

Sydney Striders

**Road Runners' Club
Australia**



Edition No. 96: April - July 05

Sydney Striders - 25 Years Old and Going Strong

'WELCOME TO THE CLUB! (On the assumption that you pay your membership fee....)'....the first line from 'The Blister' - Newsletter of the Sydney Striders Marathon and Road Running Club, Vol 1, No. 1, July 1980' penned by founder Charles Coville.

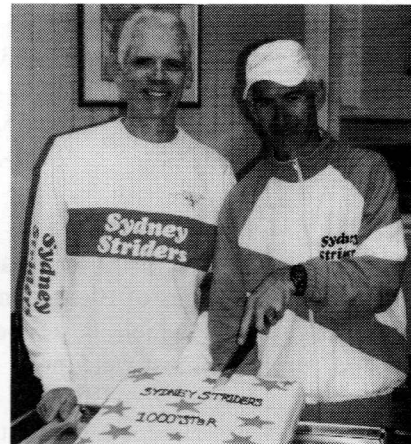
'....I hope your association with Sydney Striders will be long, involved and rewarding' - Well, Charles, speaking for myself and I'm sure many others, it certainly has been.

'....Sydney Striders must be a club that caters to all members'. With membership now exceeding 500 and Striders represented in all manner of running specialisms, the Club is definitely providing a service to members. The Sydney Striders was founded to provide a training group for, and to organise, marathon and half marathon races. Hundreds of members have trained for marathons with the club, many for their first marathon. Members have moved on to other challenges, with strong groups competing in ultra-marathons, triathlons and track, and keeping trim in bike groups and a STaR walking group.

The Club organised a highly successful Half Marathon for many years and the smoothly-run 10k Series now copes with fields of up to 300 runners. New competitions came in - the Super Series, the Internal Half Handicap and the annual X-country - the 'Bret Nichols Equaliser'. Striders had a huge presence in the Sydney Olympic Marathons with marshals and senior course officials.

The recognisable green-and-white of our singlets is a winner. Cheers of 'Go Strider' from complete strangers are always welcome in the 'down' parts of a marathon.

Congratulations Striders for the achievements, and thanks to the organisers, the innovators and, most important of all, the STaR Hosts - it's a great Club.



Founder Charles Coville and President Stephen Jackson at the 1000th STaR

Inside Blister No 96:

- ◆ Charles Coville on 25 Years of the Striders
- ◆ Jim Barrett meets you in St Louis
- ◆ Graeme Murphy runs up Mt. Fuji
- ◆ George Herrison Rocks 'n' Rolls in San Diego
- ◆ Woodford-Glenbrook for Beginners with Megan Jackson

The Blister

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Copy Preferences

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

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

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

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

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

Blister Contributions

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Next Deadline Date

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(General exchange of running and club-related information).

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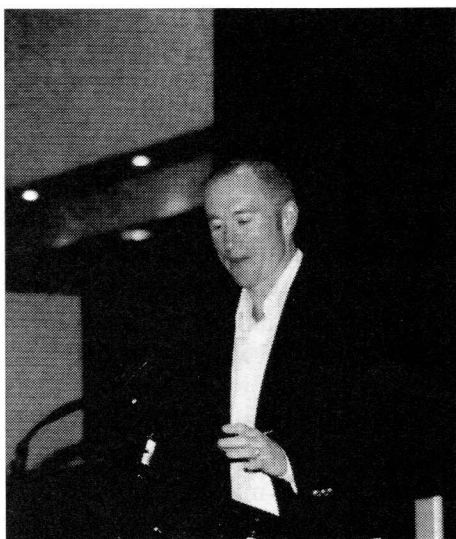
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Sydney Striders Annual Dinner and Awards



Guest speaker Pat Carroll

Debut Marathon Award

Tony Fattorini	2:47:08	Sydney
Jenny Wickham	3:04:01	Canberra

Sub 3-Hour Marathon Improver Award

Craig Brown, 2:59:10, Canberra, previous PB
3.38.58 Sydney 2003, 18.2% improvement

Sub 4-Hour Marathon Improver Award

Melanie Rauleder, 3:19:33, Canberra, previous PB
4.07.00 Mainz 2002, 19.6% improvement

Improver of the Year

Paul Trainor

Encouragement Award

Rebecca Deane

Ultra Runner Of The Year Award

David Criniti

Triathlete Of The Year Award

David Criniti

Blister Article of the Year Award

Jim Moody - Medoc Marathon French Fantasy
David Criniti - What a runner can do....on the long road to Kona

Presidents Award for Excellence

The Backbone of the 10k Series - Shirley Rutter,
Barry Rutter, Peter Woods, Robyn Moody

Maria Gemenis-Cruickchank Outstanding Achievement Award

Glenn Guzzo

STaR Host of the Year Award

Keith & Margaret White - The SMH Half Marathon

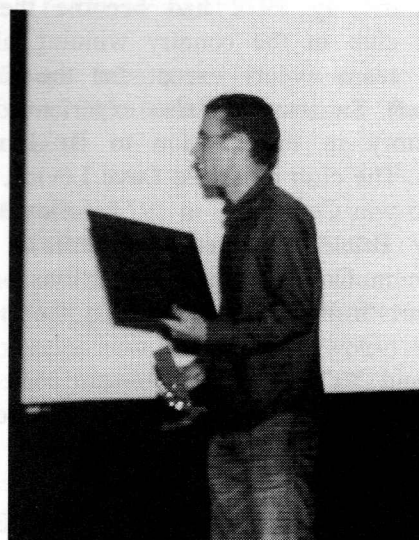
Marathon Awards

Open Male - Glenn Guzzo	2:20:57
Open Female - Jenny Wickham	2:55:09
Veteran Male - Stephen Firth	2:55:01
Veteran Female - Elizabeth Edmonds	3:02:54
Masters Male - Christopher Dwyer	2:44:43
Masters Female - Tina Campbell	4:03:50
Seniors Male - Peter Hammerschmidt	3:50:02
Super Senior Male - Frank Dearn	5:01:39

Half Marathon Awards

Open Male - Glenn Guzzo	1:07:24
Open Female - Jenny Truscott	1:20:43
Veteran Male - Keith Bateman	1:17:57
Veteran Female - Catriona Cater	1:28:46
Masters Male - Christopher Dwyer	1:21:39
Masters Female - Tina Campbell	1:47:06
Seniors Male - Ray Doran	1:29:05
Seniors Female - Penny Smith	2:05:01
Super Senior Male - Ron Daly	2:05:14

Thanks to Cameron Arnold and Naomi Frank for an excellent event, Joe Degabriele for assisting with the location and Australian Marathon Champion, **Dan Green**, for his impromptu speech.



Glenn Guzzo winner of Outstanding Achievement, Open Marathon and Half-Marathon Awards

SYDNEY STRIDERS ROAD RUNNERS CLUB

From Charles Coville, Founder of the Sydney Striders

The Beginning

In 1967 I commenced tertiary studies at the University of the Witwatersrand, Johannesburg, South Africa where I joined the cross-country club with a view to running cross-country and road races. The lure of the Uni Games was also appealing as Uni Games are universally known to be big parties.

However the uni team contained two Springboks and a number of provincial representatives. I was just too slow to make the team. An inter-Uni marathon competition was conceived for the 'slower' runners and I put my hand up for the team. The marathon was to be the 89k Comrades marathon in Natal. I had no idea what training for Comrades was all about. I ran a 56k ultra in preparation before even running a standard 42k race. I dropped out at half way with an inflamed iliotibial band. Running in tennis shoes probably didn't help. In 1968 there were only 438 finishers. The training and the race had been a lonely experience. By 2000 the Comrades peaked at over 20,000 finishers.

What I did learn from my first unsuccessful Comrades was that to run marathons I needed to do long training runs, say on weekends, train with fellow marathon runners in a group, but also learn from those runners who had already competed in marathons.

The cross-country club embraced these three concepts and by 1972 had become the No. 1 marathon club in the country winning all major marathon team events except for the Comrades (came 2nd). Success was also experienced with a team victory in the London to Brighton ultra-marathon. The club produced Dave Levick, the first student to win Comrades, in 1973, followed by the legendary Bruce Fordyce who went on to win Comrades in Don Bradman proportions - 9 times from 9 starts from 1981.

By the mid 70's the South African road running scene was well advanced and we sensed that a running boom was beginning to happen.

Fast track to Sydney, October 1977. I migrated to Australia with 18 marathons (7 Comrades) under my belt. I vaguely knew one other South African in Sydney and he was a non-runner. I was keen to continue my marathon running career but did not

know where to start.

What I found was that there were no specialist marathon running clubs in Sydney and the state of race organisation was a shambles. For example, the NSW State Marathon, organised by the NSW AAA, which started from outside the SCG, provided no toilets, insufficient safety pins for numbers, one pen to fill in on-the-day entry forms, a course poorly marshalled (runners ran off course), no distance markers and a couple of water drink stations.

The running environment was ripe for a specialist marathon club to

- train runners to run marathons
- introduce the social side of running and dispel the myth of the "loneliness of the long distance runner"
- host road races and to set high standards of race organisation to show others how it should be done based on my South African running experiences. There was no point in whingeing - a club had to lead by example.
- take advantage of the approaching running boom.

I did not see established clubs taking too kindly to the above concepts from an unknown Jaapie in his late 20's with only a 2h56m marathon to his credit. A uni running friend from Johannesburg with whom I had run Comrades coincidentally started a uni old boys running club in Johannesburg in 1979. It got me thinking about also starting a club from scratch.

But how does one start a marathon runners club in a new country?

I decided to hand out flyers at fun runs advising that a meeting was to be held at my unit in Artarmon to launch a new concept - a marathon and road runners club. Seven interested runners attended the inaugural meeting and Sydney Striders was born. However the inaugural members were not unanimous in how to train for marathons. One member felt that 32k could be too short for a training run and wanted to train at least 42k on Sundays. Interestingly all six founding members had moved on within two years.

My supportive wife Maureen and I formulated the key ingredients of name, font and club colours over the kitchen table.

• The name - Sydney Striders Marathon & Road Runners Club

'Harbour Bridge Road Racers', 'North Shore Joggers', 'Artarmon Marathon Runners'? As I did not know what area we would draw our membership from, it seemed appropriate to cover a non-specific geographic area in the name. The alliteration of s's rolled off the tongue. The name was obvious.

• Colours

A perusal of the NSW AAA handbook revealed that there were numerous blues, reds and whites, but no greens (other than the Randwick dark green). The Irish green was the go.

• Font

We wanted the name to be bold but also tasteful. So many clubs had small fonts on the front of singlets. Why not bold and on the back as this would be an ideal way of advertising who we were.

• Logo

The most graceful and fastest animal on earth, the Cheetah, seemed a logical alternative to the various stick runner logos in vogue at the time.

• STaRs

Sunday training runs were organised by members from their homes in the earlier years. Members opened their homes for the post race breakfast. Bill Hunter of St Ives became famous for his cooked porridge. I still recall listening to classical music in Sue Hill's house in Hector Street, Willoughby. On the other hand Brian Colwell provided British rock in his McPherson Street unit in Bronte.



Charles at the SMH Half 2005

• The Blister

I had always ended up with blisters after a marathon, not surprising after running without socks in tennis shoes. For something different why not the name Blister for a club magazine.

Early Challenges

Within two years we grew to 94 members but along the way encountered some early and serious challenges.

• Elitist

We set out to form a club to cater for all standards of runners. Ironically we attracted runners who had never run a marathon, but turned out to have enormous potential. A comparison of marathon ladders reveals interesting statistics.

Within two years there were 7 sub 2h 40m marathon members from our small membership base of 61 members. Today there are 11 sub 2h 40m marathon members from a membership in excess of 500 members.

Today 29% of members are sub 3h 00m runners. Between 1980 and 1982 44% of members had broken the 180-minute barrier.

• Lack of females

We originally failed to attract females to the club. Sue Hill, our first female member, joined within three months of the birth of Striders. She was appointed to the committee as Female Representative to encourage female membership. We were at the forefront of affirmative action!

Six members from our 1982 membership were females. In 2005 females accounted for 29% of membership.

• STaR setback

Our 4th STaR in August 1980 at St Ives peaked at 32 runners. Unfortunately we encountered major organisational problems at that STaR and 'lost' many potential new members. It would be over a year before we exceeded 32 on a STaR.

Success of Striders is also attributable to many members who had a vision and the ability to make change

We have been blessed with both presidents and members who showed great vision over the years that has allowed the club to continually move

forward, change and stay one step ahead of the pack. Below is a selection of club visionaries and their major initiatives:

President **Steve Cornelius** added Geordie humour to his role and identified that we had become too specialist and dropped the word 'marathon' from our name.

Our Lane Cove Half Marathon was rated the best half marathon in Australia attracting Australia's top distance runners. As numbers declined **Paul Russell** conceived the idea of a 10k series.

Brett Nichols got cross-country running onto the Striders calendar through initiating the Equaliser.

President **Alf Field** restructured the committee along business lines to create a larger group with expanded responsibilities through delegation and empowerment.

Kevin O'Kane's MTG concept is an outstanding success, training beginners to complete their first marathon.

Jim Screen progressed the AAA affiliation and sewed the seeds for our first track members.

The youngsters **Chris Truscott, Richard Sarkies and Glenn Guzzo** got the track and relay division going.

Stephen Jackson, the most efficient club president around, has taken the club to another level through slick organisation and attracting top runners to the club.

Relationships

The club has brought together new friendships and relationships a few of which have ended up being consummated down the aisle.

Acknowledgements

- **Maria Gemenis Cruickshanks and Bret Nichols** who and made great contributions to the club passed away while active committee members.

- **Volunteers**

Sydney Striders invented the word volunteer, not the Atlanta Olympics. Where would we be without our numerous STaR hosts, the 10k organisers and helpers, the committee, Blister editorthe list goes

on and on. The club's survival is dependent upon our volunteers.

- **Coville family**

A thank you to my 2 daughters Lauren and Natalie, who in the early days helped sell T-shirts at the half marathon, stuffed Blisters into envelopes and lent many a helping administrative hand.

Behind any success story is a quiet backroom achiever. There were times in the early 80s when Maureen must have wondered if there was more to life than Sydney Striders. She was living with not only an obsessive-compulsive runner, but an equally obsessive compulsive organiser. Besides being a great sounding board for my ideas and 100% supportive of my Striders dream, she also typed Blister articles and sewed the first Striders vests and running shorts. Thank you Maureen.

Conclusion

I am confident of the immediate future of Sydney Striders Road Runners Club because we are in the capable hands of Stephen Jackson. I am also confident of the long term future of the club because for the first time the average age of the membership has fallen and youngsters are becoming involved in the club organisation. Youth membership is critical to carrying the Striders concept into the future. See you all in 2030 to celebrate 50 years of the Sydney Striders Road Runners Club.

*

25 Year Roll of Honour

Charles Coville Brian Colwell
Ivan Freys Sue Hill Geoff Cox

Striders with over 20 years membership who joined
in 1981/82

Ray Doran Steve Cornelius
Bryce Courtney John Plummer
Alex Hamill Brenda Hamill Terry McIver

With age – wisdom

It's true – you do get wiser with age. After 25 years of running, for the first time ever, I fronted up to my physio with a running injury *before* it had become too painful to continue running! *ED*

San Diego Rock n Roll Marathon- 5th June 2005

By George Herisson



On a grey morning, perfect for marathoners, I was up at 3.30am, for a light breakfast before a 40 minute drive to San Diego, for a 6.30am start.

This marathon is in the top 5 marathons in the U.S. and attracts a field of 20,000. I danced and sang my way through the beautiful coast of this magnificent city. The course went along the scenic part of San Diego, past Mission Park, Seaworld, San Diego Zoo.

The organisers did a great job in planning the new course. There was a light rail that ran parallel to the course. Spectators could ride from the start, and exit every 3 to 4 miles to cheer on the runners. The cost was \$5 per adult and free for children. I saw Lynn and my girls four times on the course.

More than 30 bands, 40 cheerleading squads, and 10 Elvis P's along the course kept all the marathoners pumped up.

From the start in Balboa Park, with a head cold, I started conservatively, reaching the 10 kms mark in 48.25 mins and the halfway mark in 98.10 mins. With the limited training I had, I felt good at that stage. I was on course to run 3hrs 28 mins, til the 30 kms mark, where my limited preparation took its toll. I had trouble breathing, and my legs refused to move. My pace dropped to 6 mins per kms, then 6.5 mins. With the loud cheers, and often "Good job Sydney Striders" echoing along the course, I refused to walk, and crossed the line in 3 hrs 46 mins.

The winner was Christôpher Cheboibo of Kenya in 2:09:17, and the women's winner was Gete Wami of Ethiopia in a time of 2:30:55.

The finish was at the Marine Corps recruit depot, where all spectators had to go through a stringent search.

It was a great marathon, with only a few hills. The longest was approx. 700 metres long. Perfect weather made it ideal conditions for a marathon, it was well catered with, lots of gels and freebies. The highlight was seeing B.B King sing at the 5kms. mark. Lynn and I were impressed on how well everything was organised, from obtaining your number at the expo, the expo itself, to providing sandals to all finishers.

The Americans really know how to organise a sporting event. Then with the business part of the trip over, time to enjoy San Diego, Disneyland, Yosemite, National Park, San Francisco.

DO's

*Stay at a hotel near the start. Although parking was provided, and shuttle to the start, getting out of the car park at the end was the day's biggest challenge.

*Take advantage of the light rail. This made it one of the most enjoyable spectators' marathons

STRIDERS IN GREEN & GOLD

Three Striders are in the Australian Age-Group teams for the **World Duathlon Championships** (10k run, 40k cycle, 5k run), **Newcastle, Australia on 24th September**

35 - 39 Andrew Gibbons
45 - 49 Stephen Firth
55 - 59 Charles Coville

It would be great to have Striders support if members happen to be in the area when the three are racing in the Green & Gold. See website <http://www.worldduathlon2005.com/>

MEET ME IN ST LOUIS!

Spirit of St Louis Marathon, St Louis, Missouri, 10th April 2005

By Jim Barrett

I know, the first question I have to answer is *Why St Louis?*

For a good part of the last three years our eldest son, Peter, has been working with the YMCA at a youth camp in the Ozarks, about 2 hours drive from St Louis. Last year he formed part of my Curb Crew for the Chicago Marathon and shortly after asked me if I thought he could run the marathon.

The answer was easy – if your old man can do it, you can do it – you just have to do the training.

In January this year Peter rang home and announced that he had registered for the St Louis Marathon on 10th April 2005 and had downloaded a training programme. He had started on the journey.

My own plan was to run the Canberra Marathon, also on 10th April. As Peter would be celebrating his 21st birthday in April we decided to combine the 21st birthday party with a US holiday and I suggested to Pete that we run the marathon together – an offer gladly accepted.

We arrived in the US on the 3rd April and had a restful week with Peter before the marathon, fitting in a couple of 10 kilometre bush runs in some of the most beautiful country I have ever seen. Peter had trained hard during the northern hemisphere winter, enduring freezing temperatures, ice and snow, but he had stuck to his programme. When it was too cold (or dangerous) to run outside he did his long run on the treadmill – alone in the gym. Two hours on the treadmill – now that is dedication.

As luck would have it Peter started to develop a serious knee problem in the weeks leading up to the marathon, but he would hear nothing of abandoning the attempt.

On Friday the 8th April we drove into St Louis to prepare for the race.

St Louis is an interesting city. Set on the banks of the Mississippi River its signature attraction is the Gateway Arch opened in 1965 which incorporates the Museum of Westward Expansion. The marathon would also take us through Forest Park, site of the 1904 World Fair and the 1904 Olympic Games. This

was only the third Olympic Games held and of the 681 athletes, 525 were from the United States.

The Spirit of St Louis Marathon is part of a Family Fitness Weekend. Events start on Saturday morning with children's fun runs, including a Diaper Dash for kids under 2 years of age, graduating to a 5 kilometre run for older children, and a Mature Mile for adults over 60 years of age (this race included one participant 91 years young!). These events were held in Forest Park, a fantastic park that included a bizarre sight for the US – a cricket pitch.

The serious running was reserved for Sunday with the marathon, wheelchair marathon, half marathon and a marathon relay (teams of four running about 10.5 kilometers each). More than 10,000 people participated in the weekend events.

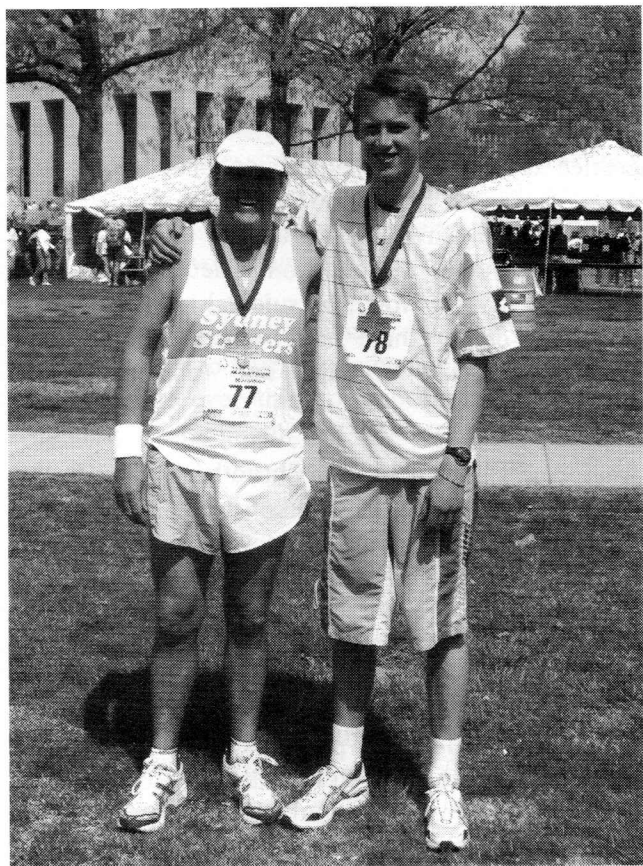
The weekend was supported by a Health and Fitness Expo at the Marriott. The theme of the marathon was Art and Sole – with 26 local artists designing the mile markers for the course. These were later sold on ebay!

The marathon field was 1600 strong, small by Chicago standards but large by Australian standards. Combined with the half-marathon and marathon relay the starting field had over 6,000 participants.

The race does not offer a huge purse (\$600) and is aimed at providing a well-organised running event for the local community. This is reflected in the winning times, with the overall male winner finishing in 2.33.45 and the first female runner home in 3.04.22.

I was a bit worried about Peter's kit for the race, Billabong board shorts and a Colombian soccer shirt (it was coolmax he assured me). He did however shout himself a good pair of Asics and a pair of Thorlos, so the feet were protected. I offered to lend him a singlet and shorts but he figured he had trained in these duds and he was safer wearing clothes that were comfortable.

I warned him against chafing and suggested he use the Bodyglide. Not needed he said and he was right – not one problem with chafing!



In my preparations for the run I checked the reviews of last year's marathon on marathonguide.com and was alarmed at the reports of the hilly course. By Striders standards the course was somewhere between a H1 and H2 but the hills were all in the second half. Still, nothing like the Dee Why Dash!

The weather was perfect for the start with a cool clear morning. However in spring anything can happen and by the time the last runners were finishing the temperature had reached 84 (F) degrees (29 C).

One of the more interesting parts of the course took us right through the centre of the historic Anheuser-Busch Brewery (home of Bud!). In the 2005 course the brewery visit was between the 3rd and 4th mile but in 2004 it was in the last 5 miles of the race and the Brewery was offering runners a taste of the local product! The race took us through the middle of the city, through Forest Park, past St Louis University and Washington University and back through the city centre.

Crowd support was fantastic throughout and St Louis' finest ensured that the course was safe and traffic free, even though they closed some of the city's busiest streets for half a day.

Peter and I ran together for the first fifteen miles passing the half way mark in about 1.52. At mile 15 (24 kilometre) Pete's knee began to get the better of him and he sent me on my way whilst he slowed down and tried to recover.

I ran with a 3.50 pace chart and it looked good until the last three miles. You know that stage where you ask yourself why are you doing this and this is the last time and bugger the clock I just want to finish? Anyway I finished in 3.56.35 (3.55.03 chip time) which was about a 10 minute improvement on my last outing.

