

Sydney Striders

Road Runners' Club
Australia



Edition No. 95: December 04 - March 05

Strider Biathlon – Sailing and Running !

Long-time Strider Alex Whitworth continues his unique sailing and running challenge. After completing the Sydney to Hobart he just kept going....with Peter Crozier he has now sailed across the Pacific, rounded Cape Horn, spoken with the International Space Station via satellite phone and run in the Falklands Marathon.

His 10-metre yacht 'Berrimilla' is headed for England to compete in the Fastnet Ocean Race in August. Alex will miss the London Marathon but hopes to find a few Halfs to run. Then it's back home via the Cape of Good Hope in time for the next Sydney to Hobart. For updates see Stephen Jackson's website <http://berrimilla.com/>. As at 15:30 hours April 11th Berrimilla was at 29°54"S, 45°58"W, which the website map shows as just north of Uruguay and 2088 nm to the Equator.

Berrimilla was one of the smallest boats in the storm-hit 1998 Sydney to Hobart race but still finished and won its division.

Alex's race report on the Falklands Marathon – "And the Marathon. Now THAT was a headbang. Marathon courses, like the sea, are indifferent and unforgiving and I got exactly what I deserved and expected. Easily the hardest marathon course I have run with a hill going up to halfway that makes Heartbreak Hill at Boston look like the edge of a puddle. Mostly head or cross wind at about 20 - 25 knots, air temp about 9 deg and chill factor well below -5C. The facts - I haven't been above walking

pace since before Xmas, I'm several kilos overweight, borrowed shoes, all the basic mistakes and I finished in 4.49.55, a personal worst by about an hour but not a bad performance under the circumstances. Way to go."

Unfortunately no pictures of Alex in the Falklands Marathon but he is seen below rounding Cape Horn. (Copyright content by permission of Berrimilla website)



Inside Blister No 95:

- ◆ Glenn Guzzo's record-breaking HK Marathon
- ◆ David Criniti in the Australian 100 km World Cup team
- ◆ Randy Brophy Runs into Ageing!
- ◆ Streaking with Dale Thompson
- ◆ The first Coast to Kosciuszko, 236km, from Sean Greenhill
- ◆ The Six Foot Track experience from Peter Truscott and Mick McCarthy

The Blister

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

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

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

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

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New York, New York

ING New York City Marathon 7th November 2004

By Lisa Gallate

I had planned to run my third marathon somewhere with a little more atmosphere than the Gold Coast. New York certainly didn't disappoint. I arrived a week before the race to find the city awash with billboards displaying marathon-related advertising and flags flying for the marathon and the International Friendship run from the United Nations Building to Central Park (which is held the day before as the warm up race).

As I lined up at the start of the ING New York City marathon to the sounds of Frank Sinatra singing "Its up to you New York, New York", I could hear runners all around me talking excitedly with foreign accents about the start.

In unseasonably hot and breezeless conditions 37,257 runners got a taste of the Big Apple at its very best as they pounded the pavement through the city's five boroughs, cheered on by 2.5 million supporters.

The course

It was a visual and aural sensory overload from start to finish. Every runner went by bus to the start on Staten Island. It was an incredible sight to see 37,000 runners arrive and move through tight security to grassed areas to eat the breakfast provided and wait for the start. Imagine 37,000 bagels and 37,000 tubs of yoghurt!

From Fort Wadsworth on Staten Island, we crossed the Verrazano - Narrows Bridge (the longest single span suspension bridge in North America) as a container ship embarked on its own journey out into the Atlantic. We received a roaring welcome from the throngs of spectators we passed in Brooklyn. We hit the halfway mark at Queens where culturally and ethnically diverse locals cheered loudly and bands blasted the crowds and runners with all kinds of rock. We ran through one mile of the Bronx cheered by thousands of locals holding all sorts of signs aloft, including one which read "No walking in the Bronx!"

The last 6.2 miles across Madison Avenue Bridge and up 5th Avenue into Central Park were the toughest - a slow incline that felt like an H5 STaR. The last two miles down East Ave into Central Park felt like they would never end, but the crowd support was fantastic and the welcome from the volunteers at

the finish was euphoric.

The Winners

Hendrik Ramaala of South Africa enjoyed his first marathon victory to win in 2 hours 9 minutes. Paula Radcliffe outran the women's elite and the memories of Athens to win in 2 hours 23 minutes.

Towards the back of the pack, I ran the race of my life to finish with a PB (by 21 minutes) of 4 hours. I finished in the top 15% of all women and also the top 15% for my age group. It was one of the most amazing personal experiences to be among the 36,544 runners who finished the 35th Anniversary of one of the world's most celebrated road races.

The Verdict

The New York marathon was a totally exhilarating experience. The crowd support was phenomenal and truly invigorating. The numbers of volunteers at the finish was amazing including the numerous interpreters who were there to assist foreign runners (although no one could interpret an Australian/Kiwi accent!) It was quite simply the greatest welcome to New York!

Notes

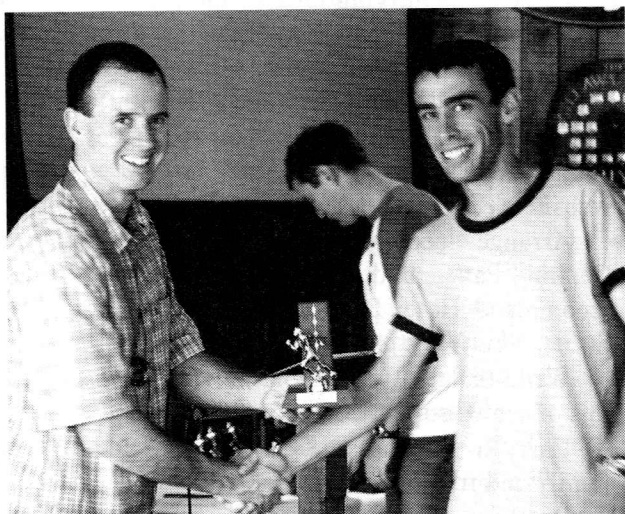
- Entry by qualifying time or international lottery (see www.ingnycmarathon.org) or through the Official Tour Operator in Australia Sportswell Tours (Contact Di Tolley phone 90801600)
- Friends and family back in Australia can follow your progress during the race on the marathon website's Race Day Tracker.
- Arrange accommodation close to the finish at Central Park (and the Museum Mile). I can recommend Hotel Beacon 2130 Broadway at 75th Street, New York phone 212 787 1100
- Write or label your name on your race shirt for lots of crowd support.
- Carry a tri-band mobile phone to locate your family and friends at the finish.
- Purchase MetroCard at subways (7-day unlimited subway and bus pass for \$21.00) and Citypass for the major galleries and museums for \$48.00 (discount on full price and entry without waiting in lines for tickets).

2004 Striders Brunch - Awards

Middle Harbour Yacht Club saw over 120 Striders turn out for the Xmas run and 2004 end of year awards. These awards are for Club Championships. The 'Best Of' Awards for 2004 are presented at the Maria Gemenis-Cruickshank Awards at the Annual Dinner in May.

Marathon Championships Canberra Marathon, April 04

Open Male Chris Dwyer 2.44.43
 Runner up: Gerry Arthur
 Open Female Jenny Wickham 3.04.01
 Runner up: Suzanne Kelly
 PreVet Male Gerry Arthur 2.48.33
 Runner up: Cameron Arnold
 PreVet Female Jenny Wickham 3.04.01
 Runner up: Melanie Rauleder
 Veteran Male Jon Worswick 2.55.29
 Runner up: John Van Yzendoorn
 Veteran Female Suzanne Kelly 3.11.59
 Runner up: Lisa Carolli
 Masters Male Chris Dwyer 2.44.43
 Runner up: Barry Rutter
 Masters Female Gillian Klevansky 4.32.48
 Runner up: Heather Forster
 Seniors Male Manfred Fiedler 4.03.54
 Runner up: Allan Wareham
 Seniors Female no entries
 Super Senior Male Frank Dearn 5.01.39
 Super Senior Female no entries



Glenn Guzzo (R), winner of Open 10k, Half Marathon and Equaliser receives his 10k award from Damian Tancred of the Sydney Running Centre, 10k Series sponsors

Half Marathon Championships Sydney Morning Herald Half in May 04

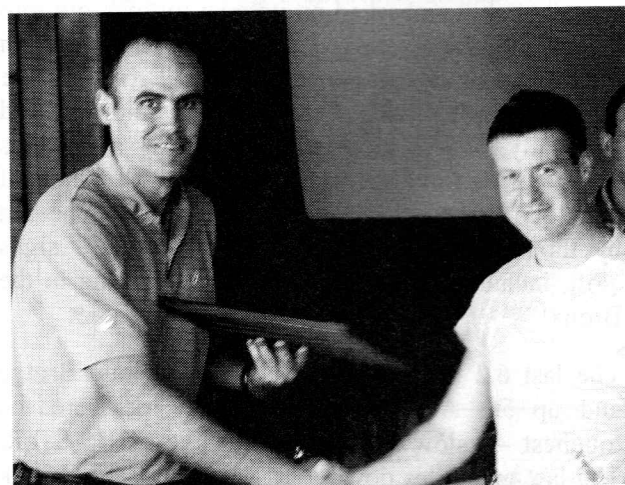
Open Male: Glenn Guzzo 1.07.24
 Runner up: Darren Benson
 Open Female Jenny Wickham 1.23.06
 Runner up: Jo Cowan
 PreVet Male Glenn Guzzo 1.07.24
 Runner up: Darren Benson
 PreVet Female Jenny Wickham 1.23.06
 Runner up: Manuela Sumetzberger
 Veteran Male Keith Bateman 1.17.57
 Runner up: Stephen Jackson
 Veteran Female Joanne Cowan 1.29.10
 Runner up: Suzanne Kelly
 Masters Male Phil Boswell 1.27.04
 Runner up: Barry Rutter
 Masters Female Tina Campbell 1.47.06
 Runner up: Lesley Maher
 Seniors Male Ray Doran 1.29.05
 Runner up: Alex Whitworth
 Seniors Female Penny Smith 2.05.01
 Super Senior Male Neil McPherson 2.03.52
 Runner up: Ron Daly
 Super Senior Female no entries

Equaliser Cross-Country Award

Open Male Glenn Guzzo 0.52.08
 Runner up: Chris Truscott
 Open Female Jenny Truscott 1.03.38

Internal Handicap Half Marathon Award

Winner: Lorraine Spanton, Runner up: Karen Carter



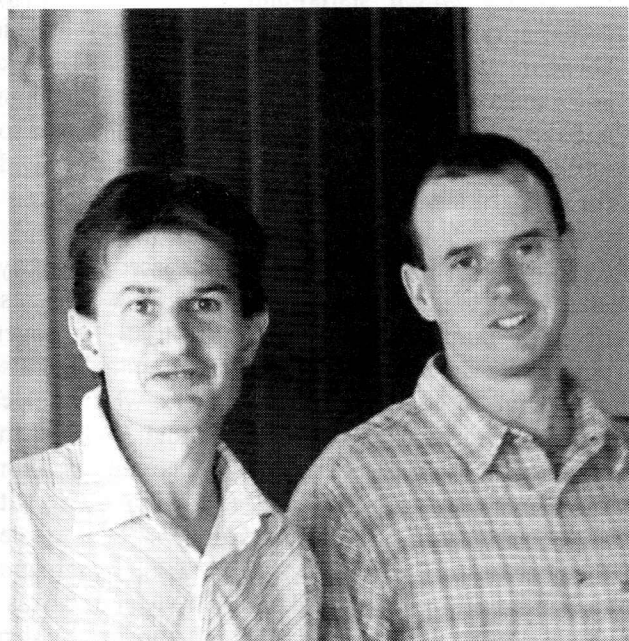
Martin Harris (R), 10k Handicap Winner

The 10 Km Series Awards

The Middle Harbour Yacht Club Perpetual Trophy

10 events of 10k from February to November

Handicap Martin Harris
 Runner up: Paul Trainor
 Age and Gender Adjusted Ray Doran
 Runner up: Joanne Cowan
 Open Male Glenn Guzzo
 Runner up: Darren Benson
 Open Female Jenny Wickham
 Runner up: Eliza Stewart
 PreVet Male Glenn Guzzo
 Runner up: Darren Benson
 PreVet Female Jenny Wickham
 Runner up: Eliza Stewart
 Veteran Male Stephen Jackson
 Runner up: David Gayford
 Veteran Female Joanne Cowan
 Runner up: Catriona Cater
 Masters Male Phil Boswell
 Runner up: Ron Schwebel
 Masters Female Tina Campbell
 Runner up: Liz Woodhams
 Seniors Male Ray Doran
 Runner up: Brian Ogilwy
 Seniors Female no entries
 Super Senior Male Frank Dearn
 Super Senior Female no entries



Phil Boswell (L), Masters 10k & Half Marathon Winner receives his award from Social Director Cameron Arnold

The Super Series Awards

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

Age and Gender Adjusted Darren Benson
 Runner up: Phil Boswell
 Open Male Darren Benson
 Runner up: Ray Wareham
 Open Female Jenny Wickham
 Runner up: Amanda Underwood
 PreVet Male Darren Benson
 Runner up: Cameron Arnold
 PreVet Female Amanda Underwood
 Runner up: Jenny Wickham
 Veteran Male Greg Donovan
 Runner up: David Gayford
 Veteran Female Joanne Cowan
 Runner up: Karin Kaehne
 Masters Male Barry Rutter
 Runner up: Phil Boswell
 Masters Female Tina Campbell
 Runner up: Liz Woodhams
 Seniors Male Brian Ogilwy
 Runner up: Allan Wareham
 Seniors Female Penny Smith
 Runner up: Sue Hill
 Super Senior Male Frank Dearn
 Runner up: Neil McPherson
 Super Senior Female no entries
 Best Age and Gender Score Glenn Guzzo (904 points) Willy To Billy



Suzanne Kelly, Veteran Marathon Winner and Open Runner-up

THE CRAWL BEFORE THE WALK

By David Criniti

An account of Australia's performance at the World Cup 100km race in Winschoten, The Netherlands on September 11, 2004.

Australia had performed magnificently at the World Cup (then World Challenge) 100km race hosted at Lake Saroma, Japan, in 1994. With Australian ultra-running icons Tim Sloan (6.43.02) and Don Wallace (6.51.14) both cracking the 7-hour mark, and former Australian 100km record-holder Trevor Jacobs (7.13.32) not too far behind, the team came 6th overall, in the extraordinary time of 20.47.48.

Since that time, Australia has really struggled to perform well as a team at the World 100k. We've often failed to field the full-team of 6 (of which the first 3 times across the line count in the teams competition), and in some instances, have actually failed to get the minimum 3 members required for a team result.

Perhaps this is not surprising. For starters, running 100km doesn't appeal to a lot of people. Even the world's best are out there on their feet for more than 6hrs, and if things don't go to plan, it can be a lot longer. Secondly, with limited funding available, Australia has often had to search for athletes who not only have the talent and desire to do well over the distance, but also the financial ability to get themselves to a race often on the other side of the world.

However, the past couple of years have seen some hard work go into recruitment of members for the Australian 100km team and, despite the fact that tight budgets meant we could only send 4 team members and a running-reserve in 2004, we looked on paper to have a solid, though not world-class team for the race in Winschoten, The Netherlands.

The Team

The Team consisted of Warren Holst (Team Captain), a former sub-2.30 marathon runner with a 100km pb of 7:42:11 run in the World Challenge in Belgium, 2002; Jo Blake, the current Australian 100km Champion, with a 100km pb of 7:31:36, and 3rd place-getter in this year's prestigious 6 Foot Track Marathon; Mike Wheatley, who ran his 100km pb of 7:32:31 at Winschoten in 2000; myself, with a 100km pb of 7:51:12 run at the Gold Coast 100 in 2003; and our running reserve Mal Grimmett who was headed to Winschoten hoping to complete

his first 100km event.

The Expectations

Essentially, I was hoping for a sub-7 hour time; Jo, Mike and Warren had set their sights around the 7.30 mark, and Mal Grimmett wanted to go sub-8. As a team, we'd anticipated that if we could get it together, we might be able to crack it for a top-10 result, which would be our best result since 1994.

The Race

The World Cup, which has been contested since 1987, is given to an established 100km race each year. This year Winschoten, in the north of the Netherlands, hosted the event for the 4th time, after hosting it in 1995, 1997, and 2000. The Winschoten event has been held annually since 1976, with the fastest time each year being a sub-7 hour performance, making it a world-class event regardless of whether or not it is hosting the World Cup.

The race is held over ten 10km loops on a pancake-flat course which starts and finishes in a large community centre known as de Klinker, and in between, winds its way through the streets, parks and canals of Winschoten. The race starts at 1.00pm, and with sunset around 8.00pm in that part of Holland in September, and a cutoff of 12hrs, ends for many runners well after dark.

Despite threatening skies, we were spared any early-afternoon rain, and instead encountered a mild dose of heat, humidity and wind. All-in-all, however, conditions were relatively good for running, and also conducive to good spectator numbers, which helped buoy our spirits when times were tough. A lot of the local kids took great delight in handing soaking sponges to the runners, and following them with expectant hands, until the runners had cooled themselves off and discarded them, whereupon they'd be promptly re-soaked and recycled. It was a practice that didn't rate too highly on the hygiene scale, but after half a dozen laps, there weren't too many runners complaining or refusing a wet sponge! There was also lots of support from people who'd set themselves up in their driveways for an afternoon

(and evening) of eating, drinking, and cheering on increasingly weary runners. In many cases, the more tired and in need of support the runners became, the merrier and more willing to provide encouragement the spectators became!

The results

Well, that says something of the course and the race's atmosphere, but what of the performances of the Aussie team? On one hand, none of us did as well as expected. Aiming to do an even-paced race going out at 42 minute laps (14 kph), I was about half a minute off per lap from the start, and slowed more as the race wore on, until picking up the pace in the final lap. After taking half an hour off my PB, I certainly wasn't unhappy. I simply didn't have what it took on the day to go sub 7.

Likewise, things didn't pan out as expected for the other members of Team Australia, with none of the team reaching their time-goals for the day.

However, all of us ploughed on, despite our races not going to plan, and we ended up with three runners under the 8 hour mark for the first time since 1994. Of the 329 starters, the Aussies finished as follows:

David Criniti	28th	7:23:30
Jonathon Blake	45th	7:47:42
Mike Wheatley	49th	7:56:37
Warren Holst	95th	8:41:39
Mal Grimmet	170th	10:29:04

As a result of this, things were pretty high-spirited in the Australian camp in the hours following the race. Spirits were, however, improved markedly the next day when we realised with a very pleasant surprise, that our efforts had earned us 4th place in the teams division; the best placing ever by an Australian team in the World 100k!

Where to from here?

As much as I, like the rest of the team, was absolutely ecstatic with this result upon hearing the news, I feel that now, as I write this report, in the weeks after the event, it is time to look with less emotion, and a bit more objectivity, about what it means for Australian Ultrarunning.

Firstly, I think it means that some of the hard work by the AURA committee, led by our President, Ian Cornelius, to resurrect the Australian 100k team, is

beginning to pay off. I'm optimistic that this success will begin lay the foundations for bigger and better things in the future. Perhaps it will strengthen our case for funding for airfares from bodies such as Athletics Australia, so the best athletes can compete without being out of pocket for their troubles. This is the type of incentive that is needed to lure our fast marathon runners towards the 100k event.

However, I think it is also important to realise that there is a lot of work to be done if we are to have a legitimately world-class team. The results below indicate that while we were 4th, we were still an hour and a half off 3rd place and more than 3 hours behind the Italians at the top of the podium.

1. Italy 20:06:38
2. Japan 20:59:32
3. Belgium 21:31:55
4. Australia 23:07:49

So in sum, while not running the time I'd hoped for in Winschoten, I came away a happy man. Along with Jo, Mike, Warren and Mal, I had come away with a credible team result, and we'd all made a contribution to improving the status of the Australian 100km team, and the sport within Australia.



L to R Mal Grimmett, Jo Blake (Captain), Warren Holst, David Criniti, Mike Wheatley

Coast to Kosciuszko 236km, 10th -12th Dec

By Sean Greenhill

Into the distance, a ribbon of black
Stretched to the point of no turning back
A flight of fancy on a windswept field
Standing alone my senses reeled
A fatal attraction is holding me fast, how
Can I escape this irresistible grasp?
- Pink Floyd, "Learning to Fly"

THE RUN

It started with a suggestion from Paul Every. A run from sea level to the highest point in Australia, Mt Kosciuszko, 2229m above sea-level. It would be Australia's version of Spartathlon or Badwater, the benchmark event that Australian ultrarunning had needed since the Westfield Sydney-Melbourne folded. Dave Criniti and I suggested that a start on the coast of NSW to the top of Kosci and finishing at the return to the trailhead at Charlotte Pass would be in the order of 220-240km, roughly the distance of the real Spartathlon. As far as we knew, sea level to Kosciuszko had never before been done like this: certainly walked over a week or two, in a day on a bicycle, even on skis, but never in one sustained shove on foot to our knowledge. It seemed historic.

We decided to run it Fat Ass style and see if it was feasible as an official race in the future. It had to be summer otherwise the weather would be risky. We decided on the second weekend of December. The route, starting at Boydtown beach, south of Eden, was 236km according to GPS and car odometer.

By December, Dave had ruled himself out with an injury so we had four starters - Lawrence Mead, Jan 'The Herrmannator' Herrman, Paul Every and myself. As crew I had my mother Gayl and Chris Hockman. Paul's crew were Diane and Richard Peacock.

I'd run 100 miles three times - in times between 27.11 and 28.59. This was a quite different proposition. 147 miles, almost half as far again... and certainly requiring a second night. I was terrified that mentally I just wasn't going to be up for what I'd set myself. As there would be no cutoff, I'd have to go by the maxim 'just don't quit'. A really good run would result in a finish in the 42-45 hour range.

On Thursday the rain was constant. We wouldn't get a scorchingly hot day, but the wet bode ill for foot

problems. On Friday morning runners and crews assembled in the rain on Boydtown beach before dawn. I filled a bottle with sea water with the idea of pouring some of it on the summit of Kosciuszko and adding some snow. We were off at 5.35am.

The first 60km is dirt roads and logging trails up the Towamba River valley. The rain relented and gave us sublime views of the tree-lined valley, with the odd mountain looming out of the fog. As David Toone once wrote, it was a moment that emphasised "the excellence of the sport of trail running".

Mum was stopping every 5K so I could refill my bottle and eat. It was overkill during the day, but at night having the car to run to would be a BIG mental boost. We were doing a lot of walking but making good progress. It was mates out having a chat as much as running at this stage. The marathon mark was reached in 5 1/4 hours in the hamlet of Rocky Hall. Ahead the end of the valley loomed through the fog. Before long we were going to start some serious climbing.

At 56K we reached the foot of Big Jack Mountain and started the 550m vertical ascent over 7km of forest road. My feet were suffering in the wet and developing hot spots. At the 64km mark, the intersection of the Mt Darragh and Big Jack Mountain Roads, I removed my socks to find my feet had gone a swollen prune-like complexion. I did more taping, put on wool socks and an old but comfy pair of NBs. The air at 900m above sea-level (ASL) was noticeably cooler. The sky was darkening and rain started to fall again. A 42 hour finish seemed feasible as we were still moving well.

By the time we reached the 96K mark evening was falling, as was the temperature. We'd been walking a fair while, in my case to alleviate chafing from my perpetually wet clothes. Moving as slowly as we were, the cold rain was sucking the temperature from our bodies. You wouldn't have thought it was summer, given how miserably cold we were getting.

I curled up on the front seat of Mum's car with the heater on full, shaking uncontrollably. Lawrence elected to drop out as his knees were in poor shape. He passed me a cup of noodles and told me to get my act together or I'd be carried off with hypothermia. "Start running again, hard," he urged.

It was the only way that I could warm up and keep going. Jan hauled himself out into the rain and set off fast up a long uphill. I set off in his wake, soon passing the 100K point and marvelling that I could still run uphill strongly. I had little fatigue and energy levels were good, although it took some time for my body temperature to return to normal again.

