogilwy	12	12	12	36
52 Heiko Schaefer	12	12	12	36
52 Paul Trainor	12	12	12	36
52 Roger Cox	12	12	12	36
52 Denis Speyer	12	12	12	36
52 Manfred Fiedler	12	12	12	36
52 Steve Packer	12	12	12	36
52 Stephen Smith	12	12	12	36
52 Adam Gatford	12	12	12	36
52 Eric Schmierer	12	12	12	36
52 Walter Mitchell	0	12	24	36
67 Greg Donovan	35	0	0	35
68 Luke Peterson	0	16	18	34
69 Christopher Dwyer	0	33	0	33
69 Joel Mackay	0	33	0	33
71 John Hodges	15	0	17	32
72 Tim Austin	0	31	0	31
72 William Ward	0	0	31	31
74 Kendall Waller	2	0	28	30
75 Bruce Craven	29	0	0	29
75 Michael Sharp	13	0	16	29
77 Victor Donovic	0	28	0	28
78 Alex Jensen	0	27	0	27
79 Tim Deane	12	12	2	26
79 James Moody	12	2	12	26
79 Ross McCarty	12	12	2	26
79 Peter Woods	12	2	12	26
79 Kevin Tiller	12	12	2	26
84 George Herisson	12	0	12	24

84	Alan Smith	12	12	0	24
84	Charles King	12	0	12	24
84	Dean Gardiner	12	0	12	24
84	Martin Harris	12	12	0	24
84	Graham Butler	12	12	0	24
84	Hugh Spencer	12	12	0	24
84	John Whealy	12	0	12	24
84	Jurg Kunzle	12	12	0	24
84	Frank Dearn	12	0	12	24
84	Pete Steel	0	12	12	24
84	Stewart Turner	0	12	12	24
84	Steven Norden	0	12	12	24
84	Ted Brailey	0	12	12	24
98	Peter Slater	20	0	0	20
99	Dougal Langusch	2	12	2	16
99	Michael Free	12	2	2	16
101	Mike Morrissey	0	15	0	15
102	Sean Greenhill	12	2	0	14
102	Patrick Hodgins	12	0	2	14
102	Nick Woodhams	12	0	2	14
102	Geoff Taylor	2	12	0	14
102	Darryl Chrisp	2	12	0	14
102	David Lancaster	0	2	12	14
108	Gary Aitkenhead	12	0	0	12
108	Mark Davis	12	0	0	12
108	Philip Hugill	12	0	0	12
108	Robert Wawrzyniak	12	0	0	12
108	Gavin Markey	12	0	0	12
108	Ralph Melano	12	0	0	12
108	Iain Martin	12	0	0	12
108	Philip Kennedy	12	0	0	12
108	Michael Peters	12	0	0	12
108	Peter Cookson	12	0	0	12
108	Richard Frykberg	12	0	0	12
108	Steve Stewart	12	0	0	12
108	Fernando Santisteban	12	0	0	12
108	John Kerr	12	0	0	12
108	Mark Schaefer	0	12	0	12
108	Mario Torresan	0	12	0	12
108	Keith White	0	12	0	12
108	Paul Jackson	0	12	0	12
108	David Cooke	0	12	0	12
108	Glenn Lockwood	0	0	12	12
108	Paul Glare	0	0	12	12
108	Peter Roberts	0	0	12	12
108	Sebastian Warmerdam	0	0	12	12
108	Michael Rees-Evans	0	0	12	12
108	Marcus Juhasz	0	0	12	12
108	Paul Munro	0	0	12	12
134	Joe Degabriele	2	2	2	6
134	Mark Robinson	2	2	2	6
134	Ken Harris	2	2	2	6
137	Tony Barbaro	2	2	0	4
137	Mike Hansen	2	2	0	4
137	John Sneddon	0	2	2	4

140	Gerard Donnan	2	0	0	2
140	Alex Rubin	2	0	0	2
140	Brian O'Dea	2	0	0	2
140	Ian Whitfield	2	0	0	2
140	Graham Willis	2	0	0	2
140	Hugh Langshaw	0	2	0	2
140	Grahame Murphy	0	2	0	2
140	Craig Dunn	0	2	0	2
140	James Woodhams	0	0	2	2
140	David East	0	0	2	2
140	Julian Wright	0	0	2	2

10K Handicap

50 points + listed

	50 points + listed		LC	HB	NH	Tot
1	Paul Bullas	M Vet	56	53	12	121
2	David Bray	M Pre	32	47	40	119
3	Glenn Guzzo	M Pre	12	60	39	111
4	Stephen Smith	M Vet	12	48	44	104
5	Gregory Prerau	M Vet	36	42	21	99
6	Craig Brown	M Pre	53	29	13	95
7	Eliza Stewart	F Pre	33	12	48	93
8	Tim Deane	M Pre	46	43	2	91
9	David Criniti	M Pre	50	36	0	86
10	Brian Ogilwy	M Snr	41	30	12	83
10	Roger Cox	M Mst	12	41	30	83
12	James Moody	M Mst	28	2	50	80
13	John Van Yzendoorn	M Vet	12	20	46	78
14	Mike Fowlds	M Pre	12	12	53	77
15	Steven Norden	M Vet	0	49	26	75
16	Martin Matthews	M Pre	38	12	23	73
16	Adam Gatford	M Pre	12	25	36	73
18	Cameron Arnold	M Pre	48	12	12	72
18	Lisa Gallate	F Vet	14	56	2	72
20	Keith Bateman	M Vet	37	33	0	70
20	Stephen Kibble	M Vet	12	46	12	70
22	Maria DiMarco	F Pre	60	0	8	68
22	Susan Chalmers	F Vet	12	0	56	68
24	Jonathan Worswick	M Vet	22	28	14	64
24	Joanne Barton	F Vet	49	0	15	64
26	Chris Ferguson	M Pre	12	51	0	63
26	Paul Trainor	M Pre	12	12	39	63
28	Gerry Arthur	M Pre	19	31	12	62
28	Martin Harris	M Pre	12	50	0	62
28	Allison Lilley	F Pre	12	12	38	62
31	George Herisson	M Vet	47	0	12	59
31	Eric Schmierer	M Mst	12	35	12	59
33	Peter Truscott	M Pre	39	16	2	57
33	Jaap Bakker	M Pre	12	12	33	57
33	Craig Plumb	M Vet	31	2	24	57
33	Barry Rutter	M Mst	21	24	12	57
33	Julie Macdonald	F Pre	0	12	45	57
38	Melanie Rauleder	F Pre	12	27	17	56
38	Roland Hassall	M Pre	12	32	12	56