Anne and I then waited for Pete to finish and he was all smiles when he crossed the line in 4.13.38 (4.12.06 chip time). Not bad for a young bloke who has only run one race before – a City to Surf nearly six years ago. Anne and I were very proud of him. Peter had also secured nearly a \$1,000 in sponsorship to support YMCA programs in the St Louis area. I am pleased to report that the knee is recovering and when he makes it back to Australia later this year I hope he will join the Striders for a Sunday run.

A few interesting facts – the median time for the marathon was 4.28.58; participants in all races consumed 12,000 bottles of water, 10,000 cookies (biscuits!); 9,000 bagels; 8,000 fig newtons; 7,000 bananas; 5,000 pretzels; 2,664 gallons of Gatorade and 100,000 cups of water.

As you get older the opportunities to participate in sport with your children become less and less. Days like this are precious. Even though our running performances were modest I am sure Peter and I will never forget the day we ran the marathon on the banks of the Mississippi!

Splits Calculator

The Striders website now has a Splits Calculator covering 5km/10km/Half-marathon/Marathon (and 30k/40k) with printable wrist-band version (i.e.vertical).

<http://www.sydneystriders.org.au/ToolsSplits.aspx>

Mt. Fuji – Typhoon Teaser

12th June 2005 – Grahame Murphy's run up and down Mt. Fuji in Japan

"Mr Murphy-san, the Mount Fuji is in the middle of a typhoon for the next 3 or 4 days. It's the season for this weather. And you should know that the mountain is closed to climbers at this time of year."

The voice on the phone is helpful, the quality of advice good but the actual information is somewhat less encouraging than I had hoped for.

My wife Angie and I had decided, with less than 10 days' notice, to take a short 6-day trip to Japan to celebrate a significant wedding anniversary. We have a weekend in the middle earmarked to travel to the Mt. Fuji region. Yukiko, our kimono-clad hotel tours lady, has organised this telephone hook-up to the Mt. Fuji mountain information centre. In fact Yukiko has made a full-time personal project out of organising the travel, accommodation and climbing logistics for this spontaneous out-of-season unsanctioned attempt on Japan's highest peak.

Typhoon or not, our arrangements cannot be cancelled and so we set off the next day, full of hope that the weather could somehow improve. We reach Mt. Fuji in the late morning, arriving at the Kawaguchiko 5th Station – the popular base on the lower slopes. This starting point at 2,305 metres is higher than Kosciuszko and the summit at 3,776 metres is taller than Mt. Cook in New Zealand.

The Kawaguchiko 5th Station is so called because it is the fifth major milestone from the flatlands of nearby Kawaguchiko in a straight line to the top of Mt. Fuji. (The tenth 'station' is the summit itself.) The 5th station consists of 2 or 3 cafes, a handful of souvenir shops and an information centre.

The weather is so bad here that signposts are being bent over, rain is threatening to turn to sleet and the swirling clouds at this altitude form an impenetrable mobile mist. To move from building to building involves dressing up with jacket and headgear as well as making a good guess as to general direction.

Then, for just five seconds, the clouds peel back to reveal the upper mountain. I am staggered at how big and steep it all is. All too quickly it disappears again into the grey churning mass of windswept cloud and mist.

I am bitterly disappointed at the weather that has

greeted us. At least the decision on climbing the mountain isn't a borderline "should I, shouldn't I?" one – doing anything at all in that regard is absolutely out of the question. The conditions are actually scary. It would be suicidal to start. Only a few days earlier there had been a death on the mountain, almost certainly due to the extreme conditions.

Angie and I have no option but to head down to the nearest town of Kawaguchiko itself. We have a secondary problem, almost as severe as the weather. We have run out of currency in a country where it is cash only – not credit cards – for every purchase except at major hotels or big city restaurants. Most ATM's do not accept international cards and banks are not open on weekends. We have only enough money to travel to our pre-booked guesthouse and catch the highway bus straight back to Tokyo. We can't even afford to return to the base of the mountain the next day, not that we need to anyway with the prevailing weather conditions.

I spend the evening at the guesthouse resigning myself to a DNS. Some things just don't work out the way you would like. Angie asks me if I am over the disappointment and I say, "No – not yet, it's almost a grieving process – dealing with loss". I wonder out loud, "Wouldn't it be amusing if we wake up in the morning to find perfect weather?"



Grahame on his morning run

Early the next morning, I slip away quietly from the guesthouse, a warm bed and a sleeping wife for a dawn run. Our location is about 10 kilometres from

Mt. Fuji on the opposite side of a decent sized lake. The weather is now so different – still and clear, a temporary respite from the ferocious environment of just over twelve hours ago. Down at the edge of the lake, several professional photographers are setting up equipment to take advantage of the small window of opportunity. Mt. Fuji only very rarely reveals herself this early in the season.

It is my first view of Fuji-san. As compensation, I am at least able to take some phenomenal long-range photos, before everything disappears into clouds, to remember the mountain that I didn't climb. Oh well, now for an easy day meandering our way back to Tokyo.

As we check out from the guesthouse, a young Japanese couple approach us to ask if we would like a lift up to the 5th station base. We consider and think it would be a tease to go there for a second time and still not do anything. Climbing is out of the question due to the changeability of the weather and the forecast of continued typhoons. But on the other hand maybe we can get to the 5th Station before it all closes it again and at least see up the mountain properly.



Grahame and Angie as weather threatens

Up at Kawaguchiko 5th Station, the clouds are steadily moving towards us but at least our views upwards and downwards are still reasonably good. The four of us venture gently a short way along the trail that leads to the first part of the main route up. On the way back to their car our new friends ask us about our plans for the rest of the day. I look at the weather around us, then at my watch and finally at the schedule for highway buses off the mountain back to Tokyo. There is a little over four hours until the last bus of the day. I wonder

Angie glances at me. She's seen the look on my face before, at the roadside in Scotland moments before the start of my spontaneous 1997 run up and down Ben Nevis, the country's highest peak. And in Arizona, she'd seen that look when we arrived at the edge of the Grand Canyon in 2003 – a look of curiosity and anticipation that turned to one of contentment and fatigue after a four and a half hour run down to the bottom and up again. Hmm.....

Our hosts are totally shocked to see me strip down into all weather running gear, grab a water bottle and a packet of dried apricots, kiss my wife twice and take off uphill!

An ascent of Mt. Fuji is usually spread over a two day period – get so far up on the first day, complete the climb before dawn the next day and then descend. I have slightly less time than that. I agreed with Angie that I would return to her within 4 hours maximum so we can catch the last bus with a (ridiculously) small margin to spare. If the climb looked too difficult I would return early. Similarly, if the weather closed in too much or the wind built up to an ominous level, I would abandon my endeavour.

The first part of the climb is an incline dirt trail that quickly changes to a sharply zigzagging route of loose volcanic ash. There is a series of mountain huts (or rest houses) at specific intervals on the way up. These are clustered around the 6th, 7th, 8th and 9th stations, with the 10th station being the summit itself. The going is fairly arduous, not helped by the fact that a) I'd already had my run for the day and b) I'd consumed a large fried breakfast because we had no money to buy food until Tokyo.

In the climbing season, literally thousands of people are on the mountain each day. Now, out of season and with volatile weather, there is almost nobody. It is quite eerie.

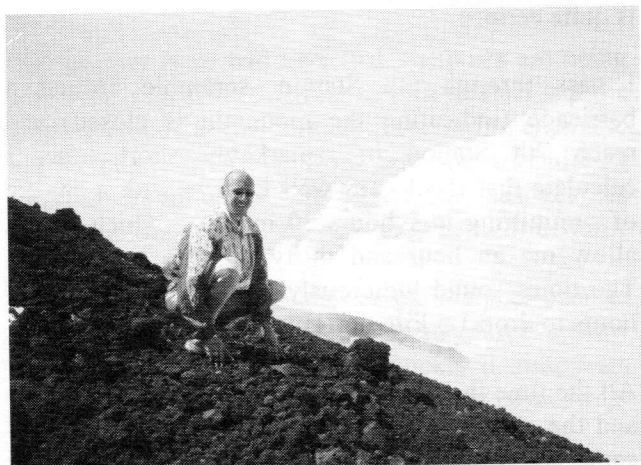
I pass through 6th Station, scramble around a barricade (indicating the mountain is closed) and reach 7th Station in remarkably short time. I calculate that if all goes well I am in with a chance of summiting in 2 hours 30 minutes, which would allow me an hour and thirty minutes to descend. The times sound ludicrously small. One and a half hours to drop 1.5 kilometres vertically!

All the time the wind is blowing reasonably strongly and the clouds roll back and forth, some below and some above me. I feel safe to a certain extent but realise that at any time things could change

dramatically. Leaving 7th Station, I am aware for the first time of the effort I am putting in – breathing really hard and legs burning but still moving upwards at a very good pace. From 7th Station to 8th Station – one of the longest sections – the route is not easy to cover at speed. It is never-ending sharp and very deep undulations of rock, rather like scampering over the rocks just above the tide on a beach headland. Only this is on a steep incline at altitude with poor visibility.

The final approach to 8th Station is particularly brutal and as I crest the rise on to the man-made platform in front of the huts, I am suddenly aware of how light-headed I feel and that I am staggering slightly. Memories of drunk-like wanderings on Cerro Aconcagua in the Andes come flooding back. A brief stop for a drink with an assessment of weather and body conditions and I decide to continue, albeit at a more sedate pace. I have to maintain a large safety margin, given my circumstances.

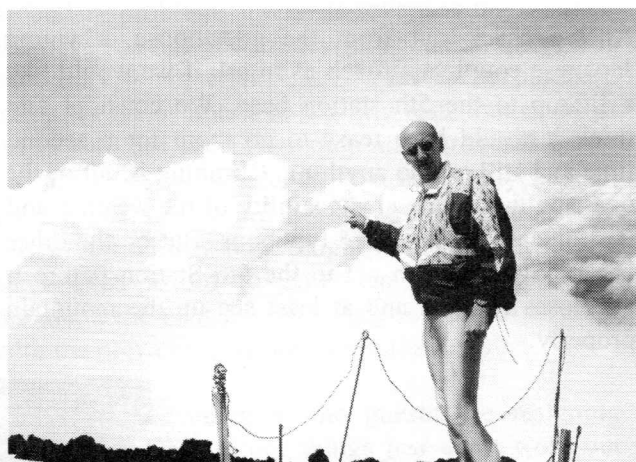
The climb is incessant. It seems to never stop, just going on and on and on.. The huge mountain I had gazed upon from down at the 5th station base is just that – an absolutely monstrous mountain. It is getting really difficult to gauge time, assess my physical state and monitor the predator-like weather as I get higher. I do sense though that time is running out. Through 9th Station – surely not far to go now – as the rocky surface is replaced with a steep soft ash trail zigzagging endlessly upwards. I hit the first of the snow. This slushy stuff is hard going, even dangerous, to get through in my runners. My balance is not so good now. The clouds have turned to swirling mist again and the wind's building up. It's getting more and more difficult. It will all have to end soon.



Grahame just below the summit ridge

Finally, here's the top. I turn at the edge of the summit ridge. There's no time to do anything except start back immediately. It's late, I'm wobbly and there's not even enough visibility for any camerawork.

The pressure's on now. How much energy have I got left? – I need to move really fast to get down in just 60% of the time it took to get here. I grab a thin long stick that is protruding from the ground in a bizarre fashion, almost inviting me to take it for company. It will help me over the rockier bits lower down. The clouds suddenly peel back slightly and I briefly stop for a photographic record of my climb.

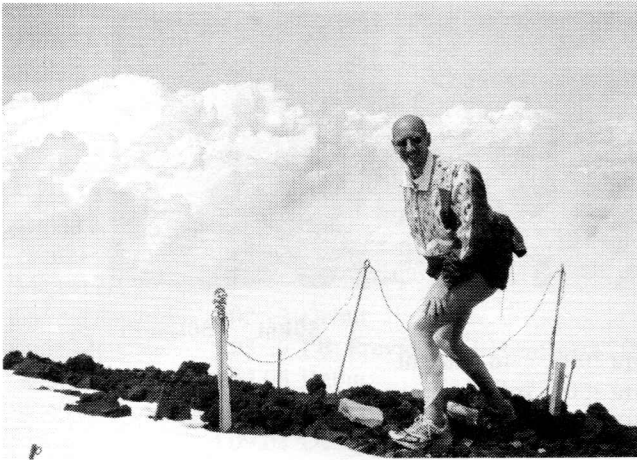


Yes, Grahame, clouds!

Between 8th and 9th Stations there is a turn off for the official separate descent path. I stop for maybe 90 seconds wondering whether or not to take it. I'm not comfortable though heading off through mist into unfamiliar territory. I smile, thinking how thick cloud is ironically clouding my judgement! I choose to go back down the slower route I came up on. It is more certain to take me back down to where I came from. It will though mean more rock hopping instead of easier scree running.

I've run up and down many hills and mountains in my life. Always the downhill seems to slip past more quickly than the uphill – almost as though a segment of the mountain has been somehow removed while I'm at the top. This is different though. The route keeps going down and down. I'm glad to reach the 7th Station, to discover alarmingly that it's only the 8th Station. Time is ticking away relentlessly. I'm not sure I can get back to Angie at the 5th Station base quickly enough. I'm moving as fast as I can yet I'm not going as swiftly as I expected to. I can't just simply hope Angie will wait for me. Of course she

will, even though her anxiety will mount. The last bus though is a different story.



Altitude plays havoc with the calves

Hanging on to a small time margin (as best as I can calculate it) I get down to the 6th Station. The sharp descent eases into a more moderate incline. At this point there seems to be an intersection of several trails. I follow the more obvious track and press on. Then suddenly the ash trail gets steeper and considerably thicker in depth. It's much easier to bound downhill; but at the same time it does not look at all familiar. I stop – can't waste time – and look around. Visibility is poor. What should I do? Go back up (nearly unthinkable) or press on further into unfamiliar terrain? Just then a man appears almost ghostlike from the mist further up – I hadn't seen anyone for the last hour or more. I shout desperately, "5th Station?". He replies loudly, in broken English, "Youhave lost your way!"

I wonder momentarily whether he means philosophically or literally, before starting the trudge back up to the intersection that only serves to show how seriously tired I've now become. This is frustratingly slow and hard work. My impromptu guide consults his compass before indicating another trail to me that doesn't look any more recognisable. He is not going to 5th Station, which doesn't help. I start to feel that everything is going to come crashing down around me. I must be so (relatively) near to home yet I'm completely lost in this confusing mist-enshrouded place. Any move now could take me massively off target. I can't help noticing I have little more than half an hour until the bus departs – wherever that departure point may be! Don't panic, Grahame! I feel slightly sick.

Just then another gentleman appears out of the grey mass further up. "5th Station?" I shout – this time

with a shakiness in my voice. He comes down to me, tells me my first friend who halted me did well to do so but is now sending me off on another wrong turn. He reassures me that he knows the area well and is in fact returning to his car at Kawaguchiko 5th Station. We take another direction altogether that I would not even have noticed, let alone picked. I thank him profusely, trust his judgement as well as my own judgement in him before careering off ahead, dragging my faithful stick behind me.

At last I recognise familiar territory. I can see I'm running late – behind the schedule required to get me back to my wonderful wife on time. However I know I'm very close to the start now and at least I'm just going to be able catch the unforgiving last bus. Charging into the 5th Station I run full tilt past the buildings and straight through towards the bus depot and almost right past Angie who has to walk out in front of me to get me to stop.

Within minutes I'm relaxing on a highway bus back to Tokyo, well satisfied but totally worn out. Angie, bless her, has had nothing to eat or drink all day, choosing instead to spend our precious last yen on 3 large bottles of Coke that she knows I'll need for re-hydration on the 3 hour trip back to civilisation.

It takes the remainder of our time in Japan for what happened to sink in. Did I really go up and down the mountain? As we leave the hotel for the final time towards the airport, there is Yukiko our helpful hotel tour lady who is dressed in what appears to be her finest kimono. She steps out of her reserved demeanour and, with her own camera, insists on having her photograph taken with Angie and me. She wants, she says, to remember the unusual man who ran up and down Mt. Fuji!



Grahame and Angie with tour guide Yukiko

Canberra Marathon and 50km, 10th April



Strider	Time	Notes	50km	50km Pl
Martin Matthews	2.47.52	PB, Previous 2.56.14 Canberra 2003, 23rd outright		
Peter Cremen	2.56.05	PB, Previous 3.04.56 Canberra 2001, 3rd Age group		
Gerry Arthur	2.56.20			
Martin Dowson	2.56.33			
David Martin	2.58.14			
Kelvin Marshall	2.58.51			
Jaap Bakker	2.59.06	PB, Previous 3.12.28		
Chris Graham	2.59.11		03.36.54	3rd
Richard Green	3.01.10	Debut		
Suzanne Kelly	3.05.16	First female in 50km Ultra	03.46.27	5th
James Jeffery	3.06.38	PB, Previous 3.10.59		
Bill Flanagan	3.07.56			
Ben McSweeney	3.07.57			
Andrew Lennox	3.09.03			
Samantha Brown	3.11.04			
Stephen Bodnar	3.11.56	PB, Previous 3.12.47 Sydney 2004	03.59.05	8th
Nick Brewster	3.12.08			
David Gayford	3.13.22			
Michael Handley	3.15.59			
Paul Bruning	3.16.32	Debut		
Matt Dobbin	3.16.40	Debut		
Philip Boswell	3.17.18			
Barry Rutter	3.17.47			
Ron Schwebel	3.18.22	PB, Previous 3.20.50	04.02.53	12th
Malcolm Ferguson	3.19.34	Debut		
Lachlan Wolfers	3.24.56			
Wayne Gregory	3.25.16			
Craig Brown	3.25.17			
Mark Davis	3.27.31			
Carmelo Gallo	3.29.48			
Graham Creed	3.31.14	Debut		
Glenn Lockwood	3.34.17	PB, Previous 3.41.54 Gold Coast 2004		
Lisa Carroli	3.34.30	PB, Previous 3.36.02 Canberra 2004		
Vivienne Kartsounis	3.34.37	Second female in Ultra	04.17.42	18th
Mark Watson	3.36.55	Debut		
Sheena Leibowitz	3.37.13			
Pierre van Heerden	3.38.18		04.40.26	32nd
David Bray	3.40.24			
Tim Deane	3.41.12			
Philip Murphy	3.42.41		04.24.32	22nd
Sean Greenhill	3.43.24		04.30.45	24th
Mervyn Cohen	3.44.00	PB, previous 3.54 Sydney 2004		
Rebecca Deane	3.49.11	Debut		
Bridgit English	3.51.46	PB, previous 4.07 Gold Coast 2003	04.41.51	32nd
Darren Kaehne	3.52.04	PB, previous 4.11.22 Gold Coast 2004	04.45.18	37th
Brendan Mason	3.53.25		04.45.48	38th

Wayne Pryke	3.54.03	
Mohammed Alkhub	3.54.07	
Geoff Underwood	3.55.00	
James Cryer	3.55.07	
Stephen Smith	3.57.10	
Stewart Vincent	3.58.05	
Charles King	3.58.07	
Tom McCormack	3.58.10	Debut
Steve Packer	3.59.06	PB, previous 4.04.20 Canberra 03
David King	3.59.54	
Katherine McSweeney	4.00.53	Debut
Yvonne Reilly	4.02.12	Debut
Jennie Meixner	4.03.20	PB, Previous 4.40 Canberra 2004
Kerry Ross	4.04.06	Debut
Russell Johnson	4.06.57	Debut
James Kent	4.09.03	Debut
Sebastian Warmerdam	4.09.48	
Ian Singer	4.10.40	
Denis Speyer	4.11.12	Debut
Alicia Wood	4.11.26	Debut

Helen Wilson	4.13.50	2nd in Age Group
Bernadette Gregory	4.14.15	Debut
Allan Wareham	4.14.38	
Brian Ogilwy	4.14.45	
Kevin Tiller	4.17.36	
Mick McCarthy	4.17.43	
Alison Fitzgerald	4.19.40	Debut
Lynn Herisson	4.20.28	Debut
Manfred Fiedler	4.21.30	
Frances Brown	4.23.52	
David Ward	4.25.07	
Jeff Morunga	4.25.28	
Rick Collins	4.27.04	
Julia De Vries	4.33.45	Debut
Christine Cullen	4.34.17	
Neridah Powell	4.49.31	Debut
Carolyn Travers	4.54.47	Debut
John Hanna	5.05.10	Debut
Louis St Laurent	5.08.57	Debut
Martin Pluss	5.11.36	
Dick Bartlett	5.18.07	

RACE RESULTS

Geelong Half, 3rd April

Kelvin Marshall 1.28.42

Rotterdam Marathon, 10th April

Jenny Truscott 3.07.09 debut

St.Louis Marathon 10th April

Jim Barrett 3.56.35 (3.55.03 chip time) PB
Peter Barrett 4.13.38 (4.12.06 chip time)

Canberra Eve of Marathon 10k

Glen Guzzo 2nd 31:02

Dead Sea Marathon, 15th April

Mohammed Alkhub 3:18:40, 33min PB and 1st 40-49 age group

London Marathon, 16th April

Gillian Klevansky 4:50:49

Boston Marathon, 16th April

Jo Barton 3:27:48 (chip time)

I had a really enjoyable weekend - made more so by our sister club. The Heartbreak Hill Striders looked after me pre and post race and were an incredible bunch of people. It was nice to relax pre-marathon and the tips and insider knowledge I got from folks that train on the course were invaluable. That post race massage was pretty good too. I encouraged some of the Boston group to come to Australia and run and I hope they will be as blown away as I was

with the assistance of a sister club. (I also hope I will be home by then to see them.) Heiko thanks for organising the sister club arrangement. Great idea. It was really crowded and quite warm so I'm fairly satisfied with that time. JB

Sydney Marathon Clinic 17th April

Event	Place	Strider	Time
21.1km	13	Ron Schwebel	1.31.38
21.1km	18	Cheryl Crawford	1.35.54
21.1km	22	Wayne Pryke	1.37.21
21.1km	25	Arthur Huxtable	1.39.01
10km	3	Andrew Taylor	37.52
10km	6	Craig Brown	40.25
5km	10	Salvador Gala	19.5
5km	19	Clara Vucetic	22.59

Australian Duathlon Championship, 24th April

10k run; 40k bike; 4.7k run

30 - 34 Andrew Gibbons 5th - 2h06m07s.
Splits 35.39; 1.11.30; 16.43

40 - 44 Mark Fiore 29th - 2h24m17s.
Splits 41.00; 1.19.48; 20.13

45 - 49 Stephen Firth 10th - 2h17m42s.
Splits 38.58; 1.17.23; 18.05.

