

Sydney Striders

*Road Runners' Club
Australia*



Edition No. 94: September - November 2004

Medoc Marathon

French Fantasy

By Jim Moody

If you haven't heard about this Marathon you probably are a new member of the club, live under a rock or don't read the articles in the Blister. There have been a number of club members who have completed this run and have put pen to paper, so for those whose lives have been sadly lacking another interpretation of the Marathon, here are my experiences.

Firstly, I must say that in many ways it is a fantastic event. They run approximately 8,500 runners through a course that winds its way through some of the most beautiful scenery in the south of France. The event is timed so you are running when the scenery is at its peak, the grapevines are still loaded with fruit, the vines a glorious green and the vista one that pleases the eye in every direction. The chateaux are magnificent and stand throughout the area along the main thoroughfares and backways and enhance the glorious panorama spread out for your enjoyment.

This year was the 20th anniversary of the event and the organisers had some special requirements. Not requests - requirements. Costume was mandatory and the sea of colour during the Marathon weaving among the vineyards was amazing. Attire was as diverse as you could possibly imagine and I have a very good imagination. (continued page 3)



Chateau Branaire-Ducru

Inside Blister No 94:

- ◆ Stephen Firth goes sub 3 in Sydney
- ◆ The Art of Planning Ahead from Julie McGaw
- ◆ Join Bridgit English at Comrades 04 and 05
- ◆ Chicago Marathon with Jim Barrett and Stephen Smith
- ◆ 10k and Super Series results - and all the other races where Striders flew the flag

AND MORE!

The Blister

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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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French Fantasy (continued)

By Jim Moody



Madame Pompadour and 'friends'

Madame Pompadour was resplendent in 18th Century garb, he was absolutely stunning. And as for the S & M guys and girls, well what can you say. (I suspect the Vaseline companies did a roaring trade, after all leather is not known for its silky smooth surfaces)



French Women ??

It must also be a French thing as I have never seen so many cross-dressers in my life and while many were quite passable, there were definitely some who had seen better days, most of them some time ago.

The race starts at 9:30, quite late by most standards and as you may guess the day can be quite warm. This year they managed to beat all records. The day dawned bright and sunny, by 9:00 it was 25 degs and by gun time had reached the heady peak of 28 degrees. Not a good temp for a Marathon I hear you say, guess what, you are absolutely right.

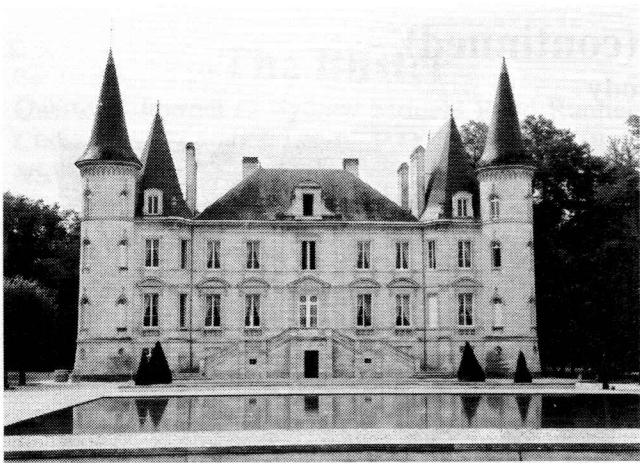


Strider with bunches of grapes

From the very start I had misgivings, but in the way runners do I was sure I was fit for the purpose. Off I went, me and 8,599 runners and about 20 floats of various types. We will talk about the floats later in this tale, bloody things.



The course winds its way through the streets of Pauillac, a small port town, and out into the countryside. The crowd support was incredible. When you are used to crowds that are mainly clustered at the start or finish with a few people at traffic lights looking for the accident (why else would the road be blocked off) this was a pleasant surprise. Cries of "Allez, Allez, Allez" echoed throughout the day which I unfortunately interpreted as "Aussie, Aussie, Aussie" and which I returned with "Oi, Oi, Oi" to rather startled looks of utter incomprehension. They have mapped the route with great care and you get to see some of the great wine houses of Bordeaux, Chateau Lafitte Rothschild, Chateau Margaux to name two. At many you run into the grounds and around the chateau itself.



Chateau Pichon-Longueville

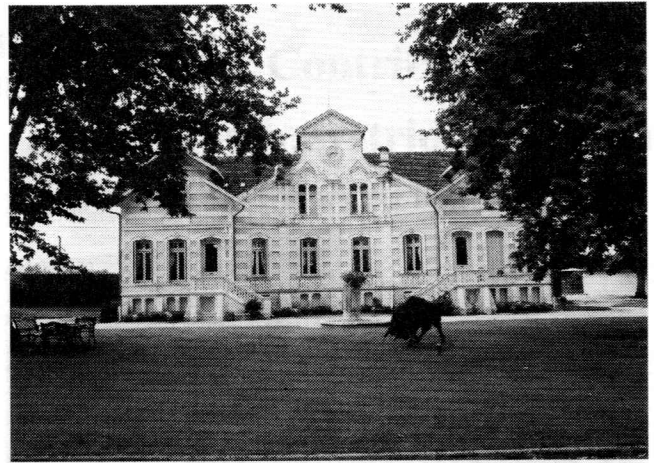
All the while bands and orchestras are accompanying you on your endeavour while you pound out the kilometres to music from various centuries. Drink stops are provided by more than just the official stations. Local families set up small tables and offer their assistance and encouragement at any number of spots throughout the course.

At 10 k suddenly a thought pops up. "Hang on, there is no electrolyte yet." On you go. People run up alongside and begin to talk to you at every turn, then run hurriedly away then they work out your command of the local language is no more than two words. It turned out there were three Aussies running that day. I managed to meet one at the start of the race, of the other I heard or saw nothing.

At the next drink station they had a selection of pastries as well as bananas and sugar cubes. Interesting but still no electrolyte, bugger. Things are not going too well, but it is early and they will surely improve, with nothing else to do I start to think over my recent weeks' preparation and am a little perturbed.

I have not really had the opportunity to carbo-load properly. For the two previous days we had to eat out locally as our hotel in Moulis did not have a restaurant. This entailed mostly protein and no carbs. The problem was that the menus had been written specifically with tourists in mind. They were handwritten in French (the buggers) with all the skill usually found in the medical profession.

The Pasta Party organised for the event was by ticket only and while I had sent off my application with the correct box ticked, I had been told that morning that we had not made the 4,000 cut-off. Not happy Jan. We ended up at a second-rate affair with about 2,000



Chateau Macaulau, our Hotel

others in a tent where they provided pasta that had been cooking for two days just to make sure they fixed the consistency. While the French are renowned for their ability with things culinary their knowledge of pasta preparation is sadly lacking. But I digress. We sat on our own at a table for about twenty where we managed to eat the pasta, washed down with some 3rd Cru Bordeaux red. There must have been a sign that said 'Non parley vous Francais' over our heads.



Red Wine Drink Stop

Back to the tale at hand. The course meandered through the vineyards and into the first drink station that had red wine. What a great innovation I had thought at the start, now however I was craving PB, Gatorade, High 5, a salt lick or anything with the slightest drop of salt. No such luck, sloshing with water on I ran. My thoughts then wandered again, as they do, to how well I had hydrated the previous week.

What I wouldn't give for a small bottle of PB, you

know the one that everybody hates. and I'll never again complain about Lane Cove at 2 degs. But I digress yet again. We had been in Europe for about five days following the 23 hour flight from Sydney, I had managed to keep up an amount of fluid intake during the flight but the more I thought the less happy I became. We had been staying with our nephew in London and the hydrating I had been doing involved water that had been processed by a brewery with added hops, oops. During the taxi flight (caught a cab from the airport to the train station in Paris lately?) and the ensuing train to Bordeaux I had hardly touched the stuff, water that is, being more intent on catching up on some sleep. Not good.

Back on the course I had come across one of the really odd stops for the Marathoners, an Oyster stop. Now in Sydney I am a great fan of this fruit de mer, but in the latter half of a Marathon when you are dehydrated, and feeling put upon, food of any type is your last thought. I bypassed the oysters quickly thinking about how I would have handled them at the end of the race if my worst fears came to fruition. I came across another of the red wine stops further on and the young ladies holding up the cups picked me for an Aussie (something to do with the flag I had draped about my person I expect) and I couldn't say no, she wouldn't have understood. So I stopped and sampled the glass. I tried to think of some wise comment that she might understand. Nothing came to mind. "Beautiful" said I, she smiled, I staggered on.

And still no electrolyte.

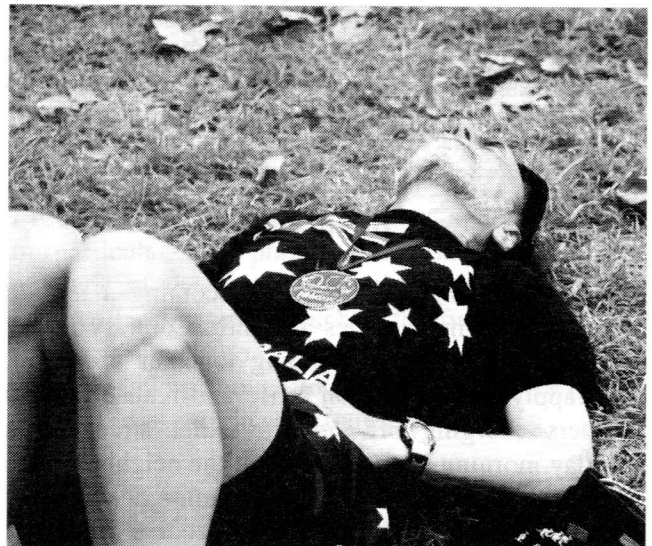
At some point here I had begun walking, even that was painful. At one point I stopped and stretched. Big mistake - that nearly caused some serious cramps. So deciding that was not going to be helpful, I decided to walk-run from here.

At this point my world nearly ended. A loud unintelligible commotion behind. Unable to turn for fear of neck cramps, I was manhandled aside and, the embarrassment of it, I was passed by a float. Ahhh, the ignominy of it all, the unfairness. Next came a terrible drink-food stop, they were cooking steak. The smell of frying meat when you are dehydrated, hurting rather badly and feeling totally unloved was not good. They even went to the trouble of making sure that you went through this tent-like tunnel. There was no alternative, you couldn't turn away, the fiends, it was awful.

Oh for a Powerade.

At this stage I was probably at the 38 km mark and feeling pretty wretched, there was nothing for it but to walk-walk-run and hope that I would last the distance. Then suddenly in the mists ahead a new drink stop appeared. A local was setting up a card table beside the course. As I neared, he had one bottle of coke and some plastic cups. Not electrolyte but something other than water or red wine. A half a cup was all it took. My thoughts of sitting down beside the road and waiting until Rob came looking for me in a day or two disappeared, I had run 6ft Track on this stuff. The magic formula, nectar of the Gods. I knew that small cup would be enough and I practised my, by this stage rather extraordinary French 'Merci' at the top of my voice (the louder, the more people understand) and on I toddled.

At about 40km I started to run again, coke coursing through my veins, and managed to keep it going until the end. The course has a left hander just before the finish and as you come around the corner the crowd is enormous and twenty deep. There's a red carpet for the last 195m, the biggest medal you ever saw is hung around my neck, then I'm given a red backpack that the next person opens and puts in a boxed bottle of 98 Chateau Bergey. Then Rob found me, she steered me to open ground and I found my piece of grass where I lay down (read collapsed in a heap). What a day!



Oh for a beer

President's Page

Another year blows past, another 10k Series and Super Series, and some marvellous performances by Striders. Our membership continues to grow, our average age is dropping, the percentage of females is on the increase, and the Sunday STaRs continue to be the backbone of the club. Our finances are in good shape, and the myriad of tasks that need doing to keep the club ticking over are being looked after by a great team of Striders. All good.

Be nice

Now, just on that last point, we are all Striders. That person running next to you wearing a Striders singlet at the next STaR or race may well be one of those dedicated Strider volunteers. Those volunteers spend a lot of their own time, effort, and even money (please put in those expense claims) to make the club a success. With about 500 members there are always ideas and concerns being raised. The club is always open to ideas, and keen to hear concerns and suggestions, but (there is always a 'but') please frame a problem with a possible solution, a concern with an alternative, an idea with some thought as to how to implement it.

We (the royal 'we' which includes all members) don't always get it right, and sometimes take more time than a commercial venture might, so please be nice when chasing something up – we (that is you and me again) cannot afford to scare off those generous members who do volunteer to keep us going. Just as an aside, there are about 4,000 separate results to be sorted through for Striders just this year....

Be careful

As our numbers grow we are becoming a mobile traffic hazard many times a month. Contrary to my previous discussion of keeping together on a run, let's apply some common sense and realise that 50 Striders charging off down a quiet street on a Sunday morning is not quite what the neighbours are expecting as come around the corner heading for church... please be careful. Don't become green and white speed humps.

A change

We are switching our financial year to better reflect our season, cash flows, and timing of our events.

Some 10k changes for next year

Striders is investing in a new timing system to assist the organising of and reporting on Striders 10k and internal events. We are also putting the entry fee for Visitors at the 10k events up to \$15 (members remain at \$5) partly to dampen demand (we are getting too big for our venues), partly to fund the new timing system, and partly to provide an added incentive for visitors to join up. All good.

Take care out there, and Stride On!

Stephen

2005 Super Series Program

13 Feb	Equaliser X-country (members only)
12 Mar	Six foot Track
10 Apr	Canberra Marathon
22 May	SMH Half
June	TBA
July	TBA
14 Aug	City-to-Surf
Late Aug	Willy-Billy
11 Sep	Sydney 10k/Half/Marathon

New Arrivals

Strider **Kendall Waller** and his lovely wife proudly announce the arrival of a junior Strider:
Baxter James Myers Waller. Born 5:26pm, 21st Sept.
3850grams (8lb8oz).

Strider **Martin Harris**, announced a baby girl,
Isobel born 24th October.

Melbourne Marathon 2004

By Gerry Arthur

Sunday 10th October, Frankston to Melbourne

Having flown into Melbourne on Saturday morning the weather looked pretty good from a marathon running point of view; cloudy, very cool, rain imminent. Perfect. As can be the case with Melbourne however just a few hours later all cloud had gone to be replaced by clear blue sky and a baking sun. Less than perfect...

Come Sunday morning the cloudless skies and strong sun returned and the temperature was already beginning to rise by the 8am start. It was clearly NOT destined to be a suitable day for long distance running! Anyway with a thick layer of suncream in place it was off to the start.

After a few encouraging words from Rob de Castella and a slight mix-up as to where the exact starting line was (it wasn't under the banner stretching across the road but about 20m back...) we were off.

I hadn't put in the same level of effort in training for this run as I had for Canberra earlier in the year. I was determined to enjoy this run rather than worry too much about times and PBs.

The first half of the run from Frankston to Beaumaris was wonderfully flat. The race logistics seemed to be working well. Drink stops were plentiful and manned with supportive volunteers (volunteers really are the life blood of any worthwhile race aren't they) I felt comfortable and was ticking through the kms averaging about 4.05 per k. Reached half way in about 1.27.

The combined effects of the sun, heat and wind were definitely starting to take their toll from about 25k onwards especially as we had now reached the more undulating parts of the course. No real hills as such but long, gradual inclines.

Although the views along the coastal road were great, the fairly stiff headwind wasn't making life at all easy. Fortunately for me I managed to tack onto a group of 5 - 6 guys clearly running as a group (and a well-supported group at that) who were aiming for a 2.55 finish. As ever the whole-group-running benefits really helped me out, both from a psychological point of view and just as importantly in this instance, from a physical point of view as I

was able to use them as a pretty effective wind block. Drafting's not against the rules is it?

My only problem was that each time the group came through a drink stop I always slowed to a walk to take on fluids (having never mastered the running-and-drinking-at-the-same-time skill). The '2.55 bus' would run straight through however. This left me with a gap to close pretty quickly if I wasn't to break that invisible elastic band keeping me with them.

It wasn't until about 35k and again after a drink stop that I eventually lost contact with them. I knew at that stage that as long as things didn't really fall apart too badly I could keep the pace going enough to sneak in under 3 hours. Given the limited training, and the conditions on the day, I was more than happy to stick to that plan from then on in.

Those last 7kms were definitely hard going, but aren't they always at the end of a marathon! A more obvious level of crowd support, a turn slightly out of the wind and a flat last 5k all made life that little bit easier however. Some unwelcome underpasses with just a few hundred metres remaining didn't do much for the legs but excellent crowds in Albert Park spurred me on for a 'sprint' finish. I crossed the line in a touch over 2hrs 58m, in 39th place, I learnt later.

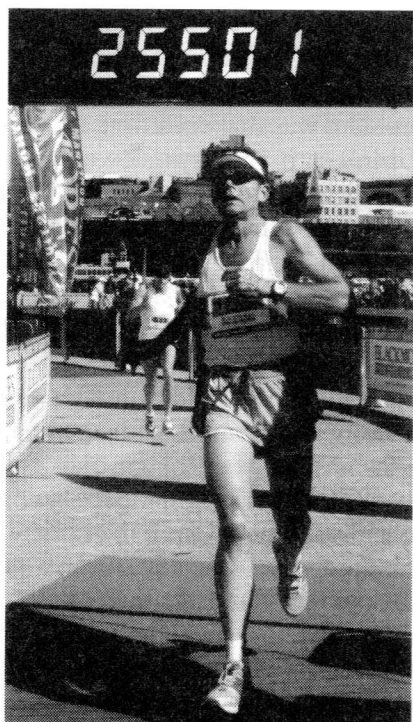
It was probably in the high 20's temperature-wise by then and, despite stopping for more fluids than I have tended to in previous runs, I finished feeling decidedly dry! Nothing that four bottles of water couldn't fix however.

I found out later that the conditions and dehydration in particular had played a major factor in the outcome of the ladies race with race leader Kylie Dick collapsing pretty much in the finishing straight and needing to be rushed to hospital. Congratulations though to Belinda Schipp for taking out the ladies race in such tough conditions.

Overall a very enjoyable day. A flat and scenic course and I do prefer the point to point (as opposed to a 'lap' circuit) races from a mental point of view. Well organised with few, if any, gripes from me. Not much the organiser can do about the weather! It fits in nicely with a two marathon a year timetable if you're looking at Canberra as well. Definitely one I would recommend.

One Man's Quest for a Sub-3 Hour Marathon

By Stephen Firth



In my case this began eight years ago when I nearly expired from exhaustion playing a game of backyard cricket with my two sons. I was 39, weighed 100kgs, held a highly stressful desk job and led a very sedentary lifestyle. I realised then that if I didn't do something, and soon, I was a prime candidate for a stroke or heart attack. So I resolved to lose weight. By watching what I ate I managed to shed a few kilos but nothing dramatic. Then one day a few months later, while my wife and I were staying on Fraser Island, something happened that would change my life for ever. One morning I did something I had never done before. I went out for a jog. To this day I don't know why I did it. I lasted about 30 minutes and by the end my feet were very sore as I had run barefoot as I didn't own a pair of joggers. But along the way something remarkable happened: I discovered running was fun! This came as quite a revelation to me because as a boy I had avoided all athletic competition as I was such a slow runner.

So I began to jog to help lose weight. And it worked. I achieved my goal weight but didn't stop running. Then in 1996 I took my next big step and entered the City to Surf for the first time. My first ever foot race. I recall being apprehensive as I had only been running for about two months. Still I made it through without any problems, in a time of 79 mins. That day

I discovered something else: I thrived on the excitement of the race! Emboldened by my experience I decided to enter the Sydney Marathon then only a few weeks away. What can be so hard about that I thought. It's only three times as long! I would soon find out. I made it to half way OK but then hit the wall and struggled to finish. Eventually I dragged a protesting body over the line in 4:57:12 just as the organisers were packing up. That placed me 1,174th. I resolved then never to be humiliated like that again.

There was no marathon in Sydney in 1997 so I entered Melbourne instead. To my surprise and elation I finished in 3:24:02 an improvement of over 90 mins. on the year before. Flushed with my success I planned my 1998 campaign. I heard of this obscure race called The Cities and decided to enter. Even though it poured with rain nearly the whole way I loved it and finished in 3:22:33. I remember that I arrived just as the hot water ran out in the showers. That year, I again entered the Sydney Marathon which was back after a year's hiatus. I was now much wiser and better conditioned than in 1996 and determined to erase the memories of that first race. I finished in 3:11:21. I had sliced 11 mins. off my PB and a full 106 mins. off my 1996 time. I had been redeemed. For the first time I finished in the top 10 in my age group.

In 1999 again there was no Sydney Marathon so I ventured over to Adelaide where my brother-in-law was running his first marathon. Unlike me he had a respectable running background. I stayed with him for a while then he took off leaving me to come home in 3:11:10. A new PB, but only just. It was the 5th time in a row I had brought my time down. In October that year I returned to Melbourne where this time I finished in 3:11:56. I had improved my time over that course by 13 mins in two years but I had failed to record a PB for the first time. For the third race in a row I had run 3:11. I remember thinking at the time at this rate I'll never break 3:10 much less 3 hours.

But what I hadn't allowed for was the excitement of the crowds that lined the route of the Host City Marathon in April 2000 in Sydney. Whether it was that, or finishing in the then newly-completed Olympic Stadium, I don't know, but I was inspired and finished in 3:08:56. At last I had broken through

the 3:10 barrier and could set my sights firmly on breaking 3 hours. To that end I lined up for the Cities Marathon later that year determined to give it a shake but finished in 3:13:12. Whilst this was an improvement of 9 mins. over the same course two years previously, my hopes of a sub 3 hour time seemed further off than ever.

In 2001 I took on the Cities again but ran nearly the same time as the year before finishing in 3:13:38. I did however finish 3rd in my category and received, at age 43, the very first award for athletic achievement of my life. Then, inexplicably, I had my first really marked form reversal. I don't know why, but later that year I could only manage 3:18:50 for the Sydney Marathon. My worst result in 7 races! Not only was I no longer improving I was going backwards! To this day I can't explain that fall off in form as my training had been consistent. Whatever the reason I really began to doubt whether I would ever achieve my goal.

Still I persevered and threw myself into the training like never before. In 2002 I started the Cities for the 4th time. The result was a real breakthrough race as I recorded a new PB of 3:02:21. Now at last 3 hours was in reach. I started the Sydney Marathon that year full of confidence but faded over the final hills to finish in 3:04:15. I would just have to wait another year.

In 2003 the Cities was cancelled and so I would have only one chance, the Sydney Marathon later in the year. Again I started strongly but this time strong head winds over the back half of the race put paid to my hopes and I finished in 3:05:23. I had however come 6th in my age group, my best ever place in the Sydney Marathon.

By 2004 I really began to think that my chance of going sub 3 hours was over. I was now 47 and my times appeared to have plateaued. Again the Cities was off so I would have only one chance again, the Sydney Marathon in September. I noted with interest the course changes which eliminated most of the hills I had struggled with in the closing stages in prior years. Determined, I tried a few new things in training. I did hill repeats on grass and 6k. tempo efforts at the Bay Run. I also shed some weight from 75 to 73kg. All this must have done some good as I set a new PB for the City to Surf in August of 54:18. As I thought this may be my last chance I even gave myself a taper of sorts. The day before the race I exchanged my regular Saturday long ride for a swim

instead. I also decided to run in a lighter shoe. I swapped my regular 2090's for a pair of DS Trainers. Oh, and one other thing, I raced in a Striders singlet for the first time in a marathon.

On race day things started out badly and I nearly missed the start. In desperation I gave my gear bag to a stranger and took up a position right down the back just as the gun went off. Oh well, I would have to do without a warm up. Happily though I was able to make my way through the field which I found quite encouraging. I passed half way in 1:25:48, a time quicker than my half marathon PB. I was in 42nd place, or so someone yelled out as I went by. But I had faded in the second half of too many races to get too carried away. Once out of the city it was into the teeth of a westerly gale. This was the crux of the race for me. If I could hold on here I could use the wind to blow me home. I put my head down and pushed up into it. Once over the crest of the City West Link I refueled with gel and a bottle from the aid station. At 30k my time was 2:02:42. I had minimised my losses and now felt ready to bring it home. At the turn around Steve Jackson gave me a yell which really spurred me on. Shortly thereafter I caught and then ran with fellow Strider Jenny Wickham. Together we caught and passed several other runners in the closing kilometers. We saw off the 35k marker in 2:23:34. Surely I am going to do it? I could run 5 min. k's from here and still go under 3 hours. The signs were good but if I had learnt anything it was that these races aren't over until you cross that line. Concentrate on your form, I told myself as we ran back into town. Here I was greatly encouraged by the cheers of other Striders who took time out from their race to spur me on. It would prove decisive. Instead of folding, as I had done so often before, I kept a good rhythm and went through 40k in 2:44:40. Surely nothing could stop me now? Down the corkscrew and out onto the Cahill Expressway. There, all of a sudden, was the Opera House and the crowds at the finish. I looked at my watch one last time. I would do it. Around the corner into Macquarie Street. One final surge down the hill. Onto the forecourt. There is the line. Sprint now. Yes! 2:54:29! I had run into 25th outright.

After 8 years and 14 attempts I had finally done it! Now at long last I could tick off that goal which I had carried forward in my training log each year for the last 6 years: "Go sub 3 hours for the marathon."

Now, I wondered, what would it be like to go under 2:50?.....

Blackmore's Sydney Marathon Festival

Marathon	Gun Time	Notes			
Darren Benson	02.35.02	3rd Australian Marathon Champs. 4th 30-39, 6th Outright	William Ward	01.21.05	
Raymond Wareham	02.39.20	5th 30-39, 8th Outright, PB from 2.43.30 Macleay 2004.	Jenny Truscott	01.22.00	2nd Female 18-29
Tony Fattorini	02.47.08	Debut, 6th 18-29	Craig Brown	01.26.19	PB from 1.28.24 SMC 2004
Stephen Firth	02.55.01	PB from 3.02.21 Cities 02, 4th 40-49	Philip Boswell	01.27.15	6th 50-59
Shaun Atchison	02.55.07	10th 30-39	Martin Harris	01.28.05	PB from 1.46.30 SMH 2003
Jenny Wickham	02.55.09	5th female, 1st NSW, 2nd Australian. PB from 3:04:00, Canberra 2004. 4th 18-29	Catriona Cater	01.28.46	2nd Female 40-49
George Lisson	03.06.03	4th 50-59	John Van Yzendoorn	01.29.53	
Anthony Wong	03.07.48	PB from NY 94, 9th 40-49	Richard Deutsch	01.30.28	
Stephen Bodnar	03.12.47	PB	Michael Handley	01.31.25	
David Gayford	03.13.31		John Bugg	01.33.55	
Peter Tedesco	03.21.14		David Bray	01.34.42	PB from 1.36.18 SMC 2004
Gary Aitkenhead	03.25.58		Mark Davis	01.35.28	
Wayne Gregory	03.27.44		Arthur Huxtable	01.35.49	
Kevin Tiller	03.32.09		Mike Fowlds	01.36.20	
Andrew Joseph	03.34.56		Paul Trainor	01.37.35	PB from 1.39.39 SMH 2004
Brian McElhinney	03.36.21	PB from 3.57.30 Gold Coast 04	Paul Thompson	01.38.51	
Scott Smiles	03.36.54		James Cryer	01.39.28	
Stewart Vincent	03.40.37		Tim Austin	01.39.55	
Charles King	03.43.32		Gerry Arthur	01.40.39	
Ross McCarty	03.43.43	PB from 4.00.20 Sydney 2001	Campbell Reid	01.41.04	
Michael Johnstone	03.45.56		Michael McCarthy	01.41.38	PB from 1.54.00 Lane Cove 03
Sarah Cooper	03.48.50		Dean Gardiner	01.41.58	
Roger Cox	03.49.25	PB from 3.56.08 Sydney 2001	Stephen Smith	01.42.08	PB from 1.44.46 Gold Coast 04
Peter	03.50.02	6th 60-69	Alan Smith	01.42.12	
Hammerschmidt	03.50.43	8th 40-49	Geoff Underwood	01.42.38	Debut
Robin Cameron	03.50.43		Diane Read	01.46.09	
Karin Kaehne	03.51.36	PB from 3.57.00 Gold Coast 04	Allan Wareham	01.47.25	6th 60-69
Sebastian	03.52.05	Debut	Karen Carter	01.48.09	
Warmerdam	03.52.05		Elizabeth Woodhams	01.48.20	5th Female 50-59
Mervyn Cohen	03.54.31		Lawrence Ullio	01.49.35	PB from 1.57.00 SMH 2004
Stewart Taggart	03.58.28		Steve Hume	01.50.05	
Robert Inglis	03.59.10		Susan Chalmers	01.50.13	
Michael Rees-Evans	03.59.47		Katie Rowell	01.50.26	
Daniel Head	04.00.01		Yvonne Reilly	01.51.16	PB from 1.55.00 SMH 2004
Jeff Morunga	04.01.31		David Cooke	01.51.30	
Mohammed Alkhub	04.03.13		Bernadette Gregory	01.52.12	
Eric Schmierer	04.10.50		Mark Davis	01.52.19	
Brian Ogilwy	04.11.18	8th 60-69	Joe Degabriele	01.53.22	
Allison Lilley	04.13.37	PB from 4.26.00 Canberra 2004	Lisa Gallate	01.53.22	
Brent McKee	04.16.58		Alison Gardiner	01.53.24	PB from 2.01.20 Gold Coast 03
David Ward	04.18.27	Debut	Rebecca Deane	01.54.56	
Vivienne Kartsounis	04.29.08		Kerry Ross	01.56.20	
Steven Norden	04.29.32		Sam Chuah	01.57.23	
Christine Cullen	04.44.03		Lilian Chuah	01.57.34	
Half-Marathon			Frances Brown	01.58.06	
Dean Degan	01.13.02	3rd 30 - 39, 10th Outright	Margaret Cameron	01.58.19	
Andrew Gibbons	01.19.29		Julie McGaw	01.58.20	
Randall Brophy	01.19.36	1st Male 40-49	Michelle Farrar	01.58.27	
Ross Sinclair	01.19.51	2nd Male 40-49	John Hanna	02.01.07	
Tim Cradock	01.20.00		Lynn Herisson	02.02.35	PB from 2.03.00 Gold Coast 04
			Beryl Wilson	02.05.59	
			Glenn Lockwood	02.06.07	
			Belinda Lockwood	02.06.09	Debut
			Roger Rigby	02.15.18	
			Alex Hamill	02.15.20	
			Paul Munro	02.16.16	
			Louis St Laurent	02.16.30	Debut

Brenda Hamill	02.17.14		Hugh Langshaw	00.42.02	
Frank Dearn	02.17.53	2nd Male 70+	Ryan Armstrong	00.42.16	
Peter Johnson	02.33.04		Caroline Yarnell	00.43.41	4th Female 40-49
10 km			Mike Morrissey	00.45.09	
Chris Truscott	00.33.14	3rd 30-39, 9th Outright	Glenda Mitchell	00.46.27	
Damian Tancred	00.33.16	4th 30-39, 10th Outright	Alex Jensen	00.47.26	
Richard Sarkies	00.35.01		Marcus Juhasz	00.48.28	
Stuart Chellis	00.35.37		Naomi Frank	00.48.35	
Martin Matthews	00.35.48		Ron Wilson	00.49.08	
Jonathan Heron	00.36.22		Pete Steel	00.49.54	
Richard Green	00.36.47		Michael Kaars	00.53.02	
Andrew Cullen	00.37.09		John Moore	00.53.25	
Chad Armstrong	00.38.32		Neil Barker	00.55.11	
Eliza Stewart	00.38.54	1st Female 16-19	Fiona Nelson	00.55.30	
Walter Mitchell	00.39.28		Bridgit English	00.55.39	
Andrew Fuller	00.40.01		Michael Bailey	00.55.50	
Joanne Cowan	00.40.44	1st Female 40-49	David Solomon	00.58.24	
Jason Saunders	00.40.51		Rob Leonard	00.59.37	
Grahame Murphy	00.41.19	4th Male 50-59			

Super Series Placings		Scaled Time							
1	Darren Benson	2.35.02	42	Peter Tedesco	3.21.14	84	Allan Wareham	3.56.19	
2	Chris Truscott	2.37.52	43	Gary Aitkenhead	3.25.58	85	Pete Steel	3.57.02	
3	Damian Tancred	2.38.01	44	John Bugg	3.26.37	86	Karen Carter	3.57.56	F
4	Raymond Wareham	2.39.20	45	Caroline Yarnell	3.27.30	F 87	Elizabeth Woodhams	3.58.20	F
5	Dean Degan	2.40.40	46	Wayne Gregory	3.27.44	88	Stewart Taggart	3.58.28	
6	Richard Sarkies	2.46.20	47	David Bray	3.28.20	89	Robert Inglis	3.59.10	
7	Tony Fattorini	2.47.08	48	Mark Davis	3.30.02	90	Michael Rees-Evans	3.59.47	
8	Stuart Chellis	2.49.11	49	Arthur Huxtable	3.30.48	91	Daniel Head	4.00.01	
9	Martin Matthews	2.50.03	50	Mike Fowlds	3.31.56	92	Lawrence Ullio	4.01.05	
10	Jonathan Heron	2.52.45	51	Kevin Tiller	3.32.09	93	Jeff Morunga	4.01.31	
11	Richard Green	2.54.43	52	Mike Morrissey	3.34.28	94	Steve Hume	4.02.11	
12	Andrew Gibbons	2.54.52	53	Paul Trainor	3.34.41	95	Susan Chalmers	4.02.29	F
13	Stephen Firth	2.55.01	54	Andrew Joseph	3.34.56	96	Katie Rowell	4.02.57	F
14	Shaun Atchison	2.55.07	55	Brian McElhinney	3.36.21	97	Mohammed Alkhub	4.03.13	
15	Randall Brophy	2.55.07	56	Scott Smiles	3.36.54	98	Yvonne Reilly	4.04.47	F
16	Jenny Wickham	2.55.09	57	Paul Thompson	3.37.28	99	David Cooke	4.05.18	
17	Ross Sinclair	2.55.40	58	James Cryer	3.38.50	100	Bernadette Gregory	4.06.50	F
18	Tim Cradock	2.56.00	59	Tim Austin	3.39.49	101	Mark Davis	4.07.06	
19	Andrew Cullen	2.56.28	60	Stewart Vincent	3.40.37	102	Lisa Gallate	4.09.24	F
20	William Ward	2.58.23	61	Glenda Mitchell	3.40.38	F 103	Joe Degabriele	4.09.24	
21	Jenny Truscott	3.00.24	62	Gerry Arthur	3.41.26	104	Alison Gardiner	4.09.29	F
22	Chad Armstrong	3.03.02	63	Campbell Reid	3.42.21	105	Eric Schmierer	4.10.50	
23	Eliza Stewart	3.04.47	64	Charles King	3.43.32	106	Brian Ogilwy	4.11.18	
24	George Lisson	3.06.03	65	Michael McCarthy	3.43.36	107	Michael Kaars	4.11.55	
25	Walter Mitchell	3.07.28	66	Ross McCarty	3.43.43	108	Rebecca Deane	4.12.51	F
26	Anthony Wong	3.07.48	67	Dean Gardiner	3.44.20	109	Allison Lilley	4.13.37	F
27	Craig Brown	3.09.54	68	Stephen Smith	3.44.42	110	John Moore	4.13.44	
28	Andrew Fuller	3.10.05	69	Alan Smith	3.44.50	111	Kerry Ross	4.15.56	F
29	Philip Boswell	3.11.57	70	Alex Jensen	3.45.19	112	Brent Mckee	4.16.58	
30	Stephen Bodnar	3.12.47	71	Geoff Underwood	3.45.48	113	Sam Chuah	4.18.15	
31	Joanne Cowan	3.13.29	72	Michael Johnstone	3.45.56	114	David Ward	4.18.27	
32	David Gayford	3.13.31	73	Sarah Cooper	3.48.50	F 115	Lilian Chuah	4.18.39	F
33	Martin Harris	3.13.47	74	Roger Cox	3.49.25	116	Frances Brown	4.19.49	F
34	Jason Saunders	3.14.02	75	Peter Hammerschmidt	3.50.02	117	Margaret Cameron	4.20.18	F
35	Catriona Cater	3.15.17	76	Marcus Juhasz	3.50.13	118	Julie McGaw	4.20.20	F
36	Grahame Murphy	3.16.15	77	Robin Cameron	3.50.43	F 119	Michelle Farrar	4.20.35	F
37	John Van Yzendoorn	3.17.45	78	Naomi Frank	3.50.46	F 120	Neil Barker	4.22.07	
38	Richard Deutsch	3.19.02	79	Karin Kaehne	3.51.36	F 121	Fiona Nelson	4.23.38	F
39	Hugh Langshaw	3.19.40	80	Sebastian Warmerdam	3.52.05	122	Bridgit English	4.24.20	F
40	Ryan Armstrong	3.20.46	81	Ron Wilson	3.53.23	123	Michael Bailey	4.25.13	
41	Michael Handley	3.21.07	82	Diane Read	3.53.32	F 124	John Hanna	4.26.27	
			83	Mervyn Cohen	3.54.31	125	Vivienne Kartsounis	4.29.08	F

126 Steven Norden	4.29.32		132 Belinda Lockwood	4.37.32	F	138 Louis St Laurent	5.00.18	
127 Lynn Herisson	4.29.41	F	133 Rob Leonard	4.43.11		139 Brenda Hamill	5.01.55	F
128 Alan Smith	4.31.18		134 Christine Cullen	4.44.03	F	140 Frank Dearn	5.03.21	
129 Beryl Wilson	4.37.10	F	135 Roger Rigby	4.57.40		141 Peter Johnson	5.36.45	
130 David Solomon	4.37.24		136 Alex Hamill	4.57.44		142 Richard Peacock	hlp	
131 Glenn Lockwood	4.37.27		137 Paul Munro	4.59.47				

Athletics NSW Events

From Richard Sarkies, ANSW Coordinator

Track Results

The summer Track season has just commenced with a few results from Striders already at hand. Some of the usual faces of course, along with a couple of new young members doing their best to lower the average age of the club!