38	Charles Coville	M Mst	12	12	32	56
41	Jenny Wickham	F Pre	41	2	12	55
42	Mohammed Alkhub	M Vet	20	22	12	54
43	Tina Campbell	F Mst	12	12	29	53
44	Darren Benson	M Pre	40	12	0	52
44	Alan Smith	M Vet	12	40	0	52
46	Simon Kent-Jones	M Pre	0	0	51	51
47	Ross McCarty	M Mst	25	23	2	50
47	David East	M Vet	0	0	50	50

10k Age Group Placings

Female Masters		LC	HB	NH	Tot
1	Tina Campbell	60	60	60	180
2	Robi Russell	56	53	51	160
3	Heather Forster	53	0	53	106
4	Elizabeth Woodhams	41	0	56	97
5	Mercy Samia	41	41	0	82
6	Helen Wilson	0	56	0	56
7	Robyn Moody	0	41	0	41

Female Vet Top 20		LC	HB	NH	Tot
1	Lisa Carroli	50	49	51	150
2	Caroline Yarnell	51	50	43	144
3	Glenda Mitchell	48	47	34	129
3	Frances Brown	40	43	46	129
5	Joanne Cowan	60	60	0	120
6	Joanne Barton	56	0	60	116
7	Lisa Gallate	32	45	35	112
8	Dawn Tiller	53	56	0	109
8	Catriona Cater	0	53	56	109
10	Shirley Rutter	30	33	34	97
10	Kerry Ross	30	33	34	97
10	Clara Vucetic	0	48	49	97
13	Benny Gauci	46	46	0	92
13	Susan Chalmers	45	0	47	92
15	Sharon Callister	41	0	48	89
16	Lee Petrie	0	44	34	78
17	Robin Cameron	30	0	34	64
18	Megan Jackson	30	33	0	63
19	Mary Stringer	0	0	50	50
20	Sue Palmer	49	0	0	49

Female Pre-Vet Top 10		LC	HB	NH	Tot
1	Eliza Stewart	56	56	60	172
2	Jenny Wickham	50	50	56	156
3	Melanie Rauleder	53	43	43	139
4	Allison Lilley	41	47	48	136
5	Rebecca Deane	42	46	47	135
6	Katherine McSweeney	33	35	35	103
7	Julie Macdonald	0	49	51	100
8	Naomi Frank	47	48	0	95
9	Louise Stewart	41	50	0	91
10	Maria DiMarco	50	0	40	90
10	Leigh MacRitchie	44	0	46	90

Male SuperSnr		LC	HB	NH	Tot
1	Frank Dearn	60	0	60	120
Male Senior		LC	HB	NH	Tot
1	Brian Ogilwy	60	56	56	172
2	Heiko Schaefer	56	53	53	162
3	Manfred Fiedler	51	50	50	151
4	Ray Doran	0	60	60	120
5	Hugh Spencer	53	51	0	104
6	Peter Roberts	0	0	51	51
7	Paul Munro	0	0	49	49

Male Masters Top 20		LC	HB	NH	Tot
1	Ron Schwebel	56	53	53	162
2	Barry Rutter	53	51	51	155
3	James Cryer	49	49	48	146
4	Rod Lovel	48	48	46	142
4	Charles Coville	45	47	50	142
6	Roger Cox	41	42	44	127
7	James Moody	47	28	47	122
8	Ross McCarty	46	45	29	120
9	Eric Schmierer	38	40	41	119
10	Philip Boswell	0	56	56	112
11	George Lisson	51	0	60	111
12	Stephen Ball	60	50	0	110
13	John Hodges	50	0	49	99
14	Graham Butler	44	43	0	87
15	John Whealy	39	0	42	81
16	Nick Woodhams	43	0	35	78
16	Ted Brailey	0	38	40	78
18	Jurg Kunzle	36	39	0	75
19	Darryl Chrisp	26	46	0	72
20	John Sneddon	0	31	33	64

