

Sydney Striders

**Road Runners' Club
Australia**

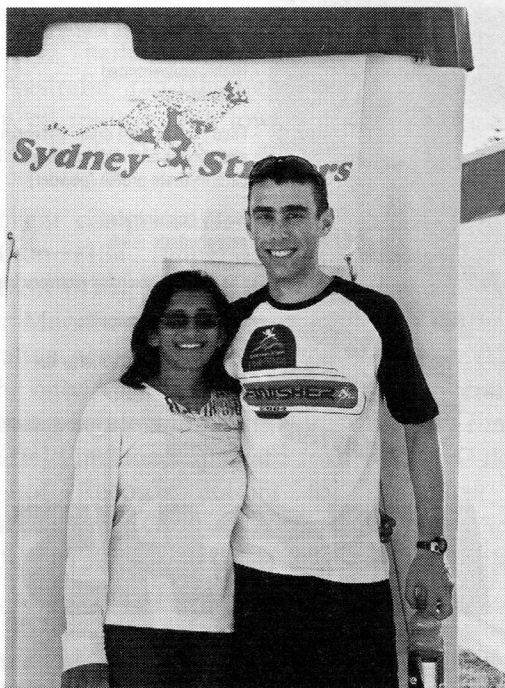


Edition No. 93: April - August 2004

New Striders Marathon record

Glenn Guzzo has set a new Club Marathon record. He came 4th in the Gold Coast Marathon in 2:20:57 breaking Phil Garvin's 18 year old record (2:21:56, Bathurst Marathon 1st July 1986).

Glenn is shown below at the Gold Coast with his partner on the way to the medal presentation.



There's been no stopping Glenn recently - 1st in the ANSW Half Marathon Championships, 1st with a course record at the Mt Wilson-Bilpin and a new club record in the Equaliser Club X-country. And many other Striders are doing great things - David Criniti was 4th in his age-group at Forster Ironman,

also winning the Warrumbungle Ultra Marathon, Grafton-Coffs Harbour 85km and Macleay River Marathon; Kelvin Marshall won the Pichi Richi Marathon, Chris Truscott won the Great Nosh, Damian Tancred won the Shoalhaven King of the Mountain, Jenny Wickham won the Cutler Run and MS Run.

Brenda Hamill was 2nd in her age-group at Forster Ironman. Age group winners included Elizabeth Edmonds at Gold Coast, Heiko Schaefer at the SMH Half and Crackneck Challenge; Jenny Wickham, Penny Smith and Philip Boswell at the Minimos; Jenny Truscott at Gold Coast 10k; Joanne Cowan at the State X-Country Championship, Eliza Stewart at the Nike Women's Classic (with two Striders teams also placing first). Keith Bateman got age-group placings in the ANSW X-Country, Half and Road Race. Who needs the Olympics for inspiration?

Inside Blister No 93:

- ◆ Dead Sea Marathon from Scott Smiles
- ◆ Phil Kennedy goes to John Wayne country in the 'Wild Wild West' Marathon
- ◆ Michael Sharp fights the English weather in the London Marathon
- ◆ Jim Moody tries Maths on the Move at the Gold Coast
- ◆ Frances Brown and her team sweep up at the Nike Women's Classic
- ◆ David Criniti's 'Road to Hawaii'
- ◆ 10k and Super Series results - and all the other races where Striders flew the flag

AND MORE!

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.

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(or Striders PO Box)

Next Deadline Date

Sunday 17th October 2004

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11th Dead Sea Ultra Marathon

Strider Scott Smiles Looks Over Jordan and What Did He See? No-one for to Carry Him Home!



Under the slogan 'Run to the lowest point on earth', the 11th Dead Sea Ultra Marathon took place on 16 April 2004. Organized by the Society for the Care of Neurological Patients, Race Patron HRH Prince Raad Bin Zeid signaled the start of the race at 6:30 am at the Amman International Motor Show. Commencing at 900m above sea level, an 'international field' with runners from Jordan, Iraq, Lebanon, Algeria, UK, Ireland, France, Italy, Spain, Germany, Thailand, New Zealand, the US, Canada and Australia ran through the beautiful Jordan Valley en route to the lowest point on the earth's surface, aka the Dead Sea, 400m below sea level.

The event comprised five races: the 50 km Ultra Marathon (134 runners), Marathon (125), Half Marathon (418), 50 km Relay Race and a 4.2 km Junior Marathon. Your correspondent was the first Australian across the line in the Marathon (OK in fact the only Australian entrant) and 35th overall in 3 very tiring hours and 50 minutes. 'Celebrity runners' in the field included Spaniard Joan Torme, Guinness Book of Records entrant for the most Half Marathons, and German Stephan Schlett who has completed 132 Marathons and 469 Ultra Marathons.

Back to the start of the race from the southern entrance of Amman, capital of the Hashemite Kingdom of Jordan, runners enjoyed good conditions with temperatures around 15 C. Heading south the course is slightly hilly for around 12 km, until the edge of the plateau overlooking the Jordan valley is reached. Here we faced west and proceeded

to run downhill for over 10km. Every few hundred meters marked a rise in temperature and a decline in altitude. This stretch lasts for approximately 20 km and ends at an altitude close to 400m below sea level. By now 32km have been completed encompassing an altitude 'drop' of 1300m. Do the maths with those numbers and you come up with a first half of the marathon being run substantially downhill (oh those quads!). The remaining stretch is fairly flat with slight inclines on the last 2 km as the (Dead) seaside hills are finally reached.

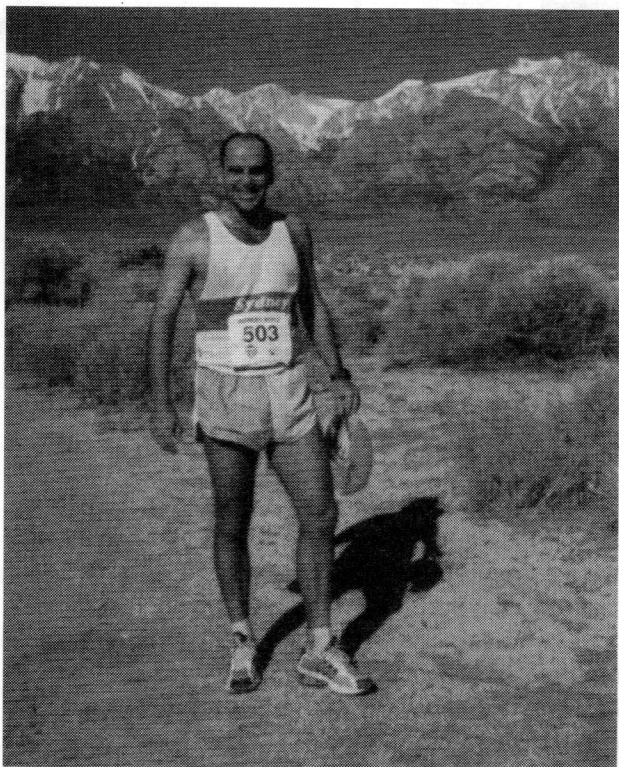
The race ended at the new Amman Tourist Beach where there was a celebration area with live entertainment featuring Jordanian super star Diana Carazon playing funk jazz and blues fusion with local band Ink. A number of race participants and families also headed for the salt water. And I mean SALT water. The high salinity provides swimmers with buoyancy not previously experienced. Lie back and read the paper with both hands, smoke a gasper! Just don't let any water come near your eyes! Many 'beachgoers' were also attracted to the medical and therapeutic qualities arising from the mineral composition, mud and hot springs found at the Dead Sea (*notice my newly smooth facial skin?*).

Historically, the Dead Sea Basin is the site of Masada (Jewish Revolt), Mount Nebo (look into the Old Testament where Moses sights but does not enter the Promised Land, run through the Old Testament!) and Jesus' Baptism site among many other historical features. So too the people of Jordan, amongst the friendliest in the Arab world welcome visitors to some of the most interesting sites on the planet. With my wife Julie and daughter Sarah, a student at the American University in Beirut, we spent time in Petra ('better than the movie'), Karak Crusader citadel, Mt Nebo, Madaba and other remnants of Nabatean, Greek, Roman, Crusader and Ottoman cultures.

And so to all jaded marathoners looking for something different, something out of the ordinary or out of the way (just who is out of the way here?), try the Dead Sea Marathon. You've done Sydney, Canberra, Melbourne, New York, London, Boston, now it's time to move on, give the Dead Sea a go!

THE WILD WILD WEST 50K (NOT BANKSTOWN)

By Phil Kennedy



Once again I scrambled for 'marathonguide.com' when it was confirmed that I would be heading overseas – this time for the US. I was on my way to Atlanta and was desperate to find a marathon to be held on the weekend prior to my arrival in Atlanta, preferably en route and preferably on Saturday and not Sunday. Two events fitted the criteria, however once I saw the photo on the official website there was no contest - the Wild Wild West Marathon & 50K desert trail run held near Lone Pine in California looked like an experience not to be missed.

More daunting than running in the desert was the prospect of jumping into a hire car and navigating the multi-lane freeways from L.A. airport – all on the wrong side of the road! After the initial shock, the trip to Lone Pine was a pleasant 4 hours travel north (I made sure that I left and arrived back in L.A. during off-peak hours).

Lone Pine lies at the foot of Mt Whitney which is the highest peak in 'contiguous' USA (i.e.-excluding Alaska). The Sierra Nevada range provides a stunning backdrop to quintessential small-town USA. I arrived just in time for the pre-race pasta dinner (which, together with post-race

lunch and T-shirt, was included in the race fee of US\$70).

I had booked accommodation as soon as my race confirmation was received, but obviously I was still late as apparently most runners reserved their accommodation a year in advance. My room, although comfortable, was located under the main stairwell in the 'historic' (read 'old') motel/hotel. Sleep was hard to come by. This, coupled with a 4am wake-up call and lingering jet-lag, resulted in less than perfect preparation. Given my usual lack of training in the preceding months (although not as poor as previous years), I thought that the running gods were having a good old chuckle at my expense.

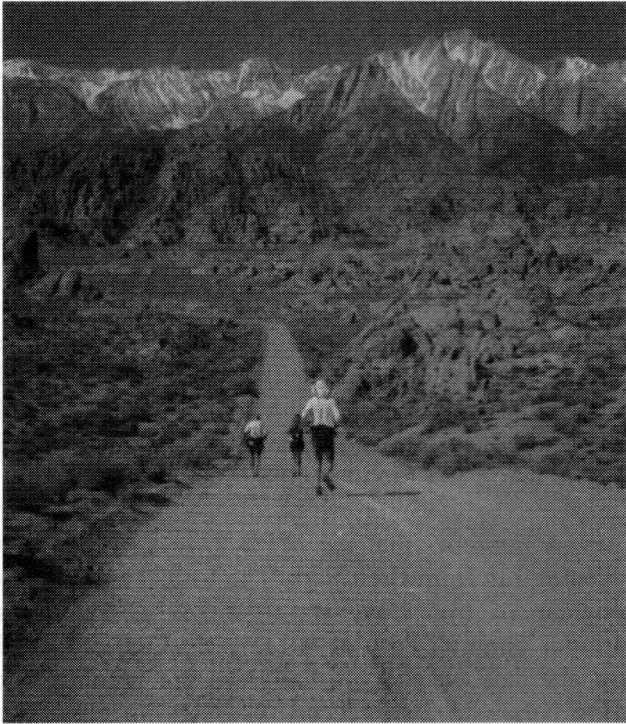
I had to scrounge a lift to the start, which was about 5 miles out of town. I accosted some unsuspecting souls in the motel car park (which at 5 a.m. is a little tricky). Thankfully the locals were very friendly and took me, the only non-US entrant, under their collective wing – in fact they were quite prepared to go out of their way to help and chat, once they realised I was an alien (as soon as I opened my mouth and/or they noticed my Sydney Striders gear). Fortunately, the race ended in town, very close to my motel and I was keen not have to return to collect a car from the starting point as I was pressed for time.

The race started at 6 a.m. (which suited me as I dislike late starts!) and the conditions were perfect – cold in the shadows of the snow-covered Sierra Nevada, but not uncomfortably so. I wore a throw-away long-sleeved T-shirt which I dumped at aid station #1. The forecast maximum was for low to mid 30s C which meant that it would be very hot by mid-morning. As predicted, we were soon sweltering in desert heat with no shade at all.

The first five-odd miles felt pretty much as though I was running on the beach, but up-hill. Again, I had no preparation for this type of running, but the stunning scenery and the novelty of the event kept my mind off the reality. 10kms of single-track-soft-sand-shuffle 'whizzed' past in something closer to my 21km time.

Fortunately the scales were balanced and what followed was a very long and very welcome, comfortable downhill stretch of graded gravel road which was at least 10 to 15km and seemed to go on

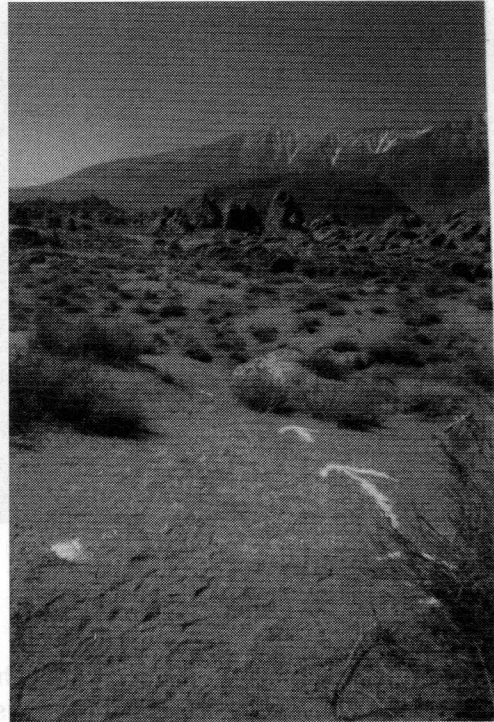
for ages. This was followed by a sharp incline known, for obvious reasons, as "Mother Hill" and then more glorious downhill, pretty much until the end.



Why wouldn't you?

When I entered the marathon I had no intention of running a step further than 42.2kms. My motivation was simply to run a marathon on an, as yet, uncharted continent (five down, two to go). The fact that I had stumbled onto such a remote, unique run was a bonus. However, I had noted that the course profile and description indicated that there were absolutely no hills in the ultra leg and, more importantly, the course meandered through a heritage area known as "Movie Flats", where almost all of the old western movies of note had been filmed – attracted by the unique rock formation of the area (known as the Alabama Hills). At the ultra turn-off I decided "what the hell – the worst is over" and seeing as though I was travelling reasonably well (read: controlled fartlek walk/run), I decided to go 50. (Now this was a brave move and entirely out-of-character, as although I have completed a number of ultras, I have never opted to run longer whilst out on the course and, let's face facts, I'm not getting any faster!). The ultra section was a glorified StaR run, with flour markings pointing us into nowhere land. Pieces of red ribbon tied to desert scrub guided us through some very desolate desert on supposed horse trails (I was expecting to see John Wayne and injuns at every turn). All in all it was great fun, but I presume that

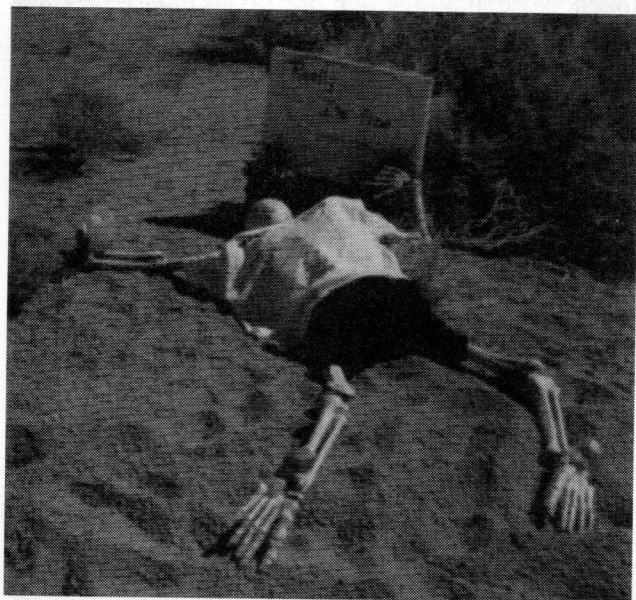
navigation for the first few runners would have been challenging to say the least. The aid station at the ultra turn-off had thoughtfully laid out a skeleton wearing runner's garb, holding a sign saying: 'Really,...I'm fine'. Very appropriate and a nice touch. Needed all the humour I could muster by that point.



A well-marked course - more arrows than Custer's Last Stand !

I managed to buy a cheap disposable camera at the local town (Lone Pine) – which fitted snugly into one of my Striders shorts pockets (and together with five 'GU's in the other, balanced out nicely). I decided not to bother with a fuel/water belt as the aid stations were advertised as being both well-stocked and reasonably well-spaced. Thankfully, my faith in the race organisers was spot on, as this was another 'brave' decision that could have back-fired.

I have to admit that I walked more than I ran over the last few miles (being used to km's, the miles seemed to drag on and on.....), but was chuffed with my time of 5:44 given the very demanding first 10kms. The winner of the 10km event (96 runners) finished in 1hr28!! (10 miles surely?!). It looked as though they had an even tougher course than us (we shared the first few kms). The marathon was won in 3:54 (65 finishers) and the 50km (46 finishers) in 4:16.



Phil in his finisher's T-shirt

Unfortunately I was slave to a very tight schedule which meant that I could not savour the finish for very long as I had to shower, check out and hit the road back to LA for an early am flight next day. After stumbling across the line I was given ice-cold cider which tasted superb and before long I was digging into the lunch featuring plenty of turkey.

After my week in Atlanta, I returned to Sydney via Johannesburg where I caught up with friends and family. It seemed that on Sunday morning half of the population was out doing the annual 'club long run' of about 60km in the final build up to Comrades. In fact my sister Heather was assisting her club, Varsity Kudus. (Kudus was my first ever running club – I ran Comrades in their colours in 1989 with great lack of distinction). I managed to 'water down' my immediate "must-run-it-again" enthusiasm by committing instead to my favourite race, Two Oceans (a shorter scenic alternative) – if not next year then at least in 2010 for the World Cup!!

I must say that this run confirmed my preference for trail/off-road running and I'm keen to get back onto the myriad of trails we enjoy around Sydney. Damn we are spoilt.

Marathon Training Group

The MTG will be starting a new group program after Sydney to prepare for the Canberra Marathon on 10th April 2005. The aim will be to get prospective first time Marathoners to the finish in 4 hours. Training will be based around a 30-week training program. The new group will be starting on 3rd October in the 7am time slot for 10 k runs and then building towards Canberra. The only requirements are that you can run 10 k in under 60 minutes and are a financial member of the club.

If there are any interested parties who would like further information, would like to join us or would like to be included in the MTG email list, email MTG@sydneystriders.org.au or phone MTG Coordinator, Jim Moody. 9888-9333.

Also a reminder that the MTG have a Wednesday evening run from Brett Park. The format is currently one lap of Iron Cove Bay, then either 1km reps around Timbrell Park or hill reps up Lilyfield Road on alternate weeks. Currently we are running 7 x 1km laps with 200m recovery or 10 hill reps. The group leaves Brett Park at 5:45 pm opposite Drummoyne Pool. The more the merrier, come and join in.

New Arrivals

The latest addition to the growing number of junior Striders - **Hayley Bullas**, daughter of **Kylie Catchpole** and **Paul Bullas**. Born Monday 4 May 2004, running weight ~ 7 pounds. Very proud Mum and Bub tired but well.

From **Michael McCarthy** - another potential Strider **Kilian** was born 24th May, 4:45pm. weighing in at 3.46kgs. Mum and bub are doing great. Although this rules Michael out of some of the major race meetings this year he will try a get some smaller races in.

GU is now available for purchase at every STaR. The cost remains at \$2.20 each. There is a separate money-box provided for GU payment. Correct money for your purchase would be appreciated as this will be a self-help system, however your STaR host will endeavour to give you change if possible.

Athletics NSW Events

From Richard Sarkies, NSW Coordinator

The winter season is almost complete, with some great results from the Striders registered athletes including some high places in the Open Category from new recruit Glenn Guzzo and the evergreen Keith Bateman as usual in the 45-49 bracket.

We also performed well in some team categories. The highlights were winning the 35+ in the State 10k Road and 2nd in the SMH Half (Open Category). Due to clashes with other major events and distance to travel we could not field teams in every event thereby missing out on a better performance in the overall standings.

As was the case last year we failed to enter any women's teams, so that will be one of the aims next year, as well as having teams for all events on the calendar.

NSW Road Race Championships 10km - 8th May

5th	Glenn Guzzo	31.14	Open
14th	David Criniti	32.17	Open
21st	Darren Benson	32.56	Open
29th	Andrew Mawdsley	33.58	Open
32nd	Richard Sarkies	34.25	4th 35-39
35th	Jonathan Craig	34.45	4th 40-44
39th	Keith Bateman	35.06	3rd 45-49
48th	Peter Truscott	35.38	8th 35-39
78th	Steve Hume	38.09	14th 35-39
	Rod Lovell	43.41	11th 50-54

Teams

35+ years Mens 10km

1st (Richard Sarkies, Jonathan Craig, Keith Bateman, Peter Truscott)

Senior Mens Open 10km

4th (Glenn Guzzo, David Criniti, Darren Benson, Andrew Mawdsley)

ANSW Half Marathon Championships 23rd May

1st	Glen Guzzo	67.24	1st Open
7th	Darren Benson	71.53	Open
11th	Andrew Mawdsley	73.48	Open
22nd	Keith Bateman	77.57	2nd 45+
28th	Peter Truscott	79.27	35+
35th	Martin Matthews	81.19	Open

Teams - Open Male

2nd Sydney Striders

ANSW State Cross Country Championships 12km, 19th June

2nd 45-49yrs	Keith Bateman	46:22
	Martin Matthews	46.25

NSW Short Course XC Championships 17th July, Mt Penang, Male Open & Masters 7.5k.

9th	24.47	Glen Guzzo	Open
27th	26.10	Chris Truscott	Open
32th	26.33	Darren Benson	Open
47th	27.52	Keith Bateman	45 - 49
48th	28.00	Martin Matthews	Open

Roll of Honour

The following had anniversaries of membership:

15 years

David Ritchie Ron Daly Sarah Entwistle

10 years

Edward Sharp

5 Years

Nick Adams	Andrew Joseph	Gordon Forsyth
Helen Ritchie	John Young	Marlene Taylor
Andrew Bryan	Sean Greenhill	Randy Brophy
Mark Gardiner	Denise Gardiner	Barry Rutter
Greg Prerau	John Olsen	Sharon Callister
Jacqui Matthews	Joel Mackay	Jurg Kunzle
Michael Free	Michael Johnstone	

**

Blister 93 Credits

Thanks to all. In addition to named contributors were: Photos: Robyn and Jim Moody, Stephen Jackson, Roland Hassell, Kerry Ross. Results & Info: Stephen Jackson, Kevin Tiller, Charles Coville and Pierre van Heerden. Also thanks to Craig Dunn on database and proof-reader Penny Smith.