55 - 59 Charles Coville 5th - 2h32m40s
Splits 42.07; 1.26.19; 21.09

NSW Novice X-country C'ships, 30th April

Event	Place	Strider	Time
Womens 4km	1	Lucinda Chapman	0.14.19
Womens 4km	3	Kathryn Topp	0.14.23
Womens 4km	4	Eliza Stewart	0.14.36
Mens 10km	7	Raymond Wareham	0.33.16
Mens 10km	17	Jonathan Craig	0.34.42
Mens 10km	20	Richard Mullaney	0.35.23
Mens 10km	37	Martin Matthews	0.37.29
Mens 10km	44	Ron Schwebel	0.38.13
Mens 10km	96	Michael Free	0.46.24
Invitation 10km	6	Chris Truscott	0.32.11
Invitation 10km	12	Darren Benson	0.33.55
Invitation 10km	20	Anthony Wong	0.38.44
Invitation 4km	27	Jenny Truscott	0.14.49
Invitation 4km	38	Joanne Cowan	0.15.34
Invitation 4km	52	Caroline Yarnell	0.17.13

State Road 10km , Holsworthy, 7th May

The SSR team again had a fantastic performance at the State 10km Road champs at Holsworthy Army barracks. The course is best described as one that can be kind or cruel. In the last 5-7 years, it has always been cruel to me however I finally got myself under the 32min barrier on road after 678 (or thereabouts it seems) attempts. Scott Westcott won in 29:40'ish. *Chris Truscott*

Place	Mens 10km	Time	Age Grp	AG Plc
10	Chris Truscott	0.31.53	Open	
29	Glenn Guzzo	0.34.03	Open	
33	Richard Sarkies	0.34.25	40-44	3
37	Keith Bateman	0.34.58	45-49	1
43	Martin Matthews	0.35.37	Open	
49	Peter Truscott	0.36.24	35-39	9
65	Ron Schwebel	0.37.39	50-54	1
75	Grahame Murphy	0.38.09	50-54	2
139	Ray Doran	0.43.42	65-69	2
Women's 10km				
4	Lucinda Chapman	0.36.37	Open	
6	Jenny Truscott	0.37.39	Open	
11	Kathryn Topp	0.39.10	Open	
16	Greta Auricht	0.40.12	Open	
17	Joanne Cowan	0.40.19	45-49	2

Women: GOLD in the teams

Men: BRONZE in the teams

PS: Glen arrived back from his honeymoon the night before the race after struggling to find any suitable

training tracks or space amongst his travels throughout Malaysia not to mention the heat and humidity. Great effort just fronting and racing. CT

Mothers Day Classic, 8th May

Place	8km race	Time	AG	AG Plc
8	Gerry Arthur	0.28.32	M 30- 39	3
12	Randall Brophy	0.29.03	M 40- 49	1
15	Anthony Wong	0.29.23	M 40- 49	2
49	Danielle Langsworth	0.32.37	F 30- 39	5
55	Lisa-Anne Davie	0.33.02	F 20- 29	5
71	Cheryl Crawford	0.33.48	F 30- 39	9
113	Sebastian Warmerdam	0.35.21	M 40- 49	16
187	Naomi Frank	0.38.02	F 30- 39	29
242	David Cooke	0.39.07	M 40- 49	32
342	Olivia Collier	0.40.54	F 20- 29	52
532	Cathy Rees-Evans	0.43.37	F 30- 39	109
4km race				
4	Simon Wilson	0.12.20	M 30- 39	3
8	Eliza Stewart	0.13.43	F17-19	1
42	Caroline Yarnell	0.16.03	F 40- 49	2
768	Elizabeth Taylor	0.29.14	F 40- 49	91

Plymouth Half, UK, 29th May

Gerry Arthur 1.23.11

SMH Half, 22nd May Team awards**Husband and Wife 34 or under:**

3rd Tim and Rebecca Deane

Father & Child: 2nd Allan and Ray Wareham

Male Teams: 1st Glenn Guzzo, Darren Benson and David Bray

Female Teams: Jo Cowan was in the 2nd placed UTS Norths team

Corporates: Lucy Chapman was in the 1st placed Baker McKenzie team and David Camm was in 3rd placed AAP Pacers.

Veterans: Greg Coy and Ross Sinclair were part of the 1st placed team

3rd Stephen Jackson, Keith Bateman and Ron Schwebel

ANSW team awards covered in ANSW Round-up.

*

As at 3rd June **provisional ANSW Distance Runner of the Year** results (including the Novice/Invitational XC, the 10km road champs and the SMH half marathon) had Lucy Chapman and Jenny Truscott in 1st and 3rd places, and in the men's, Chris Truscott in 5th.

State X-country Relays (4x4) 4th June

2nd - Open Women - Jenny Truscott, Kate Topp, Jo Cowan, Lucy Chapman

4th - Open Men - Ray Wareham, Chris Truscott, Darren Benson, Glenn Guzzo

1st - 45+ Men - Ron Schwebel, Chris Hall, Stephen Jackson, Keith Bateman

MS Harbourside 8km, 5th June

Place	Strider	Time	Age Grp	AG Plc
5	Matt Palmer	27.24	18-29M	2
11	Randall Brophy	29.55	40-49M	1
16	Ron Schwebel	31.11	50-59M	1
55	Andrew Fuller	34.04	30-39M	18
58	Caroline Yarnell	34.39	40-49F	1
232	David Cooke	41.02	40-49M	23

San Diego Rock and Roll Marathon 5th June

George Herisson 3 hrs 47min.30, net time was 3 hr 46mins 54.

Macleay River Marathon and Half, 12th June

Raymond Wareham	2.46.14	3rd Outright
Jim Barrett	1.41.11	PB
Allan Wareham	1.50.36	2nd O-60

Manly Soft Sand Classic, 12th June**1.6k**

Caroline Yarnell	8:30	1st O-40
Gus Wong	9:03	2nd Junior Male

9k

Eliza Stewart	46:41	1st Female
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21k

Anthony Wong	2:11:58	7th O-40
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Comrades 89km 16th June

Place	Strider	Half way	Finish	Notes
2715	Roger Casey	4.29.07	8.54.00	Debut run
2716	Elizabeth Edmonds	4.29.06	8.54.00	Debut run, 197th female
4912	Pierre Heerden	4.29.08	9.55.20	12th Comrades
7524	Mervyn Cohen	5.00.46	10.43.58	6th Comrades
7646	Brendan Mason	4.44.52	10.45.14	Debut run



Lucinda Chapman running the final leg for the Open Women at the Cross-Country Relays at Miranda

State Cross Country Titles, Nowra 18th June

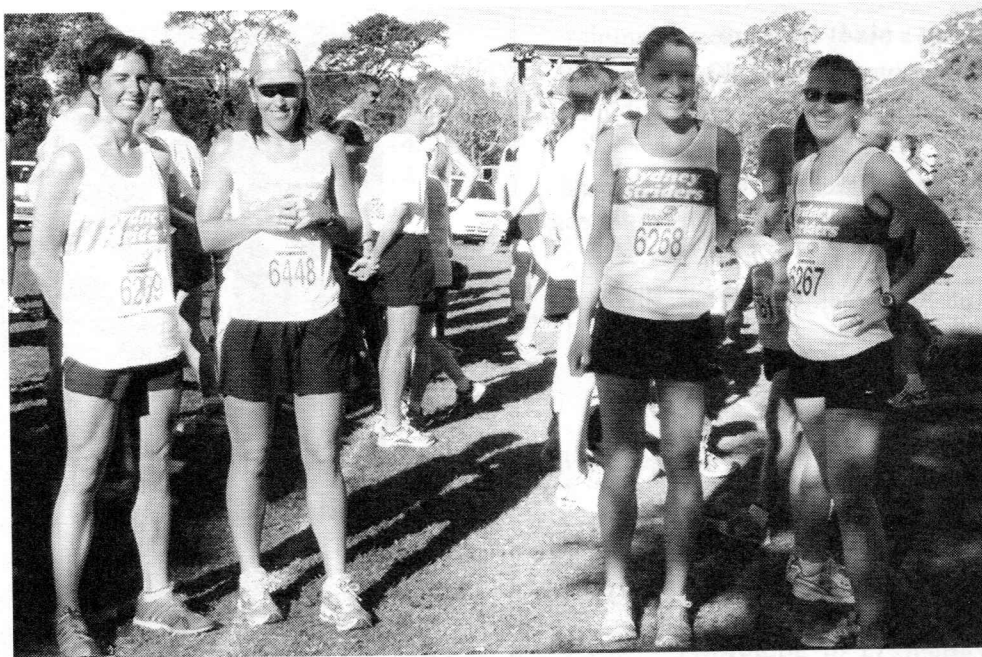
Men's 12km Open team: 2nd place

Women's 8km Open team 3rd place

Place	Men's 12km	Time	Notes
3	Glenn Guzzo	0.39.13	
13	Chris Truscott	0.42.11	
18	Darren Benson	0.43.45	
29	Martin Matthews	0.45.19	
42	Ron Schwebel	0.48.08	1st 50-54
43	Craig Brown	0.48.23	
47	Martin Harris	0.49.24	

Women's 8km		
4	Kathryn Topp	0.31.39
5	Lucinda Chapman	0.31.41
12	Jenny Truscott	0.33.3
36	Amanda Underwood	0.40.51

One of the most challenging courses I have ever run. A couple of extremely tough uphill, some punishing down hills. The officials, spectators and atmosphere of the day making a great event. *Glenn Guzzo*



Striders Open Womens Team, 3rd place at State Cross Country at Nowra. L to R Kate Topp, Amanda Underwood, Lucy Chapman and Jenny Truscott

Minimos 10km, 19th June

Place	Strider	Time	Cat
7	Matt Palmer	0.36.02	4th M20-29
9	Tim Cradock	0.36.27	3rd M30-39
22	Yvette Clements	0.39.58	3rd F20- 29, 4th F
24	Stuart Grieve	0.39.59	6th M30-39
39	Tony Grainger	0.41.24	9th M40-49
41	Alex Jensen	0.41.33	4th M U-20
44	Joanne Cowan	0.41.40	1st F40-49, 6th F
47	Paul Bruning	0.41.58	Male 30-39 Years
55	Mike Fowlds	0.42.35	Male 30-39 Years
57	Anthony Wong	0.42.39	Male 40-49 Years
98	Ken Harris	0.45.06	Male 40-49 Years
137	Arthur Huxtable	0.46.52	4th M50-59
141	Andrew Hall	0.47.01	Male 20-29 Years
143	Michael Free	0.47.04	Male 30-39 Years
154	Hugh Langshaw	0.47.36	Male 40-49 Years
170	David East	0.48.14	Male 40-49 Years
188	Sharon Callister	0.48.49	5th F40-49
220	Ron Wilson	0.49.29	9th M50-59
276	Robert Inglis	0.51.01	Male 50-59 Years
317	Roger Cox	0.51.58	Male 50-59 Years
342	David Cooke	0.52.36	Male 40-49 Years
404	Eric Schmierer	0.54.46	Male 50-59 Years
406	Andrew Horsley	0.54.48	Male 50-59 Years
454	Frances Brown	0.56.31	Female 40-49 Years
465	Beryl Wilson	0.56.44	3rd F50-59
509	John Simmonds	0.58.23	6th M60+ Years
527	Brian Wallace	0.58.53	Male 40-49 Years

Bay-to-Bay, 12km 19th June

Strider	Age Grp	AG Plc	Time
Mark Wilson	40-49	3	0.45.12
Stephen Laws	40-49	11	0.49.32
Ewan Horsburgh	20-29	16	0.49.35
Godfrey Franz	40-49	33	0.54.44
Heiko Schaefer	60-69	5	0.57.08
Lorraine Spanton	50-59	3	1.01.25
Mark Davis	20-29	46	1.04.08
Ron Daly	70+	1	1.04.44

Poor Man's Comrades 96km, 19th June

Phil Murphy 9h 12m, 3rd place

Kembla Joggers Half, 26th June

Paul Bruning 1.27.16 PB

28th June – ANSW teams – Striders Open Women, in the lead with 27 points, ahead of Sutherland on 22, and Randwick-Botany on 18. Striders Open Men are running a very close third on 19 points, behind Randwick-Botany on 28 and Sutho on 20. A great result, given the strength of the RBH and SUT clubs. Our veteran men have posted very good results when they've been able to muster the numbers, but don't feature in the top five teams. If you like racing, please think about getting ANSW registration with Striders for next year. With the club's membership, we should be able to field multiple teams. Who knows, perhaps we could take out the overall state club trophy, as well as the teams premiership! KT

Manly Dam Cutler Run, 26th June

Place	10km	Time	Div	Div Pl
3	Tim Cradock	0.33.30	u40	3rd overall
5	Richard Mullaney	0.34.18	u40	2
16	Ron Schwebel	0.38.40	50+	1
17	Anthony Wong	0.38.49	u50	2
18	David Burgess	0.39.00	u40	10
41	Luke Peterson	0.42.53	u30	5
60	Michael Free	0.44.36	u40	26
2.5 km				
3	David Burgess	0.07.58	u40	3rd overall
4	Ron Schwebel	0.08.00	50+	1
16	Caroline Yarnell	0.09.21	u50	1

Striders 10k 2nd July

Keith Bateman on his first race after turning 50 celebrated with a new PB of 33.47 (previous PB 35:19)

Gold Coast Marathon, Half and 10k, 3rd July (alternate Super Series eveny to Woodford-Glenbrook)

Marathon	Time	Notes
Kelvin Marshall	2.56.11	83rd place
Ron Schwebel	2.59.38	7th M50-54, 18:44 PB, prev Canberra 05
James Jeffery	2.59.44	6.54 PB, previous Canberra 2005
Craig Dunn	3.05.32	
Wayne Gregory	3.09.10	16.06 PB, previous Canberra 2005
John Bugg	3.17.57	Debut
Mike Fowlds	3.17.58	10.20 PB, previous Canberra 2004
David Martin	3.18.59	
Cheryl Crawford	3.19.46	Debut, 9th F30-34
Lachlan Wolfers	3.19.53	5.03 PB, previous Canberra 2005
Patrick Hodgins	3.20.26	8.38 PB, previous Gold Coast 04
Graham Creed	3.27.50	3.24 PB, previous Canberra 2005
Darren Kaehne	3.34.16	17.48 PB, previous Canberra 2005
Mahmoud El-Khansa	3.38.20	
Tim Deane	3.40.01	
Sarah Cooper	3.40.17	8.33 PB, previous Sydney 2004
Julie Allen	3.50.19	Debut
Robert Mulley	3.56.05	Debut
Jennie Meixner	3.57.05	6.15 PB, previous Canberra 2005
James Moody	3.57.06	
Geoff Underwood	3.59.52	
Peter Lewis	4.01.39	Debut
Allan Wareham	4.13.15	
Kirsten Thomsen	4.28.28	
Allison Lilley	4.32.20	
John Hanna	4.49.41	15.29 PB, previous Canberra 2005
Eric Schmierer	4.54.48	
Brian Ogilwy	5.01.47	
Karin Kaehne	DNF	
Half-Marathon		
Darren Benson	1.10.40	1.13 PB, previous SMH 04, 22nd outright, 4th M30-34

Chris Truscott	1.11.17	5th M30-34
Christopher Dwyer	1.19.54	2nd M50-54
Jenny Truscott	1.21.57	3rd F25-29
Martin Harris	1.22.13	5.07 PB, previous SMH 2005
Peter Truscott	1.27.51	
Dougal Langusch	1.32.24	3.39 PB, previous Gold Coast 03
Chris Thompson	1.34.15	
Wayne Pryke	1.36.09	
Mark Preston	1.38.56	
Dean Gardiner	1.39.47	
Peter Meixner	1.39.51	Debut
Ken Harris	1.39.59	1.14 PB, previous SMH 2004
Paul Au-Yeung	1.42.19	12.03 PB, previous SMH 2005
Stephen Smith	1.42.25	
Elly Peters	1.44.08	2.28 PB, previous Internal 2004
Charles King	1.47.48	
Alison Gardiner	1.48.11	4.27 PB, previous SMH 2005
Bernadette Gregory	1.48.18	3.54 PB, previous Sydney 2004
Brian O'Dea	1.48.28	
Rebecca Deane	1.48.57	
Robert Inglis	1.49.24	
Amanda Underwood	1.49.32	
Alicia Wood	1.52.43	
Katie Rowell	1.52.52	
Lilian Chuah	1.54.52	1.12 PB, previous SMH 2005
Frances Brown	1.58.16	
Olivia Batten	2.06.26	Debut
Denise Gardiner	2.11.02	4.00 PB, previous Gold Coast 99
Steven Johnstone	2.21.44	

10km

Lucinda Chapman	0.35.45	3rd F, 2nd F25-29
Greta Auricht	0.39.23	12th F, 4th F25-29
Sean Greenhill	0.42.40	
Melanie Rauleder	0.51.37	
Robyn Moody	1.14.25	

Pichi Richi Marathon, 10th July

Kelvin Marshall 3.06.36, 1st

Short Course X-country at Mt. Penang near Gosford, 16th July.

The race consisted of a 5km for Women and 7.5km for Men, across horse and cow paddocks, landmines included, with the luxurious backdrop of Baxter Detention Centre. *Glenn Guzzo*

4th Lucy Chapman

5th Kate Topp

Sam Brown, Joanne Cowan, Jenny Truscott and Amanda Underwood, combined for an Open Teams 2nd place

1st Glenn Guzzo, 29th Chris Truscott

Ray Wareham, Matt Palmer, Tony Fatorini, Martin Matthews, Craig Brown, Stephen Jackson, combined for an Open Teams 3rd place

2 x 2 in 5 Days

Running To The Lowest Point On Earth

12th Dead Sea Marathon

By Mohammed Alkhub



The annual Dead Sea ultra marathon takes place every year in April. The race is part of a running festival organised by the Society for the Care of Neurological Patients (SCNP) and the proceeds of these festivities go towards the assisting neurological patients through the provision of financial help for necessary surgical procedures and to increase awareness of neurological diseases and traumas. (www.deadseamarathon.com). The day includes a 50km Ultra Marathon, 42.2 km Marathon, 21 km Half Marathon, 10 km and a 4.2 km kids marathon.

For me the journey to run the Dead Sea Marathon started in April 2004 after reading a Jordanian newspaper on the Saturday after the race day which made me aware of the event and also reading Strider Scott Smiles' article in Blister 93, describing how he completed the marathon and how much he enjoyed it.

The only problem was that I had already made plans to apply for the 2005 London Marathon to be held on Sunday 17th April. The Dead Sea Marathon was scheduled to be held on Friday 15th April, so this made a very interesting choice! The choice also was more difficult since I like to run the Six Foot Track Marathon which is held in March.

After reading Sir Ranulph Fiennes' article 'In Seventh Heaven' in the April 2004 edition of

Runner's World about the well known 7x7x7 marathon which involves 7 marathons in 7 continents in 7 days, I started to think if it was possible to run 2 marathons in 2 continents in one weekend, and my planning started then and there.

So the long hard training started, I joined Sean Williams' training group and started the long road of long distance runs with the Striders on a more regular basis so I committed myself to do this early in the piece.

I applied for the London Marathon but I was not successful in the lottery system, so back to the drawing board in the planning. The Canberra Marathon was on the 10th April, so now I switched my attention to running Canberra and then flying over to Jordan to do the Dead Sea Marathon five days later. After thinking hard about the challenge ahead, I decided to do Six Foot Track, Canberra and then the Dead Sea Marathon. So I had to settle for 2 marathons in 2 continents in 5 days.

In March I was ready for Six Foot Track and I felt good and confident going into it, hoping for some improvement on my 2004 time of 5:41:49. On the day which was perfect for a run everything went well and I managed to finish in 5:07:00 so that was one out of the way.

Canberra was a completely different story. Again I went to into it over-confident and hoping for a PB. I guess I was over-ambitious in doing so, knowing that I had another marathon to do in five days time. My mistake in Canberra was that I started with the 3:00 hrs pace group and kept up with them until around the 15k mark. After this I slowed down a bit but still felt good until after the turn-around point for the 2nd lap. Then I started feeling dizzy and just could not do anything and started to feel sick. I slowed down and started to walk for most of the 2nd lap but was determined to finish, and finish I did in 3:54:07. Straight after that I am not sure how I managed to get myself to the airport for my flight back to Sydney. With no time to recover, I then flew out of Sydney that night to Amman-Jordan. Luckily the flight from Sydney was not full and I managed to

have two seats to myself to stretch my legs.

I arrived in Amman on Monday 11th April, rested on Tuesday and had a 10 km run on the Wednesday in which I felt good and was ready for another slaughter.

On race day Friday 15th April I went with a plan of: no matter what, I will not go out as hard as my previous marathons, even though the first 15 km are downhill. I was determined to stick to the plan. The run started at 6.30 am and the weather was nice, not very hot. I would say the temperature was around 20 degrees. Going downhill was good and I went through the first 10 km in 44:44 min and reached the 15 km mark in 1:06:06 still feeling great and the pace was OK for a downhill. After that the flat part of the course started and I went through the 21 km mark in 1:29:43 again still feeling good. I started to enjoy the scenery around me and the temperature was still bearable. For the first time after 21 km I was actually enjoying running, but until this point it was lonely, not many people on the road.



Post-race swim on the Dead Sea

I went through the 30 km mark in 2:15:46, was on target and started catching some of the people running the half marathon. The temperature started to climb to the mid twenties, but all I was thinking about was the finish line and I was determined to do a PB. So I pushed on at a steady pace of about 4:45 per K which took me to the 40 km mark in 3:05:45. I was feeling great and the PB was definitely on. The last 2 km were on a slight inclination and I started feeling the pain and fatigue. I slowed down to a pace of 5:28 but of course the finish line was in sight and I could see it. Reaching the finish line was the

biggest buzz with all these people around and I could not help myself but throw my arms in the air shouting YES, YES - and YES, I finished in 3:18:40, a PB of 33 minutes.

The Dead Sea Marathon was very well organised and has an awesome course, with the finish at the lowest point on earth an extra bonus. Afterwards, a swim in the salty water of the Dead Sea is a relaxing experience and was very good for those tight muscles. If you are ever in that part of the world OR looking to do a PB in a great environment then I recommend the Dead Sea Marathon.

Hatch, Match and Despatch

Congratulations to Glen Guzzo – no, not for his running for a change but for getting married to Farah.

Jenny Wickham missed collecting a couple of trophies at the Striders Awards Night due to being in hospital with baby number three imminent. Holly Rose has now arrived, congratulations.

Congratulations to Darren Benson and Jenny Truscott, on their engagement. They met 10 years ago at the Striders and Darren proposed just after Jenny completed her debut marathon.

(Steve Cornelius commented: You've got to admire his cunning, proposing when she's too bvggered to think straight, just after a debut marathon. Such chicanery alone would deserve recognition for lateral thought. Bloke plainly has a bright future)

RIP – the Strider's Cash Box. That familiar red, battered, un-openable object that has loyally turned up to x hundred STaRs and is rumoured to have belonged to Charles Coville's great-grandfather, has finally been put out to pasture. However a suggestion has been made that it becomes the Perpetual Trophy for STaR Host of the Year.

New STaR Hosts

Karin and Darren Kaehne took over the Western Wanderer. Thanks to outgoing host Sam Chuah.

'Mosman Reversed' was in need of a Host, it may be filled by the time you read this, but Calendar Manager, Robin Cameron, is always pleased to hear from any prospective Hosts (and assistant hosts).

Striders Eye World Domination

ANSW Roundup from Kathryn Topp

Though this is not the first year that Striders athletes have been registered to run with Athletics NSW, it is the first winter season that has seen full teams of Striders compete in all ANSW events. And what a cracker of a season!

Proceedings got underway in April with the Novice Cross Country Championships held at Scarborough Park. This event is for runners who have not yet placed at a State Championships event. A flat course and lovely weather saw some fast times and good results, with Lucy Chapman and Kate Topp taking out 1st and 3rd in the women's 4km event. In the men's 10km, Ray Wareham took 7th place, ahead of Jonathan Craig, Richard Mullaney, Martin Matthews and Ron Schwebel.

The following week saw grey skies and cool weather for the State 10km Road Championship, which was held out at Holsworthy army base. Unfortunately this clashed with one of Striders' own 10km events, but this didn't deter Darren Benson from running in both! Chris Truscott took out 10th overall, with Richard Sarkies (3rd in the 40-44 age group) Keith Bateman (1st in the 45-49 age group), and Ron Schwebel and Graeme Murphy (1st and 2nd in the 50-54 age group) also running very well. Ray Wareham, Glenn Guzzo (fresh from his honeymoon), Martin Matthews and Peter Truscott also turned out in the green and white, and the Striders team ended up with the bronze medal.

The women also had a great race. Lucy Chapman ran a PB to place 4th, and together with Jenny Truscott (6th), Kate Topp (11th) and Jo Cowan (2nd in the 45-49 age group, 17th overall) won the teams gold medal.

The next event was the NSW Half Marathon Championships, which were incorporated into the Sydney Morning Herald Half Marathon. Again Striders teams were dominant, winning three divisions. Lucy took the silver, and with Jenny, Jo and Caroline Yarnell narrowly beat a strong Hills contingent to take out the women's teams. Glenn Guzzo (4th), Chris Truscott, Darren Benson and Ray Wareham proved clear winners in the open men's division. And on top of that, Striders also took out the 35+ men's teams, with Richard Sarkies, Keith Bateman, Chris Hall, Anthony Wong and Ron Schwebel all running strongly.

In early June, the State Cross Country Relays were held at Miranda Park. Clubs enter teams of four, with each runner completing two laps of the 2km course. Striders fielded teams of Open men and women, and 45+ men. Jenny, Kate, Jo and Lucy successfully did battle with Randwick-Botany and Sutherland, but were unable to catch a strong Sydney University team and settled for the silver medal.