Male Veteran Top 30		LC	HB	NH	Tot
1	Jonathan Worswick	49	53	56	158
2	Stephen Jackson	53	49	50	152
3	John Van Yzendoorn	42	46	53	141
4	Stephen Bodnar	45	48	46	139
5	David Gayford	41	45	49	135
6	Salvador Gala	43	42	45	130
7	Craig Plumb	44	34	47	125
8	Gregory Prerau	39	41	44	124
9	Mohammed Alkhub	40	39	42	121
10	Jonathan Craig	60	60	0	120
11	Paul Bullas	36	38	41	115
11	Stephen Kibble	32	40	43	115
13	Keith Bateman	56	56	0	112
14	Ross Sinclair	51	0	60	111
15	Greg Coy	50	51	0	101
15	Campbell Reid	31	35	35	101
17	Stephen Fahey	47	0	51	98
18	Steve Packer	21	31	29	81
19	Peter Woods	25	17	37	79
20	Stephen Smith	20	29	28	77
21	Kendall Waller	28	0	48	76
21	Denis Speyer	22	28	26	76
23	Patrick Hodgens	37	0	30	67

24	Alan Smith	29	37	0	66
25	Dean Gardiner	26	0	39	65
26	Steven Norden	0	33	31	64
27	Charles King	28	0	34	62
28	George Herisson	30	0	25	55
29	Randall Brophy	0	50	0	50
30	Ken Harris	9	17	23	49
30	David Lancaster	0	22	27	49

Male Pre-Vet Top 10

		LC	HB	NH	Tot
1	Glenn Guzzo	49	56	50	155
2	Martin Matthews	46	45	50	141
3	Gerry Arthur	44	46	46	136
4	Jaap Bakker	41	42	45	128
5	Cameron Arnold	42	44	39	125
6	Craig Brown	40	39	43	122
7	David Criniti	60	60	0	120
8	Ben McSweeney	37	34	40	111
9	Darren Benson	56	51	0	107
10	Peter Truscott	48	48	9	105

10k Age & Gender Adj**Top 120**

		Cat	LC	HB	NH	Tot
1	Glenn Guzzo	M Pre	767	823	852	2442
2	Eliza Stewart	F Pre	775	775	814	2364
3	Jenny Wickham	F Pre	780	778	782	2340
4	Stephen Jackson	M Vet	764	759	725	2248
5	Martin Matthews	M Pre	736	731	746	2213
6	Ron Schwebel	M Mst	720	747	738	2205
7	Barry Rutter	M Mst	720	746	737	2203
8	Heiko Schaefer	M Snr	715	739	745	2199
9	Gerry Arthur	M Pre	719	749	719	2187
10	Jonathan Worswick	M Vet	709	735	740	2184
11	Melanie Rauleder	F Pre	713	730	738	2181
12	Caroline Yarnell	F Vet	694	744	735	2173
13	Tina Campbell	F Mst	692	727	749	2168
14	James Cryer	M Mst	703	733	731	2167
15	Brian Ogilwy	M Snr	704	720	723	2147
16	Craig Plumb	M Vet	701	709	720	2130
17	Stephen Bodnar	M Vet	689	718	708	2115
18	Charles Coville	M Mst	649	712	746	2107
19	Cameron Arnold	M Pre	713	713	678	2104
20	Manfred Fiedler	M Snr	678	711	713	2102
21	Jaap Bakker	M Pre	681	697	715	2093
22	David Gayford	M Vet	661	699	710	2070
23	Rod Lovel	M Mst	671	706	689	2066
24	Craig Brown	M Pre	679	689	693	2061
25	John Van Yzendoorn	M Vet	649	689	717	2055
26	Lisa Carroli	F Vet	661	688	700	2049
27	Gregory Prerau	M Vet	659	688	691	2038
28	Paul Bullas	M Vet	655	700	681	2036
29	Salvador Gala	M Vet	668	675	683	2026
30	Mohammed Alkhub	M Vet	660	683	669	2012
31	Ben McSweeney	M Pre	654	657	679	1990

32	Mike Fowlds	M Pre	645	624	677	1946
33	Robi Russell	F Mst	628	644	667	1939
34	Roger Cox	M Mst	625	647	653	1925
35	Stephen Kibble	M Vet	607	661	653	1921
36	Roland Hassall	M Pre	621	656	630	1907
37	Campbell Reid	M Vet	626	630	631	1887
38	David Bray	M Pre	590	625	641	1856
39	Dougal Langusch	M Pre	597	614	609	1820
40	Michael Free	M Pre	575	601	605	1781
40	Paul Trainor	M Pre	566	599	616	1781
42	Steve Packer	M Vet	566	602	609	1777
43	Eric Schmierer	M Mst	545	598	587	1730
44	Denis Speyer	M Vet	547	562	567	1676
45	Joanne Cowan	F Vet	839	829	0	1668
46	David Criniti	M Pre	823	842	0	1665
47	Frances Brown	F Vet	512	567	579	1658
48	Ray Doran	M Snr	0	821	833	1654
49	Chris Truscott	M Pre	0	821	826	1647
50	Stephen Smith	M Vet	525	551	567	1643
51	Keith Bateman	M Vet	809	832	0	1641
52	Darren Benson	M Pre	813	811	0	1624
53	Dean Degan	M Pre	804	0	817	1621
54	Allison Lilley	F Pre	473	545	587	1605
55	Jonathan Craig	M Vet	788	812	0	1600
56	Damian Tancred	M Pre	792	797	0	1589
57	Raymond Wareham	M Pre	783	790	0	1573
58	Rebecca Deane	F Pre	489	513	547	1549
59	Katherine McSweeney	F Pre	518	495	521	1534
60	Dawn Tiller	F Vet	758	759	0	1517
61	Joanne Barton	F Vet	754	0	758	1512
62	Ross Sinclair	M Vet	737	0	773	1510
62	Catriona Cater	F Vet	0	761	749	1510
64	Adam Gatford	M Pre	494	501	512	1507
65	Greg Coy	M Vet	744	759	0	1503
66	Peter Truscott	M Pre	746	755	0	1501
66	Richard Green	M Pre	0	754	747	1501
68	Philip Boswell	M Mst	0	741	755	1496
69	George Lisson	M Mst	713	0	771	1484
70	John Hodges	M Mst	719	0	738	1457
71	John Young	M Pre	753	0	697	1450
71	Sean Ryan	M Pre	0	705	745	1450
73	Stephen Ball	M Mst	717	725	0	1442
74	Shaun Atchison	M Pre	715	0	721	1436
75	Kevin Tiller	M Pre	416	485	524	1425
76	Clara Vucetic	F Vet	0	713	693	1406
77	Hugh Spencer	M Snr	691	713	0	1404
78	Stephen Fahey	M Vet	697	0	700	1397
79	James Moody	M Mst	663	0	706	1369
80	Andrew Dyer	M Pre	663	693	0	1356
81	Richard Deutsch	M Pre	656	679	0	1335
82	Ross McCarty	M Mst	656	676	0	1332
83	Chris Ferguson	M Pre	644	681	0	1325
84	Andrew Charleston	M Pre	0	648	674	1322
85	Kendall Waller	M Vet	625	0	685	1310
86	Walter Mitchell	M Pre	0	639	666	1305