Sydney Morning Herald Half 23rd May

1	Glenn Guzzo	1.07.24	58	Jeff Morehen	1.36.51	115	Anton Kapel	1.50.26
2	Darren Benson	1.11.53	59	Gregory Mackay	1.36.54	116	Denis Speyer	1.50.41
3	Andrew Mawdsley	1.13.48	60	Stephen Kibble	1.37.03	117	Maria DiMarco	1.51.25F
4	Raymond Wareham	1.15.24	61	Arthur Huxtable	1.37.10	118	John Moore	1.51.25
5	Keith Bateman	1.17.57	62	Mark Davis	1.37.47	119	Sebastian Warmerdam	1.51.41
6	Peter Truscott	1.19.27	63	Darryl Chrisp	1.37.55	120	Susan Chalmers	1.52.15F
7	Mark Wilson	1.20.29	64	Tony Barbaro	1.38.12	121	Jeff Morunga	1.52.25
8	Jenny Truscott	1.20.43F	65	Roland Hassall	1.38.20	122	Lesley Maher	1.52.49F
9	Richard Green	1.20.46	66	David Bray	1.38.24	123	Jacqui Matthews	1.53.41F
10	Martin Matthews	1.21.19	67	Tim Deane	1.38.40	124	Elizabeth Woodhams	1.53.42F
11	Stephen Jackson	1.21.56	68	Brendon Jones	1.38.52	125	Peter Cookson	1.54.09
12	Cameron Arnold	1.22.18	69	Patrick Hodgins	1.38.53	126	Stephen Smith	1.54.20
13	Sean Ryan	1.22.29	70	Dougal Langusch	1.38.56	127	Naomi Frank	1.54.36F
14	Randall Brophy	1.23.01	71	Craig Plumb	1.39.12	128	Lisa Gallate	1.54.53F
15	Shaun Atchison	1.23.03	72	Paul Trainor	1.39.39	129	Karin Kaehne	1.56.50F
16	Jenny Wickham	1.23.06F	73	Mary Stringer	1.39.43F	130	Eric Schmierer	1.57.12
17	Ross Sinclair	1.23.08	74	Glenn Lockwood	1.39.53	131	Lawrence Ullio	1.57.21
18	William Ward	1.23.11	75	Pete Steel	1.39.57	132	Bernadette Gregory	1.57.30F
19	Craig Dunn	1.23.29	76	Mohammed Alkhub	1.40.14	133	Andrew Horsley	1.57.34
20	Greg Coy	1.24.46	77	Hugh Langshaw	1.40.18	134	Allison Lilley	1.57.35F
21	Joel Mackay	1.26.16	78	Heiko Schaefer	1.40.24	135	Julie Macdonald	1.57.38F
22	Andrew Charleston	1.26.32	79	Lisa Carroli	1.40.44F	136	Bridgit English	1.58.06F
23	David Burgess	1.26.48	80	James Cryer	1.41.03	137	Michael Bailey	1.58.15
24	Peter Slater	1.26.58	81	James Moody	1.41.04	138	Martin Harris	1.59.03
25	Philip Boswell	1.27.04	82	Ken Harris	1.41.13	139	Barbara Fabish	1.59.17F
26	Jaap Bakker	1.27.30	83	Walter Mitchell	1.41.28	140	John Shepherd	1.59.17
27	Kendall Waller	1.27.50	84	Peter Woods	1.41.41	141	Kerry Ross	1.59.30F
28	Gary Aitkenhead	1.28.02	85	Charles King	1.41.42	142	Benny Gauci	2.00.02F
29	Ray Doran	1.29.05	86	Robert Wawrzyniak	1.41.46	143	Julie McGaw	2.00.25F
30	Wayne Gregory	1.29.06	87	Adam Cresswell	1.41.48	144	Adam Gatford	2.00.26
31	Joanne Cowan	1.29.10F	88	Peter Simson	1.41.50	145	David Ward	2.00.57
32	Tom Silk	1.29.20	89	Roger Cox	1.42.51	146	Frances Brown	2.01.54F
33	Craig Brown	1.29.28	90	Tim Cradock	1.43.30	147	Ted Brailey	2.03.45
34	David Gayford	1.29.43	91	Amanda Underwood	1.43.32F	148	Michael Johnstone	2.03.46
35	Stephen Bodnar	1.29.48	92	Andrew Joseph	1.43.32	149	Neil McPherson	2.03.52
36	Stephen Firth	1.30.00	93	Nick Woodhams	1.43.46	150	Heather Forster	2.04.07F
37	Barry Rutter	1.30.09	94	Allan Wareham	1.44.01	151	Estelle Visser	2.04.25F
38	Suzanne Kelly	1.30.23F	95	Andrew Duggan	1.44.17	152	Christine Cullen	2.04.57F
39	Bruce Craven	1.30.46	96	Paul Glare	1.44.22	153	John Simmonds	2.05.00
40	Charles Coville	1.31.18	97	Sarah Cooper	1.44.40F	154	Penny Smith	2.05.01F
41	Joanne Barton	1.31.48F	98	Campbell Reid	1.45.14	155	Ron Daly	2.05.14
42	Darren Goodsir	1.32.03	99	George Herisson	1.45.18	156	Paul Munro	2.06.40
43	Greg Donovan	1.32.39	100	Alan Smith	1.45.37	157	Rebecca Deane	2.06.54F
44	Grahame Murphy	1.32.41	101	Julian Wright	1.45.45	158	Jurg Kunzle	2.07.10
45	Jason Saunders	1.32.51	102	Tracey Love	1.46.18F	159	Michael Wilson	2.08.08
46	Stephen Fahey	1.32.52	103	Stewart Turner	1.46.24	160	Leigh MacRitchie	2.08.10F
47	Ben McSweeney	1.33.23	104	Brian Ogilwy	1.46.40	161	Lilian Chuah	2.10.56F
48	Vivienne Kartsounis	1.33.55F	105	David East	1.46.52	162	Brad Renshaw	2.18.46
49	Michael Handley	1.34.25	106	Andrew Smith	1.47.02	163	Richard Wassell	2.18.46
50	John Hodges	1.34.43	107	Tina Campbell	1.47.06F	164	David Burgess	2.21.50
51	Mike Fowlds	1.34.54	108	Jim Barrett	1.48.24	165	Elizabeth Taylor	2.22.53F
52	Manuela Sumetzberger	1.35.30F	109	Peter Butcher	1.48.57	166	Megan Jackson	hlpF
53	Alex Jensen	1.35.31	110	Steven Norden	1.48.59			
54	Mark Schaefer	1.35.35	111	Brian McElhinney	1.49.11			
55	Brian Wilcockson	1.35.43	112	Robert Inglis	1.49.16			
56	David Camm	1.36.22	113	Rick Collins	1.49.17			
57	Alex Whitworth	1.36.37	114	Ross McCarty	1.49.57			

Age-Group Placings

Glenn Guzzo 2nd M30-34
 Keith Bateman 2nd M45-49
 Stephen Jackson 3rd M45-49
 Ray Doran 2nd M60-64
 Heiko Schaefer 1st M65-69
 Allan Wareham 2nd M65-69
 Neil McPherson 3rd M70+
 Ron Daly Oldest Finisher
 Jenny Truscott 3rd F25-29
 Joanne Cowan 3rd F45-49
 Tina Campbell 3rd F55-59

Striders in Teams

2nd Father & Child Allan and Raymond Wareham

3rd Mixed Teams Stephen Parker, Tony Barbaro and Amanda Underwood as 'Coolrunning'.

Striders Ross Sinclair and Greg Coy were in the 1st Veterans team.

Joanne Cowan in a UTS Norths team placed 2nd in Female Teams.

Thanks to our wonderful hosts Margaret and Keith White for once again welcoming Striders to their Fort Street home.

**A Young 'Strider'**

From Tony Wong

How can I say this without sounding like a pushy parent? I can't. So here goes. Me and the wife have always been keen runners. Now we have a son who has not just taken to running, but racing.

It probably is not a surprise considering that all through his young life, Gus, and his currently non-running younger brother Kyle, were dragged round track meets, cross-country and road races. They could tell the time of year by what running venue they were at. Before we emigrated from the U.K. - it must be end of January if they are hanging round a cold and windy Hampstead Heath in London, South of England Cross Country...(and why did Dad still think he could manage 9 miles of cross country without making himself ill). By contrast, a day at Homebush in recent years, with the promise of a trip to the Aquatic Centre if they shout encouragement at Mummy while she's running round the track, it must be the end of summer in Sydney.

Gus (seen in photo on the left) competes in various kids fun runs a few times a year. Last year he started going with Mum on Tuesday to Barry Golding's training sessions. In the run-up to the Mini-Mos, there was a group of eight 7-year olds that trained together specifically for the 2k Inter-school challenge. They won the Kindergarten to Year 2 category by one second, earning lots of accolades in school as well as a write-up in the Manly Daily. There were more successes in the Cutler Run and the Red Cross 5k Fun Run (25 mins 40 seconds - pretty good for a 7 year old). He now has the City to Surf and the Bridge Run in his sights.

Enough of the 'plug'. The point of this piece is that as a family, we enjoy going to these fun runs. It is made possible by the fact that Gus gets a lot out of his running. He isn't doing it to please his fanatical parents. He actually likes doing it. Our other son Kyle doesn't run, yet. He does like cheering his family on (We are working on that. He managed the 10k MS Walk in June without much of a fuss).

Tony Wong - Proud Dad/Pushy Parent

LONDON CALLING

By Michael Sharp

I couldn't believe that the BBC weather presenter was smiling as she said: "And the forecast for tomorrow's London Marathon is 13 degrees, heavy rain and strong winds." There was no hint of sympathy.

She was standing beside an aerial map of north-western Europe which showed only grey cotton wool where the United Kingdom should have been.

I assume virtually all runners prefer cold weather to heat and humidity, but consistent cold rain is another matter. I had run the Canberra Marathon in rainy conditions in 2002 and, while achieving my aim for that year, knew that water-logged shoes and frozen fingers do not make a marathon any easier.

What made the race-eve forecast particularly depressing was that the past two days had boasted blue skies and a warm winter temperature of around 18 degrees. My wife, on her first visit to London, saw London at its best as she soaked up the sun and the sights during her topless red bus tour (the bus, not her).

After making a New Year's resolution to run the London Marathon, my preparation had started well enough. I trained steadily, though quite conservatively, during January and February and very gradually built up to 80 kilometres a week by the end of February – including the 30 kilometre Sunday STaRs.

In late February, however – only seven weeks before the marathon – I experienced pain in my left buttock. I hadn't felt anything like this before and hadn't fallen over or noticed anything out of the ordinary while training – except for some tightness in my left hamstring. So I did what every good Strider preparing for a marathon does. I ignored the injury, did a few extra stretches and continued to hit the road each morning. After all, I had been feeling good up until now and was ready to start building up to my program's 90 kilometres a week peak. Who knows, if the crowds weren't too bad in London I might even beat my PB of 3:26:11.

The pain, however, immediately became worse and spread to my hip. I rested for a few days and went to see a sports masseur who provided some relief but suggested I see a physiotherapist.

Work commitments, and desperate hope that the pain would miraculously disappear, meant that it was another week before I could ignore the signs – which were now very large, with big red arrows pointing to them – no longer. I made an appointment with a physio.

It was then that I discovered I had a piriformis. For those of you that don't know, it is a small muscle deep in the buttock that rotates the leg outwards. According to a website, it "runs from the base of the spine and attaches to the thigh bone (femur) roughly where the crease in your bum ends. The sciatic nerve runs very close to this muscle and sometimes (in about 15% of people) it runs through the muscle. If the muscle becomes tight it can put pressure on the sciatic nerve and cause pain in the buttock, which can radiate down the leg."

"How long will it take you to fix it?" I asked the physio.

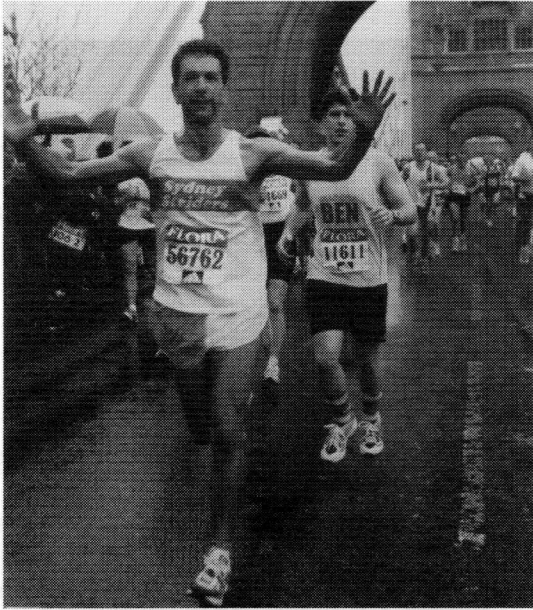
There was no clear answer – just advice to reduce my training, do more stretching and see her each week for treatment.

The next three weeks were a depressing struggle and I regularly thought I would have to say goodbye to the money I had already paid for my London accommodation and stay from Sydney. But the physio treatment (plus the Nurofen recommended by a STaR colleague) made a huge difference and by the end of March I was confident of making it to the finishing line in London – though more slowly than I had originally hoped. There was no need for a taper over the last fortnight, I had started my taper six weeks out!

This was my first visit to London for a decade – and, as I have said, my wife's first ever visit – so the days before the race were spent sight-seeing and catching up with friends who live and work there.

To register, all runners must go to the Flora London Marathon Exhibition before race day. This requires a trip on the tube and a transfer to the Docklands Light Railway. Like everything else to do with the race, this was extremely well organised. The massive exhibition hall was filled with rows of stalls touting various events as well as gear and goodies at bargain prices. Former champion runners were interviewed

at footwear stalls and student physios offered pre-race rub-downs.



Michael crosses Tower Bridge

Photo courtesy of Action Photo UK

By the time I woke up on the morning of the race, not even the awful weather – “perhaps the worst conditions to greet the London runners for a dozen years”, according to the *Evening Standard* – could dampen my excitement. I was going to enjoy this. A PB was out of the question, but I would try to finish under 3:35.

My entry package included a bus ride to the drop-off point near my starting area (there are three separate starting areas), which was a large park with lots of open space, some corporate tents and long lines of toilets. The queues at the trees were shorter.

As we stepped off the bus, the sky was dark, the rain was light but steady and the wind was cold. I huddled under my throwaway jumper and garbag with armholes and followed the least damp path across the park. The crowd was quite small at this early stage and very few of them had decided to seek protection in the bandstand in the middle of the park. That's Poms for you. I went straight to the bandstand and managed to stay dry for the next hour or so until it was time to drop off my gear at the appropriate truck – excellent organisation again – and head to the starting line. Thankfully, the rain had stopped for the moment.

The start is along a road that is divided into roped-off sections. Your section is determined by the estimated race time you submit when you enter, and

the number of your section appears on your race bib. There are officials at each section checking to make sure people don't sneak forward. There were at least nine sections at my start area, and I was in section three.

The crowd was large now but people seemed happy to wander around the park, or gather in corporate tents, rather than move early to secure a good position in their section. With 20 minutes to go, I found myself at the very front of section three. I waited between an army veteran in his fifties running in about his 60th marathon (and 20th London Marathon) and a 25-year-old mother of one running in her first full marathon.

The last 20 minutes flew by and then, a few minutes before the start, the ropes fell to the ground and were whipped away. The crowd was told to shuffle forward sensibly and slowly – and it did!

The starting gun was fired, there was an enormous cheer, and we were off. I was amazed to find myself crossing the start line after just one minute and it took much less time than I expected to find a reasonable amount of space to get into stride.

The rain eased right off in the early stages and the suburban streets provided protection from the wind, so the first few miles were cool and comfortable. I was too comfortable, in fact, and the combination of adrenaline and support from the legendary London spectators meant that I ran the first 10 kilometres in 47 minutes – too quick for my injury-affected condition.

I eased off – but the rain did the opposite. By the halfway mark, near Tower Bridge, it was raining heavily and I was cold. There were red and white blotches up and down my arms. I went through 20 kilometres in 1:36 and reached halfway in 1:41. I knew I had slowed down a bit, but I got confused trying to calculate by how much!

I was feeling OK but I had no idea when I would start to suffer from my injury-affected preparation. I focused on not focusing on this – and I was also trying to not focus on how cold I was.

This is where the London Marathon “spectator factor” kicks in. It is simply impossible to compare the Australian marathons I have run – Sydney and Canberra – with London. In London, hundreds of thousands of spectators line the route for the entire 26 miles and 385 yards – even in pouring rain. They

cheer and clap and encourage absolutely everyone. I had heard that support would thin out in the Docklands, but there were plenty of people there too.

And the entertainment along the route was extraordinary. There were tone-deaf girls with karaoke machines; head-banging boys in garage bands; balcony jazz bands in Guys 'n' Dolls gangster gear; school bands belting out the theme from Hawaii Five-0; pub juke boxes; frustrated bedroom DJs; and a dozen or more non-Asians beating huge Asian drums, their magnificent pounding echoing off the overpass under which they sheltered so that it could be heard a mile away.

There were also many calls of "Aussie, Aussie, Aussie!" from the roadside, and I always joined the scattering of "Oi, Oi, Ois!" in response.

London is also famous for its runners in costumes and fancy dress. There were a menagerie of jogging animals and a surprising number of male fairies. My award would have gone to the male environmentalist dressed in only a green g-string, brown body paint and a crown of leaves. He certainly proved it was very cold.

Focusing on these fantastic distractions kept a smile on my face and my mind off myself and on the scenery.

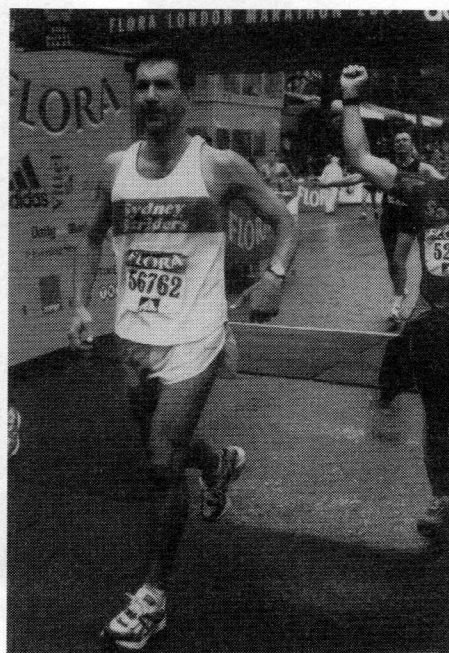
I started to struggle with about four miles to go – but this was entirely expected and by then I was heading along the Thames toward the Tower of London, the Houses of Parliament and the finish line. The encouragement was fantastic over the last few miles and I was carried along by the crowd past Big Ben and down Birdcage Walk to Buckingham Palace.

As I rounded the bend at Buckingham Palace and headed up the Mall for the last few hundred metres, I heard my wife call out. She said later that the only reason she was able to spot me among the sodden mass of runners was my green and white Striders shorts. Amazingly, or perhaps because I was now going very slowly, I saw where she was and gave her a wave.

And this, I admit, caused me to choke up completely. I stumbled toward the finish line like a chain-smoking asthmatic, trying to suppress sobs of exhaustion as they bubbled to the surface.

Thankfully, I didn't suffocate and I crossed the finish line in 3:29:12, absolutely smashing the 3:30

barrier and only three respectable minutes outside my PB. It was as good as I could have hoped for – I was bloody happy.



Michael finishes London in 3:29:12

Photo courtesy of Action Photo UK

Evans Rutto from Kenya won the race in 2:06:18, the second fastest time in the world in 2004. His performance was absolutely remarkable because of the conditions and also because he fell heavily on the slippery cobblestones near the Tower of London. "If the weather had been better and I had not fallen, well, I'm not saying that I could have broken the world record, but it's possible," said Rutto.

But it was the first British woman home, 36-year-old Tracey Morris, who rightly stole the headlines with a genuine fairytale performance. The contact lens technician from Leeds, a rare amateur in today's world of athletics, had been a good teenage cross-country runner and won a few 10k races in her time. She had only run one marathon previously – the London Marathon in 1998, finishing in 3:39. As the first British woman home in 2004, in 2:33:52, she shocked her rivals and earned the right to join Paula Radcliffe on the starting line in Athens.

I have felt great satisfaction, for different reasons, after each of my four marathons. Each time I have said: "That's it, that's my last marathon." My continuing piriformis problem and the cold weather has killed my motivation to the extent that I am lucky to jog twice a week at the moment. I suspect London may have been my last full marathon. But then ... wouldn't it be great to give New York a go?

Walking to Go Faster - Brian Ogilwy tries the 'Galloway' Method

By Brian Ogilwy

It is hard to walk when you're supposed to be running but sometimes it makes you go faster....

Whilst waiting at Canberra airport, someone asked me if I had just run the Marathon. I replied, "Yes, it was my first attempt and I'm buggered". He asked if I had heard of the 'Galloway' method and I was given a quick lecture on the benefits of the system. When I returned home to Sydney I went straight to the computer and searched for 'Galloway' on Google.

I have been training with the Marathon Training Group for the past six months. I would class myself as reasonably fit for my age, as I'm able to keep up with most of the runners in our training group.

Pre-marathon our coach had given us our tactics for our first marathon. "We will not go out fast, and we will stop at all drink stations for a rest so as not to spill our drinks". Well, I wasn't listening too well at the time and I ran non-stop for 32k at 5k per min pace until my knee started hurting. At this stage the MTG runners, who had been having stops, passed me and all finished under the magic 4 hr mark. At the time I was disappointed not to have run under the 4 hours, as I struggled home in 4.07. I tell you this story because it is very similar to the Galloway system of running. Galloway believes having frequent rests on long runs allows the running muscles in your legs a little time to recover and will keep them strong for the whole distance.

Galloway recommends running for two miles and walking for one minute. Doing this for the entire 42.195km will enable you to finish strongly like our MTG and not fizz out like myself at 32km mark.

I thought I would put the Galloway method into action at my running clubs, the Turrumurra Trotters and the Sydney Striders and see if it worked.

My first run one week after the marathon was the Striders 10k. I was still stiff and sore recovering from the marathon, so I decided to have two one-minute walks to see how things would work out. To my surprise I ran it in 48 min. My PB for 10km was 45.30 on a flat course.

I was so impressed with my effort, I couldn't wait to see how I would go at the Turrumurra Trotters 10km the following week. On this occasion I ran for 10 minutes with a one-minute walk, did this four times and did a PB for that course. People in the club thought I was tired when they saw me walking but when I passed them later on in the run they had to think again. I had really psyched them out.

The next Turrumurra run was 14km. I had five walks this time and another PB. Another club runner decided to have a run-walk with me and also did a PB. Next week was another 14 km run. I ran 15 minute intervals and to my shock another PB! Unbelievable!

I did the same thing the SMH Half Marathon - and another PB - 106 min. The hardest thing for me to do in that race was my last one-minute walk. I was only 15 minutes from the finish line but in the end it paid off, as I ran so strongly for those last few k's.

Now for the next big test. It was the Sydney Striders Lane Cove 10k, up-hill for half the distance and our toughest course. I was undecided on what to do on this occasion. I didn't want to stuff up a good time with walking as I knew I could run the 10 k non-stop in 48 min. In the end I decided to stick with the Galloway System, as I figured out that with two one-minute walks I would only lose 24 seconds off my total time. Well I can now tell you it paid off as I ran another PB - 45.11 on a hilly course. I was stoked!

All I can say is, it has worked for me for five weeks. Five PBs in a row and still counting!

Now I'm not sure when to stop messing around, stop walking and run all the way. It's a good game isn't it? I think I'll wait until every one is walking then I will run like hell and pass everyone. Seriously though, look up his website have a read and decide if you would like to have a go. (www.jeffgalloway.com)

I know this system isn't for the true super athletes but I think it has a place for general club runners. Galloway says you can run a 3 hour marathon with 30 sec walks instead of one minute walks.

President's Report 2004

My first year in this role has convinced me that the role currently requires someone who is retired – it has proved to be quite time-consuming. However, with the support of the committee, the development and implementation of procedures, and the wider sharing of the load, it is proving to be a rewarding and enjoyable experience. The most rewarding part of the job is the welcoming of new runners to the club and their subsequent success at this strange running obsession we all share.

2003/2004 was a good solid growth year for the Striders. We are financially sound, our races have survived the ravages of bureaucracy, membership is up, representation at both fun runs and Athletics NSW and Australian events has been very visible (no, the uniform is not changing), and the general recognition of the Sydney Striders as a voice of the running fraternity has seen Striders consulted by the press, government, Athletics NSW and Australia, and the organisers of other clubs and events.

This success would not have been possible without the tireless efforts of three groups within the Striders. My thanks to them.

1) The Official Committee - it has led the way and contributed time, effort, and brainpower to make the Striders a strong, relatively efficient organisation. Thank you to all past and present committee members,

2) The Unofficial Helpers – those that do a job month in, month out, because they are good at their job and want the Striders to be successful. Special mention here to the Barry and Shirley Rutter, and Peter Woods; the mid-week training group hosts and the 7am STaR hosts.

3) The STaR hosts - the backbone of the club. A social event just about every week, rain, hail, or shine.

Membership

At the end of our membership in year in December 2003, membership peaked at 497 (up by 9% on the previous year), 32% female (up by 6%), average age 43 (down by 2 years).

At census date, 31st March for our financial end of year:

2000	322
2001	308
2002	320
2003	381
2004	403

The 2003 10k Series

261 Striders participated, 110 Striders per race, 190 runners per race. All up over 30% on 2002.

The 2003 Super Series

357 Striders participated, 113 Striders per race. All up 23% over 2002.

Stephen Jackson
President
Sydney Striders
18th July 2004

The 2004 Committee

President - Stephen Jackson
Vice President - Jim Moody
Secretary - Michael Sharp
Treasurer - Charles King
Admin Manager - Jim Screen
Database - Craig Dunn
Blister Editor - Andrew Smith
Calendar - Robin Cameron
Social Director - Cameron Arnold
Internal Events - Manfred Fiedler
10k Series - Joe Degabriele
Super Series - Stephen Jackson
MTG - Jim Moody
Aths NSW Liaison - Richard Sarkies
Clothing - Gavin Morisset
STaR maps - Joel Mackay
New Member Liaison - Amanda Underwood
Mailout Manager - Ross McCarty
Results - David Bray

Notice of 2004 Awards Brunch

This year's Awards brunch will be held at the Middle Harbour Yacht Club after the STAR on the 12th of December. More details will follow soon, but remember to keep this date free in your diary. CA.

Sydney Striders – Treasurer's report**Period ended 31 March 2004****From Charles King**

Please find following a copy of the Balance Sheet as at 31 March 2004 and Profit & Loss statement for the 12 months ended 31 March 2004.

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

- Cash at bank and on deposit rising
- Membership income to be brought to account rising
- Club income exceed Club expenses by \$2,787

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

The 10k series has continued to be a solid contributor to the Club's financial strength with the net proceeds increasing from \$3,844 – (2003) to \$6,793 – (2004).

The inventory of Club uniforms has increased during the year to adequately service the increased level of Club membership coupled with the sale of a Club singlet to all new members.