Introduction To Club Athletics - 25th Sep, Homebush

Women 1500M Under 18

Sarah Hammer 5:19.45

Men 1500M Under 18

Ben McCaskill 4:46.94

UTS Meet, Rotary Field, Chatswood

Walter Mitchell

9/10 800m 2:33 (6th place)

16/10 1500m 5:08 (1st place)

23/10 800m 2:26 (1st place)

30/10 1500m 5:10 (1st place)

NSW Secondary All Schools Championships - 9th/10th October, Sydney Olympic Park

Boys 3000M 15 yrs

8th Ben McCaskill 10:04.30

Girls 3000M 15 yrs

Sarah Hammer 11:32.15

Club Premiership, Narrabeen, 30th October

Men 3000M Under 18

Ben McCaskill 10:06

Narrabeen Oct 31, Men 3000m 40+

Ron Schwebel 10:43

ANSW Club Premiership 27th November

3,000m Matthews, Martin 9:39.1 (PB)

800m Bateman, Keith 2:07.37 (debut) 2nd placed O-35

Get Going



Massage Therapy

(for worn out Striders)

- Remedial, deep-tissue massage.
- Randwick location
- Weeknights or weekends
- Fantastic rate for Striders \$40 (1hr)
- Massage by a runner for runners

Greta will ensure that the areas you specifically need work on will receive the required attention they deserve.

- Call Greta Auricht on 0419 021 694 or Chris Truscott on 0402 464 047 to arrange an appointment.

Blister 94 Credits

Thanks to all. In addition to named contributors were: Photos: Robyn and Jim Moody, Ian Whitfield. Results & Info: Stephen Jackson, David Bray, David Sill, Keith Bateman, Frances Brown. Also thanks to Database Manager Craig Dunn, Mailout Manager Ross McCarty and proof-reader Penny Smith.

The Art of Planning Ahead

By Julie McGaw

March 7: Basking in the glow of finishing Six Foot Track, agreed to run Fitzroy Falls Fire Trail Marathon with running pal Margaret. October seemed a long way away.

Early April: Light speedwork incorporated into regular training.

Mid April: Light speedwork results in extremely painful foot. Various remedies sought. Eventually admit the obvious - that rest is required. Also, body not suitable for light speedwork.

Late May: Run dismal SMH Half. Almost made it a SMH Quarter as visions of quitting at 11km very nearly became reality. Decided to give up running.

Early July: Informed by running partner that less than ten females completed FFFTM last year. Entertained thoughts of being a top ten female.

Mid July: Had sudden realisation that October was fast approaching. Failed to act appropriately.

Mid August: Was informed that marathon date only eight weeks away. Organised sudden business trip to Adelaide to incorporate Adelaide Half. Felt quite positive towards future running.

Late August: Endured four hour bush run and felt smug when finished.

Early September: Completed second four hour bush

run and felt tired when finished. Decided more sleep was needed.

Mid September: Ran Sydney Half and decided to do the 10km next year and still get the Harbour views.

Late September: Missed final scheduled long run but squeezed in several two hour efforts on hilly bush tracks. Decided that would have to do.

Early October: Amazed how quickly the weeks are passing. Wondered if enough training had been done.

Mid October: Decided to take up the option of an early start for marathon. Worried about meeting the sweeper.

October 16: Set off at 7am feeling good. Took minor detour at 22km to admire spectacular view. Hit low patch from 30km to 35km with flat, dusty and hot track. Got grumpy. Legs started to hurt. Considered retiring from run if offered \$10,000. Or \$5,000. Drew the line at \$1000. Enjoyed a Coke and ice (!) and took third energy gel at 35km. Amazing recovery from 37km. Finished up a small hill to end at 4hr, 57min, 55secs. Very happy to be under 5 hours. And finished.

October 17: Basking in the glow of finishing the Fitzroy Falls Marathon, agreed to run Six Foot Track. March seems a long way away.

New Members – August - Nov

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.

Jon Griffiths
Alicia Wood
Phillip Jones
Olivia Batter
Graham Creed
Jennifer Williams
Julia de Vries
Richard Fremantle
Dani Byrne
Robert Mulley
Ben McCaskill
Elly Peters

Malcolm Ferguson
Neridah Powell
David Martin
Lucinda Chapman
Wayne Pryke
Stephen Allan
Alison Fitzgerald
Tom McCormack
Cundy Fran & Dave
Philip Murphy
Andrew Bull
Mark van de Vyver

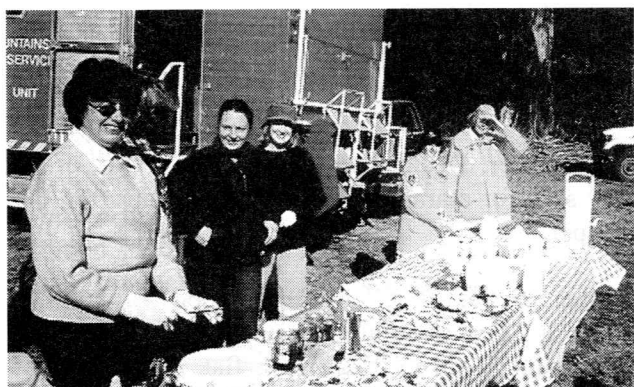
Isabella Allan
Mark Crombie
Matthew Mulcahy
Timothy Kelleher
Michael Piccirilli
Yvonne Reilly
Sarah Hammer
Michael Adams
Mike O'Shea
Dean Harris

Coffee Club to Clifftop Pub – our Willy to Billy 35K experience

(Also our practice run for the NZ Abel Tasman 33K Coastal Classic)

By Rick Collins

Very early on Saturday morning, 21 August, Striders Lesley Maher, Lorraine Spanton, Deirdre Stewart, Jeff Morunga and myself headed for the mountains. Within 50 metres of Lesley's place my navigational skills were quickly put to the test by the three back seat drivers. At Mt. Wilson we felt like we were back at the Bowan Island Coffee Shop as there were plenty of scones, jam and coffee to get us started.



Bowan Island Coffee Shop Sub Branch at the start

Along with many other Striders we then fearlessly tackled the roller-coaster mountain bush run up the huge mountains and back down deep into the valleys as we ran through some of the most picturesque scenery and greenery ever experienced on a fun run.



Striders ready to run – Lesley, Lorraine, Deirdre, Jeff and Rick

Along the way Jeff's mum Barbara greeted us with big encouraging smiles at many of the water stations. We took plenty of time to chat to the marshals, sampled all sorts of bickies and lollies at the water stops and stopped to take photos and take in the breath-taking scenery. We went the wrong

way a few times and found some others who had also gone the wrong way. At this point we now needed Jim Moody's MTG navigational skills.



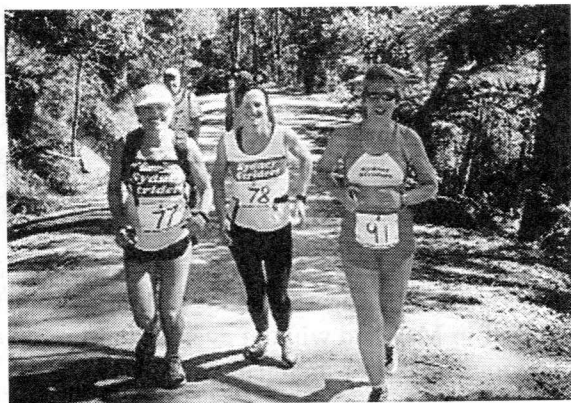
Which way now – follow Lesley, Deirdre or Lorraine ?



Bickies, crunchies & jelly beans at a water stop

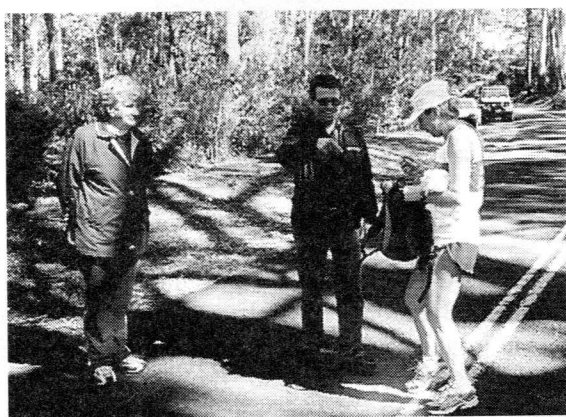
Along the way we solved many of the world's problems as the hours ticked by and we walked when the mountains were just too steep or we felt just too lazy. We were soon reminded many times over that the Gladesville Bridge is not a big hill (it's not even a little hill).

At the end we were welcomed by the Bilpin Rural Fire Brigade to a great BBQ with drinks etc. to help us recover. We then made sure that we practiced well for our upcoming NZ Abel Tasman Coastal Classic run by venturing to one of the local hill top mountain pubs after the run for a second recovery.



Hill climbing

There we sat in the late afternoon sunshine until sundown recovering from our 4 hours 25 minutes of not knowing where we were or where we were going. We had set out at 7am and arrived home well after dark. From coffee at sunrise to the pub at sunset. Boy what a day! Bring on New Zealand!



Lorraine at 23K – needs the lippi

Willy Billy 35k, 21st August

Pl	Name	Time
1	Glenn Guzzo	2.07.31
2	Chris Truscott	2.16.50
3	Darren Benson	2.21.04
4	Christopher Dwyer	2.33.53
5	Peter Truscott	2.46.30
6	Greg Donovan	2.49.18
7	David Gayford	2.51.47
8	Kendall Waller	2.53.33
9	Wayne Gregory	2.55.55
10	Barry Rutter	2.57.37
11	Stephen Bodnar	2.58.31
12	Adrian Spragg	3.00.23
13	Philip Boswell	3.02.14
14	Jenny Truscott	3.03.19 F

15	Glenn Lockwood	3.05.49
16	James Cryer	3.07.26
17	Darryl Chrisp	3.13.28
18	Tony Barbaro	3.14.44
19	David Bray	3.18.11
20	James Moody	3.18.45
21	Dougal Langusch	3.19.59
22	Mohammed Alkhub	3.21.05
23	Roger Cox	3.23.48
24	Kevin Tiller	3.24.23
25	Robin Cameron	3.29.32 F
26	Mary Stringer	3.30.30 F
27	Amanda Underwood	3.31.02 F
28	Ross McCarty	3.31.45
29	Robert Wawrzyniak	3.34.39
30	Jeff Morunga	3.40.44
31	Rod Lovel	3.42.28
32	George Herisson	3.42.46
33	Graham Butler	3.43.40
34	Brian McElhinney	3.52.52
35	Karin Kaehne	3.54.35 F
36	Allison Lilley	3.57.19 F
37	Margaret Cameron	3.57.19 F
38	Brian Ogilwy	4.02.14
39	Allan Wareham	4.02.35
40	Daniel Head	4.02.54
41	Tina Campbell	4.11.01 F
42	Wayne McCarthy	4.19.24
43	Roger Rigby	4.19.24
44	Lorraine Spanton	4.25.04 F
45	Lesley Maher	4.25.04 F
46	Deirdre Stewart	4.25.04 F
47	Rick Collins	4.25.04
48	Sharon Callister	4.37.00 F
49	Frank Dearn	4.37.00

Roll of Honour

The following had anniversaries of membership:

15 years

Stephen Urwin Brian Taylor

10 years

Joe Degabriele

5 Years

Andrew Waudby Joe Flinn
Elizabeth Woodhams

**

Comrades – The Ultimate Human Race

By Bridgit English

“Steeped in history and tradition, the race was instituted in 1921 as a living memorial to the spirit of the soldiers of the First World War. However more recently it has taken on a wider significance. Staged annually on Youth Day, it now commemorates the spirit of all struggles, including the one for freedom and democracy in South Africa.” *Extract from Comrades website news article.*

If you think you can...

I was not a runner. At the tender age of 40, I started doing some exercise in the gym, decided to break out of the gym and onto the road. I ran Mini-Mos, City to Surf, a few half marathons, short course and Olympic distance triathlons. After participating in the inaugural Long Course Championships hosted in beautiful Port Macquarie, I thought – if I can do this I could run a marathon. Checking with the experts, and securing Bruce Thomas’ services (Triathlon Coach) for my training programme, I chose the Gold Coast Marathon as my maiden marathon. After crossing the finish line at the Gold Coast in 2003 quite comfortably, I thought, I can run Comrades in June 2004.

To enhance my training programme I joined Striders for the Sunday runs. I decided to run 6 Foot Track and the Canberra 50km as part of my programme. In hindsight, 6 Foot Track was most probably the best thing I did because I picked up an ITB injury after the Cox River crossing and walked the last 30km. Couldn’t run – what now? First thing – cancel entry at Canberra.

I approached Bruce Thomas and he agreed to prepare me for Comrades on an altered schedule. Standard Comrades training prescribes 3 ultras and 2 marathons in the 4 months leading up to Comrades. All I had done was 6 Foot Track. Bruce advised – do not tackle anything longer than 35km, otherwise court disaster in the form of aggravated ITB injury. I slowly built the distance back up and toward the end of the training I had a few weekends of doing 30km’s back to back Saturday and Sunday, to get ‘time on legs’ and in an attempt to mimic the physiological impact of an ultra.

I ran with Jim and the MTG – because for Comrades training, LSD’s are meant to be **Long Slow Distance**

and I found even the Striders 6am group taking off like startled rabbits – leaving me for dust. Easy slow running enhances one’s running economy, which is what you need on the day for Comrades. A funny thing happened, during Comrades training I ran the SMH Half in May and without even trying improved my previous time by 7 minutes!



June 16, 2004 5.30am start. Around the 3hr mark, my right ITB announced itself; half an hour later the left ITB joined the chorus. Carpe Diem – neurofen plus, a couple of stops at the fantastic Physio Stations – we got to halfway at Drummond. Around that time, the sweet smell of home started to course through my blood. 45km later, I entered the stadium in Pietermaritzburg with an elapsed time of 10h07. I had planned an 11-hour finish. My boyfriend Graham, fresh from Forster Ironman 2004, ran alongside me the whole way – the organisers had the good grace to put him ahead of me by one in the results – whew!

If you think you can... you will.

Some facts: There are around 12000 starters with some 85% of the field finishing within the time limit. This race is BIG! Next race: June 16 2005, 89km from Pietermaritzburg to Durban. Entry requires a 5hr marathon time. Race cut off is 12hrs. First male home around 5h30, first female home around 6h10. Medals: first 10 male and female – gold medals, Silver under 7h30, Bill Rowan 9h, Bronze 11h and Victor Clapham 12h. For more information go to <http://www.comrades.com/>.

Some personal observations: this run is a must for all runners who enjoy running endurance distances. On the entire journey, you are never alone; the camaraderie amongst the runners and the crowd support is awesome. The lore is prevalent all along the route and you get caught up in Comrades fever. Aid stations, physio stations, crowd support, the expo and general treatment of international runners are truly world class – you want for nothing.

As we here in Australia stop for Melbourne Cup Day as a nation for a few minutes, South Africans stops for the entire day on June 16 to watch Comrades, either from the roadside or from the comfort of their lounge rooms.

Bridgit; “Did you run the Sydney Marathon or the Gold Coast Marathon?”
 You; “Yes I did”
 Bridgit; “Well then you are already qualified to run two great races – The Two Oceans 56km (can be incorporated as part of your training regime and reputed to be an exquisite run from a scenery perspective – in Cape Town) and of course – The Ultimate Human Race – The Comrades – in Durban”.

You leave this conversation with the seed of an idea germinating that may well culminate in setting and achieving the goal of competing in The Ultimate Human Race and having a fantastic holiday at the same time!

Pierre Van Heerden, a well-known Sydney Strider with an illustrious record of eleven Comrades finishes, plans to run it again in 2005. Another Strider - Helen Wilson – has run this race 14 times! Talk to them. There are a number of other Striders who can share their views on this amazing running experience and the feeling of exhilaration when entering the last kilometre they call the Golden Mile before entering the stadium and the tumultuous noise of the spectators – regardless of what time you come in.

Special thanks to the support crew from the Gauteng based Jeppe Quondam Athletic Club who hosted our personal nutritional requirements at their club runners’ refreshment tables situated every 15km.

P.S. This is the race where there is a man with a gun (he’s legit!) who at the cut-off time, turns his back on the runners and signals the end – even if you are

just metres off the finish line.



I was wearing my Sydney Striders top but the tops are so small and the bibs are so big

Photos courtesy of Action Photo

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Marathon OZ vs Marathon OS

Which one should you do???

By Chris Truscott

There are many of you fellow marathon runners out there who know and feel the perils associated with deciding to compete in a marathon. More often than not, it is the pre-race organisation, physical training and mental preparation that best represents the true marathon effort rather than the actual 42.195km come race day. Then there are those of you that are stepping up to the gruelling event for the first time and hoping to pick that perfect first race.

Earlier this year I travelled to London for the 2004 marathon. From this event, added to a couple of past European marathons and a handful of Australian events, what follows are the pros and cons of choosing your ideal marathon event.

OZ or OS.

Now that you have made the decision to run a marathon as your debut, perhaps your P.B. attempt or simply your New Year's resolution, where and when are the first two decisions you need to make. Let's compare two time periods and two corresponding marathons both locally and overseas. In April you have marathons Canberra and London, and in September, Sydney and Berlin.

Running overseas is, well, running O-V-E-R-S-E-A-S. A lot of flying hours, the associated jetlag, orientation in your new destination and then there's the last minute self-control over diet and rest. Both London and Berlin are approximately 21hrs flying time with a usual lay over of approximately two hours in Asia. Add the transfer time both ends and the airport admin time and you have over 25hrs on the go. This is with little or no sleep, a lack of nutrition with the papier-mache airline food, and the dehydration resulting from travelling at 50,000ft. And that's not also counting the cramped conditions that, besides the odd stretch, inhibit any physical movement.

You are also advised to arrive one day earlier for every one hour time change experienced at your destination. That's nine days for London and eight days for Berlin. If you are planning a holiday component as part of your overseas marathon you ideally want to run the race early so to kick back and enjoy the holiday. Eight to nine days is a lot to sit idle, eating pasta and resting up before the

forthcoming challenge.

We, (Pete Truscott, Chris Dwyer and myself) arrived on the Wednesday four days before the 2002 Berlin Marathon for this very reason, limited time. But we were lucky enough to limit the jetlag by following a few simple flight tips which can really help.

- Try your hardest to secure exit row seats. It makes a lot of difference.
- Do not drink any alcohol. And for those that know me, that is a big ask.
- Drink plenty of water to supplement the dehydrating forces in the plane.
- Of the 21 or so hours flying time, spend at least 8hrs on your feet stretching.
- Be careful what you eat, order what you know and take some food with you.
- As soon as you land and hit your hotel, go for a walk or jog around the area.
- Tune your body quickly. Stay awake till the night before turning in.

So the first points go to the local marathons, Sydney and Canberra. You only need to take the 3hr drive Saturday morning for Canberra, and for Sydney, well you are on the doorstep already.

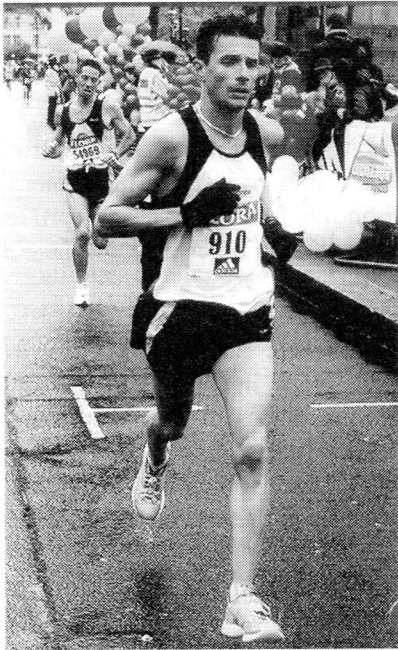
Climate

Next is climatic adaptation. You live and train in this country. You know the weather and the terrain – why wouldn't you want the best of that knowledge you own. Go safe, go with the local race. You will be assured that the weather and course on the day won't be a major concern simply because you are already adapted. Both London and Berlin have recorded snowfalls in the past - in the months that they hold their marathons. My experience of London this year was one worth pushing aside. Cold, wet and windy. My legs and arms seizing up in the cold, gloves all the way and a cold rain we are not used to here. Well I'm not used to it anyway.

But the 2001 and 2002 Berlin Marathons offered perfect conditions on the day. Overcast, 15 – 17 degrees and no wind. Pot luck of course you say. At least if the weather turns nasty here in Oz, you don't have that larger investment at stake.

The Course

As a foreigner competing in Sydney on a stunning September morning, you probably could not beat the near-perfect start to a marathon. As a local also for that matter. The run crosses the Harbour Bridge, snakes around the Opera House, Botanical Gardens and then Centennial Park. It takes in the CBD and Darling Harbour before heading out to the locally well-renowned Bay run. Sydney has been flattened out a little over the past year and this has helped for some good times but it is still definitely challenging. Canberra offers a 95% flat, smooth course around parts of the nation's capital that make most travel brochures. Whilst not 100% panoramic, the course is a pleasant experience that enables runners to view their mates on the out and back loops (not that running a marathon can actually be deemed pleasant I suppose).



Chris at London Marathon

London and Berlin on the other hand are completely flat, fast courses that although they pass over a few cobble-stoned sections, ensure an excellent chance to run fast. Both marathons are the traveller's ideal trail passing iconic structures such as Tower Bridge, Westminster Abbey and Buckingham Palace in London and the Brandenburg Gate, Checkpoint Charlie and Alexander Platz in Berlin. Aussies have run 2:15 in Canberra this year and 2:13 – 2:15 in London so there is not much in it unless it is atmosphere you are craving to get you to the finish line.

Atmosphere

OS wins hands down without any shadow of a doubt. My first experience OS was in Rotterdam 1998. Since then I have run two Berlin marathons and one in London. Not a lot of races I know, but the atmosphere and support of these cities is overwhelming no matter what level you are at. The Europeans really know how to throw an event. The music, the layout of the start/finish and the post-race amenities are astounding. And before you thought you would be out there on your own pounding the bitumen, think again. Tens of thousands of spectators awake on race day, don their warm attire and make their way down to their favourite vantage point to watch the runners for hours. Do they have friends and family in the race? Maybe. But most watch the event because this is the annual thing to do, support these crazy people running 26 miles.

My experiences have been really uplifting and energising especially when running along by myself with a sea of people either side to push me further. Play up to the crowd and they will respond and boost you even more.

Now compare this to the scant number of Aussies that rise before 10am on a Sunday, and can be bothered standing on the side for hours watching an event that is clogging up their streets. Cynical? Very. The culture is very different and unfortunately for us runners, we're on our own as we bound along. Having said that, Canberra and Sydney both provide a good finish area with a modest number of cheering spectators.

The atmosphere in the days leading up to the race can also sometimes have a bearing on your performance. In London and Berlin, you can feel the buzz as it increases towards race day. The event expos are huge and offer some fantastic products and information. The city gears itself up for a complete closure and you can actually feel that the overall support is there. Berlin has no cut-off times as with our local Marathons so any level of runner can participate.

Your preparation

Touchdown Berlin – what to eat? Bratwurst, Wiener Schnitzel, Sauerkraut and beer is a plenty and certainly appealing post-race but to exercise a level of self-control before the race is necessary. As with London though, there are plenty of Pasta restaurants to help you carb-up for the oncoming run. Water and

pasta in Berlin for four days straight. It is boring I know. Especially when you also need to exercise some restraint on the sightseeing / exploration you will want to do when you first get there. Make sure you keep focussed. You have trained and travelled for this, don't wreck it in the last few days. Before Rotterdam in 1998, I was in Berlin for the Half marathon with a non-running mate. We were wandering back to the hostel when we noticed that a singles party was being held that night, the night before the half. For some reason we both thought it would be interesting to attend even though we couldn't speak Deutsch. We arrived back at the hostel after 3am (empty-handed in case you were wondering) and took 3 hrs sleep before running the Half. Absolutely stupid in hindsight and has not been repeated since.

So if you choose the local marathons, you will have the benefit of keeping your normal routine and diet in the days leading up to the race. You will also stay focussed a lot more easily.

Cost

Nothing to compare here really. If you decide on OS, prepare to fork out. Airfares, accommodation, transfers and taxis, food and drink, entry fees and running gear. The Euro will zap some of the Aussie out of the dollar but the Pound will crush it so ensure you budget more than you think is feasibly enough.

Canberra and Sydney involve entry fees, accommodation if required and some pasta money but that's it. Points to the locals.

Entry Procedure

Unless you have run under 2:15 in the past 18 months or you belong to a running club in London, your only chance of running is via a sports tour company. They have packages that include accommodation, entry and transfer to the start and although it is reasonably pricey, it is pretty much the only way for the average punter. Berlin is open to everyone but entries are usually filled early in the year so get in early.

Sydney and Canberra are okay for entering up until a week or so before the event but watch for the late entry penalties as they can bite.

Conclusion

It's entirely up to you of course. For your very first Marathon, may I suggest to test the water with Canberra or Sydney. Once you are hooked then set yourself the goal of going O/S for the experience. As you have read, both have advantages and disadvantages so it depends on your tastes and lifestyle.

Incidentally, the writer will be in Canberra for the 2005 Marathon. Hope to see some of you there.

Ed's Note: I see Chris advises a walk or jog shortly after arrival – a walk, yes, but I've read that to avoid any problems from Deep Vein Thrombosis it's advisable to wait for 24 hours after flying before you run. Or does that not apply to fit runners, young or old? Perhaps one of our Striders in the medical profession can advise.

More on Overseas Races

Question asked on the LiSSt 'Do the Striders have a preferred entry into overseas Marathons? I want to enter the London Marathon next April and would like to know if I could enter through the club'

From **Jim Moody**:

Every year there are Striders travelling to the four corners of the globe in the pursuit of longer, faster and more exotic places to run. Unfortunately many of the foreign parts have predetermined entry requirements that are somewhat difficult to meet due to our distance from the sources of information.

To see if the club can assist, if there are enough interested parties, we will contact those more popular events and see if we can get club-based entries accepted and bypass some of the more difficult entry prerequisites. Be aware however that if you run a 5 hr Marathon and the cut-off for your age group is 3 ½ hrs this may be difficult to overcome. The basis would be on there being a number of Striders being interested, so if there are any Striders who are contemplating an O/S jaunt during the next couple of years that may require some information or assistance email me.

From **Michael Sharp**:

I ran London this year (see last Blister) and went through a Brisbane travel agency that has a number of guaranteed entries each year. You must pay for your entry and two nights accommodation (you don't

have to buy the air fare through them). I warn you, hotel rates in London are expensive for what you get! However, that is how you get a guaranteed start. The package also includes a bus trip to the start on race day. I had to pay my deposit by January. Contact me if you want the name of the travel agency. Another way to get a guaranteed start is to hook up with one of the many UK groups that run to raise money for charity. Each runner commits to raise a certain amount for charity. I think there are details on the London marathon website.

Jackie Ramsay told the LiSSt: I have the 2005 London Marathon entry magazine - it is full of ads for charity spots. If anyone is interested to get some of the contact details from the ads, contact Jim Moody.

Upcoming events

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

15th December Sydney Summer Series #10

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 15th Dec event start anytime between 4:45pm and 6:45pm from Cowells Lane Reserve, Cowells Lane, Ermington. Contact Ross Barr (Series Co-ordinator) via email rossbarr@rossbarr.com.au or phone Event Organiser: Alan Tilley (02) 9498 4169 or check the website www.sydneysummerseries.com.au.

19th Dec Sydney Marathon Clinic

5km Run&Walk, 10km Run, 21km Run. 7.00 am start - Long run & Walk, 7.30am start - 5km & 10km from Rosford St. Reserve, Smithfield. Entry is on the day. Races held every month. See website au.geocities.com/sydney-marathon-clinic/ for more info or contact John Melnyzenko via email marathonclinic@hotmail.com or phone 9832-1171.

And for the experienced runner looking for a more challenging bush run see ozfatass -

An Australian series of ad-hoc running events, currently based in Sydney. Events are for serious runners [**beginners not encouraged**] generally long distance, often Ultra distance [i.e. longer than a marathon] and often partially or totally off-road. (No Fees, No Awards, No Aid, No Wimps)

See webpage at www.fatassworld.com

Fun Run Report

From Caroline Yarnell

I don't pretend to be giving a full report here of how all the Striders did in fun runs over the past three months, as I haven't trolled through the results and I'm terrible with names anyway! So... this is purely from my perspective.

I / we (Me 44, Tony 40, Gus 8 and Kyle 6) have done more fun runs than ever in the past few months. This is because Gus has got really keen on them, Kyle doesn't mind being walked round them and I've organised a few school teams and outings.

I always do the shortest distance on offer. If there's a 10K and a 5K I'm in the 5K. I'm usually in there with *really* fast kids and teenagers, 'other halves' whose counterpart is in the longer run and people like me - more mature - who can still run reasonably fast for a short race, but the longer the distance the slower they get. I'm invariably beaten by a young girl or 2, or 4, in knickers, but I don't mind! The nice thing about fun runs is the age group prizes, and I usually manage to win that in the shorter races, or even come in the top 3 overall.

I'm not the only one on the fun run circuit - there are quite a few Striders that I see every time - for example Ron Schwebel, who usually goes away with a prize. Then there's the Barker family, who seem to enjoy these things as much as we do - they won a team prize at the Sussan Classic.

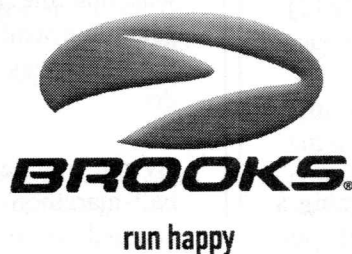
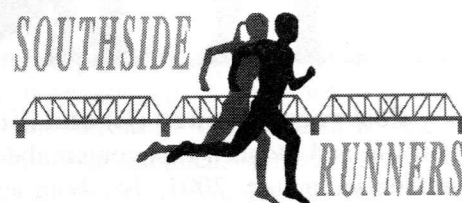
In August we had the Northbridge Fun Run, City to Surf and the 'new' Pub to Pub. Since September I've done the Willoughby Fun Run, which was on Fathers Day - a new and incredibly hilly race. I forgot to mention, most of these fun runs are horrendously hilly! Then we had the Bridge Run and Marathon (not sure if I'd call those fun). 19th Sept. was the Gladesville Fun Run, which was very well organised. After a slight lull there was the Sussan Classic for women only, on October 23rd. The Sussan Classic has been a shambles as far as organisation goes the past 2 years, but this year it all worked perfectly. There were a lot of Striders there, for example Frances Brown running with her daughter. I managed to come 4th overall and win my age group in this one - one of those who beat me being an 11 year old! All very humbling.

Hope to see more of you at these next season.