87	Graham Butler	M Mst	645	659	0	1304
88	Louise Stewart	F Pre	645	658	0	1303
89	Luke Peterson	M Pre	0	650	642	1292
90	Michael Sharp	M Pre	632	0	646	1278
91	Peter Woods	M Vet	619	0	651	1270
92	Tim Deane	M Pre	619	646	0	1265
92	Nick Woodhams	M Mst	621	0	644	1265
94	Alan Smith	M Vet	611	652	0	1263
95	Glenda Mitchell	F Vet	625	634	0	1259
96	Maria DiMarco	F Pre	633	0	624	1257
97	Charles King	M Vet	619	0	626	1245
98	Patrick Hodgens	M Vet	616	0	627	1243
99	Julie Macdonald	F Pre	0	610	629	1239
100	Frank Dearn	M SSr	605	0	632	1237
100	John Sneddon	M Mst	0	611	626	1237
102	Sean Greenhill	M Pre	642	591	0	1233
103	Heather Forster	F Mst	585	0	646	1231
104	Susan Chalmers	F Vet	598	0	630	1228
105	Tony Barbaro	M Pre	600	621	0	1221
106	John Whealy	M Mst	592	0	627	1219
107	Dean Gardiner	M Vet	595	0	622	1217
108	Pete Steel	M Pre	0	613	598	1211
109	George Herisson	M Vet	639	0	559	1198
110	David Lancaster	M Vet	0	601	592	1193
111	Steven Norden	M Vet	0	594	597	1191
112	Benny Gauci	F Vet	593	594	0	1187
113	Ted Brailey	M Mst	0	571	614	1185
114	Naomi Frank	F Pre	593	590	0	1183
115	Martin Harris	M Pre	574	605	0	1179
115	Sharon Callister	F Vet	526	0	653	1179
117	Stewart Turner	M Pre	0	595	572	1167
118	Mercy Samia	F Mst	574	589	0	1163
119	Geoff Taylor	M Vet	537	558	0	1095
120	Jurg Kunzle	M Mst	530	563	0	1093

Super Series Male Open

		LC	SF	CM	Tot
1	Jonathan Worswick	37	62	54	153
2	Greg Donovan	36	56	48	140
3	Cameron Arnold	40	38	56	134
4	Darren Benson	56	66	0	122
5	Barry Rutter	21	50	46	117
6	David Gayford	16	49	50	115
7	Sean Ryan	0	57	51	108
8	Kelvin Marshall	0	55	49	104
9	Gerry Arthur	42	0	61	103
10	Martin Matthews	44	54	0	98
10	Stephen Bodnar	27	35	36	98
12	Raymond Wareham	40	0	48	88
13	Craig Brown	34	0	53	87
13	James Cryer	12	45	30	87
15	Chris Ferguson	18	41	27	86
16	Bruce Craven	30	51	0	81
17	Jaap Bakker	35	0	45	80

18	David Criniti	60	18	0	78
19	Stephen Fahey	33	0	44	77
20	Shaun Atchison	31	0	45	76
20	Ben McSweeney	29	0	47	76
22	George Lisson	20	52	0	72
23	John Van Yzendoorn	19	0	52	71
24	Mohammed Alkhub	13	29	26	68
25	Richard Deutsch	28	39	0	67
26	Christopher Dwyer	0	0	65	65
27	Stephen Jackson	39	18	7	64
28	Richard Green	0	59	0	59
29	Jose Vilar	0	23	35	58
30	David Bray	12	0	42	54
31	Dean Degan	53	0	0	53
31	Warwick Selby	0	53	0	53
33	Patrick Hodgens	12	40	0	52
34	Damian Tancred	51	0	0	51
34	Gregory Prerau	12	0	39	51
34	James Moody	12	19	20	51
37	Mario Torresan	0	18	32	50
38	Glenn Guzzo	49	0	0	49
38	Roland Hassall	12	37	0	49
40	Jonathan Craig	48	0	0	48
40	Sean Greenhill	14	34	0	48
40	Tim Deane	14	0	34	48
40	Greg Coy	0	48	0	48
44	Peter Truscott	47	0	0	47
44	Brian Ogilwy	12	18	17	47
44	Frank Dearn	12	18	17	47
44	Joel Mackay	0	47	0	47
48	John Young	46	0	0	46
48	Tim Austin	0	46	0	46
50	Keith Bateman	45	0	0	45
50	Paul Bullas	12	0	33	45
52	Steve Hume	43	0	0	43
52	Charles King	12	0	31	43
52	Peter Tedesco	0	43	0	43
52	Steven Norden	0	18	25	43
52	Philip Boswell	0	0	43	43
57	Stephen Kibble	12	30	0	42
57	Tom Silk	0	42	0	42
59	Mahmoud El-Khansa	0	0	41	41
60	Martin Harris	12	0	28	40
60	Jeff Morunga	0	26	14	40
60	Mike Morrissey	0	0	40	40
63	Ross Sinclair	38	0	0	38
63	Mike Fowlds	0	0	38	38
65	Robert Wawrzyniak	12	25	0	37
66	David King	0	36	0	36
67	Allan Wareham	0	18	17	35
68	Dougal Langusch	2	32	0	34
68	Adrian Spragg	0	34	0	34
70	George Herisson	12	21	0	33
70	Darryl Chrisp	2	31	0	33
70	David Clear	0	33	0	33