In the men's event, while Randwick-Botany and Sydney University tussled for gold and silver, Darren, Chris, Ray and Glenn ran an excellent fourth, coming in after a St George team that included Paul Arthur and Damon Harris. Striders were also able to put together a 45+ men's team, which was led out by our illustrious president, backed up by Chris Hall and Ron Schwebel (in grand bare-footed style) and superbly anchored by a brightly-shod Keith Bateman. Keith recorded the fastest leg in this division, and the team easily took the gold medal.

The most recent event was the State Long-Course Cross Country Championships, held at the notorious Willandra course in the foothills of Cambewarra Mountain just outside Nowra. The weather was fantastic, and a beautifully designed and maintained track made it a great day out. A number of serious hills helped to sort the fields out, including one that saw some runners walking on their first lap. The women ran two laps of the 4km course, with Kate (4th), Lucy (5th), Jenny (12th) and Amanda Underwood (36th) taking third in the teams' tally.

The men ran 12km, which meant facing That Hill three times. Glenn Guzzo streaked ahead within the first kilometre, and had put over 50m on the field by the halfway mark. Unfortunately two strong finishers bore down upon him in the last lap: last year's Distance Runner of the Year – Russell Dessaix-Chin from Sydney Uni – and Jeff Hunt from Randwick Botany. Overall, the men's team took the silver, with Glenn (3rd), Chris (13th) and Darren (18th) joined by Martin Matthews (29th), Ron Schwebel (42nd), Craig Brown (43rd) and Martin Harris (47th).

ANSW uses these results to calculate a variety of awards at the end of the season, including the State Teams Premiership and the Male and Female Distance Athlete of the Year. At the moment, Lucy

Chapman heads the Female Distance Athlete board by a considerable margin, and Striders are running first and second in the women's and men's teams respectively. There are three events yet to come that will count towards these tallies: the State Short-Course Cross Country, to be held at Mt Penang on the 16th July, the State Road Relays in Wollongong on the 31st July, and the Sydney Marathon.

To finish off, let me encourage as many of you as possible to register with ANSW for next year's winter season. The Striders membership covers a broad range of ages, and while we may struggle to fill teams in the under-14s, we have the potential to be one of the state's dominant distance-running clubs in every division from the Opens up. The ANSW winter season includes a great variety of races – from 4km to the marathon, on road and cross-country, flat and hilly, individual and relays.

I'm aware there's a perception that ANSW events are only for the elite (whoever they are) but this is misplaced. For example, compare the State 10km at Holsworthy with the Striders 10km at Lane Cove in June. The spread of times in the women's event was 35-72 minutes at Holsworthy, versus 37-66 minutes at Lane Cove. In the men's event, it was 29-59 minutes at Holsworthy and 32-61 minutes at Lane Cove. It's at this point that we start eyeing off the overall State Club Trophy!

So, when you're renewing your membership at the end of the year, please consider registering with ANSW – the racing's great, it caters to all levels of athlete, and there's no limit to the number of teams we enter. This year, the teams premiership, next year... the world!

Postscript

Race Report from the State Road Relays, 30th July hosted by Kembla Joggers on a beautiful course right by the sea. The format was 4 x 4km, with each leg consisting of two laps of the course. Striders had four teams competing on the day - three women's teams and a men's team. Unfortunately we misplaced a runner from each of the two open female teams, and it was only through the heroic efforts of Jo Cowan and Danielle Langsworth that everyone was still able to compete.

The Open A team was led off by Jo, followed by Kate Topp and Sam Brown and brought home strongly by Lucy Chapman. Overall we placed 5th, slightly down on previous results, but with a bit of

injury, flu and general malaise going around, this was not a complete surprise. The course was a great one, the weather was beautiful, and with Sutherland placing fourth, we should hopefully still retain our place at the top of the teams table.

The Open B team and the Vets (35+) team opened with Lisa-Anne Davie and Danielle Langsworth respectively, both of whom ran very strongly and were neck and neck at the end of the first leg. The second leg saw Amanda Underwood and Caroline Yarnell take off together, followed in the third by Shelley Howes and Lisa Carroli. The two teams were never out of sight of one another, and the last leg saw Danielle Langsworth for the Bs and Jo Cowan for the Vets both running their second legs of the day! Shoulder to shoulder for much of the course, a strongly finishing Danielle just managed to pip Jo at the post.

Overall the Bs took 8th, and I think were the first B division team (we'll have to wait for the official results to confirm this). The Vets placed 9th overall and were convincing winners in the 35+ category.

Male Striders were a bit thin on the ground for this event, so the men only entered one team. Keith Bateman took the first leg, and after a slight mix-up at the changeover, was succeeded by Ray Wareham, and then a remarkably relaxed Darren Benson, fresh not only from his 100km championships, but also from cycling all the way from Sydney! Glenn Guzzo took the final leg, clocking well under 12 minutes for the 4km leg, and getting the team home for 7th overall, not too far off their excellent 4th at the XC relays in June.

Finally, a plea to all Striders with ANSW registration, regardless of whether you have run in any ANSW events this season: If you are planning to run the Sydney Marathon, please let me or Glenn Guzzo know. The marathon is serving as the ANSW state championship, and team results will count towards the Winter Premiership. We therefore need to know of everyone who is planning to compete.

With two events to go in Club Championships, our women are leading and the men are a close second.

Woodford to Glenbrook for Beginners

By Megan Jackson

I'm your 'back of the pack' kind of girl - particularly when running at Striders 10ks. Don't have a fast bone in my body, and will happily confess that my main sporting love is in fact NETBALL! But something about running keeps dragging me back. Possibly just good old stubborn pig-headedness; of not having achieved what I think I should. So I have to keep at it a bit longer to try and get to some as-yet-undefined level of competence. It will probably never happen, but in the meantime, in the spirit of not just waiting around for it to happen, this year I entered the Woodford to Glenbrook Classic, a 25K trail run in the Blue Mountains.

Given the training I had [not] been doing, this was patently irrational. All sorts of sensible people said so, even Action (aka Stephen) gently hinted that this was quite a tough course in the first half, and had I ever actually run 25K before anyway? I said of course I had. In a STaR sometime. In the last couple of years. Actually I hadn't. Turns out I'd only ever got up to 20K at a few long ago STaRs, plus one particularly poor attempt at a Half-Marathon. Any alleged benefits from a month spent trekking and climbing in Nepal had by now worn off, with a return to our decadent Western lifestyle and diet. So Woodford to Glenbrook was going to be a challenge.

The 25K is made up of rough hilly terrain for the first 12K or so, then the second half of the race is a gentle downhill gradient, on very good fire trail. The whole course is in the wonderful Australian bush - what could be better? My preparation perhaps...?

The morning of the race was overcast and threatening to rain, as we milled about at the start. Woodford to Glenbrook is a cycle race as well as a running race, and wave after wave of cyclists started out before us, in their various categories. Once all the bikes were out of the way, the runners lined up, the gun was fired, and we were on our way, for my longest ever run.

I started near the back, and chatted a bit to various Striders and CoolRunners as we started out. The threatening rain arrived to gently douse us, which kept everything nice and cool. The track was quite rough in places, requiring a fair bit of concentration, particularly on the downhill sections. The first few km went by smoothly, and I was enjoying being out in the bush, as I always do. As we continued, the

uphill bits started to feel very ... up! I started to walk some of them, as did some of the other runners around me.

By about the 10K mark, we were a fairly sparse group of back-markers - Frances Brown and Frank Dearn had moved ahead, with much better power up hills than I could muster. I slogged on, periodically hooking up with other slowbies for a few kms of chatting and mutual encouragement. I was appreciating the water stops, as much for an excuse for a bit of a walk, as for the water itself.

I knew from the course profile that the wonderful downhill section started at about 12 or 13km - the problem was my legs were already screaming at me, and I wasn't sure I could sustain even downhill running for another 12km after that. I plodded on, gradually dropping behind most of my newfound running friends.

The downhill section was duly reached, and I was able to get into a reasonable rhythm for the first few km. Periodically I would find myself with no runners in sight, either ahead or behind - just me, and the bush, fresh from the rain. Despite the increasing pain in every part of my legs, I was still smiling, and able to enjoy these moments.

My leaden legs were reminding me that already this was the longest run I'd done in quite a while. I started focussing on the kilometre markers, with increasing desperation. After 20km, even the continuing gentle downhill was beyond me, and I was doing about 50-50 running/walking. A few other runners passed me, with encouraging words. I plodded on. I was determined to get to that finishing line, it was only a matter of how long, and how much pain.

Then around the corner ahead of me came a welcome sight - Stephen had run back up the course to find me. I think he was relieved to see me still smiling, although it was evident I was in pain. I managed to break into a rather lop-sided run again, and with Stephen alongside headed down the last stretch.

Stephen's Dad had also walked up the track to meet me, so it was a family affair. We finally came out into the clearing, to the final circuit leading to the

finish line. There were cheers and applause from the wonderful Striders and others lining the course, which lifted me to finish running, and with a smile on my face.

Phew! Against the odds, and certainly against common sense (does such a concept apply to runners?), I completed the Woodford to Glenbrook. You don't need to know my time (I did manage to scrape in under 3 hours!), just getting to the finish line in one piece was a worthwhile achievement for me. I think I may need to do just a little bit more work before attempting any of the tougher Blue Mountains races – the Mt Wilson to Bilpin is on my list, but not any time soon...

Woodford – Glenbrook 25km, 26th June (Super Series event)

Pl	Strider	Time	Age Grp	AG Plc	Gend Plc
2	Tony Fattorini	1.29.27	M30-39	2	2
6	Darren Benson	1.37.57	M30-39	3	6
9	Martin Matthews	1.38.31	M20-29	2	9
10	Richard Green	1.38.59	M20-29	3	10
11	Andrew Taylor	1.39.26	M40-49	4	11
12	Bill Flanagan	1.39.47	M40-49	5	12
13	Shaun Atchison	1.39.54	M30-39	5	13
16	Andrew Lennox	1.40.29	M40-49	7	16
17	Tom Winder	1.40.45	M20-29	5	17
18	Martin Dowson	1.41.07	M40-49	8	18
20	Wayne Gregory	1.42.18	M40-49	9	19
22	Peter Cremen	1.43.02	M40-49	11	21
23	Stephen Jackson	1.43.48	M40-49	12	22
25	Tim Austin	1.45.26	M30-39	6	24
26	David Gayford	1.45.30	M40-49	13	25
27	Suzanne Kelly	1.45.52	F30-39	2	2
28	Anthony Carpenter	1.46.00	M20-29	7	26
29	Craig Brown	1.46.34	M30-39	7	27
36	Stephen Laws	1.48.09	M40-49	17	33
46	Philip Murphy	1.52.08	M30-39	9	40
49	Barry Rutter	1.52.36	M50-59	3	43
52	Rod Lovel	1.53.43	M50-59	4	46
59	Mohammed Alkhub	1.54.35	M40-49	25	53
60	James Cryer	1.54.36	M50-59	5	54
66	Malcolm Ferguson	1.56.22	M40-49	27	59
70	Shelley Howes	1.57.02	F20-29	2	9
71	Lisa Carroli	1.57.03	F30-39	6	10
74	David Bray	1.57.50	M30-39	16	64
77	Mary Stringer	1.58.04	F40-49	3	12
83	Lisa-Anne Davie	2.01.18	F20-29	3	13
84	Sharon Callister	2.01.20	F40-49	4	14
110	Jill Reich	2.12.48	F40-49	7	22

116	John Sneddon	2.17.14	M50-59	15	94
117	Ernst Friedlaender	2.17.46	M50-59	16	95
119	Tim Furlan	2.18.46	M30-39	27	97
128	Bernadette Gregory	2.21.06	F30-39	12	25
149	Elva Unger	2.38.04	F40-49	11	34
152	Frances Brown	2.41.01	M40-49	44	117
156	Frank Dearn	2.49.45	M60+	5	118
161	Megan Jackson	2.59.14	F30-39	19	41
164	Euan Callister	3.05.11	M40-49	46	122

Roll of Honour

The following had anniversaries of membership:

20 years

Kevin O'Kane Bruce Inglis Benny Hagberg
Scott Crawford Alex Whitworth

15 years

Kevin Tiller Julia Stenton Jonathon Trope
Mark Robinson

10 years

Nick Themsen John Singleton Hugh Langshaw

5 years

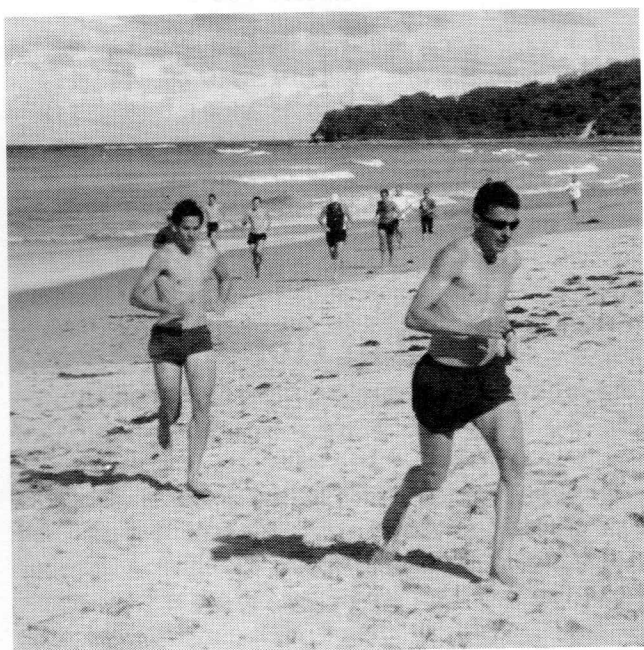
Heiko Schaefer Chris Thompson
Bruce Craven Peter Woods Adrian Spragg
Nick Reed Darryl Crisp Ralph Melano
David Camm Denis Speyer Brendan Mason
Ron Wilson Beryl Wilson Frances Brown
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Blister 95 Credits

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Plenty of training on the Bay

By Chris Truscott



Chris leads the soft sand shuffle

Gusts of wind up to 100km per hour. Rain of 50mm in just a few hours. A long dirt track and the ocean the only access points. And a bunch, or should I say 'mob', of runners whisked away for the weekend for what can only be described as a beneficial training experience.

We are three hours south of the smog in pristine Jervis Bay and have based our camp at the Bay of Plenty Lodges at Sussex Inlet. With the Booderee National Park as our backdrop, a friendly mob of kangaroos roam our lodges scouting for food and leaving 'plenty' of fertilizer on the grass. Our troop master is Sean Williams. After prior non-attendance, my partner Greta convinced me the camp would be enjoyable, hard work and relaxing all at once. The relaxing part is important for me as the chance to really experience some sleepy downtime is limited in Sydney.

Alongside me are approximately 40 fellow running enthusiasts including Striders' Mohammed Alkhub, Keith Bateman and Martin Matthews. 70% of the attendees are aged under 18 but the talent amongst these kids is astounding.

My arrival is not until the first night. My trip is best described as an epic (Sydney traffic and thick fog but let's not get all stressed at this stage) - taking me

through Kangaroo Valley and into Nowra before taking the turn towards Jervis Bay where the state's average rainfall is being dumped.

The early arrivals took part in a strength session including Sean's notorious sand-hill workouts followed later by a solid 5-10 mile effort. Friday night pasta welcomes me and then bed which thankfully is quite comfortable and peaceful. Sleep comes easily.

And then like a bolt of lightning, a blast of thunder, the incessant beeping of an alarm attached to the wrist of an arm draped precariously close to my eardrum ignites my whole body and shock takes over. Well it is 6.30am Saturday morning and time for my first run of the camp, a fartlek session.

We wake to great weather so off we trot down the beach for the warm-up and a spectacular sunrise. Pleasant so far, all is great. No work today, no cleaning the house or shopping for groceries or....um, well this is actually unchanged to any other Saturday, but it is still great to be away and running. The session starts off with 6 x 1min on the beach with a one minute float.

We then continue down a sandy-turning-dirt fire trail finishing the session with 6 x 30sec reps then 3 x 2min reps. I finish strong and comfortable. Once we all regroup, we jog back to base camp for a much needed shower.

The training camp is fully catered. Three healthy meals each day. Dinner, especially, is a feast. We feed up on brekky and start a brief chat about how to take our running to the next level. Sean the ex-school teacher lists three key words – Time, Focus, Brains. He begins by telling us that runners of all calibres need to ensure adequate time is dedicated to training, recovery, time for sleep, time for stretching, time for visualization, for race preparation and so on. The right focus on your goals, what is important to you, healthy eating, drinking (alcohol) at a minimum, a focus on body and mind maintenance and on the big picture. Your brains are to ensure you don't train for months, eat right, stretch correctly and prepare meticulously only to say yes to a party or pub invite on the eve of a race and watch a potentially good result flush down the dunny alongside your mates Stella, Crownie and that

Mexican chap – Corona! In other words, we must use our brains when making decisions that could, and will, relate to our running.

I sit there listening, thinking that everything Sean is saying relates to me. Time for a slight change in my running approach possibly?

Rest is now sought but I only reach as far as the couch after I discover I have all of 20mins until we are out at it again. This time on the sand.

A very nice warm-up precedes our second run of the day along Bheerwere Beach. I am chatting casually to Sean's wife, Cindy, and watching the group break apart. I try to make sense of when the group stays together and when they don't. But I leave the breakaways to their own devices and accustom myself to a surface I try to avoid on any occasion.

The sand session involves a couple of sprints up a short but soft sand hill. So far so good. Up and down I go, and at a reasonable pace, so I am happy. Next comes stretching, then gut busters with a medicine ball. The watch goes on and the knockout competition begins. Side to side the medicine ball goes as one by one all the men drop off. Suddenly the pain kicks in and my lower back, my hips, my glutes and my abs explode in a fusion of pain and it's all over for me. Next the girls. The reigning champ, Tess, again surpasses the 10 minute mark and easily wins the comp. And right on cue, a small pod of dolphins notify us of their presence in the breakers in front of us.

Okay, so I figure it's time to jog back and rest or eat or pat kangaroos. Not so lucky I'm afraid. Time to get back into longer sand racing. The 'marathon' linked two sand hills with a 400 metre flat stretch. Two complete laps see us doing the four hills and flat sections and finishing under Sean's extended arm to record our time. The first race records a time of 3mins 56secs and before I know the competitive instincts inside me come to life and off I charge in my race.

The flat sections are my forte with the only ground I achieve coming from them. The last hill is torturous but I hold on over squad member Marco to record 3:48 before plummeting to the earth and feeling numb.

"This has GOT to be it" I tell myself but no sir'rey. Sean has other plans. Time now to team up for some relays of varying distances again on the sand and the

sand hills. And I am chosen for the 'marathon', i.e. two laps – lucky me.

The lactic comes on fast and I am out for the count. I'm happy with my performance on the sand but the niggles start in my feet after all this bare-foot caper. We walk back to the lodges and this time after lunch, we have a few hours of relaxation before – yes, you guessed it, we embark on our third run of the day.

Now I am still – most would say – 'only' 30 yrs old. A 'spring chicken' to some. An 11 or 12 yr Strider but still relatively young I would suppose. But I can tell you that sitting on that couch that afternoon with an inflamed plantar fascia in my right foot, sore quads from the hills, aching calves from the sand, I feel a lot different to how I would have pulled up just five years ago. Again the 'TIME' and 'BRAINS' components kick in so I devote the afternoon to recovery and repair. I prepare an ice bucket for my foot to soak in hoping the inflammation subsides whilst Greta massages my calves. I stretch other parts of my body that are not inflamed and I decide to avoid the third run session even though they are jogging this time. I decide to test out my mountain bike and shadow the runners at a leisurely pace for the 40 minutes.

More ice, more food, more rest, a bit of cricket and Tour de France thrown in (on TV that is) and I am on the way. Hopefully I will be okay for tomorrow's long run.

Any delusions that the worst of the weather is over after such a sunny Saturday are convincingly dispelled during the night. I ponder the engineering of the cabin and wonder if it will hold the winds that have stirred up in the past few hours. The rain tumbles in bursts, it too struggling to make its way to the ground through the swirls of wind. I close my eyes and hope it blows itself away from the Bay of Plenty Lodges.

Not to be, unfortunately – we wake to strong gusts but luckily light rainfall for the start of the long run championship. A group of eight of us head off at 7:03am for the 26 km option. Out to the main road and back, as simple as that. Early leaders, Marty and Vlad are charging the downhill whilst my quads are screaming for me to at least find a coffee shop to wake them up. After several short downhill spurts where I am dropped, again the competitive instincts drop in and fire the body up. I accelerate gradually after our first 5km (19:56) to go through the 7km in 26:55. I reach 10km in 36:58 and get into the hill.

Vlad is not far behind as I take my trademark 'head-twirl' peek to see what's happening. I am almost in race mode so I forget the fact that it's a long run and visualize the experience as the 25km Woodford to Glenbrook race I had to miss two weeks prior.

Sean passes in his car and sets up the drink station as I turn the roundabout at 49:15 (13km). A check of my watch as I start the return leg tells me that Vlad is approx 45 secs behind me and Marty another 30 secs. I feel okay but the wind is severe on the way back at the top of the ridge and I fight the gusts as they try their best to push against me. I tell myself that everyone else is going through it as I pass Keith, Andrew, Marco, Mohammed, and Cindy finishing their 'out' section.

The run 'record' by Vlad and Knoxy (Andrew Knox) sits around 1:44 so at the bottom of the hill with exactly 10km to go I am at 1:00:30. Vlad is lingering back there somewhere and Sean soon passes me again to meet the 16km group at the turn around. As the kms tick by, the legs go into depression. They are not used to this intensity of sand and hills and ...stop whining Chris and keep going. Going is what I did. Fast is now another story. A quick shot over my shoulder and a shirtless figure emerges. "Nah, can't be Vlad, surely he is suffering just as much if not more than me". "Must be one of the 16km lads", I offer as reassurance to myself. The eyesight however does not deceive and Vlad is upon me ready to pounce.

Vlad sits ever so slightly and slowly my body comes out of depression and the legs liven up. I have a new drive and, with a whiff of the finish just down the road, I again take off. Vlad is with me at first but slides a fraction as the last few kms culminate in our arrival back at the finish. I open up around 30 secs as I almost fall down the last very steep drop into the car park in 1:36:15.

My surge into the shower was just as quick and after a good 10mins, my hands start to thaw. I re-emerge to watch the others come in one after the other and whilst I appreciate the competitive nature of the exercise, I hope that they all have enjoyed the jaunt out and back along a truly fantastic stretch of dirt road just as much as I have.

Breakfast goes and another discussion begins. This chat on the benefits and disadvantages of cross training. Be it cycling, swimming, tennis, golf, canoe polo or ice caving, the consensus is that cross training has its benefits, if limited to a social level.

Anything more will affect our running in a negative way. Pool-running is viewed as the most beneficial cross training method and is also an effective alternative to running whilst injured.

Sunday afternoon goes by in a sleepy haze whilst Greta massages the whole troop. I have locked myself away in my room resting and listening to the unstoppable winds outside.

I wake to eat and watch TV. Then more rest. This is definitely the life and I am lapping it up. So when the time comes to face the weather again for an afternoon run, I need to work at my motivation to get off the couch.

The run is merely one designed to loosen up the muscles and recover from the long race, I mean run. Onto the beach we go for a leisurely jog around the headland.

Suddenly we are amongst it. A sandstorm appears. Some of us are stopped in our tracks. We are blasted by the sand directly onto our legs and into our eyes. The eyes we can shield, the legs we cannot. It is merciless and severe and quite possibly one of the best exfoliations I have ever had.

Out and back we go. One direction at 2:30 kms and the other 8min kms, some drills and we're done. Back to the Bay of Plenty Lodges for some more downtime before dinner and a relaxing night in front of the box. I am leaving Monday morning first thing so again I miss a session on the sand that involves 200m and 1km reps. Hard stuff, and I am sure, very beneficial. However my leave days are numbered so I pack up and sneak off, saying my good byes to Sean and the Bay of Plenty 'of training'. The ride back is a lot more relaxing and with Jon 'the cook' as my passenger, time flies.