Internal Half Handicap

Handicap Place	Time	Diff							
1 Lorraine Spanton	1.54.17	-763	57 Geoff Taylor	1.54.14	134	9 Andrew Cullen	1.22.58		
2 Karen Carter	1.40.10	-710	58 Sean Greenhill	1.39.19	139	10 Craig Brown	1.23.39		
3 Bradley Loh	1.39.26	-694	59 Kevin Tiller	1.40.29	149	11 Lucinda Chapman	1.26.53	F	
4 Jurg Kunzle	1.54.59	-601	60 Naomi Frank	1.51.41	161	12 David Martin	1.27.30		
5 Joe Degabriele	1.45.12	-528	61 Steven Norden	1.59.51	171	13 Philip Boswell	1.27.37		
6 Steve Hume	1.22.22	-458	62 Roland Hassall	1.39.55	175	14 Martin Harris	1.27.58		
7 Michael Bailey	2.08.29	-331	63 Wayne Stanton	1.30.57	177	15 Stephen Bodnar	1.28.01		
8 Mohammed Alkhub	1.33.09	-291	64 Joanne Cowan	1.34.07	188	16 Mark Fiore	1.28.23		
9 Tim Cradock	1.18.16	-284	65 Kendall Waller	1.34.14	194	17 Peter Slater	1.28.28		
10 David Bray	1.33.47	-253	66 Amanda Underwood	1.50.23	203	18 David Gayford	1.28.40		
11 Mary Bonanno	1.56.20	-220	67 Jeff Morunga	1.47.26	206	19 Jenny Wickham	1.29.14	F	
12 Lawrence Ullio	1.50.25	-215	68 Greg Donovan	1.34.50	230	20 Ray Doran	1.30.29		
13 Alex Whitworth	1.38.37	-203	69 Beryl Wilson	2.10.54	234	21 Catriona Cater	1.30.46	F	
14 Raymond Wareham	1.14.09	-171	70 Geoff Underwood	1.44.03	243	22 Wayne Stanton	1.30.57		
15 Mark Fiore	1.28.23	-157	71 Jenny Wickham	1.29.14	254	23 Wayne Gregory	1.30.59		
16 David Martin	1.27.30	-150	72 Lilian Chuah	2.06.46	286	24 Suzanne Kelly	1.32.55	F	
17 Craig Brown	1.23.39	-141	73 Damian Tancred	1.20.15	315	25 Malcolm Ferguson	1.33.08		
18 Roger Cox	1.43.42	-138	74 Sam Chuah	2.00.19	319	26 Mohammed Alkhub	1.33.09		
19 Sebastian Warmerdam	1.44.51	-129	75 John Van Yzendoorn	1.35.21	321	27 Barry Rutter	1.33.10		
20 Andrew Cullen	1.22.58	-122	76 Rebecca Deane	1.54.22	322	28 David Bray	1.33.47		
21 Wayne Gregory	1.30.59	-121	77 Elizabeth Woodhams	1.54.23	323	29 Joanne Cowan	1.34.07	F	
22 Charles King	1.40.13	-107	78 Tina Campbell	1.54.24	324	30 Kendall Waller	1.34.14		
23 Campbell Reid	1.42.17	-103	79 Karin Kaehne	1.54.25	325	31 Paul Trainor	1.34.32		
24 Glenn Lockwood	1.36.24	-96	80 Rod Lovel	1.44.47	407	32 Greg Donovan	1.34.50		
25 Mario Torresan	1.51.35	-85	81 Ron Schwebel	1.35.31	451	33 John Bugg	1.35.02		
26 Philip Boswell	1.27.37	-83	82 John Hanna	2.10.22	502	34 John Van Yzendoorn	1.35.21		
27 Frank Dearn	2.17.50	-70	83 Ross McCarty	1.54.37	757	35 Ron Schwebel	1.35.31		
28 Barry Rutter	1.33.10	-50	84 Fiona Nelson	2.08.30	990	36 Mike Fowlds	1.35.44		
29 Katie Rowell	1.50.24	-36	dnf Michael Free			37 Glenn Lockwood	1.36.24		
30 Chris Truscott	1.14.25	-35	dnf Paul Thompson			38 Alex Whitworth	1.38.37		
31 Tony Fattorini	1.20.27	-33	dnf Melanie Rauleder			39 Neil Barker	1.38.51		
32 Kerry Ross	1.59.29	-31	dnf Stephen Kibble			40 Sean Greenhill	1.39.19		
33 Darren Benson	1.14.32	-28	dnf Brian Taylor			41 Bradley Loh	1.39.26		
34 David Gayford	1.28.40	-20	dnf Sue Hill			42 Roland Hassall	1.39.55		
35 Mike Fowlds	1.35.44	-16	dnf Peter Truscott			43 Robert Mulley	1.40.07		
36 Catriona Cater	1.30.46	-14	mtg Christine Cullen			44 Karen Carter	1.40.10	F	
37 Neil Barker	1.38.51	-9	mtg Bridgit English			45 Charles King	1.40.13		
38 James Cryer	1.40.52	-8	mtg Alison Fitzgerald			46 Kevin Tiller	1.40.29		
39 Lucinda Chapman	1.26.53	-7	mtg Megan Jackson			47 James Cryer	1.40.52		
40 Brian Ogilwy	1.45.00	0	mtg Darren Kaehne			48 Lisa Carroli	1.42.15	F	
41 Stephen Bodnar	1.28.01	1	mtg Belinda Lockwood			49 Campbell Reid	1.42.17		
42 John Bugg	1.35.02	2	mtg James Moody			50 Roger Cox	1.43.42		
43 Maria DiMarco	1.53.06	6	mtg Steve Packer			51 Geoff Underwood	1.44.03		
44 Malcolm Ferguson	1.33.08	8	mtg Helen Wilson			52 Rod Lovel	1.44.47		
45 Peter Slater	1.28.28	28	mtg Neridah Powell			53 Sebastian	1.44.51		
46 Ray Doran	1.30.29	29	mtg Julia DeVries			Warmerdam			
47 Brian McElhinney	1.45.30	30	mtg Tom McCormack			54 Brian Ogilwy	1.45.00		
48 Paul Trainor	1.34.32	32				55 Joe Degabriele	1.45.12		
49 Elly Peters	1.46.36	36				56 Brian McElhinney	1.45.30		
50 Allan Wareham	1.51.52	52	Super Series	Time		57 Elly Peters	1.46.36	F	
51 Suzanne Kelly	1.32.55	55	1 Raymond Wareham	1.14.09		58 Jeff Morunga	1.47.26		
52 Martin Harris	1.27.58	58	2 Chris Truscott	1.14.25		59 Amanda Underwood	1.50.23	F	
53 Lisa Carroli	1.42.15	75	3 Darren Benson	1.14.32		60 Katie Rowell	1.50.24	F	
54 Frances Brown	2.01.28	88	4 Tim Cradock	1.18.16		61 Lawrence Ullio	1.50.25		
55 John Young	1.21.58	118	5 Damian Tancred	1.20.15		62 Mario Torresan	1.51.35		
56 Robert Mulley	1.40.07	127	6 Tony Fattorini	1.20.27		63 Naomi Frank	1.51.41	F	
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65	Maria DiMarco	1.53.06	F	84	Frank Dearn	2.17.50		103	Tom McCormack	mtg	
66	Geoff Taylor	1.54.14		85	Michael Free	dnf		104	Glenn Guzzo	hlp	
67	Lorraine Spanton	1.54.17	F	86	Paul Thompson	dnf		105	Stephen Jackson	hlp	
68	Rebecca Deane	1.54.22	F	87	Melanie Rauleder	dnf	F	106	Richard Peacock	hlp	
69	Elizabeth Woodhams	1.54.23	F	88	Stephen Kibble	dnf		107	Shirley Rutter	hlp	F
70	Tina Campbell	1.54.24	F	89	Brian Taylor	dnf		108	Mark Schaefer	hlp	
71	Karin Kaehne	1.54.25	F	90	Sue Hill	dnf	F	109	Andrew Smith	hlp	
72	Ross McCarty	1.54.37		91	Peter Truscott	dnf		110	Penny Smith	hlp	F
73	Jurg Kunzle	1.54.59		92	Christine Cullen	mtg	F	111	Robyn Moody	hlp	F
74	Mary Bonanno	1.56.20	F	93	Bridgit English	mtg	F	112	Ian Whitfield	hlp	
75	Kerry Ross	1.59.29	F	94	Alison Fitzgerald	mtg	F	113	Tracey Love	hlp	F
76	Steven Norden	1.59.51		95	Megan Jackson	mtg	F	114	Mike Hansen	hlp	
77	Sam Chuah	2.00.19		96	Darren Kaehne	mtg		115	Deb Degabriele	hlp	F
78	Frances Brown	2.01.28	F	97	Belinda Lockwood	mtg	F	116	Kevin O'Kane	hlp	
79	Lilian Chuah	2.06.46	F	98	James Moody	mtg		117	Judy Hansen	hlp	F
80	Michael Bailey	2.08.29		99	Steve Packer	mtg		118	Evelyn Cryer	hlp	F
81	Fiona Nelson	2.08.30	F	100	Helen Wilson	mtg	F	119	Keith Bateman	hlp	
82	John Hanna	2.10.22		101	Neridah Powell	mtg	F	120	Sharon Callister	hlp	F
83	Beryl Wilson	2.10.54	F	102	Julia DeVries	mtg	F	121	Manfred Fiedler	hlp	



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* Offer expires 19th May, 2005. Draw will be held at Striders' Pasta and Award Night in May, 2005

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CHICAGO OR BUST!

From Jim Barrett and Stephen Smith



Post race, Stephen (L) and Jim (R)

When Jim and Stephen first contemplated running a marathon in January 2004, they both agreed if they were going to run one it was going to be one of the big ones. London was too soon, New York was too hard with work commitments but the LaSalle Bank Chicago Marathon, scheduled for 10 October 2004, was just right.

And it also met the other important criteria – it was relatively flat and fast. We both registered in February and then faced the dilemma of working out how we could possibly run 42.2 kilometers.

At 52 Jim was making a return to running and although he had run the marathon 5 times (PB 3.12.28), his last effort was the Gold Coast International Marathon in 1994 (3.18.28) – 10 years ago. Whilst Stephen had been an active runner in his youth, at the tender age of 40 the La Salle Bank Chicago Marathon would be his first venture over 42.2 kilometers.

We set three goals, one, to finish, two to run the entire distance and three to finish within four hours. Easy! Stephen was the first to join the Striders after competing in a 10km event. That led to James Moody's Marathon Training Group and shortly after Jim also joined the Striders and the MTG. Stephen began to make a name for himself in the 10 km series leading on handicap until October, where

travel to Chicago prevented him participating in the Homebush run.

Our first MTG run was the Buffalo Creek run in April. Shortly after we received our spreadsheet and the first of many of Jim Moody's Monday morning emails full of good advice, training tips and other guidance notes. As the Sunday runs moved to a 6am start and the weather got progressively colder our resolve began to firm.

Those Sunday long runs were inspirational as we gradually moved to 20 kms, then 25 kms and then 30 kms and finally a 35 km run four weeks out. Suddenly it all seemed possible. The only problem was that the MTG was preparing for the Sydney Marathon whilst Chicago was a month later – whilst the MTG was celebrating we still had quite a bit to do.

By the middle of the year we had both completed half-marathon times (under 105 minutes) that enabled us to apply for and successfully obtain a Preferred Start in Chicago. In a field of 40,000 runners we were at least guaranteed a start near the front.

It is staggering when you think that registrations for the event closed two months before race day when the 40,000 limit was reached.

We noted that Chicago and other large marathons officially endorsed a number of charities. The only problem was that for Chicago they were all US charities. We decided that we would use our experience to raise a few dollars for an Australian charity. We approached Camp Quality and offered to seek sponsorship support for our run and Camp Quality officially adopted us.

Camp Quality is a non-profit organization that is committed to bringing hope and happiness to the lives of children with cancer, their families and communities through ongoing quality recreational and educational programs. Over 5,000 families each year are supported by Camp Quality through camps and other activities. Nationally there will be approximately 125 camps held in Australia in 2004. (Read more about Camp Quality at www.campquality.org.au). Camp Quality is all about fun, thus its motto "*Laughter is the Best Medicine*".

We then began to enlist the support of work colleagues, family friends and other sporting contacts. By race day we had sponsorship commitments of over \$8,500. And didn't that add some pressure to the race. Now we had to finish!

We then worked on the logistics of getting to Chicago, accommodation etc. which made the venture even more exciting. Family support was fantastic. Stephen was accompanied by his wife Helen and young daughters Tara and Jade. Stephen's Dad also made the trip to Chicago from the UK on his way to Florida. Jim's wife Anne agreed to keep the home fires burning whilst youngest son Stephen prepared for the HSC but daughter Jennifer and son Peter made it to Chicago as part of the unofficial Striders' (and Aussie) support team.

There were set backs along the way. Both of us experienced injuries at different stages and even on race day Stephen was still dealing with shin splints and Jim had emerging hip and knee pains – too late to stop now!

Stephen traveled to the USA 11 days before the race whilst Jim arrived on the Wednesday before race day. We both encountered difficulty with sleep as our bodies fought jet lag and being a tourist in a big city isn't exactly the best preparation for the marathon, as we both found out on race day. Maintaining a proper diet over those last few days was also difficult. We will take the Weet Bix with us next time!

A huge runners' expo was held in conjunction with the marathon with over 150 exhibitors – a runner's chocolate shop! Jim met up with John Bingham from Runner's World magazine at the Expo. John presented Jim with a penguin tee shirt – *I'm Slow, I Know, Get Over It!* – which will make its appearance at a future Sunday run.

We were assured that the average temperature in Chicago in October was 9-19 degrees Celsius and the weather didn't let us down. Race day was perfect with temperatures ranging between 13 and 17 Celsius. A slight breeze helped rather than hindered.

The organization of the Chicago marathon was superlative. Every aspect of the race was managed with military precision, from registration, the website, race information, aid stations etc, and supported by an army of enthusiastic and well-trained volunteers. We estimated that registration fees alone would have provided organizers with a

budget of over \$USD3.2 million. It was obvious that most of that had been invested in creating a great running experience.

There were many innovations that we had never seen before. For example our family and friends could check on our progress throughout the race courtesy of Starbucks via timing mats placed at 5km intervals throughout the course.

With over a million people on the streets supporting all the runners, the race had a fantastic atmosphere. At every stage of the race, crowds, sometimes five and six deep, urged runners on. There seemed to be live bands and blaring music playing throughout the course. No quiet country roads here!

Stephen had a great debut marathon finishing in 3.49.40 (7914th place). Jim finished in 4.05.22 (11815th place). With over 33,000 completing the race we were well-pleased with our efforts.

Our supporters reported that another Sydney Striders singlet had been spotted in the race – a female competitor who we were told finished a long way ahead of Jim and Stephen. James Moody later identified the Strider as Joanne Barton (now resident in Chicago), who finished in 3.42.12 (5960th place). We were sorry that we never actually met up with Jo.

For those interested in what happened at the front of the pack, Evans Rutto of Kenya was the first man home in 2.06.16. The first woman was Constantina Tomescu-Dita of Romania in 2.23.45. Interestingly, three Australians were in the top 25 finishers – Scott Westcott, 8th place (2.13.08), Martin Dent, 13th place (2.15.34) and Erwin McRae, 22nd place (2.22.45).

Runners from 97 countries, the 50 US states plus Puerto Rico, Guam and Virgin Islands participated in the race – a truly international affair.

We would highly recommend the Chicago Marathon to all other Striders.

Jim and Stephen would like to thank Jim Moody and the Marathon Training Group members for their support. Right up until race day Jim Moody was sending-off encouraging emails with last minute advice and tips for the big day. Jim's boundless enthusiasm is a great asset to the Striders and greatly appreciated by the MTG novices. Well done!

BRINDABELLA CLASSIC 2004

By James Cryer



Just when you think the season's all over, and you're starting to visualise getting fat and lazy in time for the Silly Season, along comes something to derail your action plans.

Having just completed what I thought was the last of the Super Series, young Warwick Selby (ringleader of our 'magnificent failure' Trailwalker effort earlier this year with me, Barry Rutter and Darryl Chrisp) suggested I give the Brindabella a work-out ... 'just for fun' (I think those were his exact words).

I'd never done it, but I had studied earlier maps which showed it to be a nice, gentle 54km downhill gallop.

Just my luck, that THIS year, due to earlier bushfires, it was 27 kms down, but it was also 27 kms UP, although the "up" came first. (Interestingly, an analysis of the splits, over the 25 finishers, showed an incredibly consistent almost exact 50/50 split - proving that it takes the same time to run UP 27kms as it does to run DOWN!)

The day dawned cool and overcast and at the 7am kick-off the conditions were perfect. Like everything else in nature, that didn't remain for long as the higher we got the wetter it became, and after an hour or two it was really starting to rain quite heavily.

If you had the energy to cast a sidelong glance at the view, the rugged terrain was quite dramatic. We slowly progressed up a series of winding logging trails through the burnt-out remnants of the disastrous Canberra fires. However, it's a moot point whether you really want to see the miles ahead that beckon you, or whether you'd rather remain in blissful ignorance and think that the course ends at

the next bend.

Up and up we went, higher than Katoomba, as the logging roads deteriorated into gravelly tracks. I knew I was getting somewhere when runners began hurtling past me on the way down. That was after about 2 hours and 20 minutes, and I figured I must be getting near the top. Sadly, that feeling persisted for another 40-odd minutes of climbing before I finally reached that object of my desires (1,280m) - after exactly 3 hours.

It is a moment of mixed emotions when you reach the 'finish' which is in fact the half-way point and you still have another 27km to go.

With no options available, the only strategy was another 3 hours of the same punishment. But us runners are never satisfied. You'd think 'downhill' spells luxury and pleasure, but after a couple of hours of it, you crave a bit of variety. I must admit, a few metres of uphill was enough to cure my craving.

Down we went through the dripping gullies and bends, utterly cold and wet and soggy, until we finally broke out onto the open, treeless plains, where magnificent pine-forests once stood. Unfortunately the lack of tree cover allowed the bitterly cold Canberra wind to bite into our sleeveless skin, penetrating right through our wet clothes.

With only 10 kms to go it seemed it would never end ... up one hill and down the next until we came to the stream that we'd taken shoes off to cross on the outbound leg. This time, wet to the bone and with only 7 kms to go, we crashed through regardless.

Finally, the welcome sight of the Cotter Picnic Grounds and a 'Finish' banner beckoned. After 5hrs and 59 minutes I had completed the 54 kms. Warwick had finished 3/4 of an hour earlier with a scintillating 5 hrs and 11 minutes. Coincidentally, both our times were in the same proportion to our respective Six Foot Track times.

Speaking of which, I got no sympathy from one S. Jackson who pointedly reminded me that the Six Foot is only a few months away and I should start training! What did he think I'd been doing for the last 6 hours!!

RACE RESULTS

7th August, Skye Bridge 10Km, Scotland

From Caol Acainn to Caol Loch Ailse and back. 63 runners - temp 23C, sunny - slight breeze- very hilly - I was told it was flat!

Results

1. S Gibson (Shettleston) 32.41 (Course record)
2. **K Bateman** (Sydney Striders) 36.10 - *Won a bottle of Whisky too!*

....and

Abernethy Highland Games 10 Mile Road Race

This is where I lived for 21 years and I used to be race convenor for this race and vice-president of the games so it was extremely unfortunate that I pulled a muscle at 3.5 miles and hobbled home especially as I was comfortably with the leading pack, Keith.

22nd August, Mudgee Marathon

David Criniti Race Winner
Raymond Wareham 2nd Outright and 1st 35-44

22nd August Pub-to-Pub

1st Woman Jenny Wickham

5th September, Willoughby 10k Fun Run

4th	Richard Green	38:05	2nd	20-29
6th	Randy Brophy	38:27	1st	40-49
9th	Anthony Wong	39:39	2nd	40-49
	Mark Schaefer	44:11		
	Eric Schmierer	54:59		
	Ted Brailey	58:13		

(Race Winner Jeremy Horne, 33:15)

11/12th September, World 100km Championships, Winschoten, Netherlands.

Dave Criniti running for Australia finished in a very creditable 28th place averaging just over 44 minutes for ten 10k's in a row (that's 7 hrs 23 mins). That is just over a 3 hour marathon, followed by another, then a quiet near half marathon to finish off. Impressive. He also led Australia to finishing fourth in the world which must be our best result ever. **David Sill** ran 10:08:06 for 153rd place and 2nd place in the M55 age-group. SJ and DS

11/12th September, Glasshouse 100 Mile

Winner	Martin Schot	21:08:50	
9th	Sean Greenhill	28:56:52	Strider

80km

Winner	John Pearson	8:27:23
2nd	Kelvin Marshall	8:46:23 Strider

26th September Sydney Marathon Clinic, Smithfield 5km/10km/21.1km

Place	21.1km	Time
2	Stephen Parker	1.18.16
4	Stephen Firth	1.22.29 PB
6	Craig Brown	1.26.15 PB
7	Peter Cremen	1.27.01
11	Ron Schwebel	1.29.21
18	Wayne Gregory	1.32.31
24	Glenn Lockwood	1.35.00 PB
27	Wayne Pryke	1.37.09
35	Jeff Morunga	1.45.06
39	Elly Peters	1.54.37

10km

1	William Ward	37.24
5	Stephen Jackson	41.2
22	Bernadette Gregory	51.27

5km

6	Salvador Gala	19.12
20	David Camm	22.3
21	Clara Vucetic	22.59

10th October, Chicago Marathon

Place	Strider	Gun time	Chip time
5959	Joanne Barton	3.42.18	3.42.12
7613	Stephen Smith	3.51.49	3.49.40
11797	James Barrett	4.07.30	4.05.22

10th October, Melbourne Marathon

Place	Strider	Time	Age Grp	AG Place
39	Gerry Arthur	02.58.03	30-34	12
108	Kelvin Marshall	03.12.12	40-44	14
527	Stewart Vincent	03.50.09	55-59	10

16th October, Fitzroy Falls Marathon

Place	Strider	Time
2	Kelvin Marshall	03.19.18
11	Vivienne Kartsounis	03.36.50
17	Philip Murphy	03.48.48
22	Julie McGaw	03.57.48
23	Margaret Cameron	03.57.49
24	Peter Roberts	03.57.54
27	Sarah Cooper	04.04.48
29	Stephen Kibble	04.05.11
42	Gary Aitkenhead	04.28.27

16th October, Hawaii Ironman, 3.8k swim, 180k bike, 42.2k run.

Pl	Strider	Time	Age Grp	Swim	Bike	Run	2nd fastest run
98	David Criniti	10.00.31	13th M25-29	1.14.57	5.52.15	2.46.11	
668	Stephen Firth	11.24.55	36th M45-49	1.05.56	6.07.28	4.04.06	

17th October Sydney Adventist Hospital 10k

1st	Peter Schokman	36:32	
15th	Tony Barbaro	41:53	1st Strider
	Alex Jensen	42:38	2nd U-18
	Stephen Ball	43:07	
	Andrew Bull	44:35	
	Eric Schmierer	54:04	

24th October, Brindabella 54.4km and Bulls Head 27.2km

Place	Brindabella 54.4km	Time
8	Kelvin Marshall	05.06.42
11	Warwick Selby	05.11.22
15	John Bugg	05.24.42
19	James Cryer	05.59.37

Bull's Head 27.2km

17	Amanda Underwood	02.53.44
18	Geoff Underwood	02.53.44

24th October, Sussan Women's Fun Run, The Domain

Congratulations to Caroline Yarnell, 4th over the line in the 5km! To Sarah Hammer winning her age-group! Also to Nicole Frykberg's team for winning the 10km team category and Eliza Stewart, 8th overall in the 10km.

5km Results

4th	Caroline Yarnell	20:32	1st in age category
13th	Naomi Frank	22:47	7th in age category
	Glenda Mitchell	0.25.57	
	Frances Brown	0.38.01	

5km Team Results**Friends/Social Group:**

3rd 'First Timers'	Glenda Mitchell's team, combined time
	51:52

Family Team: 21st Frances Brown & Nicola Brown, combined time 1:16:05

10km Results

8th	Eliza Stewart	39:18	First Strider and 6th in Elite category
	Nicole Frykberg	0.40.24	
	Sarah Hammer	0.42.41	1st in Age-Group
26	Bernie Boulous	44:42	8th in age category
71	Rebecca Deane	48:12	
153	Jennie Meixner	52:59	
170	Christine Cullen	53:38	
172	Kerry Ross	53:41	
212	Leigh MacRitchie	55:15	
278	Belinda Lockwood	58:14	
280	Isabella Allan	58:27	
410	Elizabeth Taylor	1:07:29	
453	Robyn Moody	1:13:13	

10km Team Results**Friends/Social Group:**

1st 'thirtysomethings'	Nicole Frykberg's team, combined time
	1:25:35
4th 'Sydney Striders 50+'	Tina Campbell & Heather Forster, combined time
	1:43:05

31st October, Scotland Island Fun Run

The inaugural (I think) Scotland Island Fun Run was held in hot conditions and the three-lap race (circa. 9k) was won by **Richard Green** in 33m22s. 1st prize was a night's stay in an upmarket hotel in Palm Beach – not bad for a run with 8 entrants! (For those not in the know, Scotland Island is a lovely island in the Pittwater estuary behind Palm Beach). RG

31st October, Nike 'You're the Run that I Want' 10km

Pl	Strider	Age Grp	Grp Plc	Gun Time	Net Time
9	Glenn Guzzo	M Open	9	31.58	31.55
15	Chris Truscott	M Open	14	33.3	33.28
20	Damian Tancred	M Open	17	35.09	35.06
28	Andrew Gibbons	M Open	22	35.53	35.49
29	Tim Cradock	M Open	23	36.05	36
31	Tony Fattorini	M Open	25	36.19	36.14
33	Peter Truscott	M Open	26	36.35	36.31
50	Randall Brophy	M 45-49	1	37.57	37.49
55	William Ward	M Open	40	38.09	
76	Chad Armstrong	M Open	57	39.12	
84	Eliza Stewart	F Open	7	39.25	39.21

103	Ron Schwebel	M 50-54 2	39.59	39.56
109	Andrew Fuller	M Open 84	40.05	39.58
152	Ben McSweeney	M Open 117	41.29	41.17
161	Nicole Frykberg	F Open 15	41.37	41.31
168	Walter Mitchell	M Open 128	41.48	
216	Andrew Bull	M Open 170	42.36	
217	Glenn Lockwood	M 40-44 13	42.38	42.29
257	Mark Wilson	M Open 203	43.19	43.14
262	Hugh Langshaw	M 40-44 17	43.28	43.12
276	Robert Mulley	M Open 217	43.43	43.35
315	David Bray	M Open 249	44.03	43.57
376	Sebastian Warmerdam	M 40-44 25	44.58	44.42
490	Andrew Joseph	M Open 380	46.22	46.13
539	Glenda Mitchell	F 35-39 6	46.55	46.46
599	Ken Walker	M Open 455	47.19	46.29
603	Brian Ogilwy	M 60-64 2	47.21	46.3
620	Rebecca Deane	F Open 60	47.31	47.06
683	Naomi Frank	F Open 71	48.07	
835	Geoff Underwood	M Open 612	49.17	48.49
904	Katie Rowell	F Open 113	49.45	48.52
911	Lorraine Spanton	F 50-54 1	49.47	48.53
968	Steven Norden	M 40-44 42	50.12	49.17
1112	Robert Wawrzyniak	M 45-49 34	51.24	50.33
1217	Deirdre Stewart	F 40-44 20	52.21	51.28
1218	Alison Fitzgerald	F Open 188	52.22	51.11
1275	David Cooke	M 45-49 38	52.47	51.5
1311	Jurg Kunzle	M 50-54 19	53.08	52.11
1367	Richard Frykberg	M Open 905	53.38	52.25
1370	Joanna White	F 35-39 31	53.4	52.55
1381	Bridgit English	F 40-44 23	53.46	52.26
1396	Adam Gatford	M Open 926	53.51	52.52
1398	Lesley Maher	F 50-54 2	53.52	52.59
1403	Allison Lilley	F Open 236	53.54	53.28
1428	Katherine McSweeney	F Open 246	54.08	52.44
1469	Frances Brown	F 45-49 12	54.3	53.37
1504	Kerry Ross	F 40-44 25	54.45	54.18
1528	Lynn Herisson	F 40-44 26	54.54	54.05
1643	Dean Harris	M Open 1049	55.46	54.52
1882	Belinda Lockwood	F 40-44 39	57.41	56.25
1883	Mark Van De Vyver	M Open 1159	57.42	56.16
1897	Paul Russell	M 40-44 91	57.49	56.01
2207	Jackie Ramsay	F 35-39 78	60.15	58.52

7th November, Canberra Two Peaks Challenge

Place	Strider	Time
24	Sean Greenhill	2.18.46

7th November, New York Marathon

Lisa Gallate, chip time 4.00.39sec, clock time 4.03.44.

10th November JP Morgan Chase Corporate Challenge 5.6km

1st Woman was Strider Lucinda Chapman in 21:02. Darren Benson (18:16) and Andrew Gibbons (19:18) were in the 2nd placed Male Team. Race winner was Paul Arthur in 17:04

*

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.

Personal Bests

Andrew Cullen, new to competitive running this year, has run 12 races and run a PB in each one, including all 6 of the Striders 10ks he has been around for. He has gone from 40.04 in February to 36.57 in October, and ran 82.58 in the Internal Half. "This may not be that unusual in a novice runner," he says, "and I am sure my first non-PB race cannot be far away but I thought I should mention it while the streak lasted".

Where is the MTG ???

The MTG, 20 first time marathoners and some experienced marathoners coming back after a layoff, is now ten weeks into the program – often a group of 40 plus. Our training now includes a variety of hill and 1km reps on Wednesday evenings at Iron Cove Bay from Brett Park opposite Drummoyne Pool, at 5:45 PM, we run anticlockwise. These runs are open to everybody in the club, please join a number of experienced runners already accompanying the group and pass on some of your knowledge and experience. The Wednesday evening run is based around a 3 week rotation The first week we run 2 laps of the Bay at even pace. The second week we include 1km reps (currently 6) around Timbrell Park on the way around the Bay. The third week includes Hill reps (currently 6) up Lilyfield Rd after a 3 ½ k warm up. The pace and number of reps depends on the individual's ability. This group regularly has 20 plus runners. **Jim Moody, MTG Coordinator**

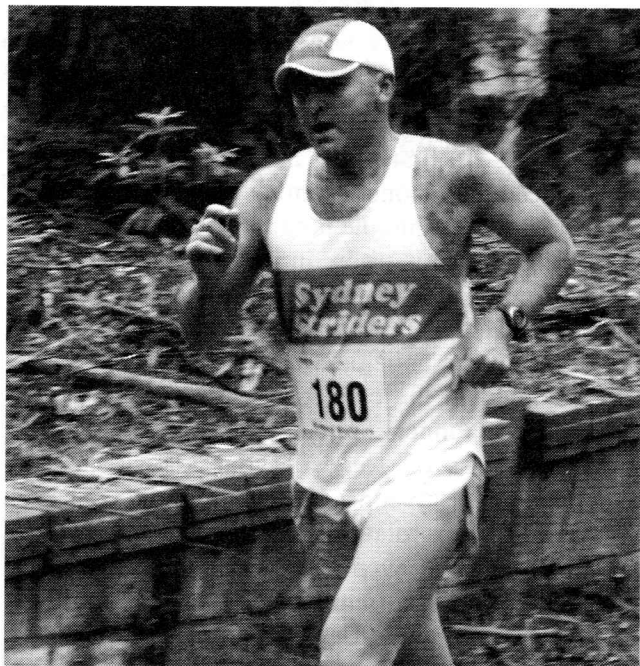
10 km and Super Series Round-up

From David Bray

10km

There was some close racing in the last three events of the 10km series. In the Female Open category Jenny Wickham held off a fast-finishing Eliza Stewart. Jo Cowan had a consistent Series, finishing in third place. In the Male Open, Damian Tancred, points leader after race 7, had to contend with Glenn Guzzo and Darren Benson, both in impressive form. Glenn swept the last three races, comfortably taking the title, while Darren just shaded Damian by 11 points to take second.

Moving to the highly competitive Age Categories, in the Female Masters we saw a comfortable win for Tina Campbell finishing with maximum points and well ahead of equal second placegetters Robi Russell and Elizabeth Woodhams. It was a little closer in the Female Vets with Jo Cowan taking the title but Catriona Cater finished the Series with a couple of category wins to take second and Caroline Yarnell raced consistently through the Series to finish in third place. For the Female Pre-Vets, first and second was a replication of the Female Open Series for Jenny Wickham and Eliza Stewart. Third was taken by Rebecca Deane with steady improvements through the last three races.



Results Coordinator David Bray at the Internal Half

Shifting to the Males and Frank Dearn also scored the maximum 540 points to take the Super Seniors uncontested. The Male Seniors saw Ray Doran take the honours ahead of Brian Ogilwy, whilst Manfred Fiedler just sneaked into third ahead of Heiko Schaefer. The Male Masters was hotly contested with Philip Boswell and Ron Schwebel vying for top points in each race. In the end it came down to the double points of the last race and Philip taking the honours. Rod Lovel competed in all races and placed third just ahead of a number of other Masters with the top six all finishing with more than 400 points. Club President Stephen Jackson bounced back well from his stress fracture injury to secure first place in the Male Vets while there were only 12 points between second and fifth with David Gayford just getting home second ahead of Stephen Bodnar. The Male Open first three also filled the same positions in the Male Pre-Vets, with an honourable mention for David Criniti who missed the final double points race while staying in Hawaii recovering from his impressive Iron Man Triathlon effort and also preparing for the Deca Ironman!