The net P&L result achieved by the Club was higher this year (circa \$3,300) due to:

- Higher membership receipts - \$1,500
- Higher 10k series net proceeds - \$3,000
- Lower insurance cost - \$1,500
- Higher "Blister" cost - \$1,000
- Lower "other" – incl. internet & trophies - \$1,000

The above increased revenue and reduced costs were off-set by the 1,000th Star celebrations (\$3,110) and Athletics NSW contribution – (\$763)

Sydney Striders Balance Sheet - as at 31 March 2004

ASSETS

<u>Cash and Bank Accounts</u>	8,348.50
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IBD1	5,000.00
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IBD2	14,000.00
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IBD3	<u>5,196.64</u>
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Total cash at bank	32,545.14
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Other assets

Stock on Hand	<u>8,121.38</u>
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<u>Total Assets</u>	<u>40,666.52</u>
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LIABILITIES & EQUITY**Other Liabilities**

Prep. Fees 2004	13,610.00
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Prep. Fees 2005	<u>3,030.00</u>
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<u>Total Liabilities</u>	16,640.00
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Retained earnings	<u>24,026.52</u>
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<u>TOTAL LIABILITIES & EQUITY</u>	<u>40,666.52</u>
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Sydney Striders P&L comparison

<u>Category Description</u>	<u>01/04/02- 31/03/03</u>	<u>01/04/03- 31/03/04</u>
Income:		
10 KM Series	13,100.28	13,587.60
Advertising	180.00	130.00
Donations Rec.	40.00	40.00
Interest Rec.	803.73	674.68
Membership	18,659.10	20,135.00
STaR Net Procs.	592.59	1,109.93
Total Income	33,375.70	35,677.21
Expenses:		
1000th Star	0.00	2,510.58
10km other	4,963.16	3,816.76
10km prizes	3,350.00	2,100.00
10km stop watch	0.00	246.90
10km venue fees	943.50	631.40
Athletics NSW	0.00	763.20
Awards Brunch	59.00	0.00
Awards Night	1,495.84	808.20
Bank Charges	1,378.79	1,513.97
Blister - post	2,006.42	2,300.50
Blister - print	5,955.40	6,470.30
Blister-dist'n	261.67	190.41
Calendars-Post	755.48	593.55
Calender-Dist'n	224.84	210.64
Calender-print	68.53	0.00
Donations	500.00	590.00
Gen admin phone	213.86	171.10
Gen admin post	565.28	467.55
Gen admin print	1,706.61	1,505.50
Gen admin stat	63.93	231.00
Insurance	4,839.80	3,375.12
Lodgement Fees	38.00	96.00
M'thon Train Gp	80.00	80.00
Meetings	679.95	815.75
Notices - post	160.60	400.50
Notices -dist'n	34.54	131.13
Notices-print	75.00	0.00
S'Series Prizes	319.90	0.00
Tent hire	0.00	600.00
Trophies	2,127.69	1,620.71
Web	1,119.93	649.54
Total Expenses	33,987.72	32,890.31
Net result	-612.02	2,786.90

Sydney Strider Club Budget 12 months ended 31/3/05

<u>Income</u>	
Membership fees	21,000
Interest	675
Advertising	150
Donations	50
10km series	13,930
Other income	150
Total income	35,955

<u>Expenses</u>	
Awards function	1,200
Trophies	1,800
Bank fees	1,600
Insurance	4,500
Internet	1,200
Meetings	900
Athletics NSW	900
Super series & MTG	550
Donations	500
Gold Coast Marathon	900

<u>10km series</u>	
Prizes	2,000
Other	4,900

<u>Blister</u>	
Postage	2,600
Printing	6,900
Distribution	300

<u>Calenders</u>	
Postage	800
Printing	500
Distribution	250

<u>General admin</u>	
Telephone	250
Postage	550
Printing & stationery	1,200
Lodgement fees	130
Subscriptions	140

<u>Notices</u>	
Postage	500
Printing	500
Distribution	150
Total expenses	35,720

Net result	235
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Sydney Striders Road Runners Club Inc.

Balance Sheet as at 31 March

	Year to March 04	Year to March 03	Year to March 02	Year to March 01	Year to March 00	Year to March 99
<u>Current assets</u>						
Cash at bank	8,349	3,398	12,045	3,680	5,468	12,139
Interest bearing deposits	24,197	27,000	15,610	15,142	10,000	0
Stock on hand - (at cost)	8,121	4,196	4,690	5,983	5,105	5,597
Other debtors	0	743	0	0	700	200
Refundable bonds	0	0	750	750	750	0
Total assets	40,667	35,337	33,095	25,555	22,023	17,936
<u>Current liabilities</u>						
Members fees - this year	13,610	12,377	10,522	10,465	10,094	10,394
Members fees - next year	3,030	1,720	720	1,275	350	0
Total liabilities	16,640	14,097	11,242	11,740	10,444	10,394
<u>Members equity</u>						
Opening balance	21,240	21,852	13,815	11,579	7,542	10,648
Surplus / (deficit)	2,787	-612	8,037	2,236	4,037	-3,106
Net assets	24,027	21,240	21,852	13,815	11,579	7,542

New Members – April to July

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.

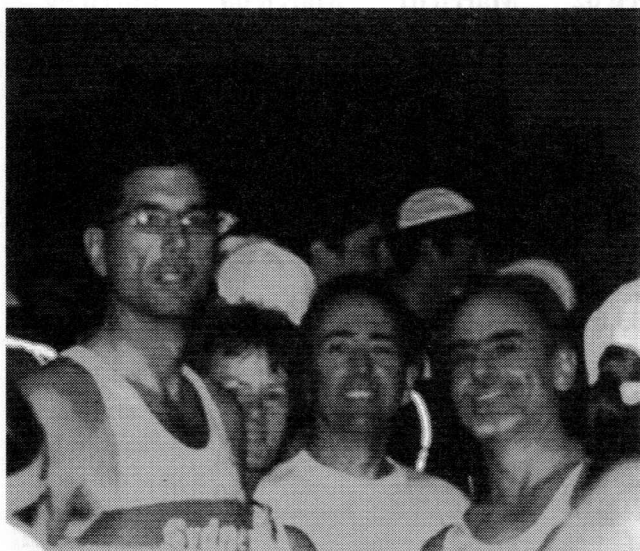
John	Moore
Mark	Richardson
Andrew	Mawdsley
Sebastian	Warmerdam
Rob	Leonard
Richard	Peacock
Jonathan	Heron
Kevin	Collins

Jim	Barrett
Brent	McKee
Chad	Armstrong
Ryan	Armstrong
Brian	Wilcockson
Alison	Gardiner
Lorraine	Laborczfalvi
Barbara	Fabish
Sue	Gabor
Brian	McElhinney
Bernadette	Gregory
Stephen	Firth
Wayne	Gregory
Andrew	Cullen
David	Levi
Tony	Fattorini
Rodney	Elder
Daniel	Head
Gemma	Dalgleish
Bill	Flanagan

Stephen	Parker
Marvyn	Cohn
Stewart	Taggart
Geoff	Underwood
Darren	Kaehne
Kate	Radcliffe
Ben	Roberts
James	Kent
John	Hanna
Katie	Rowell
Karen	Carter
Deirdre	Stewart
Jackie	Ramsay
Luke	Carter
Belinda	Lockwood
John	Bugg
Scott	Stefl
Louis	St Laurent
Carolyn	Travers

Higher Maths and Lower Socks – Gold Coast Marathon July 04

By Jim Moody



At the start R to L, Jim Moody, David Lancaster, Tina Campbell and Robert Wawrzyniak

Another Gold Coast Marathon bites the proverbial dust. As usual it was exceedingly well organised for both runners and spectators. The day started somewhat warmer than last year with a light cloud cover. The weather reports from the previous evening had predicted warm/hot/cold and somewhere showers were going to occur and I am sure that somewhere they all did, the only problem was that they all occurred somewhere else.

The early bleary-eyed arrivals at the Strider's Tent wandered about in the usual 6:00am STaR style, not really ready to talk to another human being at that time of day but trying to be sociable all the same. The discussion around the tent was that the cloud would hold and it would be a cool morning, said with fingers crossed and the trust in blind faith in that if you said it often enough and loud enough it would be so. Other wiser heads started to remove excess clothing in preparation for a not-so-cool day. The usual confusion set in at around 6:15, the Half Marathon runners were away to the start, they were first off at 6:30 while those running the 42 had a twenty minute reprieve. Considering the number of runners involved the start went as per normal, organised chaos, and the group streamed away, all 3,850 of them.

The remaining group settled into pre-race nerves. Well, I did anyway. We managed a picture of some of the marathon group (organising a picture of Striders at the start of a race is like getting 50 flies into a bottle by asking them to queue up) then away to the start to stand beside your expected time sign or behind respective pace group leaders.

In most races there is a muffled announcement prior to the start, this time there was virtually no warning, the gun went off and we stood there. Some 30 seconds later I crossed the line for my latest intrusion into the world of athletics.

I actually believe that I was not meant for athletic activities, my life is more attuned to the finer nuances of red wine and exotic foods from foreign parts. However, the finer things in life have a habit of adding to my not-too-lithe body. At some point a few years ago the powers-that-be decided that I should not become a feature of household decoration. Hence I find myself pounding out the endless kilometres in the pursuit of athletic prowess, and, I might add, a leaner more aesthetically acceptable bod.

Back to the tale at hand, having left the start at a rate that any self-respecting sloth would be embarrassed about, we headed south across the bridge and on to the southern tip of this endeavour at Miami some 13 kilometres away. During the morning prior to arriving at the tent I had written in indelible ink the times I believed I could meet for each of the 5 kilometre markers on the way. Deek would have been hard pressed to match me. The times were based on endless calculations using all of the fantastic resources that are available to current Marathoners. Calculations based on my recent Marathon times with adjustment for recent 10 k times then adding variations due to having been beaten up on the 6ft Track some months prior, divisions to adjust for the Canberra Marathon giving the final result. Technology, what a great thing. By the time we reached the car in the car park my indelible ink had run, hours of calculations, gone, and a dark stain on my arm all to no avail. Not to be beaten by failed technology I resorted to that old reliable alternative, I would calculate each 5 k mark using that wonderful invention, my somewhat under-utilised brain.

The first test of this miraculous device caused no undue rise in temperature. The plan was 3:30:00 or

210 minutes, divide that by 42 (forgetting the final 195 metres, BIG MISTAKE) meant that 25 minutes was the go. How easy was that. At the 10 k mark the old brain came to the fore again, 25 minutes per 5 k, 2×25 , no worries 50 minutes, excellent, I hit the lap button on the watch. I gave the 13 k turnaround a miss, I decided that 3 didn't go into 5 for some inexplicable reason. I still don't actually remember the calculation but thought that the calcs for 15 would be easy enough when I eventually arrived. At around 14 k I felt that awful niggling aggravation under my left foot where my sock had ridden up. This took some thought, should I stop and adjust the sock? The thought processes of Marathon runners are definitely something that some scholar should write a paper on. By the time I had made the decision to run on I had passed the 15 k marker. Panic set in, I was in no man's land, rudderless. I staggered on regardless while attempting to recalculate where I should be at 16 k's, 5 multiplied by 16, hmmm, let me see, 10 k's was 50 so 15 would have been 75 plus 5 for the extra k would be 80 minutes. A quick check of the watch. A small difficulty, the watch is in hours and minutes, bugger, now to convert 80 minutes into hours and minutes, hmmmm, let me see, I used to be able to do this, I remember, 60 minutes in one hour so that should be 1 hr 20 minutes, great. Oops, I passed the 16 k marker some time back. And so it went on. At the half way mark I figured I would sort it out. Half of 3:30 was, hmmmm, let me see, that's $1 \frac{1}{2}$ hrs plus 15 minutes, convert that to minutes, 60 plus 30, OK that's 90 plus 15 that's 105, OK, right on, I would be fine. I actually watched myself pass the halfway mark in that glossed over state, I pressed the lap button and didn't even look at my watch until some time later. When I reached the 26 k crossover at the start point I was totally out of control; my saving grace Rob was there and pointed to her watch and made the divers OK sign. No problem for me here, I used to dive. I was on time, all was well, now to get back to the watch, hmmmm. Let me see, 16 k's to go, that's 16 k's at 5 equals 16×5 plus should I add something for the 195 metres. By the time I eventually gave that one away I was turning around at 34 k's and the world was not a pretty place and I hated my socks.

One of the advantage/disadvantages of this race is that you can see how well everybody else is doing as they pass you heading in the other direction. Somewhere during my mathematical Marathon Glen Guzzo passes going the other way. The thoughts that go through your head are quite amazing at this stage. The turn around must be near. He couldn't be that far ahead, or could he. Let me think this through, this leg

is 13 k's from the start, I have been running for 55 minutes, hmmm, divide that by the last number I thought of before I saw Glen now subtract that from 13 multiply the answer by two then divide by 5 and then.....bugger it. Start again....

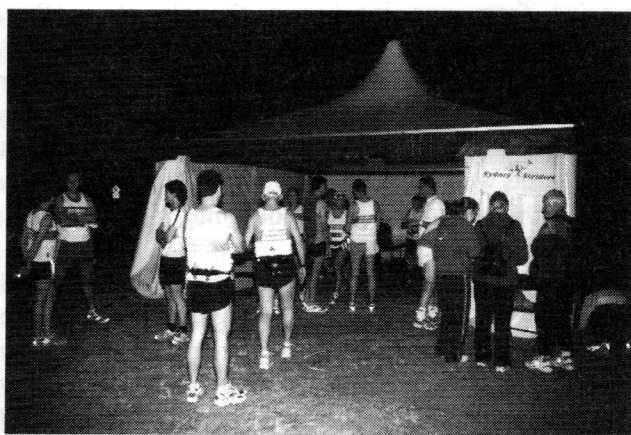


The rest of the Marathon passed in similar vein passing from one incoherent thought to another, worrying about the runner next to me who was definitely looking fresher as well as being far older and didn't he have the same worries I had. I bet his watch hadn't let him down and as for my socks, what make is he wearing I wonder, I was going to have a word with the maker when I got home, if I ever did.

From my Marathon-induced fog friendly faces had appeared at various times. To those supporters who lined the course and offered their encouragement, my thanks. I must admit though that I really did know that comments like "You're looking good" were said with good intentions and as for "It's not far now", well we all know what that means - "He looks like #%\$&***, heaven knows how he will get to the end". But thanks for being there, it really does help.

I must mention those wonderful people at the drink stops who do not pass judgement but offer encouragement, their enthusiasm and Vaseline, while at the same time thinking how bloody daft anybody who went out in the Queensland midday sun was. They were always so bright and cheerful (they weren't running, no wonder they were bright and cheerful).

'The end is nigh', to steal the doomsdayer's phrase, I have turned off the road that leads into the finisher's chute. There are signs here that say things like Marathoners Left, 10k Right. A political statement no doubt, the buggers are everywhere. The mind ponders on these words of wisdom as the last 195m drags by. By this time there is more sugar in a cup of coffee than in my blood stream so this is a monumental effort. Cramps had also set in some time previously and all in all things were not going well. As luck would have it a course marshal directs me to the left chute. So that's what that meant. I veer left with difficulty. At this time changing direction takes careful consideration but I manage. The chute is now here, I finish. I have added another Marathon to my accomplishments. The thought of becoming a couch potato again was the absolute last thing I could think of. I hurt, I ached, I was angry with my socks, I was thirsty and, to add insult to injury, I was sunburned but the feeling of relief and accomplishment as I was gently herded into the 'Marathoners Only' recovery area was worth every bit of it. As usual I just stood there feeling the emotions and post-race euphoria wash around me. Kind volunteers gave me things that I ate or drank and again herded me to a seat albeit on the ground. I may have inadvertently chosen this spot by the procedure of natural selection, I could stand no longer.



The Striders Tent

For me there are a few precious moments after a Marathon when the endorphins take hold and the world is not such a bad place. To sit next to somebody who has also recently finished and is on the same astronomical plane and share a few moments discussing the race in the blood-sugar-depleted-fuzzy-logic world making little or no sense, is an experience that mere words cannot do justice.

There is one thing that should be mentioned here. This is the first time I have seen a podiatrist in a recovery area. What a fantastic innovation. My feet were in their hands so to speak and even though I walked with that special post-Marathon runner's style their efforts were appreciated.

The return to the Strider's Tent seemed to take ages, the mincing steps weren't out of place. The welcome from earlier finishers as well as friends and the chance to sit in comfort and chat was great. Thanks to the Club for providing the tent and for the Striders support group that helped make this another great race. "I'll be back".

Place	Marathon	Gun Time	Net Time	Age Grp Pos
4	Glenn Guzzo	2.20.57	2.20.57	25-29M 3
16	Andrew Mawdsley	2.37.17	2.37.17	30-34M 6
17	Darren Benson	2.37.36	2.37.36	30-34M 7
82	Martin Matthews	2.56.52	2.56.46	25-29M 17
137	Elizabeth Edmonds	3.02.54	3.02.45	40-44F 1
157	Warwick Selby	3.05.40	3.05.40	50-54M 4
171	Kendall Waller	3.08.08	3.07.49	40-44M 24
205	Roger Casey	3.12.24	3.12.14	40-44M 27
261	Michael Handley	3.17.00	3.17.00	30-34M 57
276	Barry Rutter	3.18.48	3.18.37	50-54M 11
280	Jeff Morehen	3.19.19	3.18.59	40-44M 32
406	Craig Brown	3.28.49	3.28.49	30-34M 80
412	Patrick Hodgins	3.29.04	3.28.53	40-44M 52
426	Roland Hassall	3.29.46	3.29.11	35-39M 73
431	Mary Stringer	3.30.01	3.29.25	45-49F 4
568	Stephen Kibble	3.38.50	3.38.25	40-44M 76
570	Stewart Vincent	3.39.01	3.39.01	55-59M 22
606	Glenn Lockwood	3.42.27	3.41.54	40-44M 83
625	James Moody	3.43.40	3.43.21	50-54M 38
667	Mahmoud El-Khansa	3.46.07	3.45.55	50-54M 47
688	Sharon Callister	3.47.50	3.47.50	40-44F 16
791	Andrew Duggan	3.55.48	3.55.48	25-29M 87
799	Andrew Joseph	3.56.08	3.55.15	35-39M 120
868	Brian McElhinney	3.59.09	3.57.58	35-39M 128
869	Karin Kaehne	3.59.09	3.57.58	35-39F 34
870	Robin Cameron	3.59.09	3.57.58	45-49F 10
912	David Lancaster	4.01.59	4.01.13	45-49M 90
938	Tina Campbell	4.03.50	4.03.02	55-59F 3
1019	Rick Collins	4.09.36	4.09.16	55-59M 39
1024	Eric Schmierer	4.09.48	4.08.43	50-54M 81
1063	Darren Kaehne	4.12.48	4.11.22	30-34M 157
1071	Robert Wawrzyniak	4.13.24	4.12.37	45-49M 110
1184	Lisa Gallate	4.22.35	4.21.59	35-39F 54
1272	Michael Bailey	4.28.57	4.27.45	60-64M 42
1316	Brian Ogilwy	4.32.37	4.31.23	60-64M 45
1380	Steven Norden	4.39.49	4.39.04	40-44M 178
1546	John Olsen	5.01.56	5.00.48	45-49M 152
1573	David East	5.08.57	5.07.44	40-44M 194

Special mentions to Glenn Guzzo, 4th overall in a new Strider's Marathon record, and placed 3rd in his age-group. Other top age-group placings were Elizabeth Edmonds, 1st in 40-44F; Tina Campbell 3rd in 55-59F; Mary Stringer, 4th 45-49F; and Warwick Selby 4th 50-54M.

Pl	Half-Marathon	Gun Time	Net Time	Age-Grp	Pos
35	John Young	01.13.54	01.13.54	35-39M	2
61	Mark Wilson	01.18.18	01.18.18	35-39M	7
98	Greg Coy	01.21.28	01.21.28	45-49M	6
101	Christopher Dwyer	01.21.39	01.21.39	50-54M	3
113	Ross Sinclair	01.22.42	01.22.42	40-44M	10
550	John Shepherd	01.38.10	01.37.23	35-39M	72
1011	Stephen Smith	01.45.44	01.44.46	40-44M	121
1034	Neil Barker	01.46.07	01.45.42	35-39M	124
1073	Stephen Parker	01.46.43	01.44.11	30-34M	166
1183	Lorraine Spanton	01.48.15	01.47.36	50-54F	10
1187	Louise Stewart	01.48.18	01.48.08	25-29F	47
1393	Robert Inglis	01.50.42	01.48.24	50-54M	90
1429	Brian O'Dea	01.51.23	01.50.18	55-59M	65
1458	Michael McCarthy	01.51.50	01.49.03	21-24M	60
1839	Brendan Mason	01.57.23	01.57.23	40-44M	207
1890	Mark Preston	01.57.53	01.57.53	50-54M	134
1893	Frances Brown	01.57.56	01.57.38	40-44F	65
2041	Allison Lilley	01.59.35	01.58.39	30-34F	113
2193	Gill Cavenagh	02.01.41	02.01.41	45-49F	59

2321	Lilian Chuah	02.03.47	02.02.49	21-24F	62
2352	Alison Gardiner	02.04.20	02.01.54	35-39F	158
2353	Dean Gardiner	02.04.20	02.01.54	40-44M	248
2370	Lynn Herisson	02.04.39	02.03.39	35-39F	159
2668	Heather Forster	02.10.51	02.08.23	50-54F	46
2799	Michael Wilson	02.13.37	02.10.02	50-54M	199
2947	Mary Wilson	02.17.16	02.15.48	55-59F	32
3020	Denise Gardiner	02.19.01	02.16.27	55-59F	33
3115	John Moore	02.22.31	02.21.00	45-49M	245

10 KM

14	Chris Truscott	00.33.09	00.33.09	25-29M	5
36	Peter Truscott	00.35.50	00.35.50	35-39M	2
48	Jonathan Heron	00.36.48	00.36.48	30-34M	6
67	Jenny Truscott	00.38.09	00.38.09	25-29F	1
347	Gerard Donnan	00.47.50	00.47.23	30-34M	41
645	Peter Roberts	00.52.58	00.51.01	21-24M	51
697	Melanie Rauleder	00.53.33	00.52.42	25-29F	15
772	Andrew Dyer	00.54.51	00.54.25	25-29M	82
1298	Richard Wassell	01.01.22	00.59.26	35-39M	112
2081	Robyn Moody	01.15.49	01.15.20	50-54F	51

Special mentions for the Half to John Young 2nd 35-39M; Chris Dwyer 3rd 50-54M; and in the 10KM to Jenny Truscott, first in age-group; Peter Truscott 2nd 35-39M.

Minimos 10km 20th June

pl.	Strider	Time	Sx	24	Ron Schwebel	0.42.47	47	David East	0.49.46
1	Darren Benson	0.34.45		25	David Gayford	0.43.04	48	Tina Campbell	0.49.47 F
2	Chris Truscott	0.35.16		26	David Bray	0.43.47	49	Graham Butler	0.50.03
3	John Young	0.35.36		27	Stephen Bodnar	0.43.55	50	Allan Wareham	0.50.08
4	Richard Sarkies	0.36.21		28	Tim Deane	0.44.08	51	David Cooke	0.50.58
5	Stuart Chellis	0.36.39		29	Michael Johnstone	0.44.55	52	Elizabeth Woodhams	0.51.07 F
6	Cameron Arnold	0.37.59		30	Mike Fowlds	0.45.07	53	Eric Schmierer	0.52.17
7	Jenny Wickham	0.38.32 F		31	Paul Trainor	0.45.13	54	Michael Bailey	0.53.03
8	Randall Brophy	0.38.37		32	James Cryer	0.45.14	55	Andrew Horsley	0.53.50
9	Gerry Arthur	0.38.51		33	Arthur Huxtable	0.46.04	56	Manfred Fiedler	0.54.05
10	Anthony Wong	0.38.58		34	Alex Whitworth	0.46.16	57	Christine Cullen	0.54.56 F
11	Tony Fattorini	0.39.11		35	Melanie Watson	0.46.25 F	58	John Simmonds	0.55.38
12	Jaap Bakker	0.39.34		36	Amanda Underwood	0.47.00 F	59	Penny Smith	0.58.35 F
13	Stephen Jackson	0.39.45		37	Andrew Smith	0.47.10	60	Paul Munro	0.58.51
14	William Ward	0.40.00		38	Campbell Reid	0.47.18	61	David Solomon	0.59.02
15	Craig Brown	0.40.54		39	Paul Thompson	0.47.21	62	Megan Jackson	hlp F
16	Jason Saunders	0.41.03		40	James Moody	0.47.30			
17	Greg Donovan	0.41.04		41	Roger Cox	0.47.59			
18	Philip Boswell	0.41.13		42	Brian Ogilwy	0.48.02			
19	Wayne Gregory	0.41.27		43	Ross McCarty	0.48.17			
20	Walter Mitchell	0.41.42		44	Rodney Elder	0.48.20			
21	Victor Donovic	0.41.44		45	Scott Smiles	0.49.00			
22	Suzanne Kelly	0.42.25 F		46	Andrew Joseph	0.49.24			
23	Barry Rutter	0.42.32							

Age group wins for Jenny Wickham, Penny Smith and Philip Boswell.