Whilst driving, I reflect on just how much time and energy Sean (with Cindy's help I am sure) has put into organizing all these people to come down this far, train all weekend and not have them get lost, injured or ripping each other's heads off. Also feeding, educating and massaging them (well the massaging was Greta actually, see ad in Blister 95).

My hat goes off to Sean for a well organized training camp. Congrats to all the runners for their enthusiasm and hard training. Apologies to Marco and Vlad for my competitive spirit and a big good luck to everyone for all forthcoming races.

Wellington Marathon Club

Marathon/Half Marathon/10k, 26th June 2005

From Angela Etheridge, Kiwi Korrespondent

I knew it was too good to be true: Thursday 23rd June was a stunner – a classic, crisp, sunny Wellington winter's day. Not a breath of wind. I sucked in a big breath of fresh air, looked out over Happy Valley and towards the windmill (barely spinning) and thought – "It's good to be home".

Two days later, I lay huddled in bed – unable to get to sleep for the hail pounding my bedroom windows, and questioning my sanity in having sacrificed annual leave on a winter trip to Wellington.

As any responsible runner does, I had put myself to bed early that night (of course, only after the All-Blacks had done with the Lions) – and then the rain came – and then the hail. As a born-and-bred Wellingtonian, I was probably naïve to expect otherwise. However, as I'm now based in Sydney, I was a touch grateful at the civilised hour the race was to commence. I've become used to 7am or even 6am starts, borne out of necessity in the summer time when the mercury is already commencing its upward ascent at that early hour. Also, despite the weather, I was very much looking forward to catching up with all my running pals.

And what an event it was! I was gob-smacked at the turn out. I didn't know NZ had that many runners, let alone runners game enough to take on a bitey Antarctic-sent southerly and say "bring it". Numbers reached 3,658 – about double last year's turn out. So what happened? I think that the committee for the event just keep getting better at what they do. As a committee member last year, I saw first-hand the dedication that is required to pull together such an event. The marathon/half marathon/10k is something that not only the WMC, but also the entire Wellington region can be proud of.

So, what of my performance? Excuse time. Amongst others, I'll cite the fact that Sydney is a pretty poor training environment for running into the wind!

Running times aside, I got a lot of pleasure from revisiting some familiar places: the whiff of chlorine as I trotted past Freyberg Pool, the gale force wind that hits you like a wall as you round the corner past

Hotel Raffaele, the choppy waves surrounding Greta Point and the bright orange Zephyrometer (a beacon of hope that the turn around was drawing near).

The tail wind on the return journey was most welcome. However, by that stage I think the journey there had already knocked the stuffing out of me! Somehow though, I managed to convince myself I should be precisely on time.

A family member recalled the expression on my face at that stage: "struggling". I would probably add to that the look of "sucking on a lemon" – my lips curled back and eyes squinting as the elements had effectively blinded me!

I did get a real buzz from the surprise some of the marshals got when they realised it was me running – friends who didn't know I had come to visit! And the hugs and kisses I shared afterwards with my 'running family' were gold – I was freezing on the outside, but they warmed me from the inside out!!

I think no matter how well you do on a day like that, you can sit back at the prize-giving, clapping the place-getters, and feel like one yourself. This year, I had to chuckle though – so many great names came out at the prize giving! Surnames such as "Best", "Eager", "Champion" and "Hurryn"...pretty apt descriptions of the hardy types that battled the odds out there that day!

Old, Worn Out Runners

Kevin Tiller has been collecting old, worn out and discarded runners for a trip to the Vanuatu Round Island Relay – running shoes that is! Many of the High School teams that compete there do so barefoot, and any too large can be used for other villagers.

Kevin plans to continue collecting shoes as a long term thing, and has a basic website at <http://www.recycledrunners.com.au> where more information will be posted.

SMH Half-Marathon, 22nd May 2005

Strider	Gun Time	Chip Time	Notes
Glenn Guzzo	1.08.50	1.08.50	3rd M30-34 yrs , 12th Outright
Chris Truscott	1.11.21	1.11.19	21st outright
Darren Benson	1.12.58	1.12.56	
Raymond Wareham	1.14.34	1.14.33	
Klayten Smith	1.14.46	1.14.36	Debut
Damian Tancred	1.15.39	1.15.36	4.36 PB, previous Internal 04
Richard Sarkies	1.16.15	1.16.15	3rd Male 40-44 years
Tony Fattorini	1.16.56	1.16.49	3.31 PB, previous Internal 04
Keith Bateman	1.17.41	1.17.40	2nd Male 45-49
Christopher Hall	1.18.17	1.18.09	Debut
Andrew Gibbons	1.18.35	1.18.34	
Richard Mullaney	1.18.39	1.18.36	Debut
Ross Sinclair	1.21.12	1.21.05	
David Martin	1.21.14	1.21.08	6.16 PB, previous Internal 04
Andrew Taylor	1.21.20	1.21.14	Debut
Lucinda Chapman	1.21.22	1.21.20	5.31 PB, previous Internal 04, 2nd Female 25-29
Christopher Dwyer	1.21.28	1.21.25	2nd Male 50-54
Richard Green	1.21.32	1.21.29	
Randall Brophy	1.22.14	1.22.11	0.45 PB, previous SMH 2004
Peter Cremen	1.22.17	1.22.08	1.55 PB, previous Internal 01
Greg Coy	1.22.21	1.22.15	
Tony Grainger	1.22.48	1.22.45	Debut
Jaap Bakker	1.22.55	1.22.55	4.35 PB, previous SMH 2004
Shaun Atchison	1.23.08	1.23.08	
Keith Broadfoot	1.23.22	1.22.47	Debut
Graham Farnsworth	1.23.23	1.23.03	Debut
Craig Brown	1.23.27	1.23.20	0.12 PB, previous Internal 04
Nick Brewster	1.23.40	1.23.40	Debut
Anthony Wong	1.24.01	1.23.58	
Tom Winder	1.24.28	1.24.05	Debut
Bill Flanagan	1.24.31	1.24.22	13.16 PB, previous SMC 05
Ron Schwebel	1.24.54	1.24.52	1.42 PB, previous SMH 02
Jenny Truscott	1.25.09	1.25.07	
Joel Mackay	1.25.17	1.25.09	0.39 PB, previous SMH 03
Andrew Lennox	1.25.29	1.25.23	Debut
Andrew Harrison	1.25.32	1.25.22	Debut
Stephen Fahey	1.25.34	1.25.15	7.18 PB, previous SMH 04
Grahame Murphy	1.26.08	1.26.03	
Mark Wilson	1.26.51	1.26.51	
Alex Jensen	1.27.00	1.26.38	8.31 PB, previous SMH 04
Andrew Cullen	1.27.01	1.26.49	
Suzanne Kelly	1.27.17	1.27.15	3.06 PB, previous SMH 04
Martin Harris	1.27.20	1.27.12	0.38 PB, previous Internal 04
Roger Cartwright	1.27.21	1.26.43	Debut
John Van	1.27.26	1.27.16	
Yzendoorn			
Victor Donovic	1.27.43	1.27.36	
Wayne Gregory	1.28.12	1.28.05	0.54 PB, previous SMH 04
Klas Johansson	1.28.15	1.28.15	Debut
Tim Austin	1.28.24	1.28.14	
Cameron Arnold	1.28.35	1.27.48	
Kendall Waller	1.28.40	1.28.24	
Kevin McGregor	1.28.41	1.28.35	Debut
Peter Slater	1.28.45	1.28.35	
Joanne Cowan	1.28.48	1.28.47	2nd Female 45-49
Barry Rutter	1.28.52	1.28.37	0.26 PB, previous SMH 2000
Lachlan Wolfers	1.28.55	1.28.48	Debut
Paul Trainor	1.29.16	1.29.11	5.16 PB, previous Internal 04
Stephen Jackson	1.29.29	1.28.44	
Simon Wilson	1.29.35	1.27.31	Debut
Paul Bruning	1.29.51	1.29.33	Equal PB
David Burgess	1.30.06	1.29.58	
Bruce Craven	1.30.21	1.30.13	0.25 PB, previous SMH 2004
Malcolm Ferguson	1.30.22	1.29.59	2.22 PB, previous SMC 2005
Charles Coville	1.30.40	1.30.30	
David Gayford	1.30.54	1.30.45	
Philip Murphy	1.31.20	1.30.58	Debut
Danielle Langsworth	1.31.23	1.31.18	3rd Female 40-44
Ray Doran	1.31.29	1.31.12	1st Male 65-69
David Ellis	1.31.40	1.31.29	Debut
Tim Deane	1.31.51	1.31.44	6.49 PB, previous SMH 2004
John Palmer	1.31.57	1.30.45	Debut
Michael Childs	1.31.59	1.31.16	Debut
Darren Goodsir	1.32.45	1.32.41	
Jeremy Culver	1.32.45	1.32.07	Debut
Roland Hassall	1.32.45	1.32.16	2.29 PB, previous SMH 2003
Ian Walker	1.32.49	1.32.49	Debut
Philip Boswell	1.33.08	1.33.08	
James Cryer	1.33.14	1.33.01	4.31 PB, previous Sydney 03
Mark Schaefer	1.33.23	1.33.10	
Paul Davey	1.33.30	1.32.03	Debut
Stephen Ball	1.34.07	1.33.56	0.19 PB, previous SMH 2002
Brian Wilcockson	1.34.11	1.33.41	1.32 PB, previous SMH 2004
Stephen Firth	1.34.21	1.33.12	
John Bugg	1.34.44	1.34.20	
Andrew Bull	1.35.20	1.34.15	Debut
Vincent Moreau	1.35.28	1.34.43	Debut
Mervyn Cohen	1.35.33	1.34.50	Debut
Stewart Turner	1.35.37	1.35.25	6.41 PB, previous Internal 03
Carmelo Gallo	1.35.45	1.35.17	Debut
Stephen Laws	1.36.03	1.33.15	Debut
David Bray	1.36.11	1.36.04	
Gary Aitkenhead	1.36.25	1.36.13	
Cheryl Crawford	1.36.27	1.36.17	
Mary Stringer	1.36.28	1.35.57	2.00 PB, previous SMH 2001
Lisa-Anne Davie	1.36.37	1.35.24	Debut
Mark Langsworth	1.36.40	1.36.34	Debut
Mark Davis	1.36.51	1.36.11	
Russell Johnson	1.36.51	1.35.42	Debut
David Camm	1.36.58	1.36.51	
Darren Kaehne	1.37.24	1.36.15	7.03 PB, prev Central Coast 04
Caroline Foster	1.37.31	1.36.47	Debut
Dougal Langusch	1.37.32	1.35.30	
Richard Deutsch	1.37.35	1.35.50	
Mike Morrissey	1.38.00	1.37.07	
Phillip Jones	1.38.01	1.37.27	Debut
Wayne Pryke	1.38.15	1.37.06	
Sarah Cooper	1.38.17	1.37.52	6.23 PB, previous SMH 2004
Mark Watson	1.39.07	1.37.24	Debut
James Ditzell	1.39.14	1.38.40	Debut
Arthur Huxtable	1.39.43	1.38.32	
Max Crossley	1.39.59	1.39.43	Debut
Gary Leahey	1.40.15	1.39.23	
Dean Gardiner	1.40.35	1.37.44	
George Herisson	1.40.43	1.39.56	
Angela Etheridge	1.40.58	1.40.16	Debut
Robert Wawrzyniak	1.41.06	1.39.37	
Sharon Callister	1.41.24	1.40.16	5.27 PB, previous Internal 01
Lisa Carroli	1.41.28	1.40.59	
Campbell Reid	1.41.36	1.39.58	
Caroline Yarnell	1.41.40	1.40.51	
Steve Fisher	1.41.40	1.41.30	Debut
Ken Harris	1.41.43	1.39.36	
Pete Steel	1.41.59	1.41.27	
Paul Thompson	1.42.13	1.41.55	
Corinne Russell	1.43.14	1.41.34	Debut
James Moody	1.43.15	1.42.56	

Anton Kapel	1.43.21	1.41.24	
Mark Preston	1.43.24	1.43.24	
Matt Dobbin	1.43.45	1.42.52	Debut
Peter Roberts	1.43.55	1.43.08	Debut
Patrick Hodgins	1.43.56	1.42.11	
Charles King	1.44.09	1.43.10	
Jill Reich	1.44.22	1.43.48	
Stephen Smith	1.44.42	1.44.07	1.02 PB, prev Gold Coast 04
Denis Speyer	1.44.48	1.44.29	5.52 PB, previous SMH 2004
Jim Barrett	1.44.48	1.43.24	
Amanda Underwood	1.45.07	1.42.21	
Nick Woodhams	1.45.11	1.43.34	
Lawrence Ullio	1.45.15	1.44.32	4.20 PB, previous Sydney 04
Craig Schlitter	1.45.24	1.43.20	Debut
Robin Cameron	1.45.31	1.44.21	3.54 PB, previous SMH 2003
Rebecca Deane	1.45.32	1.45.25	6.59 PB, previous SMH 2003
Alan Smith	1.45.33	1.44.41	
David East	1.45.43	1.45.14	1.09 PB, previous SMH 2004
Roger Cox	1.45.45	1.44.39	
Martin Foulkes	1.46.05	1.43.17	Debut
Andrew Waudby	1.46.18	1.45.39	
Shelley Howes	1.46.19	1.44.38	Debut
Alicia Wood	1.47.00	1.46.31	Debut
Dean Harris	1.47.03	1.45.42	Debut
Sam Serisier	1.47.25	1.47.20	Debut
Peter Woods	1.47.37	1.47.06	
Alison Fitzgerald	1.47.40	1.47.10	Debut
Gregory Mackay	1.47.47	1.46.27	
Brian Ogilwy	1.48.01	1.46.05	
Brian McElhinney	1.48.20	1.46.53	
Leigh Donelly	1.48.23	1.45.26	Debut
Elizabeth Woodhams	1.48.37	1.46.59	
Heiko Schaefer	1.48.56	1.47.50	
Allan Wareham	1.49.09	1.49.01	
Naomi Frank	1.49.53	1.48.22	1.48 PB, previous Internal 04
Sebastian Warmerdam	1.49.57	1.48.52	
Michaela Holloway	1.50.35	1.47.10	Debut
Katie Rowell	1.50.38	1.50.29	
Steve Packer	1.50.57	1.50.27	
Paul Glare	1.51.00	1.49.13	
Marlies Laaper	1.51.31	1.51.04	
Jacqui Matthews	1.51.41	1.50.15	
Susan Login	1.51.45	1.49.49	Debut
Mick McCarthy	1.51.52	1.50.59	
Jeff Morunga	1.51.55	1.50.51	
Susan Chalmers	1.52.16	1.50.58	
Gavin Markey	1.52.36	1.52.10	Debut
Alison Gardiner	1.52.38	1.49.47	0.46 PB, previous Sydney 04
Robert Inglis	1.52.43	1.51.59	
Karin Kaehne	1.53.25	1.52.19	
Paul Au-Yeung	1.54.22	1.51.03	Debut
David Knight	1.54.30	1.52.34	Debut
Joe Degabriele	1.54.32	1.54.10	
Deirdre Stewart	1.54.34	1.53.10	Debut
Helen Wilson	1.54.38	1.52.57	5.33 PB, previous Internal 02, 3rd Female 55-59
Kerry Ross	1.54.42	1.54.33	
Ernst Friedlaender	1.54.48	1.52.01	Debut
Christopher Nobes	1.54.50	1.52.08	Debut
Bradley Loh	1.55.21	1.53.15	
Jennie Meixner	1.55.21	1.53.15	Debut
Yvonne Reilly	1.55.27	1.53.24	
Lilian Chuah	1.56.04	1.54.15	1.30 PB, previous Sydney 04
Jamie Blackie	1.56.08	1.55.49	Debut
Margaret Cameron	1.56.19	1.54.25	2.00 PB, previous Sydney 04
Rick Collins	1.56.31	1.55.50	
Mohammed Alkhub	1.56.52	1.56.46	
Julie McGaw	1.57.10	1.55.15	
Michael Rees-Evans	1.57.20	1.56.23	
Cathy Rees-Evans	1.57.23	1.56.26	Debut
Eric Schmierer	1.57.47	1.57.00	
Allison Lilley	1.57.48	1.55.55	
Chris Hogan	1.57.54	1.54.43	Debut
Jon Patrick	1.58.34	1.55.14	
Jurg Kunzle	1.58.37	1.57.52	
Nathan Lewis	1.58.44	1.55.30	Debut
Lynn Herisson	1.59.10	1.58.22	3.25 PB, previous Sydney 04
Frances Brown	1.59.19	1.57.16	
John Hanna	1.59.51	1.56.27	1.16 PB, previous Sydney 04
Leigh MacRitchie	2.00.40	1.59.38	
Manfred Fiedler	2.00.41	1.57.44	
Peter Cookson	2.01.00	1.58.04	
Paul Munro	2.01.16	1.59.48	3.19 PB, previous SMH 2003
Ron Daly	2.01.39	?	Oldest male to finish aged 80
Sam Chuah	2.02.06	2.00.17	
Martin Smith	2.03.19	2.00.20	Debut
Karen Coleman	2.04.33	2.03.19	Debut
Richard Wassell	2.04.38	2.04.38	
Christine Cullen	2.05.14	2.01.50	
Emilie Paquin	2.05.57	1.03.32	Debut
Melos Sulicich	2.06.06	2.04.23	Debut
Andrew Horsley	2.07.56	2.07.09	
Glenn Lockwood	2.10.12	2.07.02	
Belinda Lockwood	2.10.14	2.07.03	
Michael Bailey	2.10.23	2.10.23	
Steven Johnstone	2.11.39	2.09.42	Debut
Frank Dearn	2.17.21	2.14.22	
Cathy Watson	2.28.01	2.26.05	Debut

Margaret and Keith White once again very kindly offered to be hosts for the Half from their house in Fort Street.



A pack of five Striders in the SMH Half

New Members – April - June

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.

Jeremy O'Connor
 Luke Baker
 Jan-Willem Schaar
 Diana Slack
 Geoffrey Lucas
 Marty Carne
 Simon Kent-Jones
 Collie Kinsella
 Nicholas Campbell
 Anthony Carpenter
 Peter Meixner
 Jon Ikin
 Andrew Hybler
 Yvette Clements
 Peter Lewis
 Stuart Grieve

Jennifer Best
 Anne Byatt
 Graham Wirth
 Mark Wallis
 Rob Pearsall
 Paul Andrews
 Anthony Whitty
 Suzi Reichert
 Michael Lincoln
 Andrew Hall
 Julien Arsac
 Leigh Donnelly
 Karen Coleman
 Lucy Robinson
 Nathan Lewis
 Kevin McGregor

Benjamin Chaston
 Rebecca Joslin
 Mason Reeves
 Lisa-Anne Davie
 Andrew Jordan
 Elva Unger
 Chris Hogan
 Paul Au Yeung
 Steven Johnstone
 Christopher Hall
 Vincent Moreau
 Kevin Byrne
 Tim Cradock
 Selwyn Jackson
 Gordon Hardie
 Adrian Boyn

25 Years of the Blister By Andrew Smith, Blister Editor

The first Blister, four pages long, was edited by President Charles Coville. Following Charles, the Blister was edited by Bill Flanagan, Graham Butler, Roger Rigby, Sarah Entwistle, Steve Cornelius and Nick Themsen and now myself and has grown with the Striders membership. For 25 years contributors have sent in their stories, amazing us with tales of victories against the odds and amusing us with tales of victories against common sense.

Brian Tailford, our Blister publisher before Brad Renshaw, gave a perpetual trophy for the Best of the Blister which was first awarded in 1992. The winners are listed below with the year of their article:

- | | |
|------|--|
| 1991 | John Turner |
| 1992 | Steve Cornelius |
| 1993 | Steve Cornelius 'The Rise and Rise of Sydney Striders: A Millennial Nightmare' |
| 1994 | Steve Cornelius 'Phone Call from Hell' |
| 1995 | Harvey Blue 'A Typical P.A.C. Day Tour Day or Oh! That should be fun' (<i>cycling in the US</i>) |
| 1996 | Mark Fiore 'Hamburgers and Chips are Good For You' (<i>hiking in Japan</i>) |
| 1997 | Jonathan Trope 'It's Only 71 to go!' (<i>epic cycle ride to Wiseman's Ferry</i>) |
| 1998 | Mark Fiore 'The Rookie' (<i>first Ironman</i>) |
| 1999 | Mark Fiore 'Australian Ironman 1999 The Race Without Time' |
| 2000 | Grahame Murphy 'The World's Most Southerly STaR – The Infinity Antarctic 2000 Stroll to the Pole Expedition' |
| 2001 | Nick Themsen 'The unbelievable Six Foot Track' (<i>walking</i>) |
| 2002 | Michael Bailey 'My journey to the Kepler Challenge' |
| 2003 | Phil Hugill 'Marathon de Sables, 250km through the Sahara desert' |
| 2004 | James Moody 'Medoc Marathon French Fantasy' and David Criniti 'What a runner can do...the long road to Kona' |



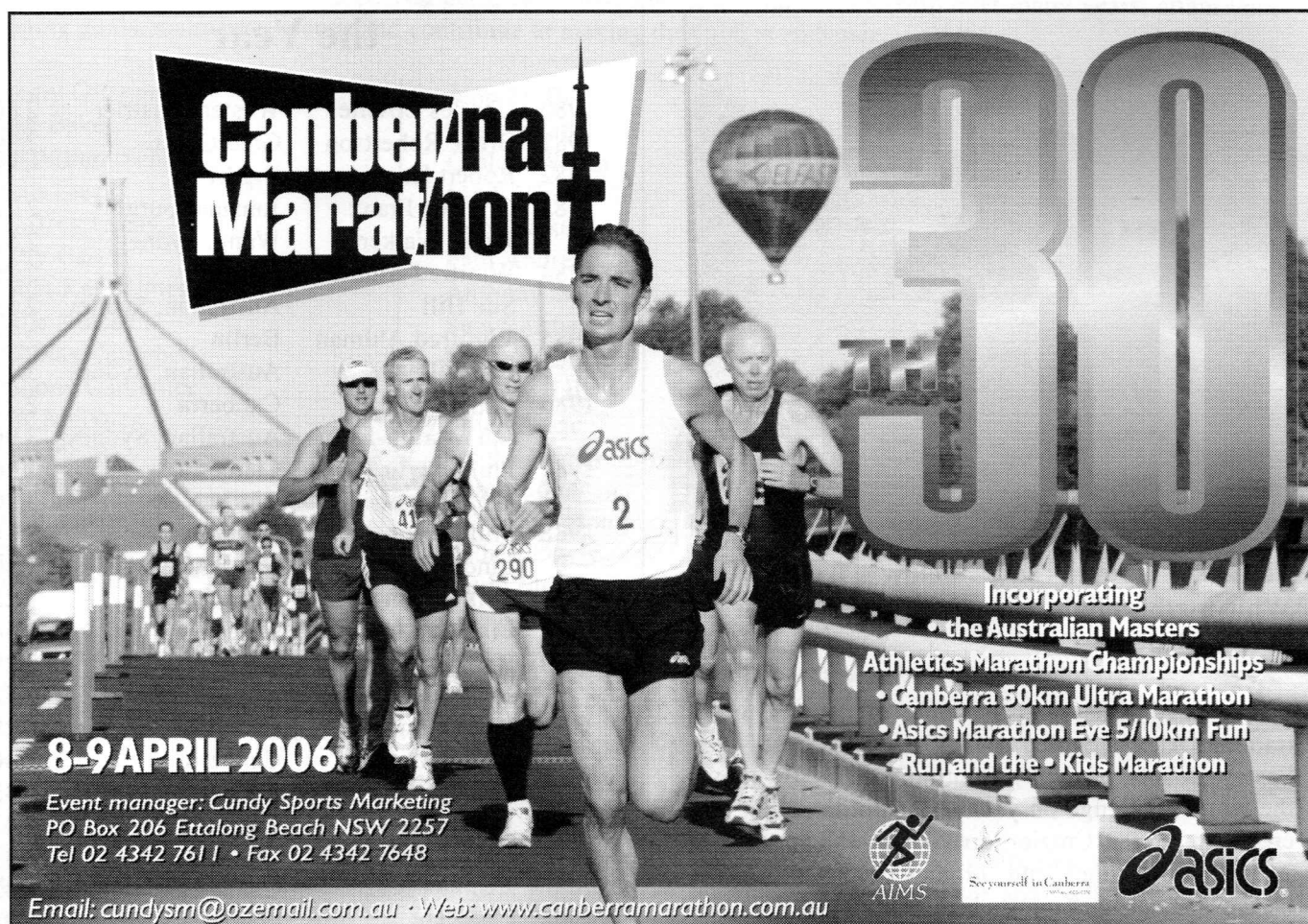
Pictures above and below from Alex Whitworth's Falklands Marathon reported in last Blister.