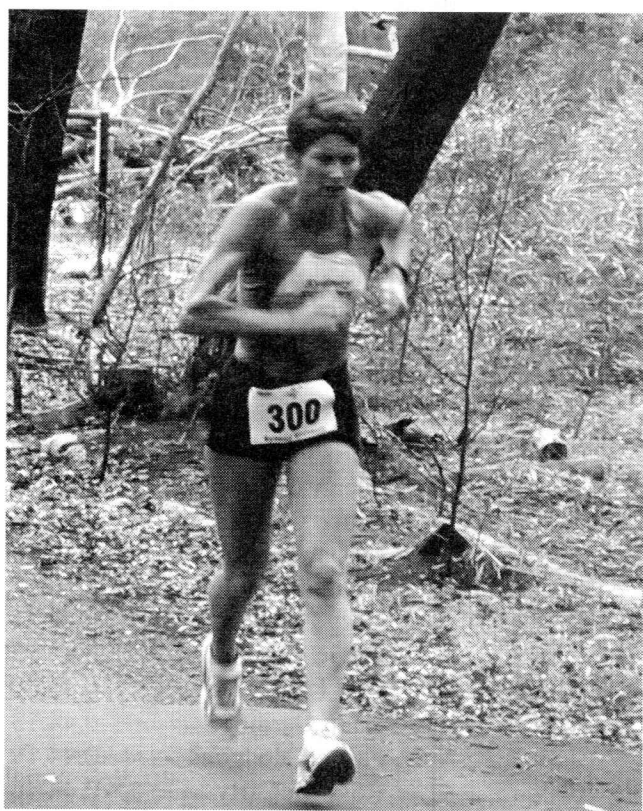
There was a great deal of interest in the Handicap Series as a number of Striders continued to post PBs through the season. In the end it came down to the last race and, while Mohammed Alkhub smashed his handicap target, it was a contest between Paul Trainor, Martin Harris and Stephen Smith, the first three after race 9. Martin continued his hot form with yet another PB and in with the double points slipped past Paul into first place. Meanwhile Rebecca Deane has also been on an impressive 10km time improvement and shot into fourth place, just behind Stephen with another great effort.

Always of interest is the Age & Gender Adjusted points, which statistically aim to compare performances across age and gender categories. Here the numbers say that Male Senior winner Ray Doran scored the best adjusted total over the series, just ahead of Jo Cowan with the three Male Open/Pre Vets taking the next three places.

Super Series

With the last race being the Internal Half Marathon at Lane Cove, there were still many tight contests that would be decided over the 21.1 km. Firstly looking at the Open categories. In the Females it has

been a tussle all year between Amanda Underwood and Jenny Wickham, with Amanda having a five point lead going into the last race. However Jenny prevailed on the day and picked up enough points to secure the overall title by five points. There was another close contest for third place with Tina Campbell holding on by one point from Jo Cowan. For the Male Open category a clear winner with Darren Benson scoring 475 points. Things then get tight however with a dead heat for second and another for fourth! After a countback to separate Ray Wareham and Cameron Arnold, both on 335 points, Ray gets the nod due to his performance in the Internal Half. We then see another dead heat between Greg Donovan and David Gayford, but more on that later....



**Joanne Cowan, Vets 10k and Super Series
Winner on the Scribbly Gums hill at the
Internal Half**

Moving to the Age Categories and starting with the Female Seniors, Penny Smith takes the title and Sue Hill finishes second. Tina Campbell adds to her third in the Open Female by winning the Female Masters with Elizabeth Woodhams and Heather Foster filling 2nd and 3rd places. The Female Vets were close, with Jo Cowan going in with a one point lead over Karin Kaehne. Jo slightly extended that lead to win by five points with 321, Karin taking second and

Suzanne Kelly finishing in third spot. For the Female Pre Vets Amanda and Jenny reverse their places with Amanda taking the title. This can occur due to runners in other age categories taking points in the Open category. Finishing in third for the Female Pre-Vets was Maria DiMarco.

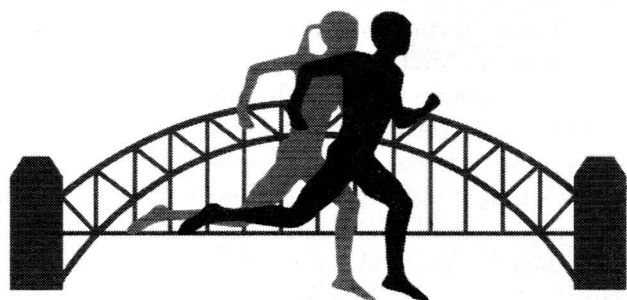
For the Males, Frank Dearn adds to his Super Seniors 10km title with consistent performances across the year. Taking second and third were Neil McPherson and Ron Daly. In the Males Senior category Brian Ogilwy also raced consistently through the season and finished in first place with 474 points. Second was Allan Wareham, 30 points behind Brian. Michael Bailey finished third. Another close competition in the Male Masters where Philip Boswell was only 6 points behind Barry Rutter before the Internal Half. Despite Philip bettering Barry's time it was not enough and Barry held on for first place. Third and fourth were the two James' with James Cryer taking third by one point from James Moody. The closest category was the Male Vets with only 14 points between first and third before the Internal Half. Stephen Bodnar started as the highest placed Male Vet but his time was not enough for him to stay top of the ladder and he finished in third spot with 430 points. In the end Greg Donovan and David Gayford finished with a dead heat in the overall points, both scoring 435! Based upon the countback rules David is awarded the title based on the number of scoring events. Darren Benson dominated the Male Pre-Vets category, scoring 475 points, a clear-cut winner. A similar scoring situation to the Female Pre-Vets sees Cameron Arnold take second place over Ray Wareham.

Looking at the Age & Gender Adjusted points, the performances of Darren Benson score highly to take first place ahead of a trio of Male Masters with Philip Boswell, Barry Rutter and James Cryer taking second to fourth respectively. Greg Donovan and David Gayford continue their rivalry with Greg finishing fifth and David sixth.

Some interesting statistics, 344 Striders raced at least one Super Series event. Only four Striders: James Cryer, David Gayford, Stephen Bodnar and Brian Ogilwy raced in all events. Even then only another six Striders raced in nine of the ten events. They were: Darren Benson, Greg Donovan, Allan Wareham, Ross McCarty, Mohammed Alkhub and David Bray. No great coincidence that a number of these Striders who raced most of the events also figured prominently in the final category placings.

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.**

Race 8 North Head 4th September 2004 Outright Results

Open Men

1st	Glenn Guzzo	31.32	1st Strider
2nd	David Criniti	31.40	2nd Strider
3rd	Damian Tancred	33.10	3rd Strider

Open Women

1st	Imogen Thornburgh	37:58	
2nd	Eliza Stewart	38.29	1st Strider
3rd	Jenny Wickham	39:00	2nd Strider

Handicap Competition Placings in Race 8:

1	Andrew Mawdsley
2	Dick Bartlett
3	Katherine McSweeney

Race Officials: Tina Campbell, Helen Ritchie, Amanda Underwood, Tracey Love, Darryl Chrisp, Charles Coville, John Moore, David Ritchie, Barry Rutter, Manfred Fiedler, Joe Degabriele, Stephen Jackson, Stephen Kibble, Richard Peacock, Peter Woods, Deb DeGabriele

Strider	Time				
Glenn Guzzo	0.31.32	Ron Schwebel	0.38.58	Chris Ferguson	0.41.48
David Criniti	0.31.40	Peter Cremen	0.38.59	Glenn Lockwood	0.42.18
Damian Tancred	0.33.10	Jenny Wickham	0.39.00 F	Bruce Craven	0.42.26
Andrew Mawdsley	0.33.47	Philip Boswell	0.39.07	Mohammed Alkhub	0.42.54
Darren Benson	0.33.48	Jenny Truscott	0.39.13 F	Dougal Langusch	0.43.11
Stuart Chellis	0.35.27	Wayne Gregory	0.39.21	Gary Aitkenhead	0.43.31
Mark Wilson	0.35.53	Walter Mitchell	0.39.23	David Gayford	0.43.52
Martin Matthews	0.36.01	Salvador Gala	0.39.33	Rod Lovel	0.44.09
Ross Sinclair	0.36.11	Stephen Ball	0.39.35	Dean Gardiner	0.44.15
John Young	0.36.28	Ben McSweeney	0.39.38	Patrick Hodgins	0.44.19
Richard Green	0.36.30	John Van Yzendoorn	0.39.43	Ross McCarty	0.44.46
Jonathan Heron	0.36.35	Martin Harris	0.39.45	Geoff Underwood	0.44.49
Cameron Arnold	0.37.04	Kendall Waller	0.39.50	Lisa Carroli	0.45.06 F
Ben Roberts	0.37.06	Ray Doran	0.39.51	Kevin Tiller	0.45.07
Andrew Cullen	0.37.08	George Lisson	0.39.52	Alan Smith	0.45.13
William Ward	0.37.27	John Hodges	0.39.56	Campbell Reid	0.45.27
Shaun Atchison	0.37.29	Tony Barbaro	0.40.14	Roger Cox	0.45.39
Victor Donovic	0.38.23	Catriona Cater	0.40.28 F	James Kent	0.46.13
Stephen Fahey	0.38.24	Craig Plumb	0.40.30	Stephen Smith	0.46.24
David Burgess	0.38.26	Brian Wilcockson	0.40.42	Michael Rees-Evans	0.47.21
Eliza Stewart	0.38.29 F	Paul Trainor	0.40.45	Robin Cameron	0.47.41 F
Craig Brown	0.38.33	Grahame Murphy	0.40.56	Brian Ogilwy	0.47.43
Stephen Bodnar	0.38.34	Joanne Cowan	0.41.34 F	Elizabeth Woodhams	0.48.10 F
Steve Hume	0.38.53	Caroline Yarnell	0.41.35 F	Geoff Taylor	0.48.44
		David Bray	0.41.38	Alison Gardiner	0.48.56 F

Rebecca Deane	0.49.11 F	Steven Norden	0.52.19	Frank Dearn	0.58.35
Yvonne Reilly	0.49.32 F	Katherine McSweeney	0.52.34 F	Megan Jackson	0.59.46 F
Naomi Frank	0.49.35 F	John Kerr	0.53.27	Peter Johnson	1.05.39
Bernadette Gregory	0.49.57 F	Robi Russell	0.53.35 F	Kerryn Parkinson	Dnf F
Dick Bartlett	0.50.29	Kate Radcliffe	0.53.56 F	Tim Deane	Dnf
Allison Lilley	0.50.46 F	Kerry Ross	0.54.12 F	Richard Sarkies	Dnf
Ted Brailey	0.51.12	John Hanna	0.54.17		
Adam Gatford	0.51.43	Leigh MacRitchie	0.55.14 F		
Frances Brown	0.51.50 F	Paul Munro	0.55.50		

Race 9 Olympic Park, 2nd October 2004**Outright Results****Open Men**

1	Glenn Guzzo	31.13	1st Strider
2	David Criniti	32.24	2nd Strider
3	Jeremy Horne	32:36	

Open Women

1	Jenny Truscott	37:45	1st Strider
2	Imogen Thornburgh	37:58	
3	Jenny Wickham	38:58	2nd Strider

Handicap Competition Placings in Race 9:

1	Nicole Frykberg
2	Brian McElhinney
3	Stephen Firth

Race Officials: Heather Forster, Robyn Moody, Allison Lilley, Shirley Rutter, Ralph Melano, James Moody, Sean Greenhill, Gavin Markey, Manfred Fiedler, Robert Chalmers, Joe Degabriele, Richard Peacock, Sebastian Warmerdam, Deb Degabriele, Alexandra Herisson, Claudia Herisson, Angus Callister

Strider	Time				
Glenn Guzzo	0.31.13	Ray Doran	0.39.57	Jeff Morunga	0.46.31
David Criniti	0.32.24	Steve Hume	0.40.12	Glenda Mitchell	0.46.33 F
Darren Benson	0.33.26	Catrina Cater	0.40.23 F	Roger Cox	0.46.44
Chris Truscott	0.33.49	Brian Wilcockson	0.40.34	James Kent	0.46.51
Andrew Mawdsley	0.35.00	Stephen Ball	0.40.45	Brian McElhinney	0.46.53
Peter Truscott	0.36.01	Paul Trainor	0.40.47	Michael Rees-Evans	0.47.06
Stephen Parker	0.36.20	Wayne Gregory	0.40.56	Peter Woods	0.47.40
Tony Fattorini	0.36.34	Tony Barbaro	0.41.09	Rebecca Deane	0.47.53 F
William Ward	0.36.47	Nicole Frykberg	0.41.11 F	Clara Vucetic	0.48.12 F
Gerry Arthur	0.36.51	Suzanne Kelly	0.41.21 F	Tina Campbell	0.48.21 F
Andrew Cullen	0.36.57	Joanne Cowan	0.41.51 F	Elizabeth Woodhams	0.48.22 F
Stephen Firth	0.37.18	Barry Rutter	0.41.54	Nick Woodhams	0.48.23
Mark Wilson	0.37.35	John Bugg	0.42.16	Sharon Callister	0.48.37 F
Greg Coy	0.37.42	Mike Morrissey	0.42.25	Katie Rowell	0.49.13 F
Jenny Truscott	0.37.45 F	Cameron Arnold	0.42.41	Fiona Nelson	0.49.23 F
Shaun Atchison	0.37.57	Dougal Langusch	0.42.44	Geoff Taylor	0.49.28
Craig Brown	0.38.18	Rod Lovel	0.43.08	Alison Gardiner	0.49.37 F
Victor Donovic	0.38.20	Dean Gardiner	0.43.09	Eric Schmierer	0.50.33
Martin Harris	0.38.52	Mohammed Alkhub	0.43.12	Sam Chuah	0.50.56
Jenny Wickham	0.38.58 F	Philip Murphy	0.43.13	Adam Gatford	0.51.01
Ron Schwebel	0.38.59	Glenn Lockwood	0.43.27	Michael Free	0.52.14
Salvador Gala	0.39.02	Neil Barker	0.43.40	Katherine McSweeney	0.52.30 F
Stephen Bodnar	0.39.17	Melanie Rauleder	0.43.41 F	John Hanna	0.53.33
David Gayford	0.39.23	Andrew Bull	0.43.45	Leigh MacRitchie	0.53.41 F
Stephen Jackson	0.39.35	Caroline Yarnell	0.44.24 F	Lynn Herisson	0.53.42 F
Ben McSweeney	0.39.41	Peter Roberts	0.44.37	John Kerr	0.55.13
Philip Boswell	0.39.42	Geoff Underwood	0.45.05	Ted Brailey	0.55.29
Walter Mitchell	0.39.46	Brian Ogilwy	0.45.18	Mark van de Vyver	0.55.36
Jaap Bakker	0.39.49	Ross McCarty	0.45.26	Michael Adams	0.56.59
Grahame Murphy	0.39.50	George Herisson	0.45.29	Kerryn Parkinson	0.57.54 F
		Campbell Reid	0.45.51	Jackie Ramsay	0.58.10 F

Megan Jackson	0.58.51 F	Amanda Underwood	Dnf	F	Raymond Wareham	Dnf
Isabella Allan	1.00.25 F	Bernadette Gregory	Dnf	F		

Race 10 Lane Cove 6th November 2004**Outright Results****Open Men**

1	Paul Arthur	32:19	
2	Glenn Guzzo	32:39	1st Strider
3	Chris Truscott	32:45	2nd Strider

Open Women

1	Jenny Truscott	38:29	1st Strider
2	Lucinda Chapman	38:58	2nd Strider
3	Eliza Stewart	39:21	3rd Strider

Handicap Competition Placings in Race 10:

1	Mohammed Alkhub
2	Martin Harris
3	Isabella Allen

Race Officials: Carol Taylor, Shirley Rutter, Tracey Love, Ian Whitfield, Shaun Atchison, Michael Sharp, David Bray, Richard Peacock, Ross Sinclair, Joe Degabriele, Robin Moody, Deb Degabriele

Strider	Time				
Glenn Guzzo	0.32.39	Tony Barbaro	0.41.15	Karin Kaehne	0.48.03 F
Chris Truscott	0.32.45	Mike Fowlds	0.41.24	Katie Rowell	0.48.14 F
Darren Benson	0.33.44	Barry Rutter	0.41.32	Maria DiMarco	0.48.21 F
Damian Tancred	0.33.53	Suzanne Kelly	0.41.49 F	Elly Peters	0.48.30 F
Raymond Wareham	0.35.09	Kendall Waller	0.42.10	George Herisson	0.48.46
Keith Bateman	0.35.11	Adrian Spragg	0.42.11	Peter Woods	0.48.50
Martin Matthews	0.35.34	Nicole Frykberg	0.42.30 F	Tina Campbell	0.50.19 F
Peter Truscott	0.36.00	Glenn Lockwood	0.42.34	Michael Free	0.50.35
Mark Wilson	0.36.18	Mike Morrissey	0.42.38	Eric Schmierer	0.51.32
Tony Fattorini	0.36.31	Catriona Cater	0.42.44 F	Adam Gatford	0.52.05
Stephen Parker	0.36.32	Philip Murphy	0.42.51	Alison Fitzgerald	0.52.15 F
Andrew Cullen	0.36.48	Sarah Hammer	0.42.56 F	Sam Chuah	0.52.35
Richard Green	0.36.56	Charles Coville	0.43.17	John Hanna	0.52.49
Cameron Arnold	0.37.32	Roland Hassall	0.43.28	Katherine McSweeney	0.52.55 F
Martin Harris	0.37.49	Rod Lovel	0.43.46	Dean Harris	0.52.58
Greg Coy	0.37.54	James Cryer	0.44.18	Robert Chalmers	0.53.04
Gerry Arthur	0.37.57	Wayne Pryke	0.44.23	Carolyn Travers	0.53.05
Ben McCaskill	0.38.01	Mark Schaefer	0.44.32	Lilian Chuah	0.53.12 F
Stephen Firth	0.38.07	Stephen Kibble	0.44.39	Manfred Fiedler	0.53.20
Stephen Jackson	0.38.09	Caroline Yarnell	0.44.44 F	Ted Brailey	0.53.32
Jenny Truscott	0.38.29 F	Neil Barker	0.45.00	Ken Harris	0.53.53
David Gayford	0.38.38	Scott Smiles	0.45.18	Jennie Meixner	0.54.12 F
Steve Hume	0.38.51	Sebastian Warmerdam	0.45.21	Mark van de Vyver	0.54.27
Lucinda Chapman	0.38.58 F	Geoff Underwood	0.45.32	John Kerr	0.54.57
Peter Slater	0.39.09	Kevin Tiller	0.45.39	Richard Frykberg	0.54.58
Stephen Bodnar	0.39.17	James Moody	0.46.01	Philip Fleming	0.55.08
Craig Brown	0.39.20	Phillip Jones	0.46.05	Kevin O'Kane	0.55.19
Eliza Stewart	0.39.21 F	Andrew Smith	0.46.06	Michael Bailey	0.55.20
Jenny Wickham	0.39.32 F	Brian Ogilwy	0.46.23	Leigh MacRitchie	0.55.26 F
Jaap Bakker	0.39.35	Michael Rees-Evans	0.46.42	Neridah Powell	0.55.34 F
Philip Boswell	0.39.43	Heiko Schaefer	0.46.47	Allison Lilley	0.55.36 F
Salvador Gala	0.39.45	Roger Cox	0.46.48	Helen Wilson	0.55.53 F
Ray Doran	0.40.16	Stephen Smith	0.47.02	Beryl Wilson	0.55.58 F
Paul Trainor	0.40.24	Rebecca Deane	0.47.15 F	Jackie Ramsay	0.56.13 F
Joanne Cowan	0.40.25 F	Paul Thompson	0.47.16	Julia De Vries	0.57.05
Mohammed Alkhub	0.40.33	Lawrence Ullio	0.47.26	Mike Hansen	0.57.55
Ben McSweeney	0.40.42	Naomi Frank	0.47.30 F	Frances Brown	0.57.58 F
David Martin	0.41.09	Campbell Reid	0.47.39	Isabella Allan	0.59.11 F
		Ross McCarty	0.47.59	William Ward	0.59.13

Frank Dearn	0.59.46	Olivia Batten	0.59.55 F	Alf Field	1.08.34
Heather Forster	0.59.48 F	Megan Jackson	0.59.57 F		
Michael Adams	0.59.49	Louis St Laurent	1.01.53		

10k Female Open

(Best eight races count to total)

	L	H	N	D	L	H	L	N	H	L	Tot
	C	B	H	M	C	B	C	H	B	C	
Jenny Wickham	50	50	56	60	60	60	60	56	56	102	510
Eliza Stewart	56	56	60	0	56	56	53	60	0	106	503
Joanne Cowan	53	53	0	56	53	53	56	50	49	100	474
Catriona Cater	0	49	50	50	51	51	0	51	53	94	449
Caroline Yarnell	48	46	49	49	0	49	0	49	47	90	427
Suzanne Kelly	0	37	0	51	50	40	51	0	50	98	377
Tina Campbell	35	40	43	44	43	0	45	23	43	76	369
Rebecca Deane	24	31	35	39	0	39	42	44	45	88	363
Naomi Frank	39	39	0	32	41	32	48	32	0	86	349
Lisa Carroli	47	45	48	46	47	46	0	48	0	0	327
Leigh MacRitchie	31	0	34	24	33	38	0	34	36	66	296
Frances Brown	23	32	33	37	31	0	41	39	0	54	290
Maria DiMarco	45	0	35	23	19	31	43	0	0	80	276
Amanda Underwood	0	0	40	47	46	45	50	23	21	0	272
Jenny Truscott	0	38	0	0	0	0	0	53	60	100	251
Allison Lilley	22	34	39	31	0	0	0	40	21	62	249
Melanie Rauleder	49	40	41	53	19	0	0	0	38	0	240
Glenda Mitchell	42	42	22	0	44	44	0	0	46	0	240
Clara Vucetic	0	43	44	26	0	43	37	0	44	0	237
Nicole Frykberg	40	0	0	0	49	0	0	0	51	96	236
Katherine	18	19	22	25	32	0	0	28	27	52	223
McSweeney											
Elizabeth Woodhams	12	0	38	0	40	0	44	46	42	0	222
Robi Russell	30	35	36	0	30	37	0	37	0	0	205
Kerry Ross	12	19	22	23	19	25	39	35	0	0	194
Shirley Rutter	12	19	22	23	19	25	28	0	21	26	183
Megan Jackson	12	19	0	0	0	35	0	33	32	46	177
Heather Forster	27	0	37	38	0	0	0	0	21	50	173
Sharon Callister	25	0	42	43	19	0	0	0	41	0	170
Bernadette Gregory	0	0	0	0	35	25	28	41	21	0	150
Mary Stringer	0	0	47	48	48	0	0	0	0	0	143
Benny Gauci	37	38	0	23	36	0	0	0	0	0	134
Robin Cameron	12	0	22	0	39	0	0	47	0	0	120
Robyn Moody	0	19	0	23	0	0	28	0	21	26	117
Karin Kaehne	0	0	0	0	0	0	28	0	0	84	112
Lucinda Chapman	0	0	0	0	0	0	0	0	0	112	112
Lilian Chuah	0	0	0	0	0	0	40	0	0	70	110
Joanne Barton	51	0	53	0	0	0	0	0	0	0	104
Jennie Meixner	0	0	0	0	34	0	0	0	0	68	102
Katie Rowell	0	0	0	0	0	0	0	0	40	62	102
Dawn Tiller	50	51	0	0	0	0	0	0	0	0	101
Tracey Love	33	0	0	0	19	0	0	23	0	26	101
Helen Wilson	0	36	0	0	0	0	0	0	0	60	96
Bernadette Boulous	28	0	0	0	28	0	36	0	0	0	92
Sarah Hammer	0	0	0	0	0	0	0	0	0	92	92
Lee Petrie	0	33	22	33	0	0	0	0	0	0	88
Julie Macdonald	0	41	46	0	0	0	0	0	0	0	87
Jackie Ramsay	0	0	0	0	0	0	28	0	23	36	87
Rachel Smith	0	0	0	45	0	38	0	0	0	0	83
Louise Stewart	36	44	0	0	0	0	0	0	0	0	80

Lisa Gallate	19	37	22	0	0	0	0	0	0	0	78
Elly Peters	0	0	0	0	0	0	0	0	0	78	78
Susan Chalmers	36	0	41	0	0	0	0	0	0	0	77
Fiona Nelson	12	0	0	23	0	0	0	0	39	0	74
Isabella Allan	0	0	0	0	0	0	0	0	21	52	73
Joanna White	32	0	0	0	0	36	0	0	0	0	68
Kerryn Parkinson	0	0	0	0	0	0	0	33	34	0	67
Mercy Samia	16	20	0	0	29	0	0	0	0	0	65
Neridah Powell	0	0	0	0	0	0	0	0	0	64	64
Alison Gardiner	0	0	0	0	0	0	0	35	28	0	63
Beryl Wilson	0	0	0	0	0	0	0	0	0	58	58
Alison Fitzgerald	0	0	0	0	0	0	0	0	0	54	54
Carol Taylor	0	0	0	0	0	25	0	0	0	26	51
Amy Fisher	44	0	0	0	0	0	0	0	0	0	44
Sue Palmer	43	0	0	0	0	0	0	0	0	0	43
Ruth McColl	0	0	0	40	0	0	0	0	0	0	40
Lesley Maher	0	0	0	0	0	40	0	0	0	0	40
Paula Shingler	0	0	0	0	0	0	39	0	0	0	39
Manuela	0	0	0	0	0	37	0	0	0	0	37
Sumetzberger											
Melanie Watson	0	0	0	0	35	0	0	0	0	0	35
Lynn Herisson	0	0	0	0	0	0	0	0	35	0	35
Yvonne Reilly	0	0	0	0	0	0	0	33	0	0	33
Diane Read	31	0	0	0	0	0	0	0	0	0	31
Olivia Batten	0	0	0	0	0	0	0	0	0	28	28
Christine Cullen	0	0	0	0	27	0	0	0	0	0	27
Kate Radcliffe	0	0	0	0	0	0	0	26	0	0	26
Virginia Ffitch	24	0	0	0	0	0	0	0	0	0	24
Jacqui Matthews	0	0	0	23	0	0	0	0	0	0	23
Helen Ritchie	0	0	0	0	0	0	0	23	0	0	23

10k Male Open

(Best eight races count to total)

Glenn Guzzo	49	56	50	60	60	0	0	60	60	120	515
Darren Benson	56	51	0	53	53	0	53	50	53	106	475
Damian Tancred	51	50	0	41	51	60	56	53	0	102	464
Martin Matthews	44	42	50	42	43	0	50	47	0	96	414
David Criniti	60	60	0	56	56	0	60	56	56	0	404
Cameron Arnold	40	41	35	43	45	50	0	42	16	82	378
Gerry Arthur	42	44	45	0	33	48	43	0	45	76	376
Peter Truscott	47	46	2	49	46	0	38	0	49	94	371
Stephen Jackson	39	36	30	41	41	49	2	2	32	70	338
Greg Coy	37	39	0	40	34	0	42	0	41	78	311
Jaap Bakker	34	35	43	36	31	43	0	0	28	58	308
William Ward	0	24	31	39	36	45	44	39	46	24	304
Richard Green	0	45	51	45	42	0	0	34	0	84	301
Craig Brown	33	31	40	2	25	0	38	34	39	60	300
Keith Bateman	45	47	0	48	47	0	0	0	0	98	285
Philip Boswell	0	24	34	33	21	33	41	29	30	56	280
Mark Wilson	0	0	0	0	44	0	49	48	42	92	275
David Gayford	14	19	29	30	30	31	34	12	33	68	274
Stephen Bodnar	26	28	25	27	0	22	32	33	34	62	267
Ross Sinclair	38	2	48	44	38	0	46	46	0	4	266
Chris Truscott	0	53	46	0	0	0	0	0	51	112	262
Shaun Atchison	31	0	36	28	25	34	26	38	40	4	258
Salvador Gala	21	12	22	29	15	35	31	26	35	54	253

Raymond Wareham	40 38 0 0 0 46 20 0 2 100 246	Geoff Underwood	0 0 0 0 2 12 12 12 12 24 74
Stuart Chellis	0 0 47 46 48 53 0 49 0 0 243	Ben McCaskill	0 0 0 0 0 0 0 0 0 0 74 74
John Young	46 0 39 40 40 0 41 35 0 0 241	Roland Hassall	12 12 12 0 12 0 0 0 0 24 72
Ron Schwebel	20 22 23 31 12 41 37 31 36 0 241	Michael Rees-Evans	0 0 12 0 12 0 0 12 12 24 72
Tony Fattorini	0 0 0 0 0 46 47 0 47 90 230	David Burgess	0 0 0 0 37 0 0 35 0 0 72
Martin Harris	12 12 0 12 2 19 35 22 37 80 229	Sam Chuah	0 0 0 0 12 12 12 0 12 24 72
Peter Slater	20 0 0 24 28 39 40 0 0 64 215	Richard Deutsch	27 29 0 0 2 0 12 0 0 0 70
Ben McSweeney	28 20 36 2 16 0 0 24 31 46 203	Andrew Charleston	0 13 31 25 0 0 0 0 0 0 69
Andrew Cullen	0 0 0 0 32 0 0 40 44 86 202	Kevin Tiller	12 12 2 12 12 0 12 2 0 4 68
Ray Doran	0 17 26 19 13 29 19 10 26 52 201	Mark Schaefer	0 12 0 0 12 0 20 0 0 24 68
Victor Donovic	0 27 0 0 9 34 39 37 38 0 184	James Moody	12 2 12 0 0 0 12 0 2 24 64
John Van Yzendoorn	17 25 42 2 12 27 28 23 0 0 176	Sebastian	0 0 12 12 2 0 12 0 2 24 64
Stephen Parker	0 0 0 0 0 47 0 0 38 88 173	Warmerdam	
Steve Hume	43 2 0 0 2 0 2 32 25 66 172	Chris Ferguson	16 23 0 0 0 0 12 12 0 0 63
Mike Fowlds	24 12 32 0 12 26 25 0 0 40 171	Dougal Langusch	2 12 2 2 12 7 11 12 5 0 63
Paul Trainor	12 12 12 12 12 15 23 14 22 50 160	Dean Gardiner	12 0 12 12 0 0 0 12 13 0 61
Stephen Ball	23 16 0 28 12 30 0 25 23 0 157	Mike Morrissey	0 14 0 0 0 0 0 0 17 30 61
Andrew Mawdsley	0 0 0 47 0 0 0 51 50 0 148	Alan Smith	12 12 0 0 12 0 12 12 0 0 60
Jonathan Craig	48 49 0 0 49 0 0 0 0 0 146	Charles King	12 0 12 0 12 12 12 0 0 0 60
Wayne Gregory	0 0 0 0 22 37 33 28 21 0 141	Denis Speyer	12 12 12 12 12 0 0 0 0 0 60
Walter Mitchell	0 12 24 0 12 36 0 27 29 0 140	Steve Packer	12 12 12 0 0 12 12 0 0 0 60
George Lisson	18 0 38 0 26 38 0 19 0 0 139	Michael Bailey	0 0 0 12 12 0 12 0 0 24 60
Mohammed Alkhub	12 12 13 12 2 12 14 12 12 48 135	Darryl Chrisp	2 12 0 12 12 14 2 2 0 0 56
Barry Rutter	19 21 21 0 12 2 2 19 38 134	Alex Jensen	0 26 0 0 29 0 0 0 0 0 55
Rod Lovel	12 12 12 20 12 16 19 12 14 24 129	Andrew Dyer	21 33 0 0 0 0 0 0 0 0 54
Stephen Firth	0 0 0 0 13 0 0 0 43 72 128	Nick Woodhams	12 0 2 0 12 0 12 0 12 0 50
Jonathan Heron	0 0 0 27 29 0 35 33 0 0 124	Mark Davis	12 0 0 12 12 13 0 0 0 0 49
Craig Plumb	25 8 27 22 7 28 0 6 0 0 123	Paul Bullas	12 12 12 12 0 0 0 0 0 0 48
Jonathan Worswick	36 40 44 0 0 0 0 0 0 0 120	John Whealy	12 0 12 12 12 0 0 0 0 0 48
John Hodges	15 0 17 26 18 0 26 18 0 0 120	Steven Norden	0 12 12 0 0 0 12 12 0 0 48
Brian Wilcockson	0 0 0 23 12 20 24 15 24 0 118	Gregory Prerau	12 12 20 0 0 0 2 0 0 0 46
Glenn Lockwood	0 0 12 15 12 0 17 12 12 32 112	David Martin	0 0 0 0 0 0 0 0 0 44 44
Charles Coville	12 12 19 24 0 0 16 2 0 26 111	Ken Harris	2 2 2 13 0 0 0 0 0 24 43
Ross McCarty	12 12 2 12 12 12 13 12 12 24 109	Bruce Craven	29 0 0 0 0 0 0 12 0 0 41
Campbell Reid	12 12 12 12 12 12 12 12 12 24 108	Geoff Taylor	2 12 0 0 0 0 0 12 12 0 38
Brian Ogilwy	12 12 12 12 12 12 12 12 12 24 108	Randall Brophy	0 38 0 0 0 0 0 0 0 0 38
Roger Cox	12 12 12 12 12 12 12 12 12 24 108	Kevin O'Kane	0 0 0 2 0 12 0 0 0 24 38
Stephen Smith	12 12 12 12 12 0 12 12 0 24 108	Simon Kent-Jones	0 0 37 0 0 0 0 0 0 0 37
Adam Gatford	12 12 12 12 12 12 0 12 12 24 108	Gary Aitkenhead	12 0 0 0 12 0 0 12 0 0 36
Eric Schmierer	12 12 12 12 12 0 12 0 12 24 108	Hugh Spencer	12 12 0 0 12 0 0 0 0 0 36
John Kerr	12 0 0 12 12 12 12 12 12 24 108	Richard Frykberg	12 0 0 0 0 0 0 0 0 24 36
Frank Dearn	12 0 12 12 12 12 12 12 0 24 108	Paul Munro	0 0 12 12 0 0 0 12 0 0 36
Ted Brailey	0 12 12 12 0 12 12 12 12 24 108	Adrian Spragg	0 0 0 2 0 0 0 0 0 34 36
David Bray	12 12 15 0 12 18 18 12 0 4 103	Scott Smiles	0 0 0 0 0 0 12 0 0 24 36
Stephen Fahey	32 0 33 0 0 0 0 36 0 0 101	Michael Adams	0 0 0 0 0 0 0 12 24 36
Peter Woods	12 2 12 0 12 12 12 2 12 24 98	Michael Sharp	13 0 16 0 0 2 0 0 0 4 35
Stephen Kibble	12 12 14 21 12 0 0 2 0 24 97	Michael Handley	0 0 0 22 12 0 0 0 0 0 34
Dean Degan	53 0 43 0 0 0 0 0 0 0 96	Christopher Dwyer	0 33 0 0 0 0 0 0 0 0 33
George Herisson	12 0 12 12 12 0 12 0 12 24 96	Joel Mackay	0 32 0 0 0 0 0 0 0 0 32
Heiko Schaefer	12 12 12 12 12 12 0 0 0 24 96	Bill Flanagan	0 0 0 0 0 32 0 0 0 0 32
Tim Deane	12 12 2 18 12 21 12 2 0 0 91	Ben Roberts	0 0 0 0 0 0 0 31 0 0 31
James Cryer	12 12 12 14 2 0 15 0 0 24 91	Tim Austin	0 30 0 0 0 0 0 0 0 0 30
Tony Barbaro	2 2 0 2 12 23 2 7 20 22 90	Philip Murphy	0 0 0 0 0 0 0 0 2 28 30
Manfred Fiedler	12 12 12 12 12 2 0 2 2 24 88	Mike Hansen	2 2 0 0 0 0 0 0 0 24 28
Greg Donovan	35 0 0 0 20 32 0 0 0 0 87	David Lancaster	0 2 12 2 12 0 0 0 0 0 28
Sean Ryan	0 37 49 0 0 0 0 0 0 0 86	Graham Butler	12 12 0 0 2 0 0 0 0 0 26
Kendall Waller	2 0 28 0 17 0 0 21 0 16 84	Stewart Turner	0 12 12 2 0 0 0 0 0 0 26
Grahame Murphy	0 2 0 25 14 0 0 13 27 0 81	James Kent	0 0 0 0 0 0 2 12 12 0 26
Andrew Gibbons	0 0 0 0 40 41 0 0 0 0 81	Robert Chalmers	0 0 0 0 0 0 0 0 2 24 26
Peter Cremen	0 0 0 0 0 24 27 30 0 0 81	Michael Free	12 2 2 2 0 0 0 0 2 4 24
Luke Peterson	0 15 18 0 0 40 2 0 0 0 75	Michael Peters	12 0 0 12 0 0 0 0 0 0 24