LETTERS

Dear Editor,

I enjoyed reading the latest edition of the Blister. However, I would like to point out an obvious misprint. In the letter from Helen Ritchie complaining about the number of photos of the President, she requests a photo be published of David Ritchie winning a race. I don't believe this is possible as no such photo exists, for obvious reasons.

Thimbleheart.

Dear Sir,

Ref Purchase of running shoes at Sydney Running Centre

I had delayed buying a new pair of running shoes till my new orthotics were ready. I subsequently marched into the Sydney Running Centre to be greeted by Damian Tancred. "I'd like a pair of size 8.5 Brooks Gels please," I said and proceeded to insert my new orthotics to ensure correct size etc.

"Do you know that Brooks Gels have a built-in correction?" Damian asked. He suggested that by wearing those particular shoes as well as my orthotics, I may not be 'set up' optimally.

To cut a story short, Damian pointed out that together with my orthotics, the shoes I was proposing to buy would create an 'over correction'. He recommended a different shoe and demonstrated the different position my feet assumed whilst wearing the different styles of shoes. As a consequence I'm now far more comfortable when running.

I felt this was real value added. The Sydney Running Centre always claim that they only sell their customers an appropriate shoe but this was really putting their claim into practice.

I was very, very impressed by the personal and professional care I received and heartily recommend fellow Striders to support the Sydney Running Centre who are after all our 10km Series sponsors. Quid pro quo - why not!

Yours faithfully,

Michael Bailey.

From the LiSSt,:

The subject was STaR pacing.....

Stuart Crichton wrote:

Perhaps we could start a 5.30am group for the super-slow / super-lazy runners like myself?

I would also like to air my idea of a shuttle-bus service. Whereby when one feels a little tired they could take the shuttle-bus back and make an early start on the breakfast.

A response came quickly:

I recall, in the club's early years (1980s), some tired runners catching a train back to the start of the old Lindfield Lope, and at least one instance of someone hitching a ride in the local milk-truck at Frenchs Forest. Shuttle-bus, indeed? I don't know, young people today, too mollycoddled, want everything served up on a platter, wasn't like that in our day, we used to DREAM of a shuttle-bus, hard times back then, bred 'em tougher in them days, and when we got home our dad would thrash us to sleep with his belt.

Mumble, grumble, blather

S.W. Bag

Nike Women's Classic 10k Team

(article opposite page)



L to R Kerry Ross, Maria Di Marco, Rebecca Deane, Kerryn Parkinson

Photo courtesy of Supersport Images.

2004 Nike Women's Classic Sydney, Olympic Park 20 June

By Frances Brown

The Nike Women's Classic is always a great experience; what's more it even starts at a civilised time of the morning – 8:45am for the 5km and 9:15am for the 10km.

According to the organisers "The event was started in 1984 to promote women's fitness and to encourage participation in long distance running". Nike has been the major sponsor in recent years. To their credit, Nike and Melbourne-based organisers Event Wizard have focussed on producing a quality running event for women, rather than just another "fun run".

The Melbourne Nike Women's Classic is held earlier in the year and the winners are flown to Sydney to compete, providing some serious competition particularly in the 10km. However, NWC is still an enjoyable participation event for the many who enter just for the fun of it. There were 1097 finishers this year, 630 in the 10km and 467 in the 5km. As the organisation of this event is always fantastic, its ever-increasing popularity is not surprising, and is also good news for the event's official charity, *Youth Off The Streets*.

The only problem seems to be the inevitable clash with other events. NWC has previously been held the same weekend as the State Relay Championships and last year also clashed with the rescheduled Trailwalker. This year there was a clash with the Mini-Mosmarathon, but despite this, and despite the very windy conditions, there was a good turnout of Striders. Striders teams in both the 10km and 5km performed well (winning the Sports Club/Gym category in each), and there were also some great individual results.

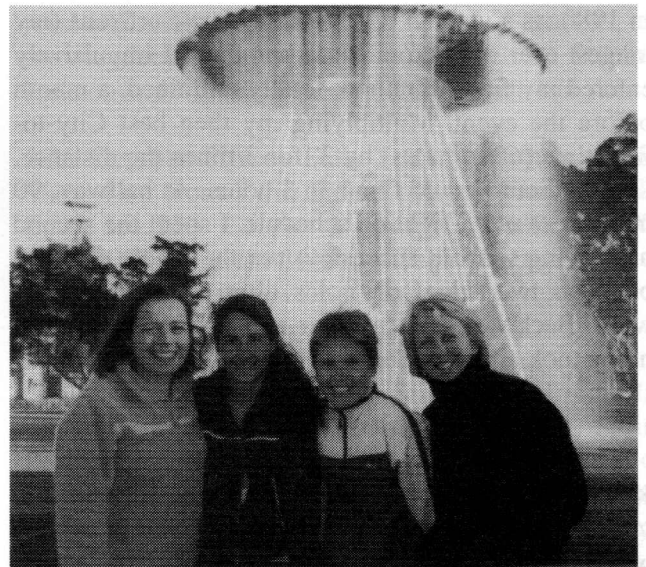
At the time of writing, the date for next year's Nike Women's Classic was not available, but it is usually held on the second or third Sunday in June.

5km Results

1st	Holly Pobjie	18:39
2nd	Skye Mullins	19:05
3rd	Bride King	19:10

Striders

11th	Manuela Sumetzberger	21:04	3 rd 30-34
16th	Glenda Mitchell	21:58	3 rd 35-39
38th	Heather Forster	24:58	2 nd 50-54
49th	Frances Brown	25:46	4 th 40-44



5km Team Results

Sports Club/ Gym: **1st Sydney Striders (L to R above)** Frances Brown, Manuela Sumetzberger, Glenda Mitchell, Heather Forster.

10km Results

1st	Tiffany Levette	34:29
2nd	Kate Seibold-Crosbie	35:48
3rd	Billinda Schipp	37:34

Striders

9th	Eliza Stewart	39:45	1 st 16-17yrs
51st	Bernie Boulous	48:06	9 th 30-34yrs
62nd	Maria Di Marco	49:10	
98th	Rebecca Deane	50:37	
254th	Kerry Ross	56:22	
271st	Kerryn Parkinson	57:08	

10km Team Results

Sports Club/ Gym: **1st Sydney Strider Sweepers:** Maria Di Marco, Rebecca Deane, Kerry Ross, Kerryn Parkinson (**photo on opposite page**)

10 running things I've learned the hard way

by Kevin O'Kane

One learns many things over several decades of running. Learning might come from wise old runners, well-researched books or from the application of common sense. There are some things, however, you just don't learn the easy way.

There is a second half to marathons

In 1980, as a veteran of several City-to-Surf runs (my longest ever run before Marathon day); I impulsively entered my first Marathon, totally untrained, a month before the event. Multiplying my then best City-to-Surf time (60 minutes) by 3, for 3 times the distance, I worked out I could finish in 3 hours. At halfway, 90 minutes exactly, right on schedule. I spent the second half trying without success to run the whole distance between two telegraph poles after each 10 minute walk. Backwards on my rear end up the 30 steps at home took about an hour.

Don't run downhill in Katoomba

Katoomba roads are very steep and, as I found out, very hard. On a mountain holiday, I was fit after a week of trail runs, golf and red wine. So I went for a time on my run from Leura to Katoomba and back. The precipitous downhills were great, as I could fly at a much greater speed than I could ever achieve on the flat. Until a friendly dog emerged from a front gate two metres in front of me. Before I stopped rolling and bouncing, I had stripped the skin from every exposed surface, and bruised what was left. And I still had 3 ks left to "run". Not a record.

Don't run with a torch in your hand

On a cold and dark Wednesday morning I was chasing the pack on the Equaliser. I had a torch in my hand to see the way, until things brightened up. Suddenly I heard the sound of skull cracking on rock, five seconds before I felt it. Did you know that the reflex which throws out your hand to break your fall doesn't work if you are carrying a torch?

Some day you will need speed

Running home one day in the eighties, past the drinkers on "Gilligan's Island" at Taylor Square, a very large and well-lubricated Pacific Islander thought it would be hilarious to trip the fool jogger.

As I stumbled, my elbow rammed home very hard in the centre of his nose (I think it was accidental). I could hear the crack. Thank God for the speed training I had been doing, as the next 400 metres was covered in about 40 seconds until my new friend and his helpers expired behind me. Who needs steroids? I changed my route home after that.

Mark the course with waterproof materials

There are still a very few surviving Striders who found their way back from my first two cross-country races as Internal Events Director. I'd been told by the previous director that all I had to do was to go out and mark the course with flour the evening before, which I did. On both occasions the heavens opened overnight, washing all traces of the flour away and leading to some interesting sights. The Club's fastest runner, Phil Garvin, was seen wading waist deep in a creek (which the course didn't cross), finishing in about 35th position.

Prepare properly for a Marathon

I prepared for the 2002 Canberra Marathon as follows

- Jump started the training. From zero to 95 ks in two weeks;
- Ran my best Six Foot Track shortly before;
- Put on 7 or 8 kilograms;
- Caught a debilitating virus for 4 weeks;
- Didn't taper because I needed the training after the virus;
- Partied in Sydney until one a.m.
- Drove to Canberra, arriving shortly before the start;
- Used an old pair of socks, which bunched up and blistered my feet;
- Took off at way too fast a pace.

The result? I broke my 15 year old PW. Enough said.

Giving up the grog won't help

For Bathurst 1987, I made the almost supreme sacrifice and gave up the demon drink for over a month to ensure a peak performance. So I get a 60 knot wind in my face, and a missing course marshal on a major corner - inside having a cuppa out of the wind. I warned Sharon Callister, who gave up the nightly red two months before this year's Gold Coast Marathon. It turned out to be a nice day for

sunbaking, not marathons. Someone's trying to tell us something. One qualification, however. The half hour before a race is not a good time for a Rutherglen wine and cheese tasting. While I did manage a very quick 800 metres, it was a 3k race. Just call me Chuck.

Ignore diving birds

In many areas of Sydney, there are seasons when swooping birds make life difficult. While running through Hyde Park to work one morning, I found that the city is one of these areas. There is absolutely no way of maintaining your dignity, when you are swatting a small bird swooping at you, before kicking a perfectly visible large tree root and falling (still swatting) rear first into a deep muddy pool of putrid water in front of 50 Sydney Grammar Year Niners. Spontaneous applause is no help.

Choose your friends carefully after a run

At a Campbelltown Fisher's Ghost run in the early eighties, organisers took the obvious step as the November temperatures climbed towards 40. They postponed the run for an hour to talk about it, before going ahead at 11.00 a.m. I had quite a good run, with the scenery supplemented by the fleet of wailing ambulances zooming back and forth with dozens of heatstroke victims. I latched on to a fast finishing guy for a good hard sprint over the last couple of ks. As we crossed the line together, he turned to thank me for the competition. I thought. In 42 degree shower-free Campbelltown sun, I didn't make many friends covered from shoulder to toe with his rapidly decaying breakfast.

Beware Striders bearing maps

One should never assume that the confident pair at the front of the pack, looking carefully at the map, have the slightest idea where they are, let alone where they are going. A well known Club taxi driver, dropped from the 6.20 group, passed me and Frank Dearn four times in the same run, before wisely deciding to stay with us. MTG leaders are no better. Michael Bailey (multiple winner of the Burke and Wills award for navigational improvisation) once made his way back to the finish of a STaR (at 10.30) by way of the hospitality tent for the Greg Norman Golf Classic. And another nameless MTG leader took a group up a set of stairs to a shortcut, to be surrounded by security guards in the foyer of a building.

Upcoming events

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

13th October Sydney Summer Series #1

Varying distances and venues. The Sydney Summer Series is a program of after-work events of 45 mins duration for walkers, joggers and runners who would like a navigational challenge. For 13th Oct event start anytime between 4pm and 6pm from Meadowbank Park, end Federal Road. Event Organiser Graeme Hill, 9653 2550. Series Coordinator Ross Barr at rossbar@rossbarr.com.au. Or go to www.sydneysummerseries.com.au. I believe Stephen Jackson and Michael Free ran these events last year.

16th October Fitzroy Falls Trail Marathon, 42km.

Starts 8am from Twin Falls Cottages, Fitzroy Falls. Entry fee \$30. Contact Michael Chapman on (02) 9518-9099 or michael@bonnefinchchapman.com.au or 0419-515-555 or www.fitzroyfallsmarathon.com.

24th October Sussan Women's Fun Run

5km or 10km run or walk. Starts 8am from Mrs Macquarie's Point, Sydney. Contact Super Sprint Promotions on (03) 9596-2340 or www.supersprint.com Note: Teams of 2 or 4 may enter at both distances. Caroline Yarnell and Gemma Dalgleish were putting in a team entry for the 5k – any other takers?

24th Oct Brindabella Classic 53.8km Also the Bull's Head Challenge 26k

Organised by ACT Cross-Country Club see coolrunning for website.

20th – 21st Nov, River Inn Thredbo Marathon Weekend

5k Fun Run 4pm Saturday, Half & Marathon 7am Sunday, Pasta Party on Saturday night. Starts from River Inn Thredbo, NSW. Contact The Right Track (02) 9738-8638 or www.riverinn.com.au. This new event replaces the cancelled Jindabyne Marathon.

5th Dec Singapore Marathon (also Half and 10k)

Singapore phone 65 6340 9647 or www.singaporemarathon.com

Remaining Super Series Events 2004

Sep 12th - Sydney 10/21/42km

Oct 17th - Internal Handicap Half (Members only)

City to Surf 8th August

Place	Time	Strider			
16	0.43.52	Glenn Guzzo	717	0.57.30	Wayne Gregory
22	0.44.36	David Criniti	720	0.57.31	Luke Peterson
37	0.46.08	Dean Degan	793	0.58.08	Stephen Ball
38	0.46.10	Chris Truscott	814	0.58.17	David Burgess
48	0.47.03	Darren Benson	817	0.58.19	Sean Ryan
52	0.47.15	Damian Tancred	857	0.58.38	David Gayford
63	0.47.52	John Young	904	0.58.58	Catriona Cater
73	0.48.12	Richard Sarkies	928	0.59.05	Craig Plumb
77	0.48.30	Raymond Wareham	955	0.59.14	John Bugg
155	0.50.34	Martin Matthews	1033	0.59.39	Tony Barbaro
158	0.50.38	Peter Truscott	1055	0.59.46	Andrew Charleston
160	0.50.39	Cameron Arnold	1074	0.59.51	Darren Goodsir
168	0.50.44	Jonathan Heron	1096	1.00.02	Mike Fowlds
185	0.50.58	Stuart Chellis	1128	1.00.13	John Hodges
215	0.51.26	Gerry Arthur	1158	1.00.24	Mohammed Alkhub
221	0.51.30	Randall Brophy	1170	1.00.27	Paul Trainor
231	0.51.42	Christopher Dwyer	1219	1.00.46	Gregory Mackay
231	0.51.42	Ross Sinclair	1341	1.01.22	Arthur Huxtable
236	0.51.48	William Ward	1354	1.01.27	Mark Schaefer
265	0.52.24	Anthony Wong	1364	1.01.30	David Bray
285	0.52.42	Tony Fattorini	1383	1.01.36	Glenn Lockwood
294	0.52.46	Jenny Wickham	1449	1.01.58	Mark Richardson
302	0.52.57	Stephen Jackson	1468	1.02.03	Mark Davis
324	0.53.13	Craig Dunn	1515	1.02.16	Hugh Langshaw
327	0.53.16	Greg Coy	1661	1.02.49	Dougal Langusch
333	0.53.20	Jenny Truscott	1690	1.02.56	Tim Deane
379	0.53.57	Shaun Atchison	1743	1.03.06	Lisa Carroli
392	0.54.07	Stephen Parker	1821	1.03.27	James Cryer
408	0.54.18	Lachlan Renshaw	1919	1.03.50	Charles King
408	0.54.18	Stephen Firth	1962	1.04.01	James Moody
431	0.54.34	Ryan Armstrong	1987	1.04.06	Mark Robinson
484	0.55.15	Philip Boswell	2092	1.04.29	David Camm
489	0.55.18	Chad Armstrong	2138	1.04.38	Gemma Dalgleish
498	0.55.21	Benjamin Roberts	2215	1.04.52	Patrick Hodgens
515	0.55.30	Andrew Cullen	2223	1.04.54	Mary Stringer
515	0.55.30	Kendall Waller	2256	1.05.04	Brian Ogilwy
518	0.55.31	Eliza Stewart	2275	1.05.08	Paul Thompson
529	0.55.39	Ron Schwebel	2398	1.05.33	Ross McCarty
533	0.55.42	John Van Yzendoorn	2528	1.05.54	Heiko Schaefer
541	0.55.46	Greg Donovan	2734	1.06.31	Sebastian Warmerdam
542	0.55.47	Craig Brown	2859	1.06.50	Geoff Underwood
545	0.55.49	Richard Deutsch	2875	1.06.53	Amanda Underwood
553	0.55.53	Peter Slater	2886	1.06.55	Mervyn Cohen
574	0.56.10	Stephen Fahey	2893	1.06.56	James Woodhams
587	0.56.19	Martin Harris	3080	1.07.27	Paula Shingler
629	0.56.40	Walter Mitchell	3226	1.07.46	Bernadette Boulous
637	0.56.43	Bill Flanagan	3373	1.08.06	Nick Woodhams
640	0.56.46	Stephen Bodnar	3452	1.08.17	Allan Wareham
651	0.56.51	Ben Mcsweeney	3469	1.08.19	John Sutherland
665	0.56.58	Alex Jensen	3494	1.08.22	Campbell Reid
699	0.57.18	Andrew Fuller	3597	1.08.37	Dean Gardiner
704	0.57.22	Ray Doran	3681	1.08.48	Jim Barrett
			3687	1.08.49	Roger Cox

3729 1.08.55 Maria Dimarco
 3798 1.09.05 Stephen Smith
 3885 1.09.16 Rick Collins
 3979 1.09.31 Brent McKee
 3997 1.09.34 Glenda Mitchell
 4285 1.10.17 Andrew Joseph
 4305 1.10.20 Barbara Fabish
 4381 1.10.29 Phil Garvin
 4436 1.10.34 Rebecca Deane
 4464 1.10.38 Robert Wawrzyniak
 4856 1.11.28 Elizabeth Woodhams
 4989 1.11.42 Michael Peters
 5256 1.12.16 Pierre Van Heerden
 5266 1.12.18 Katie Rowell
 5329 1.12.25 Eric Schmierer
 5343 1.12.26 Michael McCarthy
 5356 1.12.27 Karen Carter
 5486 1.12.42 David Cooke
 5681 1.13.04 Jeff Morunga
 5709 1.13.07 Marcus Juhasz
 5965 1.13.34 Joe Degabriele
 6135 1.13.53 Lorraine Spanton
 6223 1.14.04 John Shepherd
 6334 1.14.15 Lawrence Ullio
 6537 1.14.36 Sam Chuah
 6911 1.15.16 Edward Sharp
 6977 1.15.22 Michael Johnstone
 6989 1.15.23 Denis Speyer
 7587 1.16.22 Paul Russell
 7710 1.16.34 Jack Leigh
 8011 1.17.04 David East
 8069 1.17.08 Susan Chalmers
 8114 1.17.12 Kerry Ross
 8701 1.18.10 George Herisson
 8830 1.18.20 Allison Lilley
 8842 1.18.21 Alison Gardiner
 8894 1.18.26 Lesley Maher
 9033 1.18.38 Frances Brown
 9623 1.19.28 Roger Rigby
 10462 1.20.41 Gary Lewis
 10486 1.20.43 Joanna White
 10669 1.21.03 Lilian Chuah
 10755 1.21.10 Geoff Taylor
 11065 1.21.41 Heather Forster
 11087 1.21.43 Katherine McSweeney
 11241 1.21.58 Jacqueline Ramsay
 11388 1.22.13 John Hanna
 11746 1.22.44 Steven Norden
 11868 1.22.55 Peter Todd
 11950 1.23.02 Jennie Meixner
 12097 1.23.12 Lynn Herisson
 12248 1.23.28 Graham Willis
 12370 1.23.39 Gill Cavenagh
 12503 1.23.52 Per Jensen
 12994 1.24.38 John Moore

14037 1.26.19 Fernando Santisteban
 14832 1.27.35 Rachel Smith
 14896 1.27.41 Brad Renshaw
 14908 1.27.42 Mike Hansen
 15160 1.28.07 Lisa Gallate
 15312 1.28.22 Peter Roberts
 16279 1.29.55 Frank Dearn
 16941 1.31.05 Kevin O'Kane
 17478 1.32.08 David Solomon
 17918 1.33.00 Paul Jackson
 17994 1.33.08 Helen Wilson
 18272 1.33.39 Megan Jackson
 18927 1.34.56 Graham Osborn
 20367 1.38.04 Peter Johnson
 20628 1.38.38 Bruce Craven
 21058 1.39.38 Steve Packer
 22829 1.44.44 Mark Wilson
 23376 1.46.23 Neil Barker
 23929 1.48.10 Robyn Moody
 24854 1.51.10 Graham Sharp
 25288 1.52.47 Andrew Duggan

Age-Group Placings

Ray Doran 2nd M60-64
 Heiko Schaefer 3rd M65-69
 Eliza Stewart 3rd F U-20

Striders in Teams

1st Women 20-29 'Coolchicks' team had Striders Gemma Dalglish and Amanda Underwood.

3rd Tertiary Education Mohammed Alkhub in the Sydney Uni Sport team.

3rd Women's Sporting Clubs 'Striders Girls' - Frances Brown, Lynn Herisson, Gillian Cavenagh.

1st Jogging Clubs 'Cooldude Striders' team had Striders David Criniti and Cameron Arnold.

3rd Jogging Clubs 'Sydney Striders' - Chris Truscott, Craig Brown and Stephen Bodnar.

1st Family of Four 'Woodies on the Run' James, Nick, Liz and Anne Woodhams.

2nd Father and Two Children - The Warehams - Raymond, Allan and Vincent.

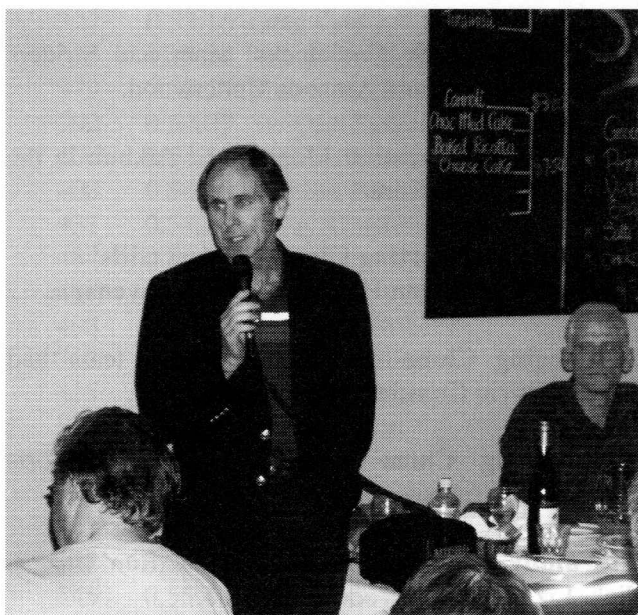
Major appreciation to Adrian Spragg and his crew for fantastic catering and support. An ideal location which could only have been obtained with a 5am start. You even turned the best weather. Full marks and many, many thanks. SJ.

Awards and Pre-Half Pasta Dinner

110+ Striders and significant others attended the Pasta and Awards dinner in Leichhardt on 21st May. The guest speaker was Dick Telford who has coached Rob DeCastella, Benita Johnson, Andrew Lloyd, Craig Mottram, Sisay Bezabeh, plus many other running greats at the AIS in Canberra, as well as being a sub 2:30 marathoner himself. Dick told personal stories of Roger Bannister and Rob DeCastella, and answered questions on training and sex (you had to be there)!

The Outstanding Achievement of the Year Award (voted on by you lot) was taken out by a clear margin by Frank Dearn for his 6ft Track in his 70th year. The STaR Host of the Year and Blister Article of the Year are also voted on by members. Everyone scored a running shoe key ring, and Leigh MacRitchie picked up a brand new pair of running shoes in the draw.