73	Ross McCarty	12	18	0	30
73	Graham Butler	12	18	0	30
73	Manfred Fiedler	12	0	18	30
73	Eric Schmierer	12	18	0	30
77	Denis Speyer	12	0	17	29
78	Peter Roberts	0	28	0	28
79	Stewart Turner	0	27	0	27
79	Michael McCarthy	0	0	27	27
81	Craig Plumb	26	0	0	26
82	Stephen Ball	25	0	0	25
83	Peter Hammerschmidt	0	24	0	24
84	Salvador Gala	23	0	0	23
84	Tim Schafer	0	0	23	23
86	Andrew Dyer	22	0	0	22
86	Ron Schwebel	22	0	0	22
86	Keith White	0	22	0	22
86	Bradley Loh	0	0	22	22
90	Peter Slater	21	0	0	21
90	Pierre Van Heerden	0	0	21	21
92	Kevin Tiller	12	8	0	20
92	David Lancaster	0	20	0	20
94	Stewart Vincent	0	0	19	19
94	Rick Collins	0	0	19	19
96	Brad Renshaw	0	18	0	18
96	Michael Bailey	0	18	0	18
96	Roger Rigby	0	18	0	18
96	Wayne McCarthy	0	18	0	18
100	John Hodges	17	0	0	17
101	Michael Sharp	15	0	0	15
102	Gary Aitkenhead	12	0	0	12
102	Mark Davis	12	0	0	12
102	Philip Hugill	12	0	0	12
102	Rod Lovel	12	0	0	12
102	Campbell Reid	12	0	0	12
102	Alan Smith	12	0	0	12
102	Dean Gardiner	12	0	0	12
102	Michael Free	12	0	0	12
102	Heiko Schaefer	12	0	0	12
102	Peter Woods	12	0	0	12
102	Charles Coville	12	0	0	12
102	Paul Trainor	12	0	0	12
102	Hugh Spencer	12	0	0	12
102	Nick Woodhams	12	0	0	12
102	Gavin Markey	12	0	0	12
102	Ralph Melano	12	0	0	12
102	Iain Martin	12	0	0	12
102	Roger Cox	12	0	0	12
102	Philip Kennedy	12	0	0	12
102	Steve Packer	12	0	0	12
102	Michael Peters	12	0	0	12
102	Peter Cookson	12	0	0	12
102	Stephen Smith	12	0	0	12
102	John Whealy	12	0	0	12
102	Richard Frykberg	12	0	0	12
102	Steve Stewart	12	0	0	12

102	Adam Gatford	12	0	0	12
102	Fernando Santisteban	12	0	0	12
102	John Kerr	12	0	0	12
102	Jurg Kunzle	12	0	0	12
132	Gerard Donnan	2	0	0	2
132	Kendall Waller	2	0	0	2
132	Tony Barbaro	2	0	0	2
132	Geoff Taylor	2	0	0	2
132	Alex Rubin	2	0	0	2
132	Brian O'Dea	2	0	0	2
132	Ian Whitfield	2	0	0	2
132	Graham Willis	2	0	0	2
132	Joe Degabriele	2	0	0	2
132	Mark Robinson	2	0	0	2
132	Mike Hansen	2	0	0	2
132	Ken Harris	2	0	0	2

Super Series Female Open

		LC	SF	CM	Tot
1	Joanne Barton	51	62	55	168
2	Amanda Underwood	0	66	50	116
3	Jenny Wickham	50	0	65	115
4	Melanie Rauleder	49	0	58	107
5	Lisa Carroli	47	0	56	103
6	Maria DiMarco	46	0	52	98
7	Benny Gauci	38	0	49	87
8	Virginia Ffitch	25	0	51	76
9	Heather Forster	28	0	43	71
10	Suzanne Kelly	0	0	61	61
11	Fiona Nelson	13	0	46	59
11	Vivienne Kartsounis	0	59	0	59
13	Julie McGaw	0	57	0	57
14	Eliza Stewart	56	0	0	56
14	Bridgit English	0	56	0	56
16	Louise Stewart	0	0	54	54
17	Joanne Cowan	53	0	0	53
17	Julie MacDonald	0	0	53	53
19	Dawn Tiller	50	0	0	50
20	Caroline Yarnell	48	0	0	48
20	Karin Kaehne	0	0	48	48
22	Gillian Klevansky	0	0	47	47
23	Megan Jackson	13	0	33	46
24	Amy Fisher	45	0	0	45
24	Christine Cullen	0	0	45	45
26	Sue Palmer	44	0	0	44
26	Jennie Meixner	0	0	44	44
28	Glenda Mitchell	43	0	0	43
29	Nicole Frykberg	41	0	0	41
30	Naomi Frank	40	0	0	40
31	Susan Chalmers	37	0	0	37
32	Tina Campbell	36	0	0	36
33	Tracey Love	34	0	0	34
34	Joanna White	33	0	0	33