Jurg Kunzle	12	12	0	0	0	0	0	0	0	0	24
Pete Steel	0	12	12	0	0	0	0	0	0	0	24
Peter Roberts	0	0	12	0	0	0	0	0	12	0	24
Marcus Juhasz	0	0	12	0	0	0	12	0	0	0	24
Dick Bartlett	0	0	0	12	0	0	0	12	0	0	24
Peter Hammerschmidt	0	0	0	0	12	12	0	0	0	0	24
Jeff Morunga	0	0	0	0	0	12	0	0	12	0	24
Wayne Pryke	0	0	0	0	0	0	0	0	0	24	24
Andrew Smith	0	0	0	0	0	0	0	0	0	24	24
Paul Thompson	0	0	0	0	0	0	0	0	0	24	24
Lawrence Ullio	0	0	0	0	0	0	0	0	0	24	24
Dean Harris	0	0	0	0	0	0	0	0	0	24	24
Carolyn Travers	0	0	0	0	0	0	0	0	0	24	24
Philip Fleming	0	0	0	0	0	0	0	0	0	24	24
Julia De Vries	0	0	0	0	0	0	0	0	0	24	24
Alf Field	0	0	0	0	0	0	0	0	0	24	24
Mark Robinson	2	2	2	2	0	0	12	0	0	0	20
John Moore	0	0	0	2	2	2	12	2	0	0	20
Gerard Donnan	2	0	0	17	0	0	0	0	0	0	19
Patrick Hodgins	12	0	2	2	0	0	0	2	0	0	18
Joe Degabriele	2	2	2	2	2	2	2	2	2	4	18
John Bugg	0	0	0	0	0	0	0	0	18	0	18
Sean Greenhill	12	2	0	0	0	0	0	0	2	0	16
Gavin Markey	12	0	0	2	0	0	0	0	2	0	16
Richard Peacock	0	0	0	2	2	2	2	2	2	4	16
Nick Adams	0	0	0	0	0	15	0	0	0	0	15
Ralph Melano	12	0	0	0	0	0	0	0	2	0	14
Alex Rubin	2	0	0	12	0	0	0	0	0	0	14
Mario Torresan	0	12	0	2	0	0	0	0	0	0	14
Paul Jackson	0	12	0	0	0	2	0	0	0	0	14
Alex Whitworth	0	0	0	2	0	0	12	0	0	0	14
Richard Wassell	0	0	0	2	12	0	0	0	0	0	14
Mark Fiore	0	0	0	0	14	0	0	0	0	0	14
Jack Leigh	0	0	0	0	12	2	0	0	0	0	14
Brian McElhinney	0	0	0	0	0	0	12	0	2	0	14
Philip Hugill	12	0	0	0	0	0	0	0	0	0	12
Robert Wawrzyniak	12	0	0	0	0	0	0	0	0	0	12
Iain Martin	12	0	0	0	0	0	0	0	0	0	12
Philip Kennedy	12	0	0	0	0	0	0	0	0	0	12
Peter Cookson	12	0	0	0	0	0	0	0	0	0	12
Steve Stewart	12	0	0	0	0	0	0	0	0	0	12
Fernando Santisteban	12	0	0	0	0	0	0	0	0	0	12
Keith White	0	12	0	0	0	0	0	0	0	0	12
David Cooke	0	12	0	0	0	0	0	0	0	0	12
Paul Glare	0	0	12	0	0	0	0	0	0	0	12
Brent McKee	0	0	0	12	0	0	0	0	0	0	12
John Shepherd	0	0	0	12	0	0	0	0	0	0	12
Michael Wilson	0	0	0	12	0	0	0	0	0	0	12
Rob Leonard	0	0	0	12	0	0	0	0	0	0	12
Peter Simson	0	0	0	0	0	12	0	0	0	0	12
Peter Johnson	0	0	0	0	0	0	0	12	0	0	12
Richard Sarkies	0	0	0	0	0	0	0	12	0	0	12
Hugh Langshaw	0	2	0	6	0	0	0	0	0	0	8
John Sneddon	0	2	2	2	0	2	0	0	0	0	8
John Hanna	0	0	0	0	0	0	0	2	2	4	8
Ian Whitfield	2	0	0	0	0	0	0	0	0	4	6
Neil Barker	0	0	0	0	0	0	0	0	2	4	6
Mark van de Vyver	0	0	0	0	0	0	0	0	2	4	6
Brian O'Dea	2	0	0	0	2	0	0	0	0	0	4
Graham Willis	2	0	0	0	2	0	0	0	0	0	4
James Woodhams	0	0	2	0	2	0	0	0	0	0	4

Julian Wright	0	0	2	0	0	2	0	0	0	0	4
Stephen Urwin	0	0	0	2	2	0	0	0	0	0	4
Phillip Jones	0	0	0	0	0	0	0	0	0	4	4
Louis St Laurent	0	0	0	0	0	0	0	0	0	4	4
Craig Dunn	0	2	0	0	0	0	0	0	0	0	2
David East	0	0	2	0	0	0	0	0	0	0	2
Mark Gardiner	0	0	0	2	0	0	0	0	0	0	2
Benny Hagberg	0	0	0	0	0	0	2	0	0	0	2
David Ritchie	0	0	0	0	0	0	0	2	0	0	2
Andrew Bull	0	0	0	0	0	0	0	0	2	0	2

10K Handicap

(Best eight races count to total)

Top 30

Martin Harris	12	50	0	12	2	60	56	28	47	112	377
Paul Trainor	12	12	40	38	32	34	45	45	34	88	356
Stephen Smith	12	48	45	40	45	0	35	22	0	38	285
Rebecca Deane	12	12	12	12	0	21	19	41	49	96	262
Mohammed Alkhub	20	21	12	12	2	12	12	24	20	120	241
Glenn Guzzo	12	60	39	12	12	0	0	37	43	24	239
Glenn Lockwood	0	0	12	53	23	0	42	25	12	68	235
David Gayford	12	12	23	12	50	12	12	12	19	90	230
Martin Matthews	38	12	24	12	12	0	39	12	0	78	227
Cameron Arnold	48	12	12	33	46	38	0	12	12	24	225
William Ward	0	32	2	41	18	36	29	12	30	24	222
Craig Brown	53	28	14	2	12	0	21	31	38	24	221
Roger Cox	12	40	31	49	38	15	12	12	12	24	221
Kevin Tiller	12	12	2	48	49	0	12	37	0	46	218
Adam Gatford	12	24	37	12	34	12	0	18	44	24	205
David Bray	32	47	41	0	21	28	12	19	0	4	204
Sebastian Warmerdam	0	0	12	47	2	0	36	0	2	98	197
Stephen Bodnar	12	12	12	12	0	12	33	48	14	50	193
Ross McCarty	25	22	2	12	12	41	44	12	12	24	192
George Herisson	47	0	12	12	12	0	37	0	45	24	189
Naomi Frank	12	12	0	41	12	2	46	2	0	60	187
Eric Schmierer	12	34	12	28	12	0	50	0	12	24	184
Katherine McSweeney	2	2	19	29	13	0	0	43	31	42	181
Brian Ogilwy	41	29	12	12	15	31	12	12	17	24	181
Keith Bateman	37	32	0	18	12	0	0	0	0	80	179
Andrew Cullen	0	0	0	0	12	0	0	43	39	84	178
David Criniti	50	35	0	12	12	0	12	40	12	0	173
Frances Brown	12	12	12	12	12	0	53	35	0	24	172
Catriona Cater	0	18	12	12	29	12	0	27	32	24	166
Jenny Wickham	41	2	12	23	25	16	12	12	12	24	165

10k Age Group Placings

	L	H	N	D	L	H	L	N	H	L	Tot
Female Masters	C	B	H	M	C	B	C	H	B	C	
Tina Campbell	60	60	60	60	60	0	60	46	60	120	540
Robi Russell	56	53	51	0	53	56	0	56	0	0	325
Elizabeth Woodhams	41	0	56	0	56	0	56	60	56	0	325
Heather Forster	53	0	53	53	0	0	0	0	46	102	307
Robyn Moody	0	41	0	43	0	0	46	0	46	82	258
Helen Wilson	0	56	0	0	0	0	0	0	0	112	168
Mercy Samia	41	41	0	0	51	0	0	0	0	0	133

Carol Taylor	0	0	0	0	0	46	0	0	0	82	128
Beryl Wilson	0	0	0	0	0	0	0	0	0	106	106
Lesley Maher	0	0	0	0	0	60	0	0	0	0	60
Ruth McColl	0	0	0	56	0	0	0	0	0	0	56
Helen Ritchie	0	0	0	0	0	0	0	46	0	0	46

	L	H	N	D	L	H	L	N	H	L	Tot
	C	B	H	M	C	B	C	H	B	C	

Female Vets

Joanne Cowan	60	60	0	60	60	60	60	56	53	120	536
Catriona Cater	0	53	56	53	56	56	0	60	60	106	500
Caroline Yarnell	51	50	53	51	0	51	0	53	51	102	462
Suzanne Kelly	0	41	0	56	53	43	56	0	56	112	417
Frances Brown	40	43	46	47	44	0	50	48	0	92	410
Lisa Carroli	50	49	51	49	50	50	0	51	0	0	350
Shirley Rutter	30	33	36	35	34	36	38	0	33	68	313
Kerry Ross	30	33	36	35	34	36	49	46	0	0	299
Megan Jackson	30	33	0	0	0	46	0	45	44	88	286
Glenda Mitchell	48	47	36	0	49	49	0	0	50	0	279
Clara Vucetic	0	48	49	36	0	48	41	0	49	0	271
Sharon Callister	41	0	48	48	34	0	0	0	48	0	219
Tracey Love	44	0	0	0	34	0	0	35	0	68	181
Benny Gauci	46	46	0	35	46	0	0	0	0	0	173
Robin Cameron	30	0	36	0	47	0	0	50	0	0	163
Mary Stringer	0	0	50	50	51	0	0	0	0	0	151
Jackie Ramsay	0	0	0	0	0	0	38	0	35	74	147
Jennie Meixner	0	0	0	0	45	0	0	0	0	98	143
Karin Kaehne	0	0	0	0	0	0	38	0	0	100	138
Lee Petrie	0	44	36	45	0	0	0	0	0	0	125
Isabella Allan	0	0	0	0	0	0	0	0	33	90	123
Joanne Barton	56	0	60	0	0	0	0	0	0	0	116
Lisa Gallate	32	45	36	0	0	0	0	0	0	0	113
Dawn Tiller	53	56	0	0	0	0	0	0	0	0	109
Neridah Powell	0	0	0	0	0	0	0	0	0	96	96
Susan Chalmers	45	0	47	0	0	0	0	0	0	0	92
Joanna White	43	0	0	0	0	47	0	0	0	0	90
Alison Gardiner	0	0	0	0	0	0	0	39	37	0	76
Sue Palmer	49	0	0	0	0	0	0	0	0	0	49
Lynn Herisson	0	0	0	0	0	0	0	0	46	0	46
Paula Shingler	0	0	0	0	0	0	43	0	0	0	43
Diane Read	37	0	0	0	0	0	0	0	0	0	37
Kate Radcliffe	0	0	0	0	0	0	0	37	0	0	37
Jacqui Matthews	0	0	0	35	0	0	0	0	0	0	35

	L	H	N	D	L	H	L	N	H	L	Tot
	C	B	H	M	C	B	C	H	B	C	

Female Pre-Vets

Jenny Wickham	50	50	56	60	60	60	60	56	56	102	510
Eliza Stewart	56	56	60	0	56	56	56	60	0	106	506
Rebecca Deane	42	46	47	48	0	47	48	51	50	96	433
Naomi Frank	47	48	0	40	49	39	51	39	0	94	407
Leigh MacRitchie	44	0	46	36	45	46	0	45	46	80	388
Maria DiMarco	50	0	40	36	34	38	49	0	0	90	337
Allison Lilley	41	47	48	39	0	0	0	47	35	78	335
Amanda Underwood	0	0	49	53	51	50	53	35	35	0	326
Katherine	33	35	35	37	44	0	0	36	37	64	321
McSweeney											
Melanie Rauleder	53	43	43	56	34	0	0	0	41	0	270
Nicole Frykberg	48	0	0	0	53	0	0	0	53	100	254
Jenny Truscott	0	41	0	0	0	0	0	53	60	100	254
Bernadette Gregory	0	0	0	0	46	36	37	48	35	0	202
Lilian Chuah	0	0	0	0	0	0	47	0	0	82	129
Katie Rowell	0	0	0	0	0	0	0	0	49	72	121
Fiona Nelson	31	0	0	36	0	0	0	0	48	0	115

Bernadette Boulous	36	0	0	0	38	0	40	0	0	0	114
Lucinda Chapman	0	0	0	0	0	0	0	0	0	112	112
Julie Macdonald	0	49	51	0	0	0	0	0	0	0	100
Sarah Hammer	0	0	0	0	0	0	0	0	0	98	98
Rachel Smith	0	0	0	51	0	43	0	0	0	0	94
Louise Stewart	41	50	0	0	0	0	0	0	0	0	91
Kerryn Parkinson	0	0	0	0	0	0	0	45	45	0	90
Elly Peters	0	0	0	0	0	0	0	0	0	88	88
Alison Fitzgerald	0	0	0	0	0	0	0	0	0	66	66
Olivia Batten	0	0	0	0	0	0	0	0	0	56	56
Amy Fisher	49	0	0	0	0	0	0	0	0	0	49
Manuela	0	0	0	0	0	41	0	0	0	0	41
Sumetzberger											
Melanie Watson	0	0	0	0	40	0	0	0	0	0	40
Yvonne Reilly	0	0	0	0	0	0	0	40	0	0	40
Christine Cullen	0	0	0	0	37	0	0	0	0	0	37
Virginia Ffitch	35	0	0	0	0	0	0	0	0	0	35

	L	H	N	D	L	H	L	N	H	L	Tot
	C	B	H	M	C	B	C	H	B	C	

Male Super Senior

Frank Dearn	60	0	60	60	60	60	60	60	0	120	540
	L	H	N	D	L	H	L	N	H	L	Tot
	C	B	H	M	C	B	C	H	B	C	

Male Senior

Ray Doran	0	60	60	60	60	60	50	50	60	120	530
Brian Ogilwy	60	56	56	51	53	53	53	56	53	112	499
Manfred Fiedler	51	50	50	50	49	41	0	41	43	102	436
Heiko Schaefer	56	53	53	53	51	51	0	0	0	106	423
Michael Bailey	0	0	0	49	48	0	51	0	0	100	248
Hugh Spencer	53	51	0	0	50	0	0	0	0	0	154
Paul Munro	0	0	49	48	0	0	0	53	0	0	150
Peter Hammerschmidt	0	0	0	0	56	56	0	0	0	0	112
Peter Roberts	0	0	51	0	0	0	0	0	56	0	107
Alex Whitworth	0	0	0	46	0	0	56	0	0	0	102
Alf Field	0	0	0	0	0	0	0	0	0	98	98
Peter Johnson	0	0	0	0	0	0	0	51	0	0	51

	L	H	N	D	L	H	L	N	H	L	Tot
	C	B	H	M	C	B	C	H	B	C	

Male Masters

Philip Boswell	0	56	56	60	56	53	60	56	56	120	520
Ron Schwebel	56	53	53	56	50	60	56	60	60	0	454
Rod Lovel	48	48	46	47	47	49	50	47	48	102	439
Barry Rutter	53	51	51	0	49	29	28	32	49	112	426
Ross McCarty	46	45	30	43	43	47	47	46	47	88	409
Roger Cox	41	42	44	44	44	46	44	45	46	92	405
Charles Coville	45	47	50	49	0	0	49	32	0	106	378
Eric Schmierer	38	40	41	40	38	0	41	0	44	86	368
Stephen Ball	60	50	0	53	48	51	0	53	50	0	365
James Cryer	49	49	48	46	25	0	48	0	0	100	365
Ted Brailey	0	38	40	38	0	42	39	43	41	82	363
John Kerr	37	0	0	37	36	40	38	42	42	80	352
John Hodges	50	0	49	51	53	0	53	50	0	0	306
Brian Wilcockson	0	0	0	48	46	50	51	49	51	0	295
James Moody	47	28	47	0	0	0	45	0	31	94	292
George Lisson	51	0	60	0	60	56	0	51	0	0	278
Darryl Chrisp	26	46	0	45	45	48	28	32	0	0	270
Sam Chuah	0	0	0	0	35	41	40	0	43	84	243
Grahame Murphy	0	28	0	50	51	0	0	48	53	0	230
Nick Woodhams	43	0	35	0	42	0	43	0	45	0	208
John Moore	0	0	0	32	30	35	42	32	0	0	171
John Whealy	39	0	42	39	39	0	0	0	0	0	159
Scott Smiles	0	0	0	0	0	0	46	0	0	96	142

Kevin O'Kane	0	0	0	23	0	39	0	0	0	78	140
John Sneddon	0	31	33	31	0	34	0	0	0	0	129
Graham Butler	44	43	0	0	31	0	0	0	0	0	118
Wayne Pryke	0	0	0	0	0	0	0	0	0	98	98
Lawrence Ullio	0	0	0	0	0	0	0	0	0	90	90
Ian Whitfield	26	0	0	0	0	0	0	0	0	58	84
Dick Bartlett	0	0	0	35	0	0	0	44	0	0	79
Jurg Kunzle	36	39	0	0	0	0	0	0	0	0	75
Ralph Melano	42	0	0	0	0	0	0	0	31	0	73
Jack Leigh	0	0	0	0	37	33	0	0	0	0	70
Brian O'Dea	26	0	0	0	25	0	0	0	0	0	51
Graham Willis	26	0	0	0	25	0	0	0	0	0	51
Christopher Dwyer	0	50	0	0	0	0	0	0	0	0	50
Keith White	0	44	0	0	0	0	0	0	0	0	44
Peter Cookson	40	0	0	0	0	0	0	0	0	0	40
John Shepherd	0	0	0	36	0	0	0	0	0	0	36
Michael Wilson	0	0	0	34	0	0	0	0	0	0	34
Rob Leonard	0	0	0	33	0	0	0	0	0	0	33
David Ritchie	0	0	0	0	0	0	0	32	0	0	32

Male Vets

	L	H	N	D	L	H	L	N	H	L	Tot
C	B	H	M	C	B	C	H	B	C		
Stephen Jackson	53	49	50	53	53	60	23	23	48	102	468
David Gayford	41	45	49	48	49	47	50	41	49	100	437
Stephen Bodnar	45	48	46	46	0	43	48	51	50	96	430
Greg Coy	50	51	0	51	50	0	56	0	56	112	426
Salvador Gala	43	42	45	47	40	50	47	48	51	94	425
Mohammed Alkhub	40	39	42	41	16	41	43	43	44	92	386
Ross Sinclair	51	17	60	56	51	0	60	60	0	30	385
Keith Bateman	56	56	0	60	56	0	0	0	0	120	348
John Van Yzendoorn	42	46	53	19	38	45	46	47	0	0	336
Campbell Reid	31	35	35	35	32	40	42	37	40	70	334
Glenn Lockwood	0	0	38	43	36	0	44	44	43	86	334
Peter Slater	36	0	0	40	48	53	53	0	0	98	328
Stephen Kibble	32	40	43	45	37	0	0	23	0	82	302
Peter Woods	25	17	37	0	31	37	35	23	38	66	292
Victor Donovic	0	47	0	0	32	49	51	56	53	0	288
Stephen Smith	20	29	28	33	29	0	37	36	0	74	286
Craig Plumb	44	34	47	39	31	46	0	35	0	0	276
George Herisson	30	0	25	30	28	0	39	0	41	68	261
Wayne Gregory	0	0	0	0	44	51	49	49	47	0	240
Kendall Waller	28	0	48	0	37	0	0	46	0	70	229
Sebastian	0	0	30	34	16	0	36	0	25	78	219
Warmerdam											
Stephen Firth	0	0	0	0	35	0	0	0	60	106	201
Dean Gardiner	26	0	39	37	0	0	0	40	45	0	187
Jonathan Craig	60	60	0	0	60	0	0	0	0	0	180
Joe Degabriele	9	17	15	19	16	25	23	23	25	30	178
Charles King	28	0	34	0	34	39	41	0	0	0	176
Mike Morrissey	0	43	0	0	0	0	0	0	46	84	173
Alan Smith	29	37	0	0	30	0	38	38	0	0	172
Richard Peacock	0	0	0	19	16	25	23	23	25	30	161
Jonathan Worswick	49	53	56	0	0	0	0	0	0	0	158
Stephen Fahey	47	0	51	0	0	0	0	53	0	0	151
Paul Bullas	36	38	41	36	0	0	0	0	0	0	151
Steve Packer	21	31	29	0	0	36	33	0	0	0	150
Mark Davis	34	0	0	40	33	42	0	0	0	0	149
Ken Harris	9	17	23	42	0	0	0	0	0	58	149
Gregory Prerau	39	41	44	0	0	0	23	0	0	0	147
Greg Donovan	48	0	0	0	43	48	0	0	0	0	139
Peter Cremen	0	0	0	0	0	44	45	50	0	0	139

Denis Speyer	22	28	26	32	27	0	0	0	0	0	135
Steven Norden	0	33	31	0	0	0	34	34	0	0	132
Patrick Hodgins	37	0	30	29	0	0	0	29	0	0	125
Gary Aitkenhead	35	0	0	0	39	0	0	42	0	0	116
Geoff Taylor	13	30	0	0	0	0	0	35	37	0	115
Adrian Spragg	0	0	0	19	0	0	0	0	0	88	107
Mark Robinson	9	17	15	19	0	0	40	0	0	0	100
David Lancaster	0	22	27	19	26	0	0	0	0	0	94
John Hanna	0	0	0	0	0	0	0	23	26	44	93
Neil Barker	0	0	0	0	0	0	0	0	32	60	92
Michael Adams	0	0	0	0	0	0	0	0	35	52	87
Robert Chalmers	0	0	0	0	0	0	0	0	25	62	87
Mike Hansen	9	17	0	0	0	0	0	0	0	54	80
Andrew Smith	0	0	0	0	0	0	0	0	0	76	76
Jeff Morunga	0	0	0	0	0	35	0	0	39	0	74
Paul Thompson	0	0	0	0	0	0	0	0	0	72	72
Hugh Langshaw	0	26	0	34	0	0	0	0	0	0	60
Carolyn Travers	0	0	0	0	0	0	0	0	0	60	60
Paul Jackson	0	34	0	0	0	25	0	0	0	0	59
Philip Fleming	0	0	0	0	0	0	0	0	0	56	56
Stephen Urwin	0	0	0	28	25	0	0	0	0	0	53
Randall Brophy	0	50	0	0	0	0	0	0	0	0	50
Bill Flanagan	0	0	0	0	0	46	0	0	0	0	46
Peter Simson	0	0	0	0	0	38	0	0	0	0	38
Paul Glare	0	0	36	0	0	0	0	0	0	0	36
Mark Fiore	0	0	0	0	36	0	0	0	0	0	36
Philip Hugill	33	0	0	0	0	0	0	0	0	0	33
Brent McKee	0	0	0	31	0	0	0	0	0	0	31
Louis St Laurent	0	0	0	0	0	0	0	0	0	30	30
Robert Wawrzyniak	27	0	0	0	0	0	0	0	0	0	27
David Cooke	0	27	0	0	0	0	0	0	0	0	27
Philip Kennedy	24	0	0	0	0	0	0	0	0	0	24
Benny Hagberg	0	0	0	0	0	0	23	0	0	0	23
David East	0	0	22	0	0	0	0	0	0	0	22
Steve Stewart	19	0	0	0	0	0	0	0	0	0	19
Mark Gardiner	0	0	0	19	0	0	0	0	0	0	19

Male PreVets 22pts+

	L	H	N	D	L	H	L	N	H	L	Tot
C	B	H	M	C	B	C	H	B	C		
Glenn Guzzo	49	56	50	60	60	0	0	60	60	120	515
Darren Benson	56	51	0	53	53	0	53	50	53	106	475
Damian Tancred	51	50	0	41	51	60	56	53	0	102	464
Martin Matthews	46	45	50	44	45	0	50	47	0	98	425
David Criniti	60	60	0	56	56	0	60	56	56	0	404
Cameron Arnold	42	44	39	45	47	50	0	43	32	84	394
Gerry Arthur	44	46	46	0	38	49	44	0	45	80	392
Peter Truscott	48	48	11	49	48	0	38	0	49	96	387
Jaap Bakker	41	42	45	40	36	44	0	0	37	72	357
Craig Brown	40	38	43	16	34	0	43	37	41	74	350
William Ward	0	31	34	43	40	46	45	40	46	34	328
Martin Harris	25	21	0	31	6	37	41	33	40	82	310
Richard Green	0	47	51	46	44	0	0	35	0	86	309
Ben McSweeney	37	33	40	16	33	0	0	34	39	68	300
Paul Trainor	23	16	29	34	23	34	38	31	35	70	294
Mark Wilson	0	0	0	0	46	0	49	48	43	94	280
Shaun Atchison	33	0	37	32	29	35	32	39	42	14	279
Mike Fowlds	35	27	38	0	32	41	39	0	0	62	274
Raymond Wareham	40	39	0	0	0	46	30	0	12	100	267
Chris Truscott	0	53	46	0	0	0	0	0	51	112	262
John Young	47	0	42	40	40	0	41	36	0	0	246
Stuart Chellis	0	0	48	47	49	53	0	49	0	0	246

Tony Fattorini	0	0	0	0	0	47	47	0	47	92	233
Tony Barbaro	18	14	0	19	30	39	18	22	34	44	224
David Bray	26	26	33	0	25	36	34	30	0	14	224
Steve Hume	45	4	0	0	6	0	16	36	36	76	219
Tim Deane	31	29	11	37	27	38	26	12	0	0	211
Walter Mitchell	0	28	36	0	31	42	0	35	38	0	210
Andrew Cullen	0	0	0	0	37	0	0	41	44	88	210
Adam Gatford	17	15	21	27	17	31	0	22	24	44	203
Dougal Langusch	17	23	20	25	24	25	26	27	21	0	191
Geoff Underwood	0	0	0	0	10	33	31	26	28	54	182
Roland Hassall	30	30	32	0	26	0	0	0	0	58	176
Stephen Parker	0	0	0	0	0	48	0	0	38	90	176
Kevin Tiller	15	14	12	30	19	0	29	15	0	32	166
Andrew Mawdsley	0	0	0	48	0	0	0	51	50	0	149
Mark Schaefer	0	25	0	0	28	0	35	0	0	56	144
Michael Rees-Evans	0	0	25	0	18	0	0	23	25	48	139
Jonathan Heron	0	0	0	31	32	0	36	34	0	0	133
Chris Ferguson	33	34	0	0	0	0	33	29	0	0	129
Luke Peterson	0	32	35	0	0	43	16	0	0	0	126
Michael Free	24	9	17	23	0	0	0	0	13	26	112
Richard Deutsch	36	36	0	0	12	0	27	0	0	0	111
Michael Sharp	32	0	34	0	0	21	0	0	0	14	101
Andrew Charleston	0	31	37	29	0	0	0	0	0	0	97
Dean Degan	53	0	43	0	0	0	0	0	0	0	96
Sean Ryan	0	43	49	0	0	0	0	0	0	0	92
Andrew Gibbons	0	0	0	0	43	41	0	0	0	0	84
Philip Murphy	0	0	0	0	0	0	0	0	20	60	80
David Burgess	0	0	0	0	41	0	0	38	0	0	79
Ben McCaskill	0	0	0	0	0	0	0	0	0	78	78
James Kent	0	0	0	0	0	0	22	24	27	0	73
Alex Jensen	0	35	0	0	35	0	0	0	0	0	70
Andrew Dyer	29	40	0	0	0	0	0	0	0	0	69
Michael Handley	0	0	0	38	29	0	0	0	0	0	67
Bruce Craven	38	0	0	0	0	0	0	28	0	0	66
David Martin	0	0	0	0	0	0	0	0	0	66	66
Stewart Turner	0	20	26	16	0	0	0	0	0	0	62
Richard Frykberg	19	0	0	0	0	0	0	0	0	38	57
Gerard Donnan	19	0	0	36	0	0	0	0	0	0	55
Marcus Juhasz	0	0	23	0	0	0	30	0	0	0	53
Michael Peters	20	0	0	32	0	0	0	0	0	0	52
Gavin Markey	22	0	0	16	0	0	0	0	12	0	50
Pete Steel	0	22	28	0	0	0	0	0	0	0	50
Sean Greenhill	24	8	0	0	0	0	0	0	12	0	44
Brian McElhinney	0	0	0	0	0	0	27	0	16	0	43
Dean Harris	0	0	0	0	0	0	0	0	0	42	42
Simon Kent-Jones	0	0	41	0	0	0	0	0	0	0	41
Joel Mackay	0	39	0	0	0	0	0	0	0	0	39
Tim Austin	0	37	0	0	0	0	0	0	0	0	37
Alex Rubin	8	0	0	28	0	0	0	0	0	0	36
Julian Wright	0	0	14	0	0	22	0	0	0	0	36
Julia De Vries	0	0	0	0	0	0	0	0	0	36	36
Mario Torresan	0	17	0	16	0	0	0	0	0	0	33
John Bugg	0	0	0	0	0	0	0	0	33	0	33
James Woodhams	0	0	21	0	11	0	0	0	0	0	32
Richard Wassell	0	0	0	16	16	0	0	0	0	0	32
Ben Roberts	0	0	0	0	0	0	0	32	0	0	32
Mark van de Vyver	0	0	0	0	0	0	0	0	12	20	32
Nick Adams	0	0	0	0	0	30	0	0	0	0	30
Phillip Jones	0	0	0	0	0	0	0	0	0	30	30
Richard Sarkies	0	0	0	0	0	0	0	22	0	0	22

10k Age & Gender Adj

	L	H	N	D	L	H	L	N	H	L	Tot
	C	B	H	M	C	B	C	H	B	C	
Ray Doran	0	821	833	788	841	860	844	855	853	846	6753
Joanne Cowan	839	829	0	840	858	858	846	804	806	834	6710
Glenn Guzzo	767	823	852	834	840	0	0	855	864	826	6661
Darren Benson	813	811	0	820	810	0	792	798	807	799	6450
Damian Tancred	792	797	0	781	805	816	823	813	0	796	6423
Jenny Wickham	780	778	782	789	804	814	795	767	768	757	6310
Eliza Stewart	775	775	814	0	792	786	761	783	0	765	6251
Stephen Jackson	764	759	725	779	809	820	0	0	741	769	6166
Ron Schwebel	720	747	738	759	748	798	779	790	790	0	6149
Philip Boswell	0	741	755	750	758	773	777	774	763	762	6112
Catriona Cater	0	761	749	736	774	774	0	784	786	743	6107
Tina Campbell	692	727	749	776	782	0	757	0	754	724	5961
Martin Matthews	736	731	746	723	753	0	759	749	0	758	5955
Caroline Yarnell	694	744	735	739	0	760	0	776	727	721	5896
David Criniti	823	842	0	824	837	0	823	852	832	0	5833
Gerry Arthur	719	749	719	0	718	742	720	0	732	711	5810
David Gayford	661	699	710	708	750	731	726	659	734	748	5806
Cameron Arnold	713	713	678	726	754	766	0	728	632	718	5796
Brian Ogilwy	704	720	723	692	732	746	721	693	730	713	5789
Stephen Bodnar	689	718	708	699	0	705	719	744	730	730	5753
William Ward	0	694	694	715	722	738	734	720	733	455	5750
Rod Lovel	671	706	689	723	742	730	728	697	714	703	5743
Shaun Atchison	715	0	721	700	720	732	688	723	714	0	5713
Salvador Gala	668	675	683	696	701	729	708	720	730	717	5684
Jaap Bakker	681	697	715	692	716	714	0	0	677	681	5573
Craig Brown	679	689	693	0	693	0	690	700	704	686	5534
Roger Cox	625	647	653	679	701	708	688	698	682	681	5490
Ross McCarty	656	676	0	655	678	699	710	699	689	652	5462
Mohammed Alkhub	660	683	669	654	0	647	657	674	669	718	5384
Greg Coy	744	759	0	768	770	0	769	0	767	768	5345
Peter Truscott	746	755	0	765	765	0	749	0	749	749	5278
Paul Trainor	566	599	616	630	644	656	663	679	678	685	5251
Heiko Schaefer	715	739	745	764	752	748	0	0	0	736	5199
Suzanne Kelly	0	728	0	728	752	747	747	0	743	735	5180
Martin Harris	574	605	0	562	0	657	683	678	694	713	5166
Stephen Ball	717	725	0	733	729	765	0	759	737	0	5165
Tony Barbaro	600	621	0	540	658	673	558	678	663	661	5112
Campbell Reid	626	630	631	625	634	645	648	636	635	611	5085
Craig Plumb	701	709	720	726	730	734	0	725	0	0	5045
Dougal Langusch	597	614	609	619	634	643	641	624	631	0	5015
Frank Dearn	605	0	632	647	613	627	605	630	0	617	4976
Naomi Frank	593	590	0	622	625	630	639	603	0	630	4932
Ted Brailey	0	571	614	635	0	641	627	634	585	606	4913
Lisa Carroli	661	688	700	677	700	715	0	681	0	0	4822
John Van	649	689	717	0	662	696	689	702	0	0	4804
Yzendoorn											
Eric Schmierer	545	598	587	602	594	0	627	0	604	592	4749
John Kerr	555	0	0	623	588	620	548	601	582	585	4702
Rebecca Deane	489	513	547	573	0	599	594	608	625	633	4692
Ben McSweeney	654	657	679	0	676	0	0	680	680	663	4689
Ross Sinclair	737	0	773	772	778	0	785	793	0	0	4638
Stephen Smith	525	551	567	581	601	0	601	605	0	597	4628
Frances Brown	512	567	579	577	578	0	621	623	0	562	4619
Mike Fowlds	645	624	677	0	662	673	655	0	0	651	4587
John Young	753	0	697	775	803	0	789	748	0	0	4565
Glenn Lockwood	0	0	617	647	657	0	662	664	646	659	4552
John Hodges	719	0	738	756	779	0	755	778	0	0	4525
David Bray	590	625	641	0	648	659	644	655	0	0	4462
Richard Green	0	754	747	735	752	0	0	739	0	730	4457