Many thanks to Michael Bailey for organising, Jim Screen for trophies, Fiona and Virginia for being very good door-persons, and to everyone who turned up! SJ



Guest speaker Dick Telford

Debut Marathon Award

Gerry Arthur 2:59:23 Canberra
Manuela Sumetzberger 4:00:42 Canberra

Sub 3-Hour Marathon Improver Award

Martin Matthews, from 3:18.26 to 2:56.14, an improvement of 11%

Sub 4-Hour Marathon Improver Award

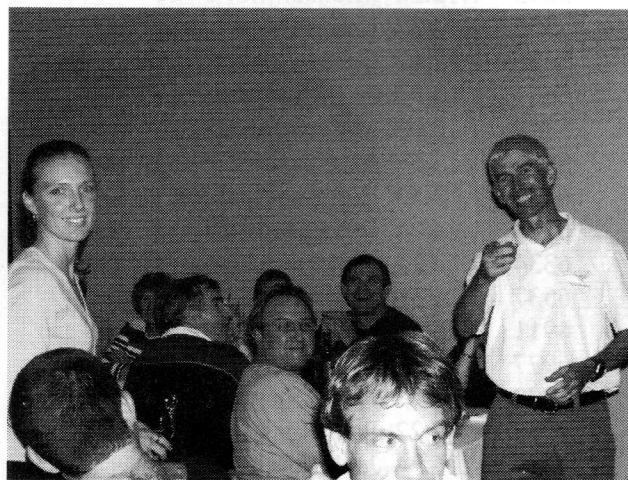
Amanda Underwood, from 4:34.35 to 3:53.20, an improvement of 15%

Improver Of The Year Award

Joel Mackay

Encouragement Award

Lachlan Renshaw



Jenny Truscott, Open Half Marathon Winner receives her award

Open Marathon Award

Jonathan Craig 2:39.43 Canberra
Catriona Cater 3:12.12 Canberra

Veteran Marathon Award

Jonathan Craig 2:39.43 Canberra
Catriona Cater 3:12.12 Canberra

Masters Marathon Award

Chris Dwyer 2:50.24 Berlin
Tina Campbell 3:55.53 Gold Coast

Senior Marathon Award

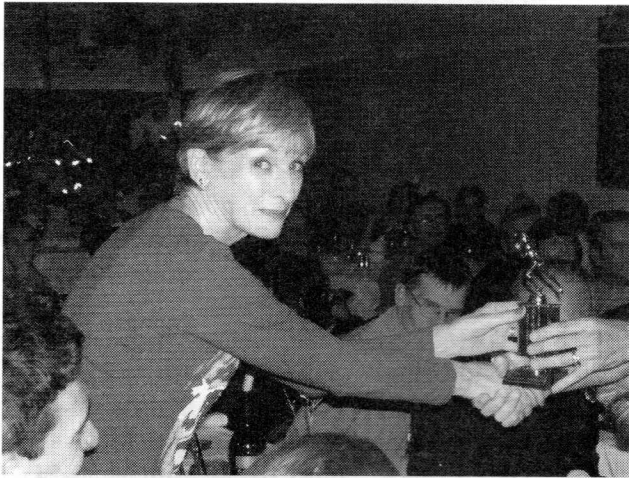
Peter Hammerschmidt 3:37.26 Canberra

Super Senior Marathon Award

Frank Dearn 4:54.55 Canberra

Open Half Marathon Award

Chris Truscott 1:11.05 Gold Coast
Jenny Truscott 1:19.41 Gold Coast



Penny Smith, Senior Half Marathon Winner

Veteran Half Marathon Award

Ross Sinclair 1.21.36 SMH

Dawn Tiller 1.27.33 Sydney

Senior Half Marathon Award

Ray Doran 1.27.24 SMH

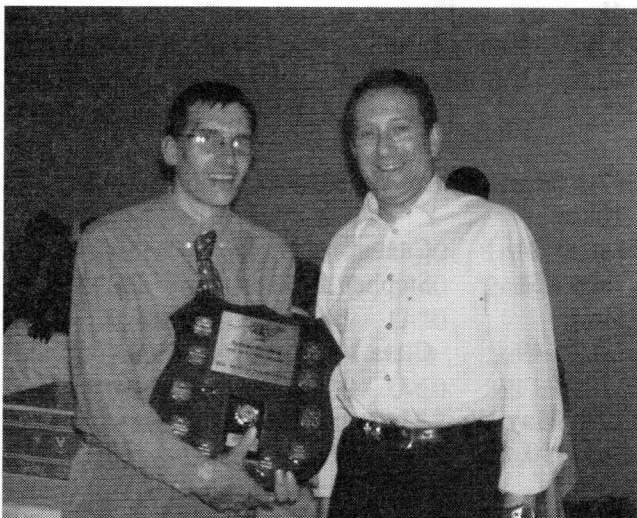
Penny Smith 2.07.30 Sydney

Super Senior Half Marathon Award

Ron Daly 1.19.03 SMH

Ultra Runner Of The Year Award

Jonathan Worswick (1st 60k Bogong to Hotham, 3rd 85k Cradle Mountain, 5th 45k 6ft, 1st 100km Trailwalker)



Phil Hugill receives Blister Article of the Year Award from your Editor

Triathlete Of The Year Award

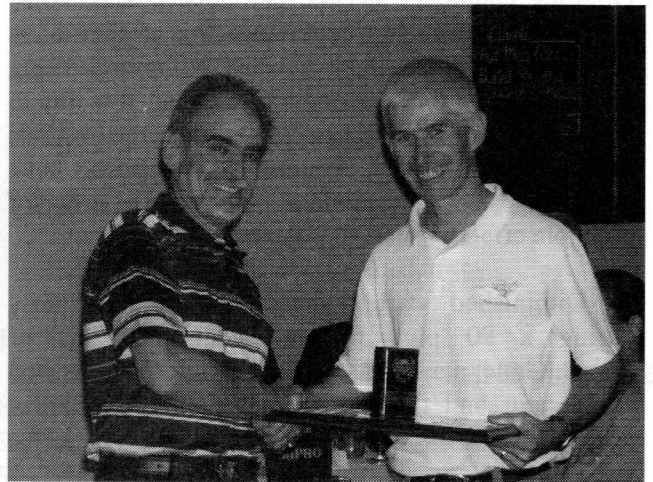
Brenda Hamill (Australian Age Group Champion - Forster Ironman)

Blister Article of the Year Award

Phil Hugill (Marathon de Sable)

STaR Host of the Year Award

Kevin O'Kane (Bobbin Head Revisited)

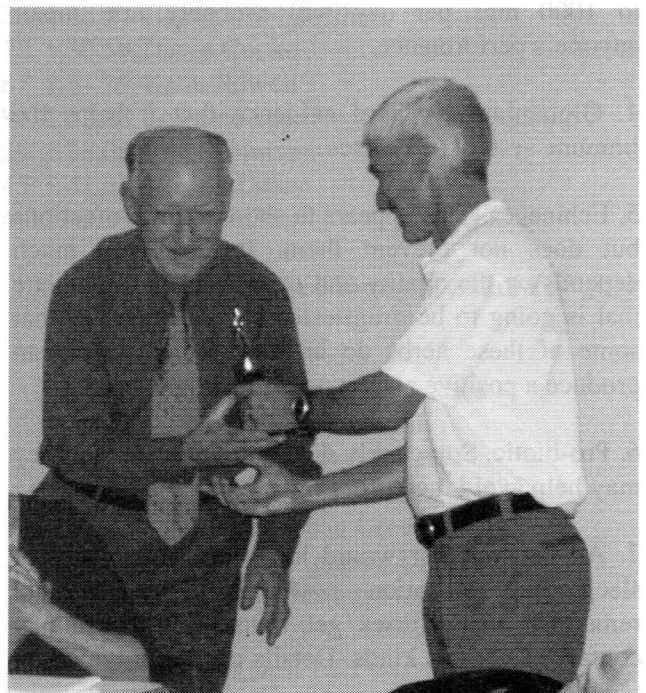


President's Award for Excellence

James Moody (MTG) (Photo above)

Maria Gemenis-Cruickchank Outstanding Achievement Award

Frank Dearn (6ft Track in his 70th year) (Photo below)



MEDICAL TIT BITS

From Dr Paul Russell, General Practitioner

After months of scouring the medical journals and annals of the world your ever-alert medical correspondent has gleaned a few facts which may of be of interest to endurance athletes.

These tit bits relate to avoiding those annoying viral infections that one tends to get after particularly gruelling endurance events, particularly marathons. Most people probably experience this if they have managed to go less than a week without partying after a particularly hard endurance event. It is due to the fact that certain aspects of the immune systems appear to be inhibited. A number of proposals have been suggested and solutions presented. In order of probable effectiveness, these are:-

1. Diminished carbohydrate intake particularly during a 90 plus minute event. 60 gms of carbohydrate per litre of fluid should be ingested every hour and this has been shown to minimize effects on the immune system particularly T cells, etc.
2. Diet quality. Lots of unprocessed foods, fruits and vegetables which will not only aid the immune system but also possibly increase speed via propulsion and deter others from sitting on your tail during the event.
3. Vitamin C. Evidence is still inconclusive but 200 to 1000 mgs per day will probably not impair anyone's performance.
4. Glutamine. No hard evidence that it helps the immune system in athletes.
5. Echinacea. This appears to shorten viral infections but does not prevent them. It also very much depends on the quality and quantity and any athlete that is going to be drug-tested should be aware that some of these herbs do have ingredients that can produce a positive results on urine drug testing.
6. Pro-biotic. Some early data does indicate that they may help avoid these viral infections.
7. As your mother would have told you plenty of sleep and relaxation post-stressful events and remember that viruses get transmitted by human contact of various kinds. Details can be provided on request.

Apologies to all my fellow physicians who are making their living out of treating exhausted runners with viral infections.

RACE RESULTS

4th April Forster Ironman 3.8k swim, 180k bike, 42.2km run.

Pl		Time	Age grp place
25	David Criniti	9.08.49	4th M 25-29
423	Mark Fiore	10.43.02	56th M 40-44
801	Gary Aitkenhead	11.35.37	46th M 45-49
952	Gary Leahey	12.01.38	26th M 50-54
1029	John Zahra	12.19.09	151st M 40-44
1313	Brenda Hamill	13.32.15	2nd F 50-59

9th May Crackneck Challenge– 16km

Heiko Schaefer 1.20.00 1st 60+
Stephen Smith 1.26.00

9th May Mother's Day Classic 8km, Domain

9th	Randy Brophy	29:14	2nd M40-49
13th	Eliza Stewart	29:39	2nd F
14th	Jenny Wickham	29:43	3rd F
23th	Sean Ryan	30:55	
49th	Ray Doran	32:53	1st M60-69
116th	Damian Tancred	36:08	
175th	Bernadette Boulous	37:58	
372th	Benny Gauci	42:10	
4km			
13th	Randy Brophy	14:20	1st M40-49
45th	Caroline Yarnell	16:23	1st F40-49

17th May Sydney Marathon Clinic 10km

1st 20-34	Cameron Arnold	36:24
1st 45-54	Stephen Jackson	36:45

5km

1st 35-49	Clara Vucetic	23:35
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17th May West Metropolitan X-Country 8km

3rd 0-50	Rod Lovell
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23rd May Grafton-Coffs Harbour 85km

Striders Dave Criniti and Kelvin Marshall finished 1st and 3rd.

6th June MS Run 8km

	Pl.	Gender Pl.	Age Grp	AG Place	Time
Randall Brophy	9	9	40-49M	1	0.29.49
Jenny Wickham	12	1	30-39F	1	0.31.08
Eliza Stewart	13	2	13-17F	1	0.31.10
Ron Schwebel	20	18	50-59M	1	0.32.56
Caroline Yarnell	60	9	40-49F	1	0.35.28
Andrew Fuller	68	56	30-39M	18	0.35.50
Pete Steel	84	70	30-39M	27	0.36.37
Bernadette Boulous	161	35	30-39F	16	0.40.20
Eric Schmierer	209	151	50-59M	14	0.41.50
Andrew Duggan	470	238	18-29M	74	0.51.56

13th June Macleay River Marathon

1st Outright	David Criniti	2:35
3rd	Ray Wareham	2:43
36th	Jeff Morunga	3:57

16th June Comrades

The 'up run' from Durban to Pietermaritzburg (86.755 km).

Bridgit English (1st Comrades) 10:07:04

Pierre van Heerden (11th Comrades) 10:10:45

Next year is the 80th running of Comrades.

19th June State Cross-Country C'ships, Nowra**8km**

9th Joanne Cowan 33:29 (1st W45)

12km

Keith Bateman	46:22	(2nd 45-49)
Martin Matthews	46:25	

20th June Bay to Bay 12km

11th Mark Wilson	43:50
21st Ross Sinclair	45:02
46th John van Yzendoorn	49:13

27th June, Cutler Run 2004 - Manly Dam, 10k

2nd	Dean Degan	32:44	U-40	1st U-40
5th	John Young	34:27	U-40	2nd U-40
9th	Richard Green	36:49	U-30	
13th	Jenny Wickham	37:34	U30	1st F
14th	Randy Brophy	37:39	U-50	3rd U-50
20th	Tony Wong	38:30	U-50	
48th	Ron Schwebel	41:52	50+	2nd 50+
58th	Steve Bodnar	41:51	U50	
133rd	Eric Schmierer	49:27	50+	
2.5k				
3rd	Tony Wong	8:10	U50	1st U50
7th	Ron Schwebel	8:42	50+	1st 50+

28th June Woodford to Glenbrook 25Km

Keith Bateman	01:32:57
(3rd Overall, 2nd 40+)	
Derek Hamill	1:57:59
James Cryer	1:58:09
Stephen Kibble	2:00:38
Lisa Carroli	2:06:46
Mark Gardiner	2:08:30
Christine Cullen	2:08:55
Margaret White	2:10:01
Allan Wareham	2:12:11
Gary Leahey	2:15:23
Keith White	2:50:50

4th July Pichi Richi Marathon, Port Augusta

1st Kelvin Marshall	3:07:12
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11th July Great Nosh 15km

Pl	Time		
1	0.59.14	Chris Truscott	1st Overall & Mens 18-29
18	1.08.16	Richard Green	
29	1.12.29	Ron Schwebel	1st Mens 50-59
39	1.14.08	Tony Barbaro	
44	1.14.49	Stephen Ball	2nd Mens 50-59
68	1.18.50	Martin Harris	
87	1.21.27	Paula Shingler	2nd Womens 40-49
94	1.22.00	David Bray	
95	1.22.23	Patrick Hodgins	
100	1.22.42	James Cryer	
156	1.28.26	Roger Cox	
157	1.28.53	Allan Wareham	
158	1.28.57	Gemma Dalglish	
178	1.30.59	David Cooke	
182	1.31.29	Katie Rowell	
194	1.32.48	Lorraine Spanton	2nd Womens 50-59
229	1.38.06	Eric Schmierer	
245	1.41.51	Allison Lilley	
249	1.42.20	Julie McGaw	

Shoalhaven King of the Mountain 32km 11th July

Place	Time	Strider
1	2.10.31	Damian Tancred
57	2.52.20	Lisa Carroli
68	2.59.24	Ross McCarty
86	3.08.21	Dougal Langusch
87	3.08.22	Sean Greenhill
89	3.09.59	Amanda Underwood
103	3.24.08	Naomi Frank

25th July Sutherland to Surf 11km

Place	Time	Strider
8	0.34.46	Dean Degan
34	0.38.48	Jonathan Heron
49	0.39.36	Jenny Truscott 2nd Female
67	0.40.46	Craig Dunn
98	0.42.20	Ray Doran
110	0.42.52	Wayne Gregory
204	0.44.50	Andrew Fuller
291	0.46.22	Andrew Dyer
494	0.48.56	Mark Davis
800	0.52.40	Katie Rowell
809	0.52.48	David Cooke
943	0.54.20	Peter Johnson
979	0.54.36	Eric Schmierer
1932	1.06.58	Stephen Smith
2485	1.28.10	Robyn Moody
2600	1.32.44	Paul Thompson
2873	1.39.52	Keith White
3023	1.43.00	David Ritchie
3335	1.49.58	Michelle Farrar

25th July, Warrumbungle National Park Marathon**Ultra 50km**

1st David Criniti 3:42:35

May – July Corporate Cup Series 49

Legal Eagles winning ways continue in the Corporate Cup. Legal Eagles is not a Sydney Striders team but it does include a number of Striders as members. In series # 49, held between May and July, Legal Eagles continued their successful ways by winning the competitive and prestigious Fastest team competition for a 5th time in the last 10 series.

In July they won both the Fastest and Representative (attendance) competitions, being only the 2nd team in the 16-year history of Corporate Cup to win these two competitions in a single series. Legal Eagles with 5 wins have overtaken the 4 wins of Awesome Midday Pacers (AMP) and now rank 3rd on the all time winners list behind BT Warriors (24 wins) and NRMA Potholes (8 wins).

Striders in the 15 member Legal Eagles team are Charles Coville (team captain), Stephen Jackson, Grahame Murphy, John Van Yzendoorn, Amanda Underwood, Daniel Vorster, Mark Fiore and Scott Smiles. Other Striders also compete.

Corporate Cup is a 5.9k race every second Wednesday in the Botanic Gardens and consists of 6 races in a series, with 3 series held each year. See

www.corporatecup.coolrunning.com.au

Lachlan Renshaw has been running well in the schools cross-country season. Results include 2nd at the GPS Cross-Country on May 16th in Open category and 1st in the Kings School Invitation Cross-Country at Centennial Park.

Mount Wilson to Bilpin

Striders came 1st, 2nd and 3rd.

1. Glenn Guzzo - course record
2. Chris Truscott,
3. Darren Benson.

Age groups wins for Chris Dwyer and Frank Dearn. Full results in next Blister.

*

You ran the race but don't see your name in the results? For non-Super Series events we need you to tell us what races you've run and when you get PBs. Contact the **Results Coordinator, David Bray** results@sydneystriders.org.au (9878-0181). Thanks to all who send results in both for themselves and other Striders they spotted.

From Results Coordinator, David Bray: A number of people noticed that they had a 'No' against their name under the uniform section of the City to Surf results on the Striders website. It is your responsibility to inform me if you were wearing the Striders uniform at a Super Series event (minimum of Striders top) to earn the extra Super Series points. If you do not respond to the request for finish details then even if I 'discover' your time through other means, it is assumed you were not wearing the uniform. Please send updates to results@sydneystriders.org.au or phone 9878-0181.

Personal Bests

Keith Bateman is still on a roll with a PB of 35:29 in the May Striders 10k at the Domain, then another in the State 10Km a week later - 35:06 (Bronze 45+, Silver 35+ Team). A Half-Marathon PB of 1:17:57 in the SMH Half (Silver State Champs 45+). Keith picked up more placings at the State Cross Country at Nowra - Silver (45+) and placed 3rd outright in Woodford to Glenbrook (2nd 40+ group). Keith also ran 23:29 at the 7km in Sir Joseph Banks Park on 29th May.

Equaliser Club Cross-Country 18th July 2004

	Time
1 Glenn Guzzo	0.52.08
2 Chris Truscott	0.53.14
3 Raymond Wareham	0.54.00
4 Darren Benson	0.55.13
5 Richard Sarkies	0.57.45
6 Cameron Arnold	0.57.54
7 Stuart Chellis	0.59.44
8 Richard Green	0.59.46
9 William Ward	1.00.25
10 Tom Silk	1.03.19
11 Jenny Truscott	1.03.38 F
12 Ron Schwebel	1.04.07
13 Scott Stefl	1.04.24
14 Greg Donovan	1.04.29
15 Philip Boswell	1.04.58
16 Joanne Cowan	1.05.38 F
17 Mark Fiore	1.05.59
18 Suzanne Kelly	1.06.06 F
19 Barry Rutter	1.06.26
20 Adrian Spragg	1.06.48
21 Martin Harris	1.07.01
22 John Van Yzendoorn	1.07.05
23 Catriona Cater	1.07.53 F
24 David Gayford	1.08.13
25 Kendall Waller	1.09.01
26 Charles Coville	1.09.05
27 Craig Plumb	1.09.31
28 Mohammed Alkhub	1.10.10
29 Glenn Lockwood	1.10.35
30 Dougal Langusch	1.10.47
31 Rod Lovel	1.10.50
32 David Bray	1.10.52
33 Tim Deane	1.10.55
34 Paul Thompson	1.11.36
35 Stephen Bodnar	1.11.52
36 James Cryer	1.12.08
37 Arthur Huxtable	1.12.43
38 Charles King	1.13.32
39 Greta Auricht	1.13.37 F
40 Roger Cox	1.14.28
41 Patrick Hodgins	1.14.34
42 Gemma Dalglish	1.14.38 F
43 Paul Trainor	1.14.40
44 Malcolm Satchell	1.14.56
45 James Moody	1.15.13
46 Campbell Reid	1.15.14
47 Alex Whitworth	1.15.29
48 Darryl Chrisp	1.15.33
49 Amanda Underwood	1.16.21 F
50 Brian Ogilwy	1.16.59
51 George Herisson	1.17.38

52 David Lancaster	1.17.53
53 Julian Wright	1.18.25
54 Ross McCarty	1.18.29
55 Geoff Underwood	1.18.55
56 Alan Smith	1.19.00
57 Eric Schmierer	1.19.50
58 Allan Wareham	1.20.29
59 Barbara Fabish	1.22.22 F
60 Michael McCarthy	1.22.24
61 Kevin Tiller	1.22.33
62 John Moore	1.22.42
63 Joe Degabriele	1.22.54
64 Jeff Morunga	1.23.10
65 Rick Collins	1.23.31
66 Tina Campbell	1.23.45 F
67 Allison Lilley	1.24.14 F
68 Brian McElhinney	1.26.46
69 Maria DiMarco	1.26.47 F
70 Darren Kaehne	1.29.35
71 Karin Kaehne	1.29.36 F
72 Rebecca Deane	1.31.57 F
73 Sam Chuah	1.33.06
74 Kerry Ross	1.33.31 F
75 Frank Dearn	1.39.59
76 John Kerr	1.46.01
77 Sue Hill	1.46.26 F
78 Peter Johnson	1.58.12

Officials:

Heather Forster, Robyn Moody, Megan Jackson, Sharon Callister, Shirley Rutter, Brad Renshaw, Graham Willis, Ian Whitfield, Kevin O'Kane, Craig Dunn, Jim Screen, John Ayliffe, Manfred Fiedler, Michael Bailey, Mike Hansen, Peter Woods, Richard Peacock, Robert Chalmers, Stephen Jackson.

The first two home, Glenn Guzzo and Chris Truscott, were under the 13-year old course record held by Jock Davis. Well done. Cold and wet, but obviously fast conditions. Thanks to Manfred Fiedler for organising, and to all the intrepid marshals, course-markers, drinks-stoppers and timers who stood around in truly feral conditions to make the run a success. SJ.

What a runner can doon the long road to Kona

By David Criniti

David will shortly be competing at the Hawaii Ironman – thus article is about how he got there - the preparation for and completion of the Australian Ironman Triathlon.

BACK IN THE BEGINNING

It started off in anger; this whole dream to get to Hawaii. It started off because I'd been told how hard it was. Not just that, but how it was harder than the things I did. Ultramarathons were hard, I was told, but Hawaii was the ultimate.

The fact that the person doing all this talking had done neither an ultra, nor an Ironman, didn't stop him laying out the gospel for me. He was a triathlete. I was a runner; and I'd heard it all before; how us runners had it easy because we only had to train for one discipline.

I'd always listened politely to this conjecture, shrugged it off, and changed the topic. Frankly, it wasn't the sort of thing I was interested in arguing. I'd envisioned any discussion would quickly devolve into nothing more than a slanging match of the "my dad's tougher than your dad" variety. Not interested, thanks very much.

I did, however, wish I didn't have to listen to this. I loved running. I'd always had a fascination with the long stuff too. There was an immense sense of achievement there for me. After fighting the urge to quit for hours on end, to finally reach the finish line. It was awesome. I knew there was no fame or fortune to be had in this sport...but was a bit of respect and understanding too much to ask?

From my non-athletic acquaintances, I was told I was crazy. Why would you run around a track for 12hrs? There must be something wrong upstairs. Why run 100km? What are cars for?

One would think I'd find some solace in a triathlete, who obviously had a lot of respect for ironmen. After all, were ultra runners all that different to ironmen? We were both out there for the best part of the day, with similar objectives - finishing, and preferably as fast as possible.

However, that just wasn't my experience. And I was told, categorically, that I just wasn't up to par. Hawaii was Mecca, and a runner just couldn't cut it. We'd see about that. Like I said, I wasn't interested in arguing the point, but I'd sure as hell like to see if

I could do it - and show 'em what a runner could do.

STARTING TO TRAIN

So the seed was sown. I knew how to swim; hell I taught kids to swim - well, the basics at least. I'd never been a lap-swimmer though. Never had trouble swimming, but never had a particular talent or passion for it. Now was the time to start doing laps on a regular basis.

The breathing and technique would come. I would get faster. I joined a squad; it helped...but I could tell this was going to be my least favourite discipline.

The cycling was more enjoyable. I'd spent a lot of hours on a bicycle as a kid. All playing though. Jumping down stairs on my BMX or mountain bike, riding to and from the local park. Never racing though, except a friendly challenge to the next telegraph pole.

As I grew older, my bike had become an important means of commuting as I failed the eyesight test and couldn't get my drivers' licence. I'd go everywhere on it, but still just as a means of getting somewhere.

In 2002, I bought a mountain bike, and did some cycle touring around Australia. 14,000kms. Surely it couldn't hurt to have that sort of training in the legs. Nevertheless, it was all done at a leisurely pace, just to see the sights. I'd never gone and hammered a 100k ride. Never raced my road bike, but I had a hell of a bigger base on the bike than I did in the pool.

There was never any doubt what my strength was going to be. I'd first made a school sporting team in year 5 - cross-country. Although I'd give any sport a go, running was the only one at which I would ever show any sort of talent, and I loved it.