35	Diane Read	32	0	0	32
35	Leigh MacRitchie	32	0	0	32
37	Robi Russell	31	0	0	31
38	Bernadette Boulous	29	0	0	29
39	Sharon Callister	26	0	0	26
40	Rebecca Deane	25	0	0	25
41	Frances Brown	24	0	0	24
42	Allison Lilley	23	0	0	23
43	Lisa Gallate	20	0	0	20
44	Katherine McSweeney	19	0	0	19
45	Mercy Samia	17	0	0	17
46	Elizabeth Woodhams	13	0	0	13
46	Shirley Rutter	13	0	0	13
46	Robin Cameron	13	0	0	13
46	Kerry Ross	13	0	0	13

Super Series Age Groups

Female Masters

	Female Masters		LC	SF	CM	Tot
1	Heather Forster	F Mst	53	0	61	114
2	Gillian Klevansky	F Mst	0	0	65	65
3	Tina Campbell	F Mst	60	0	0	60
4	Robi Russell	F Mst	56	0	0	56
5	Mercy Samia	F Mst	41	0	0	41
6	Elizabeth Woodhams	F Mst	40	0	0	40

Female Vet Top 20

	Female Vet Top 20		LC	SF	CM	Tot
1	Joanne Barton	F Vet	56	66	58	180
2	Lisa Carroli	F Vet	50	0	61	111
3	Benny Gauci	F Vet	46	0	56	102
4	Megan Jackson	F Vet	28	0	43	71
5	Suzanne Kelly	F Vet	0	0	65	65
6	Vivienne Kartsounis	F Vet	0	62	0	62
7	Joanne Cowan	F Vet	60	0	0	60
8	Julie McGaw	F Vet	0	59	0	59
9	Bridgit English	F Vet	0	57	0	57
10	Karin Kaehne	F Vet	0	0	55	55
11	Jennie Meixner	F Vet	0	0	54	54
12	Dawn Tiller	F Vet	53	0	0	53
13	Caroline Yarnell	F Vet	51	0	0	51
14	Sue Palmer	F Vet	49	0	0	49
15	Glenda Mitchell	F Vet	48	0	0	48
16	Susan Chalmers	F Vet	45	0	0	45
17	Tracey Love	F Vet	44	0	0	44
18	Joanna White	F Vet	43	0	0	43
19	Sharon Callister	F Vet	41	0	0	41
20	Frances Brown	F Vet	40	0	0	40

Female Pre-Vet Top 10

	Female 10	Pre-Vet	Top		LC	SF	CM	Tot
1	Amanda Underwood		F Pre		0	66	53	119
2	Jenny Wickham		F Pre		50	0	65	115
3	Melanie Rauleder		F Pre		53	0	61	114
4	Maria DiMarco		F Pre		51	0	55	106
5	Virginia Ffitch		F Pre		36	0	54	90
6	Fiona Nelson		F Pre		31	0	52	83

7	Louise Stewart	F Pre	0	0	58	58
8	Eliza Stewart	F Pre	56	0	0	56
8	Julie MacDonald	F Pre	0	0	56	56
10	Christine Cullen	F Pre	0	0	51	51
Male Super Snr			LC	SF	CM	Tot
1	Frank Dearn	M SSr	60	66	65	191
Male Senior			LC	SF	CM	Tot
1	Brian Ogilwy	M Snr	60	56	58	174
2	Allan Wareham	M Snr	0	59	61	120
3	Manfred Fiedler	M Snr	51	0	65	116
4	Peter Roberts	M Snr	0	66	0	66
5	Peter Hammerschmidt	M Snr	0	62	0	62
6	Michael Bailey	M Snr	0	57	0	57
7	Heiko Schaefer	M Snr	56	0	0	56
8	Roger Rigby	M Snr	0	55	0	55
9	Wayne McCarthy	M Snr	0	54	0	54
10	Hugh Spencer	M Snr	53	0	0	53

Male Masters Top 20

Male Masters Top 20			LC	SF	CM	Tot
1	Barry Rutter	M Mst	53	59	61	173
2	James Cryer	M Mst	49	57	55	161
3	James Moody	M Mst	47	53	53	153
4	George Lisson	M Mst	51	62	0	113
5	Ross McCarty	M Mst	46	50	0	96
5	Graham Butler	M Mst	44	52	0	96
7	Eric Schmierer	M Mst	38	51	0	89
8	Darryl Chrisp	M Mst	22	55	0	77
9	Warwick Selby	M Mst	0	66	0	66
10	Christopher Dwyer	M Mst	0	0	65	65
11	Stephen Ball	M Mst	60	0	0	60
12	Philip Boswell	M Mst	0	0	58	58
13	Ron Schwebel	M Mst	56	0	0	56
13	David King	M Mst	0	56	0	56
13	Mahmoud El-Khansa	M Mst	0	0	56	56
16	Keith White	M Mst	0	54	0	54
17	Rick Collins	M Mst	0	0	52	52
18	John Hodges	M Mst	50	0	0	50
19	Brad Renshaw	M Mst	0	49	0	49
20	Rod Lovel	M Mst	48	0	0	48