In borrowed shoes and a couple of months of no training, Alex recorded 4:49:55 (not his best – see Fastest Debuts, page 35). Continuing with his round-the-world challenge on yacht 'Berrimilla', Alex and crewmate Peter Crozier arrived in Falmouth UK 2100h (local time) 2nd June. Completed Fastnet Ocean Race. 14th August, 11th overall, 8th in class, 2nd two handed (*Copyright by permission Berrimilla website*)



25 Years Of Achievement – Striders' Fastest Marathon of the Year

1980	Charles Coville	Western District	2.50.07
1981	Bruce Robertson	Gold Coast	2.39.47
1982	Robert Harrison	Big M	2.33.48
1983	Godfrey Franz	Johannesburg	2.29.47
	Jenny Walker	Wang, Sydney	2.57.40
1984	Winifred Ahlman	Berlin	2.26.57
	Sue Hill	Australian, Sydney	2.59.15
1985	Winifred Ahlman	Berlin	2.24.26
	Sue Hill	Australian, Sydney	3.11.11
1986	Phil Garvin	Canberra	2.21.56
	Jan Morton-Evans	Australian, Sydney	3.06.34
1987	Phil Garvin	Canberra	2.26.54
	Tina Campbell	World Vets	3.00.32
1988	Phil Garvin	London	2.30.30
	Linda Thompson	South Melbourne	2.49.34
1989	Phil Garvin	Gold Coast	2.25.34
	Linda Thompson	Cities	2.54.00
1990	Phil Garvin	ACT	2.29.26
	Joanne Cowan	Anzac	2.52.44
1991	Phil Garvin	Canberra	2.29.46
	Joanne Cowan	Canberra	2.46.18
1992	Phil Garvin	Canberra	2.33.47
	Joanne Cowan	Canberra	2.42.31
1993	Chris McLean	Canberra	2.37.47
	Joanne Cowan	Canberra	2.42.00
1994	Chris Dwyer	Gold Coast	2.38.22
	Joanne Cowan	Canberra	2.40.12
1995	Chris Truscott	Canberra	2:47:23
	Joanne Cowan	Canberra	2:41:48
1996	Darren Benson	Traralgon	2:33:19
	Joanne Cowan	Sydney	2:47:22
1997	Carl Baker	London	2:31:22
	Joanne Cowan	Canberra	2:44:12
1998	Chris Truscott	Rotterdam	2:36:19
	Joanne Cowan	Canberra	2:52:00
1999	Chris Dwyer	Canberra	2:42:23
	Joanne Cowan	Canberra	2:58:29
2000	Chris Dwyer	Spa Europe	2:41:30
	Joanne Cowan	Host City	3:09:02
2001	Dean Degan	Osaka	2:30:59
	Marie O'Connell	Canberra	3:17:55
2002	Chris Truscott	Berlin	2:29:44
	Dawn Tiller	Canberra	3:14:08
2003	Jonathan Craig	Canberra	2:39:41
	Catriona Cater	Canberra	3:12:12
2004	Glenn Guzzo	Gold Coast	2:20:57
	Jenny Wickham	Sydney	2:55:09



Canberra Marathon

8-9 APRIL 2006

Event manager: Cundy Sports Marketing
PO Box 206 Ettalong Beach NSW 2257
Tel 02 4342 7611 • Fax 02 4342 7648

Incorporating
• the Australian Masters
• Athletics Marathon Championships
• Canberra 50km Ultra Marathon
• Asics Marathon Eye 5/10km Fun Run and the • Kids Marathon

Email: cundysm@ozemail.com.au • Web: www.canberramarathon.com.au

MARATHON TRAINING GROUP

The next Training Program for the MTG is currently being arranged and is expected to start in October/November in preparation for the Canberra 2006 Marathon.

The first training sessions will be running with the 7:00 AM STaRs for distances of 10 kms as well as a midweek run from Brett Park on Wednesday evenings at 5:45 PM around Iron Cove Bay.

The MTG aims at a 4 to 4 ½ hour Marathon time and is especially for those members of the club who have never completed the distance. The minimum requirements to join the group are that you can run 10 k in under 60 minutes and are a financial member of the club. The program takes approximately 24 weeks to complete and starts with a weekly running distance of 30 kms building to a maximum of 85 kms.

For a look at what the MTG have been up to during the last twelve months we have a BLOG at <http://www.ssmtg.blogspot.com/>

Any enquiries regarding the program can be emailed to Jim Moody at MTG@sydneystriders.org.au or contact us on Sydney Striders phone number 0500 JOGGER

*

Remaining Super Series Events

Event 8) 20th Aug (Sat) – Willy to Billy

Event 9) 11th Sep – Sydney 10k/Half/Marathon
www.sydneyrunningfestival.org or 9310 8120

Event 10) 9th Oct - Internal Half (members only)

*

'Legends' Age Group

Results Coordinator, David Bray, had to create a new age category now that Ron Daly is into his eighth decade. We have Vets, Master, Seniors, Super Seniors – now we also have 'Legends'.

25 Years Of Achievement – Striders' Fastest Debut Marathon

1980	Mike Anschutz	Western District	2:59.2
1981	Wayne Henderson	Harbord Diggers	3:00.0
1982	Bob Shaw	Canberra	2:48.1
1983	Winifred Ahlman	Canberra Nocturnal	2:35.5
	Jenny McCoy	Wang, Sydney	4:19.4
1984	Don Price	Australian, Sydney	3:07.0
	Patti Burke	Canberra	3:54.0
1985	Alex Whitworth	Australian, Sydney	2:55.5
1986	Gavin Morisset	Canberra	3:14.4
	Jan Morton-Evans	Canberra	3:15.2
1987	Warwick Selby	Melbourne	2:51.5
	Chris Mathews	Anzac	4:23.3
1988	Paul Lunsman	Anzac	3:30.1
	Sue Griffith	Melbourne	3:37.4
1989	James McDonald	Anzac	3:02.5
	Joanne Cowan	Anzac	3:04.3
1990	Ron Daly	Anzac	3:28.4
1991	Peter Corte	Combination	3:02.0
	Sue Roberts	Gold Coast	3:11.4
1992	Paul Mandl	Melbourne	2:59.4
1993	Paul Kotala	Forster IM	4:22.1
	Dawn Tiller	Canberra	3:09.1
1994	Darren Benson	Melbourne	2:59.3
	Sue Marr	Sydney	3:47.0
1995	Michael Wilson	Sydney	3:39:5
	Fiona Pelly	Sydney	3:49:5
1996	John Young	Sydney	2:35:3
	Cathy Dunworth	Canberra	3:26:2
1997	Matthew Hammond	Cities	3:03:3
	Robyn Fameli	Canberra	3:51:0
1998	Mike Hansen	Canberra	3:30:3
	Julie Wessels	Canberra	3:38:2
1999	Dean Gardiner	Gold Coast	3:49:4
	Jacqui Matthews	Sri Chimnoy, Syd	3:58:3
2000	Bernard Fortune	Host City	3:09:2
	Tracey Love	Host City	3:37:3
2001	Peter Cremen	Canberra	3:04:5
	Anne Muras	Canberra	3:28:5
2002	Victor Donovic	Sydney	3:40:4
	Andrea McDonald	Canberra	3:39:3
2003	Gerry Arthur	Canberra	2:59:2
	Manuela		
	Sumetzburger	Canberra	4:00:4
2004	Tony Fattorini	Sydney	2:47:0
	Jenny Wickham	Canberra	3:04:0

Sydney Striders 10k Series 2004

Sponsored by Sydney Running Centre



SYDNEY RUNNING CENTRE

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

Race 4 North Head 7th May 2005

Outright Results

Open Men

1st	Peter Beacroft	33:17
2nd	Andrew Wilson	33:38
3rd	Darren Benson	34:22 1st Strider

Open Women

1st	Charlotte Paul	40:11
2nd	Suzanne Kelly	40:28 1st Strider
3rd	Sadie Bolton	40:45

Handicap Competition Placings in Race 4:

1	Alison Fitzgerald
2	Dale Thompson
3	Michaela Holloway

Race Officials: Tina Campbell, Robyn Moody,
 Lucinda Chapman, Shirley Rutter, Joanne Cowan,
 James Moody, Ross McCarty, Ron Schwebel,
 Joe Degabriele, Andrew Cullen, Martin Matthews,
 Richard Peacock

Strider	Time	Sx					
Darren Benson	0.34.22		Stephen Fahey	0.39.19		Tim Deane	0.41.45
Tim Cradock	0.34.26		Kevin McGregor	0.39.33		Brian Wilcockson	0.41.47
Klayten Smith	0.35.00		Wayne Gregory	0.39.34		Charles Coville	0.41.51
Tony Fattorini	0.35.05		David Gayford	0.39.38		Roland Hassall	0.42.01
Matt Palmer	0.35.25		Kendall Waller	0.39.49		Dougal Langusch	0.42.14
Adrian Boyl	0.35.48		Mike Fowlds	0.39.50		Paul Davey	0.42.15
Damian Tancred	0.36.25		Klas Johansson	0.39.54		Caroline Yarnell	0.42.24 F
Ross Sinclair	0.36.31		Victor Donovic	0.39.55		David Ellis	0.42.40
Gerry Arthur	0.36.49		Peter Slater	0.39.58		Russell Johnson	0.42.51
Craig Dunn	0.36.56		Tom Winder	0.40.07		Rod Lovel	0.42.57
Greg Coy	0.37.03		Martin Harris	0.40.14		Dean Gardiner	0.43.02
Richard Mullaney	0.37.10		Paul Trainor	0.40.15		James Cryer	0.43.12
Andrew Taylor	0.37.17		Stephen Ryan	0.40.16		Lisa-Anne Davie	0.43.13 F
Keith Broadfoot	0.37.18		John Van Yzendoorn	0.40.17		Sheena Leibowitz	0.43.14 F
James Jeffery	0.37.26		Sean Greenhill	0.40.25		Ken Harris	0.43.16
Richard Green	0.37.31		Suzanne Kelly	0.40.28 F		Darren Kaehne	0.43.19
Martin Dowson	0.37.36		Stephen Bodnar	0.40.29		Mark Crombie	0.43.23
Nick Brewster	0.37.58		Philip Boswell	0.40.33		Mark Schaefer	0.43.24
Shaun Atchison	0.38.20		Paul Bruning	0.40.57		Phillip Jones	0.43.27
Andrew Lennox	0.38.24		Malcolm Ferguson	0.41.07		Cheryl Crawford	0.43.45 F
David Martin	0.38.30		Barry Rutter	0.41.08		Max Crossley	0.43.46
Craig Brown	0.38.40		Andrew Bull	0.41.15		Mary Stringer	0.43.56 F
Alex Jensen	0.38.50		Philip Murphy	0.41.19		Shelley Howes	0.44.32 F
Tony Grainger	0.39.00		Ben McSweeney	0.41.23		George Herisson	0.45.03
Andrew Harrison	0.39.03		Graham Creed	0.41.34		Craig Hilderbrand	0.45.04
Tim Austin	0.39.06		Cameron Arnold	0.41.37		Michael Hill	0.45.05
Simon Wilson	0.39.09		John Hodges	0.41.39		Lisa Carroli	0.45.06 F
Joel Mackay	0.39.12		Carmelo Gallo	0.41.43		Wayne Pryke	0.45.07
			Greg Donovan	0.41.44		Brian Ogilwy	0.45.11

Luigi Criniti	0.45.13	Steve Packer	0.48.11	Kevin O'Kane	0.52.27
Angela Etheridge	0.45.17 F	Ernst Friedlaender	0.48.17	Kerry Ross	0.52.33 F
Campbell Reid	0.45.18	Alison Fitzgerald	0.48.27 F	Emilie Paquin	0.52.36 F
Jill Reich	0.45.23 F	David Knight	0.48.28	Maria DiMarco	0.52.46 F
Karin Kaehne	0.45.28 F	Elizabeth Woodhams	0.48.36 F	Lynn Herisson	0.53.22 F
Craig Schlitter	0.45.34	Susan Login	0.48.37 F	Melos Sulicich	0.53.30
Sharon Callister	0.45.44 F	Christopher Nobes	0.48.47	Michael Adams	0.53.33
Sebastian Warmerdam	0.45.57	Paul Au-Yeung	0.48.57	Frances Brown	0.53.45 F
Michaela Holloway	0.46.05 F	Rebecca Deane	0.49.03 F	Kerryn Parkinson	0.53.56 F
Stewart Vincent	0.46.10	Alison Gardiner	0.49.05 F	Lee Gire	0.54.15
Stephen Smith	0.46.19	Robin Cameron	0.49.06 F	Paul Munro	0.54.16
Gary Aitkenhead	0.46.24	Katherine McSweeney	0.49.39 F	Mike Hansen	0.54.22
Leighsa Hill	0.46.41 F	Ted Brailey	0.49.42	Carolyn Travers	0.54.45 F
Peter Woods	0.46.49	Allan Wareham	0.49.48	Alex James	0.55.35
Michael Free	0.46.54	Sam Chuah	0.49.53	John Kerr	0.56.10
Mario Torresan	0.46.59	Philip Fleming	0.50.26	Cameron Robertson	0.56.41
Denis Speyer	0.47.19	Chris Ferguson	0.50.33	Belinda Lockwood	0.57.10 F
Roger Cox	0.47.20	Martin Foulkes	0.50.49	Glenn Lockwood	0.57.11
Peter Roberts	0.47.22	Kevin Byrne	0.50.51	Frank Dearn	0.58.13
Corinne Russell	0.47.26 F	Eric Schmierer	0.51.08	Jackie Ramsay	0.59.06 F
Robert Mulley	0.47.29	Holly Inglis	0.51.15 F	Amanda Underwood	dnf F
Nick Woodhams	0.47.34	Bruce Inglis	0.51.17	Bridgit English	dnf F
Naomi Frank	0.47.35 F	Manfred Fiedler	0.51.58	Susan Chalmers	dnf F
Dale Thompson	0.47.49 F	Penny Griffiths	0.52.05 F	David Bray	dnf
Alicia Wood	0.47.50 F	Jurg Kunzle	0.52.09	Bruce Craven	dnf
David East	0.48.04	Lilian Chuah	0.52.26 F		

Race 5 Lane Cove, 4th June 2005 Outright Results

Open Men

1	Glenn Guzzo	32:11	1st Strider
2	Chris Truscott	32:50	2nd Strider
3	David Whitehead	33:18	

Open Women

1	Charlotte Paul	37:56
2	Yvette Clements	38:48
3	Vanessa Gray	39:00

Glenn Guzzo	0.32.11	Tony Grainger	0.37.12	Klas Johansson	0.39.44
Chris Truscott	0.32.50	Andrew Lennox	0.37.29	Brian Wallace	0.39.46
Darren Benson	0.33.56	Jaap Bakker	0.37.31	Paul Andrews	0.39.47
Damian Tancred	0.33.59	Nick Brewster	0.37.38	Paul Bruning	0.39.48
Matt Palmer	0.34.26	Ron Schwebel	0.37.42	Martin Harris	0.39.53
Tim Cradock	0.34.37	Simon Wilson	0.37.49	Kendall Waller	0.39.54
Tony Fattorini	0.34.51	Richard Mullaney	0.37.50	David Martin	0.39.59
Adrian Boyn	0.34.56	Shaun Atchison	0.37.59	Paul Davey	0.40.08
Klayten Smith	0.35.15	Stephen Fahey	0.38.22	Walter Mitchell	0.40.13
Martin Matthews	0.35.16	Peter Slater	0.38.33	Andrew Bull	0.40.18
Andrew Gibbons	0.35.37	Grahame Murphy	0.38.47	Suzanne Kelly	0.40.22 F
Ross Sinclair	0.36.25	Tim Austin	0.38.50	Graham Creed	0.40.32
Chris Graham	0.36.44	Tom Winder	0.38.52	Roland Hassall	0.40.46
Richard Green	0.36.47	Paul Trainor	0.38.57	Dawn Tiller	0.40.47 F
Mark Wilson	0.37.02	Victor Donovic	0.39.02	Luke Peterson	0.40.48
Steve Hume	0.37.04	Ben McSweeney	0.39.36	Mike Fowlds	0.41.00
Andrew Taylor	0.37.05	Wayne Gregory	0.39.37	Sean Greenhill	0.41.03
Craig Brown	0.37.08	Greta Auricht	0.39.38 F	Brian Wilcockson	0.41.04
Greg Coy	0.37.11	David Gayford	0.39.43	Lisa-Anne Davie	0.41.20 F

Handicap Competition Placings in Race 5:

1	Robert Mulley
2	Helen Wilson
3	Brian Wallace

Race Officials: Robyn Moody, Rebecca Deane, Corinne Russell, Shirley Rutter, Megan Jackson, Kerry Ross, Ian Whitfield, Ross McCarty, Philip Boswell, Graham Willis, Joe Degabriele, David Bray, Craig Dunn, Stephen Jackson, Richard Peacock, Stephen Bodnar, Deborah Polverino, Christine Willis.

Barry Rutter	0.41.24	Craig Schlitter	0.45.39	Manfred Fiedler	0.50.09
Charles Coville	0.41.29	Ernst Friedlaender	0.45.41	Philip Fleming	0.50.20
Malcolm Ferguson	0.41.38	Stephen Smith	0.45.56	Chris Hogan	0.50.41
Rod Lovel	0.41.41	Leighsa Hill	0.45.57 F	Leigh MacRitchie	0.50.45 F
Stephen Laws	0.41.45	Naomi Frank	0.46.11 F	Katie Rowell	0.50.56 F
Ewan Horsburgh	0.41.50	Christopher Nobes	0.46.13	Kevin Tiller	0.51.36
Dean Gardiner	0.41.57	Peter Woods	0.46.14	Christine Cullen	0.51.40 F
Stewart Turner	0.41.58	Angela Etheridge	0.46.15 F	Maria DiMarco	0.51.41 F
Russell Johnson	0.42.03	Amanda Underwood	0.46.16 F	John Kerr	0.51.52
Mohammed Alkhub	0.42.07	Denis Speyer	0.46.25	Helen Wilson	0.52.01 F
Greg Donovan	0.42.13	Glenda Mitchell	0.46.53 F	Jurg Kunzle	0.52.03
Tim Deane	0.42.18	Roger Cox	0.46.56	Eric Schmierer	0.52.06
Mark Crombie	0.42.34	Martin Foulkes	0.47.01	Julien Arsac	0.52.07
James Cryer	0.42.54	Vincent Moreau	0.47.12	Lisa Gallate	0.52.20 F
Mark Watson	0.43.21	David Knight	0.47.13	Emilie Paquin	0.52.28 F
Philip Murphy	0.43.26	Jill Reich	0.47.41 F	Alex James	0.52.40
Patrick Hodgins	0.43.28	Luigi Criniti	0.48.06	Penny Griffiths	0.52.43 F
Robert Mulley	0.43.46	Robin Cameron	0.48.15 F	Allison Lilley	0.53.27 F
Mary Stringer	0.43.51 F	Martin Smith	0.48.48	Graham Wirth	0.53.38
Craig Hilderbrand	0.43.55	Elly Peters	0.48.51 F	Mike Hansen	0.53.52
Max Crossley	0.44.00	Susan Login	0.48.59 F	Michael Adams	0.53.55
Lisa Carroli	0.44.22 F	Marlies Laaper	0.49.04 F	Bridgit English	0.55.08 F
Michael Hill	0.44.29	James Moody	0.49.11	Glenn Lockwood	0.55.08
Wayne Pryke	0.44.35	Jennifer Best	0.49.28 F	Belinda Lockwood	0.55.09 F
Michael Free	0.44.41	Yvonne Reilly	0.49.29 F	Andrew Jackson	0.55.39
Cameron Arnold	0.44.54	John Sneddon	0.49.32	Suzi Reichert	0.56.17 F
Hugh Langshaw	0.45.11	Kevin Byrne	0.49.34	Jackie Ramsay	0.57.55 F
Brian Ogilwy	0.45.14	Allan Wareham	0.49.38	Kevin O'Kane	0.59.13
Dean Harris	0.45.16	Katherine McSweeney	0.49.39 F	Frances Brown	0.59.18 F
Karin Kaehne	0.45.21 F	Robert Inglis	0.49.40	Frank Dearn	0.59.21
David East	0.45.22	John Hanna	0.49.45	Cameron Robertson	1.01.03
Sharon Callister	0.45.24 F	Bernadette Gregory	0.49.51 F	Cathy Watson	1:02:28 F
Chris Ferguson	0.45.36	Sam Chuah	0.49.57		

Race 6 Homebush 2nd July 2005 Outright Results

Open Men

1	Glenn Guzzo	30:40	1st Strider
2	Jan-Willem Schaar	31:59	2nd Strider
3	Thomas Crasty	33:45	

Open Women

1	Charlotte Paul	36:37	
2	Eliza Stewart	38:30	1st Strider
3	Samantha Brown	39:19	2nd Strider

Handicap Competition Placings in Race 6:

1	Richard Mullaney
2	Ewan Horsburgh
3	Suzi Reichert

Race Officials: Kathryn Topp, Shirley Rutter, Megan Jackson, Kerry Ross, Peter Woods, Philip Boswell, Paul Bullas, Joe Degabriele, Richard Peacock, Stephen Bodnar, Stephen Kibble, Peter Cremen.