It was now January 2003. I'd started training, and I had promised myself that I'd do everything within my power to try and qualify for the Hawaii Ironman, 2004. I had to qualify by doing well at the Snap Printing Australian Ironman in Forster, in April 2004; so I had a little over a year.

I decided to jump in at the deep end, and make my first triathlon a big one - the Sri Chinmoy 3-day ultra. A 15km swim on Friday morning, followed by a 400km ride, starting on Friday afternoon, and finishing on Saturday morning. The race would conclude with a 100km run, which commenced that night at midnight.

The short story is that I finished. The major barrier was a problem with my iliotibial band, that forced me to walk a large portion of the run leg, but I got there. This helped overcome one hurdle on the road to Hawaii. I wasn't very fit when I did the ultra, but it made me realise that I wouldn't have a problem with the distance in an Ironman. I just needed to be able to do it fast enough to qualify for that precious slot.

This ITB problem had been bugging me since 2000. A new physio, however, who prescribed a new stretching regime, seemed to do the trick. My next ultra, the Coffs-Grafton, was run without any sign of these problems; the first run of that length I'd completed without ITB problems since 2001.

With my ITB problems seemingly behind me, training was going well. There were some cold nights in the pool that winter, which certainly didn't help make the swimming any more enjoyable, but I was working hard; working consistently, and the results were starting to show. I was a lot fitter, and although it was the triathlon off-season, I was racing well on the running front, and posting improving results in training on the bike and in the water.

My first real test came in October, when I raced the Gold Coast 1/2 Ironman, in order to try and qualify for the Snap Printing Australian Ironman; a necessary step on the road to Kona. In what was to become a regular pattern for me, I came out of the water well back in the field, made up a fair bit of ground on the bike, and utilised my strength in the run to claim a slot for Forster with 3rd place in my age group.

It was essentially the only way I could construct a triathlon. As hard as I could swim, I'd still be well back in the field; so it was always going to be a game of catch-up for me. And I couldn't be happier, showing them what a runner can do.

The Forster 1/2 Ironman came next. I'd been working on the bike very hard over the past month, and was looking to improve on that part of my race. So when I got pinged for drafting with about 6km to

go in the ride, I was fuming. All my good work was undone, and I had a bigger task ahead of me than usual. But after 5 minutes in the sin-bin, located about 1km from the finish of the cycle, I continued with a renewed determination. This time, I was out to claim first spot on the run. With more support from the larger crowds than at the Gold Coast, I went hard from the outset, overtaking those who'd passed me while I was in the penalty box, and later, some of those who were ahead of me before that 5-minute setback.

I came home 11th in 4.22, after a 1.16 half-marathon; the fastest of the day; I was ecstatic; I'd shown them what a runner could do.

However, I now had to focus on the big one. Having a good half-Ironman was a great confidence boost, but it wasn't going to get me to Hawaii. There was no way around it. I had to get back to work, and work hard.

...And that I did. I devoted as much time as possible to my training, sacrificing a decent income and any semblance of a social life. It was monotonous at times, and laborious, but there were plenty of people across Australia who'd be wanting to qualify for Hawaii, and they were working just as hard. I certainly wasn't going to get a trip to Kona based on my good looks!

I was lucky in many ways. I had remained pretty much injury free since the ITB problems cleared up in early March. I still lived at home with the folks, and enjoyed a good relationship with them, for which I was extremely grateful. They were also very supportive of the fact that I was pretty much only home to eat and sleep.

I also managed to secure a bit of support from Snap Printing, and Waves in the Hills (my local gym / pool), which made paying the bills a bit easier.

I had some minor niggles after a couple of races in January and February, which worried me greatly at the time, but soon subsided. I also had a great deal of bike troubles in January / February, which caused a great deal of stress, as well as a financial burden, but with a week to go, I knew I'd done the best I could, and I was ready to give the race my best shot.

This isn't to say I wasn't nervous. I couldn't help but think that this was it. What it all hinged on. My main goal for the past 15 months had been to qualify for the Hawaiian Ironman and it all came down to how I

performed at Forster.

At the pre-race pasta party, my friend Paul Every tried to put things in perspective by reminding me that there was nothing I could do at this stage to improve my performance. I'd done the best I could to prepare, and now I just had to go out and race, as I'd done a hundred times before. If the competitors were faster, then so be it.

That calmed me down until the pre-race briefing on Saturday, when we were hit with a bombshell - no wetsuits!

As if I wasn't giving away enough time on the swim! Although it would probably slow the whole field down, more time spent in the water, meant there was more time for the faster swimmers to establish a bigger lead.

Still, I tried to console myself with Paul's words. It was, after all, only a race. If I didn't achieve my goal, I'd still live to see another day, and set another goal for tomorrow. Nevertheless, after relentlessly pursuing one goal for so long, with such tunnel vision, it is sometimes hard to maintain perspective.

RACE DAY

I thought it had cooled overnight, and was sure that the no-wetsuit ruling would be reversed. And I dressed accordingly, in my Lycra running shorts and tri-top, crossing my fingers that I'd be allowed to throw my wetsuit over the top.

It was not to be. I arrived at transition to hear calls over the PA reminding swimmers to dress for a no-wetsuit swim. A quick change into my tri-suit in the pre-dawn darkness, and I was now beyond worrying.

I chewed on my customary donut, and went into transition to put my race food on my bike, and visualise my run in from the water and onto the bike.

With 1,500 athletes going through similar routines, all under the watchful gaze of twice as many people, be they family, friends, volunteers, or just curious spectators, there's undeniable electricity in the air in the hour before the gun fires.

With about 15 minutes to go, Mike Reilly's unmistakable voice came booming over the PA, welcoming us all, and informing the athletes that the time to hesitate is through, and that they should hurry up and get in the water.

Well my plan had always been to play it safe in the

swim, so I took my time, and was one of the last ones in, waiting for the gun to fire on the periphery or the rabble, in waist deep water.

I was comfortable on the edge, and surprisingly calm as the race began. We had all day, and I wasn't about to be wasting any energy now. We started heading south, and were to complete two anti-clockwise circuits of the rectangular course, before exiting the water, 3.8km later.

My 3.8km lasted 1.05, which was quite a relief, since this was not even double my half IM PB of 33 minutes, which was swum in a wetsuit. Furthermore, it had been done relatively comfortably, without being kicked in the face, or having had my goggles knocked off by a wayward hand.

I grabbed my bag and headed for the change tent, where all I needed to do was don my socks, cycle shoes, race number belt, and helmet, before stuffing some muesli bars into my back pocket and heading for my bike. There I grabbed a couple sandwiches, which also made their way into my back pocket, before running for the exit, where I mounted my bike, and was on my way.

This was the section of the race that took a whole lot of will power. I'd decided that I was going to go out at 35km per hour, but even though I was well back in the field already, I had to let myself drift further back to stay on this pace. I'd estimate that I was overtaken by nearly 100 people in the first 20km of the bike leg, and the temptation was to go with them.

But as with any long distance event, the race isn't won and lost in the early stages, so I sat back and stuck to plan, making sure to eat and drink regularly. This was facilitated by aid stations every 10km or so, which worked like a well-oiled machine. The volunteers would be letting the competitors know, at the top of their voices, whether they were holding water, hi-5, bananas or cookies, and would run on the edge of the road, and hand the requested item to the cyclist with the skill of an accomplished relay runner, passing a baton.

The ride is also two loops, heading south first, away from town, then back into the heart of Forster, before leaving for the second lap. Coming in to town at the end of the first lap, I had already started to peg back some who had gone out too hard, but was still well back in the field. Well, I suppose I was still well back in the field when I completed the 180km, considering I hopped off the bike in 211th place,

however, I'd maintained an even pace throughout, and had mowed down a lot of people in the second lap of the bike.

More importantly though, I dismounted feeling fresh, handing my bike to the 'catcher' (whose job it was to take the bike into the compound where it would be collected after the race), and almost sprinting to pick up my run-kit bag, and get into the change tent. Here I quickly threw on my running shoes and cap before heading out onto the first lap.

Thus began the most enjoyable part of my day. While I knew many of my competitors would be finishing the bike thinking "I've still got a whole marathon to run", I was thinking "I can't wait to get out on the run". And it didn't disappoint. Thousands of people were lining the course, all offering encouragement.

I started overtaking people immediately, and was cautioned by several competitors and spectators alike, not to go out too fast. I didn't feel like I was going too fast, and I knew I had a lot of people to catch, so I kept it up. When I reached 14km in just under 53 minutes, I knew I would be slowing down later in the run, but I was still feeling fresh and catching lots of people.

The majority of spectators were within 1km of the halfway / finish mark, which pepped up the spirits of most competitors. I made the most of it, yelling out to friends, thanking people for their support, and high-fiving eager spectators. The run was basically two laps of a figure 8, so after passing half way, I crossed the bridge to Tuncurry, for my second loop over there, and returned to Forster for my last loop on that side. By now my pace was certainly slowing, but I was still passing people, and loving every minute of it.

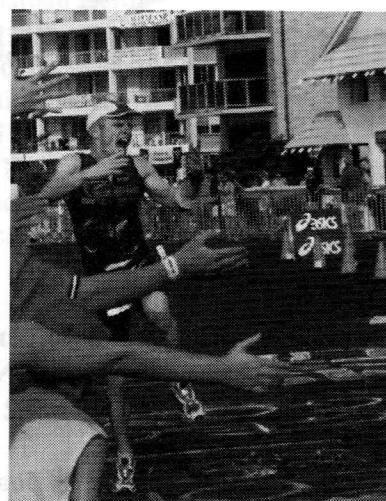
None of it was more enjoyable than the last kilometre. Just at that point I passed Paul Every going in the opposite direction. He gave me a congratulatory high five, and advised me to really let the last few minutes sink in. I certainly won't forget them in a hurry.

Skiping, fist pumping, high-fiving everyone in sight and generally carrying on like a clown, I loved it. One of the great rewards of Ironman is the finishing chute. The thousands of spectators that line that last 100m or so greet each and every finisher with thunderous applause. And when it was my turn to run down the chute, I let them all know, at the top

of my lungs, whether they cared or not, that "I'm going to Hawaii!" I couldn't have been happier. After coming off the bike in 211th position, I'd overhauled 186 people to finish 25th with the day's fastest run split - a 2.50 marathon - showing them all what a runner can do!

Wrap Up: to tri or to run?

A week after the Australian Ironman, I'm still on cloud 9 as I write this report. I'm excited about the prospect of going to Hawaii in October to compete, but I'm not about to stress about how I go there. Of course I'll train as hard as circumstances permit, and I'll want to do as well as I can, but I'm also determined to relish the experience, rather than spend my time worrying over whether I crack the top 100, or 200 or whatever.



"I'm going to Hawaii!"

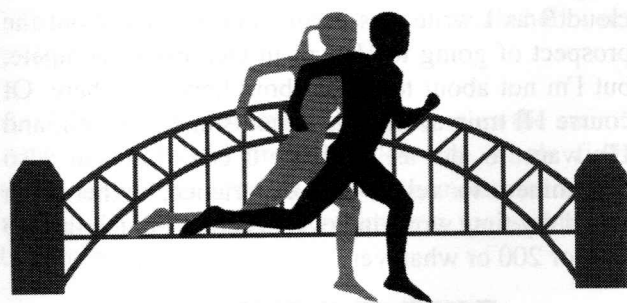
And I also look forward to competing in other Ironman and ultra distance triathlons for hopefully a long time to come.

I will always consider myself a runner, first and foremost. In fact, to narrow it down a bit more, I will always consider myself an ultra-runner, first and foremost. But being an ultra-runner doesn't stop me doing 10k runs, and so being a runner shouldn't stop me enjoying triathlons. I won't be drawn into any arguments about what type of athlete is better, or which event is harder, but I'm really proud to fly the running flag, and the ultra-running flag, and to show the doubters what a runner can do.

This article was first published on the Australian Ultra Runners Association website www.ultraoz.com.

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.**

Strider	Time	Joanne Cowan	0.39.46 F	James Cryer	0.43.24
Glenn Guzzo	0.32.21	Philip Boswell	0.40.02	Ken Harris	0.43.32
David Criniti	0.32.43	Craig Plumb	0.40.05	Darryl Chrisp	0.43.34
Darren Benson	0.32.52	Ron Schwebel	0.40.13	Dougal Langusch	0.43.35
Damian Tancred	0.34.31	David Gayford	0.40.30	Caroline Yarnell	0.43.39 F
John Young	0.35.11	Salvador Gala	0.40.36	Alex Whitworth	0.43.52
Peter Truscott	0.35.14	Stephen Ball	0.40.59	Paul Trainor	0.43.55
Keith Bateman	0.35.29	Stephen Bodnar	0.41.02	Mohammed Alkhub	0.44.11
Andrew Mawdsley	0.35.55	John Hodges	0.41.03	Mark Davis	0.44.23
Stuart Chellis	0.36.07	Grahame Murphy	0.41.28	Patrick Hodgens	0.44.30
Richard Green	0.36.41	Charles Coville	0.41.44	Heiko Schaefer	0.44.37
Ross Sinclair	0.36.55	Brian Wilcockson	0.41.59	Stephen Urwin	0.44.39
Cameron Arnold	0.37.10	Melanie Rauleder	0.42.06 F	Dean Gardiner	0.44.44
Martin Matthews	0.37.17	Suzanne Kelly	0.42.10 F	Mary Stringer	0.44.52 F
Stephen Jackson	0.37.24	Michael Handley	0.42.12	Paul Bullas	0.45.14
Greg Coy	0.37.38	Stephen Kibble	0.42.18	Amanda Underwood	0.45.18 F
William Ward	0.37.43	Rod Lovel	0.42.34	Lisa Carroli	0.45.23 F
Jenny Wickham	0.37.54 F	Catriona Cater	0.42.45 F	Rachel Smith	0.45.51 F
Shaun Atchison	0.38.32	Ray Doran	0.42.50	Michael Free	0.45.59
Jonathan Heron	0.38.57	Tim Deane	0.42.52	Campbell Reid	0.46.14
Jaap Bakker	0.38.59	Gerard Donnan	0.42.54	Michael Peters	0.46.20
Andrew Charleston	0.39.03	Hugh Langshaw	0.43.01	Roger Cox	0.46.30
Peter Slater	0.39.39	Glenn Lockwood	0.43.03	Sebastian Warmerdam	0.46.35

Race 4 Domain 1st March 2004

Outright Results

Open Men

1st	Glenn Guzzo	32.21	1st Strider
2nd	David Criniti	32.43	2nd Strider
3rd	Darren Benson	32.52	3rd Strider

Open Women

1st	Jenny Wickham	37:54	1st Strider
2nd	Imogen Thornburgh	37:56	
3rd	Joanne Cowan	39:46	2nd Strider

Handicap Competition Placings in Race 4:

1	Michael Peters
2	Alex Rubin
3	Glenn Lockwood

Race Officials: Robyn Moody, Fiona Nelson, Maria DiMarco, Shirley Rutter, Jacqui Matthews, Kerry Ross, Kevin O'Kane, Ben McSweeney, Gavin Markey, Mario Torresan, Craig Brown, Stewart Turner, Mark Robinson, Mark Gardiner, John van Yzendoorn, Adrian Spragg, Joe Degabriele, Deb Polverino

Tina Campbell	0.46.58 F	Allison Lilley	0.50.16 F	Paul Munro	0.55.48
Ross McCarty	0.47.26	Eric Schmierer	0.50.17	Michael Wilson	0.55.52
Brian Ogilwy	0.47.47	John Whealy	0.50.22	Frances Brown	0.55.57 F
Sharon Callister	0.47.48 F	Tony Barbaro	0.50.34	Clara Vucetic	0.55.58 F
Stephen Smith	0.47.59	Alex Rubin	0.50.44	Katherine McSweeney	0.55.59 F
Martin Harris	0.48.01	Ted Brailey	0.51.05	Richard Wassell	0.56.09
Kevin Tiller	0.48.05	John Kerr	0.51.11	Frank Dearn	0.57.03
Naomi Frank	0.48.08 F	Ruth McColl	0.51.41 F	Leigh MacRitchie	0.57.05 F
Denis Speyer	0.48.13	John Shepherd	0.51.52	Richard Peacock	0.58.55
Brent McKee	0.48.42	Rebecca Deane	0.52.15 F	Rob Leonard	1.03.10
John Moore	0.48.44	Michael Bailey	0.52.17	Lee Petrie	1.09.15 F
John Sneddon	0.48.52	Dick Bartlett	0.53.11	Benny Gauci	dnf F
George Herisson	0.49.51	Adam Gatford	0.53.40	David Lancaster	dnf
Manfred Fiedler	0.49.56	Heather Forster	0.54.11 F		

Race 5 Lane Cove 5th June 2004 Outright Results

Open Men

1	Glenn Guzzo	32:07	1st Strider
2	David Criniti	32:14	2nd Strider
3	Nick Saunders	32:21	

Open Women

1	Jenny Wickham	37:12	1st Strider
2	Melissa Ashton	37:53	
3	Eliza Stewart	38:02	2nd Strider

Handicap Competition Placings in Race 5:

1	Christine Cullen
2	Nicole Frykberg
3	Jonathan Heron

Race Officials: Melanie Rauleder, Maria DiMarco, Penny Smith, Kerry Ross, Shirley Rutter, Sharon Callister, Tracey Love, James Cryer, Graham Willis, Brian O'Dea, Martin Harris, Steve Hume, Mohammed Alkhub, Sebastian Warmerdam, Richard Peacock, Joe Degabriele, Deb Degabriele

Strider	Time	David Gayford	0.38.15	Tony Barbaro	0.41.26
Glenn Guzzo	0.32.07	Alex Jensen	0.38.38	Rod Lovel	0.41.29
David Criniti	0.32.14	Peter Slater	0.38.40	Michael Handley	0.41.31
Darren Benson	0.33.18	Kendall Waller	0.38.46	Mark Schaefer	0.41.32
Damian Tancred	0.33.29	George Lisson	0.38.48	Tim Deane	0.41.46
John Young	0.33.59	Craig Brown	0.38.54	Roland Hassall	0.41.48
Jonathan Craig	0.34.35	Joanne Cowan	0.38.56 F	John Van Yzendoorn	0.42.04
Stuart Chellis	0.35.06	Mark Fiore	0.38.57	David Bray	0.42.06
Keith Bateman	0.35.12	Stephen Firth	0.39.09	Brian Wilcockson	0.42.17
Peter Truscott	0.35.15	Wayne Gregory	0.39.31	Stephen Kibble	0.42.30
Cameron Arnold	0.35.47	Philip Boswell	0.39.38	Dougal Langusch	0.42.34
Mark Wilson	0.35.49	Greg Donovan	0.39.41	Glenn Lockwood	0.42.42
Martin Matthews	0.35.50	Victor Donovic	0.39.52	Paul Trainor	0.42.57
Richard Green	0.35.53	John Hodges	0.39.53	Darryl Chrisp	0.43.09
Stephen Jackson	0.35.59	Craig Plumb	0.39.54	Richard Deutsch	0.43.24
Andrew Gibbons	0.36.04	Ben McSweeney	0.39.55	Nicole Frykberg	0.43.33 F
Jonathan Heron	0.36.32	Salvador Gala	0.40.21	Stephen Urwin	0.43.39
Ross Sinclair	0.36.38	Grahame Murphy	0.40.26	Mary Stringer	0.43.50 F
Jenny Wickham	0.37.12 F	Ray Doran	0.40.33	Lisa Carroli	0.43.54 F
David Burgess	0.37.17	Catriona Cater	0.40.38 F	James Woodhams	0.44.05
William Ward	0.37.20	Gary Aitkenhead	0.40.42	Charles King	0.44.08
Shaun Atchison	0.37.28	Mike Fowlds	0.40.43	Mark Davis	0.44.18
Greg Coy	0.37.32	Ron Schwebel	0.40.49	Amanda Underwood	0.44.35 F
Gerry Arthur	0.37.33	Suzanne Kelly	0.40.52 F	Peter Hammerschmidt	0.44.44
Andrew Cullen	0.37.34	Walter Mitchell	0.40.58	Melanie Watson	0.44.50 F
Jaap Bakker	0.37.40	Barry Rutter	0.41.02	Brian Ogilwy	0.45.11
Eliza Stewart	0.38.02 F	Stephen Ball	0.41.13	Heiko Schaefer	0.45.21

Roger Cox	0.45.26	Denis Speyer	0.47.32	Christine Cullen	0.51.46 F
Campbell Reid	0.45.35	David Lancaster	0.47.33	Benny Gauci	0.51.54 F
Geoff Underwood	0.45.43	Naomi Frank	0.47.53 F	Bernadette Gregory	0.52.04 F
Ross McCarty	0.45.48	Graham Butler	0.48.10	Jack Leigh	0.53.14
Peter Woods	0.45.53	Hugh Spencer	0.48.34	Jennie Meixner	0.53.41 F
Kevin Tiller	0.45.56	John Moore	0.48.41	Leigh MacRitchie	0.53.56 F
Alan Smith	0.46.04	Elizabeth Woodhams	0.49.36 F	John Kerr	0.54.11
Stephen Smith	0.46.23	Robin Cameron	0.50.01 F	Katherine McSweeney	0.55.25 F
Nick Woodhams	0.46.24	Manfred Fiedler	0.50.14	Frances Brown	0.55.50 F
George Herisson	0.46.26	Bernadette Boulous	0.50.30 F	Richard Wassell	0.56.17
Glenda Mitchell	0.46.32 F	John Whealy	0.50.43	Robi Russell	0.56.37 F
Tina Campbell	0.46.36 F	Eric Schmierer	0.50.59	Sam Chuah	0.56.53
Michael Rees-Evans	0.46.58	Michael Bailey	0.51.03	Mercy Samia	0.57.13 F
Sharon Callister	0.46.59 F	Adam Gatford	0.51.29	Frank Dearn	1.00.12

Race 6 Homebush, Sydney Olympic Park
3rd July 2004
Outright Results

Open Men

1	Charlie Low	32:34	
2	Damian Tancred	33:02	1st Strider
3	Raymond Wareham	33:37	2nd Strider

Open Women

1	Charlotte Paul	36:29	
2	Jenny Wickham	36:46	1st Strider
3	Eliza Stewart	38:18	2nd Strider

Strider	Time	David Gayford	0.39.13	Brian Ogilwy	0.44.21
Damian Tancred	0.33.02	Stephen Ball	0.39.15	Ross McCarty	0.44.24
Raymond Wareham	0.33.37	Ray Doran	0.39.37	Glenda Mitchell	0.44.26 F
Stuart Chellis	0.34.32	Craig Plumb	0.39.39	Mohammed Alkhub	0.44.40
Andrew Gibbons	0.34.58	John Van Yzendoorn	0.40.03	Campbell Reid	0.44.47
Cameron Arnold	0.35.11	Mike Fowlds	0.40.05	Charles King	0.44.53
Stephen Jackson	0.35.31	Nick Adams	0.40.21	Roger Cox	0.45.02
Gerry Arthur	0.36.21	Peter Cremen	0.40.24	Geoff Underwood	0.45.15
Stephen Parker	0.36.26	Tony Barbaro	0.40.34	Peter Simson	0.45.16
Tony Fattorini	0.36.30	Catriona Cater	0.40.38 F	Heiko Schaefer	0.45.33
William Ward	0.36.32	Stephen Bodnar	0.40.41	Peter Woods	0.46.41
Jenny Wickham	0.36.46 F	Tim Deane	0.40.56	Julian Wright	0.47.06
Shaun Atchison	0.36.51	Brian Wilcockson	0.40.58	Clara Vucetic	0.47.25 F
Jaap Bakker	0.37.45	Martin Harris	0.41.03	Naomi Frank	0.47.28 F
Bill Flanagan	0.38.06	Suzanne Kelly	0.41.06 F	John Moore	0.48.00
Ron Schwebel	0.38.15	David Bray	0.41.24	Steve Packer	0.48.30
Eliza Stewart	0.38.18 F	Dougal Langusch	0.41.56	John Sneddon	0.48.50
Luke Peterson	0.38.19	Rod Lovel	0.42.10	Maria DiMarco	0.49.06 F
Peter Slater	0.38.20	Paul Trainor	0.42.12	Lesley Maher	0.49.26 F
George Lisson	0.38.22	Darryl Chrisp	0.42.13	Rebecca Deane	0.49.57 F
Wayne Gregory	0.38.24	Caroline Yarnell	0.42.27 F	Jack Leigh	0.50.09
Walter Mitchell	0.38.43	Rachel Smith	0.42.39 F	Ted Brailey	0.50.37
Salvador Gala	0.38.48	Mark Davis	0.42.44	Sam Chuah	0.51.22
Victor Donovic	0.38.50	Manuela Sumetzberger	0.42.56 F	John Kerr	0.51.26
Philip Boswell	0.38.52	Lisa Carroli	0.42.57 F	Adam Gatford	0.51.43
Joanne Cowan	0.38.58 F	Peter Hammerschmidt	0.44.06	Jeff Morunga	0.51.45
Greg Donovan	0.39.01	Amanda Underwood	0.44.14 F	Leigh MacRitchie	0.52.45 F

Handicap Competition Placings in Race 6:

- 1 Martin Harris
- 2 Rachel Smith
- 3 Walter Mitchell

Race Officials: Carol Taylor, Bernadette Gregory, Shirley Rutter, Kerry Ross, Barry Rutter, Michael Sharp, Manfred Fiedler, Richard Peacock, Paul Jackson, Joe Degabriele, Arya Bakker, Deb Degabriele

Robi Russell	0.53.23 F	Frank Dearn	0.58.50	Kevin O'Kane	1.01.11
Joanna White	0.53.52 F	Megan Jackson	1.00.06 F		

Race 7 Lane Cove 31st July 2004 Outright Results

Open Men

1	Charlie Low	32:15	
2	David Criniti	32:45	1st Strider
3	Damian Tancred	32:47	2nd Strider

Open Women

1	Charlotte Paul	36:23	
2	Jenny Wickham	37:37	1st Strider
3	Eliza Stewart	39:29	2nd Strider

Handicap Competition Placings in Race 7:

1	Marcus Juhasz
2	Martin Harris
3	Frances Brown

Race Officials: Benny Hagberg, Gregory Prerau, Joe Degabriele, Richard Peacock, Stephen Jackson, Luke Peterson, Steve Hume, Barry Rutter, Darryl Chrisp, Karin Kaehne, Shirley Rutter, Bernadette Gregory, Robyn Moody, Deb DeGabriele.