In contrast to the aesthetic excellence of the Towamba valley, the 95km on the plateau between Cathcart and the Beloka Range was undulating farm country with grassy moorland rolling away to the horizon in all directions and few features except for the road. I'd predicted that this stretch would be like running through a black subway tunnel, with sensory deprivation eating away at the runner's resolve. It turned out to be a WET subway tunnel but Mum stopped every 2 or 3km to give me a mental break. I jogged along at a reasonable pace, 42 hour dreams resurrected, if I could get to Dalgety (145km) by sunrise.

Overall it was downhill to Dalgety, about 150m descent over 40km, but a few uphills too. Lawrence told me Jan had started vomiting and was only a few minutes ahead. But I had little fight left, and when the road became sealed at 122km, with cold fog drifting in and forming a blue-white wall in front of my headlamp, I was in my usual early morning ultra death march. My feet started complaining as I stepped onto the bitumen. This went on for a few more kilometres before Mum offered the front seat of the car and the heater. I wasn't in much shape to say no. (Note: next year, make sure the crew is much harder on me, and preferably not related to me.) We nodded off and woke at around 6am. I'd never slept in a 100 miler, but had never allowed myself the opportunity either.

I stepped into the cold, foggy morning and felt pain shoot through my feet - they had swollen badly. Lawrence told me Herrmannator had kept vomiting throughout the night but had reached Dalgety not long before. He was on my 'good case' schedule which I was now quite a few hours behind. I confessed to Lawrence that I didn't know if I had it in me to keep going for another 24 or more hours. The prospect nearly brought me to tears. He looked back, "Just keep walking and see what happens."

I started walking - my feet were too trashed now to sustain much running. I was averaging about 5km/hour. The fog was soon burned off by the sun to reveal a cloudless sky. It was going to be a hot one. I tried some more changes to see if it was

possible to alleviate the blisters. A second pair of thick socks, the NBs were replaced by Asics, replaced by sandals, then back to Asics. I resigned myself to a lot of walking and pain and hoped that they wouldn't deteriorate too much more. I was now determined to finish regardless of how long it took - the mantra would be 'just keep walking' and 'just don't quit', unless I was risking long term injury. Trashed feet didn't count as long term injury - they would heal. Mum was not impressed by this mindset but resigned herself to a long time on the road.



Sean on Summit Trail out of Charlotte Pass

Before the run I'd reasoned that I had no excuse not to get to Jindabyne, after all it was only 20km or so further to Jindy than I'd run before, so no real stretch, right? From Jindabyne it was 47km to the summit of Kosciuszko and a further 9km after that to the finish. 56km was a weekend training run, so I could surely manage that. It was a good concept in theory. Nevertheless, I told myself many times out there that if I could get to Jindabyne I absolutely was going to finish. First get to Dalgety, then chip away at the course until Jindabyne. Given how slowly I was moving I might not get to Jindy until dinnertime and finish well after sunrise Sunday. Okay. Couldn't do much about the pace, I just had to accept it and move on.

Coming to the top of a climb not long before Dalgety I caught my first sight of the snow-capped Main Range. I pointed at the mountains and screamed at them "I'll be there tomorrow". We trudged into Dalgety (145km) a little before lunchtime Saturday. This town on the Snowy River had been the original selection as Australia's national capital. Today there is little hint of what could have been. I paused to contemplate the Snowy River

which flows from the foot of Kosciuszko. Only 90km to go, I told Mum. It would be slow, but 90km was a distance you could get your head around. She didn't seem convinced by my logic.

My Striders compatriot Jim Moody incorporates in his electronic signature a quote from Bilbo Baggins, "The road goes ever on and on". It seemed appropriate as I reached the foot of the Beloka Range, a 300m vertical climb in 2km. This ascent was very slow under the afternoon sun but halfway up I passed the 100 mile/161km mark in my slowest time yet - 33.35. Every step after that was a new PB for distance, further than I'd ever gone before.

I topped out at 1180m above sea-level and found the haul into Jindabyne had quite a bit of downhill which pounded my feet even more. I'd also developed a blister the size of a 50 cent coin under my left big toe which made attempts at running unpleasant as I 'drove off' that foot.

A couple of km south of Jindabyne I came into mobile phone reception. I returned calls, but had no news on Paul and Herrmannator as I couldn't reach their phones. However, as I reached Jindabyne, my phone came to life and I heard Paul's voice, ringing from the summit of Kosciuszko. I congratulated him as he battled to contain his emotions, and he urged me to keep at it. Mum and Chris had driven into Jindabyne and picked up a hamburger and chips for dinner, and a pizza for consumption during the night. It's a healthy sport.

After we crossed the Thredbo River a car pulled up. Paul, Diane and Richard had seen our lamps. Paul looked pretty dazed. I asked if they'd seen Jan, they said the Herrmannator had reached the summit after Paul and they'd finished together at Charlotte Pass trailhead in 39.26. I was staggered. They drove on - Paul was doing the Canberra Half Ironman the next day. Chris and I did the maths. Jan had finished with Paul? No, not possible, he'd been in Dalgety on about 42 hour pace and had been vomiting, no way could he catch Paul, one of the finest ultrarunners Australia has produced. We must have misheard. It did not make sense that Jan could have run the back half of this course in so superb a fashion. The next set of lights coming down the hill was Lawrence's van. I asked Jan what had happened. He didn't look too good but confirmed that he had finished with Paul. I was awestruck.

The lights of Jindabyne were glittering off to my right as the Kosciuszko Road relentlessly wound

uphill through the snowgums and through the spookily lit National Park entry barriers standing starkly in the blackness of the Alpine night. A couple of drivers stopped and asked if I was all right. I replied I was fine and was just out having a walk.

We reached Sawpit Creek at 1am. I was concerned that Mum wasn't managing to get any sleep between my visits to the car, as she would need to be alert for driving on the mountain roads tomorrow. I offered to get in the car for a few hours if that enabled her to sleep. I was woken not long after 5am by the first rays of light. My feet had deteriorated further while I slept. I resumed walking uphill with Martin Harris' MP3 player. I had prepared music of a hard-driving, aggressive nature - headbanging stuff.

Coming over the top of Rennix Gap I was hit by a chill wind, definitely in Alpine country now. The weather was pretty unstable, varied between mostly overcast and sunny, although always cold. At 208km I reached Perisher. Snowdrifts were not far from the road. I contemplated journey's end, less than 30km away.

Mum was going to walk with me up the Summit trail, I hoped to the top. The sharp rocks of the trail made me wince with pain. Mum elected to stop at Seaman's Hut - at 2030m ASL, the highest building in Australia. She was a bit too tired to walk the rest of the way. I asked her to wait at the hut and I'd be back in two hours. The weather was poor, lots of black clouds and gusting wind. I'd borrowed a trekking pole to help my footing on snow - I was surprised there wasn't a lot more of the white stuff.

As I approached the Strzelecki Monument on the summit realised I would be alone on the top of the continent. No-one to take my photo. I rang Paul as I walked the last few steps, reciprocating the gesture he made the previous evening. He'd just finished his Half Ironman; slowly. I reached the summit with an elapsed time of 57.26.

I felt no emotion really, it had been beaten out of me some time beforehand and replaced with a stoic desire just to get the bloody thing done. There were black clouds being blown up the valley but I found time to pour half my seawater onto the Strzelecki Monument. Below the summit I refilled the bottle with snow, so I had a mixture of Pacific Ocean water and Mt Kosciuszko snow in one bottle.

I was disappointed that I hadn't been more worked up about making the summit. It might not have been

the actual end of the course, but the summit was symbolic. The evening before, Paul, normally the most reserved of individuals, had battled with his emotions; whereas I, a more extrovert type, had just grimly thought, "That was incredibly slow, but at least I've done the whole thing."

I met Mum back at Seaman's Hut and we set off for the trailhead. By this stage, perhaps because the desire for the summit was gone, or perhaps because I had blisters on both feet, I was shutting down completely. I also had pain in both hip flexors because I'd never walked so far in my life. Mum photographed me touching the trailhead sign 60 hours and 44 minutes, and 236km, after I'd started at Boydtown beach.

RESULTS

(Boydtown Beach - Mt Kosciuszko - Charlotte pass trailhead, 236km)

=1st Paul Every	39.26
=1st Jan Herrmann	39.26
3rd Sean Greenhill	60.44
Lawrence Mead	DNF (96km)

THOUGHTS

I will be back to run a better time. I think I can do 42 hours and a lot of that can be made up with better strategy. Ideally that will be after we've organised a proper race director and the race becomes official. As a Fat Ass event it will never have widespread appeal in Australia, let alone internationally. It has the potential to get big, the apex of Australian ultrarunning, in the same style as a Spartathlon or Western States. Mum has ruled herself out of crewing next year, so I'll need a few people who are prepared to be a lot harder on me than she was, won't let me sleep and will push me back onto the trail if I spend too long at the car.

And I need to really do some work on my blister strategy, although I think in this case most of my problems were caused by the constant wet of the first day. Even when it wasn't raining, it was too humid for my socks and shoes to dry out.

Super Series Events

Event 3) 10th Apr - Canberra Marathon
Event 4) 22nd May - SMH Half

Phone 800 555 514 or halfmarathon@smh.com.au

Event 5) 26th June - Woodford - Glenbrook

Yvette Nehme, Ph 02 9689 8124 Email: yvetten@careflight.org

Or 3rd July Gold Coast Marathon
www.goldcoastmarathon.com.au

Event 6) July - TBA

Event 7) 14th Aug - City to Surf

Event 8) 21st Aug - Willy to Billy

Event 9) 11 Sep - Sydney 10k/Half/Marathon

Event 10) 16th (?) Oct - Internal Half

The July Super Series event is yet to be selected, with the shortlist of Cherrybrook 12k or the Sutherland to Surf 11k - decision soon.

Cool Running - 'The Kevies'

The influential and popular running web site, www.coolrunning.com.au released its 2004 Annual Awards, affectionately known as 'The Kevies' in honour of the site's founder, Strider Kevin Tiller. Voting amongst its 3000+ members nationally honoured Striders with 'Best Running Club' and 'Best 10k' for our Lane Cove event. Other awards included Strider David Criniti as 'Most Accomplished Athlete' and joint winner of 'Most Inspirational Runner'. The Edgecliffe Running Centre, sponsors of the Strider 10k Series, was voted as CR's Favourite Running Shop and CR's 'Ambassador of the Year' was our very own Stephen 'Action' Jackson. Oh, and 'Most Essential Running Accessory' was a Cool Running cap (presumably with a Strider's singlet).

Uniforms at STaRs

Karin and Darren Kaehne are bringing a good selection of Striders uniforms, in most sizes, to STaRs for people to view and try on to get the right sizing. They have order forms available which people can fill out and they will deliver them to Gavin to fill any orders.

SEA, SURF, SPECTACULAR SCENERY AND A SUBWAY – MIDDLE EARTH MAGIC

The 33K NZ Abel Tasman Coastal Classic Run – Saturday 11th Sept 04

By Rick Collins



Mountains to the sea – beach to beach - spectacular

On 9th September Max McGown and Striders Lesley Maher, Lorraine Spanton, Deirdre Stewart, and Rick Collins headed for New Zealand after entering the Abel Tasman Coastal Classic run through the Abel Tasman National Park at the very top of the South Island. We had Lindsay Maher and Anna Vinson as a support crew.



All aboard - ready to launch

What a start – straight out of a movie script. We were all loaded onto about 20 high-speed ocean-going water taxis at Marahau and rocketed out to sea for the hour's journey around the coastline to a beach at Awaroa. The boats powered hard through the high swell, leaping out of the water as they raced each other along the way. We even stopped to see some seals basking on the rocks in the early morning sunshine.

Embarking the craft was very efficient – they were



The great ocean race

neatly lined up on trailers being towed by a fleet of tractors that gently lowered the boats into the water. Disembarkation was a real surprise. Because we were getting off at a beach, the boats could only reverse in towards the beach so far before we all had to jump off and try and beat the surf into shore. Some only got wet up to their knees and others were swamped by the incoming waves crashing into shore. Top marks to Deirdre and Lorraine for thinking, as they quickly worked out the best way not to get their clothes wet. This disembarkation caused a lot of panic and a lot of laughs, however we all made it ashore and headed off for the 300 metre walk along the sand to the National Parks building at the starting area.



The dash to shore – beat the breakers

The organizers, the Wakatu Nelson Striders, had stipulated compulsory gear to be worn or carried (a National Parks requirement). Everyone had to carry a pack with a survival blanket, a windproof jacket and polypropylene hat, gloves and top just in case



The Pasta Party – race numbers – ready to go

the weather turned. However the temperature was about 14 degrees and we ran in just shorts and a singlet. We had sunshine on and off all the way with a few light showers. Perfect running conditions.



Another beach run

The scenery along the way was spectacular. It is difficult to describe the beauty of the white sandy beaches, the silver streams, the towering rainforest trees, undergrowth and tree ferns, the timber footbridges and boardwalks, the many cascading waterfalls, the weaving bush tracks and the birdlife. We were in middle earth country – a magical mix of natural beauty continually opening up to welcome us.

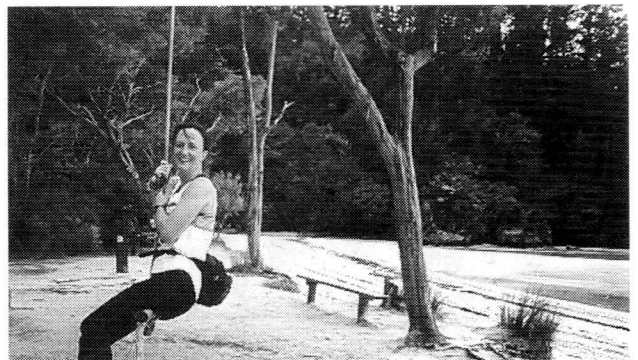


Anyone for leapfrog ?



On the track at 18K – just 15 minutes to go (not)

The track was constantly up and over the high ridges and then back down to the beaches. The water station crews set up by boat at Tonga Bay, Bark Bay and Torrent Bay. After we passed a water stop they packed up and raced by boat to the next stop setting up in time to greet us on the beach as we arrived. Only five runners at a time were allowed on the long, swaying Falls River suspension bridge where the views were unbelievable (if you were game to look down). We only got lost twice and after over 4 hours of running and sightseeing (and trying to get Deirdre to stop playing on the rope swings) we arrived at the finish exhilarated by our experience. Subways, muffins, coffee, tea and drinks were laid on as we all sat around chatting with the other runners and reliving our experience. It has a hard hilly run and we were certainly glad to finally reach the finish after being told numerous times along the way that there was only about 15 minutes to go – a typical NZ sense of humour. After our 36K Mt. Wilson to Bilpin run last month we now never want to see another hill – ever!



At 23K – c'mon Deirdre

On the Friday night the organizers provided a Pasta Party at the local Riwaka Hotel, a cosy small country pub where they had set up race headquarters. There we received our race numbers etc. and then on the



The whirlwind – follow who ? Which way?

Saturday night they provided a dinner back at the hotel for prize giving and to give out the many lucky entry prizes (of which we won some). It all seemed like a dream – starting off at the pub, the next day experiencing a 33km run through middle earth and then ending up back at the pub to celebrate.

We had initially arrived in Christchurch on Thursday 9th. We then hired some cars and armed with car-to-car walkie-talkies drove up to Nelson for the run on Saturday 11th. We then spent the next six days touring the South Island venturing as far South as Milford Sound where we took a ferry cruise through the huge escarpments, fjords and waterfalls set in the misty backdrop of nature's arctic wonderland. We learnt that Milton Sound is not a sound, it is a fjord (just to show you that we arrived back in Australia with more knowledge than when we left). We also stayed at the Fox Glacier where we explored the glacier with its many streams from the melting ice. After a great time eating too much, stopping at numerous coffee shops along the way, stopping at the odd pub or two and taking in the beautiful NZ countryside we arrived back at Christchurch for some full on culture. We explored the Art Museum and the many arts and craft complexes that were all



At the finish – exhausted – where's the food ?
within walking distance to our hotel. We arrived

home on Saturday 18th feeling rested, exhausted, cultured and overfed. Our next venture – who knows – the Bowan Island coffee is already starting to bite so we could end up anywhere – watch this space!.



Another happy hour – Christchurch Irish Pub

Roll of Honour

The following had anniversaries of membership:

20 years

Phil Garvin Ian Whitfield Dick Bartlett
Wayne McCarthy Christopher Dwyer

15 years

Godfrey Franz Gary Leahey Marlies Laaper

10 years

Michael Bailey Phil Kennedy
Margaret White Amanda Taylor
John Shepherd

5 Years

Ron Schwebel	Paul Jackson	Tracey Love
Mary Stringer	Roger Casey	Mercy Samia
Brian O'Dea	John Kerr	Elizabeth Taylor
Helen Wilson	Steven Norden	Gill Cavenagh
Gregory Mackay	Graham Sharp	Greg Donovan
Peter Cremen	Andrew Horsley	
John van Yzendoorn		

Inaugural Fatass 'Coast to Kosci' Ultramarathon

The Support Crew View

By Richard Peacock

So you hate:

- hilly courses
- courses that rise in elevation
- running in the dark
- missing out on a bit of sleep here and there
- having a disrupted eating schedule
- travelling long distances for the start of runs
- starting your run at 5:30am and not finishing until at best 9:03pm the next day
- no marshals or water stops on an un-signposted course

Then spare a thought for the runners who:

- set out from Twofold Bay (near Eden on the NSW South Coast) on December 10, 2004:
- ran roughly 245 kilometres to the top of Mt Kosciuszko (i.e. the top of Australia) on the inaugural Fatass 'Coast to Kosci' Ultramarathon
- experienced an overall elevation rise of 2,228 metres
- rarely had a downhill leg
- took at best 39.5 tiring hours to complete the effort.

This year the four runners involved were **Paul Every, Sean Greenhill, Jan Hermann and Lawrence Mead.**

Along the way, the runners and crews came upon:

- believe it or not, a whole two intrepid supporters greeting the runners
- a savage attack from a wounded magpie and a brush with a small wallaby for one of the support cars (no-one injured, including the wallaby)
- the odd dog standoff even in the middle-of-nowhere
- lots of tremendous Aussie wildlife including lyrebirds, goannas, snakes, kangaroos, galahs, red-tailed black cockatoos, helping slightly to relieve the monotony

- the inevitable blisters, tired muscles and self-doubts.

Finally, Paul and Jan arrived at the top of Kosci close together to be greeted by a couple of mid-summer snow drifts partially, but not entirely, blocking their way. Then on the way down as the sun set, a fierce hailstorm accompanied them on their 9 kilometre trek back to the comfort of cars. Paul and Jan completed the 'formal' end of the run back at Charlotte Pass for a fitting dead-heat. Sean soldiered on through another night and finished a little behind these two.

Lawrence's woes actually started early. After leaving straight from a night shift at Concord Hospital his 4WD lost brakes in Berry and limped into Nowra for future repairs followed by a hastily organized bus ride to Eden and a late arrival into Twofold Bay. He then unfortunately injured his knee part way through the event and could not finish the run, but was there to greet the others as they finished their effort.

Three finishers out of four is an impressive effort on a run of this magnitude.

Apart from the hailstorm, no-one could really complain too much about the weather though. The preliminary weather forecasts were for rain most of the way and the day before the run lightning struck the huts in Twofold Bay, started a LPG fire and took out most of the electricals.

By the way, for good measure, Paul Every completed the Canberra Half Ironman Triathlon the next day after less than 4 hours sleep and an early morning drive from Jindabyne to Canberra.

In case you're wondering, the idea for the race came from disappointment that the Trans Australia race a few years back did not include the run to the top of Kosci as originally scheduled.

Depending upon the organizer's motivation level next year, perhaps you might like to consider doing the event yourself??? Alternatively, you might care to see your shrink and be treated in some other way for your condition.

Athletics NSW Events

From Richard Sarkies

Track Results

Well folks, due to B & B (that's Business and Baby, make that Boy now – one year old in a few weeks) time constraints, I reluctantly hand over the job to the very competent Chris Truscott (who will organise teams) and recent superstar on the international scene, Glenn Guzzo (who will attend to the admin, i.e. register all athletes etc).

It's been great to get the Striders going in the Athletics NSW events and Chris and Glenn will keep the ball well and truly rolling if early indications continue. They have already rounded up some new faces. I'll still be competing, time permitting, hoping to continue our team success in these events. And do my darned best to make it onto the team ahead of the evergreen Keith Bateman.

Some fantastic results this summer, with Glenn Guzzo the Strider's first Male Open State Champion and Keith picking up a swag of medals as per last season, the highlight undoubtedly his 15:48 5000m (yes, that's right it's not a printing error). Martin Matthews, another regular performer also pulled off some excellent runs, his highlight a huge PB of 34:24 in the 10000m in the State title.

Caroline Yarnell scored a victory in the State Masters 2k Steeplechase, a brutal event, and in the State 10000m, whilst hubby Tony Wong scored a silver in the Men's Steeplechase. Ron Schwebel also picked up a gold in the 50-54 State 10000m in a fine time of 37:35

8th January 10000 Meter Run State Open Men

Martin Matthews	34:24.91(PB)	29&Under 9th
Keith Bateman	34:32.00(PB)	2nd 45-49
Richard Sarkies	35:00.41	3rd 35-39
Ron Schwebel	37:35.71	1st 50-54

Women

Caroline Yarnell	42:08.96	1st 40-44
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15th January, Men 3000 Meter Run State Open,

Glen Guzzo	8:25.39	4th
Keith Bateman	9:19.58 (PB)	17th
Martin Matthews	9:29	19th

3rd February State 5,000m Homebush

Glen Guzzo	14:21.16	1st outright
Keith Bateman	15:49.90(PB)	30th
Raymond Wareham	15:58	
Martin Matthews	16:46	38th

27th Feb State Masters

Steeplechase

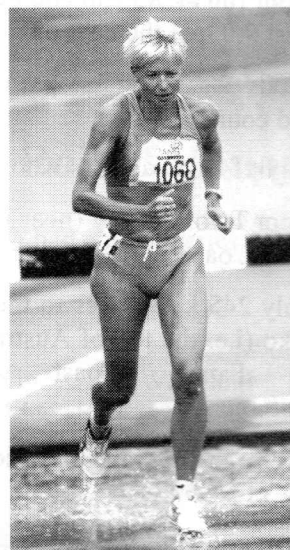
Caroline Yarnell	8:55.08	1st
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3000 Meter Steeplechase

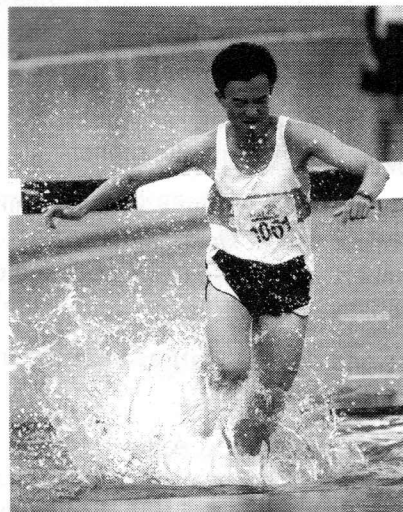
Anthony Wong	11:37.69	2nd
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1500m 45+

Keith Bateman 4:14.19 (PB) 1st and State Record



His'n'ers photos from the steeplechase water-jump. Above Caroline Yarnell, below husband Tony Wong found the tide had come in for the men's race.



Running Into Aging?

By Randy Brophy

Feeling a little slower in your forties? If you run a 3:45 marathon at age 35, what can you expect at 45? How much should you expect to slow down as you grow older? The answers may surprise you.

Two statements are not surprising: all runners can expect to slow down over time. And everybody will stop running, at some time. OK, that's the bad news.

The good news is that ageing-related performance decline is rather gradual, and performance decline for you may have more to do with other, more controllable factors.

A 'fair' piece of research in this area came from a Dr. Ray Fair (an economist) who compiled the results of the world's fastest runners at a wide range of ages and published the results in a 2002 research paper. Additionally, since the late 1980s, World Masters Athletics has maintained a handicapping system which can predict performance change over time. The New York Road Runners Club (which organises the New York City Marathon) offers on its Web site a table based on this handicap system.

Dr. Fair's tables appear below.