Victor Donovic	0	718	0	0	725	744	740	753	754	0	4434
Barry Rutter	720	746	737	0	750	0	0	0	735	741	4429
Brian Wilcockson	0	0	0	721	722	745	734	750	753	0	4425
Peter Woods	619	0	651	0	644	638	620	0	625	610	4407
Kevin Tiller	416	485	524	572	598	0	564	609	0	602	4370
Leigh MacRitchie	533	0	540	524	555	567	0	542	557	540	4358
James Cryer	703	733	731	734	0	0	737	0	0	719	4357
George Herisson	639	0	559	593	637	0	647	0	655	611	4341
Katherine McSweeney	518	495	521	534	540	0	0	569	570	565	4312
Charles Coville	649	712	746	750	0	0	730	0	0	723	4310
Peter Slater	676	0	0	703	721	727	715	0	0	712	4254
Manfred Fiedler	678	711	713	713	709	0	0	0	0	675	4199
Keith Bateman	809	832	0	833	840	0	0	0	0	847	4161
Adam Gatford	494	501	512	502	524	521	0	521	529	518	4128
Clara Vucetic	0	713	693	597	0	711	709	0	700	0	4123
Walter Mitchell	0	639	666	0	666	705	0	693	686	0	4055
Robi Russell	628	644	667	0	624	669	0	666	0	0	3898
Stephen Kibble	607	661	653	659	656	0	0	0	0	629	3865
Raymond Wareham	783	790	0	0	0	812	682	0	0	782	3849
Mark Wilson	0	0	0	0	772	0	775	777	741	768	3833
George Lisson	713	0	771	0	780	789	0	760	0	0	3813
Stuart Chellis	0	0	730	747	768	781	0	761	0	0	3787
Tim Deane	619	646	0	629	646	659	517	0	0	0	3716
Wayne Gregory	0	0	0	0	731	753	726	734	711	0	3655
Melanie Rauleder	713	730	738	711	0	0	0	0	685	0	3577
Geoff Underwood	0	0	0	0	590	596	580	602	598	592	3558
Elizabeth Woodhams	0	0	672	0	706	0	723	727	724	0	3552
Michael Free	575	601	605	598	0	0	0	0	526	543	3448
Kendall Waller	625	0	685	0	719	0	0	700	0	661	3390
Allison Lilley	473	545	587	595	0	0	0	589	0	538	3327
Amanda Underwood	0	0	598	660	671	676	666	0	0	0	3271
Chris Truscott	0	821	826	0	0	0	0	0	797	823	3267
Glenda Mitchell	625	634	0	0	645	680	0	0	649	0	3233
Nick Woodhams	621	0	644	0	658	0	647	0	631	0	3201
Roland Hassall	621	656	630	0	657	0	0	0	0	632	3196
Charles King	619	0	626	0	655	644	647	0	0	0	3191
Alan Smith	611	652	0	0	618	0	615	630	0	0	3126
Dean Gardiner	595	0	622	623	0	0	0	634	650	0	3124
Maria DiMarco	633	0	624	0	0	609	599	0	0	619	3084
Jenny Truscott	0	718	0	0	0	0	0	763	792	777	3050
Steve Packer	566	602	609	0	0	614	579	0	0	0	2970
Sam Chuah	0	0	0	0	546	604	611	0	610	590	2961
Grahame Murphy	0	0	0	724	743	0	0	734	754	0	2955
Tony Fattorini	0	0	0	0	0	739	740	0	737	738	2954
Andrew Cullen	0	0	0	0	718	0	0	726	730	733	2907
Jonathan Heron	0	0	0	692	738	0	736	737	0	0	2903
Darryl Chrisp	0	699	0	718	725	741	0	0	0	0	2883
Denis Speyer	547	562	567	595	603	0	0	0	0	0	2874
Steve Hume	739	0	0	0	0	0	0	712	688	712	2851
Michael Rees-Evans	0	0	548	0	574	0	0	570	573	577	2842
Nicole Frykberg	613	0	0	0	687	0	0	0	726	704	2730
James Moody	663	0	706	0	0	0	672	0	0	669	2710
Paul Bullas	655	700	681	659	0	0	0	0	0	0	2695
John Moore	0	0	0	666	667	676	674	0	0	0	2683
Mark Davis	646	0	0	666	667	692	0	0	0	0	2671
Richard Deutsch	656	679	0	0	629	0	653	0	0	0	2617
Chris Ferguson	644	681	0	0	0	0	626	662	0	0	2613
Mark Schaefer	0	620	0	0	649	0	640	0	0	606	2515
Sharon Callister	526	0	653	669	0	0	0	0	658	0	2506

John Sneddon	0	611	626	630	0	630	0	0	0	0	2497
Patrick Hodgins	616	0	627	622	0	0	0	629	0	0	2494
Michael Bailey	0	0	0	626	642	0	618	0	0	592	2478
John Whealy	592	0	627	627	623	0	0	0	0	0	2469
Sebastian Warmerdam	0	0	593	611	0	0	613	0	0	632	2449
Heather Forster	585	0	646	628	0	0	0	0	0	574	2433
Jonathan Craig	788	812	0	0	812	0	0	0	0	0	2412
Andrew Mawdsley	0	0	0	751	0	0	0	798	770	0	2319
Stephen Firth	0	0	0	0	744	0	0	0	787	770	2301
Steven Norden	0	594	597	0	0	0	560	540	0	0	2291
Geoff Taylor	537	558	0	0	0	0	0	580	571	0	2246
Mary Stringer	0	0	745	738	756	0	0	0	0	0	2239
Stephen Parker	0	0	0	0	0	740	0	0	742	738	2220
Jonathan Worswick	709	735	740	0	0	0	0	0	0	0	2184
Greg Donovan	718	0	0	0	712	724	0	0	0	0	2154
Stephen Fahey	697	0	700	0	0	0	0	726	0	0	2123
Peter Cremen	0	0	0	0	0	695	692	720	0	0	2107
Hugh Spencer	691	713	0	0	702	0	0	0	0	0	2106
Mike Morrissey	0	701	0	0	0	0	0	0	686	683	2070
Gregory Prerau	659	688	691	0	0	0	0	0	0	0	2038
Megan Jackson	0	0	0	0	0	503	0	506	514	504	2027
Gary Aitkenhead	635	0	0	0	715	0	0	669	0	0	2019
Andrew Charleston	0	648	674	691	0	0	0	0	0	0	2013
Luke Peterson	0	650	642	0	0	704	0	0	0	0	1996
Graham Butler	645	659	0	0	656	0	0	0	0	0	1960
Paul Munro	0	0	588	611	0	0	0	617	0	0	1816
Bernadette Boulous	593	0	0	0	592	0	629	0	0	0	1814
David Lancaster	0	601	592	0	617	0	0	0	0	0	1810
Ken Harris	0	0	612	645	0	0	0	0	0	521	1778
Benny Gauci	593	594	0	0	587	0	0	0	0	0	1774
Mercy Samia	574	589	0	0	600	0	0	0	0	0	1763
James Kent	0	0	0	0	0	0	596	583	576	0	1755
Dean Degan	804	0	817	0	0	0	0	0	0	0	1621
Jackie Ramsay	0	0	0	0	0	0	553	0	524	542	1619
John Hanna	0	0	0	0	0	0	0	525	532	539	1596
Andrew Gibbons	0	0	0	0	751	775	0	0	0	0	1526
Alex Whitworth	0	0	0	761	0	0	757	0	0	0	1518
Dawn Tiller	758	759	0	0	0	0	0	0	0	0	1517
Joanne Barton	754	0	758	0	0	0	0	0	0	0	1512
Peter Hammerschmidt	0	0	0	0	747	765	0	0	0	0	1512
Peter Roberts	0	0	714	0	0	0	0	0	741	0	1455
Sean Ryan	0	705	745	0	0	0	0	0	0	0	1450
David Burgess	0	0	0	0	732	0	0	715	0	0	1447
Scott Smiles	0	0	0	0	0	0	686	0	0	691	1377
Alex Jensen	0	672	0	0	704	0	0	0	0	0	1376
Andrew Dyer	663	693	0	0	0	0	0	0	0	0	1356
Rachel Smith	0	0	0	652	0	701	0	0	0	0	1353
Robin Cameron	0	0	0	0	651	0	0	683	0	0	1334
Stephen Urwin	0	0	0	657	672	0	0	0	0	0	1329
Bruce Craven	675	0	0	0	0	0	0	652	0	0	1327
Helen Wilson	0	667	0	0	0	0	0	0	0	659	1326
Louise Stewart	645	658	0	0	0	0	0	0	0	0	1303
Michael Handley	0	0	0	639	650	0	0	0	0	0	1289
Michael Sharp	632	0	646	0	0	0	0	0	0	0	1278
Hugh Langshaw	0	626	0	648	0	0	0	0	0	0	1274
Neil Barker	0	0	0	0	0	0	0	0	643	624	1267
Alison Gardiner	0	0	0	0	0	0	0	633	624	0	1257
Philip Murphy	0	0	0	0	0	0	0	0	624	629	1253

Gerard Donnan	613	0	0	629	0	0	0	0	0	0	1242
Julie Macdonald	0	610	629	0	0	0	0	0	0	0	1239
Dick Bartlett	0	0	0	599	0	0	0	637	0	0	1236
James Woodhams	0	0	623	0	612	0	0	0	0	0	1235
Sean Greenhill	642	591	0	0	0	0	0	0	0	0	1233
Susan Chalmers	598	0	630	0	0	0	0	0	0	0	1228
Katie Rowell	0	0	0	0	0	0	0	0	608	620	1228
Pete Steel	0	613	598	0	0	0	0	0	0	0	1211
Jack Leigh	0	0	0	0	574	609	0	0	0	0	1183
Jeff Morunga	0	0	0	0	0	558	0	0	621	0	1179
Bernadette	0	0	0	0	575	0	0	599	0	0	1174
Gregory											
Kerry Ross	0	0	0	0	0	0	584	585	0	0	1169
Stewart Turner	0	595	572	0	0	0	0	0	0	0	1167
Jennie Meixner	0	0	0	0	568	0	0	0	0	562	1130
Lilian Chuah	0	0	0	0	0	0	563	0	0	562	1125
Julian Wright	0	0	545	0	0	573	0	0	0	0	1118
Brian McElhinney	0	0	0	0	0	0	540	0	575	0	1115
Michael Peters	511	0	0	582	0	0	0	0	0	0	1093
Jurg Kunzle	530	563	0	0	0	0	0	0	0	0	1093
Joanna White	534	0	0	0	0	557	0	0	0	0	1091
Lisa Gallate	520	566	0	0	0	0	0	0	0	0	1086
Marcus Juhasz	0	0	518	0	0	0	556	0	0	0	1074
Kevin O'Kane	0	0	0	0	0	499	0	0	0	552	1051
Isabella Allan	0	0	0	0	0	0	0	0	517	527	1044
Alex Rubin	500	0	0	538	0	0	0	0	0	0	1038
Richard Frykberg	504	0	0	0	0	0	0	0	0	491	995
Lee Petrie	0	543	0	444	0	0	0	0	0	0	987
Mark van de Vyver	0	0	0	0	0	0	0	0	485	495	980
Richard Wassell	0	0	0	489	488	0	0	0	0	0	977
Michael Adams	0	0	0	0	0	0	0	0	493	469	962
Christopher Dwyer	0	830	0	0	0	0	0	0	0	0	830
Lucinda Chapman	0	0	0	0	0	0	0	0	0	768	768
Randall Brophy	0	757	0	0	0	0	0	0	0	0	757
Bill Flanagan	0	0	0	0	0	753	0	0	0	0	753
Ben Roberts	0	0	0	0	0	0	0	727	0	0	727
Mark Fiore	0	0	0	0	721	0	0	0	0	0	721
Ben McCaskill	0	0	0	0	0	0	0	0	0	715	715
Adrian Spragg	0	0	0	0	0	0	0	0	0	701	701
Sarah Hammer	0	0	0	0	0	0	0	0	0	701	701
Manuela	0	0	0	0	0	697	0	0	0	0	697
Sumetzberger											
Joel Mackay	0	695	0	0	0	0	0	0	0	0	695
Lesley Maher	0	0	0	0	0	695	0	0	0	0	695
Simon Kent-Jones	0	0	682	0	0	0	0	0	0	0	682
Tim Austin	0	677	0	0	0	0	0	0	0	0	677
Ruth McColl	0	0	0	677	0	0	0	0	0	0	677
Wayne Pryke	0	0	0	0	0	0	0	0	0	677	677
Paula Shingler	0	0	0	0	0	0	675	0	0	0	675
Nick Adams	0	0	0	0	0	668	0	0	0	0	668
David Martin	0	0	0	0	0	0	0	0	0	668	668
Melanie Watson	0	0	0	0	667	0	0	0	0	0	667
Sue Palmer	659	0	0	0	0	0	0	0	0	0	659
Keith White	0	652	0	0	0	0	0	0	0	0	652
Mark Robinson	0	0	0	0	0	0	648	0	0	0	648
Peter Simson	0	0	0	0	0	648	0	0	0	0	648
Diane Read	642	0	0	0	0	0	0	0	0	0	642
John Bugg	0	0	0	0	0	0	0	0	638	0	638
Paul Glare	0	0	635	0	0	0	0	0	0	0	635
Karin Kaehne	0	0	0	0	0	0	0	0	0	634	634
Amy Fisher	633	0	0	0	0	0	0	0	0	0	633
Lawrence Ullio	0	0	0	0	0	0	0	0	0	633	633

Philip Hugill	630	0	0	0	0	0	0	0	0	0	630		
Paul Thompson	0	0	0	0	0	0	0	0	0	0	630	630	
Robert	627	0	0	0	0	0	0	0	0	0	0	627	
Wawrzyniak													
Andrew Smith	0	0	0	0	0	0	0	0	0	0	627	627	
Beryl Wilson	0	0	0	0	0	0	0	0	0	0	625	625	
Elly Peters	0	0	0	0	0	0	0	0	0	0	617	617	
Andrew Bull	0	0	0	0	0	0	0	0	0	616	0	616	
Fiona Nelson	0	0	0	0	0	0	0	0	0	606	0	606	
Mario Torresan	0	605	0	0	0	0	0	0	0	0	0	605	
Yvonne Reilly	0	0	0	0	0	0	0	0	604	0	0	604	
Ralph Melano	603	0	0	0	0	0	0	0	0	0	0	603	
Brent McKee	0	0	0	603	0	0	0	0	0	0	0	603	
David East	0	0	602	0	0	0	0	0	0	0	0	602	
John Shepherd	0	0	0	599	0	0	0	0	0	0	0	599	
Paul Jackson	0	587	0	0	0	0	0	0	0	0	0	587	
Phillip Jones	0	0	0	0	0	0	0	0	0	0	585	585	
Lynn Herisson	0	0	0	0	0	0	0	0	0	581	0	581	
Peter Cookson	580	0	0	0	0	0	0	0	0	0	0	580	
Christine Cullen	0	0	0	0	578	0	0	0	0	0	0	578	
Alison Fitzgerald	0	0	0	0	0	0	0	0	0	0	573	573	
Tracey Love	571	0	0	0	0	0	0	0	0	0	0	571	
Michael Wilson	0	0	0	570	0	0	0	0	0	0	0	570	
David Cooke	0	567	0	0	0	0	0	0	0	0	0	567	
Kate Radcliffe	0	0	0	0	0	0	0	0	561	0	0	561	
Virginia Ffitch	559	0	0	0	0	0	0	0	0	0	0	559	
Philip Kennedy	558	0	0	0	0	0	0	0	0	0	0	558	
Neridah Powell	0	0	0	0	0	0	0	0	0	0	0	553	553
Robert Chalmers	0	0	0	0	0	0	0	0	0	0	0	545	545
Philip Fleming	0	0	0	0	0	0	0	0	0	0	0	545	545
Gavin Markey	543	0	0	0	0	0	0	0	0	0	0	543	
Iain Martin	538	0	0	0	0	0	0	0	0	0	0	538	
Peter Johnson	0	0	0	0	0	0	0	0	0	536	0	536	
Carolyn Travers	0	0	0	0	0	0	0	0	0	0	0	532	532
Steve Stewart	525	0	0	0	0	0	0	0	0	0	0	525	
Kerryn Parkinson	0	0	0	0	0	0	0	0	0	517	0	517	
Rob Leonard	0	0	0	514	0	0	0	0	0	0	0	514	
Dean Harris	0	0	0	0	0	0	0	0	0	0	0	509	509
Fernando	506	0	0	0	0	0	0	0	0	0	0	506	
Santisteban													
Mike Hansen	0	0	0	0	0	0	0	0	0	0	0	503	503
Olivia Batten	0	0	0	0	0	0	0	0	0	0	0	499	499
Richard Peacock	0	0	0	498	0	0	0	0	0	0	0	498	
Alf Field	0	0	0	0	0	0	0	0	0	0	0	497	497
Julia De Vries	0	0	0	0	0	0	0	0	0	0	0	476	476
Louis St Laurent	0	0	0	0	0	0	0	0	0	0	0	467	467

Super Series Male Open

(Best eight races count to total)

	L	S	C	H	M	E	C	W	S	I	B	Tot
	C	F	M	H	M	Q	S	B	M	H	ns	
Darren Benson	56	66	0	58	60	52	51	56	65	55	7	475
Raymond Wareham	40	0	48	53	0	44	37	0	46	62	5	335
Cameron Arnold	40	37	56	46	49	50	44	0	0	0	13	335
Greg Donovan	36	55	48	19	39	43	18	52	0	30	2	324
David Gayford	15	48	50	26	32	36	13	51	32	40	9	324
Chris Truscott	0	0	0	0	56	47	52	59	46	58	4	322
Barry Rutter	20	49	46	23	34	40	0	48	0	34	23	317
Philip Boswell	0	0	43	34	38	42	25	45	31	45	9	312
Glenn Guzzo	49	0	0	62	0	61	61	63	0	4	7	307
Stephen Bodnar	27	34	36	25	30	25	13	47	33	43	18	293

Craig Brown	34 0 53 27 41 0 17 0 33 47 8 260
Martin Matthews	44 53 0 48 0 0 46 0 36 0 7 234
David Bray	12 0 42 14 31 28 13 40 16 33 12 229
James Cryer	12 44 30 14 24 24 13 43 14 16 6 215
Gerry Arthur	42 0 61 0 47 0 40 0 14 0 7 211
Mohammed Alkhub	12 28 26 14 0 32 3 37 17 35 9 210
Stephen Jackson	39 18 0 47 43 3 33 0 0 4 19 206
Damian Tancred	51 0 0 0 0 0 50 0 43 52 7 203
Shaun Atchison	31 0 45 43 0 0 30 0 46 0 8 203
William Ward	0 0 0 41 42 47 26 0 38 0 9 203
Richard Sarkies	0 0 0 0 51 51 48 0 49 0 1 200
Peter Truscott	47 0 0 51 0 0 35 53 0 4 7 197
John Van Yzendoorn	18 0 52 0 0 37 19 0 25 28 17 196
Richard Green	0 57 0 49 0 48 0 0 34 0 6 194
Wayne Gregory	0 0 0 29 37 0 13 49 20 37 5 190
James Moody	12 18 20 14 18 17 13 39 0 4 30 181
Tony Fattorini	0 0 0 0 35 0 34 0 53 51 4 177
Martin Harris	12 0 28 14 0 38 3 0 28 44 8 175
John Young	46 0 0 0 43 0 39 0 0 40 5 173
Jaap Bakker	35 0 45 33 44 0 0 0 0 0 7 164
Stuart Chellis	0 0 0 0 40 49 31 0 37 0 5 162
Jonathan Worswick	37 62 54 0 0 0 0 0 0 0 7 160
Sean Ryan	0 56 51 45 0 0 3 0 0 0 2 157
Ron Schwebel	21 0 0 0 33 45 20 0 0 27 8 154
Roger Cox	12 0 0 14 17 21 13 36 17 14 9 153
Mike Fowlds	25 0 38 14 26 0 3 0 14 26 6 152
Christopher Dwyer	0 0 65 0 0 0 28 54 0 0 1 148
Glenn Lockwood	0 0 0 14 0 31 13 44 14 25 7 148
Ross McCarty	12 18 0 14 15 13 13 34 17 14 9 147
Dean Degan	53 0 0 0 0 0 44 0 42 0 6 145
Brian Ogilwy	12 18 17 14 16 13 13 27 17 14 9 145
Ross Sinclair	38 0 0 42 0 0 27 0 31 0 6 144
David Criniti	60 18 0 0 0 0 57 0 0 0 6 141
Tim Deane	13 0 34 14 29 27 13 0 0 0 7 137
Paul Trainor	12 0 0 14 25 19 13 0 14 31 9 137
Jeff Morunga	0 25 14 14 0 13 3 32 17 14 2 134
Randall Brophy	0 0 0 34 38 0 29 0 32 0 1 134
George Herisson	12 20 0 14 0 13 13 30 0 0 31 133
Adrian Spragg	0 33 0 0 0 39 3 46 0 0 12 133
Charles King	12 0 31 14 0 22 13 0 17 18 4 131
Frank Dearn	12 18 17 0 0 13 13 21 14 14 7 129
Richard Deutsch	28 38 0 0 28 0 16 0 14 0 3 127
Allan Wareham	0 18 17 14 12 13 13 26 4 14 0 127
Kendall Waller	2 0 0 22 0 25 11 40 0 22 4 126
Steve Hume	43 0 0 0 0 0 0 0 14 49 16 122
Anthony Wong	0 0 0 0 46 0 35 0 37 0 0 118
Tom Silk	0 41 0 28 0 46 0 0 0 0 0 115
Campbell Reid	12 0 0 14 20 16 13 0 14 15 9 113
Darryl Chrisp	2 30 0 14 0 14 0 42 0 0 11 113
Greg Coy	0 47 0 39 0 0 21 0 0 0 6 113
Ben McSweeney	29 0 47 15 0 0 13 0 0 0 7 111
Andrew Cullen	0 0 0 0 0 0 22 0 37 48 4 111
Stephen Fahey	33 0 44 16 0 0 14 0 0 0 2 109
Peter Slater	21 0 0 35 0 0 5 0 0 41 5 107
Bruce Craven	30 50 0 22 0 0 3 0 0 0 1 106
Dougal Langusch	2 31 0 14 0 20 3 28 0 0 8 106
Keith Bateman	45 0 0 52 0 0 0 0 0 4 4 105
Steven Norden	0 18 25 14 0 0 3 0 17 14 14 105
George Lisson	19 51 0 0 0 0 0 0 29 0 4 103
Kelvin Marshall	0 54 49 0 0 0 0 0 0 0 0 103
Stephen Firth	0 0 0 24 0 0 27 0 47 0 3 101

Joel Mackay	0 46 0 38 0 0 0 0 0 0 16 100
Robert Wawrzyniak	12 24 0 14 0 0 13 33 0 0 0 96
Rod Lovel	12 0 0 0 0 29 0 31 0 14 9 95
Manfred Fiedler	12 0 18 0 12 3 0 0 0 4 43 92
Walter Mitchell	0 0 0 14 36 0 3 0 33 0 6 92
Paul Thompson	0 0 0 0 19 26 13 0 14 4 16 92
Roland Hassall	12 36 0 14 0 0 0 0 0 20 9 91
Patrick Hodgins	12 39 0 14 0 20 3 0 0 0 3 91
Kevin Tiller	12 8 0 0 0 13 0 25 7 7 17 89
Mark Wilson	0 0 0 50 0 0 33 0 0 0 5 88
Brian McElhinney	0 0 0 14 0 13 0 28 17 14 2 88
Chris Ferguson	17 40 27 0 0 0 0 0 0 0 3 87
Tim Cradock	0 0 0 14 0 0 0 0 30 43 0 87
Eric Schmierer	12 18 0 14 12 13 3 0 7 0 7 86
Craig Plumb	26 0 0 14 0 23 13 0 0 0 6 82
Craig Dunn	0 0 0 40 0 3 32 0 0 0 6 81
Ray Doran	0 0 0 30 0 3 0 0 39 9 81
Michael Bailey	0 18 0 14 12 3 0 0 12 14 4 77
Alex Whitworth	0 0 0 14 22 15 0 0 0 24 2 77
Mark Fiore	0 0 0 0 31 0 0 0 42 1 74
Charles Coville	12 0 0 21 0 34 0 0 0 0 6 73
Graham Butler	12 18 0 0 12 0 0 29 0 0 2 73
Jason Saunders	0 0 0 17 40 0 0 0 15 0 0 72
Rick Collins	0 0 19 14 0 13 3 22 0 0 0 71
Jonathan Heron	0 0 0 0 0 0 32 0 35 0 4 71
Tim Austin	0 45 0 0 0 0 0 0 14 0 11 70
Sam Chuah	0 0 0 0 0 13 13 0 14 14 15 69
Gary Aitkenhead	12 0 0 31 0 0 0 0 22 0 2 67
Michael McCarthy	0 0 27 0 0 13 13 0 14 0 0 67
Arthur Huxtable	0 0 0 14 23 23 3 0 4 0 0 67
Mario Torresan	0 18 32 0 0 0 0 0 0 14 2 66
Stephen Kibble	12 29 0 14 0 0 0 0 0 4 6 65
Joe Degabriele	2 0 0 0 0 13 13 0 14 14 9 65
Gregory Prerau	12 0 39 0 0 0 0 0 0 0 13 64
Sebastian	0 0 0 14 0 0 13 0 17 14 6 64
Warmerdam	
Nick Woodhams	12 0 0 14 0 0 13 0 0 0 24 63
Sean Greenhill	13 33 0 0 0 0 0 0 0 12 2 60
Stephen Smith	12 0 0 14 0 0 13 0 14 0 7 60
Martin Fryer	0 59 0 0 0 0 0 0 0 0 0 59
Paul Bullas	12 0 33 0 0 0 0 0 0 0 13 58
Tony Barbaro	2 0 0 14 0 0 3 31 0 0 8 58
Brad Renshaw	0 18 0 14 0 3 13 0 0 0 10 58
Alan Smith	12 0 0 14 0 13 0 0 14 0 4 57
Jose Vilar	0 22 35 0 0 0 0 0 0 0 0 57
Heiko Schaefer	12 0 0 14 0 0 13 0 0 0 16 55
Peter Tedesco	0 42 0 0 0 0 0 0 13 0 0 55
Warwick Selby	0 52 0 0 0 0 0 0 0 0 0 52
Michael Johnstone	0 0 0 14 27 0 3 0 7 0 0 51
John Bugg	0 0 0 0 0 0 13 0 8 29 1 51
Jonathan Craig	48 0 0 0 0 0 0 0 0 0 2 50
Denis Speyer	12 0 17 14 0 0 3 0 0 0 4 50
Andrew Smith	0 0 0 14 21 0 0 0 0 4 11 50
John Hodges	16 0 0 14 0 0 13 0 0 0 5 48
Roger Rigby	0 18 0 0 0 0 3 23 4 0 0 48
Andrew Mawdsley	0 0 0 45 0 0 0 0 0 0 3 48
David Martin	0 0 0 0 0 0 0 0 0 46 1 47
Mark Davis	12 0 0 14 0 0 3 0 14 0 3 46
David Lancaster	0 19 0 0 0 13 0 0 0 0 14 46
Lawrence Ullio	0 0 0 14 0 0 3 0 14 14 1 46
John Simmonds	0 0 0 14 12 0 0 0 0 0 20 46

Mike Morrissey	0	0	40	0	0	0	0	2	0	3	45
Mike Hansen	2	0	0	0	0	3	13	0	4	22	44
Dean Gardiner	12	0	0	0	0	0	13	0	4	4	43
Stewart Turner	0	26	0	14	0	0	0	0	0	3	43
Bradley Loh	0	0	22	0	0	0	0	0	0	21	43
Andrew Charleston	0	0	0	37	0	0	3	0	0	0	43
Kevin O'Kane	0	0	0	0	0	3	13	0	4	23	43
Peter Hammerschmidt	0	23	0	0	0	0	0	0	17	0	42
Keith White	0	21	0	0	0	0	0	0	0	0	42
Jurg Kunzle	12	0	0	14	0	0	0	0	14	1	41
Mahmoud El-Khansa	0	0	41	0	0	0	0	0	0	0	41
Victor Donovic	0	0	0	0	35	0	0	0	0	6	41
Geoff Underwood	0	0	0	0	0	13	13	0	4	4	40
Chad Armstrong	0	0	0	0	0	0	14	0	25	0	39
Stephen Ball	24	0	0	0	0	0	3	0	0	0	38
Wayne Stanton	0	0	0	0	0	0	0	0	0	38	0
Peter Woods	12	0	0	14	0	3	0	0	0	8	37
Grahame Murphy	0	0	0	18	0	0	0	0	14	0	37
Andrew Gibbons	0	0	0	0	0	0	0	35	0	2	37
Andrew Joseph	0	0	0	14	12	0	3	0	7	0	36
David King	0	35	0	0	0	0	0	0	0	0	35
Mark Schaefer	0	0	0	14	0	0	13	0	4	4	35
Michael Wilson	0	0	0	14	0	0	0	0	0	21	35
Adam Gatford	12	0	0	14	0	0	0	0	0	8	34
Scott Stefl	0	0	0	0	0	34	0	0	0	0	34
Richard Peacock	0	0	0	0	0	3	3	0	7	4	34
Steve Packer	12	0	0	0	0	0	13	0	4	4	33
Paul Munro	0	0	0	14	12	0	0	0	4	0	33
John Kerr	12	0	0	0	0	13	0	0	0	0	32
David Clear	0	32	0	0	0	0	0	0	0	0	32
Peter Roberts	0	27	0	0	0	0	3	0	0	0	32
Wayne McCarthy	0	18	0	0	0	0	0	14	0	0	32
Scott Smiles	0	0	0	0	13	0	0	0	17	0	32
Salvador Gala	22	0	0	0	0	0	0	0	0	9	31
Robert Inglis	0	0	0	14	0	0	0	0	17	0	31
David Ward	0	0	0	14	0	0	0	0	17	0	31
Hugh Langshaw	0	0	0	14	0	0	3	0	11	0	30
David East	0	0	0	14	12	0	3	0	0	0	30
Neil Barker	0	0	0	0	0	0	3	0	2	23	30
John Shepherd	0	0	0	14	0	0	13	0	0	0	28
Michael Sharp	14	0	0	0	0	0	0	0	0	13	27
Michael Handley	0	0	0	14	0	0	0	0	11	0	27
Jim Barrett	0	0	0	14	0	0	13	0	0	0	27
John Moore	0	0	0	14	0	3	3	0	2	0	27
Michael Peters	12	0	0	0	0	0	13	0	0	0	26
Peter Cookson	12	0	0	14	0	0	0	0	0	0	26
Graham Willis	2	0	7	0	0	3	3	0	0	0	26
Stewart Vincent	0	0	19	0	0	0	0	7	0	0	26
Andrew Horsley	0	0	0	14	12	0	0	0	0	0	26
Richard Wassell	0	0	0	14	0	0	0	0	0	12	26
Ryan Armstrong	0	0	0	0	0	0	16	0	10	0	26
Malcolm Ferguson	0	0	0	0	0	0	0	0	26	0	26
John Whealy	12	0	0	0	0	0	0	0	0	13	25
Robert Chalmers	0	0	0	0	0	3	0	0	0	0	25
Paul Jackson	0	0	0	0	0	0	13	0	0	0	25
Pierre Van Heerden	0	0	21	0	0	0	3	0	0	0	24
Andrew Dyer	22	0	0	0	0	0	0	0	0	1	23
Tim Schafer	0	0	23	0	0	0	0	0	0	0	23
Darren Goodsir	0	0	0	20	0	0	3	0	0	0	23
Andrew Fuller	0	0	0	0	0	0	3	0	20	0	23
Geoff Taylor	2	0	0	0	0	0	3	0	0	14	22