Strider	Time	Peter Cremen	0.40.35	Geoff Underwood	0.46.28
David Criniti	0.32.45	John Hodges	0.41.06	Sebastian Warmerdam	0.46.30
Damian Tancred	0.32.47	Suzanne Kelly	0.41.07 F	Naomi Frank	0.46.49 F
Darren Benson	0.34.03	Mike Fowlds	0.41.12	Nick Woodhams	0.47.12
John Young	0.34.34	Brian Wilcockson	0.41.37	Clara Vucetic	0.47.35 F
Martin Matthews	0.35.32	Paul Trainor	0.41.44	Bernadette Boulous	0.47.36 F
Mark Wilson	0.35.57	Richard Deutsch	0.41.45	Peter Woods	0.48.06
Peter Truscott	0.36.01	Dougal Langusch	0.42.03	Tina Campbell	0.48.09 F
Tony Fattorini	0.36.27	Mark Schaefer	0.42.07	John Moore	0.48.10
Ross Sinclair	0.36.31	Rod Lovel	0.42.17	Elizabeth Woodhams	0.48.25 F
Jonathan Heron	0.36.38	David Bray	0.42.20	Marcus Juhasz	0.48.29
William Ward	0.36.43	Glenn Lockwood	0.42.22	Eric Schmierer	0.48.43
Gerry Arthur	0.37.27	Charles Coville	0.42.51	Kevin Tiller	0.48.44
Greg Coy	0.37.36	James Cryer	0.43.16	Tony Barbaro	0.48.53
Jenny Wickham	0.37.37 F	Mohammed Alkhub	0.43.58	Brian McElhinney	0.49.56
Philip Boswell	0.38.57	Ross McCarty	0.44.04	Maria DiMarco	0.49.57 F
Peter Slater	0.38.58	Alex Whitworth	0.44.09	Rebecca Deane	0.50.23 F
Victor Donovic	0.39.02	Chris Ferguson	0.44.12	Steven Norden	0.50.28
Craig Brown	0.39.06	Campbell Reid	0.44.37	Sam Chuah	0.50.51
Ron Schwebel	0.39.11	Charles King	0.44.39	Steve Packer	0.51.26
Shaun Atchison	0.39.12	Amanda Underwood	0.44.57 F	Ted Brailey	0.51.43
Martin Harris	0.39.28	Mark Robinson	0.44.58	Frances Brown	0.51.57 F
Joanne Cowan	0.39.29 F	James Kent	0.45.14	Tim Deane	0.52.12
Eliza Stewart	0.39.34 F	Scott Smiles	0.45.38	Michael Bailey	0.52.58
David Gayford	0.39.48	James Moody	0.45.47	Lilian Chuah	0.53.09 F
Wayne Gregory	0.39.50	Brian Ogilwy	0.45.51	Kerry Ross	0.54.23 F
Stephen Bodnar	0.39.54	George Herisson	0.46.04	Jacqueline Ramsay	0.55.07 F
Salvador Gala	0.39.56	Paula Shingler	0.46.13 F	John Kerr	0.58.07
Raymond Wareham	0.40.00	Roger Cox	0.46.20	Frank Dearn	1.00.57
Ray Doran	0.40.24	Alan Smith	0.46.21		
John Van Yzendoorn	0.40.26	Stephen Smith	0.46.24		

10k Female Open

(* means no uniform points)

60+ points listed

	LC	HB	NH	DM	LC	HB	LC	-1	Tot
Jenny Wickham	50*	50*	56	60	60	60	60	50	346
Eliza Stewart	56	56	60	0	56	56	53	0	337
Joanne Cowan	53	53	0	56	53	53	56	0	324

Lisa Carroli	47	45	48	46	47	36*	0	0	269
Catriona Cater	0	49	50	50	51	51	0	0	251
Tina Campbell	35	40	43	44	43	0	45	0	250
Caroline Yarnell	48	46	49	49	0	49	0	0	241
Naomi Frank	39	39	0	32*	41	32*	48	0	231
Suzanne Kelly	0	37*	0	51	50	40*	51	0	229
Amanda Underwood	0	0	40	47	46	45	50	0	228
Rebecca Deane	24	31	35	39	0	39	42	0	210
Melanie Rauleder	49	40*	41*	53	19	0	0	0	202

	LC	HB	NH	DM	LC	HB	LC	-1	Tot		LC	HB	NH	DM	LC	HB	LC	-1	Tot
Frances Brown	23	32	33	37	31	0	41	0	197	Salvador Gala	21	12	22	29	15	35	31	12	153
Maria DiMarco	45	0	35*	22	19	31*	43	0	195	Peter Slater	20*	0	0	24*	28	39	40	0	151
Clara Vucetic	0	43	44	26*	0	43	37*	0	193	John Van Yzendoorn	17	25	42	0	12	27	28	0	151
Glenda Mitchell	42	42	20	0	44	44	0	0	192	Jonathan Craig	48	49	0	0	49	0	0	0	146
Robi Russell	30	35	36	0	30	37	0	0	168	Raymond Wareham	40*	38*	0	0	0	46*	20*	0	144
Leigh MacRitchie	31	0	34	24*	33	38	0	0	160	Mike Fowlds	24	12	32	0	12	26	25	0	131
Kerry Ross	12	19	20	22	19	25	39	12	144	Ray Doran	0	17	26	19	13	29	19*	0	123
Mary Stringer	0	0	47	48	48	0	0	0	143	Jonathan Worswick	36	40	44	0	0	0	0	0	120
Elizabeth Woodhams	12	0	38	0	40	0	44	0	134	George Lisson	18	0	38	0	26	38	0	0	120
Benny Gauci	37	38	0	22	36	0	0	0	133	Craig Plumb	25	8*	27	22*	7*	28	0	0	117
Shirley Rutter	12	19	20	22	19	25	28	12	133	Stephen Ball	23	16	0	28	12	30	0	0	109
Sharon Callister	25	0	42	43	19	0	0	0	129	Victor Donovic	0	27	0	0	9*	34	39	0	109
Allison Lilley	22	34	39	31*	0	0	0	0	126	Ben McSweeney	28	20	36	2	16	0	0	0	102
Katherine McSweeney	18*	19*	22*	25*	32	0	0	0	116	John Hodges	15	0	17	26	18	0	26	0	102
Joanne Barton	51	0	53	0	0	0	0	0	104	Chris Truscott	0	53	46*	0	0	0	0	0	99
Heather Forster	27	0	37	38	0	0	0	0	102	Dean Degan	53	0	43*	0	0	0	0	0	96
Dawn Tiller	50	51	0	0	0	0	0	0	101	Mark Wilson	0	0	0	0	44	0	49	0	93
Bernadette Boulous	28*	0	0	0	28*	0	36*	0	92	Tony Fattorini	0	0	0	0	0	46	47	0	93
Nicole Frykberg	40	0	0	0	49	0	0	0	89	Martin Harris	12	12	0	12	2	19	35	0	92
Bernadette Gregory	0	0	0	0	35	25	28	0	88	Wayne Gregory	0	0	0	0	22	37	33	0	92
Julie Macdonald	0	41	46	0	0	0	0	0	87	Rod Lovel	12	12	12	20	12	16	19	12	91
Lee Petrie	0	33	20	33	0	0	0	0	86	Jonathan Heron	0	0	0	27*	29*	0	35*	0	91
Rachel Smith	0	0	0	45	0	38*	0	0	83	Greg Donovan	35	0	0	0	20	32	0	0	87
Louise Stewart	36*	44	0	0	0	0	0	0	80	Tim Deane	12	12	2	18	12	21	12	2	87
Susan Chalmers	36	0	41	0	0	0	0	0	77	David Bray	12	12	15	0	12	18	18	0	87
Lisa Gallate	19*	37	21	0	0	0	0	0	77	Paul Trainor	12	12	12	12	12	15	23	12	86
Robin Cameron	12	0	20	0	39	0	0	0	71	Sean Ryan	0	37	49	0	0	0	0	0	86
Robyn Moody	0	19	0	22	0	0	28	0	69	Walter Mitchell	0	12	24	0	12	36	0	0	84
Joanna White	32	0	0	0	0	36	0	0	68	Charles Coville	12	12	19	24	0	0	16	0	83
Megan Jackson	12	19	0	0	0	35	0	0	66	Andrew Gibbons	0	0	0	0	40	41*	0	0	81
Mercy Samia	16*	20*	0	0	29	0	0	0	65	Brian Wilcockson	0	0	0	23	12	20	24	0	79

10k Male Open

(* means no uniform points)

60+ points listed

	LC	HB	NH	DM	LC	HB	LC	-1	Tot
Damian Tancred	51	50	0	41*	51	60	56	0	309
David Criniti	60	60	0	56	56	0	60	0	292
Martin Matthews	44	42	50	42	43	0	50	0	271
Darren Benson	56	51	0	53	53	0	53	0	266
Glenn Guzzo	49	56	50*	50*	60	0	0	0	265
Gerry Arthur	42	44	45	0	33	48	43	0	255
Cameron Arnold	40	41	35	43	45	50	0	0	254
Stephen Jackson	39	36	30	41	41	49	2	2	236
Peter Truscott	47	46	2	49	46	0	38*	0	228
Jaap Bakker	34	35	43	36	31	43	0	0	222
William Ward	0	24*	31*	39	36	45	44	0	219
Ross Sinclair	38	0	48	44	38	0	46	0	214
John Young	46	0	39	40*	40*	0	41*	0	206
Stuart Chellis	0	0	47	46	48	53	0	0	194
Greg Coy	37	39	0	40	34	0	42	0	192
Keith Bateman	45	47	0	48	47	0	0	0	187
Philip Boswell	0	24	34	33	21	33	41	0	186
Richard Green	0	45	51	45	42	0	0	0	183
Shaun Atchison	31*	0	36*	28*	25*	34*	26*	0	180
Ron Schwabel	20	22	23	31	12	41	37	12	174
David Gayford	14	19	29	30	30	31	34	14	173
Craig Brown	33	31	40	2	25	0	38	0	169
Stephen Bodnar	26	28	25	27	0	22	32	0	160

10K Handicap**Top 20**

		LC	HB	NH	D	MLC	HB	LC	-1	Tot
Stephen Smith	M Vet	12	48	45	40	45	0	35	0	225
Paul Trainor	M Pre	12	12	40	38	32	34	45	12	201
Martin Harris	M Pre	12	50	0	12	2	60	56	0	192
Cameron Arnold	M Pre	48	12	12	33	46	38	0	0	189
Roger Cox	M Mst	12	40	31	49	38	15	12	12	185
David Bray	M Pre	32	47	41	0	21	28	12	0	181
William Ward	M Pre	0	32	2	41	18	36	29	0	158
Tim Deane	M Pre	46	43	2	12	12	32	12	2	157
Ross McCarty	M Mst	25	22	2	12	12	41	44	2	156
Eric Schmierer	M Mst	12	34	12	28	12	0	50	0	148
Brian Ogilwy	M Snr	41	29	12	12	15	31	12	12	140
Martin Matthews	M Pre	38	12	24	12	12	0	39	0	137
Kevin Tiller	M Pre	12	12	2	48	49	0	12	0	135
Paul Bullas	M Vet	56	53	12	12	0	0	0	0	133
Adam Gatford	M Pre	12	24	37	12	34	12	0	0	131
Craig Brown	M Pre	53	28	14	2	12	0	21	0	130
Dougal Langusch	M Pre	2	38	2	20	31	19	20	2	130
Glenn Lockwood	M Vet	0	0	12	53	23	0	42	0	130
Jenny Wickham	F Pre	41	2	12	23	25	16	12	2	129
Eliza Stewart	F Pre	33	12	48	0	12	12	12	0	129
Peter Slater	M Vet	32	0	0	32	39	14	12	0	129

10k Age Group Placings**Female Masters**

		LC	HB	NH	D	MLC	HB	LC	-1	Tot
1	Tina Campbell	60	60	60	60	60	0	60	0	360
2	Robi Russell	56	53	51	0	53	56	0	0	269
3	Elizabeth Woodhams	41	0	56	0	56	0	56	0	209
4	Heather Forster	53	0	53	53	0	0	0	0	159
5	Mercy Samia	41	41	0	0	51	0	0	0	133
6	Robyn Moody	0	41	0	43	0	0	46	0	130
7	Lesley Maher	0	0	0	0	0	60	0	0	60
8	Helen Wilson	0	56	0	0	0	0	0	0	56
8	Ruth McColl	0	0	0	56	0	0	0	0	56
10	Carol Taylor	0	0	0	0	0	46	0	0	46

Female Vets Top 10

		LC	HB	NH	D	MLC	HB	LC	-1	Tot
1	Joanne Cowan	60	60	0	60	60	60	60	0	360
2	Lisa Carroli	50	49	51	49	50	40	0	0	289
3	Catriona Cater	0	53	56	53	56	56	0	0	274
4	Frances Brown	40	43	46	47	44	0	50	0	270
5	Caroline Yarnell	51	50	53	51	0	51	0	0	256
6	Suzanne Kelly	0	41	0	56	53	43	56	0	249
7	Glenda Mitchell	48	47	34	0	49	49	0	0	227
8	Clara Vucetic	0	48	49	36	0	48	41	0	222
9	Kerry Ross	30	33	34	34	34	36	49	30	220
10	Shirley Rutter	30	33	34	34	34	36	38	30	209

Female Pre-Vet Top 10

		LC	HB	NH	D	MLC	HB	LC	-1	Tot
1	Jenny Wickham	50	50	56	60	60	60	60	50	346
2	Eliza Stewart	56	56	60	0	56	56	56	0	340
3	Rebecca Deane	42	46	47	48	0	47	48	0	278
4	Naomi Frank	47	48	0	40	49	39	51	0	274
5	Amanda Underwood	0	0	49	53	51	50	53	0	256

6	Maria DiMarco	50	0	40	36	34	38	49	0	247
7	Melanie Rauleder	53	43	43	56	34	0	0	0	229
8	Leigh MacRitchie	44	0	46	36	45	46	0	0	217
9	Katherine McSweeney	33	35	35	37	44	0	0	0	184
10	Allison Lilley	41	47	48	39	0	0	0	0	175

Male Super Senior

		LC	HB	NH	D	MLC	HB	LC	-1	Tot
1	Frank Dearn	60	0	60	60	60	60	60	0	360

Male Senior

		LC	HB	NH	D	MLC	HB	LC	-1	Tot
1	Ray Doran	0	60	60	60	60	60	50	0	350
2	Brian Ogilwy	60	56	56	51	53	53	53	51	331
3	Heiko Schaefer	56	53	53	53	51	51	0	0	317
4	Manfred Fiedler	51	50	50	50	49	41	0	0	291
5	Hugh Spencer	53	51	0	0	50	0	0	0	154
6	Michael Bailey	0	0	0	49	48	0	51	0	148
7	Peter Hammerschmidt	0	0	0	0	56	56	0	0	112
8	Alex Whitworth	0	0	0	46	0	0	56	0	102
9	Paul Munro	0	0	49	48	0	0	0	0	97
10	Peter Roberts	0	0	51	0	0	0	0	0	51

Male Masters Top 20

		LC	HB	NH	D	MLC	HB	LC	-1	Tot
1	Philip Boswell	0	56	56	60	56	53	60	0	341
2	Ron Schwebel	56	53	53	56	50	60	56	50	334
3	Rod Lovel	48	48	46	47	47	49	50	46	289
4	Ross McCarty	46	45	29	43	43	47	47	29	271
5	James Cryer	49	49	48	46	25	0	48	0	265
6	Roger Cox	41	42	44	44	44	46	44	41	264
7	Stephen Ball	60	50	0	53	48	51	0	0	262
8	Barry Rutter	53	51	51	0	49	29	28	0	261
9	John Hodges	50	0	49	51	53	0	53	0	256
10	Charles Coville	45	47	50	49	0	0	49	0	240
11	Eric Schmierer	38	40	41	40	38	0	41	0	238
11	Darryl Chrisp	26	46	0	45	45	48	28	0	238
13	George Lisson	51	0	60	0	60	56	0	0	227
14	Ted Brailey	0	38	40	38	0	42	39	0	197
15	Brian Wilcockson	0	0	0	48	46	50	51	0	195
16	John Kerr	37	0	0	37	36	40	38	0	188
17	James Moody	47	28	47	0	0	0	45	0	167
18	Nick Woodhams	43	0	35	0	42	0	43	0	163
19	John Whealy	39	0	42	39	39	0	0	0	159
20	John Moore	0	0	0	32	30	35	42	0	139

Male Veterans Top 30

		LC	HB	NH	D	MLC	HB	LC	-1	Tot
1	Stephen Jackson	53	49	50	53	53	60	23	23	318
2	David Gayford	41	45	49	48	49	47	50	41	288
3	Ross Sinclair	51	0	60	56	51	0	60	0	278
4	Stephen Bodnar	45	48	46	46	0	43	48	0	276
5	Salvador Gala	43	42	45	47	40	50	47	40	274
6	John Van Yzendoorn	42	46	53	0	38	45	46	0	270
7	Greg Coy	50	51	0	51	50	0	56	0	258
8	Mohammed Alkhub	40	39	42	41	16	41	43	16	246
9	Craig Plumb	44	34	47	39	31	46	0	0	241

10 Peter Slater	36	0	0	40	48	53	53	0	230
11 Keith Bateman	56	56	0	60	56	0	0	0	228
12 Campbell Reid	31	35	35	35	32	40	42	31	219
13 Stephen Kibble	32	40	43	45	37	0	0	0	197
14 Peter Woods	25	17	37	0	31	37	35	0	182
15 Jonathan Craig	60	60	0	0	60	0	0	0	180
16 Victor Donovic	0	47	0	0	32	49	51	0	179
17 Charles King	28	0	34	0	34	39	41	0	176
17 Stephen Smith	20	29	28	33	29	0	37	0	176
19 Glenn Lockwood	0	0	38	43	36	0	44	0	161
20 Jonathan Worswick	49	53	56	0	0	0	0	0	158
21 George Herisson	30	0	25	30	28	0	39	0	152
22 Paul Bullas	36	38	41	36	0	0	0	0	151
23 Steve Packer	21	31	29	0	0	36	33	0	150
24 Mark Davis	34	0	0	40	33	42	0	0	149
25 Gregory Prerau	39	41	44	0	0	0	23	0	147
26 Wayne Gregory	0	0	0	0	44	51	49	0	144
27 Greg Donovan	48	0	0	0	43	48	0	0	139
28 Denis Speyer	22	28	26	32	27	0	0	0	135
29 Alan Smith	29	37	0	0	30	0	38	0	134
30 Sebastian Warmerdam	0	0	30	34	16	0	36	0	116

Male Pre-Vet Top 10

	LC	HB	NH	D M	LC	HB	LC	-1	Tot
1 Damian Tancred	51	50	0	41	51	60	56	0	309
2 David Criniti	60	60	0	56	56	0	60	0	292
3 Martin Matthews	46	45	50	44	45	0	50	0	280
4 Gerry Arthur	44	46	46	0	38	49	44	0	267
4 Cameron Arnold	42	44	39	45	47	50	0	0	267
6 Darren Benson	56	51	0	53	53	0	53	0	266
7 Glenn Guzzo	49	56	50	50	60	0	0	0	265
8 Jaap Bakker	41	42	45	40	36	44	0	0	248
9 Peter Truscott	48	48	9	49	48	0	38	0	240
10 William Ward	0	31	34	43	40	46	45	0	239

10k Age & Gender Adj

		LC	HB	NH	DMLC	HB	LC	-1	Tot
Joanne Cowan	F Vet	839	829	0	840	858	858	846	5070
Ray Doran	M Snr	0	821	833	788	841	860	844	4987
Damian Tancred	M Pre	792	797	0	781	805	816	823	4814
Jenny Wickham	F Pre	780	778	782	789	804	814	795	4764
Eliza Stewart	F Pre	775	775	814	0	792	786	761	4703
Stephen Jackson	M Vet	764	759	725	779	809	820	0	4656
Ron Schwebel	M Mst	720	747	738	759	748	798	779	4569
Philip Boswell	M Mst	0	741	755	750	758	773	777	4554
Tina Campbell	F Mst	692	727	749	776	782	0	757	4483
Heiko Schaefer	M Snr	715	739	745	764	752	748	0	4463
Martin Matthews	M Pre	736	731	746	723	753	0	759	4448
Gerry Arthur	M Pre	719	749	719	0	718	742	720	4367
Cameron Arnold	M Pre	713	713	678	726	754	766	0	4350
Brian Ogilwy	M Snr	704	720	723	692	732	746	721	4346
David Gayford	M Vet	661	699	710	708	750	731	726	4324
Craig Plumb	M Vet	701	709	720	726	730	734	0	4320
Rod Lovel	M Mst	671	706	689	723	742	730	728	4318
William Ward	M Pre	0	694	694	715	722	738	734	4297
Shaun Atchison	M Pre	715	0	721	700	720	732	688	4276

		LC	HB	NH	DMLC	HB	LC	-1	Tot
Stephen Bodnar	M Vet	689	718	708	699	0	705	719	4238
Jaap Bakker	M Pre	681	697	715	692	716	714	0	4215
Salvador Gala	M Vet	668	675	683	696	701	729	708	4192
David Criniti	M Pre	823	842	0	824	837	0	823	4149
Lisa Carroli	F Vet	661	688	700	677	700	715	0	4141
Glenn Guzzo	M Pre	767	823	852	834	840	0	0	4116
John Van	M Vet	649	689	717	0	662	696	689	4102
Yzendoorn									
Roger Cox	M Mst	625	647	653	679	701	708	688	4076
Ross McCarty	M Mst	656	676	0	655	678	699	710	4074
Darren Benson	M Pre	813	811	0	820	810	0	792	4046
Mohammed Alkhub	M Vet	660	683	669	654	0	647	657	3970
Mike Fowlds	M Pre	645	624	677	0	662	673	655	3936
Ross Sinclair	M Vet	737	0	773	772	778	0	785	3845
John Young	M Pre	753	0	697	775	803	0	789	3817
Campbell Reid	M Vet	626	630	631	625	634	645	648	3814
Greg Coy	M Vet	744	759	0	768	770	0	769	3810
Paul Trainor	M Pre	566	599	616	630	644	656	663	3808
David Bray	M Pre	590	625	641	0	648	659	644	3807
Catriona Cater	F Vet	0	761	749	736	774	774	0	3794
Peter Truscott	M Pre	746	755	0	765	765	0	749	3780
Dougal Langusch	M Pre	597	614	609	619	634	643	641	3760
John Hodges	M Mst	719	0	738	756	779	0	755	3747
Frank Dearn	M SSr	605	0	632	647	613	627	605	3729
Tim Deane	M Pre	619	646	0	629	646	659	517	3716
Suzanne Kelly	F Vet	0	728	0	728	752	747	747	3702
Naomi Frank	F Pre	593	590	0	622	625	630	639	3699
Caroline Yarnell	F Vet	694	744	735	739	0	760	0	3672
Stephen Ball	M Mst	717	725	0	733	729	765	0	3669
Tony Barbaro	M Pre	600	621	0	540	658	673	558	3650
James Cryer	M Mst	703	733	731	734	0	0	737	3638
Charles Coville	M Mst	649	712	746	750	0	0	730	3587
Eric Schmierer	M Mst	545	598	587	602	594	0	627	3553
Peter Slater	M Vet	676	0	0	703	721	727	715	3542
Manfred Fiedler	M Snr	678	711	713	713	709	0	0	3524
Craig Brown	M Pre	679	689	693	0	693	0	690	3444
Frances Brown	F Vet	512	567	579	577	578	0	621	3434
Stephen Smith	M Vet	525	551	567	581	601	0	601	3426
Clara Vucetic	F Vet	0	713	693	597	0	711	709	3423
Rebecca Deane	F Pre	489	513	547	573	0	599	594	3315
Keith Bateman	M Vet	809	832	0	833	840	0	0	3314
Amanda Underwood	F Pre	0	0	598	660	671	676	666	3271
Stephen Kibble	M Vet	607	661	653	659	656	0	0	3236
Robi Russell	F Mst	628	644	667	0	624	669	0	3232
Charles King	M Vet	619	0	626	0	655	644	647	3191
Peter Woods	M Vet	619	0	651	0	644	638	620	3172
Kevin Tiller	M Pre	416	485	524	572	598	0	564	3159
Ted Brailey	M Mst	0	571	614	635	0	641	627	3088
Martin Harris	M Pre	574	605	0	562	0	657	683	3081
George Herisson	M Vet	639	0	559	593	637	0	647	3075
Raymond Wareham	M Pre	783	790	0	0	0	812	682	3067
Adam Gatford	M Pre	494	501	512	502	524	521	0	3054
George Lisson	M Mst	713	0	771	0	780	789	0	3053
Stuart Chellis	M Pre	0	0	730	747	768	781	0	3026
Richard Green	M Pre	0	754	747	735	752	0	0	2988
Steve Packer	M Vet	566	602	609	0	0	614	579	2970
Barry Rutter	M Mst	720	746	737	0	750	0	0	2953