Marathon

Age Factor

35	1.000	49	1.091	63	1.202
36	1.006	50	1.098	64	1.216
37	1.013	51	1.105	65	1.232
38	1.019	52	1.112	66	1.249
39	1.025	53	1.119	67	1.269
40	1.032	54	1.126	68	1.290
41	1.038	55	1.133	69	1.313
42	1.045	56	1.140	70	1.338
43	1.051	57	1.147	71	1.365
44	1.058	58	1.154	72	1.395
45	1.064	59	1.161	73	1.427
46	1.071	60	1.169	74	1.462
47	1.078	61	1.178	75	1.499
48	1.084	62	1.189	76	1.538

Sprint: 400m - 10K

Age Factor

35	1.000	49	1.120	63	1.260
36	1.008	50	1.129	64	1.273

37	1.016	51	1.138	65	1.288
38	1.025	52	1.147	66	1.303
39	1.033	53	1.156	67	1.319
40	1.041	54	1.166	68	1.337
41	1.050	55	1.175	69	1.355
42	1.058	56	1.185	70	1.374
43	1.067	57	1.194	71	1.395
44	1.075	58	1.204	72	1.416
45	1.084	59	1.214	73	1.439
46	1.093	60	1.224	74	1.463
47	1.102	61	1.235	75	1.488
48	1.111	62	1.247	76	1.515

To predict your current expected time for a distance you ran previously, multiply your time (in minutes) by the factor for your current age, divided by the factor corresponding to the age you were when you ran that time. The result will be your predicted time for today's race in minutes.

For example, I could comfortably run the San Diego marathon in 2:58:30 when I was 42. If I went back to run it this year at age 46 I could expect

$$178.5 \text{ minutes} \times 1.071 / 1.045 = 182.94$$

which is 3:02:56...or perhaps a less comfortable attempt at breaking 3 hours.

Did you PB at 39:58 in the 10K in 1992 when you were age 36? That same level of effort now at age 50 would get you to 44:44 now. So don't beat yourself up, unless you're running it ten minutes slower and blaming age for the slowdown.

Body weight can play a huge role (Drop just a couple of kgs and you could drop a minute off that 10K time.) So can lifestyle stress (having children, a tougher career turn), diet (steady or frequent alcohol intake will increase body fat), or cross-training activity (working on your core muscles such as abs will improve race times).

You can't do anything about age except increase it (you don't want to consider the alternative), but you can do something about diet, stress, lifestyle and training. So let's get going; we aren't getting any younger.

Hong Kong Marathon – Where the concrete meets the sea

By Glenn Guzzo

Preparation

After preparing solidly for the Melbourne Marathon the previous October and not being able to run it due to getting the flu the night before, the hardest thing was initial motivation, knowing my next marathon would be in Hong Kong in February. Motivation for me comes by setting a program on paper and putting it on the fridge, so it's always in front of you. This is something that I have done and will always do. However, it took until at least December to get into full gear. That, and the fact that I was going to Falls Creek to train with some local superstars. I had to get cracking.

Averaging over 180 km per week over 16 weeks and knowing that I had good speed in lead-up races, I was looking forward to a fast race. I never raced anything over 10km in the lead-up, other than the Equaliser. I believe it is important to get those 5 and 10km times down, otherwise it will be very difficult to break your PBs in longer events. I was able to smash my 5k and 10k PBs which meant it should just be a tick in the box to break my Marathon PB. To carry out this task, I needed a good race strategy, execution and God's will.

Arriving in Hong Kong with my fiancée Farah, we found a polluted and humid downtown Kowloon. Pre-race running involved dodging pedestrian traffic around city blocks. The local map had plenty of green icons which they called parks. Most of them resembled Martin Place more than a park. The race hotel was ideal in that it was right in front of the start line and I could stretch in the hotel fitness centre right up to 15 minutes before the race. I had the opportunity to hear about the course from 'Dr. Pep' aka Richard Sarkies, before I arrived. After a guided course tour my suspicions were confirmed. Dead boring freeway running, no spectator vantage points and the potential for being blown away by the wind. All in all there are three turnaround points, two harbour bridge crossings, up and back, and four tunnels. At least I have a good imagination of people cheering for me.

The Race

Woke up to a relatively cool and windy day, where even the high relative humidity would not make a big difference. After the start, I found myself in the

clear, looking around after running the first km in 3:20, thinking that I was just jogging and the chasing pack a good 30 metres behind. They eventually caught me and it felt like I was waiting for them, but I knew they were being cagey. I was also worried about running the whole race by myself, not knowing which way the wind was blowing out there. After going through with the pack to 5km in 17:05, I did some quick sums and knew that I need to break 16:30 each 5km to beat 2:20.

Then without even thinking about it, I just powered ahead and realized that I had dropped all but one other runner. Clocking 15:39, 15:39, through to 15km in 48:23, we were joined by two other Kenyans and a Japanese runner.

Just before the first turnaround point two Kenyans (number 11 and 13) surged and they were clear. I knew at this point the wind would be a fierce headwind and I sat in. Through halfway in 67:43, I knew I just had to hold form all the way to the line. The group became four, with the leader in the clear by 100-200 metres. At this stage it was a pure waiting game, and I was not willing to be at the front and pushing the pace as we were still running sub 16minute 5km splits into a fierce head wind. Then at about 30km a Zimbabwean runner came from behind the pack and we all split up. I dropped off the back and into 6th place. The rain came bucketing down and still into a headwind. At 34km heading into the Western Harbour tunnel to Hong Kong Island, I felt good on the dry ground, running down then up the hill, and realized I could catch the rest of the runners, especially on the uphill. At about 40km I had the 3rd placed runner in sight and he looked tired. At 41km I had passed him and had a few metres on him, trying to increase it, so that he wouldn't kick on me. However, that was not good enough as he passed me and I had lost all form. I just couldn't beat the bugger. At least he was happy to beat an Aussie.

Post Race

Being absolutely stoked with my result (2:17.33, 4th place), I couldn't stop the smile on my face, but there was a small lingering pain of not getting 3rd. Oh well, I am only an amateur compared to these Kenyans. Maybe I can do this full time and still live in Sydney? Yeah, right!

What I think went right?

- Diet Change – Off traditional cereals onto light muesli and fat-free natural yoghurt. No coffee, minimal tea and soft drink. No chips and staying away from as much processed food as possible.
- Altitude training – for 2 weeks, made an impact on my muscle endurance for a number of weeks afterwards. Will hopefully be able to do this again.
- Was strong over hills, all those long runs at Ourimbah.
- Not sure about this, but did a late carbo load, beginning Friday morning for a Sunday morning race. Never had that bloated feeling.

What went wrong?

- Too much fibre in diet before race (i.e. too much tomato sauce in pasta), 5 second poo stop at about 32km may have cost me 3rd place.
- Lost all form in sprint for line, basically forgot to breathe and relax.

What next?

Berlin September 2005, sub 2:15? Big thanks to all those Striders that helped me reach my PB - Chris Truscott, Darren Benson and Dave Criniti.

President's Column

Growing, onward

It wasn't that long ago when 35 minutes would win a 10k race, and there would only be 70 or so entrants. Fifty used to be a big STaR and anything under 3 hours would put you in the running to win the club marathon championship. The Equaliser only had ten people under 60 minutes, and we were chuffed at getting 60 to the Awards night. For a short time there we were technically broke. My, my, how times have changed. Over 500 members, and it is only early April. Over 300 at the 10k, and we expect 200 at the Awards night – at STaR City no less! Isn't it marvellous that they named the casino after our Sunday run? We are financially solid, we have a strong membership base, the quality of the faster

runners is right up there – we have the current Australian Ladies Marathon Champion (Jenny Wickham) and the runner up in the Australian Men's Marathon Championship (Darren Benson), a whole host of debut marathoners in the Marathon Training Group and 13 Striders at the Ironman distance triathlon last weekend (3.8k swim, 180k bike, 42.2k run).

With growth comes challenges, but Striders are pretty darn good at overcoming obstacles. We are running into problems with the size of the 10k field – existing courses just can't cope. The STaRs on Sundays are becoming mobile green and white road blocks with over 100 turning out regardless of weather. Managing 500+ runners is proving to be a challenge, and Striders is certainly in the limelight now – with various sporting and charitable organisations seeking our advice, assistance, time, and often money.

So, where to from here? A good question, and one that has often been asked in the past, but never from such a strong position. I don't think we want to change too much, and whilst suggestions of expansion and commercialisation come up regularly, I am strongly of the belief that runners join Striders to run – not to duplicate their professional expertise in another arena. There is no doubt that within the Striders membership there are stellar performers in most fields of professional and skilled endeavour, but for most, running is the outlet to escape the daily grind.

Therefore it seems the best path is to continue doing what we are doing, perhaps tuning and tidying around the edges, and possibly introducing new ideas after due consideration and discussion. Some of you have contributed in thought and deed, many are along for the ride. Your ideas are most welcome, as is the pleasure of your continued membership.

Stride on,
Stephen

PS – as you read this Megan and I are climbing a mountain in the Himalaya. I plan to bring back a photo of a Striders singlet with Mt Everest in the background. Many of you travel the world – why not bring back a photo of the infamous Striders singlet in strange and wonderful places?

Bogong to Hotham 2005 Race Report

By Philip Murphy



The summit of Mt Hotham. Back L-R, Dave Byrnes, Striders Dave Criniti and Phil Murphy, Martin Fryer, Jan Herrmann. Front - Paul Every, Ian Wright, Vanessa.

Everyone I have spoken to who has run this race was blown away by its toughness, spectacular terrain and its lure. So when deciding whether I would front up for the Gosford Coastal Classic 12hr track meet or this race, the decision was easy (also thanks to some friendly coercion from a certain Mr Greenhill). This is the race for any aspiring ultra runner, 64kms of some of Australia's finest Alpine trail running.

I was not alone. Three other Sydney runners decided they wanted to taste this Alpine Classic - three of the finest ultra runners in Australia, Paul Every, Dave Criniti and Jan Herrmann. We were all excited at the prospect of our first bash at B2H. It surprised me that the 'Everyman' had not run it before, given his resume! We met up with Canberrians Ian Wright and Martin Fryer, both seasoned B2H veterans, and Rudi Kinschoffer, a multiple B2H finisher. Pizza, pasta and a couple of beers later we were deep into race tactic talk, gear to take, snakes to avoid etc. The tips we got from our Canberrian friends were most insightful. The B2H virgins were ready!

My training up until now was good but not particularly geared for B2H (I had intended doing the Gosford Coastal Classic). So about seven weeks before, I got some weekends at the Quarry Track in Sydney for a good hilly workout. I was doing STaRs quite often and they are always good hill workouts. I was averaging around 80-90km per week with some biking and swimming too. Not a great deal, but

quality was good with speed sessions twice a week. Still, I had no idea whether I could make the cutoff or not; 34km in 5.5 hrs looks easy on paper but from all reports it's bloody tough and if you're not in around 5hr Six Foot Track shape you can forget it. I ran 5:02 last year, so maybe?

With an average of 20-odd starters most years and less than half the field making the cut-off I had good reason to be nervous. At dinner we spoke about this and other things like the possibility of losing the trail (it happens), where to watch out for track diversions and aid stations (or lack thereof). After dinner I think I was actually more anxious than before!

Race morning was cool and fresh, with the wonderful smell of Alpine air, as we gathered at Mountain Creek Campground for the start. The place was a-buzz with runners tending to last minute duties. There was a wonderful campfire right next to the registration tent, very welcoming. Weather forecast for the day was good with temps in the low 20s. Race director Mike Grayling gave a speech, presented us all with a tin of chocolate chip cookies and sent us on our way at 6:20ish.

Two km of flat 4wd track crossing a creek a few times and then the big climb up Staircase Spur and Mt Bogong. I had the splits that Sean Greenhill got during his 2003 venture. He made it to the summit in 1:45 and ended up getting to Langford Gap and the halfway point in 5:17. I figured his splits would be useful for me (they were, thanks Sean). Dave, Martin and Ian pulled away quickly and I didn't see them again until the finish. I hung back with Paul and Jan making steady progress up the mountain. Jan pulled away as he does on hills; he's such a strong climber.

Paul wanted to be as fresh as possible at the top of Mt Nelse so he was backing off a little with the intention of running a faster second half. This was good as he paced me to the summit. In any case I figured staying with Paul was a good idea as there was no way he was gonna miss the cutoff! We reeled in Jan at the track diversion to the summit cairn, arriving there together after 1:40. Man, how good was it at the top; awesome views above the tree-line; I was in heaven. My GPS gave a reading of 1991m above sea-level (ASL) not bad considering we were at 1986m. We stopped for a photo and a chat to the volunteers.

The next few km to Cleve Cole Hut made for great running, we were flying along, it was nice to stride out after the long slog up Bogong. We passed my Sydney Trailwalker teammate from last year, John Lindsay, who got away an hour earlier than us. He was moving along quite well, looking comfortable.

We reached Cleve Cole Hut where I stopped and filled my Camelbak. I had drunk quite a bit on the climb up and was glad to have a good 1.5ltrs in the pack. Jan didn't stop and set off for Madison Hut before me. I tried to catch up as the running was good here, but he was flying along in the direction of T-Spur. Didn't bother stopping at Madison Hut, the volunteers got my number and pointed me in the right direction. When I reached T-Spur I could see what all the fuss was regarding getting lost here and finding it difficult to find the track down to Big River. Luckily for us this year the Bushwalkers Club had very generously attached pink tape along the track, making navigation a lot easier. The descent here is brutal and my quads were getting smashed. I really wanted to fly down this spur but the terrain just wouldn't allow it. There was lots of bark lying across the track which almost tripped me up a few times. Then there is the view across the River to Duane Spur. My God, we have to climb that too! The recent bush fires had left an unobstructed view of the climb up Mt Nelse on the other side.

The sound of flowing water signalled the arrival of Big River. It was 2:57 into the run, still just ahead of splits. Jan was perched on a rock filling his water bottle. I borrowed his bottle to fill my Camelbak, almost losing the cap as it fell into the river. The water is crystal clear and so refreshing here; not many places left where it's so good. I quickly ate a tub of rice pudding before making our way to the crossing. There is a huge fallen tree lying across the river, which enabled a dry crossing. We were thankful, as running up Duane Spur with wet shoes would have been nasty. Going up Duane Spur is when I started to struggle a bit; I managed to stay with Jan for a while but started to fall off as the climb took its toll. I was sweating heaps and stopped every 20 metres or so for a breather. The March flies liked my shoes so much they actually started biting me through the mesh! Luckily I had applied a thick layer of Bushman's bug repellent, loaded with Deet to my legs, arms and neck. It seemed to be working, as they were not interested in my skin. Onward and upward. I was passed along this section as I tried to get a stride happening. Finally reaching the top, passing a burnt-out Ropers Hut, where the trail levelled out. Normally there's water available here

but not this year. From here the running was good again but I was stuffed after the two climbs. I caught up to Jan again figuring I would need to stay with someone to make the cutoff. Paul, who had dropped off the pace earlier, now came screaming up from behind looking extremely comfortable.

We were together now, running above the treeline and then dropping towards Watchbed Creek, Pole 739 and the track diversion skirting Marm Point. At this point Jan and Paul pulled away from me. The terrain was real good and the slight undulations made for good running. Shame I couldn't get it together, I was struggling big time here. I went through a bit of a dark patch with negative thoughts going through my head, "If I don't stay with these guys I will struggle to make the cutoff" etc. They were a good 400mtrs ahead now and I had to dig deep. If I start the run/walk thing here that's it, I'm stuffed. Somehow I got myself together and increased my pace. I caught up to Paul just after the diversion. He had pulled up again to drink from a creek; I was rapt to be back with them. We only had a few more kms to go and we would be at Langford Gap. Meanwhile, I caught Jan a short while later at the bridge crossing. Paul then caught up as Jan and I double-checked our maps and the three of us set off for Langford Gap. Looking at the time, we reckoned we should be right but the further we ran the more worried we got. My GPS was telling me 34km. So where's the halfway point? We followed a winding trail further. Paul muttered, "Any of you guys getting worried yet?". We looked at each other and put in a mini-surge until finally the halfway point was in sight. 5:23, with only seven minutes to spare. I was rooted. We sat down for a quick breather. Paul only stopped briefly. Our drop bags were there, I applied more bug repellent and sun cream, grabbed some oranges and bananas, and wolfed down another tub of rice while Mike Grayling generously filled my pack. He asked if I was continuing, I replied, "You bet, I wasn't busting my ass to get here and not continue". He smiled and said, "Good onya". Jan was having his customary bottle of beer when Mike exclaimed, "You guys better get going". So after a good 10 mins there (which we needed) we set off along the Aqueduct.

This next section is flat and winds its way along the Aqueduct for a few kms. I was struggling to get into a rhythm again, the effort to make the cutoff taking its toll. Jan was behind (having left Langford Gap just behind me) and I started the dreaded snow-pole-counting-thing. Each snow pole is approximately 40 metres to the next, so maths is pretty easy. They are

all numbered, counting down to Mt Hotham. I passed the Wallace Gap turn-off and the Rovers Hut, which is a huge modern hut (with solar panels) in the middle of nowhere. Strange, I thought. Luckily for me Jan was behind as I missed the turn off the 4-wheel drive track for Cope Hut. We arrived there together after stopping briefly for some water.

The Bogong High Plains loomed now and the terrain is, well, awful. A rut in the ground next to the snow pole line that is difficult to stay in, as it's so narrow. My hips were beginning to hurt from the constant "cat-walk" style running. Every now and again I meandered out onto the uneven grass. We passed the SEC hut and Aqueduct junction before heading off for Pole 333 and the turn south for home. Running was sporadic along these high plains and with hindsight we could make up a lot of time here if we didn't walk; easier said than done however. It reminded me of the slog along Black Range at Six Foot. As we approached Pole 333 there was a flock of crows to the south going off near Mt Jim making a right old racket. We figured it was because of the magnetic anomaly that occurs there (?)

We reached Pole 333 and sat down for a bit, chatting with the two volunteers there. They were great, giving us oranges and fruitcake. We were the last runners through, but they would have to wait until we got to the next checkpoint before they could pack up and go. A big commitment from these guys, big thanks to everyone who got out there to help out.

Feeling refreshed now we set off south along the Alpine Walking Track to Pole 267. A right turn heading west/southwest for the drop down to Cobungra Gap. The trail drops steeply here and I was beginning to develop a hot spot under the ball of my right foot from the constant braking effort. Again the terrain was all broken up with loose rocks everywhere. How the faster guys hurtle along here without doing an ankle defies belief. I stopped briefly to tighten my shoelaces, as my feet were moving around too much.

Cobungra Gap was beautiful, lush and green. The volunteer at Dibbin Hut was a cheerful bloke. He'd had a long day out there. We made our way straight to the Cobungra River for some refreshment and topped up our water supplies. Again the water here was so good I wanted to jump in.

And so the slog up Swindlers Spur was upon us. I actually got a second wind here and started to feel

real good. This has happened to me the last few ultras I've run. I could get used to that! The weather was closing in now with winds freshening and some ominous-looking clouds about. I started to pull away from Jan here (yes, on a hill!) and when I reached the top quickly got back into a good rhythm again. I arrived at Derrick Hut and just ran straight up the rise to Mount Loch. I was beginning to think the end is nigh! I looked back the switchback to see if I could spot Jan but he was nowhere to be seen.

Into double-digit pole numbers now, it was count-down time. I knew from the map that Pole 60 was where the T-Intersection was and the final turn towards Mount Loch Car Park. I looked at my watch and started thinking a sub 10hr finish was on the cards! Let's see. I could see the car park off in the distance but it seemed to take forever to get there. I stupidly followed the 4WD track to the car park when I should have stuck to the snow pole line; lost some time there. I then spotted a runner ahead and thought about trying to catch him until I realised I was running out of snow poles. I crossed the car park and ran along the bitumen road for a wee bit before following some red arrows to Mt Hotham Summit. As I hit the top of the hill I could see the finish line for the first time. Already there were most of the finishers, our race director and bus driver.

I almost teared up towards the end as the gathered runners clapped. It was a fantastic experience to finish this one. I stopped my watch in 10:02, just missing sub-10, but it didn't matter, finishing this race is achievement enough. Shortly after my arrival Jan came through looking really strong at the end. He surely would have caught me with another km.

We sat around sharing war stories for a while. Dave Criniti won at his first attempt in 7:50 and Martin and Ian both set huge PBs. Paul Every pulled up in 9:25ish looking like he could of gone the distance again!! A beer and a couple of photos later, we all bundled into the bus for the trip down the mountain.

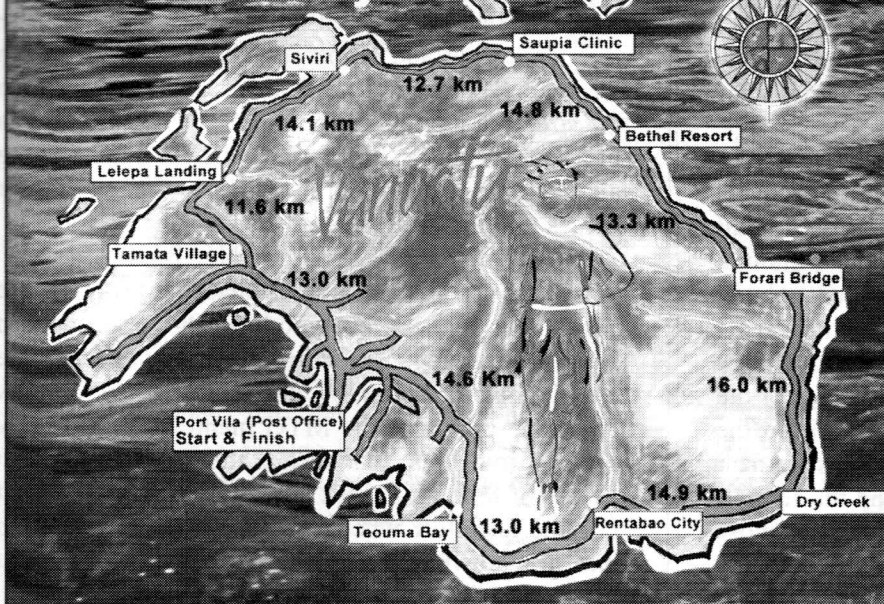
That night we gathered again at the pizza restaurant, sharing our experiences, all feeling pretty smug and proud of our achievements. This is without doubt the most gruelling and rewarding event I have done thus far. I totally recommend it to anyone considering it and will most definitely be back to break 10hours. Thanks to Mike Grayling and all the volunteers out there. We were blessed with wonderful weather and conditions.

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MARATHON TRAINING GROUP REPORT

2005 CANBERRA

By Jim Moody

I have now had the pleasure of being the MTG Coordinator for a couple of years, during which time I have met and run with some terrific new members of the club, as well as more experienced runners who have decided to move up to the longer distance or are coming back for another go after a layoff. Everybody who has run a Marathon knows the time and effort that you have to put in to complete what is, in reality, an extraordinary feat. This club tends to take running a Marathon for granted as a normal thing that you do. Go and talk to some of your non-running friends and see what they think about it, if you want to get a quick grip on reality.

As usual for this club the MTG is full of over-achievers, and the training that the group does is all accepted as an integral part of the package without a murmur. It never ceases to amaze me that nobody ever says, "I can't do this" or "I can't run that far". I must admit that on some of the first long runs there were a few agonized looks in the latter stages of the runs, but nobody ever gave up. In the blurb on the web site we talk about group support and as we near Marathon day the group closes ranks and the support they give each other is fantastic to see. For those experienced Marathoners among us, think back to your first steps down this path and the trepidation you felt as the first time drew near. It was Kevin O'Kane who first started the MTG in the Club and there are quite a number of us, me included, who would never have trodden this path (forgive the pun) if not for his foresight. For that we thank you Kevin.

For those who are unaware of what the MTG does we offer the opportunity of training for a Marathon from a 10 km base. We take about 28 weeks starting with 30 km per week and building over the time to a maximum of 85 km a week. We have two group runs, the Sunday STaR and the Wednesday evening run from Brett Park at Drummoyne at 5:45pm. The Wednesday evening run is now quite popular and we get quite a number of Club members who are well above the MTG's pace. On most Wednesday evenings there are about 25 of us out on the Bay.

The runners who make up each group give that particular MTG an independent personality that makes the training not only bearable but quite a lot of fun, and the group training for Canberra this year

is no different.

This group has an unusual personality, they are all comedians. We have Louis, who runs behind you, bangs a parking sign with his hand, yells out and holds his head as you turn to see what the noise was; John, who insists on doing push-ups at the drink stops; Katherine, who gives lip to anybody who happens to pass, the 6:20 group, including her husband Ben, being the usual target. It all makes the runs enjoyable and helps pass the hours we are on the road. The general noise level as we run through the streets at ungodly hours must leave some suburbs in a state of shock; 20 to 30 runners galloping along all talking (none of them listening) at the top of their voices is something to fear.