Glenn Guzzo	0.30.40	Ross Sinclair	0.35.56	Nick Brewster	0.37.42
Jan-Willem Schaar	0.31.59	Craig Brown	0.36.28	Bill Flanagan	0.37.51
Keith Bateman	0.33.47	Jaap Bakker	0.36.40	Andrew Lennox	0.37.53
Raymond Wareham	0.34.12	Richard Green	0.36.44	Greg Coy	0.38.09
Richard Mullaney	0.34.18	Stuart Chellis	0.36.45	Simon Wilson	0.38.13
Martin Matthews	0.34.28	Mark Wilson	0.36.47	Stephen Fahey	0.38.15
Tony Fattorini	0.34.38	Andrew Taylor	0.36.54	Brian Wallace	0.38.29
Adrian Boyn	0.34.50	Stephen Jackson	0.36.57	Eliza Stewart	0.38.30 F
Tim Cradock	0.34.55	Keith Broadfoot	0.37.05	Tom Winder	0.38.41
Matt Palmer	0.34.56	Shaun Atchison	0.37.16	Ben McSweeney	0.38.42
Klayten Smith	0.35.10	Steve Hume	0.37.26	Ewan Horsburgh	0.38.55
Andrew Gibbons	0.35.31	Peter Slater	0.37.38	Paul Davey	0.38.59

Stuart Grieve	0.39.02	James Cryer	0.42.24	Sam Chuah	0.48.50
Paul Trainor	0.39.08	Caroline Yarnell	0.42.28 F	Marlies Laaper	0.49.06 F
Paul Bruning	0.39.11	Mark Schaefer	0.42.53	George Herisson	0.49.27
Samantha Brown	0.39.19 F	Dean Harris	0.42.59	Katherine McSweeney	0.49.36 F
Klas Johansson	0.39.25	Craig Hilderbrand	0.43.04	Kevin Byrne	0.49.46
David Gayford	0.39.29	Michael Hill	0.43.10	Kevin Tiller	0.50.23
Ray Doran	0.39.30	Shelley Howes	0.43.15 F	Lorraine Spanton	0.50.40 F
Gerry Arthur	0.39.35	Max Crossley	0.43.51	John Kerr	0.50.46
Cameron Arnold	0.39.42	Michael Free	0.43.52	Mike Hansen	0.52.09
Walter Mitchell	0.39.44	Lisa Carroli	0.44.09 F	Michael Adams	0.52.26
Suzanne Kelly	0.40.18 F	Sharon Callister	0.44.32 F	Lynn Herisson	0.52.45 F
Stephen Laws	0.40.33	Ernst Friedlaender	0.44.35	Lee Gire	0.52.47
Paul Andrews	0.40.46	Andrew Bull	0.44.49	Suzi Reichert	0.52.55 F
Danielle Langsworth	0.40.50 F	Nicholas Campbell	0.45.01	Graham Wirth	0.53.04
Barry Rutter	0.41.04	Andrew Smith	0.45.03	Eric Schmierer	0.53.30
Greg Donovan	0.41.08	Jeff Gissing	0.45.11	Cameron Robertson	0.53.31
Mohammed Alkhub	0.41.10	David Knight	0.45.16	Kerryn Parkinson	0.54.06 F
Brian Wilcockson	0.41.14	Luigi Criniti	0.45.23	Jurg Kunzle	0.54.10
Kendall Waller	0.41.18	Stewart Vincent	0.45.35	Alex James	0.54.20
John Van Yzendoorn	0.41.31	Martin Smith	0.45.51	Glenn Lockwood	0.54.58
Philip Murphy	0.41.34	Alex Jensen	0.46.10	Cathy Watson	0.56.40 F
Mark Watson	0.41.37	Leighsa Hill	0.46.24 F	Penny Smith	0.57.28 F
Craig Plumb	0.41.47	Robin Cameron	0.46.36 F	Jackie Ramsay	0.58.20 F
Mike Morrissey	0.41.50	Denis Speyer	0.46.50	Kevin O'Kane	0.58.59
Charles Coville	0.41.56	Glenda Mitchell	0.47.00 F	Frank Dearn	0.59.09
Lisa-Anne Davie	0.41.58 F	Roger Cox	0.47.59	Vincent Moreau	dnf
Sean Greenhill	0.42.06	Chris Hogan	0.48.29	Campbell Reid	dnf
David Bray	0.42.07	John Sneddon	0.48.45		

Race 7 Homebush 2nd July 2005 Outright Results

Open Men

1	Glenn Guzzo	30:24	1st Strider
2	Paul Arthur	32:04	
3	Charlie Low	33:07	

Open Women

1	Jenny Truscott	37:43	1st Strider
2	Yvette Clements	38:44	2nd Strider
3	Samantha Brown	38:54	3rd Strider

Handicap Competition Placings in Race 7:

1	James Ditzell
2	Hans Pandeya
3	Ewan Horsburgh

Race Officials: Robyn Moody, Shirley Rutter, Megan Jackson, Kerry Ross, Peter Woods, Keith Bateman, Kevin O'Kane, Ian Whitfield, Ross McCarty, Philip Boswell, Christopher Dwyer, Richard Peacock, Deb Polverino, Joe Degabriele.

Glenn Guzzo	0.30.24	Jaap Bakker	0.36.22	Yvette Clements	0.38.44 F
Damian Tancred	0.33.33	Richard Green	0.36.37	Wayne Gregory	0.38.46
Tony Fattorini	0.33.51	Andrew Taylor	0.36.50	David Burgess	0.38.52
Tim Ashby	0.33.53	Ewan Horsburgh	0.36.54	Samantha Brown	0.38.54 F
Matt Palmer	0.34.29	David Criniti	0.37.06	Neil Anderson	0.38.56
Darren Benson	0.34.52	Stephen Parker	0.37.07	Lisa-Anne Davie	0.39.00 F
Adrian Boyne	0.35.29	Greg Coy	0.37.14	David Gayford	0.39.13
Ross Sinclair	0.35.41	Peter Slater	0.37.18	Stephen Laws	0.39.18
Mark Irwin	0.35.42	Tom Winder	0.37.26	Roland Hassall	0.39.42
Chris Davis	0.35.50	Simon Wilson	0.37.30	Ray Doran	0.39.50
Mark Wilson	0.35.58	Andrew Cullen	0.37.34	Mohammed Alkhub	0.39.52
Peter Truscott	0.35.59	Shaun Atchison	0.37.38	Bernie Winters	0.39.53
Martin Dowson	0.36.08	Jenny Truscott	0.37.43 F	Andrew Bull	0.39.54
Cameron Arnold	0.36.14	Alex Jensen	0.37.58	Grahame Murphy	0.39.56
Stephen Jackson	0.36.17	Bill Flanagan	0.38.20	Suzanne Kelly	0.40.10 F
Steve Hume	0.36.20	Klas Johansson	0.38.30	Danielle Langsworth	0.40.13 F
Gerry Arthur	0.36.20	Paul Trainor	0.38.32	John Van Yzendoorn	0.40.20

Mike Fowlds	0.40.24		Melanie Rauleder	0.44.33	F	Alison Gardiner	0.49.03	F
Jenny Wickham	0.40.27	F	Wayne Pryke	0.44.38		Jennifer Best	0.49.08	F
David Bray	0.40.28		Hans Pandela	0.44.39		John Sneddon	0.49.32	
Luke Peterson	0.40.35		Edwin John Davie	0.45.03		Bernadette Gregory	0.49.37	F
Brian Wilcockson	0.40.38		Craig Plumb	0.45.19		Jeff Morunga	0.49.38	
Kendall Waller	0.40.40		Leighsa Hill	0.45.21	F	Katie Rowell	0.49.44	F
Anthony Whitty	0.40.48		Luigi Criniti	0.45.25		Walter Mitchell	0.49.44	
Ron Schwebel	0.40.53		Ray Mahoney	0.45.30		Katherine McSweeney	0.49.54	F
Matthew Kinchington	0.41.09		Sharon Callister	0.45.47	F	John Hanna	0.50.06	
Craig Hilderbrand	0.41.10		Barry Rutter	0.45.47		Philip Fleming	0.50.10	
Dougal Langusch	0.41.24		Naomi Frank	0.46.00	F	Brian O'Dea	0.50.18	
Joanne Cowan	0.41.26	F	Denis Speyer	0.46.09		Manfred Fiedler	0.50.19	
Mark Watson	0.41.29		Michaela Holloway	0.46.17	F	Allan Wareham	0.50.56	
Sean Greenhill	0.41.30		Craig Schlitter	0.46.17		Graham Wirth	0.51.55	
James Ditzell	0.41.53		Amanda Underwood	0.46.25	F	Maria DiMarco	0.52.05	F
Rod Lovel	0.41.55		Stewart Vincent	0.46.39		Eric Schmierer	0.52.17	
Russell Johnson	0.41.58		Sebastian Warmerdam	0.47.00		Suzi Reichert	0.52.18	F
Dean Gardiner	0.42.05		Chris Hogan	0.47.16		Mark van de Vyver	0.52.19	
Michael Free	0.42.17		Paul Au-Yeung	0.47.20		Louis St Laurent	0.52.37	
Ken Harris	0.42.21		Nick Woodhams	0.47.36		Penny Griffiths	0.52.56	F
Shelley Howes	0.42.26	F	Heiko Schaefer	0.47.49		Michael Adams	0.53.14	
David Ellis	0.42.35		Matthew Pollard	0.47.49		Allison Lilley	0.53.26	F
Charles Coville	0.42.51		Richard Lane	0.47.55		Alex James	0.53.30	
Mark Crombie	0.43.00		Simon Butler-White	0.47.56		Cathy Watson	0.53.34	F
Lisa Carroli	0.43.01	F	Susan Login	0.47.58	F	Bridgit English	0.54.21	F
Mark Davis	0.43.07		James Moody	0.48.02		Jurg Kunzle	0.55.13	
Mary Stringer	0.43.36	F	Kevin Tiller	0.48.13		Jackie Ramsay	0.55.28	F
Nicholas Campbell	0.43.57		Ernst Friedlaender	0.48.19		Fernando Santisteban	0.56.26	
Phillip Jones	0.44.02		Sam Chuah	0.48.23		Adam Gatford	0.58.46	
Michael Hill	0.44.13		Geoff Taylor	0.48.28		Kylie Catchpole	0.59.31	
Robert Mulley	0.44.21		Kevin Byrne	0.48.34		Ted Brailey	1.00.36	
James Kent	0.44.30		Marlies Laaper	0.48.48	F	Frank Dearn	1.04.15	
Stephen Bodnar	0.44.32		Leigh MacRitchie	0.48.54	F			

10k Female Open

(Over 90 points shown, best six of seven count, * denotes no uniform bonus)

	LC	HB	DM	NH	LC	HB	LC	Tot		46*	46*	2	0	0	0	50*	144
Suzanne Kelly	48	50	56	60	56	53	50	325	Jenny Truscott	0	42	48	50	0	0	0	140
Lisa Carroli	39	48	51	47	49	47	45	287	Cheryl Crawford	0	26	35	32	0	0	34	127
Sharon Callister	0	38	42	43	47	46	41	257	Alison Gardiner	50	49	0	0	0	24	0	123
Leighsa Hill	35	39	0	41	46	45	42	248	Kathryn Topp	13	0	34	26	12	24	13	122
Mary Stringer	45	0	49	49	50	0	44	237	Kerry Ross	25	25	0	0	33	0	37	120
Angela Etheridge	36*	46	46	46	44	0	0	218	Bernadette Gregory	26	12	30	0	24	0	26	118
Jill Reich	43	44	45	45	41	0	0	218	Allison Lilley	0	3*	19	18	20	34	23	117
Lisa-Anne Davie	0	0	0	53	51	50	51	205	Jackie Ramsay	0	12	0	31	30*	44	0	117
Samantha Brown	41*	53	0	0	0	56	53	203	Robin Cameron	0	15	21	0	18	36	25	115
Maria DiMarco	40	41	39	24	29	0	29	202	Cathy Watson	37	40	0	37	0	0	0	114
Naomi Frank	0	37	40	39	45	0	40	201	Alicia Wood	19	20	29	22	19	0	0	109
Karin Kaehne	43	48	0	49	53	0	0	193	Frances Brown	0	0	28*	42	0	0	39	109
Lucinda Chapman	60	60	60	12	0	0	0	192	Michaela Holloway	31	0	41	35	0	0	0	107
Amanda Underwood	36	36	24	12	43	0	38	189	Elizabeth Woodhams	6*	0	28	28	25	0	17*	104
Shelley Howes	0	45	0	48	0	48	46	187	Penny Griffiths	24	27	0	25	26	0	0	102
Susan Login	0	35	43	34	38	0	37	187	Emilie Paquin	17	21	0	23	0	39	0	100
Katherine McSweeney	22	28	20	30	34	41	30	185	Lynn Herisson	0	0	0	0	0	51	49	100
Joanne Cowan	54	0	58	12	0	0	52	176	Danielle Langsworth	0	47	0	51	0	0	0	98
Rebecca Deane	44	24	47	33	12	0	0	160	Sheena Leibowitz	34	0	23	0	39	0	0	96
Bridgit English	27	33	37	12	28	0	19*	156	Elly Peters	12	16	0	0	32	0	35	95
Caroline Yarnell	0	0	50	56	0	49	0	155	Leigh MacRitchie	29	30	0	0	35	0	0	94
Glenda Mitchell	41	19	0	0	42	43	0	145	Yvonne Reilly	0	41*	0	0	50*	0	0	91
									Greta Auricht								

10k Male Open

(Over 60 points shown, best six of seven count, * denotes no uniform bonus)

	LC	HB	DM	NH	LC	HB	LC	Tot		LC	HB	DM	NH	LC	HB	LC	Tot
Glenn Guzzo	60	12	60	0	60	60	60	312	Peter Woods	17	17	17	17	17	12	12	97
Tony Fattorini	0	51	48	51	48	48	53	299	Craig Dunn	12	12	12	45	12	0	0	93
Matt Palmer	0	43*	45	50	50	45	50	283	Walter Mitchell	25	21	0	0	12	12	17	87
Darren Benson	51	60	0	60	53	0	49	273	James Moody	17	17	12	12	17	0	12	87
Ross Sinclair	42	45	0	47	43	42	47	266	Peter Truscott	0	12	39	0	0	0	33*	84
Damian Tancred	0	49	50	48	51	0	56	254	David Criniti	56	0	0	0	0	0	23*	79
Richard Green	47	43	44	39	41	39	36	253	Glenn Lockwood	12	12	12	12	12	17	0	77
Stephen Jackson	50	52	51	0	12	40	45	250	Roland Hassall	12	12	12	12	12	0	16	76
Andrew Taylor	43	41	37	42	38	36	35	237	Bill Flanagan	14*	25*	0	0	0	19*	14*	72
Jaap Bakker	41	42	33	0	33	40	37	226	Rod Lovel	12	12	12	12	12	0	12	72
Keith Bateman	50	56	47	0	0	53	12	218	Russell Johnson	12	12	12	12	12	0	12	72
Greg Coy	35	40	30	44	36	27	31	216	James Cryer	12	12	12	12	12	12	0	72
Adrian Boyn	0	0	25*	49	47	47	48	216	Ross McCarty	12	12	12	12	12	0	12	72
Shaun Atchison	36	39	40	36	28	33	26	212	Denis Speyer	12	12	12	12	12	12	12	72
Martin Matthews	49	44	0	12	45	49	0	199	Michael Hill	12	12	0	12	12	12	12	72
Gerry Arthur	44	48	0	46	0	18	38	194	Luigi Criniti	12	12	2*	12	12	12	12	72
Nick Brewster	31	32	32	37	32	30	0	194	Craig Schlitter	12	12	12	12	12	0	12	72
Tim Cradock	0	0	39*	56	49	46	0	190	Eric Schmierer	12	12	12	12	12	12	12	72
Mark Wilson	40	0	38	0	40	27*	44	189	Ernst Friedlaender	2*	12	12	12	12	12	12	72
Klayten Smith	0	46	0	53	46	44	0	189	Allan Wareham	12	12	12	12	12	0	12	72
Andrew Lennox	28	31	29	35	34	28	0	185	Kevin O'Kane	12	12	0	12	12	12	12	72
Craig Brown	32	28	13	33	37	41	0	184	Alex James	12	12	12	12	12	12	12	72
Keith Broadfoot	30	34	42	41	0	34	0	181	Michael Adams	12	12	12	12	12	12	12	72
Martin Dowson	39	12	36	38	0	0	42	167	Frank Dearn	12	12	12	12	12	12	12	72
Chris Truscott	53	0	56	0	56	0	0	165	Brian Wilcockson	12	12	12	12	12	12	12	72
Ron Schwebel	34	36	34	12	31	0	12	159	Joe Degabriele	12	12	12	12	12	12	12	72
David Martin	38	38	28	34	12	0	0	150	Richard Peacock	12	12	12	12	12	12	12	72
Simon Wilson	0	14	22	28	30	26	28	148	Sam Chuah	0	12	12	12	12	12	12	72
Steve Hume	0	37	0	0	39	32	39	147	Martin Harris	37	0	0	16	18	0	0	71
Wayne Gregory	23	23	23	24	19	0	26	138	Mike Fowlds	12	0	12	21	12	0	12	69
James Jeffery	46	50	0	40	0	0	0	136	Tim Austin	0	15	0	29	24	0	0	68
Ben McSweeney	27	24	27	12	20	22	0	132	Andrew Gibbons	0	0	0	0	34*	33*	0	67
Cameron Arnold	19	22	0	17	17	12	41	128	Brian Ogilwy	12	17	12	12	12	0	0	65
Mohammed Alkhub	29	25	20	0	17	17	19	127	Malcolm Ferguson	16	16	17	12	2*	0	0	63
Alex Jensen	0	30	26	32	0	12	25	125	John Van Yzendoorn	12	0	12	14	0	12	12	62
Tom Winder	12	0	19	17	23	23	29	123	Max Crossley	2*	12	12	12	12	12	0	62
David Gayford	18	20	24	23	18	15	18	121	Tim Deane	12	12	12	12	12	0	0	60
Peter Slater	0	12	0	18	26	31	30	117	Philip Murphy	12	0	12	12	12	12	0	60
Klas Johansson	21	19	0	20	17	16	23	116	Stephen Smith	12	12	12	12	12	0	0	60
Tony Grainger	33	26	0	21*	35	0	0	115	David East	12	12	12	12	12	0	0	60
Paul Trainor	17	18	18	15	22	18	22	115	Ted Brailey	12	12	12	12	0	0	12	60
Stuart Chellis	0	33	43	0	0	38	0	114	Christopher Nobes	12	12	12	12	12	0	0	60
Stephen Bodnar	12	29	31	12	12	12	12	108	Philip Fleming	12	12	0	12	12	0	12	60
Barry Rutter	12	22	17	17	17	17	17	107	John Kerr	12	0	12	12	12	12	0	60
Raymond Wareham	0	0	53	0	0	51	0	104	Mark Schaefer	12	12	12	12	0	12	0	60
Stephen Fahey	0	0	25	26	27	25	0	103	Dean Gardiner	0	12	12	12	12	0	12	60
David Bray	17	17	17	17	12	17	17	102	Mark Watson	0	12	12	0	12	12	12	60
Richard Mullaney	0	0	0	43	19*	40*	0	102	Wayne Pryke	0	12	12	12	12	0	12	60
Philip Boswell	26	27	12	12	12	12	12	101	Craig Hilderbrand	0	0	12	12	12	12	12	60
Andrew Cullen	48	12	0	12	0	0	27	99	Jurg Kunzle	0	0	12	12	12	12	12	60

10K Handicap (Over 120 points shown, best six of seven count)

	LC	HB	DM	NH	LC	HB	LC	Tot		LC	HB	DM	NH	LC	HB	LC	Tot
Ernst Friedlaender	2	56	45	18	50	41	12	222	Craig Hilderbrand	0	0	12	40	35	34	46	167
Tom Winder	12	0	60	12	32	17	35	168	Michael Adams	12	12	47	47	12	36	12	166
									Dean Harris	0	60	0	0	24	50	29	163

	LC	HB	DM	NH	LC	HB	LC	Tot
Allan Wareham	12	45	44	36	12	0	12	161
Cathy Watson	0	12	38	0	12	46	49	157
Craig Schlitter	12	47	27	41	12	0	12	151
Michael Hill	12	48	0	24	12	40	12	148
Christopher Nobes	12	49	12	21	49	0	0	143
Simon Wilson	0	12	48	13	39	12	15	139
Shelley Howes	0	12	0	46	0	44	30	132
Barry Rutter	12	45	17	17	17	17	17	130
Luigi Criniti	12	12	21	49	12	22	12	128
Mohammed Alkhub	47	12	17	0	17	17	17	127
David Bray	17	17	33	17	12	17	24	125
Ewan Horsburgh	2	0	0	0	34	46	43	125

	LC	HB	DM	NH	LC	HB	LC	Tot
Leighsa Hill	12	39	0	30	14	12	17	124
Craig Brown	12	12	12	12	42	33	0	123
Brian Wallace	2	40	0	0	43	38	0	123
Tony Fattorini	0	46	20	12	12	12	21	123
Leigh MacRitchie	12	12	0	0	51	0	47	122
Lisa-Anne Davie	0	0	0	12	47	12	51	122
David East	42	12	12	12	43	0	0	121
Martin Smith	12	43	0	0	15	51	0	121
Katherine McSweeney	32	19	12	34	12	12	12	121
Sharon Callister	0	12	12	44	12	29	12	121
Sam Chuah	0	12	12	43	12	30	12	121
Karin Kaehne	36	31	0	36	17	0	0	120

10k Age Group Placings

(Best six of seven count)

Seniors	LC	HB	DM	NH	LC	HB	LC	Tot
Penny Smith	0	0	0	0	0	60	0	60
Masters Top 10								
Robyn Moody	41	46	39	46	50	0	50	272
Tina Campbell	56	46	39	46	0	0	0	187
Elizabeth Woodhams	53	0	60	56	0	0	0	169
Dale Thompson	0	50	43	60	0	0	0	153
Heather Peters	41	56	54	0	0	0	0	151
Lorraine Spanton	0	0	50	0	0	60	0	110
Ruth McColl	51	0	51	0	0	0	0	102
Helen Wilson	0	0	39	0	60	0	0	99
Lesley Maher	0	0	56	0	0	0	0	56
Clara Vucetic	50	0	0	0	0	0	0	50
Veterans Top 20								
Suzanne Kelly	53	60	60	60	60	60	60	360
Lisa Carroli	48	56	53	51	51	51	51	313
Sharon Callister	0	49	46	48	49	50	48	290
Leighsa Hill	46	50	0	47	48	49	49	289
Mary Stringer	51	0	50	53	53	0	50	257
Jill Reich	50	53	49	50	46	0	0	248
Bridgit English	43	46	45	28	44	0	36	242
Susan Login	0	48	47	46	44	0	47	232
Jackie Ramsay	0	27	40	38	36	42	40	223
Karin Kaehne	52	56	0	54	55	0	0	217
Joanne Cowan	61	0	61	28	0	0	58	208
Kerry Ross	36	0	43	43	24	32	30	208
Cathy Watson	0	38	41	0	34	43	42	198
Frances Brown	39	40	42	41	35	0	0	197
Glenda Mitchell	49	39	0	0	47	47	0	182
Megan Jackson	36	27	30	0	24	32	30	179
Alison Gardiner	0	42	44	45	0	0	45	176
Shirley Rutter	21	27	30	28	24	32	30	171
Lynn Herisson	38	41	0	42	0	45	0	166
Caroline Yarnell	0	0	51	56	0	53	0	160
Pre-Vet Top 10								
Maria DiMarco	47	45	49	38	43	0	40	262
Katherine McSweeney	38	40	40	43	47	50	41	261
Amanda Underwood	45	42	42	27	50	0	45	251
Naomi Frank	0	43	50	47	53	0	47	240
Angela Etheridge	39	48	51	50	51	0	0	239
Lisa-Anne Davie	0	0	0	60	56	53	51	220
Rebecca Deane	48	37	53	44	30	0	0	212
Lucinda Chapman	60	60	60	27	0	0	0	207

Samantha Brown	43	53	0	0	0	56	53	205
Shelley Howes	0	47	0	51	0	51	49	198
Super Seniors								
Frank Dearn	56	60	60	56	56	60	56	348
Manfred Fiedler	60	0	0	60	60	0	60	240
Seniors Top 10								
Allan Wareham	48	50	51	51	56	0	53	309
Brian Ogilwy	53	61	56	60	60	0	0	290
Ted Brailey	51	51	50	53	0	0	51	256
Ray Doran	60	0	60	0	0	60	60	240
Heiko Schaefer	56	53	53	0	0	0	56	218
Lee Gire	40	0	0	50	0	56	0	146
Michael Bailey	49	49	0	0	0	0	0	98
Peter Hammerschmidt	0	60	0	0	0	0	0	60
Peter Roberts	0	0	0	56	0	0	0	56
Paul Munro	0	0	0	49	0	0	0	49
Masters 5 races +								
Barry Rutter	23	56	56	61	56	61	51	341
Ron Schwebel	56	56	56	22	60	0	53	303
Rod Lovel	51	49	50	49	49	0	51	299
James Cryer	49	48	49	48	47	50	0	291
Peter Woods	50	50	48	47	48	29	26	272
Keith Bateman	60	60	60	0	0	60	26	266
Luigi Criniti	41	41	32	44	41	47	47	261
Brian Willcockson	23	23	25	51	53	53	56	261
Max Crossley	29	46	44	46	46	49	0	260
Ernst Friedlaender	26	40	40	38	44	48	42	252
Philip Boswell	53	53	25	60	22	29	26	246
Wayne Pryke	0	47	46	45	45	0	48	231
Sam Chuah	0	36	36	37	37	43	41	230
Eric Schmierer	37	37	39	35	33	41	37	226
James Moody	45	44	25	22	45	0	43	224
John Hodges	50	50	48	53	0	0	0	201
Charles Coville	0	0	0	50	50	51	50	201
Kevin O'Kane	35	35	0	33	32	39	26	200
Philip Fleming	38	38	0	36	36	0	39	187
Stewart Vincent	38	0	37	33	0	36	35	179
John Kerr	33	0	37	32	35	42	0	179
Jurg Kunzle	0	0	35	34	34	40	36	179
Grahame Murphy	0	0	53	0	56	0	60	169
Nick Woodhams	43	0	41	40	0	0	44	168
John Sneddon	24	23	28	0	29	34	30	168
Ross McCarty	46	23	25	22	22	0	26	164