Male Veteran Top 30

Male Veteran Top 30			LC	SF	CM	Tot
1	Jonathan Worswick	M Vet	50	66	65	181
2	Greg Donovan	M Vet	49	62	55	166
3	David Gayford	M Vet	42	57	58	157
4	Stephen Bodnar	M Vet	46	53	51	150
5	Mohammed Alkhub	M Vet	41	49	47	137
6	Stephen Jackson	M Vet	53	42	31	126
7	Kelvin Marshall	M Vet	0	59	56	115
8	John Van Yzendoorn	M Vet	43	0	61	104
9	Stephen Fahey	M Vet	48	0	54	102
10	Jose Vilar	M Vet	0	46	50	96
11	Gregory Prerau	M Vet	40	0	52	92
11	Patrick Hodgens	M Vet	38	54	0	92
13	Steven Norden	M Vet	0	43	46	89
14	Paul Bullas	M Vet	37	0	49	86
15	Stephen Kibble	M Vet	33	50	0	83
15	Jeff Morunga	M Vet	0	48	35	83

17	Charles King	M Vet	29	0	48	77
18	George Herisson	M Vet	31	45	0	76
19	Robert Wawrzyniak	M Vet	28	47	0	75
20	Denis Speyer	M Vet	23	0	42	65
21	Jonathan Craig	M Vet	60	0	0	60
22	Keith Bateman	M Vet	56	0	0	56
22	Greg Coy	M Vet	0	56	0	56
24	Peter Tedesco	M Vet	0	55	0	55
25	Mike Morrissey	M Vet	0	0	53	53
26	Adrian Spragg	M Vet	0	52	0	52
27	Ross Sinclair	M Vet	51	0	0	51
27	David Clear	M Vet	0	51	0	51
29	Craig Plumb	M Vet	45	0	0	45
30	Salvador Gala	M Vet	44	0	0	44
30	David Lancaster	M Vet	0	44	0	44
30	Tim Schafer	M Vet	0	0	44	44

Male Pre Vet Top 10

			LC	SF	CM	Tot
1	Cameron Arnold	M Pre	42	49	58	149
2	Chris Ferguson	M Pre	34	51	39	124
3	Darren Benson	M Pre	56	66	0	122
4	Sean Ryan	M Pre	0	59	54	113
5	Gerry Arthur	M Pre	44	0	65	109
6	David Criniti	M Pre	60	44	0	104
7	Martin Matthews	M Pre	46	57	0	103
8	Craig Brown	M Pre	40	0	55	95
9	Bruce Craven	M Pre	38	56	0	94
10	Jaap Bakker	M Pre	41	0	52	93

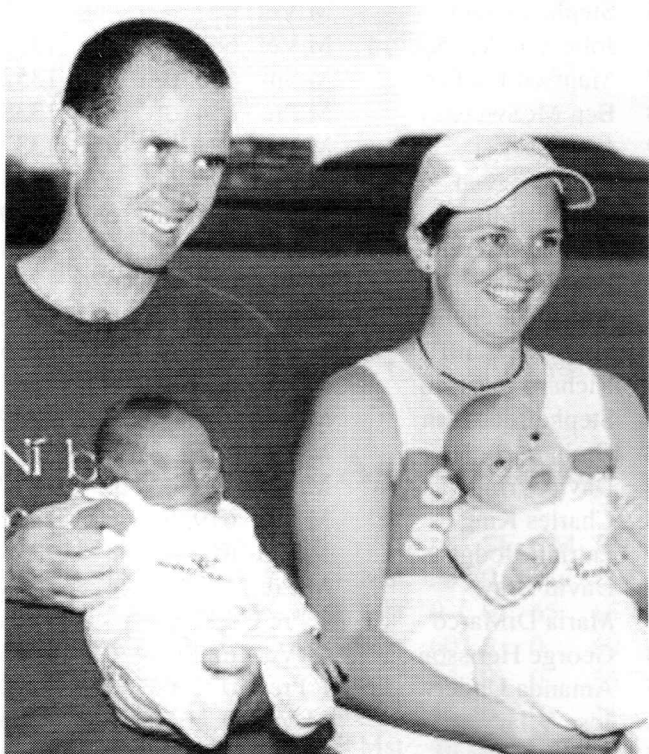
Super Series Age and Gender Adjusted

Top 75

		Cat	LC	SF	CM	Tot
1	Jonathan Worswick	M Vet	709	815	735	2259
2	Barry Rutter	M Mst	720	712	731	2163
3	Greg Donovan	M Vet	718	732	707	2157
4	James Cryer	M Mst	703	712	654	2069
5	David Gayford	M Vet	661	665	725	2051
6	Cameron Arnold	M Pre	713	580	726	2019
7	Joanne Barton	F Vet	754	627	627	2008
8	Stephen Bodnar	M Vet	689	592	632	1913
9	Brian Ogilwy	M Snr	704	543	617	1864
10	Chris Ferguson	M Pre	644	604	615	1863
11	James Moody	M Mst	663	579	597	1839
12	Mohammed Alkhub	M Vet	660	579	568	1807
13	Frank Dearn	M SSr	605	573	565	1743
14	Darren Benson	M Pre	813	848	0	1661
15	Jenny Wickham	F Pre	780	0	755	1535
16	Raymond Wareham	M Pre	783	0	732	1515
17	Gerry Arthur	M Pre	719	0	752	1471
18	George Lisson	M Mst	713	748	0	1461
19	Shaun Atchison	M Pre	715	0	724	1439
20	Martin Matthews	M Pre	736	702	0	1438
21	Melanie Rauleder	F Pre	713	0	699	1412