While we are not in the league (yet, anyway) of the sub-3 hour runners, everybody in the group puts in hours of training. The current weekly distance we are running is about 85 km and when you think about the pace that the MTG members run, usually about 6 min kms, that means they are spending in excess of 8 hours a week actually on their feet. That is quite an effort when you take into consideration that previously some of them would have thought that an hour out running was pushing the envelope.

The current MTG have been guinea pigs in some ways as we have extended some innovations that we began with the previous group. With Stephen Jackson's assistance we have attempted to vary the program to make it more interesting. We are doing hill reps and 1 km reps as well as the odd 400 metre reps on Wednesday evenings. This variation to the program has assisted in building strength and stamina for everybody. I must admit though that when I was away for a couple of weeks and the group were under Stephen's gentle ministrations the welcome on my return was quite enthusiastic. I have also spoken with Jo Cowan who has offered some training tips and some really good ideas that I hope we can incorporate for the new Sydney MTG that is just starting.

One of the great things about runners is their generosity, when we run around the Bay on Wednesday evenings we are regularly joined by Ray James. Ray is not a Strider, however he will be

known to many of you through his involvement with the Sydney Marathon Clinic. Ray takes the time to run with us and spends part of each run with one of the group and passes on his knowledge and experience. Ray has run 64 Marathons and such advice is invaluable.

A number of people have commented on how strong this group is and I agree. They have been putting in the hard work necessary and will reap the rewards in Canberra. We are expecting to have 19 first-time Marathoners in Canberra. We have a couple out injured who will hopefully be back in time for Sydney (the Sydney MTG is already underway). Our plan is that we will run a 4 hr Marathon and to this end we will run a 3:58:00 pace group.

As a way of keeping the group's interest we have started a 'Blog' site where we record runs and post comments about what we are doing on a weekly basis, see <http://www.ssmtg.blogspot.com/>. If you want to be able to post comments on the site, send an email to MTG@sydneystriders.org.au.

The MTG has started a new group to train for the Sydney Marathon in September. The group will, as usual, be for those who have not previously run a Marathon or those coming back after a layoff. The target time will be between 4 and 4 ½ hours, the minimum we ask is that you currently run 10km in under 60 minutes and that you are a financial member of the club. For the first few weeks the group will be running with the 7:00 AM runners for 10 k and then building from there. Any interested runners or if you would like further info please email MTG@sydneystriders.org.au or phone 9888-9333.



MTG at the Bay training run

Blister 95 Credits

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

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New Members – Dec - March

Welcome to the Striders. We hope you get great enjoyment from your membership over many years, attain your running goals, make new friends and contribute to making the Club even better.

Samantha Brown
Cathlin Norris
Gillian Fox
Paul Bruning
Steve Fisher
Luigi Criniti
Craig Schlitter
Kim Harrison
Tony Grainger
Sharon Koster
Nigel Deed
Andrew Taylor
Nick Brewster
Ray Mahoney
Matt Dobbin
Martin Pluss
Jamie Blackie
John Carroll
Angela Etheridge
Peter Kingston
Ian Singer
Mark Langsworth
Danielle Langsworth
Martin Smith
Martin Dowson
Ernst Friedlaender
Brian Wallace
Melos Sulicich
Klas Johansson
Andrew Lennox

Stephen Laws
Richard Mullaney
Tim Furlan
Russell Johnson
Richard Crane
Alex James
Cathy Reesevans
Keith Broadfoot
Julie Allen
Rosie Southwood
Ewan Horsburgh
Richard Lane
James Jeffery
Carmelo Gallo
Lachlan Wolfers
Paul Davey
Sam Serisier
Phil Clarkson
Christopher Nobes
Kathryn Topp
David Knight
Emilie Paquin
Cameron Robertson
David Robinson
Tom Winder
Andrew Jackson
Leighsa Hill
Michael Hill
Penny Griffiths
Sue Hardwood

Greta Auricht
Lee Gire
Chris Graham
Michaela Holloway
Roger Cartwright
Jeremy Culver
Michael Childs
Klayten Smith
David Ellis
John Palmer
Caroline Foster
Shelley Howes
Cheryl Crawford
Andrew Rankine
Andrew Harrison
Mark Watson
Cathy Watson
Susan Login
Alastair Wallace
Matt Palmer
Sheena Leibowitz
Simon Wilson
Jo Fendly
James Ditzell
Corinne Russell
Holly Inglis
Craig Hilderbrand
Euan Callister
Christopher Hall
Martin Foulkes

Striders News

Our new (DAG) chip timing system has been working at all this year's 10k races. And very necessary with fields of over 300!

A new committee came in at the AGM. Retiring members were Jim Screen, Manfred Fiedler and Richard Sarkies. New members are Glenn Guzzo for Aths NSW Liaison and Richard Peacock for Internal Events. Assistants have been recruited for some positions to cope with the increasing workload of a growing club.

Sponsorship and uniforms sub-committees have been formed.

Note a new Striders mail address, PO Box R1227, Royal Exchange, Sydney NSW 1225.

Tsunami appeal - the club donated the entire proceeds of the 5th February 10k at Lane Cove River Park to the Tsunami Appeal.

The Awards night before the SMH Half is on Friday 20th May at the STaR City Casino Ballroom. This will also be the Striders 25th Anniversary Dinner. Pat Carroll, record holder for the SMH Half and 2:09 marathoner is the guest speaker. Tickets will be \$30 with the club subsidising a significant portion of the cost. Thanks to Joe Degabriele for the negotiations.

Carm's Ironman Western Australia Story, Dec 2004

By Carm Gallo

Well, I still cannot believe it. What an event, what a day. This was my first attempt at an Ironman and I began training for it in June. It was an extremely emotional day and will live in my memory forever.

I woke at 3:30am on race day and forced myself to eat a wholesome breakfast. Left for race start and got there by 4:50am. The atmosphere was amazing. It was everything I had been told and more. The anxiety that I had over the previous couple of days disappeared as I focused on making this a day to remember. I wanted to soak up every bit of it. While the national anthem was sung I had to crouch down and wipe the tears from my cheeks. This was truly special. The starter's gun went off and I was expecting to really struggle during the swim. It was extremely choppy but not really a problem. I exited the swim in 1hr 13mins.

After getting to T1 I realised I had not packed a towel to dry myself. No problem, as I used my cycle top for a quick wipe. I was off and cycling and trying to steady myself for a consistent cycle. Got plenty of nutrition down and was getting rid of salt water I had swallowed during the swim. Again, the feeling was surreal as I cycled down through the forest. This was Ironman! I continued to cycle to my plan of nice and steady and then bringing it home on the last lap. At the second drink station while attempting to pour a High5 into my jetstream, the lid came off the bidon and the High5 fell over my computer. I immediately lost all readings. No cadence and no speed. Really didn't make much difference as I felt I had done the hard work and that things would eventually come good. By the beginning of the 3rd lap the speed was now working and I was feeling awesome. I pushed on and as planned finished with my last lap being the fastest. The support along the cycle course was absolutely incredible. I actually took the time to thank many supporters and wished them a merry Xmas. I finished the cycle in 6hrs 18mins. The day was getting even better.

After a good conversation with the volunteers in T2 I began my run. I was still smiling as I thought about my run strategy. The plan was to run consistently and again bring it home stronger from 35K's. The first 2K's were a bit hard as I was really bloated from the numerous gels and litres of High5 and cola. After letting out some phenomenal burps I felt much

better and focused on settling into my race pace. I broke the race into chunks by focusing on the drink stations rather than the K signs. This made each step more achievable. It worked wonders. I had my first sight of the finishing tube while finishing my first lap. Even though I had two laps to go I had goose bumps and was extremely pumped. As I approached the 30K I began to feel the occasional twinge in my quads and slight spasm in my left arm. I continued to run as I felt excellent apart from this. From previous posts I had read that the last 2Ks are amazing as you can hear the music and feel the end. It was true. I felt invincible as I approached the last 3Ks. I picked up the pace and then I took a deep breath as I dug deep for the last K. That's when it hit me. I have only ever experienced it with the birth of my children. I completely lost control of my emotions. While running the last K I saw the huge crowd two or three deep before even getting near the finish chute. I was crying like a baby while giving high fives to anybody that was near. I suddenly turned left and the chute was there as I had dreamed about it hundreds of times before. This was it. If I was crying before, I cannot describe how I felt now. I slowed down and just screamed. Even typing this now I still have a tear in the eye and taking a deep gulp. My time had arrived. I was now an Ironman. I finished the run in 4hr 19mins.

My day had been perfect. It went exactly to plan. It was perfect. I can honestly say that at no time during the day did I feel I did not want to be there. The journey to Ironman had been long and hard. However, finishing an Ironman makes it all worthwhile. For now I will be taking it easy and spend time with my family. Without them it just wouldn't have been possible. That balance must be met. I hope to complete another Ironman in a year or two and this time have my family there when I finish. Take care everybody.

My total time was

11hrs 51mins 29secs.

Six Foot Track Results

Pl		Overall	Cat	Cat Pl	Sex Pl					
2	Chris Truscott	3:33:37.4	M3039	2	2	305	Mary Stringer	5:48:23.4	F4049	7 40
15	Tony Fattorini	4:06:05.0	M3039	8	14	307	Amanda Underwood	5:48:59.7	F2029	8 41
16	Chris Graham	4:07:04.2	M3039	9	15	315	Mark Langsworth	5:50:24.2	M4049	99 273
18	Richard Green	4:09:13.3	M2029	2	17	324	David Bray	5:53:21.6	M3039	114 281
19	David Martin	4:10:14.5	M3039	10	18	333	James Moody	5:55:37.3	M5059	40 288
21	Suzanne Kelly	4:15:00.5	F3039	1	2	351	Maria DiMarco	5:58:03.4	F2029	10 50
30	Andrew Taylor	4:23:25.5	M4049	5	27	379	Robin Cameron	6:05:41.4	F4049	13 55
32	Peter Truscott	4:24:11.5	M3039	18	29	383	Sam Serisier	6:06:32.9	M3039	128 327
39	Martin Dowson	4:27:51.8	M4049	8	36	392	Brendan Mason	6:10:13.5	M4049	123 334
42	Shaun Atchison	4:28:32.6	M3039	23	39	393	Jeff Morunga	6:10:18.0	M4049	124 335
43	Kelvin Marshall	4:29:27.3	M4049	9	40	397	Karin Kaehne	6:12:02.0	F3039	25 59
47	Dawn Tiller	4:32:34.4	F3039	3	4	403	Julie McGaw	6:13:14.3	F3039	27 61
48	Jaap Bakker	4:32:50.1	M3039	25	44	405	Roland Hassall	6:13:30.8	M3039	132 344
49	Peter Cremen	4:33:26.3	M4049	11	45	413	Eric Schmierer	6:16:08.8	M5059	53 349
71	Greg Coy	4:45:28.2	M4049	17	64	428	Martin Pluss	6:20:04.7	M4049	135 361
81	Andrew Lennox	4:49:11.3	M4049	20	74	436	Stephen Kibble	6:21:49.3	M4049	139 367
87	Stephen Jackson	4:50:51.1	M4049	23	79	437	Dougal Langusch	6:22:25.4	M2029	27 368
90	Sean Greenhill	4:51:25.1	M2029	9	82	458	Grahame Murphy	6:27:48.8	M5059	67 386
92	Philip Murphy	4:52:02.9	M3039	43	84	473	Fiona Nelson	6:32:03.9	F3039	31 74
93	John Bugg	4:52:09.9	M3039	44	85	484	Steve Fisher	6:35:48.6	M5059	76 406
103	Roger Casey	4:55:21.6	M4049	29	95	491	Kevin O'Kane	6:38:26.2	M5059	77 411
106	David Gayford	4:55:38.3	M4049	31	98	492	Sharon Callister	6:38:26.6	F4049	27 81
108	Elizabeth Edmonds	4:55:57.3	F4049	2	9	493	Virginia Ffitch	6:38:27.5	F3039	33 82
121	Peter Kingston	4:59:54.8	M4049	35	108	498	Mick McCarthy	6:39:22.7	M3039	148 415
123	Wayne Gregory	5:00:38.2	M4049	36	109	503	Vivienne Kartsounis	6:41:08.9	F4049	29 85
125	Chris Thompson	5:01:00.7	M4049	37	111	507	Allison Lilley	6:43:35.9	F3039	34 86
140	Mohammed Alkhub	5:07:00.0	M4049	45	124	516	Brian Ogilwy	6:48:28.3	M6069	10 429
141	Bill Flanagan	5:07:04.3	M4049	46	125	537	Lorraine Spanton	6:53:10.5	F5059	14 93
144	John Palmer	5:08:26.1	M5059	9	128	539	Brad Renshaw	6:53:45.4	M5059	89 446
147	Stephen Bodnar	5:09:52.7	M4049	47	131	542	David East	6:54:10.0	M4049	166 449
167	Ron Schwebel	5:16:20.6	M5059	12	148	545	Rick Collins	6:54:34.3	M6069	12 452
168	Mike Morrissey	5:17:06.9	M4049	49	149	555	Allan Wareham	6:55:59.7	M6069	14 461
169	Danielle Langsworth	5:17:15.5	F3039	11	20	559	Michael Bailey	6:58:59.3	M6069	15 464
176	James Cryer	5:18:49.1	M5059	15	154	562	Cameron Arnold	6:59:59.6	M2029	32 467
183	Craig Brown	5:20:25.9	M3039	70	159	568	John Singleton	7:06:03.2	M5059	98 472
197	Tony Grainger	5:25:22.3	M3039	74	171	578	Darryl Chrisp	7:19:28.0	M5059	101 480
198	Barry Rutter	5:25:32.5	M5059	20	172	583	Frank Dearn	7:54:20.8	M7079	1 485
203	Glenn Lockwood	5:26:48.5	M4049	56	176	888	Ian Singer	DNF	M4049	0 0
214	Phillip Jones	5:29:03.6	M4049	58	186	888	Ted Brailey	DNF	M6069	0 0
219	Malcolm Satchell	5:30:06.4	M5059	23	190	888	Warwick Selby	DNF	M5059	0 0
220	Adrian Spragg	5:30:12.5	M4049	62	191	Some outstanding performances including Chris Truscott 2nd overall in 3.33.37 (on debut); Suzanne Kelly 2nd female overall, 1st in her age category and 21st overall in 4.15.00 (also on debut); Dawn Tiller 4th female overall and 3rd in age category with 4.32.34; Elizabeth Edmonds 2nd in female 40-49 with 4.55.57.				
226	Craig Plumb	5:32:08.0	M4049	64	197					
240	Roger Cartwright	5:35:18.6	M3039	92	210					
241	Patrick Hodgins	5:35:19.1	M4049	71	211					
260	Jeremy Culver	5:39:18.6	M4049	79	228					
265	Tim Austin	5:40:05.8	M3039	98	231	Other outstanding debuts from Tony Fattorini (15th 4.06.05), David Martin (19th 4.10.14). Also Kelvin Marshall finished his 14th Six Foot, Kevin O'Kane				
290	Sebastian Warmerdam	5:46:19.6	M4049	91	254					
296	Martin Harris	5:47:08.6	M2029	23	260					
297	David King	5:47:38.8	M5059	34	261					

finished his 12th to collect his belt. 86 Striders finished and all performances contributed to the Striders retaining the Mob Run title. 37 Strider starters had not run Six Foot before and 36 finished!

Well done Peter and Rebecca Woods for setting up a refreshment table for runners near Caves Road. (GH)

Thanks to all those Striders who lined the course and offered their support, there is nothing like coming round the corner feeling absolutely stuffed and seeing friendly faces. (JM)

Race Director, Kevin Tiller wrote: I would like to chime in with my thanks to Striders for their help with the Six Foot Track Marathon. Although not an event put on by 'Striders' in name, it very definitely has Striders involved at every turn. I am a Strider and spend 3-4 months every year helping out. Most assistance came from Tom Silk, another Strider, who organised the purchase and shipment of the Cokes, race numbers, medals, buckles, baggage, bags etc. Striders treasurer Charles King is also the Six Foot cheque writer. Wayne and Bernie Gregory, Craig and Elise Brown were instrumental in setting up, organising and manning the check-in stand at the Edge Cinema on Friday. They passed the baton to Martin later that afternoon. Steve Jackson and Megan marked some of the course from the road crossing towards the end. Steve is also the guy that measured the course with such precision. Jim Moody helped sort out bus tickets with drivers at Jenolan Caves at 'sparrow's fart' on Saturday morning. Two of the three sweepers were Striders, Cameron Arnold and Darryl Chrisp. Richard Wassell spent most of the afternoon handing out medals. The entry forms and information books were printed by Strider Brad Renshaw. Over 2500 of them were stuffed by a whole host of Striders including Sean Greenhill, Elly Peters, Martin Harris, David Criniti, Gerry Arthur, Karin Kaehne and Truckie. And I am quite sure that many Striders will be involved in the future (fingers crossed).

And Mike Morrissey thanked Mick McCarthy – "Thanks Mick for dragging me back up the bank when I did a flying leap off the course about an hour into the race. I'm sure you'd have broken 4:30 if you hadn't stopped to help!"

The Six Foot Track

By Peter Truscott

Who the hell invented this track? It surely would be easier running to Jenolan Caves via Mt Victoria on the road, even though it's 30km longer.

First of all you trip and fall down some stairs the steepness of the scenic railway, which your quads love. Then you jog for a while on undulating fire trails, and only jog, as the fear of God has been drilled into you on STaR runs, just how hard this run is after Cox's River.

After the river, there is a bit of a hill, you think "I can run this". Then somehow the Swiss Alps appear and walking up these things becomes a major trauma. The ground is loose and traction is next to zip.

After the Pluviometer, Six Foot's answer to the City-to-Surf's Heartbreak Hill, but so much harder, steeper and longer, you run along Black Range which is quite enjoyable. The angle of incline is not greater than what planes need to take off, like you'd previously run. You then reach the Deviation section, Kevin Tiller's last chance to demoralize you with yet another monster hill before Caves Road. Why did we get deviated into that?

After crossing Caves Road, any speed hump you encounter is walking material. Legs twingeing with cramps and fatigue severely setting in, you hit undulating trails which on any other day would be a joy to run. The last 3km is a JOKE. How do you run down a 6-inch path full of boulders when your legs have already run 42km? Slowly. Except for my brother Chris, who overtook 2nd place on this part. He's the type of guy who could do a run like this, then go out to the crack of dawn with a case of Crownies under his belt and still be standing. Hence his downhill coordination.

So after 4hr24min my Six Foot experience had finished, and wasn't it tough, no matter how conservatively you start out. Congratulations to all who finished as it really is an achievement. To Frank Dearn, you're an inspiration. To Suzanne Kelly you ran amazingly, and to my brother Chris you ran insanely, but brilliantly. Thank you to all who helped in the organisation, and to Kevin Tiller for putting on a magnificent race. It is a very memorable run, something I am proud to have done.

Discover the meaning of life...run the Six Foot

By Mick McCarthy

All the training in the world is not enough for the Six Foot Track. Running Canberra and Sydney are walks in the park compared to the Six Foot. "How come?" I hear you ask. Well, here is my reason.

I arrived at the Explorer's Tree and had my tea and damper as a virgin Six Footer does. The buzz was excellent and I rubbed shoulders with some great runners and got great advice which I took on board. I was in the second wave and was told that once the gun goes off, sprint to the stairs getting you down to Nellies Glen. Last year there was a 20-minute wait at the top. No problem here. The pace was great and the banter going down the stairs was excellent.

Looking at the scenery was a definite no-no as I witnessed several runners going belly up in front of me. Everything was fine as I crossed Cox's River and headed up to Mini Mini Saddle. The previous 20km or so was easy compared to what was up ahead. The temperature increased and the hills grew and grew in front of me. This is when the problems started.

I started to cramp up halfway up Mini Mini Saddle and it never stopped. The encouragement was great from other runners, inspiring me with their positive comments, "This is nothing" and "You ain't seen nothing yet"!

I managed to get to the top of Mini Mini Saddle and the legs started to feel a little better. Then comes the Pluviometer and that's where I saw my life flash in front of me. Walking up was as painful as running. My legs cramped up to an extent that I fell on the ground in a blubbering mess and vowed that I would never, ever, run again. "That's it," I said to myself, 'I am hanging up my runners'. I managed to get to the top of the Pluviometer and fuelled up as much as I could. The cramps were still there. I started to shuffle my way in a forward motion only to stop again with the cramps. The hills kept on coming and coming to an extent that I started cursing every little thing around me. I apologized in advance to my fellow runners around me as I f#*%!d the rocks, trees, dirt, river crossings, all of it. I shuffled onwards and came to the 10km-to-go mark and my spirits rose a little. Cramps still there.

10km to go and I am still cramped up. Lord God in

heaven the pain! Shuffling around a corner I came across the friendly faces of a couple of Striders and the great green banner. George informed me that the Six Foot track was one of the hardest runs in the world. This made me feel better as there was only about 8km to go. It was at this point that I thought I was going insane and started to sing and talk to myself. I think that took my mind of the cramps as I was playing 'Name that Tune'.

4km to go and all downhill to the Caves House. My poor legs were screaming at me and I was screaming back at them. This race is not going to beat me; I was going to do it. I started to hear the crowd and going into the finish chute was over the moon. I managed to finish, and a well deserved bottle of James Boag was given to me by a fellow Strider Mike Morrissey.

The Six Foot Track was the hardest run I have ever completed. At one stage I was going to call it quits and bring on the ambos. I don't know where I got the energy to keep going, but I did and made it. Words really cannot describe the feeling I got when I finished. It was a huge accomplishment, I felt great and I would recommend any runner to run the Six Foot Track. Then, and only then, will you understand what the meaning of life is.

Roll on next year.

Six Foot

This year, our event was selected as the Australian Trail Ultramarathon Championships - rightly so as it is the largest Trail Ultramarathon in the country! The championships were organised by the Australian Ultra Runners Association Inc (see website at <http://www.ultraoz.com>). To be eligible in the championships you needed to be a member of the Australian Ultrarunners Association. There is a lot of interest in Trail races these days, as it is quite a growing activity. The Australian Ultrarunners are changing with the times and becoming more involved in this part of ultramarathon running - maybe worth giving them a try! KT

RACE RESULTS

Socialgaine (six-hour) run by NSW Rogaining in Terrigal on 21 November 2004. Richard Green of the Striders won, together with David Cannings of the Berowra Bush Runners. For more events see (<http://www.nswrogaining.org>).

The Criniti Hawaii tour - I had 7 weeks in Hawaii for three races. The highlight was finishing Ironman and having a great time during the run. Won a low-key half marathon three weeks later, but finished off with a DNF in deca-Ironman (38km swim, 1800km bike and 422km run) due to ITB problems. Pulled out about 1,000km into the bike leg after suffering from 100km onwards. Not the best way to end my trip, but it was a very interesting race nonetheless. DC.

Sydney Marathon Clinic, 21st Nov 04

Pl	21.1km	
3	Gerry Arthur	1.23.02
4	Peter Cremen	1.24.33
5	Craig Brown	1.25.05
9	Mike Fowlds	1.27.22
13	Barry Rutter	1.30.28
14	Ron Schwebel	1.30.47
17	Robert Mulley	1.33.06
19	Wayne Pryke	1.33.09
	5km	
9	Glenn Lockwood	19.48
11	Salvador Gala	20.45
19	Clara Vucetic	22.46

The 3 Points Challenge 4th December 2004 (a event comprising swimming 1km approx in the open ocean and running approx 7km) Organised by North Curl Curl Surf Club.

David Burgess 1st 30 - 39yrs age-grp and 10th overall.