Ted Brailey	0	0	0	14	0	0	0	0	0	8	22
Stephen Parker	0	0	0	0	0	0	19	0	0	3	22
Daniel Head	0	0	0	0	0	0	0	15	7	0	22
Michael Rees-Evans	0	0	0	0	0	0	0	0	17	0	22
Michael Free	12	0	0	0	0	0	0	0	4	5	21
Alex Jensen	0	0	0	14	0	0	3	0	2	0	21
Brent McKee	0	0	0	0	0	0	13	0	7	0	21
Ken Harris	2	0	0	14	0	0	0	0	0	4	20
Brian Wilcockson	0	0	0	14	0	0	0	0	0	6	20
David Cooke	0	0	0	0	12	0	3	0	4	0	20
Mervyn Cohen	0	0	0	0	0	0	3	0	17	0	20
Mark Robinson	2	0	0	0	0	0	13	0	0	4	19
David Burgess	0	0	0	14	0	0	3	0	0	0	19
Julian Wright	0	0	0	14	0	3	0	0	0	0	19
Ralph Melano	12	0	0	0	0	0	0	0	0	6	18
Pete Steel	0	0	0	14	0	0	0	0	2	0	18
Malcolm Satchell	0	0	0	0	0	18	0	0	0	0	18
Lachlan Renshaw	0	0	0	0	0	0	18	0	0	0	18
David Camm	0	0	0	14	0	0	3	0	0	0	17
Gregory Mackay	0	0	0	14	0	0	3	0	0	0	17
Andrew Duggan	0	0	0	14	0	0	3	0	0	0	17
David Solomon	0	0	0	0	12	0	3	0	2	0	17
Darren Kaehne	0	0	0	0	0	13	0	0	4	0	17
Luke Peterson	0	0	0	0	0	0	13	0	0	4	17
Fernando Santisteban	12	0	0	0	0	0	3	0	0	0	15
Peter Simson	0	0	0	14	0	0	0	0	0	1	15
Paul Glare	0	0	0	14	0	0	0	0	0	1	15
Louis St Laurent	0	0	0	0	0	0	0	0	14	0	15
Hugh Spencer	12	0	0	0	0	0	0	0	0	2	14
Gavin Markey	12	0	0	0	0	0	0	0	0	2	14
Jeff Morehen	0	0	0	14	0	0	0	0	0	0	14
Brendon Jones	0	0	0	14	0	0	0	0	0	0	14
Adam Cresswell	0	0	0	14	0	0	0	0	0	0	14
Peter Butcher	0	0	0	14	0	0	0	0	0	0	14
Anton Kapel	0	0	0	14	0	0	0	0	0	0	14
Neil McPherson	0	0	0	14	0	0	0	0	0	0	14
Ron Daly	0	0	0	14	0	0	0	0	0	0	14
Rodney Elder	0	0	0	0	14	0	0	0	0	0	14
Ben Roberts	0	0	0	0	0	0	13	0	0	1	14
John Hanna	0	0	0	0	0	0	3	0	4	4	14
Richard Frykberg	12	0	0	0	0	0	0	0	0	1	13
Philip Hugill	12	0	0	0	0	0	0	0	0	0	12
Iain Martin	12	0	0	0	0	0	0	0	0	0	12
Philip Kennedy	12	0	0	0	0	0	0	0	0	0	12
Steve Stewart	12	0	0	0	0	0	0	0	0	0	12
Peter Johnson	0	0	0	0	0	3	3	0	4	0	11
Ian Whitfield	2	0	0	0	0	3	0	0	0	4	10
Robert Mulley	0	0	0	0	0	0	0	0	9	0	9
John Ayliffe	0	0	0	0	0	3	0	0	0	5	8
Marcus Juhasz	0	0	0	0	0	0	3	0	2	0	7
Stewart Taggart	0	0	0	0	0	0	0	7	0	0	7
James Woodhams	0	0	0	0	0	0	3	0	0	2	5
Jack Leigh	0	0	0	0	0	0	3	0	0	2	5
Bill Flanagan	0	0	0	0	0	0	3	0	0	1	4
Alex Hamill	0	0	0	0	0	0	0	4	0	0	4
Brian Taylor	0	0	0	0	0	0	0	0	4	0	4
Tom McCormack	0	0	0	0	0	0	0	0	4	0	4
Gerard Donnan	2	0	0	0	0	0	0	0	0	1	3
Alex Rubin	2	0	0	0	0	0	0	0	0	1	3
Brian O'Dea	2	0	0	0	0	0	0	0	0	1	3
Jim Screen	0	0	0	0	0	3	0	0	0	0	3

Mark Richardson	0	0	0	0	0	0	3	0	0	0	0	3
John Sutherland	0	0	0	0	0	0	3	0	0	0	0	3
Phil Garvin	0	0	0	0	0	0	3	0	0	0	0	3
Edward Sharp	0	0	0	0	0	0	3	0	0	0	0	3
Paul Russell	0	0	0	0	0	0	3	0	0	0	0	3
Gary Lewis	0	0	0	0	0	0	3	0	0	0	0	3
Peter Todd	0	0	0	0	0	0	3	0	0	0	0	3
Per Jensen	0	0	0	0	0	0	3	0	0	0	0	3
Graham Osborn	0	0	0	0	0	0	3	0	0	0	0	3
Graham Sharp	0	0	0	0	0	0	3	0	0	0	0	3
Rob Leonard	0	0	0	0	0	0	0	0	2	0	1	3
Michael Kaars	0	0	0	0	0	0	0	0	2	0	0	2
Ron Wilson	0	0	0	0	0	0	0	0	2	0	0	2

Super Series Female Open

	L	S	C	H	M	E	C	W	S	I	B	Tot
	C	F	M	H	M	Q	S	B	M	H	s	
Jenny Wickham	50	0	65	58	60	0	61	0	65	58	9	426
Amanda Underwood	0	66	50	47	51	50	48	54	0	48	7	421
Tina Campbell	36	0	0	44	50	48	0	50	0	41	23	292
Joanne Cowan	53	0	0	55	0	57	0	0	51	52	23	291
Suzanne Kelly	0	0	61	53	46	54	0	0	0	53	7	274
Maria DiMarco	46	0	52	43	0	46	45	0	0	35	6	273
Karin Kaehne	0	0	48	36	0	45	0	53	49	40	2	273
Lisa Carroli	47	0	56	48	0	0	51	0	0	50	11	263
Jenny Truscott	0	0	0	52	0	51	47	53	48	0	4	255
Elizabeth Woodhams	13	0	0	39	49	0	41	0	43	42	25	252
Allison Lilley	23	0	0	34	0	47	35	52	38	0	6	235
Joanne Barton	51	62	55	52	0	0	0	0	0	0	6	226
Rebecca Deane	25	0	0	22	0	44	42	0	36	43	8	220
Catrina Cater	0	0	0	0	0	52	52	0	52	55	8	219
Kerry Ross	13	0	0	30	0	43	36	0	34	38	12	206
Mary Stringer	0	0	0	49	0	0	49	56	0	0	23	177
Megan Jackson	13	0	33	9	37	32	20	0	0	24	5	173
Christine Cullen	0	0	45	24	48	0	0	0	25	24	1	167
Eliza Stewart	56	0	0	0	0	0	44	0	53	0	7	160
Naomi Frank	40	0	0	38	0	0	0	0	35	36	7	156
Susan Chalmers	37	0	0	42	0	0	37	0	32	0	6	154
Heather Forster	28	0	43	26	0	32	19	0	0	0	4	152
Frances Brown	24	0	0	27	0	0	22	0	32	37	7	149
Robin Cameron	13	0	0	0	0	0	0	59	51	0	18	141
Melanie Rauleder	49	0	58	0	0	0	0	0	0	24	5	136
Sharon Callister	26	0	0	0	0	32	0	46	0	24	5	133
Vivienne Kartsounis	0	59	0	51	0	0	0	0	19	0	0	129
Bridgit English	0	56	0	32	0	0	0	0	15	24	0	127
Lilian Chuah	0	0	0	20	0	0	30	0	33	36	2	121
Lorraine Spanton	0	0	0	0	0	0	28	49	0	44	0	121
Glenda Mitchell	43	0	0	0	0	0	34	0	38	0	5	120
Benny Gauci	38	0	49	29	0	0	0	0	0	0	3	119
Karen Carter	0	0	0	0	0	0	39	0	34	41	0	114
Lesley Maher	0	0	0	41	0	0	23	48	0	0	1	113
Barbara Fabish	0	0	0	31	0	49	33	0	0	0	0	113
Fiona Nelson	13	0	46	0	0	0	0	0	16	35	2	112
Katie Rowell	0	0	0	0	0	0	30	0	31	47	2	110
Lisa Gallate	20	0	0	37	0	0	12	0	38	0	2	109
Tracey Love	34	0	0	45	0	0	0	0	0	24	3	106
Julie McGaw	0	57	0	28	0	0	0	0	20	0	0	105
Penny Smith	0	0	0	23	47	0	0	0	0	24	11	105
Caroline Yarnell	48	0	0	0	0	0	0	0	49	0	7	104

Gemma Dagleish	0	0	0	0	0	51	50	0	0	0	0	101
Sarah Cooper	0	0	0	46	0	0	0	0	42	0	0	88
Shirley Rutter	13	0	0	0	0	32	0	0	0	24	18	87
Bernadette Gregory	0	0	0	35	0	0	0	0	39	0	5	79
Virginia Ffitch	25	0	51	0	0	0	0	0	0	0	0	76
Jennie Meixner	0	0	44	0	0	0	26	0	0	0	2	72
Margaret Cameron	0	0	0	0	0	0	0	51	21	0	0	72
Robyn Moody	0	0	0	0	0	32	9	0	0	24	5	70
Diane Read	32	0	0	0	0	0	0	0	35	0	0	67
Bernadette Boulous	29	0	0	0	0	0	36	0	0	0	2	67
Sue Hill	0	0	0	0	0	42	0	0	0	24	0	66
Joanna White	33	0	0	0	0	0	31	0	0	0	1	65
Sue Palmer	44	0	0	0	0	0	0	0	0	0	20	64
Alison Gardiner	0	0	0	0	0	0	34	0	27	0	2	63
Lucinda Chapman	0	0	0	0	0	0	0	0	0	62	1	63
Leigh MacRitchie	32	0	0	21	0	0	0	0	0	0	7	60
Louise Stewart	0	0	54	0	0	0	0	0	0	0	1	55
Melanie Watson	0	0	0	0	53	0	0	0	0	0	1	54
Julie MacDonald	0	0	53	0	0	0	0	0	0	0	0	53
Helen Wilson	0	0	0	0	0	0	11	0	0	24	17	52
Dawn Tiller	50	0	0	0	0	0	0	0	0	0	1	51
Manuela	0	0	0	50	0	0	0	0	0	0	1	51
Sumetzberger												
Jacqui Matthews	0	0	0	40	0	0	0	0	0	0	11	51
Lynn Herisson	0	0	0	0	0	0	25	0	25	0	1	51
Elly Peters	0	0	0	0	0	0	0	0	0	49	1	50
Beryl Wilson	0	0	0	0	0	0	0	0	14	34	1	49
Gillian Klevansky	0	0	47	0	0	0	0	0	0	0	0	47
Deirdre Stewart	0	0	0	0	0	0	0	47	0	0	0	47
Robi Russell	31	0	0	0	0	0	0	0	0	0	15	46
Amy Fisher	45	0	0	0	0	0	0	0	0	0	0	45
Nicole Frykberg	41	0	0	0	0	0	0	0	0	0	3	44
Katherine	19	0	0	0	0	0	18	0	0	0	7	44
McSweeney												
Yvonne Reilly	0	0	0	0	0	0	0	0	40	0	1	41
Mary Bonanno	0	0	0	0	0	0	0	0	0	39	0	39
Paula Shingler	0	0	0	0	0	0	37	0	0	0	1	38
Belinda Lockwood	0	0	0	0	0	0	0	0	13	24	0	37
Julie Macdonald	0	0	0	33	0	0	0	0	0	0	2	35
Estelle Visser	0	0	0	25	0	0	0	0	0	0	0	25
Alison Fitzgerald	0	0	0	0	0	0	0	0	0	24	1	25
Neridah Powell	0	0	0	0	0	0	0	0	0	24	1	25
Gill Cavenagh	0	0	0	0	0	0	24	0	0	0	0	24
Julia DeVries	0	0	0	0	0	0	0	0	0	24	0	24
Jackie Ramsay	0	0	0	0	0	0	17	0	0	0	3	20
Michelle Farrar	0	0	0	0	0	0	0	0	19	0	1	20
Mercy Samia	17	0	0	0	0	0	0	0	0	0	2	19
Rachel Smith	0	0	0	0	0	0	13	0	0	0	2	15
Brenda Hamill	0	0	0	0	0	0	0	0	11	0	0	11
Elizabeth Taylor	0	0	0	9	0	0	0	0	0	0	0	9

Super Series Age Groups

	L	S	C	H	M	E	C	W	S	I	BnTot	
Female Senior	C	F	M	H	M	Q	S	B	M	H	s	
Penny Smith	0	0	0	62	60	0	0	0	0	37	11	170
Sue Hill	0	0	0	0	0	61	0	0	0	37	0	98

Female Masters	L	S	C	H	M	E	C	W	S	I	B	Tot
	C	F	M	H	M	Q	S	B	M	H	ns	
Tina Campbell	60	0	0	62	60	61	0	63	0	55	23	384
Elizabeth Woodhams	41	0	0	55	56	0	61	0	62	58	25	358
Heather Forster	53	0	61	53	0	51	42	0	0	0	4	264
Lorraine Spanton	0	0	0	0	0	0	47	59	0	62	0	168
Lesley Maher	0	0	0	58	0	0	44	56	0	0	1	159
Robyn Moody	0	0	0	0	0	51	40	0	0	43	5	139
Beryl Wilson	0	0	0	0	0	0	0	0	48	53	1	102
Helen Wilson	0	0	0	0	0	0	41	0	0	43	17	101
Robi Russell	56	0	0	0	0	0	0	0	0	0	15	71
Gillian Klevansky	0	0	65	0	0	0	0	0	0	0	0	65
Brenda Hamill	0	0	0	0	0	0	0	0	45	0	0	45
Mercy Samia	41	0	0	0	0	0	0	0	0	0	2	43

	L	S	C	H	M	E	C	W	S	I	B	Tot
Female Vets	C	F	M	H	M	Q	S	B	M	H	ns	
Joanne Cowan	60	0	0	62	0	61	0	0	60	55	23	321
Karin Kaehne	0	0	55	46	0	52	0	56	54	51	2	316
Suzanne Kelly	0	0	65	58	50	57	0	0	58	7		295
Lisa Carroli	50	0	61	51	0	0	57	0	52	11		282
Kerry Ross	30	0	0	44	0	51	48	0	45	49	12	279
Megan Jackson	30	0	44	29	50	41	39	0	38	5		276
Catriona Cater	0	0	0	0	0	54	61	0	58	62	8	243
Joanne Barton	56	66	58	55	0	0	0	0	0	0	6	241
Frances Brown	40	0	0	41	0	0	36	0	44	48	7	216
Mary Stringer	0	0	0	52	0	0	54	59	0	0	23	188
Susan Chalmers	45	0	0	49	0	0	49	0	38	0	6	187
Sharon Callister	41	0	0	0	0	41	0	52	0	38	5	177
Bridgit English	0	57	0	45	0	0	0	0	29	38	0	169
Robin Cameron	30	0	0	0	0	0	0	63	55	0	18	166
Lisa Gallate	32	0	0	47	0	0	30	0	47	0	2	158
Benny Gauci	46	0	56	43	0	0	0	0	0	0	3	148
Vivienne Kartsounis	0	62	0	53	0	0	0	0	33	0	0	148
Glenda Mitchell	48	0	0	0	0	0	41	0	41	0	5	135
Tracey Love	44	0	0	50	0	0	0	0	38	3		135
Julie McGaw	0	59	0	42	0	0	0	0	32	0	0	133
Karen Carter	0	0	0	0	0	0	50	0	39	43	0	132
Shirley Rutter	30	0	0	0	0	41	0	0	38	18		127
Caroline Yarnell	51	0	0	0	0	0	0	0	53	0	7	111
Jennie Meixner	0	0	54	0	0	0	43	0	0	0	2	99
Joanna White	43	0	0	0	0	0	45	0	0	0	1	89
Margaret Cameron	0	0	0	0	0	0	0	54	33	0	0	87
Alison Gardiner	0	0	0	0	0	0	47	0	36	0	2	85
Lynn Herisson	0	0	0	0	0	0	42	0	39	0	1	82
Diane Read	37	0	0	0	0	0	0	0	40	0	0	77
Sue Palmer	49	0	0	0	0	0	0	0	0	0	20	69
Belinda Lockwood	0	0	0	0	0	0	0	0	28	38	0	66
Jacqui Matthews	0	0	0	48	0	0	0	0	0	0	11	59
Dawn Tiller	53	0	0	0	0	0	0	0	0	0	1	54
Deirdre Stewart	0	0	0	0	0	0	0	53	0	0	0	53
Mary Bonanno	0	0	0	0	0	0	0	0	50	0		50
Paula Shingler	0	0	0	0	0	0	42	0	0	0	1	43
Gill Cavenagh	0	0	0	0	0	0	41	0	0	0	0	41
Estelle Visser	0	0	0	40	0	0	0	0	0	0	0	40
Neridah Powell	0	0	0	0	0	0	0	0	38	1		39
Jackie Ramsay	0	0	0	0	0	0	34	0	0	0	3	37
Elizabeth Taylor	0	0	0	29	0	0	0	0	0	0	0	29

	L	S	C	H	M	E	C	W	S	I	B	Tot
Female Pre-Vets	C	F	M	H	M	Q	S	B	M	H	ns	
Amanda Underwood	0	66	53	53	53	54	51	59	0	53	7	449
Jenny Wickham	50	0	65	58	60	0	61	0	65	58	9	426
Maria DiMarco	51	0	55	51	0	50	49	0	0	40	6	302
Allison Lilley	42	0	0	48	0	51	45	56	50	0	6	298
Rebecca Deane	43	0	0	44	0	49	47	0	48	49	8	288
Jenny Truscott	0	0	0	52	0	51	47	53	48	0	4	255
Christine Cullen	0	0	51	45	51	0	0	0	46	37	1	231
Naomi Frank	48	0	0	50	0	0	0	0	40	41	7	186
Lilian Chuah	0	0	0	42	0	0	44	0	46	48	2	182
Fiona Nelson	32	0	52	0	0	0	0	0	32	47	2	165
Eliza Stewart	56	0	0	0	0	0	44	0	53	0	7	160
Melanie Rauleder	53	0	61	0	0	0	0	0	37	5	156	
Barbara Fabish	0	0	0	46	0	52	38	0	0	0	0	136
Katie Rowell	0	0	0	0	0	0	36	0	41	52	2	131
Gemma Dalglish	0	0	0	0	0	57	52	0	0	0	0	109
Bernadette Gregory	0	0	0	49	0	0	0	0	49	0	5	103
Sarah Cooper	0	0	0	52	0	0	0	0	46	0	0	98
Leigh MacRitchie	45	0	0	43	0	0	0	0	0	0	7	95
Virginia Ffitch	36	0	54	0	0	0	0	0	0	0	0	90
Bernadette Boulous	37	0	0	0	0	0	40	0	0	0	2	79
Katherine McSweeney	34	0	0	0	0	0	33	0	0	0	7	74
Lucinda Chapman	0	0	0	0	0	0	0	0	0	62	1	63
Louise Stewart	0	0	58	0	0	0	0	0	0	0	1	59
Melanie Watson	0	0	0	0	56	0	0	0	0	0	1	57
Julie MacDonald	0	0	56	0	0	0	0	0	0	0	0	56
Manuela Sumetzberger	0	0	0	55	0	0	0	0	0	0	1	56
Elly Peters	0	0	0	0	0	0	0	0	0	55	1	56
Nicole Frykberg	49	0	0	0	0	0	0	0	0	0	3	52
Yvonne Reilly	0	0	0	0	0	0	0	0	50	0	1	51
Amy Fisher	50	0	0	0	0	0	0	0	0	0	0	50
Julie Macdonald	0	0	0	47	0	0	0	0	0	0	2	49
Alison Fitzgerald	0	0	0	0	0	0	0	0	37	1	38	
Julia DeVries	0	0	0	0	0	0	0	0	37	0	37	
Michelle Farrar	0	0	0	0	0	0	0	0	35	0	1	36
Rachel Smith	0	0	0	0	0	0	32	0	0	0	2	34

Male Super Senior

	L	S	C	H	M	E	C	W	S	I	B	Tot
	C	F	M	H	M	Q	S	B	M	H	ns	
Frank Dearn	60	66	65	0	0	61	61	63	62	62	7	507
Neil McPherson	0	0	0	62	0	0	0	0	0	0	0	62
Ron Daly	0	0	0	58	0	0	0	0	0	0	0	58

Male Senior

Brian Ogilwy	60	56	58	52	56	57	57	63	58	55	9	474
Allan Wareham	0	59	61	53	53	54	52	59	48	53	0	444
Michael Bailey	0	57	0	51	51	42	0	0	51	52	4	308
Manfred Fiedler	51	0	65	0	50	42	0	0	0	42	43	293
Alex Whitworth	0	0	0	58	60	61	0	0	0	58	2	239
Roger Rigby	0	55	0	0	0	0	41	54	42	0	0	192
Ray Doran	0	0	0	62	0	0	51	0	0	62	9	184
Heiko Schaefer	56	0	0	55	0	0	54	0	0	0	16	181
Paul Munro	0	0	0	49	48	0	0	0	40	0	3	140
Peter Hammerschmidt	0	62	0	0	0	0	0	0	65	0	2	129
Peter Johnson	0	0	0	0	0	42	39	0	39	0	1	121
John Simmonds	0	0	0	50	49	0	0	0	0	0	20	119
Peter Roberts	0	66	0	0	0	0	40	0	0	0	2	108

Wayne McCarthy	0	54	0	0	0	0	0	46	0	0	0	100
Hugh Spencer	53	0	0	0	0	0	0	0	0	0	2	55
John Ayliffe	0	0	0	0	0	42	0	0	0	0	5	47
Jim Screen	0	0	0	0	0	42	0	0	0	0	0	42
Alex Hamill	0	0	0	0	0	0	0	0	41	0	0	41

	L	S	C	H	M	E	C	W	S	I	B	Tot
	C	F	M	H	M	Q	S	B	M	H	ns	

Male Masters

Barry Rutter	53	59	61	58	56	54	0	59	0	58	23	481
Philip Boswell	0	0	58	62	60	57	57	56	58	62	9	479
James Cryer	49	57	55	47	51	50	49	54	50	53	6	425
James Moody	47	53	53	46	49	46	48	52	0	37	30	424
Ross McCarty	46	50	0	38	47	44	46	50	51	49	9	392
Roger Cox	41	0	0	45	48	48	43	51	50	52	9	387
Ron Schwebel	56	0	0	0	53	61	54	0	0	55	8	287
Eric Schmierer	38	51	0	35	43	43	29	0	36	0	7	282
Darryl Chrisp	26	55	0	48	0	45	0	53	0	0	11	238
Arthur Huxtable	0	0	0	49	50	49	40	0	43	0	0	231
Rick Collins	0	0	52	39	0	41	32	47	0	0	0	211
Rod Lovel	48	0	0	0	0	51	0	49	0	51	9	208
Graham Butler	44	52	0	0	44	0	0	48	0	0	2	190
Christopher Dwyer	0	0	65	0	0	0	51	63	0	0	1	180
Sam Chuah	0	0	0	0	0	40	36	0	40	47	15	178
George Lisson	51	62	0	0	0	0	0	0	55	0	4	172
Andrew Joseph	0	0	0	44	45	0	31	0	45	0	0	165
John Hodges	50	0	0	52	0	0	51	0	0	0	5	158
Charles Coville	45	0	0	55	0	52	0	0	0	0	6	158
Lawrence Ullio	0	0	0	34	0	0	27	0	44	50	1	156
Nick Woodhams	43	0	0	43	0	0	45	0	0	0	24	155
Brad Renshaw	0	49	0	28	0	29	30	0	0	0	10	146
Graham Willis	26	0	42	0	0	29	23	0	0	0	11	131
John Moore	0	0	0	37	0	32	21	0	29	0	5	124
Kevin O'Kane	0	0	0	0	0	29	29	0	0	37	23	118
Jurg Kunzle	36	0	0	30	0	0	0	0	0	48	1	115
Stephen Ball	60	0	0	0	0	0	42	0	0	0	11	113
Scott Smiles	0	0	0	0	46	0	0	0	54	0	2	102
Grahame Murphy	0	0	0	53	0	0	0	0	43	0	5	101
Ian Whitfield	26	0	0	0	0	29	0	0	0	37	1	93
Robert Inglis	0	0	0	40	0	0	0	0	48	0	0	88
David Camm	0	0	0	50	0	0	37	0	0	0	0	87
Stewart Vincent	0	0	44	0	0	0	0	0	42	0	0	86
Jim Barrett	0	0	0	42	0	0	44	0	0	0	0	86
David Solomon	0	0	0	0	41	0	18	0	27	0	0	86
John Kerr	37	0	0	0	0	39	0	0	0	0	7	83
Peter Cookson	40	0	0	36	0	0	0	0	0	0	0	76
Keith White	0	54	0	0	0	0	0	0	0	0	21	75
Andrew Horsley	0	0	0	33	42	0	0	0	0	0	0	75
John Shepherd	0	0	0	32	0	0	38	0	0	0	1	71
Warwick Selby	0	66	0	0	0	0	0	0	0	0	0	66
Brian Wilcockson	0	0	0	51	0	0	0	0	0	0	6	57
David King	0	56	0	0	0	0	0	0	0	0	0	56
Mahmoud El-Khansa	0	0	56	0	0	0	0	0	0	0	0	56
John Whealy	39	0	0	0	0	0	0	0	0	0	13	52
Michael Wilson	0	0	0	29	0	0	0	0	0	0	21	50
Ralph Melano	42	0	0	0	0	0	0	0	0	0	6	48
Malcolm Satchell	0	0	0	0	0	47	0	0	0	0	0	47
Peter Butcher	0	0	0	41	0	0	0	0	0	0	0	41
Ted Brailey	0	0	0	31	0	0	0	0	0	0	8	39
Brian Taylor	0	0	0	0	0	0	0	0	0	37	0	37
Ron Wilson	0	0	0	0	0	0	0	0	34	0	0	34
Phil Garvin	0	0	0	0	0	0	30	0	0	0	0	30

Michael Kaars	0	0	0	0	0	0	0	0	0	30	0	0	30
Brian O'Dea	26	0	0	0	0	0	0	0	0	0	0	1	27
Rob Leonard	0	0	0	0	0	0	0	0	0	26	0	1	27
Jack Leigh	0	0	0	0	0	0	24	0	0	0	0	2	26
Paul Russell	0	0	0	0	0	0	25	0	0	0	0	0	25
Per Jensen	0	0	0	0	0	0	22	0	0	0	0	0	22
Graham Osborn	0	0	0	0	0	0	17	0	0	0	0	0	17

	L	S	C	H	M	E	C	W	S	I	B	Tot
	C	F	M	H	M	Q	S	B	M	H	ns	

Male Vets

Greg Donovan	49	59	55	44	51	61	47	63	0	48	2	435
David Gayford	42	56	58	47	48	51	41	59	54	53	9	435
Stephen Bodnar	46	52	51	46	47	45	43	53	55	62	18	430
Mohammed Alkhub	41	48	47	35	0	48	29	50	36	50	9	364
Stephen Jackson	53	41	0	58	53	27	52	0	0	27	19	330
John Van Yzendoorn	43	0	61	0	0	52	48	0	50	47	17	318
Wayne Gregory	0	0	0	48	50	0	42	54	49	51	5	299
Charles King	29	0	48	31	0	44	33	0	44	44	4	277
Jeff Morunga	0	47	35	19	0	37	9	48	37	40	2	274
Campbell Reid	32	0	0	27	45	42	26	0	42	43	9	266
Glenn Lockwood	0	0	0	36	0	47	37	51	24	46	7	248
Kendall Waller	29	0	0	40	0	40	39	46	0	39	4	237
George Herisson	31	44	0	26	0	41	15	47	0	0	31	235
Paul Thompson	0	0	0	0	44	46	30	0	43	27	16	206
Ross Sinclair	51	0	0	53	0	0	47	0	45	0	6	202
Patrick Hodgins	38	53	0	38	0	43	21	0	0	0	3	196
Randall Brophy	0	0	0	45	50	0	51	0	48	0	1	195
Steven Norden	0	42	46	22	0	0	3	0	28	38	14	193
Stephen Fahey	48	0	54	43	0	0	45	0	0	0	2	192
Jonathan Worswick	50	66	65	0	0	0	0	0	0	0	7	188
Peter Slater	37	0	0	51	0	0	36	0	0	55	5	184
Robert Wawrzyniak	28	46	0	30	0	0	22	49	0	0	0	175
Adrian Spragg	0	51	0	0	0	54	3	52	0	0	12	172
Craig Plumb	45	0	0	37	0	39	40	0	0	0	6	167
Anthony Wong	0	0	0	0	56	0	54	0	56	0	0	166
Stephen Firth	0	0	0	45	0	0	50	0	65	0	3	163
Stephen Kibble	33	49	0	40	0	0	0	0	0	27	6	155
Greg Coy	0	55	0	52	0	0	41	0	0	0	6	154
Keith Bateman	56	0	0	62	0	0	0	0	0	27	4	149
Joe Degabriele	10	0	0	0	0	38	18	0	30	41	9	146
Gary Aitkenhead	36	0	0	49	0	0	0	0	50	0	2	137
Sebastian	0	0	0	20	0	0	29	0	40	42	6	137
Warmerdam												
Alan Smith	30	0	0	25	0	39	0	0	38	0	4	136
Mark Davis	35	0	0	39	0	0	25	0	31	0	3	133
Kelvin Marshall	0	57	56	0	0	0	0	0	0	0	0	113
Stephen Smith	21	0	0	18	0	0	24	0	39	0	7	109
Andrew Smith	0	0	0	23	46	0	0	0	0	27	11	107
Mark Fiore	0	0	0	0	0	47	0	0	0	58	1	106
Gregory Prerau	40	0	52	0	0	0	0	0	0	0	13	105
Paul Bullas	37	0	49	0	0	0	0	0	0	0	13	99
Mike Hansen	10	0	0	0	0	27	13	0	0	27	22	99
Denis Speyer	23	0	42	21	0	0	7	0	0	0	4	97
David Lancaster	0	43	0	0	0	40	0	0	0	0	14	97
Hugh Langshaw	0	0	0	34	0	0	24	0	37	0	2	97
Dean Gardiner	27	0	0	0	0	0	25	0	40	0	4	96
Peter Tedesco	0	54	0	0	0	0	0	0	41	0	0	95
Jose Vilar	0	45	50	0	0	0	0	0	0	0	0	95
Peter Woods	26	0	0	32	0	27	0	0	0	0	8	93
Richard Peacock	0	0	0	0	0	27	3	0	16	27	17	90
Mike Morrissey	0	0	53	0	0	0	0	0	32	0	3	88

David Cooke	0	0	0	0	42	0	10	0	22	0	1	75
David East	0	0	0	24	43	0	6	0	0	0	1	74
Gregory Mackay	0	0	0	41	0	0	28	0	0	0	0	69
Steve Packer	22	0	0	0	0	0	13	0	0	27	4	66
Neil Barker	0	0	0	0	0	0	3	0	15	45	2	65
Jonathan Craig	60	0	0	0	0	0	0	0	0	0	2	62
Martin Fryer	0	62	0	0	0	0	0	0	0	0	0	62
Geoff Taylor	14	0	0	0	0	0	3	0	0	39	3	59
Mervyn Cohen	0	0	0	0	0	0	18	0	39	0	0	57
Victor Donovic	0	0	0	0	49	0	0	0	0	0	6	55
Pierre Van Heerden	0	0	43	0	0	0	11	0	0	0	0	54
Salvador Gala	44	0	0	0	0	0	0	0	0	0	9	53
Wayne Stanton	0	0	0	0	0	0	0	0	0	52	0	52
David Clear	0	50	0	0	0	0	0	0	0	0	0	50
Robert Chalmers	0	0	0	0	0	27	0	0	0	0	22	49
John Hanna	0	0	0	0	0	0	3	0	16	27	3	49
David Ward	0	0	0	17	0	0	0	0	31	0	0	48
Ken Harris	10	0	0	33	0	0	0	0	0	0	4	47
Mark Robinson	10	0	0	0	0	0	32	0	0	0	4	46
Brent McKee	0	0	0	0	0	0	23	0	22	0	1	46
Tim Schafer	0	0	44	0	0	0	0	0	0	0	0	44
Jeff Morehen	0	0	0	42	0	0	0	0	0	0	0	42
Bill Flanagan	0	0	0	0	0	0	34	0	0	0	1	35
Philip Hugill	34	0	0	0	0	0	0	0	0	0	0	34
Peter Simson	0	0	0	29	0	0	0	0	0	0	1	30
Paul Glare	0	0	0	28	0	0	0	0	0	0	1	29
Stewart Taggart	0	0	0	0	0	0	0	0	28	0	0	28
Mark Richardson	0	0	0	0	0	0	26	0	0	0	0	26
Philip Kennedy	25	0	0	0	0	0	0	0	0	0	0	25
Paul Jackson	0	0	0	0	0	0	13	0	0	0	12	25
Louis St Laurent	0	0	0	0	0	0	0	0	23	0	1	24
Steve Stewart	20	0	0	0	0	0	0	0	0	0	0	20
John Sutherland	0	0	0	0	0	0	17	0	0	0	0	17
Gary Lewis	0	0	0	0	0	0	4	0	0	0	0	4
Peter Todd	0	0	0	0	0	0	3	0	0	0	0	3
Graham Sharp	0	0	0	0	0	0	3	0	0	0	0	3

L S C H M E C W S I B Tot

Male Pre-Vets C F M H M Q S B M H ns
22pts+

Darren Benson	56	66	0	58	60	52	51	56	65	55	7	475
Cameron Arnold	42	49	58	48	49	50	44	0	0	0	13	353
Raymond Wareham	40	0	51	53	0	44	37	0	46	62	5	338
Glenn Guzzo	49	0	0	62	0	61	61	63	0	22	7	325
David Bray	26	0	51	27	41	42	13	52	30	43	12	324
Chris Truscott	0	0	0	0	56	47	52	59	46	58	4	322
Craig Brown	40	0	55	38	44	0	29	0	38	47	8	299
Martin Matthews	46	57	0	49	0	0	46	0	36	0	7	241
Martin Harris	25	0	46	14	0	44	17	0	36	45	8	235
Mike Fowlds	35	0	50	32	37	0	5	0	29	40	6	234
Gerry Arthur	44	0	65	0	48	0	40	0	24	0	7	228
Peter Truscott	48	0	0	52	0	0	35	54	0	22	7	218
Shaun Atchison	33	0	46	46	0	0	36	0	47	0	8	216
William Ward	0	0	0	45	45	47	29	0	41	0	9	216
Paul Trainor	23	0	0	23	36	40	14	0	27	42	9	214
Tim Deane	31	0	48	26	40	41	13	0	0	0	7	206
Damian Tancred	51	0	0	0	0	0	50	0	43	52	7	203
Richard Green	0	62	0	50	0	48	0	0	34	0	6	200
Richard Sarkies	0	0	0	0	51	51	48	0	49	0	1	200
Kevin Tiller	15	34	0	0	0	36	0	40	21	25	17	188
Jaap Bakker	41	0	52	40	46	0	0	0	0	0	7	186