22	Sean Ryan	M Pre	0	715	695	1410
23	Kelvin Marshall	M Vet	0	712	694	1406
24	Craig Brown	M Pre	679	0	708	1387
25	Stephen Fahey	M Vet	697	0	660	1357
25	John Van Yzendoorn	M Vet	649	0	708	1357
27	Manfred Fiedler	M Snr	678	0	674	1352
28	Ben McSweeney	M Pre	654	0	684	1338
29	Jaap Bakker	M Pre	681	0	656	1337
30	Bruce Craven	M Pre	675	649	0	1324
31	Lisa Carroli	F Vet	661	0	649	1310
32	Gregory Prerau	M Vet	659	0	649	1308
33	Paul Bullas	M Vet	655	0	626	1281
34	Allan Wareham	M Snr	0	615	647	1262
35	Sean Greenhill	M Pre	642	614	0	1256
36	Richard Deutsch	M Pre	656	592	0	1248
37	Stephen Jackson	M Vet	764	475	0	1239
38	Graham Butler	M Mst	645	588	0	1233
39	David Criniti	M Pre	823	407	0	1230
40	Charles King	M Vet	619	0	603	1222
41	Patrick Hodgins	M Vet	616	602	0	1218
41	David Bray	M Pre	590	0	628	1218
43	Maria DiMarco	F Pre	633	0	583	1216
44	George Herisson	M Vet	639	574	0	1213
45	Amanda Underwood	F Pre	0	641	569	1210
46	Jose Vilar	M Vet	0	567	636	1203
47	Roland Hassall	M Pre	621	580	0	1201
47	Robert Wawrzyniak	M Vet	627	574	0	1201
49	Tim Deane	M Pre	619	0	577	1196
50	Ross McCarty	M Mst	656	527	0	1183
51	Stephen Kibble	M Vet	607	569	0	1176
52	Dougal Langusch	M Pre	597	565	0	1162
53	Benny Gauci	F Vet	593	0	561	1154
54	Virginia Ffitch	F Pre	559	0	583	1142
55	Jeff Morunga	M Vet	0	567	564	1131
56	Martin Harris	M Pre	574	0	543	1117
57	Eric Schmierer	M Mst	545	561	0	1106
58	Heather Forster	F Mst	585	0	517	1102
59	Denis Speyer	M Vet	547	0	542	1089
60	Mario Torresan	M Pre	0	505	580	1085
61	Steven Norden	M Vet	0	482	554	1036
62	Christopher Dwyer	M Mst	0	0	856	856
63	Joanne Cowan	F Vet	839	0	0	839
64	Keith Bateman	M Vet	809	0	0	809
65	Dean Degan	M Pre	804	0	0	804
66	Damian Tancred	M Pre	792	0	0	792
67	Jonathan Craig	M Vet	788	0	0	788
68	Warwick Selby	M Mst	0	782	0	782
69	Eliza Stewart	F Pre	775	0	0	775
70	Glenn Guzzo	M Pre	767	0	0	767
71	Dawn Tiller	F Vet	758	0	0	758
72	John Young	M Pre	753	0	0	753
73	Peter Truscott	M Pre	746	0	0	746
74	Steve Hume	M Pre	739	0	0	739
75	Ross Sinclair	M Vet	737	0	0	737

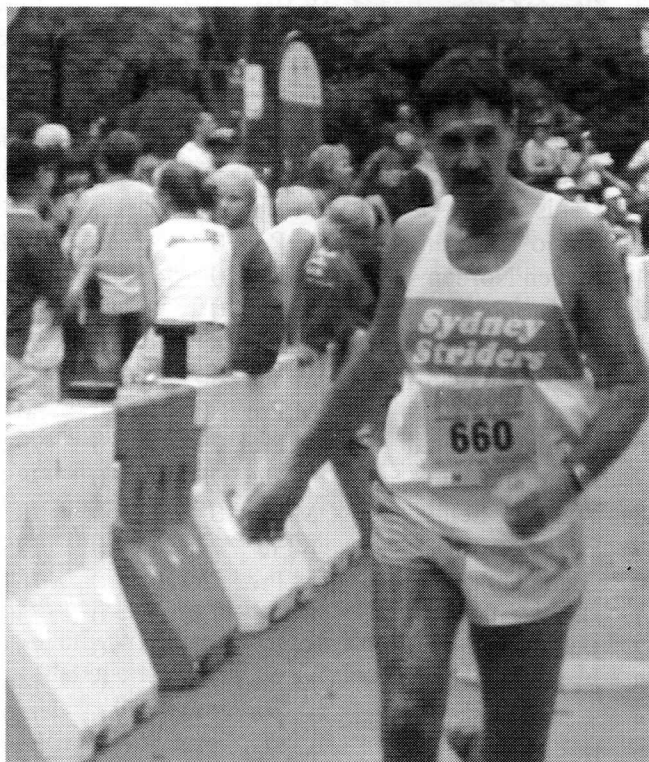
Blister Photo Gallery



Strider Babies in Club Tops !! Cameron Arnold with his son Ned and Rebecca Deane with her son Jackson



George Herisson feels the pain at Six Foot Track



Jeff Morunga finishes at Six Foot Track



This man could wrestle crocs with his bare hands! Sean Greenhill at the river crossing