Central Coast Half, 5th Dec 04

Place		Time	Age Grp	AG Plc
4	David Criniti	74.34	20-29M	3
9	Gerry Arthur	83.26	30-39M	3
20	Mike Fowlds	88.29	30-39M	7
23	Craig Brown	89.44	30-39M	10
33	Wayne Gregory	92.44	40-49M	7
35	Wayne Pryke	92.47	50-59M	5
47	Sean Greenhill	97.3	20-29M	8
66	Heiko Schaefer	101.35	60-69M	3
68	Sebastian Warmerdam	101.57	40-49M	14
72	Maria DiMarco	103.08	20-29F	3

75	Karin Kaehne	103.28	30-39F	4
79	Darren Kaehne	104.27	30-39M	18
90	Brian Ogilwy	108.2	60-69M	4
99	Bill Flanagan	110.3	40-49M	18
101	Elly Peters	110.45	20-29F	5
115	Margaret Cameron	120.3	30-39F	11
116	Allison Lilley	120.3	30-39F	12
117	Julie McGaw	120.3	30-39F	13

Sydney Marathon Clinic, Smithfield, 19th Dec

Pl	21.1km	
5	Gerry Arthur	1.23.17
8	Peter Cremen	1.25.01
9	Craig Brown	1.25.17
12	Ron Schwebel	1.27.06
16	Stephen Bodnar	1.28.10
18	David Gayford	1.28.41
21	Barry Rutter	1.30.23
30	Wayne Pryke	1.37.46
40	Bill Flanagan	1.44.46
47	Arthur Huxtable	1.49.21

	10km	
1	David Criniti	36.29
3	Stephen Jackson	37.33
4	Lucinda Chapman	37.37
8	Martin Harris	39.38
12	Mike Fowlds	40.24
15	Tony Barbaro	41.25
16	Malcolm Ferguson	41.31
18	Glenn Lockwood	42.07
23	David Bray	43.3
24	Sean Greenhill	43.38
28	Lisa Carroli	44.14
44	Elly Peters	49.34
46	Steve Stewart	50.17

	5km	
10	Salvador Gala	19.53
18	Clara Vucetic	22.36

State 10,000m, Homebush 8th Jan.

PBs for Martin Matthews and Keith Bateman, Keith's first sub-35 10km.

10,000m	Pl		
Women 34 & under	4th	Jenny Truscott	36.55.7
Women 45-49	2nd	Jo Cowan	40.43.0
Women 40-44	1st	Caroline Yarnell	42.09.0
Men 35-39	2nd	Raymond Wareham	32.46.9
Men 29 & under	9th	Martin Matthews	34.24.9

Men 45-49	2nd	Keith Bateman	34.32.0
Men 35-39	3rd	Richard Sarkies	35.00.4
Men 50-54	1st	Ron Schwebel	37.35.7
Men 50-54	2nd	Stephen Ball	39.04.0
1500m Open			
Men	35th	Walter Mitchell	4.59.7

12 Hour Coastal Classic 8-9th January

Viviene Kartsounis finished 2nd outright and 1st Female with 116.573 km.

State 3000m 15th January

4th outright	Glenn Guzzo	8:25:39
17th	Keith Bateman	9:19:58 PB
19th	Martin Matthews	9:29:48 PB

Sydney Marathon Clinic, 16th Jan**Pl 21.1km**

3	John Young	1.21.04	
4	Gerry Arthur	1.22.27	M30-39,1st
14	Ron Schwebel	1.26.50	M50-59,2nd
15	Craig Brown	1.27.23	
21	Jenny Truscott	1.30.07	1st Woman
24	Wayne Gregory	1.32.11	
26	Malcolm Ferguson	1.32.44	
28	Melanie Rauleder	1.36.07	3rd Woman
30	Wayne Pryke	1.37.17	
31	Bill Flanagan	1.37.47	
35	Lisa Carroli	1.38.02	W30-39,2nd
44	Peter Truscott	1.44.05	
54	Jeff Morunga	1.50.10	
68	Frances Brown	2.10.04	

10km

3	Walter Mitchell	39.47	M35-44,2nd
	Paul Bruning	40.50	M35-44,3rd
8	Glenn Lockwood	41.55	
10	Sean Greenhill	43.55	M20-34,2nd
12	Philip Murphy	44.43	
32	Glenda Mitchell	55.45	W35-44,3rd

5km

5	Salvador Gala	19.37	
13	Clara Vucetic	22.35	W35-49,1st

Medibank Private Australia Day 8 km Fun Run, 26th Jan**Pl**

5	Keith Bateman	27.50
13	Martin Dowson	29.41
16	Andrew Taylor	30.13
18	Ron Schwebel	30.56
22	Craig Brown	31.39
32	Paul Bruning	32.33

36	Wayne Gregory	32.55
38	Paul Davey	33.16
41	Glenn Lockwood	33.25
59	Richard Deutsch	34.14
83	Dean Harris	35.30
111	Arthur Huxtable	36.18
132	Wayne Pryke	37.06
139	Ewan Horsburgh	37.17
175	Julie Allen	38.18
248	John Moore	40.36
252	Pete Steel	40.41
266	Martin Smith	41.13
321	Emilie Paquin	42.58
343	Christine Cullen	43.29
391	Cameron Robertson	44.44
392	Belinda Lockwood	44.46
512	Richard Wassell	48.16
549	Kerry Ross	49.49

5000m State Championships, 3rd Feb

1st place Glenn Guzzo 14:21 PB, unofficial club record and first ever male Strider to be a State champion. (Jo Cowan and Jenny Truscott are previous State Champions).
(I have never seen a race finish like it - he absolutely blasted the field from the 3km mark, KB)

Also a PB for Keith Bateman.

Pl

Women	5	Jenny Truscott	17.32.00
Women	11	Eliza Stewart	18.09.07
Men	1	Glenn Guzzo	14.21.16
Men	30	Keith Bateman	15.49.92
Men	32	Ray Wareham	15.56.32
Men	38	Martin Matthews	16.45.79
Men	42	Ron Schwebel	17.57.67

800m State Championship

Greta Auricht 2:28

Cradle Mountain, 82km, 5th Feb

28	John Bugg	12.23.00
35	Tim Austin	12.47.00

Sydney Marathon Clinic, 20th Feb**Pl 25km**

4	Peter Cremen	1.41.31
7	James Jeffery	1.44.03
8	Bill Flanagan	1.44.40
11	Nick Brewster	1.45.33

13	Ron Schwebel	1.45.58
14	Ben McSweeney	1.46.19
18	Craig Brown	1.48.28
22	Samantha Brown	1.50.38
23	Wayne Gregory	1.50.49
30	David Bray	1.54.23
36	Wayne Pryke	2.00.56
39	Tim Deane	2.01.49
55	Geoff Underwood	2.11.53
59	Rebecca Deane	2.13.03
61	Jeff Morunga	2.13.23
63	Brian Ogilwy	2.13.46
64	Bernadette Gregory	2.15.05
65	Jennie Meixner	2.15.05
69	Alicia Wood	2.20.31
72	Brian McElhinney	2.23.08
74	John Hanna	2.24.33
77	Katherine McSweeney	2.26.30
78	Yvonne Reilly	2.26.35
80	Christine Cullen	2.29.23
81	Julia De Vries	2.29.23
82	Frances Brown	2.31.01
83	Neridah Powell	2.31.11
84	James Moody	2.31.14
85	Kerry Ross	2.31.39
87	Martin Pluss	2.32.26
92	Glenn Lockwood	3.04.24
93	Belinda Lockwood	3.04.25

10km

11	Sean Greenhill	42.31
24	Michael Free	52.01

5km

6	Salvador Gala	19.29
17	Clara Vucetic	22.54

Masters Track Championships, Homebush, 26th - 27th Feb

Category	Pl	Strider	Time	
M45 1,500m	1	Keith Bateman	4.14.19	State Record
M50 1,500m	1	Stephen Ball	4.50.15	
M50 1,500m	3	Ron Schwebel	4.55.21	
M50 5,000m	1	Ron Schwebel	18.02.69	
M50 5,000m	2	Stephen Ball	18.42.13	
M50 3,000m Steeplechase	1	Ron Schwebel	12.16.41	

State Masters 1500m, 27th Feb

1st Keith Bateman 4m14.19s

Keith retained his State Gold with a PB and a NSW 45+ age group record.

Hong Kong Marathon, 27th Feb

4th Glenn Guzzo 2.17.33, Glenn breaks his own Striders Marathon record.

Georges River Metrogaine, 27th Feb

Striders Team	Score	Time	Place
Joel Mackay, Warwick Selby	2000	6.05.00	2
David Bray, Glenn Lockwood	1830	6.07.00	5
Allison Lilley, Sebastian Warmerdam	1430	5.52.00	23

Australian Long Course Triathlon Championships - Port Macquarie - 2k swim/80k cycle/20k run, 6th March

Note Darren Benson 10th overall and 2nd in age-group and the Hamills, both 3rd in their age-groups.

Pl	Overall	Cat Pl	CatSwim	Cycle	Run
4	Klayten Smith	3:54:29.1	1	30-340:32:19	2:00:47 1:19:32
10	Darren Benson	4:04:23.3	2	30-34 ^{0:32:57} 2nd	2:10:46 1:17:54 4th 3rd
68	Stephen Firth	4:28:18.3	2	45-490:30:46	2:22:26 1:33:30
136	Mark Fiore	4:47:20.1	9	40-44 ^{0:33:13} 14th	2:31:05 1:40:40 17th 10th
183	Anton Kapel	4:56:55.8	47	30-340:39:09	2:25:05 1:49:09
207	David Criniti	5:02:17.0	30	25-290:39:28	2:39:40 1:40:20
244	Charles Coville	5:12:02.3	5	55-59 ^{0:39:39} 10th	2:42:36 1:46:24 7th 4th
272	Carmelo Gallo	5:20:39.3	42	35-390:41:56	2:37:53 1:58:20
284	Alex Hamill	5:25:07.5	3	60-64 ^{0:33:35} 1st	2:37:29 2:10:40 3rd 4th
351	Brenda Hamill	5:42:34.2	3	55-59 ^{0:40:50} 2nd	3:04:54 1:52:48 3rd 1st

Coburg King & Queen of the North 12km, Vic, 6th March

	Place	Time
Paul Bruning	4	48.36
Kelvin Marshall	5	49.34

Weston Creek Half-Marathon, Canberra, 13th March

Pl		
6	Keith Bateman	1.17.03 PB
9	Martin Matthews	1.19.00 PB
94	Jill Reich	1.42.47

Sydney Marathon Clinic, 20th March

Pl	30km	
2	Gerry Arthur	1.59.12
3	Peter Cremen	2.04.14

6	Nick Brewster	2.09.27
12	Malcolm Ferguson	2.13.22
15	Barry Rutter	2.16.09
17	Ron Schwebel	2.18.54
23	Lisa Carroli	2.24.04
24	Tim Deane	2.24.57
27	Wayne Pryke	2.26.12
35	Geoff Underwood	2.30.24
36	Cheryl Crawford	2.30.55
42	Rebecca Deane	2.39.10
53	Kerry Ross	2.52.29
57	Frances Brown	3.09.02
64	Bernadette Gregory	DNF

10km

2	Stephen Jackson	36.44
3	Cameron Arnold	38.04
8	Craig Brown	41.13
9	Wayne Gregory	41.19
12	Sean Greenhill	42.21
26	Amanda Underwood	46.4

5km

6	Salvador Gala	19.39
16	Clara Vucetic	22.55
26	Kerryn Parkinson	29.05

Lindfield Rotary 5/10km, 20th March

Pl	10km	Age Grp	AG Plc
4	Klayten Smith	35:50.2 30-39	1
7	Andrew Cullen	37:16.6 30-39	2
12	Greg Coy	39:08.5 40-49	3
13	Alex Jensen	39:28.2 u16	1
27	Kendall Waller	42:03.6 40-49	5
40	Mike Fowlds	44:18.8 30-39	14
41	Sarah Hammer	44:24.6 u16	1
50	James Cryer	45:30.6 50-59	2
51	Pete Steel	45:31.4 30-39	16
68	Roger Rigby	47:25.7 50-59	4
73	Sharon Callister	47:56.9 40-49	1
84	Phil Clarkson	48:56.9 50-59	6
95	Corinne Russell	49:53.8 30-39	7
110	Michael Free	51:12.0 NO AGE	0
122	Ted Brailey	52:24.3 60+	2
149	Eric Schmierer	54:27.3 50-59	17
165	Jurg Kunzle	55:53.8 50-59	18
5km			
1	Simon Wilson	15:52.3 30-39	1st Male
6	Eliza Stewart	17:33.1 12-19	2nd Female
31	Caroline Yarnell	21:04.5 40-49	2
61	Cameron Robertson	23:31.6 30-39	9
91	Allan Wareham	24:53.7 60+	1
149	Emilie Paquin	27:29.5 20-29	7
161	Frank Dearn	28:08.1 60+	3

Sydney Summer Series, 45minute scoring event, 23rd March

Place	Open Men	Series Pts
5	David Bray	1001
6	Richard Green	999
12	Michael Free	912
56	Joel Mackay	531
161	Richard Lane	68
174	Jaap Bakker	59

Open Women

7	Susan Login	967
27	Jacqui Matthews	613
123	Jackie Ramsay	49
138	Corinne Russell	40

Veteran Men

8	Mark Shingler	1011
26	Mark Watson	804
29	Warwick Selby	748
54	John Moore	159
55	Mark Robinson	154
61	Jeremy Culver	119
63	Philip Kennedy	108

Veteran Women

4	Cathy Watson	995
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Masters Men

1	Heiko Schaefer	1200
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Forster Ironman Triathlon, 3.8k swim, 180k bike, 42.2 k run, 3rd April

It was a first Forster for Darren Benson, Steve Hume and Keith White. Others had run previously: Gary Leahey (10 previous Forsters), Brenda Hamill (8), Stephen Firth (7), Mark Fiore (7), Alex Hamill (3), and one of the 106 finishers at the first Forster IM in 1985) and Charles Coville (1).

Pl	Time	Age Grp	AG Plc	Swim	Cycle	Run
123	Darren Benson	09:54.54 30-34	43	01:00.01	04:59.07	03:55.46
128	Steve Hume	09:55.17 35-39	19	00:57.54	05:12.08	03:45.15
240	Stephen Firth	10:18.43 45-49	12	00:58.12	05:23.55	03:56.36
556	Mark Fiore	11:10.43 40-44	72	01:01.24	05:44.31	04:24.48
621	Gary Leahey	11:21.31 50-54	22	01:05.36	05:41.42	04:34.13
660	Anton Kapel	11:28.37 30-34	185	01:11.46	05:45.56	04:30.55
706	Charles Coville	11:36.12 55-59	6	01:17.08	06:04.28	04:14.36
949	Rees-Evans	12:20.21 30-34	233	01:19.39	06:00.34	05:00.08

1111	Ron Wilson	12.52.20	50-54	53	01.04.47	06.24.39	05.22.54
1308	Beryl Wilson	13.50.59	50-54	12	01.05.16	07.01.13	05.44.30
1356	Keith White	14.12.10	50-54	74	01.26.12	06.49.44	05.56.14
1386	Brenda Hamill	14.28.48	55-59	3	01.16.28	07.24.33	05.47.47
1387	Alex Hamill	14.28.49	60-64	12	01.03.52	06.53.27	06.31.30

*

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.

UPCOMING EVENTS

8th May, Mothers' Day Classic

4km run, 8km run, 4km walk. Time: 7:30am 8km, 9am 4km. Location: The Domain No race day entries for 4km/8km walks. Enter online. Event owners, Women In Super, Event Managers, Sporting Spectrum. All profits to National Breast Cancer Foundation. Race Contact: Sally Coughlan. More info www.mothersdayclassic.org or email mdc@sportingspectrum.com.au or phone (02) 9439 6060

15th May Sydney Marathon Clinic

5km Run&Walk, 10km Run, 25km 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.

5th June MS Fun Run and Walk

8km run, 10km walk. Fun Run: 8.00am. Walk: 10:00am. Location: Fun Run: Bradfield Park, Milsons Point. Walk: Hyde Park, Sydney. Support people with multiple sclerosis to raise \$100,000 to support research into the cause and cure of MS and provide valuable assistance to people living with this mysterious disease. Check www.ms-events.org.au for more details, or contact MS Events on (02) 9413 4166 or email events@msnsw.org.au

11th June, Poor Man's Comrades – Fat Ass Run

A 96km road run, held as close to the race date of the original Comrades Marathon as possible. This is a hilly route from Gosford Railway Station, along the old Pacific Highway and other backroads to the steps of the Sydney Opera House. No Fees, No Awards, No Aid, No Wimps ! Check Fat Ass webpage www.fatassworld.com/poormans for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.

11th – 12th June, Macleay River Marathon

Distance: Marathon, 1/2 Marathon, 10km run, 5km walk, Aquathon. Event Time: Sat. Aquathon 3pm Sun 12th 7.00am. Location of race: Arakoon National Park. Fundraiser for local charities, cash prizes and trophies for category winners. Random prizes. Contact Mary Dunkley macsaw@midcoast.com.au or PH (02) 6566 6795.

12th June, Manly Soft Sand Classic

Distance: 21km, 9km, 1.6km run. Event Time: 8.30am. Location of race: Manly Life Saving Club, South Steyne, Manly. Contact Craig Riddington on 02 99077650, or webpage www.seaaustralia.net.au for more info or email office@seaaustralia.net.au.

Sunday 26th June, The Women's Classic 05, Sydney Olympic Park

Women runners are needed to make up teams in 5km and 10km events for The Women's Classic 05 (formerly the Nike Women's Classic). Fast runners, not so fast runners and reserves are needed so please call us and register as part of a team if you are planning to run in either of these events.

5km teams: Frances Brown 9489 0374
10km teams: Kerry Ross 9389 5834

3rd July Gold Coast Marathon

Also Half and 10km,
www.goldcoastmarathon.com.au

31st July Warrumbungle National Park Marathon, Coonabarabran.

50km ultra, 42.2km Marathon, 21.1km Half Marathon, 10km & 5km Runs. Starts at 7:30am from Camp Canyon Warrumbungle National Park. Fundraising event for Volunteer Rescue Association & Rural Fire Services. Come and discover the beautiful Warrumbungles and meet the wildlife. Check www.coonabarabran.com/marathon/ for more details, or contact Amber Burton on freecall phone 1800-242-881 or via email www.amber079@bigpond.com

In Support of Streaking

By Dale Thompson

I have been running, both with my legs and at the mouth, for many years now. In all, it adds up to about 40 years of running. In this time I have completed two streaks which I feel have helped in getting me fit and avoiding that problem posed by the 'day off'.

I first heard of streaking through American running magazines where some runners had boasted of many years of continuous streaks, but they were very liberal in what they said constituted a run. Among my running, masochistic colleagues we agreed that anything short of 5km was not a run for the purposes of a streak.

My aim was to complete a calendar year without missing a day's training. I was one of about 5 runners in a group who agreed to try this as a strategy to up our mileage and stay fit for at least one year. We had all been warned that without a day off we would be prone to injury and as an aim in itself the running was pointless, but we all pressed ahead.

I found it easy to stick to the regime of regular training as I was not tempted to take a day off as was my usual practice with other training regimes. Previously, I had extended this day off to up to three days due to family circumstances and natural lethargy. Without this out, I was able to make time every day to get at least 5k in. I was reduced to running at 11.30pm on two occasions and getting out of the car on holidays to run for 30 minutes but, mostly, I just put my shoes on and off I ran.

I included a number of races in the streak and even managed to train and run in a Wild Trek event. I didn't find I became weary or bored with running. It did become a habit but I still enjoyed the running and stayed fit for the year. I tried to vary to courses, surfaces and distances every day. Like many runners, I find there are many benefits beyond fitness to be gained from running. In the year of my streak I enjoyed the enforced think time away from the busy press of living today. The mental health benefits made the streak very rewarding.

I have recently begun a new streak and have found that my times are improving and I am now getting back into doing some reasonable long runs. This provides motivation to work harder at training to continue to improve. As a strategy for improvement

in general fitness and mental well being, I recommend that you all try a streak sometime.

New Arrivals

Manuela Sumetzberger had a baby Tim, born 28th February 2005 at 7.10pm (3,495kg, 50cm).

Tim Austin: Thanks to everyone who has shown interest in the increasingly imminent arrival. Rachel Eleanor graced the world on the 23rd March. 3.8 kgs, 52 cms, Mum, baby, Dad and the two older brothers all well and overjoyed.

Maria Gemenis-Cruickshank and Bret Nichols were Striders who unfortunately passed away while still active club members. The annual Strider Outstanding Achievement Award is named in honour of Maria and her impressive marathon achievements while the Equaliser was conceived and organised by Bret and the winning trophy bears his name. Bret came 4th at the first Equaliser in 1990 in 59m 55s.

To ensure that their achievements, contributions and personalities are always remembered and acknowledged whenever these awards are made, Club founder **Charles Coville** is compiling their Striders CVs and seeking contributions from those Striders who knew them.

PUBLIC NOTICE -

Trailwalker Alert!!!

A reminder to Barry Rutter that the 2006 Trailwalker is only 5 months away.

Start your training now!!!

A Public Service Notice, inserted by James Cryer

**

The Method

By Ed Banger

I was interested to read in a recent 'Blister' about the Galloway training and racing Method. It did occur to me that runners having a bit of walk occasionally has been happening since Pheidippides was in short pants. But it made me think about the many original approaches to training and racing developed by Striders over the years and it is none too soon for their intellectual property to be trademarked. So....

The White Method

Developed by Margaret White from the sprinter's 'dip' on the line. This method used at the end of a long race involves a dive for the line from distances of 50 metres and upwards. When correctly executed this saves running those last pesky metres and enables the practitioner to soar past rivals. Margaret has successfully trialled this method at distances of up to 150m, although an attempt from the halfway point of Six Foot Track was less successful. Beginners are advised to wear kneepads. Please note that take-off speed is achieved solely by the efforts of the practitioner. However **Darren Benson** conducted further research in this field and discovered that a much higher take-off speed can be achieved with the assistance of a motorised vehicle.

The Cornelius Method.

Discovered serendipitously in the course of a failed wager, in this method the runner simply runs backwards. This gives a rest to the forward running bits, prevents rivals sneaking up unobserved and the practitioner avoids being frightened by the sight of long hills ahead. For the original trial of the method, the inventor wore a traditional Novocastrian folk costume and whistled a popular air from the late 19th century. It is not believed that these are required for the method's success. Indeed it should be noted that the method was originally trialled in gentler political times and that same costume today would likely see the practitioner in a crouching position somewhere in the Caribbean considering the finer points of the Internal Security Act.

The Bailey-Moody Method.

This is a training method for new runners who are nervous of committing to long distances. At a crucial point in the run, the group leader pretends to be lost so requiring the group to run an extra 5 to 10 km that

they didn't know they could do.

The Tiller Method

This is a training regime for long-distance events. The program calls for 60km per week consisting of nothing during the week, 30km on Saturday and 30km on Sunday. It is popular with race organizers, running website managers and Striders Committee members. The only drawback is extra wear-and tear on the running shoes as by the 10k mark of the Sunday STaR you can't pick your feet up properly.

The Bag-Ward-O'Kane Methods

These methods blend Eastern spiritualism with the best of Western viticulture and brewing techniques. They all concern themselves with ensuring that the runner reaches the start line fortified by those extra carbohydrates that many running programs forget. The rigorous S.W. Bag Method (S.W. is an abbreviation of Swami) ensures a ritual cleansing of the body before an event and requires ten pints of Guinness. The Ward Method centres on achieving inner peace and a contemplative state with a good red and a cleansing ale. This is particularly good for race night nerves. The O'Kane Method concentrates on balance, the Yin and the Yan, ensuring cross-training with both red and white.

The Screen Method

Over a number of years, former Striders President Jim Screen observed the spread of a primitive religious belief within the club which invested the Striders singlet with magical powers. Believers held that the donning of a Striders singlet (also known as 'The Cloak of Invincibility') rendered the wearer impervious to any harm from colliding with a motor vehicle. Thus the wearer believed they could happily run down the middle of the road with 4WDs bouncing off them. To counter this belief, President Screen invented a new training method of running on the side of the road no more than two abreast or even on a pavement. This method has yet to achieve universal popularity.

(Please note that while belief in the magical powers of the Striders singlet is a matter of individual faith, our Uniform Manager claims that if it were true, the magic would be stronger in a new singlet and they make an excellent Christmas present).

Virgin Six-Foot Track Report

By Karin Kaehne and Fiona Nelson



On a warm spring afternoon, not long after everyone had recovered from the Sydney Marathon, a group of Striders got talking about tackling the Six Foot Track race. As the conversation built, and more and more people joined in with cries of 'I'd love to do that but ...' it became apparent that a plan of action was needed.