Tony Fattorini	0	0	0	0	37	0	38	0	53	51	4	183
Richard Deutsch	36	50	0	0	39	0	28	0	24	0	3	180
John Young	47	0	0	0	43	0	39	0	0	40	5	174
Dougal Langusch	17	47	0	24	0	33	3	41	0	0	8	173
Sean Ryan	0	59	54	47	0	0	10	0	0	0	2	172
David Criniti	60	44	0	0	0	0	57	0	0	0	6	167
Brian McElhinney	0	0	0	15	0	35	0	49	29	33	2	163
Stuart Chellis	0	0	0	0	40	49	31	0	37	0	5	162
Ben McSweeney	37	0	53	34	0	0	25	0	0	0	7	156
Roland Hassall	30	48	0	28	0	0	0	0	0	37	9	152
Dean Degan	53	0	0	0	0	0	44	0	42	0	6	145
Tom Silk	0	52	0	39	0	46	0	0	0	0	0	137
Bruce Craven	38	56	0	37	0	0	3	0	0	0	1	135
Chris Ferguson	33	51	39	0	0	0	0	0	0	0	3	126
Mario Torresan	0	45	47	0	0	0	0	0	0	32	2	126
Steve Hume	45	0	0	0	0	0	0	0	15	49	16	125
Walter Mitchell	0	0	0	21	42	0	16	0	37	0	6	122
Andrew Cullen	0	0	0	0	0	0	30	0	40	48	4	122
Michael McCarthy	0	0	45	0	0	37	13	0	23	0	0	118
Joel Mackay	0	55	0	43	0	0	0	0	0	0	16	114
Craig Dunn	0	0	0	44	0	24	37	0	0	0	6	111
Tony Barbaro	18	0	0	29	0	0	8	43	0	0	8	106
Jason Saunders	0	0	0	35	43	0	0	0	23	0	0	101
Sean Greenhill	24	43	0	0	0	0	0	0	0	29	2	98
Tim Cradock	0	0	0	19	0	0	0	0	33	43	0	95
Geoff Underwood	0	0	0	0	0	38	13	0	11	24	6	92
Tim Austin	0	54	0	0	0	0	0	0	25	0	11	90
Mark Wilson	0	0	0	51	0	0	33	0	0	0	5	89
Bradley Loh	0	0	44	0	0	0	0	0	0	38	0	82
John Bugg	0	0	0	0	0	0	19	0	21	41	1	82
Jonathan Heron	0	0	0	0	0	0	32	0	35	0	4	71
Mark Schaefer	0	0	0	30	0	0	13	0	0	22	4	69
Michael Johnstone	0	0	0	14	38	0	3	0	13	0	0	68
Stewart Turner	0	46	0	16	0	0	0	0	0	0	3	65
Michael Handley	0	0	0	33	0	0	0	0	22	0	2	57
Alex Jensen	0	0	0	31	0	0	14	0	10	0	2	57
Darren Kaehne	0	0	0	0	0	34	0	0	0	22	0	56
Andrew Charleston	0	0	0	42	0	0	7	0	0	0	3	52
Michael Free	24	0	0	0	0	0	0	0	0	22	5	51
Chad Armstrong	0	0	0	0	0	0	22	0	28	0	0	50
Andrew Mawdsley	0	0	0	45	0	0	0	0	0	0	3	48
Julian Wright	0	0	0	17	0	29	0	0	0	0	2	48
Daniel Head	0	0	0	0	0	0	0	38	9	0	0	47
David Martin	0	0	0	0	0	0	0	0	0	46	1	47
Michael Sharp	32	0	0	0	0	0	0	0	0	0	13	45
Ryan Armstrong	0	0	0	0	0	0	23	0	21	0	0	44
Darren Goodsir	0	0	0	36	0	0	6	0	0	0	0	42
Adam Gatford	17	0	0	14	0	0	0	0	0	0	8	39
Andrew Fuller	0	0	0	0	0	0	13	0	25	0	0	38
Andrew Gibbons	0	0	0	0	0	0	0	0	35	0	2	37
Rodney Elder	0	0	0	0	35	0	0	0	0	0	0	35
Scott Stefl	0	0	0	0	0	35	0	0	0	0	0	35
Michael Peters	20	0	0	0	0	0	13	0	0	0	1	34
Malcolm Ferguson	0	0	0	0	0	0	0	0	0	34	0	34
Andrew Dyer	29	0	0	0	0	0	0	0	0	0	1	30
Pete Steel	0	0	0	22	0	0	0	0	6	0	2	30
Stephen Parker	0	0	0	0	0	0	25	0	0	0	3	28
David Burgess	0	0	0	14	0	11	0	0	0	0	2	27
Richard Wassell	0	0	0	14	0	0	0	0	0	0	12	26
Luke Peterson	0	0	0	0	0	0	22	0	0	0	4	26
Robert Mulley	0	0	0	0	0	0	0	0	0	26	0	26

Brendon Jones	0	0	0	25	0	0	0	0	0	0	0	25
Michael Rees-Evans	0	0	0	0	0	0	0	0	20	0	5	25
Gavin Markey	22	0	0	0	0	0	0	0	0	0	2	24
Lachlan Renshaw	0	0	0	0	0	0	24	0	0	0	0	24
Ben Roberts	0	0	0	0	0	0	21	0	0	0	1	22
Tom McCormack	0	0	0	0	0	0	0	0	0	22	0	22

Super Series Age and Gender Adjusted

	L	S	C	H	M	E	C	W	S	I	Tot
	C	F	M	H	M	Q	S	B	M	H	
Darren Benson	813	848	0	830	776	758	836	820	818	800	6541
Philip Boswell	0	0	689	757	729	720	796	702	755	758	5906
Barry Rutter	720	712	731	743	724	716	0	732	0	725	5803
James Cryer	703	712	654	692	704	683	730	718	703	693	5655
Greg Donovan	718	732	707	670	688	678	737	706	0	659	5636
David Gayford	661	665	725	702	666	655	716	711	686	715	5586
Raymond Wareham	783	0	732	795	0	781	818	0	796	808	5513
Stephen Bodnar	689	592	632	701	653	617	734	679	689	715	5492
Allan Wareham	0	615	647	726	687	661	732	599	703	675	5446
Brian Ogilwy	704	543	617	680	688	664	738	576	608	691	5390
Jenny Wickham	780	0	755	792	776	0	745	0	793	737	5378
Roger Cox	625	0	0	680	664	661	673	660	636	674	5273
James Moody	663	579	597	668	648	633	699	654	0	0	5141
Ross McCarty	656	527	0	620	643	616	694	624	642	599	5094
Mohammed Alkhub	660	579	568	633	0	637	695	607	550	681	5060
David Bray	590	0	628	609	623	595	645	584	633	639	4962
Cameron Arnold	713	580	726	725	710	723	777	0	0	0	4954
Amanda Underwood	0	641	569	636	637	607	588	601	0	596	4875
Chris Truscott	0	0	0	0	765	786	852	846	811	802	4862
Craig Brown	679	0	708	667	659	0	705	0	691	713	4822
Frank Dearn	605	573	565	0	0	570	596	562	587	587	4645
Jeff Morunga	0	567	564	564	0	537	575	553	554	590	4504
Mike Fowlds	645	0	609	629	598	0	655	0	619	623	4378
Charles King	619	0	603	624	0	608	658	0	598	633	4343
Campbell Reid	626	0	603	611	594	614	0	628	625	4301	
Martin Harris	574	0	543	501	0	624	698	0	677	678	4295
Paul Trainor	566	0	610	612	573	665	0	623	643	4292	
Glenn Guzzo	767	0	885	0	803	897	908	0	0	4260	
Wayne Gregory	0	0	712	697	0	730	694	644	703	4180	
Tina Campbell	692	0	742	732	670	0	604	0	695	4135	
John Van	649	0	708	0	0	642	727	0	681	641	4048
Yzendoorn											
Joanne Cowan	839	0	0	818	0	785	0	0	820	782	4044
Eric Schmierer	545	561	0	567	584	591	612	0	558	0	4018
Kendall Waller	625	0	0	696	0	624	730	679	0	649	4003
Jenny Truscott	0	0	0	815	0	728	738	692	802	0	3775
Martin Matthews	736	702	0	734	0	0	778	0	753	0	3703
Ron Schwebel	720	0	0	714	736	797	0	0	707	3674	
Glenn Lockwood	0	0	0	617	0	615	662	638	489	639	3660
Suzanne Kelly	0	0	730	742	724	716	0	0	722	3634	
Tim Deane	619	0	577	605	611	590	625	0	0	3627	
Shaun Atchison	715	0	724	718	0	0	729	0	724	3610	
William Ward	0	0	0	717	674	693	759	0	736	3579	
Dougal Langusch	597	565	0	603	0	591	626	579	0	3561	
Arthur Huxtable	0	0	0	713	692	677	754	0	723	3559	
Stephen Jackson	764	475	0	780	732	0	799	0	0	3550	
George Herisson	639	574	0	616	0	589	554	565	0	3537	
Gerry Arthur	719	0	752	0	694	0	765	0	593	3523	

Maria DiMarco	633	0	583	591	0	534	571	0	0	582	3494
Elizabeth Woodhams	0	0	0	672	685	0	626	0	705	668	3356
Karin Kaehne	0	0	536	569	0	524	0	542	601	582	3354
Lisa Carroli	661	0	649	666	0	0	633	0	0	656	3265
Richard Deutsch	656	592	0	0	618	0	710	0	662	0	3238
Rebecca Deane	489	0	0	519	0	504	557	0	573	575	3217
Damian Tancred	792	0	0	0	0	0	832	0	811	743	3178
Allison Lilley	473	0	0	560	0	550	502	534	547	0	3166
Randall Brophy	0	0	0	764	748	0	816	0	797	0	3125
Richard Sarkies	0	0	0	0	761	741	834	0	785	0	3121
Steven Norden	0	482	554	569	0	0	497	0	485	518	3105
John Young	753	0	0	0	766	0	828	0	0	731	3078
Ross Sinclair	737	0	0	752	0	0	806	0	783	0	3078
Rick Collins	0	0	629	651	0	600	680	517	0	0	3077
Patrick Hodgens	616	602	0	614	0	578	624	0	0	0	3034
Robert Wawrzyniak	627	574	0	633	0	0	604	578	0	0	3016
Peter Truscott	746	0	0	751	0	0	777	695	0	0	2969
Stuart Chellis	0	0	0	0	736	701	772	0	757	0	2966
Catriona Cater	0	0	0	0	0	715	692	0	774	763	2944
Tony Fattorini	0	0	0	0	688	0	746	0	759	741	2934
Michael Bailey	0	554	0	607	617	0	0	0	581	559	2918
Alex Whitworth	0	0	0	758	722	684	0	0	0	743	2907
Richard Green	0	719	0	739	0	700	0	0	733	0	2891
Kerry Ross	0	0	0	580	0	523	532	0	595	580	2810
Sean Ryan	0	715	695	723	0	0	674	0	0	0	2807
Frances Brown	512	0	0	578	0	0	530	0	596	585	2801
Peter Slater	676	0	0	703	0	0	725	0	691	2795	
Stephen Fahey	697	0	660	659	0	0	721	0	0	0	2737
Joanne Barton	754	627	627	725	0	0	0	0	0	0	2733
Craig Plumb	701	0	0	644	0	652	722	0	0	0	2719
Jaap Bakker	681	0	656	682	682	0	0	0	0	0	2701
Kevin Tiller	416	0	0	0	0	514	0	568	599	600	2697
Brian McElhinney	0	0	0	546	0	482	0	497	586	565	2676
Ben McSweeney	654	0	684	639	0	0	692	0	0	0	2669
Darryl Chrisp	0	643	0	701	0	640	0	683	0	0	2667
Walter Mitchell	0	0	0	591	654	0	700	0	687	0	2632
Andrew Joseph	0	0	0	658	634	0	647	0	668	0	2607
Paul Thompson	0	0	0	0	629	643	665	0	662	0	2599
Mark Davis	646	0	0	664	0	0	692	0	578	0	2580
Rod Lovel	671	0	0	0	0	672	0	584	0	645	2572
Christopher Dwyer	0	0	857	0	0	0	865	845	0	0	2567
Ray Doran	0	0	0	839	0	0	863	0	0	826	2528
Dean Degan	804	0	0	0	0	0	853	0	817	0	2474
Tony Barbaro	600	0	0	610	0	0	665	594	0	0	2469
Graham Butler	645	588	0	0	631	0	0	596	0	0	2460
Roland Hassall	621	580	0	609	0	0	0	0	604	2414	
John Moore	0	0	0	639	0	606	557	0	607	0	2409
Bruce Craven	675	649	0	669	0	0	408	0	0	0	2401
Alan Smith	611	0	0	592	0	557	0	0	612	0	2372
Naomi Frank	593	0	0	574	0	0	0	0	616	589	2372
Susan Chalmers	598	0	0	607	0	0	529	0	618	0	2352
Sebastian Warmerdam	0	0	0	560	0	0	622	0	568	601	2351
Lawrence Ullio	0	0	0	562	0	0	588	0	602	597	2349
Joe Degabriele	0	0	0	0	0	555	589	0	577	622	2343
Geoff Underwood	0	0	0	0	0	530	589	0	581	573	2273
Eliza Stewart	775	0	0	0	0	0	717	0	774	0	2266
Sam Chuah	0	0	0	0	0	515	605	0	580	566	2266
Jonathan Worswick	709	815	735	0	0	0	0	0	0	0	2259
Stephen Firth	0	0	0	710	0	0	779	0	770	0	2259

Stephen Smith	525	0	0	535	0	0	586	0	599	0	2245	Caroline Yarnell	694	0	0	0	0	0	0	0	733	0	1427
Heather Forster	585	0	517	598	0	0	534	0	0	0	2234	Melanie Rauleder	713	0	699	0	0	0	0	0	0	0	1412
Heiko Schaefer	715	0	0	744	0	0	759	0	0	0	2218	Chad Armstrong	0	0	0	0	0	0	711	0	700	0	1411
Roger Rigby	0	538	0	0	0	0	604	538	536	0	2216	Kelvin Marshall	0	712	694	0	0	0	0	0	0	0	1406
George Lisson	713	748	0	0	0	0	0	0	753	0	2214	David Camm	0	0	0	684	0	0	682	0	0	0	1366
Denis Speyer	547	0	542	569	0	0	553	0	0	0	2211	Mark Fiore	0	0	0	0	0	662	0	0	0	702	1364
Greg Coy	0	666	0	748	0	0	788	0	0	0	2202	Andrew Fuller	0	0	0	0	0	0	686	0	674	0	1360
John Hodges	719	0	0	719	0	0	749	0	0	0	2187	Ryan Armstrong	0	0	0	0	0	0	721	0	638	0	1359
Michael	0	0	541	0	0	508	544	0	587	0	2180	Andrew	0	0	0	689	0	0	658	0	0	0	1347
McCarthy												Charleston											
Anthony Wong	0	0	0	0	715	0	773	0	687	0	2175	Gregory Mackay	0	0	0	650	0	0	691	0	0	0	1341
Michael Johnstone	0	0	0	482	603	0	526	0	561	0	2172	Peter Tedesco	0	656	0	0	0	0	0	0	680	0	1336
Andrew Cullen	0	0	0	0	0	0	709	0	726	719	2154	Peter	0	655	0	0	0	0	0	0	671	0	1326
Lisa Gallate	520	0	0	573	0	0	446	0	580	0	2119	Hammerschmidt											
David Criniti	823	407	0	0	0	0	882	0	0	0	2112	Darren Goodsir	0	0	0	655	0	0	667	0	0	0	1322
Charles Coville	649	0	0	752	0	700	0	0	0	0	2101	Stewart Vincent	0	0	645	0	0	0	0	0	668	0	1313
Tim Cradock	0	0	0	576	0	0	0	0	746	762	2084	Joel Mackay	0	620	0	691	0	0	0	0	0	0	1311
Lilian Chuah	0	0	0	503	0	0	485	0	560	519	2067	Gregory Prerau	659	0	649	0	0	0	0	0	0	0	1308
Christine Cullen	0	0	494	527	545	0	0	0	489	0	2055	Mike Morrissey	0	0	661	0	0	0	0	0	645	0	1306
Mary Stringer	0	0	0	725	0	0	657	656	0	0	2038	Scott Smiles	0	0	0	0	639	0	0	0	667	0	1306
Steve Hume	739	0	0	0	0	0	0	0	548	738	2025	Penny Smith	0	0	0	656	642	0	0	0	0	0	1298
Manfred Fiedler	678	0	674	0	666	0	0	0	0	0	2018	Robin Cameron	0	0	0	0	0	0	0	648	644	0	1292
Gary Aitkenhead	635	0	0	726	0	0	0	0	649	0	2010	Michael Handley	0	0	0	632	0	0	0	0	653	0	1285
Adrian Spragg	0	604	0	0	0	679	0	687	0	0	1970	Diane Read	642	0	0	0	0	0	0	0	642	0	1284
Tom Silk	0	610	0	680	0	675	0	0	0	0	1965	Paul Bullas	655	0	626	0	0	0	0	0	0	0	1281
Jason Saunders	0	0	0	642	657	0	0	0	660	0	1959	Mark Schaefer	0	0	0	624	0	0	640	0	0	0	1264
John Bugg	0	0	0	0	0	0	664	0	635	628	1927	Jim Barrett	0	0	0	618	0	0	645	0	0	0	1263
Nick Woodhams	621	0	0	646	0	0	651	0	0	0	1918	Peter Woods	619	0	0	638	0	0	0	0	0	0	1257
Hugh Langshaw	0	0	0	610	0	0	650	0	658	0	1918	Sarah Cooper	0	0	0	629	0	0	0	0	607	0	1236
Alex Jensen	0	0	0	632	0	0	699	0	573	0	1904	Gemma Dalglish	0	0	0	0	0	621	609	0	0	0	1230
Karen Carter	0	0	0	0	0	0	563	0	630	686	1879	Mervyn Cohen	0	0	0	0	0	0	637	0	579	0	1216
Chris Ferguson	644	604	615	0	0	0	0	0	0	0	1863	Tim Austin	0	618	0	0	0	0	0	0	597	0	1215
Sean Greenhill	642	614	0	0	0	0	0	0	0	601	1857	Andrew Smith	0	0	0	593	613	0	0	0	0	0	1206
Glenda Mitchell	625	0	0	0	0	0	566	0	646	0	1837	Jose Vilar	0	567	636	0	0	0	0	0	0	0	1203
Lorraine Spanton	0	0	0	0	0	0	600	545	0	662	1807	Robert Inglis	0	0	0	613	0	0	0	0	590	0	1203
Stephen Kibble	607	569	0	630	0	0	0	0	0	0	1806	Tracey Love	571	0	0	631	0	0	0	0	0	0	1202
Vivienne	0	560	0	720	0	0	0	0	525	0	1805	Peter Roberts	0	653	0	0	0	0	544	0	0	0	1197
Kartsounis												John Shepherd	0	0	0	571	0	0	614	0	0	0	1185
Dean Gardiner	595	0	0	0	0	0	594	0	600	0	1789	Beryl Wilson	0	0	0	0	0	0	0	0	600	584	1184
Lesley Maher	0	0	0	664	0	0	565	545	0	0	1774	Bernadette	593	0	0	0	0	0	580	0	0	0	1173
Katie Rowell	0	0	0	0	0	0	544	0	596	596	1736	Boulous											
David Cooke	0	0	0	0	571	0	582	0	573	0	1726	Peter Cookson	580	0	0	592	0	0	0	0	0	0	1172
Paul Munro	0	0	0	590	579	0	0	0	548	0	1717	John Simmonds	0	0	0	575	594	0	0	0	0	0	1169
Bridgit English	0	539	0	596	0	0	0	0	575	0	1710	Andrew Horsley	0	0	0	579	577	0	0	0	0	0	1156
Benny Gauci	593	0	561	554	0	0	0	0	0	0	1708	David Lancaster	0	563	0	0	0	587	0	0	0	0	1150
David East	0	0	0	585	572	0	537	0	0	0	1694	Pierre Van	0	0	562	0	0	0	586	0	0	0	1148
Barbara Fabish	0	0	0	552	0	562	559	0	0	0	1673	Heerden											
Jurg Kunzle	530	0	0	536	0	0	0	0	0	592	1658	Bernadette	0	0	0	560	0	0	0	0	586	0	1146
Julie McGaw	0	524	0	561	0	0	0	0	571	0	1656	Gregory											
Keith Bateman	809	0	0	833	0	0	0	0	0	0	1642	Virginia Ffitch	559	0	583	0	0	0	0	0	0	0	1142
Mario Torresan	0	505	580	0	0	0	0	0	0	544	1629	Brent McKee	0	0	0	0	0	0	613	0	528	0	1141
Geoff Taylor	537	0	0	0	0	0	506	0	0	543	1586	Pete Steel	0	0	0	597	0	0	0	0	540	0	1137
Brad Renshaw	0	539	0	504	0	0	528	0	0	0	1571	Bradley Loh	0	0	533	0	0	0	0	0	600	1133	
David Solomon	0	0	0	0	535	0	498	0	536	0	1569	Margaret	0	0	0	0	0	0	544	571	0	1115	
Mark Wilson	0	0	0	755	0	0	799	0	0	0	1554	Cameron											
Fiona Nelson	0	0	500	0	0	0	0	0	539	512	1551	Alison Gardiner	0	0	0	0	0	0	513	0	596	0	1109
Jonathan Heron	0	0	0	0	0	0	775	0	742	0	1517	David Burgess	0	0	0	422	0	0	685	0	0	0	1107
Neil Barker	0	0	0	0	0	0	383	0	505	623	1511	Stewart Turner	0	545	0	561	0	0	0	0	0	0	1106
John Hanna	0	0	0	0	0	0	503	0	516	479	1498	Julian Wright	0	0	0	564	0	534	0	0	0	0	1098
Peter Johnson	0	0	0	0	0	460	521	0	504	0	1485	Marcus Juhasz	0	0	0	0	0	0	538	0	556	0	1094
Stephen Ball	717	0	0	0	0	0	751	0	0	0	1468	Wayne McCarthy	0	538	0	0	0	0	0	543	0	0	1081
Craig Dunn	0	0	0	715	0	0	739	0	0	0	1454	Michael Peters	511	0	0	0	0	0	549	0	0	0	1060
Grahame Murphy	0	0	0	711	0	0	0	0	721	0	1432	Leigh MacRitchie	533	0	0	513	0	0	0	0	0	0	1046
												David Ward	0	0	0	521	0	0	0	0	514	0	1035

Lynn Herisson	0	0	0	0	0	0	483	0	551	0	1034
Joanna White	534	0	0	0	0	0	487	0	0	0	1021
John Kerr	555	0	0	0	0	0	465	0	0	0	1020
Sharon Callister	526	0	0	0	0	0	482	0	0	0	1008
Daniel Head	0	0	0	0	0	0	476	528	0	0	1004
Steve Packer	566	0	0	0	0	0	435	0	0	0	1001
Katherine	518	0	0	0	0	0	481	0	0	0	999
McSweeney											
Adam Gatford	494	0	0	495	0	0	0	0	0	0	989
Jennie Meixner	0	0	495	0	0	0	478	0	0	0	973
Fernando	506	0	0	0	0	0	466	0	0	0	972
Santisteban											
Andrew Duggan	0	0	0	572	0	0	349	0	0	0	921
Andrew	0	0	0	808	0	0	0	0	0	0	808
Mawdsley											
Martin Fryer	0	797	0	0	0	0	0	0	0	0	797
Jonathan Craig	788	0	0	0	0	0	0	0	0	0	788
Warwick Selby	0	782	0	0	0	0	0	0	0	0	782
Dawn Tiller	758	0	0	0	0	0	0	0	0	0	758
Lucinda Chapman	0	0	0	0	0	0	0	0	0	757	757
Andrew Gibbons	0	0	0	0	0	0	0	0	750	0	750
Bill Flanagan	0	0	0	0	0	0	735	0	0	0	735
Lachlan Renshaw	0	0	0	0	0	0	733	0	0	0	733
Stephen Parker	0	0	0	0	0	0	727	0	0	0	727
Ben Roberts	0	0	0	0	0	0	711	0	0	0	711
Wayne Stanton	0	0	0	0	0	0	0	0	0	708	708
Brian Wilcockson	0	0	0	700	0	0	0	0	0	0	700
Mahmoud El-0	0	698	0	0	0	0	0	0	0	0	698
Khansa											
Victor Donovic	0	0	0	0	692	0	0	0	0	0	692
Hugh Spencer	691	0	0	0	0	0	0	0	0	0	691
Manuela	0	0	0	689	0	0	0	0	0	0	689
Sumetzberger											
David Martin	0	0	0	0	0	0	0	0	0	689	689
Luke Peterson	0	0	0	0	0	0	684	0	0	0	684
Ron Daly	0	0	0	680	0	0	0	0	0	0	680
Mark Richardson	0	0	0	0	0	0	678	0	0	0	678
Salvador Gala	668	0	0	0	0	0	0	0	0	0	668
Andrew Dyer	663	0	0	0	0	0	0	0	0	0	663
Mark Robinson	0	0	0	0	0	0	660	0	0	0	660
Sue Palmer	659	0	0	0	0	0	0	0	0	0	659
Malcolm	0	0	0	0	0	0	0	0	0	657	657
Ferguson											
David King	0	651	0	0	0	0	0	0	0	0	651
Scott Steff	0	0	0	0	0	650	0	0	0	0	650
Neil McPherson	0	0	0	645	0	0	0	0	0	0	645
Melanie Watson	0	0	0	0	645	0	0	0	0	0	645
Jeff Morehen	0	0	0	641	0	0	0	0	0	0	641
Phil Garvin	0	0	0	0	0	0	640	0	0	0	640
Malcolm Satchell	0	0	0	0	0	635	0	0	0	0	635
John Sutherland	0	0	0	0	0	0	634	0	0	0	634
Amy Fisher	633	0	0	0	0	0	0	0	0	0	633
Michael Sharp	632	0	0	0	0	0	0	0	0	0	632
Peter Simson	0	0	0	632	0	0	0	0	0	0	632
Philip Hugill	630	0	0	0	0	0	0	0	0	0	630
Robi Russell	628	0	0	0	0	0	0	0	0	0	628
Ron Wilson	0	0	0	0	0	0	0	0	627	0	627
Elly Peters	0	0	0	0	0	0	0	0	0	617	617
Gerard Donnan	613	0	0	0	0	0	0	0	0	0	613
Nicole Frykberg	613	0	0	0	0	0	0	0	0	0	613
Paul Glare	0	0	0	612	0	0	0	0	0	0	612
Peter Butcher	0	0	0	610	0	0	0	0	0	0	610
Ken Harris	0	0	0	609	0	0	0	0	0	0	609
Louise Stewart	0	0	608	0	0	0	0	0	0	0	608

Paula Shingler	0	0	0	0	0	0	605	0	0	0	605
Ralph Melano	603	0	0	0	0	0	0	0	0	0	603
Brendon Jones	0	0	0	603	0	0	0	0	0	0	603
David Clear	0	600	0	0	0	0	0	0	0	0	600
Keith White	0	598	0	0	0	0	0	0	0	0	598
Robert Mulley	0	0	0	0	0	0	0	0	0	596	596
Adam Cresswell	0	0	0	593	0	0	0	0	0	0	593
John Whealy	592	0	0	0	0	0	0	0	0	0	592
Paul Russell	0	0	0	0	0	0	591	0	0	0	591
Yvonne Reilly	0	0	0	0	0	0	0	0	591	0	591
James Woodhams	0	0	0	0	0	0	588	0	0	0	588
Mary Bonanno	0	0	0	0	0	0	0	0	0	586	586
Brenda Hamill	0	0	0	0	0	0	0	0	585	0	585
Julie MacDonald	0	0	583	0	0	0	0	0	0	0	583
Tim Schafer	0	0	580	0	0	0	0	0	0	0	580
Michael Kaars	0	0	0	0	0	0	0	0	580	0	580
Jacqui Matthews	0	0	0	579	0	0	0	0	0	0	579
Jack Leigh	0	0	0	0	0	0	579	0	0	0	579
Michael Free	575	0	0	0	0	0	0	0	0	0	575
Ted Brailey	0	0	0	575	0	0	0	0	0	0	575
Mercy Samia	574	0	0	0	0	0	0	0	0	0	574
Gillian Klevansky	0	0	569	0	0	0	0	0	0	0	569
Stewart Taggart	0	0	0	0	0	0	0	0	569	0	569
Estelle Visser	0	0	0	566	0	0	0	0	0	0	566
Julie Macdonald	0	0	0	559	0	0	0	0	0	0	559
Philip Kennedy	558	0	0	0	0	0	0	0	0	0	558
Rodney Elder	0	0	0	0	558	0	0	0	0	0	558
Michelle Farrar	0	0	0	0	0	0	0	0	556	0	556
Sue Hill	0	0	0	0	0	551	0	0	0	0	551
Michael Wilson	0	0	0	546	0	0	0	0	0	0	546
Graham Willis	0	0	0	0	0	0	545	0	0	0	545
Rob Leonard	0	0	0	0	0	0	0	0	544	0	544
Gavin Markey	543	0	0	0	0	0	0	0	0	0	543
Anton Kapel	0	0	0	540	0	0	0	0	0	0	540
Belinda	0	0	0	0	0	0	0	0	540	0	540
Lockwood											
Iain Martin	538	0	0	0	0	0	0	0	0	0	538
Per Jensen	0	0	0	0	0	0	538	0	0	0	538
Alex Hamill	0	0	0	0	0	0	0	0	536	0	536
Michael Rees-0	0	0	0	0	0	0	0	0	529	0	529
Evans											
Steve Stewart	525	0	0	0	0	0	0	0	0	0	525
Edward Sharp	0	0	0	0	0	0	523	0	0	0	523
Peter Todd	0	0	0	0	0	0	514	0	0	0	514
Gary Lewis	0	0	0	0	0	0	513	0	0	0	513
Gill Cavenagh	0	0	0	0	0	0	506	0	0	0	506
Richard Frykberg	504	0	0	0	0	0	0	0	0	0	504
Helen Wilson	0	0	0	0	0	0	502	0	0	0	502
Alex Rubin	500	0	0	0	0	0	0	0	0	0	500
Elizabeth Taylor	0	0	0	497	0	0	0	0	0	0	497
Deirdre Stewart	0	0	0	0	0	0	0	495	0	0	495
Graham Osborn	0	0	0	0	0	0	488	0	0	0	488
Kevin O'Kane	0	0	0	0	0	0	487	0	0	0	487
Jackie Ramsay	0	0	0	0	0	0	484	0	0	0	484
Mike Hansen	0	0	0	0	0	0	483	0	0	0	483
Darren Kaehne	0	0	0	0	0	467	0	0	0	0	467
Louis St Laurent	0	0	0	0	0	0	0	0	465	0	465
Rachel Smith	0	0	0	0	0	0	449	0	0	0	449
Paul Jackson	0	0	0	0	0	0	439	0	0	0	439
Richard Wassell	0	0	0	435	0	0	0	0	0	0	435
Megan Jackson	0	0	0	0	0	0	421	0	0	0	421
Robyn Moody	0	0	0	0	0	0	414	0	0	0	414
Graham Sharp	0	0	0	0	0	0	387	0	0	0	387

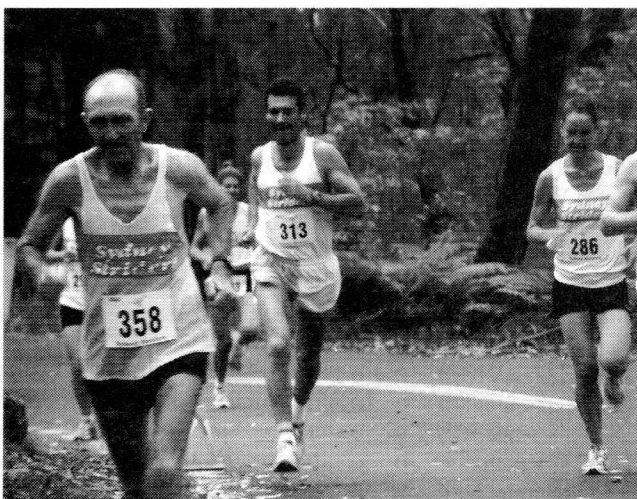
Blister Photo Gallery



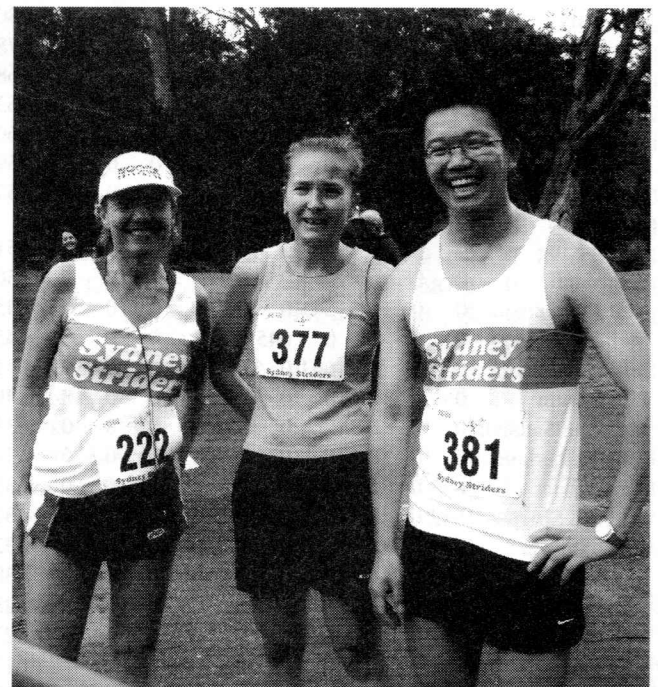
Keith Bateman at the Abernethy Highland Games 10 Mile Road Race in Scotland



Mary Stringer finds the 'Australian Walkabout' exhibits at Woburn Safari Park, England, after the 'Save the Rhino 10K Run'



Internal Half – Ray Doran, Stephen Bodnar and Lucinda Chapman



**Internal Half Handicap - Places 1-2-3
Lorraine Spanton, Karen Carter, Bradley Loh**