		LC	HB	NH	DMLC	HB	LC	-1	Tot	
John Kerr	M Mst	555	0	0	623	588	620	548	0	2934
Victor Donovic	M Vet	0	718	0	0	725	744	740	0	2927
Brian Wilcockson	M Mst	0	0	0	721	722	745	734	0	2922
Melanie Rauleder	F Pre	713	730	738	711	0	0	0	0	2892
Darryl Chrisp	M Mst	0	699	0	718	725	741	0	0	2883
Denis Speyer	M Vet	547	562	567	595	603	0	0	0	2874
Leigh MacRitchie	F Pre	533	0	540	524	555	567	0	0	2719
Paul Bullas	M Vet	655	700	681	659	0	0	0	0	2695
John Moore	M Mst	0	0	0	666	667	676	674	0	2683
Walter Mitchell	M Pre	0	639	666	0	666	705	0	0	2676
Mark Davis	M Vet	646	0	0	666	667	692	0	0	2671
Ben McSweeney	M Pre	654	657	679	0	676	0	0	0	2666
Richard Deutsch	M Pre	656	679	0	0	629	0	653	0	2617
Katherine McSweeney	F Pre	518	495	521	534	540	0	0	0	2608

Super Series Male Open

	L	S	C	H	M	E	C	less	Bn	Tot
	C	F	M	H	M	Q	S	1	s	
Darren Benson	56	66	0	58	60	52	51	0	8	351
Cameron Arnold	40	38	56	46	49	50	44	38	15	300
Greg Donovan	36	56	48	19	39	43	19	19	4	245
Barry Rutter	20	50	46	23	34	40	0	0	30	243
Glenn Guzzo	49	0	0	62	0	61	61	0	8	241
Raymond Wareham	40	0	48	53	0	44	37	0	6	228
David Gayford	15	49	50	26	32	36	13	13	12	220
Martin Matthews	44	54	0	48	0	0	46	0	10	202
Gerry Arthur	42	0	61	0	47	0	41	0	10	201
Stephen Jackson	39	18	0	47	43	3	34	0	17	201
Stephen Bodnar	27	35	36	25	30	25	13	13	20	198
Philip Boswell	0	0	43	34	38	42	26	0	12	195
Craig Brown	34	0	53	27	41	0	18	0	10	183
William Ward	0	0	0	41	42	47	27	0	12	169
Jaap Bakker	35	0	45	33	44	0	0	0	10	167
Richard Green	0	59	0	49	0	48	0	0	8	164
Jonathan Worswick	37	62	54	0	0	0	0	0	9	162
James Cryer	12	45	30	14	25	24	13	12	10	161
Shaun Atchison	31	0	45	43	0	0	31	0	10	160
Sean Ryan	0	57	51	45	0	0	3	0	4	160
Chris Truscott	0	0	0	0	56	47	52	0	4	159
David Bray	12	0	42	14	31	28	13	0	15	155
Richard Sarkies	0	0	0	0	51	51	48	0	0	150
John Van Yzendoorn	18	0	52	0	0	37	20	0	22	149
David Criniti	60	18	0	0	0	0	57	0	8	143
Peter Truscott	47	0	0	51	0	0	35	0	10	143
Tim Deane	13	0	34	14	29	27	13	0	12	142
John Young	46	0	0	0	43	0	39	0	8	136
Ron Schwebel	21	0	0	0	33	45	21	0	12	132
Stuart Chellis	0	0	0	0	40	49	32	0	8	129
Mohammed Alkhub	12	29	26	14	0	32	3	0	12	128
James Moody	12	19	20	14	19	17	13	12	21	123
Mike Fowlds	25	0	38	14	27	0	3	0	10	117
Greg Coy	0	48	0	39	0	0	22	0	8	117
Ross Sinclair	38	0	0	42	0	0	28	0	8	116
Tom Silk	0	42	0	28	0	46	0	0	0	116

Ben McSweeney	29	0	47	15	0	0	13	0	8	112
Damian Tancred	51	0	0	0	0	0	50	0	10	111
Stephen Fahey	33	0	44	16	0	0	15	0	2	110
Bruce Craven	30	51	0	22	0	0	3	0	0	106
Martin Harris	12	0	28	14	0	38	4	0	10	106
Dean Degan	53	0	0	0	0	0	44	0	7	104
Brian Ogilwy	12	18	17	14	17	13	13	12	12	104
Kelvin Marshall	0	55	49	0	0	0	0	0	0	104
Randall Brophy	0	0	0	34	38	0	30	0	2	104
Keith Bateman	45	0	0	52	0	0	0	0	6	103
Joel Mackay	0	47	0	38	0	0	0	0	17	102
Charles King	12	0	31	14	0	22	13	0	8	100
Ross McCarty	12	18	0	14	16	13	13	0	12	98
Paul Trainor	12	0	0	14	26	19	13	0	12	96
Christopher Dwyer	0	0	65	0	0	0	29	0	2	96
Patrick Hodgins	12	40	0	14	0	20	3	0	4	93
George Herisson	12	21	0	14	0	13	13	0	18	91
Richard Deutsch	28	39	0	0	0	0	17	0	6	90
Chris Ferguson	17	41	27	0	0	0	0	0	4	89
Campbell Reid	12	0	0	14	21	16	13	0	12	88
Allan Wareham	0	18	17	14	12	13	13	0	0	87
Craig Plumb	26	0	0	14	0	23	13	0	10	86
Adrian Spragg	0	34	0	0	0	39	0	0	12	85
Dougal Langusch	2	32	0	14	0	20	3	0	12	83
Craig Dunn	0	0	0	40	0	3	33	0	7	83
Eric Schmierer	12	18	0	14	12	13	3	0	10	82
Anthony Wong	0	0	0	0	46	0	36	0	0	82
Roger Cox	12	0	0	14	18	21	3	0	12	80
Manfred Fiedler	12	0	18	0	12	3	0	0	35	80
George Lisson	19	52	0	0	0	0	0	0	6	77
Darryl Chrisp	2	31	0	14	0	14	0	0	15	76
Steven Norden	0	18	25	14	0	0	3	0	16	76
Charles Coville	12	0	0	21	0	34	0	0	8	75
Wayne Gregory	0	0	0	29	37	0	3	0	6	75
Roland Hassall	12	37	0	14	0	0	0	0	11	74
Tony Fattorini	0	0	0	0	35	0	35	0	4	74
Paul Thompson	0	0	0	0	20	26	13	0	15	74
Frank Dearn	12	18	17	0	0	13	3	0	10	73
Jeff Morunga	0	26	14	14	0	13	3	0	2	72
Peter Slater	21	0	0	35	0	0	6	0	8	70
Gregory Prerau	12	0	39	0	0	0	0	0	16	67
Glenn Lockwood	0	0	0	14	0	31	13	0	8	66
Kendall Waller	2	0	0	22	0	25	12	0	4	65
Stephen Kibble	12	30	0	14	0	0	0	0	8	64
Robert Wawrzyniak	12	25	0	14	0	0	13	0	0	64
Arthur Huxtable	0	0	0	14	24	23	3	0	0	64
Paul Bullas	12	0	33	0	0	0	0	0	16	61
Walter Mitchell	0	0	0	14	36	0	3	0	8	61

Super Series Female Open

	L	S	C	H	M	E	C	less	Bn	Tot
	C	F	M	H	M	Q	S	1	s	
Amanda Underwood	0	66	50	47	51	50	48	0	10	322
Jenny Wickham	50	0	65	58	60	0	61	0	12	306

	LCSF	C	H	M	E	CS	less	Bn	Tot
		M	H	M	Q		1	s	
Joanne Barton	51	62	55	52	0	0	0	7	227
Suzanne Kelly	0	0	61	53	46	54	0	10	224
Lisa Carroli	47	0	56	48	0	0	51	15	217
Tina Campbell	36	0	0	44	50	48	0	25	203
Maria DiMarco	46	0	52	43	0	46	0	10	197
Joanne Cowan	53	0	0	55	0	57	0	15	180
Elizabeth Woodhams	13	0	0	39	49	0	41	16	158
Heather Forster	28	0	43	26	0	32	19	4	152
Jenny Truscott	0	0	0	52	0	51	47	2	152
Megan Jackson	13	0	33	9	37	32	20	4	148
Allison Lilley	23	0	0	34	0	47	35	6	145
Rebecca Deane	25	0	0	22	0	44	42	10	143
Kerry Ross	13	0	0	30	0	43	36	17	139
Karin Kaehne	0	0	48	36	0	45	0	2	131
Benny Gauci	38	0	49	29	0	0	0	6	122
Christine Cullen	0	0	45	24	48	0	0	2	119
Melanie Rauleder	49	0	58	0	0	0	0	8	115
Mary Stringer	0	0	0	49	0	0	39	26	114
Catriona Cater	0	0	0	0	0	52	52	10	114
Susan Chalmers	37	0	0	42	0	0	27	7	113
Barbara Fabish	0	0	0	31	0	49	33	0	113
Eliza Stewart	56	0	0	0	0	0	44	10	110
Vivienne Kartsounis	0	59	0	51	0	0	0	0	110
Gemma Dalgleish	0	0	0	0	0	51	50	0	101
Naomi Frank	40	0	0	38	0	0	0	10	88
Bridgit English	0	56	0	32	0	0	0	0	88
Glenda Mitchell	43	0	0	0	0	0	34	8	85
Julie McGaw	0	57	0	28	0	0	0	0	85
Frances Brown	24	0	0	27	0	0	22	10	83
Penny Smith	0	0	0	23	47	0	0	12	82
Tracey Love	34	0	0	45	0	0	0	2	81
Virginia Ffitch	25	0	51	0	0	0	0	0	76
Lisa Gallate	20	0	0	37	0	0	12	4	73
Jennie Meixner	0	0	44	0	0	0	26	2	72
Bernadette Boulous	29	0	0	0	0	0	36	4	69
Shirley Rutter	13	0	0	0	0	32	0	22	67
Joanna White	33	0	0	0	0	0	31	2	66
Sharon Callister	26	0	0	0	0	32	0	8	66
Lesley Maher	0	0	0	41	0	0	23	2	66
Leigh MacRitchie	32	0	0	21	0	0	0	8	61
Fiona Nelson	13	0	46	0	0	0	0	2	61

Super Series Age Groups

Female Senior

Penny Smith	0	0	0	62	60	0	0	0	12	134
Sue Hill	0	0	0	0	0	61	0	0	0	61

Female Masters

Tina Campbell	60	0	0	62	60	61	0	0	25	268
Heather Forster	53	0	61	53	0	51	42	0	4	264
Elizabeth Woodhams	41	0	0	55	56	0	61	0	16	229
Lesley Maher	0	0	0	58	0	0	44	0	2	104
Robyn Moody	0	0	0	0	0	51	40	0	6	97

Robi Russell	56	0	0	0	0	0	0	0	18	74
Gillian Klevansky	0	0	65	0	0	0	0	0	0	65
Helen Wilson	0	0	0	0	0	0	41	0	17	58
Lorraine Spanton	0	0	0	0	0	0	47	0	0	47
Mercy Samia	41	0	0	0	0	0	0	0	4	45

Female Vet Top 20

	M		M		L		S			
Joanne Barton	56	66	58	55	0	0	0	0	7	242
Suzanne Kelly	0	0	65	58	50	57	0	0	10	240
Megan Jackson	30	0	44	29	50	41	39	0	4	237
Lisa Carroli	50	0	61	51	0	0	57	0	15	234
Joanne Cowan	60	0	0	62	0	61	0	0	15	198
Kerry Ross	30	0	0	44	0	51	48	0	17	190
Karin Kaehne	0	0	55	46	0	52	0	0	2	155
Benny Gauci	46	0	56	43	0	0	0	0	6	151
Susan Chalmers	45	0	0	49	0	0	39	0	7	140
Frances Brown	40	0	0	41	0	0	36	0	10	127
Catriona Cater	0	0	0	0	0	54	61	0	10	125
Mary Stringer	0	0	0	52	0	0	44	0	26	122
Vivienne Kartsounis	0	62	0	53	0	0	0	0	0	115
Lisa Gallate	32	0	0	47	0	0	30	0	4	113
Bridgit English	0	57	0	45	0	0	0	0	0	102
Julie McGaw	0	59	0	42	0	0	0	0	0	101
Jennie Meixner	0	0	54	0	0	0	43	0	2	99
Glenda Mitchell	48	0	0	0	0	0	41	0	8	97
Tracey Love	44	0	0	50	0	0	0	0	2	96
Shirley Rutter	30	0	0	0	0	41	0	0	22	93

Female Pre-Vet

Top 10

Amanda	0	66	53	53	53	54	51	0	10	340
Underwood										
Jenny Wickham	50	0	65	58	60	0	61	0	12	306
Maria DiMarco	51	0	55	51	0	50	0	0	10	217
Rebecca Deane	43	0	0	44	0	49	47	0	10	193
Allison Lilley	42	0	0	48	0	51	45	0	6	192
Jenny Truscott	0	0	0	52	0	51	47	0	2	152
Christine Cullen	0	0	51	45	51	0	0	0	2	149
Barbara Fabish	0	0	0	46	0	52	38	0	0	136
Melanie Rauleder	53	0	61	0	0	0	0	0	8	122
Eliza Stewart	56	0	0	0	0	0	44	0	10	110

Male Super Senior

Frank Dearn	60	66	65	0	0	61	51	0	10	313
Neil McPherson	0	0	0	62	0	0	0	0	0	62
Ron Daly	0	0	0	58	0	0	0	0	0	58

Male Snr Top 10

Brian Ogilwy	60	56	58	52	56	57	57	52	12	356
Allan Wareham	0	59	61	53	53	54	52	0	0	332
Manfred Fiedler	51	0	65	0	50	42	0	0	35	243
Michael Bailey	0	57	0	51	51	42	0	0	6	207
Alex Whitworth	0	0	0	58	60	61	0	0	4	183
Heiko Schaefer	56	0	0	55	0	0	54	0	15	180
Ray Doran	0	0	0	62	0	0	51	0	12	125
John Simmonds	0	0	0	50	49	0	0	0	10	109
Peter Roberts	0	66	0	0	0	0	40	0	2	108
Paul Munro	0	0	0	49	48	0	0	0	4	101

**Male Masters
Top 20**

	LC	SF	C M	HH M	EQ	CS	less 1	Bn s	Tot
Barry Rutter	53	59	61	58	56	54	0	30	371
James Cryer	49	57	55	47	51	50	49	47	321
James Moody	47	53	53	46	49	46	48	46	317
Philip Boswell	0	0	58	62	60	57	57	0	306
Ross McCarty	46	50	0	38	47	44	46	0	283
Eric Schmierer	38	51	0	35	43	43	29	0	249
Ron Schwebel	56	0	0	0	53	61	54	0	236
Roger Cox	41	0	0	45	48	48	33	0	227
Darryl Chrisp	26	55	0	48	0	45	0	0	189
Arthur Huxtable	0	0	0	49	50	49	40	0	188
Rick Collins	0	0	52	39	0	41	32	0	164
John Hodges	50	0	0	52	0	0	51	0	161
Charles Coville	45	0	0	55	0	52	0	0	160
Nick Woodhams	43	0	0	43	0	0	45	0	147
Brad Renshaw	0	49	0	28	0	29	30	0	146
Graham Butler	44	52	0	0	44	0	0	0	144
Graham Willis	26	0	42	0	0	29	23	0	132
Andrew Joseph	0	0	0	44	45	0	31	0	120
George Lisson	51	62	0	0	0	0	0	0	119
Christopher Dwyer	0	0	65	0	0	0	51	0	118

Male Vet Top 20

Greg Donovan	49	62	55	44	51	61	47	44	4	329
David Gayford	42	57	58	47	48	51	41	41	12	315
Stephen Bodnar	46	53	51	46	47	45	43	43	20	308
Stephen Jackson	53	42	0	58	53	27	52	0	17	302
Mohammed Alkhub	41	49	47	35	0	48	29	0	12	261
John Van Yzendoorn	43	0	61	0	0	52	48	0	22	226
Patrick Hodgins	38	54	0	38	0	43	21	0	4	198
Charles King	29	0	48	31	0	44	33	0	8	193
Stephen Fahey	48	0	54	43	0	0	45	0	2	192
Jonathan Worswick	50	66	65	0	0	0	0	0	9	190
Campbell Reid	32	0	0	27	45	42	26	0	12	184
George Herisson	31	45	0	26	0	41	15	0	18	176
Craig Plumb	45	0	0	37	0	39	40	0	10	171
Ross Sinclair	51	0	0	53	0	0	47	0	8	159
Greg Coy	0	56	0	52	0	0	41	0	8	157
Kendall Waller	29	0	0	40	0	40	39	0	4	152
Jeff Morunga	0	48	35	19	0	37	9	0	2	150
Randall Brophy	0	0	0	45	50	0	51	0	2	148
Wayne Gregory	0	0	0	48	50	0	32	0	6	136
Paul Thompson	0	0	0	0	44	46	30	0	15	135

**Male Pre-Vet
Top 20**

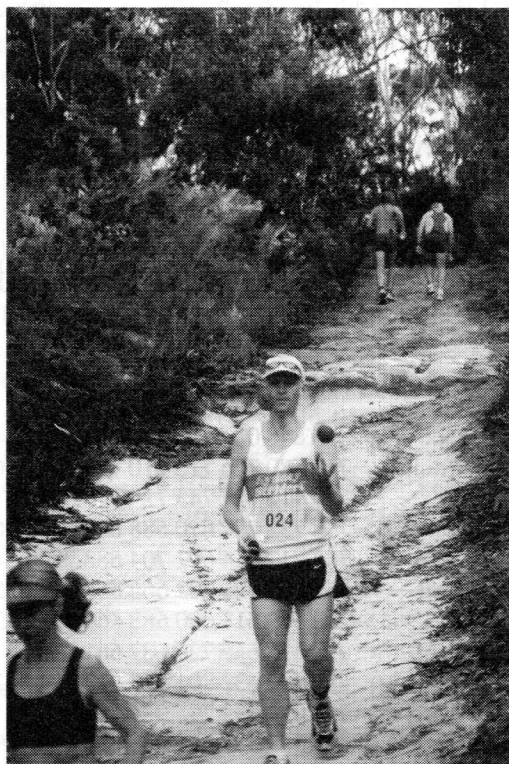
Darren Benson	56	66	0	58	60	52	51	0	8	351
Cameron Arnold	42	49	58	48	49	50	44	42	15	313
Glenn Guzzo	49	0	0	62	0	61	61	0	8	241
Raymond Wareham	40	0	51	53	0	44	37	0	6	231
Craig Brown	40	0	55	38	44	0	30	0	10	217
David Bray	26	0	51	27	41	42	14	0	15	216
Tim Deane	31	0	48	26	40	41	13	0	12	211
Martin Matthews	46	57	0	49	0	0	46	0	10	208
Gerry Arthur	44	0	65	0	48	0	41	0	10	208
Jaap Bakker	41	0	52	40	46	0	0	0	10	189

William Ward	0	0	0	45	45	47	30	0	12	179
Sean Ryan	0	59	54	47	0	0	12	0	4	176
Shaun Atchison	33	0	46	46	0	0	37	0	10	172
Mike Fowlds	35	0	50	32	38	0	7	0	10	172
David Criniti	60	44	0	0	0	0	57	0	8	169
Richard Green	0	62	0	50	0	48	0	0	8	168
Chris Truscott	0	0	0	0	56	47	52	0	4	159
Ben McSweeney	37	0	53	34	0	0	26	0	8	158
Martin Harris	25	0	46	14	0	44	18	0	10	157
Paul Trainor	23	0	0	23	37	40	16	0	12	151

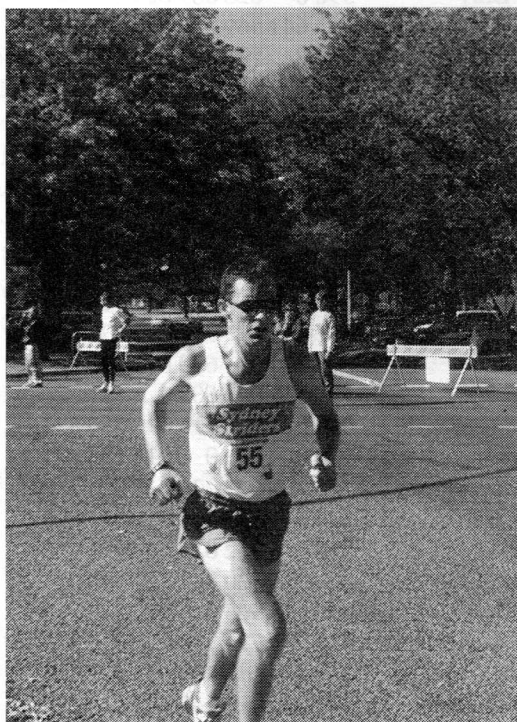
**Super Series Age and Gender
Adjusted**

	LC	SF	CM	HH	M	EQ	CS	less 1	Tot
Darren Benson	813	848	0	830	776	758	836	0	4861
Cameron Arnold	713	580	726	725	710	723	777	580	4374
Barry Rutter	720	712	731	743	724	716	0	0	4346
Greg Donovan	718	732	707	670	688	678	737	670	4260
James Cryer	703	712	654	692	704	683	730	654	4224
David Gayford	661	665	725	702	666	655	716	655	4135
Brian Ogilwy	704	543	617	680	688	664	738	543	4091
Allan Wareham	0	615	647	726	687	661	732	0	4068
Stephen Bodnar	689	592	632	701	653	617	734	592	4026
Raymond Wareham	783	0	732	795	0	781	818	0	3909
James Moody	663	579	597	668	648	633	699	579	3908
Jenny Wickham	780	0	755	792	776	0	745	0	3848
Mohammed Alkhub	660	579	568	633	0	637	695	0	3772
Ross McCarty	656	527	0	620	643	616	694	0	3756
Philip Boswell	0	0	689	757	729	720	796	0	3691
David Bray	590	0	628	609	623	595	645	0	3690
Amanda Underwood	0	641	569	636	637	607	588	0	3678
Tim Deane	619	0	577	605	611	590	625	0	3627
Stephen Jackson	764	475	0	780	732	0	799	0	3550
Eric Schmierer	545	561	0	567	584	591	612	0	3460
Craig Brown	679	0	708	667	659	0	705	0	3418
Glenn Guzzo	767	0	0	885	0	803	897	0	3352
Roger Cox	625	0	0	680	664	661	673	0	3303
Mike Fowlds	645	0	609	629	598	0	655	0	3136
Charles King	619	0	603	624	0	608	658	0	3112
Campbell Reid	626	0	0	603	611	594	614	0	3048
Patrick Hodgins	616	602	0	614	0	578	624	0	3034
Paul Trainor	566	0	0	610	612	573	665	0	3026
Dougal Langusch	597	565	0	603	0	591	626	0	2982
George Herisson	639	574	0	616	0	589	554	0	2972
Ron Schwebel	720	0	0	714	736	797	0	0	2967
Martin Matthews	736	702	0	734	0	0	778	0	2950
Martin Harris	574	0	543	501	0	624	698	0	2940
Gerry Arthur	719	0	752	0	694	0	765	0	2930
Suzanne Kelly	0	0	730	742	724	716	0	0	2912
Frank Dearn	605	573	565	0	0	570	596	0	2909
Shaun Atchison	715	0	724	718	0	0	729	0	2886
William Ward	0	0	0	717	674	693	759	0	2843
Tina Campbell	692	0	0	742	732	670	0	0	2836
Arthur Huxtable	0	0	0	713	692	677	754	0	2836
Sean Ryan	0	715	695	723	0	0	674	0	2807
Jeff Morunga	0	567	564	564	0	537	575	0	2807

Blister Photo Gallery



Juggling Joel at Six Foot Track



Jonathan Worswick runs 2:55:29 at the Canberra Marathon

Photo courtesy of Craig and Elise of Canberra



Mary Stringer and Roland Hassell at the centre of a group of sub 3:30 runners at the Gold Coast Marathon

*Photo courtesy Pat Carroll, online running coach
pat@patcarroll.com.au,*



Lisa Gallate, Gill Cavenagh and Frances Brown (L to R) before their Gold Coast races