With the idea firmly planted in her head, Karin sought specific guidance from 'Mr Six Foot' himself, Kevin Tiller; our illustrious leader, Stephen Jackson and others who had, collectively, completed the course many times before (Sean Greenhill, Michael Bailey, George Herisson, Brian Ogilwy, Allison Lilley and Frank Dearn). After careful consideration and a few motivating cries of 'Let's do it' from fellow Striders, the 'Six Foot Virgin Group' was born.

Karin took charge in rallying the troops and soon a plan was circulated which included Saturday bush runs at Mosman, Bobbin Head, Buffalo Creek, Roseville Chase and day trips to 'The Course'. More often than not, the Virgins backed up on Sunday for the STaRs.

The first real tough task was the Berowra Fat Ass on New Year's Day. Although not all Virgins were able to make it (and some even did it the day before) those who did complete the course were encouraged by everyone finishing and how good they felt after a very tough run in the bush.

The first day trip to 'The Course' occurred on 15th January. It was a very hot day and although people turned up with extra water bottles and borrowed Camelbaks, many felt the effects of dehydration. In tough and tiring conditions, the group started at Megalong Valley and ran to Mini Mini (or beyond) before turning around and returning via the swinging bridge. All up, the group managed around 25 kms. At the end, George and Karin 'miraculously' produced cold bottles of water, tins of coke, lollies, muffins and cake which were consumed on the side of the road while people swapped war stories and swatted the monstrous flies! The trip home saw a tradition born - pies, hamburgers, chips and steak sandwiches at the infamous 'Blackheath Pub'.

The next day trip (on Australia Day) saw a smaller group travel to 'The Deviation' to run to Mini Mini and back. Having learnt their lessons about dehydration, everyone carried about 4 litres of fluid and plenty of food. However, the conditions were much kinder that day and everyone enjoyed a pleasant 30 km run over a part of the course not previously seen. Highlights of this run included Brian Ogilwy seeing his first-ever kangaroo (with joey), Karin's yummy muffins and everyone starting to believe that they could actually do it!

The third and final trip to the Course occurred on 12th February. After considering everyone's requests, Karin decided that the Group would again start at The Deviation. However, this time most of the Group ran to Cox's River and back (about 40 kms) although Steven Kibble added some extra kms to end up doing 47 kms. Conditions were again conducive to good running and everyone had an enjoyable day. The Virgins were delighted to see many others out on the course (although secretly pleased not to see the snakes that were sighted by some of the other runners). Once again we ended up at the Pub for some hearty recovery food before returning to Sydney, tired but ready!

During the past six months many new friendships have been made between the Virgins and others who often joined in for the ride. We each learnt a lot about each other (how Stephen Kibble has problems staying awake at the pub after a run, how Brian Ogilwy devised a makeshift shower from a Camelbak and how girls can talk and talk the whole run!).

Much of the hard work has paid off for the Virgins and many of them were running PB's in the 10 kms series before the race. If anyone is thinking of running Six Foot next year, or wants to progress from the MTG, then Karin is more than happy to put together a "The Virgins and Not-So Virginal Group" again. It was a sensational journey and well worth the effort!



The Virgins group consisted of Karin Kaehne, Fiona Nelson, Virginia Ffitch, Maria DiMarco, Sebastian Warner, Lorraine Spanton, Craig Plumb and David East. They were often joined by Stephen Kibble, Brian Ogilwy, Robin Cameron, George Herisson, Allison Lilley, Michael Bailey, Frank Dearn, Jill Reich, Mary Stringer, Lillian Chuah, Sam Chuah, Rebecca Deane, Katie Rowell, Stephen Kibble, Stephen Bodner and Darren Kaehne.



**

Strider spotted hitching a ride – 'mate' dobs him in

A 'Friend of the Blister' informs us that at the STaR of 27th Feb a Strider was seen to flag down a passing car and accept a lift to the finish. The Strider was described by our informant as 'short, elderly and slow'. The giver of the lift was described as a tall, distinguished gentleman with a North-Eastern English accent, for whom the approach of early middle-age could not hide the athletic physique that once put fear into the hearts of men and made women swoon. The Blister Identikit identifies old rivals Kevin O'Kane and Ian Whitfield as 'rider' and 'dobber'.

Broken Wing Club

Greg Prerau is out of action – his chronic groin tendonitis from last year's Canberra marathon training has taken a long time to heal. Cycling regularly to maintain some fitness, he hopes to make a staged comeback this Autumn/Winter in selected shorter events.

Blister Editor, **Andrew Smith**, had sufficient respite from long-term rheumatoid arthritis to run a few STaRs in November – December, then got a stress fracture in the foot! After 10 weeks out, ran/walked the April 10k and has not given up on the SMH Half.

Tina Campbell also out with stress fracture in foot – they're obviously injury of the month.

STaR Host Assistants

STaR Host Coordinator, Robin Cameron, would like to hear from any members who would be willing to turn up on the morning at a STaR and help the host.

Anyone for Boston?

Is anyone else running Boston this year? **Jo Barton** will be there if you want to catch up or put a name to a singlet.

Sydney Striders Road Runners Club Inc.**Balance Sheet as at 31 March**

	Year to Dec 04	Year to March 04	Year to March 03	Year to March 02	Year to March 01	Year to March 00
<u>Current assets</u>						
Cash at bank	3,857	8,349	3,398	12,045	3,680	5,468
Interest bearing deposits	24,000	24,197	27,000	15,610	15,142	10,000
Stock on hand - (at cost)	9,251	8,121	4,196	4,690	5,983	5,105
Other debtors	0	0	743	0	0	700
Refundable bonds	0	0	0	750	750	750
<u>Total assets</u>	37,108	40,667	35,337	33,095	25,555	22,023
<u>Current liabilities</u>						
Members fees - this year	9,205	13,610	12,377	10,522	10,465	10,094
Members fees - next year	985	3,030	1,720	720	1,275	350
<u>Total liabilities</u>	10,190	16,640	14,097	11,242	11,740	10,444
<u>Members equity</u>	26,918					
Opening balance	24,027	21,240	21,852	13,815	11,579	7,542
Surplus / (deficit)	2,891	2,787	-612	8,037	2,236	4,037
<u>Net assets</u>	26,918	24,027	21,240	21,852	13,815	11,579

**Sydney Striders Treasurer's
report – Period ended 31 December 2004**

Please find following a copy of the Balance Sheet as at 31 December 2004 and Profit & Loss statement for the 9 months ended 31 December 2004.

The following Club financial reports show a continuance of the excess of Club income over Club expenses – with the retention of the Club's solid financial foundation.

Given the decision to move the financial period to 31 December 2004, comparison to the financial numbers applying at the previous balance dates of 31 March – is not overly meaningful – although the following will show:

- Substantial Cash at bank and on deposit
- Above budget Membership income to be brought to account for 2005

With regard to P&L for the 9 months ended 31 December '04, the following Budget Variance

analysis shows that the committee expected to be in surplus \$3,146 with an actual result of \$2,891 – a negative variance of \$255.

It is important to note the budget result was achieved after fully expensing the cost of the new timing system purchased during December 2004. The total cost being \$8,329.

Membership numbers for the Club have continued at record levels. The continuance of the high level of membership renewals providing the foundation to underwrite all Club activities.

The 10k series has continued to be a solid contributor to the Club's financial strength with the net proceeds increasing from \$6,793 – (10 races ended March 2004) to \$9,442 – (8 races ended Dec 2004 – excluding the cost of the timing system).

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

Sydney Striders P&L comparison

Category Description	01/04/04- 31/12/04	01/04/03- 31/03/04
<u>Income:</u>		
Income-Operating Income		
10 KM Series-Net Proceeds	14,202.20	13,587.60
Advertising	330.00	130.00
Donations Rec.	50.00	40.00
Interest Rec.	895.87	674.68
Membership	17,010.00	20,135.00
STaR Net Procs.	550.75	1,109.93
<u>Total Income</u>	33,038.82	35,677.21
<u>Expenses:</u>		
1000th Star	0.00	2,510.58
10km other	11,204.42	3,816.76
10km prizes	1,500.00	2,100.00
10km stop watch	0.00	246.90
10km venue fees	385.00	631.40
Athletics NSW	598.85	763.20
Awards Brunch	15.00	0.00
Awards Night	695.00	808.20
Bank Charges	714.86	1,513.97
Blister - post	1,681.05	2,300.50
Blister - print	5,325.26	6,470.30
Blister-dist'n	165.03	190.41
Calendars-Post	0.00	593.55
Calender-Dist'n	69.95	210.64
Donations	1,085.00	590.00
Gen admin phone	49.50	171.10
Gen admin post	250.72	467.55
Gen admin print	198.00	1,505.50
Gen admin stat	0.00	231.00
Insurance	759.76	3,375.12
Lodgement Fees	41.00	96.00
M'thon Train Gp	113.47	80.00
Meetings	537.25	815.75
Notices - post	424.45	400.50
Notices -dist'n	60.00	131.13
Notices-print	685.20	0.00
Software Expenses	399.00	0.00
Tent hire-GC Marathon	657.00	600.00
Trophies & Prizes	2,131.58	1,620.71
Web site costs	401.28	649.54
<u>Total Expenses</u>	30,147.63	32,890.31
<u>Net surplus of income over expenses</u>	2,891.19	2,786.90

Sydney Striders Balance Sheet - as at 31 Dec 2004

ASSETS

Cash at Bank	3,857.21
IBD1	5,000.00
IBD2	14,000.00
IBD3	5,000.00
Stock on Hand	9,250.50
TOTAL ASSETS	37,107.71

LIABILITIES & EQUITY

Prep. Fees 2005	9,205.00
Prep. Fees 2006	985.00
Liabilities	10,190.00
EQUITY	26,917.71
TOTAL LIABILITIES & EQUITY	37,107.71

Anyone for Comrades?

On the LiSt Elizabeth Edmonds advised "Two of us are attempting to do Comrades this year. All signed up and training under way. We're hoping to get in touch with a Strider who has run it around the 9 hour time. Would appreciate hearing training tips, what to look out for, racing tips (like...do you walk the hills?), etc. Wish I could ask at one of the Sunday STaRs...but such is family life right now!

Pieere van Heerden answered "There are three of us on the Central Coast planning to run Comrades this year. I will be doing my 12th (7th as a Strider) while the other two will be doing their first one. For those who are still undecided - take a look at the Comrades website <http://www.comrades.com/> We now do 40km plus on Sundays - normally from Brooklyn up and down Mount White etc - so if any other Striders want to join us at any stage, let me know."

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.

Glenn Guzzo	0.30.32
David Criniti	0.32.20
Chris Truscott	0.32.55
Darren Benson	0.34.04
Keith Bateman	0.34.45
Martin Matthews	0.35.38
Andrew Cullen	0.35.53
Richard Green	0.36.12
James Jeffery	0.36.22
Stephen Jackson	0.36.28
Gerry Arthur	0.36.31
Andrew Taylor	0.36.36
Lucinda Chapman	0.36.46 F
Ross Sinclair	0.36.57
Jaap Bakker	0.37.15
Mark Wilson	0.37.19
Martin Dowson	0.37.21
David Martin	0.37.26
Jenny Truscott	0.37.29 F
Martin Harris	0.37.38
Shaun Atchison	0.37.41
Greg Coy	0.37.42
Ron Schwebel	0.38.21
Tony Grainger	0.38.26
Craig Brown	0.38.32
Nick Brewster	0.38.38
Keith Broadfoot	0.38.44

Joanne Barton	0.38.47 F
Mohammed Alkhub	0.38.52
Andrew Lennox	0.39.05
Ben McSweeney	0.39.09
Philip Boswell	0.39.18
Walter Mitchell	0.39.21
Bill Flanagan	0.39.22
Wayne Gregory	0.39.23
Mark Shingler	0.39.29
Klas Johansson	0.39.30
Lachlan Wolfers	0.39.34
Cameron Arnold	0.39.36
David Gayford	0.39.44
Paul Trainor	0.39.49
Samantha Brown	0.39.50 F
Malcolm Ferguson	0.39.51
Paul Davey	0.39.53
Paul Bruning	0.39.54
Victor Donovic	0.40.00
Kathryn Topp	0.40.16 F
Craig Plumb	0.40.39
Ray Doran	0.40.40
Joanne Cowan	0.40.44 F
Luke Peterson	0.41.34
David Bray	0.41.38
Carmelo Gallo	0.41.42
Rod Lovel	0.41.43

Mike Fowlds	0.41.44
John Van Yzendoorn	0.41.53
Sean Greenhill	0.41.54
Mike Morrissey	0.41.55
Tim Deane	0.41.56
Salvador Gala	0.41.57
Tom Winder	0.41.59
Suzanne Kelly	0.42.04 F
Philip Murphy	0.42.14
Stewart Turner	0.42.19
Phillip Jones	0.42.45
John Hodges	0.43.09
Stephen Bodnar	0.43.13
Ewan Horsburgh	0.43.14
Sarah Hammer	0.43.27 F
Geoff Underwood	0.43.29
Glenn Lockwood	0.43.37
Stephen Kibble	0.43.38
Russell Johnson	0.44.13
Angela Etheridge	0.44.15 F
Brian Wallace	0.44.38
Roland Hassall	0.44.44
Mary Stringer	0.44.45 F
Dougal Langusch	0.44.46
James Cryer	0.45.01
Bradley Loh	0.45.06
Sebastian Warmerdam	0.45.19

Race 1 Lane Cove 5th February 2005**Outright Results****Open Men**

1st	Glenn Guzzo	30.32	1st Strider
2nd	Jan-Willem Schaar	31.50	
3rd	David Criniti	32:20	2nd Strider

Open Women

1st	Lucinda Chapman	36:46	1st Strider
2nd	Jenny Truscott	37:29	2nd Strider
3rd	Joanne Barton	38:47	3rd Strider

Handicap Competition Placings in Race 1:

1	Louis St Laurent
2	David Martin
3	Jennie Meixner

Race Officials: Frank Dearn, Mark Schaefer, Wayne Stanton, Heather Forster, Robyn Moody, Shirley Rutter, Lisa Gallate, Barry Rutter, Brian Wilcockson, Graham Willis, Roger Cox, Joe Degabriele, Craig Dunn, Robert Mulley, William Ward, Andrew Smith, Richard Peacock, Michael Sharp

Rebecca Deane	0.45.56	F	Phil Clarkson	0.49.00		Frances Brown	0.52.37	F
Stephen Smith	0.46.01		Luigi Criniti	0.49.02		Ruth McColl	0.52.39	F
Stewart Vincent	0.46.07		Leighsa Hill	0.49.04	F	Philip Fleming	0.52.43	
Jill Reich	0.46.17	F	Elly Peters	0.49.06	F	Lynn Herisson	0.52.50	F
Heiko Schaefer	0.46.20		Brian Ogilwy	0.49.07		Andrew Jackson	0.52.55	
John Zahra	0.46.27		Tina Campbell	0.49.17	F	Adam Gatford	0.53.01	
Campbell Reid	0.46.29		Nicole Frykberg	0.49.19	F	Louis St Laurent	0.53.14	
Martin Pluss	0.46.31		Elizabeth Woodhams	0.49.27	F	Eric Schmierer	0.53.22	
David East	0.46.36		Jennie Meixner	0.49.34	F	Geoff Van Herten	0.53.27	
Mario Torresan	0.46.37		James Moody	0.49.35		Michael Bailey	0.53.39	
James Kent	0.46.39		Craig Schlitter	0.49.38		Penny Griffiths	0.53.54	F
Clara Vucetic	0.46.41	F	Robert Chalmers	0.49.42		Julia de Vries	0.54.09	F
David King	0.46.42		Ted Brailey	0.49.57		Ernst Friedlaender	0.54.12	
Jeff Morunga	0.46.44		Yvonne Reilly	0.50.00	F	Allan Wareham	0.54.32	
Charles King	0.46.46		Max Crossley	0.50.35		Kerryn Parkinson	0.54.33	F
Nigel Deed	0.46.47		Christine Cullen	0.50.38	F	Kevin O'Kane	0.54.53	
Glenda Mitchell	0.46.50	F	David Ward	0.50.42		Kerry Ross	0.55.10	F
Ross McCarty	0.46.57		Bridgit English	0.50.51	F	Joanna White	0.55.50	F
Maria DiMarco	0.47.12	F	Manfred Fiedler	0.51.01		John Sneddon	0.55.54	
Peter Woods	0.47.19		Allison Lilley	0.51.02	F	Neridah Powell	0.56.06	F
Alan Smith	0.47.23		Martin Smith	0.51.05		Gill Cavenagh	0.56.17	F
Lisa Carroli	0.47.28	F	Bernadette Gregory	0.51.11	F	Alex James	0.56.24	
Denis Speyer	0.47.29		Emilie Paquin	0.51.31	F	Leigh MacRitchie	0.56.25	F
Karin Kaehne	0.47.35	F	Susan Chalmers	0.51.32	F	Richard Wassell	0.56.56	
Michael Hill	0.47.54		Katherine McSweeney	0.51.38	F	Belinda Lockwood	0.57.15	F
Pete Steel	0.47.56		Christopher Nobes	0.51.39		John Kerr	0.57.50	
Ray Mahoney	0.48.01		John Hanna	0.51.45		Michael Adams	0.58.17	
Michael Free	0.48.17		Lee Gire	0.51.46		Megan Jackson	0.58.59	F
Richard Lane	0.48.21		Carolyn Travers	0.51.56	F	Frank Dearn	0.59.08	
Steve Packer	0.48.30		Cathy Rees-Evans	0.52.05	F	Mark Schaefer	dnf	
Alicia Wood	0.48.31	F	David Lancaster	0.52.06		Wayne Stanton	dnf	
Amanda Underwood	0.48.32	F	David Knight	0.52.35				
Nick Woodhams	0.48.54		Cameron Robertson	0.52.36				

Race 2 Olympic Park, 5th March 2005**Outright Results****Open Men**

1	Paul Arthur	32:01
2	Jeremy Horne	32:12
3	Nick Bennet	32:28

Open Women

1	Lisa Dick	36:13	
2	Lucinda Chapman	37:05	1st Strider
3	Jenny Truscott	37:12	2nd Strider

Darren Benson	0.33.31	Jaap Bakker	0.36.33
Keith Bateman	0.34.19	Andrew Taylor	0.37.04
Matt Palmer	0.35.31	Lucinda Chapman	0.37.05
Tony Fattorini	0.35.36	Greg Coy	0.37.09
James Jeffery	0.35.37	Jenny Truscott	0.37.12
Damian Tancred	0.35.38	Shaun Atchison	0.37.50
Gerry Arthur	0.35.39	David Martin	0.37.53
Stephen Jackson	0.35.40	Steve Hume	0.38.08
Klayten Smith	0.35.41	Ron Schwebel	0.38.11
Ross Sinclair	0.36.06	Bill Flanagan	0.38.14
Martin Matthews	0.36.11	Keith Broadfoot	0.38.16
Richard Green	0.36.20	Stuart Chellis	0.38.28

Handicap Competition Placings in Race 2:

1	Dean Harris
2	Ernst Friedlaender
3	David Knight

Race Officials: Tim Deane, Andrew Cullen, Peter Truscott, Martin Dowson, Tina Campbell, Robyn Moody, Allison Lilley, Fiona Nelson, Shirley Rutter, Megan Jackson, Robin Cameron, Ross McCarty, Brian Wilcockson, Joe DeGabriele, Glenn Guzzo, Robert Mulley, Craig Dunn, Mike Hansen, Andrew Smith, Richard Peacock

Nick Brewster	0.38.29
Andrew Lennox	0.38.37
Alex Jensen	0.38.55
Stephen Bodnar	0.38.56
Craig Brown	0.38.58
Philip Boswell	0.39.07
Tony Grainger	0.39.08
Mohammed Alkhub	0.39.27
Samantha Brown	0.39.29
Ben McSweeney	0.39.33
Wayne Gregory	0.39.43
Cameron Arnold	0.39.49

Walter Mitchell	0.39.52	Michael Hill	0.45.53	James Moody	0.49.56
David Gayford	0.39.56	George Herisson	0.45.54	Philip Fleming	0.50.37
Klas Johansson	0.39.57	Stephen Smith	0.46.19	John Hanna	0.50.44
Greta Auricht	0.40.07 F	Charles King	0.46.23	Ted Brailey	0.50.50
Paul Trainor	0.40.09	Shelley Howes	0.46.24 F	Christine Cullen	0.50.52 F
Barry Rutter	0.40.30	Wayne Pryke	0.46.31	Katherine McSweeney	0.50.53 F
Malcolm Ferguson	0.40.34	Jill Reich	0.46.34 F	Martin Pluss	0.50.59
Tim Austin	0.40.41	Gavin Markey	0.46.44	Kevin Tiller	0.51.00
Suzanne Kelly	0.40.45 F	Karin Kaehne	0.46.45 F	Emilie Paquin	0.51.03 F
Kathryn Topp	0.40.50 F	Cheryl Crawford	0.46.50 F	Alison Gardiner	0.51.04 F
Simon Wilson	0.40.52	Richard Lane	0.46.56	Bernadette Gregory	0.51.27 F
Kendall Waller	0.41.13	Max Crossley	0.47.04	Eric Schmierer	0.51.46
Peter Slater	0.41.17	Andrew Rankine	0.47.25	Rebecca Deane	0.51.51 F
David Bray	0.41.44	Maria DiMarco	0.47.26 F	Katie Rowell	0.52.16 F
Graham Creed	0.41.59	Peter Woods	0.47.29	Sam Chuah	0.52.25
Michael Handley	0.42.00	Alicia Wood	0.47.33 F	Allan Wareham	0.52.42
David Ellis	0.42.01	Craig Schlitter	0.47.41	Kevin O'Kane	0.52.51
Brian Wallace	0.42.29	Leighsa Hill	0.47.52 F	Nicole Frykberg	0.53.03 F
Roland Hassall	0.42.41	Sharon Callister	0.47.58 F	Lynn Herisson	0.53.04 F
Phillip Jones	0.42.42	Ray Mahoney	0.48.00	Adam Gatford	0.53.15
Lisa Carroli	0.42.44 F	Michael Free	0.48.08	Frances Brown	0.53.21 F
John Hodges	0.42.57	Paul Bullas	0.48.10	Michael Bailey	0.53.41
Glenn Lockwood	0.42.58	Naomi Frank	0.48.13 F	Richard Frykberg	0.53.44
Stewart Turner	0.43.17	Denis Speyer	0.48.14	Glenda Mitchell	0.53.55 F
Dean Gardiner	0.43.20	Heiko Schaefer	0.48.15	Kerryn Parkinson	0.54.07 F
Mark Watson	0.43.21	Amanda Underwood	0.48.22 F	Dale Thompson	0.54.11 F
Rod Lovel	0.43.30	Phil Clarkson	0.48.24	Louis St Laurent	0.54.44
Sheena Leibowitz	0.43.31 F	David Knight	0.48.27	Leigh MacRitchie	0.55.11 F
Russell Johnson	0.43.36	David East	0.48.28	Jo Fendly	0.55.44
James Cryer	0.44.08	Lawrence Ullio	0.48.37	John Sneddon	0.55.46
Dougal Langusch	0.44.25	Luigi Criniti	0.48.38	Cameron Robertson	0.55.53
Andrew Bull	0.44.27	Susan Login	0.48.39 F	Alex James	0.56.51
Sebastian Warmerdam	0.44.30	Geoff Underwood	0.49.03	Frank Dearn	0.57.24
Dean Harris	0.44.36	Jennie Meixner	0.49.04 F	Cathy Watson	0.59.26 F
Peter Hammerschmidt	0.44.44	Christopher Nobes	0.49.12	Michael Adams	0.59.33
Darren Kaehne	0.44.47	Bridgit English	0.49.26 F	Heather Forster	1.00.46 F
Mark Schaefer	0.45.05	Martin Smith	0.49.30	Jackie Ramsay	1.09.19 F
Ken Harris	0.45.08	Ernst Friedlaender	0.49.37	Tim Deane	dnf
Mark Langsworth	0.45.09	Susan Chalmers	0.49.38 F	Andrew Cullen	dnf
Brian Ogilwy	0.45.23	Karen Carter	0.49.41 F	Peter Truscott	dnf
Angela Etheridge	0.45.47 F	Yvonne Reilly	0.49.55 F	Martin Dowson	dnf

Race 3 The Domain 2nd April 2005 Outright Results

Open Men

1	Glenn Guzzo	31:16	1st Strider
2	Mark Bomba	31:28	
3	Jeremy Horne	31:29	

Open Women

1	Lucinda Chapman	38:20	1st Strider
2	Sadie Bolton	40:43	
3	Suzanne Kelly	40:49	2nd Strider

Glenn Guzzo	0.31.16
Chris Truscott	0.32.32
Raymond Wareham	0.34.18
Jonathan Craig	0.34.33

Damian Tancred	0.34.57
Tim Cradock	0.34.59
Tony Fattorini	0.35.42
Keith Bateman	0.36.04

Stephen Jackson	0.36.33
Matt Palmer	0.36.56
Richard Green	0.36.57
Stuart Chellis	0.37.08

Handicap Competition Placings in Race 3:

1	Tom Winder
2	Graham Farnsworth
3	Karen Carter

Race Officials: Tina Campbell, Helen Wilson, Robyn Moody, Olivia Batten, Shirley Rutter, Megan Jackson, Ross McCarty, Joe Degabriele, Graham Willis, Brian Wilcockson, Philip Boswell, James Moody, Robert Mulley, Craig Dunn, John Hanna, Richard Peacock, Peter Cremen, Lydia Hanna

Keith Broadfoot	0.37.28	Mervyn Cohen	0.43.37	Andrew Smith	0.48.47
Graham Farnsworth	0.37.34	Mark Schaefer	0.43.45	Elizabeth Woodhams	0.49.02 F
Shaun Atchison	0.37.36	Ken Harris	0.43.47	Naomi Frank	0.49.03 F
Peter Truscott	0.37.40	Roland Hassall	0.43.49	Maria DiMarco	0.49.04 F
Mark Wilson	0.37.41	Lisa Carroli	0.43.50 F	Ernst Friedlaender	0.49.10
Andrew Taylor	0.37.42	Rod Lovel	0.43.56	Michaela Holloway	0.49.26 F
Martin Dowson	0.37.44	James Cryer	0.44.13	Charles King	0.49.59
Adrian Boyn	0.37.45	Dean Gardiner	0.44.16	Bridgit English	0.50.31 F
Ron Schwebel	0.37.59	John Hodges	0.44.17	Corinne Russell	0.50.34 F
Jaap Bakker	0.38.13	Caroline Yarnell	0.44.21 F	David Lancaster	0.51.21
Nick Brewster	0.38.14	Matthew Mulcahy	0.44.23	Alison Gardiner	0.51.30 F
Lucinda Chapman	0.38.20 F	Brian Ogilwy	0.44.28	Kevin Tiller	0.51.37
Stephen Bodnar	0.38.38	Mary Stringer	0.44.36 F	Allan Wareham	0.51.38
Greg Coy	0.38.44	Dougal Langusch	0.45.14	Eric Schmierer	0.51.45
Andrew Lennox	0.38.49	Stephen Smith	0.45.26	Kerry Ross	0.52.00 F
David Martin	0.38.52	Cheryl Crawford	0.45.31 F	Lesley Maher	0.52.05 F
Ben McSweeney	0.38.58	Gavin Markey	0.45.38	Holly Inglis	0.52.09 F
Alex Jensen	0.39.05	Rebecca Deane	0.45.53 F	Christopher Nobes	0.52.14
Stephen Fahey	0.39.24	Martin Foulkes	0.46.00	Dale Thompson	0.52.30 F
David Gayford	0.39.29	Angela Etheridge	0.46.06 F	John Sneddon	0.52.58
Wayne Gregory	0.39.38	Stewart Vincent	0.46.14	John Kerr	0.53.18
Simon Wilson	0.39.40	Wayne Pryke	0.46.16	Andrew Jackson	0.53.41
Grahame Murphy	0.39.47	James Ditzell	0.46.25	Allison Lilley	0.53.53 F
Lachlan Wolfers	0.40.00	George Herisson	0.46.29	Sam Chuah	0.53.56
Tom Winder	0.40.07	Paul Bullas	0.46.33	Jurg Kunzle	0.54.00
Paul Trainor	0.40.22	Craig Hilderbrand	0.46.41	Ted Brailey	0.54.11
Malcolm Ferguson	0.40.40	Jill Reich	0.46.45 F	Frances Brown	0.54.17 F
Kendall Waller	0.40.41	Max Crossley	0.46.54	Penny Griffiths	0.54.33 F
Mohammed Alkhub	0.40.47	Russell Johnson	0.47.05	Cameron Robertson	0.55.08
Suzanne Kelly	0.40.49 F	Ray Mahoney	0.47.13	Ruth McColl	0.55.21 F
Ray Doran	0.41.01	Gilbert Pilot	0.47.17	Michael Adams	0.56.15
Craig Brown	0.41.08	David East	0.47.18	Lorraine Spanton	0.56.22 F
Joanne Cowan	0.41.12 F	Michael Free	0.47.25	Nicole Frykberg	0.56.27 F
David Bray	0.41.14	Denis Speyer	0.47.30	Amanda Underwood	0.56.51 F
Craig Plumb	0.41.24	Craig Schlitter	0.47.35	Elly Peters	0.56.52 F
Barry Rutter	0.41.28	Peter Woods	0.47.54	Alex James	0.56.53
Mike Fowlds	0.41.32	Karen Carter	0.47.56 F	Heather Forster	0.57.51 F
David Ellis	0.42.14	Alan Smith	0.48.02	Cathy Watson	0.58.41 F
Philip Murphy	0.42.42	Susan Login	0.48.03 F	Frank Dearn	0.58.59
Michael Childs	0.42.47	Luigi Criniti	0.48.05	Katherine McSweeney	1.04.57 F
Sean Greenhill	0.42.50	Heiko Schaefer	0.48.20	Jackie Ramsay	1.04.59 F
Mark Davis	0.42.51	Sharon Callister	0.48.22 F	Jenny Truscott	dnf F
Glenn Lockwood	0.42.54	Nick Woodhams	0.48.31	Tim Deane	dnf
John Van Yzendoorn	0.42.57	Robert Brown	0.48.39	Campbell Reid	dnf
Mark Watson	0.43.36	Gerard Donnan	0.48.43		

10k Female Open

	LC	HB	DM	Tot							
Lucinda Chapman	60	60	60	180	Samantha Brown	41*	53	0	94	Allison Lilley	26 12 30 68
Suzanne Kelly	48	50	56	154	Mary Stringer	45	0	49	94	Frances Brown	19 20 29 68
Lisa Carroli	39	48	51	138	Cheryl Crawford	0	42	48	90	Jennie Meixner	30 34 0 64
Jill Reich	43	44	45	132	Karin Kaehne	39	44	0	83	Alison Gardiner	0 26 35 61
Angela Etheridge	36*	46	46	128	Sharon Callister	0	38	42	80	Glenda Mitchell	41 19 0 60
Maria DiMarco	40	41	39	120	Nicole Frykberg	32	22	25	79	Yvonne Reilly	29 30 0 59
Rebecca Deane	44	24	47	115	Susan Login	0	35	43	78	Elly Peters	34 0 23 57
Joanne Cowan	50	0	54	104	Alicia Wood	37	40	0	77	Tina Campbell	33 12 12 57
Kathryn Topp	50	49	0	99	Naomi Frank	0	37	40	77	Christine Cullen	28 29 0 57
Bridgit English	27	33	37	97	Karen Carter	0	31	44	75	Susan Chalmers	23 32 0 55
Amanda Underwood	36	36	24	96	Leighsa Hill	35	39	0	74	Joanne Barton	53 0 0 53
Jenny Truscott	46*	46*	2	94	Elizabeth Woodhams	31	0	41	72	Emilie Paquin	24 27 0 51
					Katherine McSweeney	22	28	20	70	Bernadette Gregory	25 25 0 50

(Note : * denotes no uniform bonus)

Caroline Yarnell	0	0	50	50	Corinne Russell	0	0	36	36	Katie Rowell	0	13*	0	13
Heather Forster	12	14	23	49	Penny Griffiths	6*	0	28	34	Kerryn Parkinson	4*	8*	0	12
Sarah Hammer	47	0	0	47	Lesley Maher	0	0	33	33	Joanna White	12	0	0	12
Kerry Ross	13	0	34	47	Clara Vucetic	32*	0	0	32	Neridah Powell	12	0	0	12
Sheena Leibowitz	0	47	0	47	Holly Inglis	0	0	32	32	Gill Cavenagh	12	0	0	12
Ruth McColl	18	0	27	45	Leigh MacRitchie	12	16	0	28	Belinda Lockwood	12	0	0	12
Shelley Howes	0	45	0	45	Dale Thompson	0	7*	21*	28	Lisa Gallate	12	0	0	12
Greta Auricht	0	41*	0	41	Michaela Holloway	0	0	28*	28	Fiona Nelson	0	12	0	12
Lynn Herisson	17	21	0	38	Lorraine Spanton	0	0	26	26	Robin Cameron	0	12	0	12
Megan Jackson	13	12	12	37	Jackie Ramsay	0	3*	19	22	Helen Wilson	0	0	12	12
Robyn Moody	12	12	12	36	Carolyn Travers	21	0	0	21	Olivia Batten	0	0	12	12
Shirley Rutter	12	12	12	36	Cathy Rees-Evans	20	0	0	20					
Cathy Watson	0	15	21	36	Julia de Vries	15	0	0	15					

10k MaleOpen

(Note : * denotes no uniform bonus)

LC	HB	DM	Tot											
Keith Bateman	50	56	47	153	Cameron Arnold	19	22	0	41	Ernst Friedlaender	2*	12	12	26
Stephen Jackson	46	48	47	141	Graham Farnsworth	0	0	41	41	Andrew Jackson	13	0	12	25
Richard Green	47	43	44	134	Klas Johansson	21	19	0	40	Adrian Boyn	0	0	25*	25
Glenn Guzzo	60	12	60	132	Lachlan Wolfers	20	0	20	40	Stephen Fahey	0	0	25	25
Andrew Taylor	43	41	37	121	Bill Flanagan	14*	25*	0	39	Mike Fowlds	12	0	12	24
Jaap Bakker	41	42	33	116	David Bray	13	13	13	39	John Van Yzendoorn	12	0	12	24
Shaun Atchison	36	39	40	115	Peter Woods	13	13	13	39	Philip Murphy	12	0	12	24
Darren Benson	51	60	0	111	Tim Cradock	0	0	39*	39	Stewart Turner	12	12	0	24
Chris Truscott	53	0	56	109	James Moody	13	13	12	38	Geoff Underwood	12	12	0	24
Keith Broadfoot	30	34	42	106	Martin Harris	37	0	0	37	Sebastian Warmerdam	12	12	0	24
Greg Coy	35	40	30	105	Brian Ogilwy	12	13	12	37	Campbell Reid	12	0	12	24
David Martin	38	38	28	104	Steve Hume	0	37	0	37	Martin Pluss	12	12	0	24
Ron Schwebel	34	36	34	104	Rod Lovel	12	12	12	36	Alan Smith	12	0	12	24
Tony Fattorini	0	51	48	99	Tim Deane	12	12	12	36	Michael Hill	12	12	0	24
Damian Tancred	0	49	50	99	John Hodges	12	12	12	36	Richard Lane	12	12	0	24
James Jeffery	46	50	0	96	Glenn Lockwood	12	12	12	36	Nick Woodhams	12	0	12	24
Nick Brewster	31	32	32	95	Russell Johnson	12	12	12	36	Phil Clarkson	12	12	0	24
Martin Matthews	49	44	0	93	Roland Hassall	12	12	12	36	Martin Smith	12	12	0	24
Gerry Arthur	44	48	0	92	James Cryer	12	12	12	36	David Lancaster	12	0	12	24
Andrew Lennox	28	31	29	88	Stephen Smith	12	12	12	36	Philip Fleming	12	12	0	24
Matt Palmer	0	43*	45	88	Heiko Schaefer	12	12	12	36	Adam Gatford	12	12	0	24
Ross Sinclair	42	45	0	87	David East	12	12	12	36	Louis St Laurent	12	12	0	24
Martin Dowson	39	12	36	87	Charles King	12	12	12	36	Michael Bailey	12	12	0	24
Mark Wilson	40	0	38	78	Ross McCarty	12	12	12	36	Kevin O'Kane	12	12	0	24
Ben McSweeney	27	24	27	78	Denis Speyer	12	12	12	36	John Kerr	12	0	12	24
Stuart Chellis	0	33	43	76	Craig Schlitter	12	12	12	36	Graham Willis	12	0	12	24
Craig Brown	32	28	13	73	Ted Brailey	12	12	12	36	Joe Degabriele	12	0	12	24
Stephen Bodnar	12	29	31	72	Christopher Nobes	12	12	12	36	David Ellis	0	12	12	24
Mohammed Alkhub	29	25	16	70	Eric Schmierer	12	12	12	36	Dean Gardiner	0	12	12	24
Wayne Gregory	23	23	23	69	Allan Wareham	12	12	12	36	Mark Watson	0	12	12	24
Philip Boswell	26	27	12	65	Alex James	12	12	12	36	Ken Harris	0	12	12	24
David Gayford	18	20	24	62	Michael Adams	12	12	12	36	George Herisson	0	12	12	24
Andrew Cullen	48	12	0	60	Frank Dearn	12	12	12	36	Wayne Pryke	0	12	12	24
Tony Grainger	33	26	0	59	Mark Schaefer	12	12	12	36	Gavin Markey	0	12	12	24
David Criniti	56	0	0	56	Brian Wilcockson	12	12	12	36	Paul Bullas	0	12	12	24
Alex Jensen	0	30	26	56	Craig Dunn	12	12	12	36	Sam Chuah	0	12	12	24
Paul Trainor	17	18	18	53	Robert Mulley	12	12	12	36	Mark Shingler	22	0	0	22
Raymond Wareham	0	0	53	53	Andrew Smith	12	12	12	36	Grahame Murphy	0	0	21	21
Peter Truscott	0	12	39	51	Richard Peacock	12	12	12	36	John Hanna	2*	2*	12	16
Jonathan Craig	0	0	51	51	Simon Wilson	0	14	22	36	Cameron Robertson	2*	12	2*	16
Malcolm Ferguson	16	16	17	49	Tom Winder	12	0	19	31	Paul Davey	15	0	0	15
Walter Mitchell	25	21	0	46	Ray Doran	12	0	14	26	Tim Austin	0	15	0	15
Klayten Smith	0	46	0	46	Ray Mahoney	2*	12	12	26	Paul Bruning	14	0	0	14
Barry Rutter	12	18	13	43	Luigi Criniti	12	12	2*	26	Craig Plumb	12	0	2*	14
					Max Crossley	2*	12	12	26	Phillip Jones	12	2*	0	14

Kevin Tiller	0	12	2*	14	Michael Sharp	12	0	0	12	Jurg Kunzle	0	0	12	12
Victor Donovic	13	0	0	13	Peter Slater	0	12	0	12	Peter Cremen	0	0	12	12
Luke Peterson	12	0	0	12	Graham Creed	0	12	0	12	Kendall Waller	0	3*	6*	9
Carmelo Gallo	12	0	0	12	Michael Handley	0	12	0	12	Dougal Langusch	2*	2*	2*	6
Mike Morrissey	12	0	0	12	Dean Harris	0	12	0	12	Michael Free	2*	2*	2*	6
Stephen Kibble	12	0	0	12	Peter Hammerschmidt	0	12	0	12	John Sneddon	2*	2*	2*	6
Bradley Loh	12	0	0	12	Darren Kaehne	0	12	0	12	Sean Greenhill	2*	0	2*	4
Mario Torresan	12	0	0	12	Mark Langsworth	0	12	0	12	Brian Wallace	2*	2*	0	4
James Kent	12	0	0	12	Lawrence Ullio	0	12	0	12	Stewart Vincent	2*	0	2*	4
David King	12	0	0	12	Richard Frykberg	0	12	0	12	David Knight	2*	2*	0	4
Jeff Morunga	12	0	0	12	Jo Fendly	0	12	0	12	Salvador Gala	2*	0	0	2
Nigel Deed	12	0	0	12	Joe DeGabriele	0	12	0	12	Ewan Horsburgh	2*	0	0	2
Steve Packer	12	0	0	12	Mike Hansen	0	12	0	12	John Zahra	2*	0	0	2
Robert Chalmers	12	0	0	12	Michael Childs	0	0	12	12	Pete Steel	2*	0	0	2
David Ward	12	0	0	12	Mark Davis	0	0	12	12	Lee Gire	2*	0	0	2
Manfred Fiedler	12	0	0	12	Mervyn Cohen	0	0	12	12	Andrew Bull	0	2*	0	2
Richard Wassell	12	0	0	12	Matthew Mulcahy	0	0	12	12	Andrew Rankine	0	2*	0	2
Wayne Stanton	12	0	0	12	Martin Foulkes	0	0	12	12	James Ditzell	0	0	2*	2
Roger Cox	12	0	0	12	Craig Hilderbrand	0	0	12	12					
William Ward	12	0	0	12	Gerard Donnan	0	0	12	12					

10K Handicap

(Runners with 60 points+)

				Runners with 60 points +										
	LC	HB	DM	Tot										
Ernst Friedlaender	2	56	45	103	Tom Winder	12	0	60	72	Karen Carter	0	12	53	65
Allan Wareham	12	45	44	101	Louis St Laurent	60	12	0	72	Glenn Guzzo	39	12	12	63
Gavin Markey	0	51	50	101	Keith Broadfoot	12	17	42	71	Ben McSweeney	25	12	26	63
Rebecca Deane	44	12	36	92	Stephen Bodnar	12	30	29	71	Suzanne Kelly	12	35	16	63
Jennie Meixner	53	38	0	91	Michael Adams	12	12	47	71	Katherine McSweeney	32	19	12	63
Craig Schlitter	12	47	27	86	Lisa Carroli	12	44	12	68	Kerry Ross	12	0	51	63
David Martin	56	12	12	80	Brian Ogilwy	12	16	40	68	Phillip Jones	51	11	0	62
Lucinda Chapman	50	12	12	74	Stephen Smith	20	12	35	67	Michael Hill	12	48	0	60
Jaap Bakker	33	29	12	74	David East	42	12	12	66	Ted Brailey	36	12	12	60
Christopher Nobes	12	49	12	73	Barry Rutter	12	41	13	66	Christine Cullen	48	12	0	60
Mohammed Alkhub	47	12	13	72	Tony Fattorini	0	46	20	66	Simon Wilson	0	12	48	60
					Bridgit English	12	41	12	65	Dean Harris	0	60	0	60

10k Age Group Placings

Female Masters	LC	HB	DM	Tot	Jennie Meixner	45	47	0	92	Female Pre-Vet Top 10	LC	HB	DM	Tot
Heather Forster	41	56	50	147	Karen Carter	0	44	48	92	Lucinda Chapman	60	60	60	180
Tina Campbell	56	46	39	141	Megan Jackson	32	27	30	89	Maria DiMarco	47	45	49	141
Robyn Moody	41	46	39	126	Glenda Mitchell	49	39	0	88	Angela Etheridge	39	48	51	138
Elizabeth Woodhams	53	0	60	113	Christine Cullen	44	43	0	87	Rebecca Deane	48	37	53	138
Ruth McColl	51	0	51	102	Susan Chalmers	42	45	0	87	Amanda Underwood	45	42	42	129
Dale Thompson	0	50	43	93	Alison Gardiner	0	42	44	86	Nicole Frykberg	43	35	43	121
Lesley Maher	0	0	56	56	Lynn Herisson	38	41	0	79	Katherine McSweeney	38	40	40	118
Clara Vucetic	50	0	0	50	Kerry Ross	36	0	43	79	Jenny Truscott	46	46	20	112
Lorraine Spanton	0	0	50	50	Cathy Watson	0	38	41	79	Allison Lilley	41	23	45	109
Helen Wilson	0	0	39	39	Shirley Rutter	21	27	30	78	Cheryl Crawford	0	46	56	102
Female Veteran					Jackie Ramsay	0	27	40	67	Kathryn Topp	51	50	0	101
Suzanne Kelly	53	60	60	173	Joanne Barton	60	0	0	60	Male Super Senior				
Lisa Carroli	48	56	53	157	Caroline Yarnell	0	0	51	51	Frank Dearn	56	60	60	176
Jill Reich	50	53	49	152	Carolyn Travers	41	0	0	41	Manfred Fiedler	60	0	0	60
Bridgit English	43	46	45	134	Cathy Rees-Evans	40	0	0	40	Male Senior				
Frances Brown	39	40	42	121	Julia de Vries	37	0	0	37	Brian Ogilwy	53	57	56	166
Joanne Cowan	57	0	57	114	Joanna White	35	0	0	35	Heiko Schaefer	56	53	53	162
Mary Stringer	51	0	50	101	Neridah Powell	34	0	0	34	Ted Brailey	51	51	50	152
Karin Kaehne	48	52	0	100	Gill Cavenagh	33	0	0	33	Allan Wareham	48	50	51	149
Leighsa Hill	46	50	0	96	Belinda Lockwood	32	0	0	32	Ray Doran	60	0	60	120
Sharon Callister	0	49	46	95	Robin Cameron	0	27	0	27	Michael Bailey	49	49	0	98
Susan Login	0	48	47	95	Lisa Gallate	21	0	0	21					

Peter Hammerschmidt	0	60	0	60	Greg Coy	49	51	48	148	Martin Smith	14	23	0	37
Lee Gire	40	0	0	40	Andrew Lennox	46	49	47	142	Mark Davis	0	0	37	37
Male Masters	LC	HB	DM	Tot	Mohammed Alkhub	47	46	41	134	Richard Peacock	12	12	12	36
Keith Bateman	60	60	60	180	Wayne Gregory	44	45	44	133	Mike Morrissey	35	0	0	35
Ron Schwebel	56	56	56	168	David Gayford	41	44	45	130	David Lancaster	12	0	23	35
Rod Lovel	51	49	50	150	Stephen Bodnar	32	48	49	129	Mervyn Cohen	0	0	33	33
John Hodges	50	50	48	148	Paul Trainor	40	42	43	125	Louis St Laurent	12	20	0	32
James Cryer	49	48	49	146	Malcolm Ferguson	39	41	42	122	Mark Langsworth	0	31	0	31
Peter Woods	46	46	44	136	Martin Dowson	50	12	50	112	Stephen Kibble	30	0	0	30
Philip Boswell	53	53	25	131	Ross Sinclair	53	56	0	109	John Hanna	3	12	12	27
Barry Rutter	23	52	52	127	Mark Wilson	51	0	53	104	Salvador Gala	24	0	0	24
Max Crossley	29	46	44	119	Glenn Lockwood	31	36	36	103	Mario Torresan	23	0	0	23
Luigi Criniti	41	41	32	114	Tony Grainger	48	47	0	95	Jeff Morunga	22	0	0	22
Eric Schmierer	37	37	39	113	Stephen Smith	28	28	30	86	John Zahra	17	0	0	17
James Moody	41	40	25	106	Klas Johansson	42	43	0	85	Robert Chalmers	16	0	0	16
Ernst Friedlaender	26	40	40	106	David East	24	24	28	76	David Ward	15	0	0	15
Ross McCarty	46	23	25	94	David Ellis	0	38	38	76	Wayne Stanton	12	0	0	12
Wayne Pryke	0	47	46	93	Bill Flanagan	35	40	0	75	Michael Sharp	12	0	0	12
Paul Bullas	0	44	45	89	Charles King	21	27	24	72	Mike Hansen	0	12	0	12
Phil Clarkson	42	43	0	85	John Van Yzendoorn	36	0	35	71	Peter Cremen	0	0	12	12
Nick Woodhams	43	0	41	84	Denis Speyer	19	25	27	71	Male Pre-Vet Top 20	LC	HB	DM	Tot
Philip Fleming	38	38	0	76	Mark Watson	0	34	34	68	Richard Green	48	46	47	141
Stewart Vincent	38	0	37	75	Craig Plumb	37	0	29	66	Glenn Guzzo	60	12	60	132
John Sneddon	24	23	28	75	Dean Gardiner	0	35	31	66	Jaap Bakker	45	45	40	130
Sam Chuah	0	36	36	72	Ken Harris	0	32	32	64	Shaun Atchison	42	44	43	129
Brian Wilcockson	23	23	25	71	Sebastian Warmerdam	29	33	0	62	David Martin	44	43	38	125
Kevin O'Kane	35	35	0	70	Kendall Waller	0	30	31	61	Keith Broadfoot	39	41	45	125
John Kerr	33	0	37	70	Phillip Jones	33	27	0	60	Nick Brewster	40	39	39	118
Grahame Murphy	0	0	53	53	Jonathan Craig	0	0	60	60	Darren Benson	51	60	0	111
Graham Willis	23	0	25	48	George Herisson	0	29	29	58	Ben McSweeney	38	36	37	111
Joe Degabriele	23	0	25	48	Michael Adams	12	19	22	53	Craig Brown	41	37	32	110
David King	47	0	0	47	Andrew Smith	12	12	25	49	Chris Truscott	53	0	56	109
Steve Packer	44	0	0	44	Michael Hill	18	30	0	48	Tony Fattorini	0	53	49	102
Lawrence Ullio	0	42	0	42	Martin Pluss	25	21	0	46	Damian Tancred	0	50	51	101
Jurg Kunzle	0	0	35	35	Alan Smith	20	0	26	46	James Jeffery	47	51	0	98
Jo Fendly	0	34	0	34	Stephen Fahey	0	0	46	46	Martin Matthews	50	47	0	97
Roger Cox	23	0	0	23	Mark Shingler	43	0	0	43	David Bray	32	32	32	96
Joe DeGabriele	0	23	0	23	Richard Lane	17	26	0	43	Gerry Arthur	46	49	0	95
Male Veterans					Peter Slater	0	39	0	39	Matt Palmer	0	46	48	94
Stephen Jackson	61	61	57	179	Victor Donovic	38	0	0	38	Stuart Chellis	0	40	46	86
Andrew Taylor	56	53	51	160	Campbell Reid	26	0	12	38	Alex Jensen	0	38	36	74

10k Age & Gender Adj

(Runners with two or more races shown)

Keith Bateman	858	868	826	2552	Rod Lovel	744	714	707	2165	David Bray	655	654	667	1976
Stephen Jackson	805	823	803	2431	John Hodges	725	729	707	2161	Allan Wareham	638	661	674	1973
Ron Schwebel	803	806	810	2419	Andrew Lennox	713	722	723	2158	Max Crossley	624	671	673	1968
Lucinda Chapman	814	807	780	2401	Shaun Atchison	719	716	721	2156	Glenn Lockwood	643	653	654	1950
Greg Coy	772	784	752	2308	Stephen Bodnar	664	742	748	2154	Bridgit English	635	653	639	1927
Andrew Taylor	778	768	756	2302	Brian Ogilwy	673	729	751	2153	Ted Brailey	656	644	604	1904
Suzanne Kelly	736	760	759	2255	Nick Brewster	711	714	719	2144	Frank Dearn	624	643	626	1893
Richard Green	745	742	730	2217	Keith Broadfoot	696	705	720	2121	Roland Hassall	614	644	627	1885
Wayne Gregory	739	733	735	2207	Paul Trainor	695	694	690	2079	Rebecca Deane	651	577	652	1880
Mohammed Alkhub	749	738	714	2201	Lisa Carroli	647	719	706	2072	Peter Woods	630	628	622	1880
David Gayford	727	724	732	2183	Malcolm Ferguson	699	687	685	2071	Maria DiMarco	634	631	610	1875
David Martin	739	730	712	2181	Ben McSweeney	689	682	692	2063	Russell Johnson	626	635	588	1849
James Cryer	714	728	727	2169	Jill Reich	691	687	684	2062	Stephen Smith	610	606	618	1834
Heiko Schaefer	743	714	712	2169	Craig Brown	700	692	656	2048	Frances Brown	619	610	600	1829
Jaap Bakker	724	738	706	2168	Luigi Criniti	656	661	669	1986	Charles King	618	623	578	1819
					Angela Etheridge	676	653	649	1978	Denis Speyer	609	599	608	1816

Dougal Langusch	602	607	596	1805	Tony Grainger	720	707	0	1427	Susan Chalmers	611	634	0	1245
David East	611	588	606	1805	Stuart Chellis	0	701	726	1427	Brian Wallace	604	635	0	1239
Ernst Friedlaender	554	605	611	1770	Klas Johansson	711	703	0	1414	Naomi Frank	0	620	610	1230
Amanda Underwood	616	619	526	1761	Alex Jensen	0	699	696	1395	Michael Bailey	610	616	0	1226
Eric Schmierer	572	590	590	1752	Stewart Vincent	697	0	695	1392	Alison Gardiner	0	611	606	1217
Glenn Guzzo	883	0	862	1745	David Ellis	0	693	689	1382	Mark Schaefer	0	598	616	1214
Ray Mahoney	572	573	582	1727	Walter Mitchell	693	684	0	1377	Glenda Mitchell	646	561	0	1207
Michael Free	569	571	580	1720	Kendall Waller	0	676	685	1361	Yvonne Reilly	598	599	0	1197
Nicole Frykberg	607	564	530	1701	Cameron Arnold	681	677	0	1358	Kerry Ross	580	0	615	1195
John Sneddon	555	557	586	1698	Lachlan Wolfers	682	0	674	1356	Alan Smith	601	0	593	1194
Craig Schlitter	550	572	573	1695	Simon Wilson	0	660	680	1340	Michael Hill	582	607	0	1189
Ray Doran	838	0	831	1669	Sharon Callister	0	667	667	1334	Christine Cullen	592	590	0	1182
Chris Truscott	819	0	829	1648	John Van Yzendoom	670	0	653	1323	Martin Pluss	617	563	0	1180
Joanne Cowan	828	0	818	1646	Phillip Jones	661	662	0	1323	Lynn Herisson	591	588	0	1179
Katherine	579	588	461	1628	Mark Watson	0	662	658	1320	Richard Lane	580	598	0	1178
McSweeney	532	559	526	1617	Tom Winder	642	0	672	1314	Geoff Underwood	620	550	0	1170
Christopher Nobes	798	804	0	1602	Ruth McColl	671	0	639	1310	Gavin Markey	0	577	591	1168
Jenny Truscott	792	805	0	1597	Karin Kaehne	646	657	0	1303	Sam Chuah	0	592	576	1168
Darren Benson	776	795	0	1571	Wayne Pryke	0	646	655	1301	Emilie Paquin	581	586	0	1167
Ross Sinclair	771	774	0	1545	Dale Thompson	0	640	660	1300	Bernadette Gregory	585	581	0	1166
Philip Boswell	0	757	772	1529	Cheryl Crawford	0	639	657	1296	Philip Fleming	570	593	0	1163
Damian Tancred	0	757	755	1512	Mike Fowlds	646	0	649	1295	John Kerr	556	0	603	1159
Tony Fattorini	751	758	0	1509	George Herisson	0	649	641	1290	Heather Forster	0	565	594	1159
Samantha Brown	757	0	749	1506	Karen Carter	0	633	656	1289	David Lancaster	567	0	576	1143
Martin Dowson	757	745	0	1502	Phil Clarkson	639	647	0	1286	Allison Lilley	586	0	555	1141
Martin Matthews	0	760	742	1502	Dean Gardiner	0	648	634	1282	Elly Peters	609	0	526	1135
Barry Rutter	742	757	0	1499	Susan Login	0	637	644	1281	Kevin O'Kane	556	578	0	1134
James Jeffery	747	0	749	1496	Sebastian	633	645	0	1278	John Hanna	550	561	0	1111
Mary Stringer	738	756	0	1494	Warmerdam	642	0	635	1277	Martin Smith	546	563	0	1109
Gerry Arthur	0	759	730	1489	Philip Murphy	644	0	630	1274	Penny Griffiths	555	0	548	1103
Matt Palmer	747	0	739	1486	Sean Greenhill	626	647	0	1273	Kerryn Parkinson	548	553	0	1101
Mark Wilson	513	483	489	1485	Leighsa Hill	0	624	645	1269	Louis St Laurent	547	532	0	1079
Cameron Robertson	729	750	0	1479	Paul Bullas	0	622	646	1268	Kevin Tiller	0	542	536	1078
Bill Flanagan	743	733	0	1476	Ken Harris	630	0	634	1264	Leigh MacRitchie	530	542	0	1072
Kathryn Topp	485	475	503	1463	Nick Woodhams	637	623	0	1260	David Knight	513	557	0	1070
Michael Adams	722	0	709	1431	Stewart Turner	626	622	0	1248	Cathy Watson	0	529	536	1065
Craig Plumb	708	0	721	1429	James Moody	617	629	0	1246	Andrew Jackson	514	0	506	1020
Elizabeth Woodhams	478	474	476	1428	Alicia Wood	620	626	0	1246	Adam Gatford	509	506	0	1015
Alex James					Jennie Meixner					Jackie Ramsay	0	440	469	909

Super Series Male Open

	EQ	SF	Bns	Tot										
Chris Truscott	57	66	1	124	Stephen Bodnar	15	34	12	61	Klayten Smith	40	0	1	41
David Martin	46	56	2	104	Cameron Arnold	39	18	2	59	Phillip Jones	13	26	2	41
Shaun Atchison	42	52	2	96	Richard Green	0	57	2	59	Damian Tancred	39	0	1	40
Stephen Jackson	47	46	2	95	Darren Benson	54	0	2	56	Gerry Arthur	20	18	2	40
Andrew Taylor	38	55	2	95	Steve Hume	44	0	11	55	Peter Kingston	0	40	0	40
Jaap Bakker	40	50	2	92	Martin Harris	36	18	1	55	Ben McSweeney	37	0	2	39
Chris Graham	33	49	0	82	Tim Austin	25	18	11	54	Roger Cartwright	18	21	0	39
David Criniti	61	18	1	80	Peter Truscott	0	54	0	54	Sean Greenhill	3	35	1	39
Peter Cremen	31	49	0	80	Glenn Guzzo	52	0	1	53	Brian Ogilwy	13	18	7	38
Martin Dowson	35	43	1	79	Keith Bateman	51	0	2	53	Chris Thompson	0	38	0	38
Mohammed Alkhub	32	37	7	76	Philip Murphy	17	34	1	52	Sam Serisier	18	18	0	36
Andrew Lennox	24	47	2	73	Barry Rutter	21	28	2	51	Adrian Spragg	13	23	0	36
Bill Flanagan	34	36	2	72	Kelvin Marshall	0	51	0	51	John Palmer	0	35	0	35
Ron Schwebel	35	33	2	70	Greg Coy	0	48	2	50	David Bray	13	18	2	33
David Gayford	26	41	2	69	Andrew Cullen	48	0	1	49	Roland Hassall	13	18	2	33
Wayne Gregory	27	39	2	68	James Cryer	13	31	2	46	David East	13	18	2	33
Craig Brown	33	30	2	65	Martin Matthews	41	0	2	43	Patrick Hodgins	13	20	0	33
Tony Fattorini	0	62	1	63	John Bugg	0	43	0	43	Charles King	13	18	2	33
					Glenn Lockwood	13	27	2	42	James Moody	13	18	2	33

Eric Schmierer	13	18	2	33	Jeremy Culver	0	19	0	19	Lee Gire	13	0	1	14
Ted Brailey	13	18	2	33	David King	0	18	1	19	Roger Cox	13	0	1	14
Frank Dearn	13	18	2	33	Mark Langsworth	0	18	1	19	Craig Dunn	13	0	1	14
Mike Morrissey	0	32	1	33	Jeff Morunga	0	18	1	19	Richard Peacock	13	0	1	14
Darren Kaehne	13	18	1	32	Grahame Murphy	0	18	0	18	Greg Donovan	13	0	0	13
Stephen Kibble	13	18	1	32	Brad Renshaw	0	18	0	18	Bruce Inglis	13	0	0	13
Kevin Tiller	3	18	11	32	Rick Collins	0	18	0	18	Dougal Langusch	3	8	2	13
Richard Wassell	13	18	1	32	John Singleton	0	18	0	18	Arthur Huxtable	13	0	0	13
Roger Casey	0	32	0	32	Darryl Chrisp	0	18	0	18	Mark Gardiner	13	0	0	13
Mark Shingler	30	0	1	31	Warwick Selby	0	18	0	18	Gavin Morisset	13	0	0	13
Keith Broadfoot	29	0	2	31	Ian Singer	0	18	0	18	Melos Sulicich	13	0	0	13
Steve Fisher	13	18	0	31	Tom Silk	0	18	0	18	Keith White	13	0	0	13
Mick McCarthy	13	18	0	31	Stephen Ball	16	0	0	16	Steve Cornelius	13	0	0	13
Tony Grainger	0	29	2	31	Mark Schaefer	13	0	2	15	Ian Whitfield	13	0	0	13
Philip Boswell	22	0	7	29	Rod Lovel	13	0	2	15	Michael Wilson	13	0	0	13
Graham Willis	13	0	11	24	Paul Trainor	13	0	2	15	Jim Screen	13	0	0	13
Manfred Fiedler	13	0	11	24	Geoff Underwood	13	0	2	15	Gregory Prerau	13	0	0	13
Andrew Smith	13	0	11	24	Russell Johnson	13	0	2	15	Mike Hansen	13	0	0	13
Malcolm Satchell	0	24	0	24	Heiko Schaefer	13	0	2	15	Brendan Mason	0	8	0	8
Craig Plumb	0	22	1	23	Peter Woods	13	0	2	15	Carmelo Gallo	4	0	1	5
Tim Deane	19	0	1	20	Philip Fleming	13	0	2	15	Luigi Criniti	3	0	2	5
Sebastian	0	18	2	20	Philip Hugill	0	15	0	15	John Hanna	3	0	2	5
Warmerdam					Lachlan Wolfers	13	0	1	14	Ewan Horsburgh	3	0	1	4
Martin Pluss	0	18	2	20	Alex Jensen	13	0	1	14	David Robinson	3	0	0	3
Kevin O'Kane	0	18	2	20	Wayne Pryke	13	0	1	14	Jamie Blackie	3	0	0	3
Allan Wareham	0	18	2	20	John Zahra	13	0	1	14	Brian Taylor	3	0	0	3
Michael Bailey	0	18	2	20	Alan Smith	13	0	1	14					

Super Series Female Open

	EQ	SF	Bns	Tot	Dawn Tiller	0	52	0	52	Vivienne Kartsounis	0	37	0	37
Suzanne Kelly	54	66	2	122	Jill Reich	48	0	2	50	Gill Cavenagh	35	0	1	36
Mary Stringer	49	56	1	106	Sharon Callister	0	49	1	50	Elly Peters	0	35	1	36
Karin Kaehne	43	52	7	102	Elizabeth Edmonds	0	49	0	49	Belinda Lockwood	34	0	1	35
Maria DiMarco	44	54	2	100	Rebecca Deane	46	0	2	48	Sue Hill	33	0	0	33
Allison Lilley	37	46	1	84	Virginia Ffitch	0	48	0	48	Dale Thompson	31	0	1	32
Bernadette Gregory	42	35	2	79	Gemma Dalgleish	47	0	0	47	Margaret White	32	0	0	32
Samantha Brown	61	0	2	63	Alicia Wood	45	0	2	47	Penny Smith	22	0	10	32
Joanne Cowan	57	0	1	58	Lorraine Spanton	0	45	0	45	Katherine McSweeney	29	0	2	31
Megan Jackson	22	35	1	58	Jenny Truscott	41	0	2	43	Tina Campbell	22	0	6	28
Robin Cameron	0	53	5	58	Angela Etheridge	40	0	2	42	Heather Forster	22	0	2	24
Danielle Langsworth	0	57	0	57	Carolyn Travers	40	0	1	41	Robyn Moody	22	0	1	23
Amanda Underwood	0	55	2	57	Julie McGaw	0	41	0	41	Shirley Rutter	22	0	1	23
Fiona Nelson	0	50	5	55	Naomi Frank	38	0	1	39	Mary Wilson	22	0	0	22
Greta Auricht	52	0	1	53	Frances Brown	36	0	2	38	Elise Brown	0	18	0	18

Super Series Age Groups

Female Senior	EQ	SF	Bns	Tot	Mary Stringer	54	56	1	111	Vivienne Kartsounis	0	41	0	41
Sue Hill	61	0	0	61	Megan Jackson	37	41	1	79	Shirley Rutter	37	0	1	38
Penny Smith	51	0	10	61	Joanne Cowan	61	0	1	62	Female Pre-Vet Top				
Female Masters					Robin Cameron	0	55	5	60	10				
Lorraine Spanton	0	66	0	66	Danielle Langsworth	0	57	0	57	Maria DiMarco	48	62	2	112
Margaret White	57	0	0	57	Jill Reich	52	0	2	54	Allison Lilley	44	56	1	101
Tina Campbell	47	0	6	53	Sharon Callister	0	52	1	53	Bernadette Gregory	47	46	2	95
Dale Thompson	51	0	1	52	Dawn Tiller	0	52	0	52	Amanda Underwood	0	66	2	68
Heather Forster	47	0	2	49	Carolyn Travers	50	0	1	51	Fiona Nelson	0	59	5	64
Robyn Moody	47	0	1	48	Frances Brown	49	0	2	51	Samantha Brown	61	0	2	63
Mary Wilson	47	0	0	47	Gill Cavenagh	48	0	1	49	Greta Auricht	57	0	1	58
Female Veterans					Elizabeth Edmonds	0	49	0	49	Virginia Ffitch	0	57	0	57
Suzanne Kelly	57	66	2	125	Belinda Lockwood	47	0	1	48	Rebecca Deane	50	0	2	52
Karin Kaehne	51	54	7	112	Julie McGaw	0	43	0	43	Gemma Dalgleish	51	0	0	51

Male Super Senior	EQ	SF	Bns	Tot	David Robinson	34	0	0	34	Jeremy Culver	0	37	0	37
Frank Dearn	61	66	2	129	Luigi Criniti	32	0	2	34	Mark Langsworth	0	35	1	36
Manfred Fiedler	51	0	11	62	Roger Cox	28	0	1	29	Alan Smith	34	0	1	35
Male Senior					Brian Taylor	28	0	0	28	Jeff Morunga	0	33	1	34
Brian Ogilwy	57	66	7	130	Steve Cornelius	28	0	0	28	Martin Pluss	0	32	2	34
Ted Brailey	51	46	2	99	Ian Whitfield	28	0	0	28	Mark Gardiner	31	0	0	31
Heiko Schaefer	61	0	2	63	Michael Wilson	28	0	0	28	Andrew Smith	20	0	11	31
Rick Collins	0	62	0	62	Male Veterans					Philip Hugill	0	31	0	31
Allan Wareham	0	59	2	61	Andrew Taylor	54	66	2	122	Melos Sulicich	30	0	0	30
Michael Bailey	0	57	2	59	Stephen Jackson	61	54	2	117	John Hanna	22	0	2	24
John Singleton	0	56	0	56	Peter Cremen	50	57	0	107	Brendan Mason	0	24	0	24
Gavin Morriset	54	0	0	54	Mohammed Alkhub	51	48	7	106	Richard Peacock	20	0	1	21
Lee Gire	52	0	1	53	Andrew Lennox	46	55	2	103	Gregory Prerau	20	0	0	20
Jim Screen	41	0	0	41	Stephen Bodnar	45	46	12	103	Mike Hansen	20	0	0	20
Male Masters					Bill Flanagan	52	47	2	101	Ian Singer	0	20	0	20
Ron Schwebel	57	62	2	121	David Gayford	47	52	2	101	Tom Silk	0	20	0	20
Barry Rutter	52	57	2	111	Martin Dowson	47	52	1	100	Male Pre-Vet Top20				
James Cryer	49	59	2	110	Wayne Gregory	48	50	2	100	Chris Truscott	57	66	1	124
James Moody	46	54	2	102	Adrian Spragg	44	40	0	84	David Martin	48	56	2	106
Steve Fisher	48	51	0	99	Phillip Jones	36	42	2	80	Shaun Atchison	45	54	2	101
Eric Schmierer	40	53	2	95	Glenn Lockwood	33	43	2	78	Jaap Bakker	43	53	2	98
John Palmer	0	66	0	66	Patrick Hodgins	39	38	0	77	Tim Austin	36	47	11	94
Keith Bateman	61	0	2	63	David East	40	30	2	72	David Criniti	61	30	1	92
Philip Boswell	54	0	7	61	Stephen Kibble	35	31	1	67	Craig Brown	39	49	2	90
Malcolm Satchell	0	56	0	56	Charles King	38	20	2	60	Martin Harris	40	46	1	87
David King	0	55	1	56	Kelvin Marshall	0	59	0	59	Chris Graham	36	49	0	85
Rod Lovel	50	0	2	52	Greg Coy	0	56	2	58	Cameron Arnold	42	40	2	84
Grahame Murphy	0	52	0	52	Peter Kingston	0	51	0	51	Roger Cartwright	32	48	0	80
Kevin O'Kane	0	50	2	52	Mark Shingler	49	0	1	50	David Bray	28	45	2	75
Stephen Ball	51	0	0	51	Chris Thompson	0	49	0	49	Philip Murphy	31	41	1	73
Brad Renshaw	0	49	0	49	Mike Morrissey	0	45	1	46	Sam Serisier	27	44	0	71
Wayne Pryke	47	0	1	48	Tony Grainger	0	44	2	46	Roland Hassall	23	43	2	68
Darryl Chrisp	0	48	0	48	Paul Trainor	42	0	2	44	Gerry Arthur	34	30	2	66
Arthur Huxtable	45	0	0	45	Greg Donovan	43	0	0	43	Mick McCarthy	22	41	0	63
Peter Woods	43	0	2	45	Roger Casey	0	43	0	43	Tony Fattorini	0	62	1	63
Philip Fleming	41	0	2	43	Bruce Inglis	41	0	0	41	Sean Greenhill	17	42	1	60
Keith White	39	0	0	39	Craig Plumb	0	39	1	40	Richard Green	0	57	2	59
Graham Willis	28	0	11	39	John Zahra	37	0	1	38					
Warwick Selby	0	38	0	38	Sebastian Warmerdam	0	36	2	38					

Super Series Age and Gender Adjusted

(Runners who ran both events included)

Pl		EQ	SF	Tot	16	David Gayford	701	670	1371	32	Phillip Jones	570	589	1159
1	Chris Truscott	808	882	1690	17	Bill Flanagan	720	641	1361	33	David Bray	620	533	1153
2	Suzanne Kelly	734	820	1554	18	Mary Stringer	700	647	1347	34	Maria DiMarco	572	575	1147
3	David Martin	739	758	1497	19	Andrew Lennox	673	665	1338	35	Patrick Hodgens	576	570	1146
4	Stephen Jackson	789	692	1481	20	Stephen Bodnar	656	639	1295	36	Cameron Arnold	696	449	1145
5	Chris Graham	709	763	1472	21	Adrian Spragg	670	614	1284	37	Karin Kaehne	564	558	1122
5	Andrew Taylor	731	741	1472	22	Philip Murphy	625	645	1270	38	Glenn Lockwood	530	589	1119
7	Martin Dowson	746	724	1470	23	Craig Brown	677	588	1265	39	Frank Dearn	580	532	1112
8	Ron Schwebel	779	667	1446	24	Sean Greenhill	613	646	1259	40	Eric Schmierer	544	556	1100
9	Peter Cremen	703	709	1412	25	Martin Harris	690	543	1233	41	Roland Hassall	589	505	1094
10	Shaun Atchison	707	702	1409	26	James Moody	634	598	1232	42	David East	599	471	1070
11	Jaap Bakker	700	691	1391	27	Brian Ogilwy	665	554	1219	43	Dougal Langusch	576	493	1069
12	James Cryer	692	691	1383	28	Tim Austin	655	554	1209	44	Stephen Kibble	559	504	1063
13	Mohammed Alkhub	724	650	1374	29	Roger Cartwright	640	562	1202	45	Mick McCarthy	581	472	1053
13	Barry Rutter	726	648	1374	30	Steve Fisher	656	529	1185	46	Allison Lilley	512	510	1022
15	Wayne Gregory	708	664	1372	31	Sam Serisier	661	514	1175					

Blister Photo Gallery



Strider Stroller Division (Female) at the Homebush STaR, 7am Group.
L to R Kylie Catchpole & Hayley, Kerryn Parkinson & Ned, Rebecca Deane & Jackson.



Striders Stroller Division (Male), Cameron Arnold with Ned at the Homebush 10k



The Striders Walking Group at the Homebush STaR



The sprint for the line – Manfred Fiedler and Allison Lilley at the Lane Cove 10k