Roger Cox	23	0	0	41	42	45	0	151
Joe Degabriele	23	23	25	22	22	29	26	148
Veterans 5 races +	LC	HB	DM	NH	LC	HB	LC	Tot
Ross Sinclair	53	56	0	60	60	60	60	349
Andrew Taylor	56	53	51	53	53	53	50	319
Stephen Jackson	65	65	61	0	12	56	56	315
Greg Coy	49	51	48	56	51	47	49	304
Andrew Lennox	46	49	47	50	49	48	0	289
Wayne Gregory	44	45	44	46	44	0	49	272
Mohammed Alkhub	47	46	45	0	42	45	45	270
Mark Wilson	51	0	53	0	56	46	56	262
David Gayford	41	44	45	45	43	43	42	262
Paul Trainor	40	42	43	40	46	45	45	261
Klas Johansson	42	43	0	43	42	44	46	260
Peter Slater	0	39	0	41	47	50	48	225
Martin Dowson	50	12	50	51	0	0	53	216
Stephen Bodnar	32	48	49	38	12	14	31	212
Malcolm Ferguson	39	41	42	37	30	0	0	189
John Van Yzendoorn	36	0	35	39	0	38	39	187
Stephen Fahey	0	0	46	47	48	46	0	187
Tony Grainger	48	47	0	39	50	0	0	184
Kendall Waller	0	30	31	34	31	29	28	183
Michael Hill	18	30	0	30	33	34	32	177

Mark Watson	0	34	34	0	35	37	37	177
Dean Gardiner	0	35	31	34	38	0	36	174
Glenn Lockwood	31	36	36	15	21	29	0	168
Denis Speyer	19	25	27	24	28	30	28	162
Bill Flanagan	35	40	0	0	0	39	37	151
David Ellis	0	38	38	35	0	0	35	146
Stephen Smith	28	28	30	27	29	0	0	142
David East	24	24	28	23	31	0	0	130
Victor Donovic	38	0	0	42	45	0	0	125
Phillip Jones	33	27	0	32	0	0	33	125
Michael Adams	12	19	22	17	22	26	17	123
Pre-Vet Top 10								
Glenn Guzzo	60	12	60	0	60	60	60	312
Tony Fattorini	0	53	49	51	48	49	53	303
Matt Palmer	0	46	48	50	50	46	50	290
Darren Benson	51	60	0	60	53	0	49	273
Richard Green	48	46	47	42	42	41	40	266
Damian Tancred	0	50	51	48	51	0	56	256
Jaap Bakker	45	45	40	0	39	42	41	252
Shaun Atchison	42	44	43	40	35	38	33	242
Nick Brewster	40	39	39	41	38	36	0	233
Craig Brown	41	37	32	38	40	43	0	231

10k Age & Gender Adjusted

(Runners with five or more races shown)

	LC	HB	DM	NH	LC	HB	LC	Tot
Ross Sinclair	776	795	0	785	788	798	810	4752
Greg Coy	772	784	752	786	783	763	782	4670
Tony Fattorini	0	757	755	769	774	779	797	4631
Andrew Taylor	778	768	756	764	768	772	773	4623
Suzanne Kelly	736	760	759	765	767	768	771	4590
Matt Palmer	0	759	730	761	783	772	782	4587
Barry Rutter	0	760	742	748	750	756	678	4434
Wayne Gregory	739	733	735	736	735	0	751	4429
Richard Green	745	742	730	719	733	734	736	4420
James Cryer	714	728	727	744	749	758	0	4420
David Gayford	727	724	732	729	728	732	742	4390
Andrew Lennox	713	722	723	731	749	741	0	4379
Rod Lovel	744	714	707	723	745	0	741	4374
Jaap Bakker	724	738	706	0	719	735	742	4364
Glenn Guzzo	883	0	862	0	838	879	887	4349
Mohammed Alkhub	749	738	714	0	691	707	730	4329
Nick Brewster	711	714	719	724	730	729	0	4327
Shaun Atchison	719	716	721	707	713	727	720	4316
Klas Johansson	711	703	0	703	706	712	734	4269
Paul Trainor	695	694	690	692	715	712	723	4231
Lisa Carroli	647	719	706	687	698	701	720	4231
Craig Brown	700	692	656	697	726	739	0	4210
Sharon Callister	0	667	667	706	711	725	705	4181
Simon Wilson	0	660	680	689	713	706	719	4167
Kendall Waller	0	676	685	705	703	680	690	4139
Luigi Criniti	656	661	669	711	668	715	714	4138
Max Crossley	624	671	673	722	718	720	0	4128
Tom Winder	642	0	672	672	694	697	720	4097
Ben McSweeney	689	682	692	652	681	697	0	4093
Allan Wareham	638	661	674	699	701	0	684	4057
Stephen Jackson	805	823	803	0	0	794	809	4034

	LC	HB	DM	NH	LC	HB	LC	Tot
Cameron Arnold	681	677	0	648	601	679	744	4030
Ron Schwebel	803	806	810	0	817	0	753	3989
Leighsa Hill	626	647	0	663	674	667	683	3960
Darren Benson	792	805	0	785	795	0	773	3950
Roland Hassall	614	644	627	654	679	0	697	3915
Sean Greenhill	644	0	630	667	657	641	650	3889
Damian Tancred	0	757	772	741	794	0	804	3868
Russell Johnson	626	635	588	646	658	0	659	3812
Frank Dearn	624	643	626	642	630	632	582	3797
Ernst Friedlaender	554	605	611	622	657	674	622	3791
Mary Stringer	747	0	749	761	762	0	766	3785
Mark Wilson	747	0	739	0	752	758	780	3776
Adrian Boyn	0	0	714	753	772	774	760	3773
Michael Hill	582	607	0	623	631	650	635	3728
Sam Chuah	0	592	576	627	627	641	647	3710
Denis Speyer	609	599	608	611	623	617	626	3694
Gerry Arthur	738	756	0	732	0	681	742	3649
Michael Free	569	571	580	590	619	631	654	3645
Brian Ogilwy	673	729	751	739	738	0	0	3630
Peter Slater	0	680	0	702	728	746	752	3608
Maria DiMarco	634	631	610	567	579	0	574	3595
David Martin	739	730	712	719	692	0	0	3592
John Sneddon	555	557	586	0	627	637	627	3589
Katherine McSweeney	579	588	461	603	603	603	600	3576
Keith Broadfoot	696	705	720	723	0	727	0	3571
Eric Schmierer	572	590	590	597	586	575	589	3527
Stephen Bodnar	664	742	748	714	0	0	649	3517
Stewart Vincent	697	0	695	696	0	705	689	3482
Craig Schlitter	550	572	573	599	598	0	589	3481
Glenn Lockwood	643	653	654	491	513	514	0	3468
Keith Bateman	858	868	826	0	0	889	0	3441

	LC	HB	DM	NH	LC	HB	LC	Tot
Jill Reich	691	687	684	705	671	0	0	3438
Malcolm Ferguson	699	687	685	678	669	0	0	3418
Ray Doran	838	0	831	0	0	872	864	3405
Alex Jensen	0	699	696	700	0	589	716	3400
John Van Yzendoorn	670	0	653	697	0	676	696	3392
Mark Watson	0	662	658	0	662	689	691	3362
Wayne Pryke	0	646	655	671	679	0	678	3329
David Bray	655	654	667	0	0	653	679	3308
Walter Mitchell	693	684	0	0	683	692	553	3305
Mike Fowlds	646	0	649	677	658	0	667	3297
Angela Etheridge	676	653	649	661	647	0	0	3286
Dean Gardiner	0	648	634	652	669	0	672	3275
Andrew Bull	0	610	0	657	672	605	679	3223
Philip Murphy	642	0	635	656	624	652	0	3209
Susan Login	0	637	644	637	632	0	646	3196
Peter Woods	630	628	622	637	645	0	0	3162
Naomi Frank	0	620	610	629	648	0	650	3157
Bridgit English	635	653	639	0	590	0	599	3116
Michael Adams	485	475	503	528	524	539	531	3110
Tim Cradock	0	0	771	783	779	772	0	3105
Ted Brailey	656	644	604	659	0	0	540	3103
Dougal Langusch	602	607	596	639	0	0	651	3095
Craig Hilderbrand	0	0	578	598	614	626	655	3071
Klayten Smith	0	756	0	770	765	767	0	3058
Amanda Underwood	616	619	526	0	647	0	645	3053

Stephen Smith	610	606	618	606	611	0	0	3051
Martin Matthews	757	745	0	0	765	782	0	3049
Martin Dowson	757	0	749	752	0	0	788	3046
Samantha Brown	751	758	0	0	0	761	769	3039
Jackie Ramsay	0	440	469	516	530	527	554	3036
David East	611	588	606	597	632	0	0	3034
Charles Coville	0	0	0	755	761	753	737	3006
Bill Flanagan	729	750	0	0	0	764	754	2997
Brian Wilcockson	0	0	0	731	750	747	758	2986
Frances Brown	619	610	600	606	549	0	0	2984
John Kerr	556	0	603	572	620	633	0	2984
Steve Hume	0	726	0	0	746	739	767	2978
Alex James	478	474	476	488	515	499	507	2963
Philip Fleming	570	593	0	596	597	0	599	2955
Jurg Kunzle	0	0	580	600	601	578	567	2926
John Hodges	725	729	707	752	0	0	0	2913
Cameron Robertson	513	483	489	476	442	504	0	2907
Heiko Schaefer	743	714	712	0	0	0	728	2897
Lisa-Anne Davie	0	0	0	692	724	713	767	2896
Stephen Fahey	0	0	712	714	732	734	0	2892
Tony Grainger	720	707	0	715	749	0	0	2891
Manfred Fiedler	706	0	0	693	718	0	724	2841
Penny Griffiths	555	0	548	574	567	0	565	2809
David Knight	513	557	0	556	571	596	0	2793
Craig Plumb	722	0	709	0	0	702	652	2785
Christopher Nobes	532	559	526	563	595	0	0	2775
Kevin O'Kane	556	578	0	582	520	522	0	2758

Super Series Male Open

	EQ	SF	CM	HH	G/W	less 1	Bns	Tot
David Martin	46	56	55	43	36	36	4	204
Richard Green	0	57	51	40	50	0	4	202
Peter Cremen	31	49	61	38	41	31	1	190
Andrew Taylor	38	55	0	43	49	0	4	189
Chris Truscott	57	66	0	58	0	0	2	183
Jaap Bakker	40	50	53	35	0	0	3	181
Shaun Atchison	42	52	0	34	47	0	4	179
Tony Fattorini	0	62	0	49	62	0	3	176
Martin Dowson	35	43	56	0	33	0	4	171
Bill Flanagan	34	36	49	27	48	27	2	169
Ron Schwebel	35	33	38	26	58	26	4	168
Andrew Lennox	24	47	47	24	45	24	4	167
Kelvin Marshall	0	51	54	0	61	0	0	166
Darren Benson	54	0	0	55	52	0	3	164
Martin Matthews	41	0	65	0	51	0	3	160
David Gayford	26	41	44	14	38	14	4	153
Stephen Jackson	47	47	0	14	40	0	3	151
Wayne Gregory	27	40	35	14	45	14	4	151
Chris Graham	43	49	52	0	0	0	0	144
Craig Brown	33	31	34	31	36	31	4	138
Mohammed Alkhub	32	37	19	14	25	14	8	121
Keith Bateman	51	0	17	48	0	0	3	119
Barry Rutter	21	28	39	14	27	14	4	119
Glenn Guzzo	52	0	0	62	0	0	3	117
Stephen Bodnar	15	34	46	0	0	0	14	109
James Jeffery	0	0	50	0	56	0	3	109
Tim Austin	25	18	0	14	39	0	12	108
Philip Murphy	17	34	25	14	29	14	3	108

	EQ	SF	CM	HH	G/W	less 1	Bns	Tot
Lachlan Wolfers	13	0	36	14	35	0	2	100
Gerry Arthur	20	18	58	0	0	0	3	99
John Bugg	0	43	0	14	38	0	0	95
Klayten Smith	40	0	0	52	0	0	2	94
Ben McSweeney	37	0	48	0	0	0	9	94
Damian Tancred	39	0	0	51	0	0	3	93
Glenn Lockwood	13	27	30	14	0	0	9	93
Philip Boswell	22	0	40	14	0	0	14	90
James Cryer	13	31	17	14	24	13	4	90
David Bray	13	18	27	14	21	13	9	89
Greg Coy	0	48	0	37	0	0	4	89
Tim Deane	19	0	26	14	22	0	4	85
Darren Kaehne	13	18	22	14	26	13	2	82
David Criniti	61	18	0	0	0	0	1	80
Brian Ogilwy	13	18	17	14	17	13	14	80
Nick Brewster	0	0	45	30	0	0	4	79
Cameron Arnold	39	19	0	14	0	0	3	75
Tom Winder	0	0	0	28	44	0	3	75
Martin Harris	36	19	0	17	0	0	2	74
Frank Dearn	13	18	0	14	14	0	14	73
Patrick Hodgins	13	20	0	4	33	0	0	70
James Moody	13	19	0	14	20	0	4	70
Allan Wareham	0	18	17	14	17	0	4	70
Andrew Cullen	48	0	0	18	0	0	3	69
Keith Broadfoot	29	0	0	33	0	0	4	66
Eric Schmierer	13	18	0	14	17	0	4	66
Craig Dunn	13	0	0	0	49	0	4	66
Manfred Fiedler	13	0	17	14	0	0	22	66

	EQ	SF	CM	HH	G/W	less 1	Bns	Tot									
Charles King	13	18	17	14	0	0	3	65	Alex Jensen	13	0	0	19	0	0	3	35
Graham Creed	0	0	31	0	31	0	2	64	Heiko Schaefer	13	0	0	14	0	0	8	35
Tony Grainger	0	29	0	26	0	0	3	58	Ted Brailey	13	18	0	0	0	0	4	35
Paul Bruning	0	0	42	14	0	0	2	58	Ian Singer	0	18	17	0	0	0	0	35
Malcolm Ferguson	0	0	37	4	12	0	4	57	Stephen Smith	0	0	17	14	0	0	4	35
Sean Greenhill	3	36	14	0	0	0	3	56	Denis Speyer	0	0	17	14	0	0	4	35
Phillip Jones	13	26	0	14	0	0	3	56	Michael Bailey	0	18	0	14	0	0	2	34
Richard Wassell	13	18	0	14	0	0	11	56	Jeremy Culver	0	19	0	14	0	0	0	33
Peter Truscott	0	54	0	0	0	0	2	56	Mark Langsworth	0	18	0	14	0	0	1	33
Steve Hume	44	0	0	0	0	0	11	55	Steve Packer	0	0	17	14	0	0	2	33
Roger Cartwright	18	21	0	16	0	0	0	55	Stephen Kibble	13	18	0	0	0	0	1	32
John Hanna	3	0	17	14	17	0	3	54	Roger Casey	0	32	0	0	0	0	0	32
Raymond Wareham	0	0	0	53	0	0	1	54	George Herisson	0	0	0	14	0	0	18	32
Carmelo Gallo	4	0	32	14	0	0	2	52	Ernst Friedlaender	0	0	0	14	14	0	4	32
Geoff Underwood	13	0	18	0	19	0	2	52	Mark Shingler	30	0	0	0	0	0	1	31
Mick McCarthy	13	18	17	4	0	0	0	52	Mark Schaefer	13	0	0	14	0	0	4	31
Sebastian Warmerdam	0	18	17	14	0	0	3	52	Paul Trainor	13	0	0	14	0	0	4	31
Sam Serisier	18	18	0	14	0	0	0	50	Peter Woods	13	0	0	14	0	0	4	31
Wayne Pryke	13	0	20	14	0	0	3	50	Kevin O'Kane	0	18	0	0	0	0	13	31
Richard Sarkies	0	0	0	50	0	0	0	50	Stephen Ball	16	0	0	14	0	0	0	30
Roland Hassall	13	18	0	14	0	0	4	49	Jeff Morunga	0	18	7	4	0	0	1	30
John Palmer	0	35	0	14	0	0	0	49	Alan Smith	13	0	0	14	0	0	2	29
Rick Collins	0	18	17	14	0	0	0	49	Roger Cox	13	0	0	14	0	0	2	29
Russell Johnson	13	0	17	14	0	0	4	48	Brad Renshaw	0	19	0	0	0	0	10	29
Mark Davis	0	0	33	14	0	0	1	48	Randall Brophy	0	0	0	29	0	0	0	29
Mike Morrissey	0	32	0	14	0	0	1	47	Anthony Wong	0	0	0	29	0	0	0	29
Ross Sinclair	0	0	0	44	0	0	3	47	Melos Sulicich	13	0	0	14	0	0	1	28
Steve Fisher	13	18	0	14	0	0	0	45	Martin Pluss	0	19	7	0	0	0	2	28
Matt Dobbin	0	0	41	4	0	0	0	45	Pierre van Heerden	0	0	28	0	0	0	0	28
Mark Watson	0	0	29	14	0	0	2	45	John Van Yzendoorn	0	0	0	15	0	0	13	28
Stephen Laws	0	0	0	14	31	0	0	45	Sam Chuah	0	0	0	14	0	0	13	27
Michael Handley	0	0	43	0	0	0	1	44	Anthony Carpenter	0	0	0	0	27	0	0	27
Rod Lovel	13	0	0	0	26	0	4	43	Andrew Smith	13	0	0	0	0	0	13	26
Christopher Dwyer	0	0	0	41	0	0	0	41	Joel Mackay	0	0	0	25	0	0	1	26
Kevin Tiller	3	18	7	0	0	0	12	40	Nick Woodhams	0	0	0	14	0	0	12	26
Peter Kingston	0	40	0	0	0	0	0	40	Graham Willis	13	0	0	0	0	0	12	25
Grahame Murphy	0	18	0	21	0	0	1	40	Mike Hansen	13	0	0	0	0	0	12	25
Mike Fowlds	0	0	0	0	37	0	3	40	Malcolm Satchell	0	24	0	0	0	0	0	24
David East	13	18	0	4	0	0	4	39	Craig Plumb	0	22	0	0	0	0	2	24
Chris Thompson	0	38	0	0	0	0	0	38	Stephen Fahey	0	0	0	22	0	0	2	24
Mervyn Cohen	0	0	23	14	0	0	1	38	Keith White	13	0	0	0	0	0	10	23
Christopher Hall	0	0	0	37	0	0	0	37	Michael Wilson	13	0	0	0	0	0	10	23
Adrian Spragg	13	23	0	0	0	0	0	36	Gregory Prerau	13	0	0	0	0	0	10	23
David King	0	18	17	0	0	0	1	36	Graham Farnsworth	0	0	0	22	0	0	1	23
Andrew Gibbons	0	0	0	36	0	0	0	36	Mahmoud El-Khansa	0	0	0	0	23	0	0	23
Richard Mullaney	0	0	0	35	0	0	1	36	Richard Peacock	13	0	0	0	0	0	9	22
									Mark Wilson	0	0	0	20	0	0	2	22
									Dougal Langusch	3	8	0	4	0	0	4	19

Super Series Female Open

	EQ	SF	CM	HH	G/W	- 1	Bns	Tot									
Suzanne Kelly	54	66	65	55	62	54	4	252	Jill Reich	48	0	0	41	46	0	4	139
Mary Stringer	49	56	0	50	52	0	13	220	Frances Brown	36	0	43	14	41	0	4	138
Karin Kaehne	43	53	0	25	33	0	18	172	Alicia Wood	45	0	48	36	0	0	3	132
Bernadette Gregory	42	35	46	0	45	0	2	170	Jennie Meixner	0	0	50	21	50	0	2	123
Lisa Carroli	0	0	58	44	53	0	4	159	Samantha Brown	61	0	51	0	0	0	2	114
Allison Lilley	37	46	0	15	46	0	3	147	Joanne Cowan	57	0	0	53	0	0	3	113
Sharon Callister	0	49	0	45	49	0	3	146	Danielle Langsworth	0	57	0	52	0	0	0	109
Rebecca Deane	46	0	54	38	0	0	4	142	Robin Cameron	0	53	0	39	0	0	12	104
									Jenny Truscott	41	0	0	58	0	0	3	102

Maria DiMarco	44	54	0	0	0	0	4	102
Megan Jackson	22	35	0	0	40	0	3	100
Lisa-Anne Davie	0	0	0	49	50	0	1	100
Amanda Underwood	0	55	0	40	0	0	4	99
Cheryl Crawford	0	0	0	41	51	0	3	95
Shelley Howes	0	0	0	37	55	0	2	94
Angela Etheridge	40	0	0	46	0	0	4	90
Katherine McSweeney	29	0	52	0	0	0	4	85
Vivienne Kartsounis	0	37	46	0	0	0	0	83
Carolyn Travers	40	0	39	0	0	0	2	81
Helen Wilson	0	0	47	23	0	0	11	81
Alison Fitzgerald	0	0	45	35	0	0	1	81
Sarah Cooper	0	0	0	37	44	0	0	81

Naomi Frank	38	0	0	33	0	0	3	74
Kerry Ross	0	0	49	22	0	0	3	74
Yvonne Reilly	0	0	51	20	0	0	2	73
Lucinda Chapman	0	0	0	62	0	0	4	66
Lynn Herisson	0	0	44	14	0	0	3	61
Julie McGaw	0	41	0	17	0	0	0	58
Sheena Leibowitz	0	0	55	0	0	0	2	57
Bridgit English	0	0	53	0	0	0	4	57
Christine Cullen	0	0	41	14	0	0	2	57
Greta Auricht	52	0	0	0	0	0	1	53
Dawn Tiller	0	52	0	0	0	0	0	52
Fiona Nelson	0	50	0	0	0	0	1	51
Julie Allen	0	0	0	0	51	0	0	51

Super Series Age Groups

Senior	EQ	SF	CM	HH	G/W	- 1	Bns	Tot
Sue Hill	61	0	0	0	0	0	0	61
Penny Smith	51	0	0	0	0	0	10	61
Masters Top 10								
Helen Wilson	0	0	65	58	0	0	11	134
Elizabeth Woodhams	0	0	0	62	0	0	12	74
Margaret White	57	0	0	0	0	0	10	67
Lorraine Spanton	0	66	0	0	0	0	1	67
Kirsten Themsen	0	0	0	0	65	0	0	65
Tina Campbell	47	0	0	0	0	0	9	56
Dale Thompson	51	0	0	0	0	0	3	54
Robyn Moody	47	0	0	0	0	0	4	51
Heather Peters	47	0	0	0	0	0	3	50
Mary Wilson	47	0	0	0	0	0	0	47
Veterans Top 10								
Suzanne Kelly	57	66	65	62	62	57	4	259
Mary Stringer	54	56	0	53	55	0	13	231
Karin Kaehne	51	55	0	42	41	0	18	207
Frances Brown	49	0	52	34	49	0	4	188
Lisa Carroli	0	0	61	51	58	0	4	174
Sharon Callister	0	52	0	52	53	0	3	160
Jill Reich	52	0	0	49	51	0	4	156
Jennie Meixner	0	0	55	39	55	0	2	151
Megan Jackson	37	41	0	0	48	0	3	129
Joanne Cowan	61	0	0	58	0	0	3	122
Pre-Vets Top 10								
Bernadette Gregory	47	46	53	0	51	0	2	199
Allison Lilley	44	56	0	38	53	0	3	194
Rebecca Deane	50	0	58	47	0	0	4	159
Alicia Wood	49	0	54	45	0	0	3	151
Samantha Brown	61	0	55	0	0	0	2	118
Amanda Underwood	0	66	0	48	0	0	4	118
Maria DiMarco	48	62	0	0	0	0	4	114
Lisa-Anne Davie	0	0	0	53	53	0	1	107
Shelley Howes	0	0	0	46	58	0	2	106
Jenny Truscott	44	0	0	58	0	0	3	105
Super Seniors								
Frank Dearn	61	66	0	55	62	0	14	258
Manfred Fiedler	51	0	65	62	0	0	22	200
Ron Daly	0	0	0	58	0	0	0	58
Seniors Top 10								
Brian Ogilwy	57	66	61	55	61	55	14	259
Allan Wareham	0	59	65	52	65	0	4	245

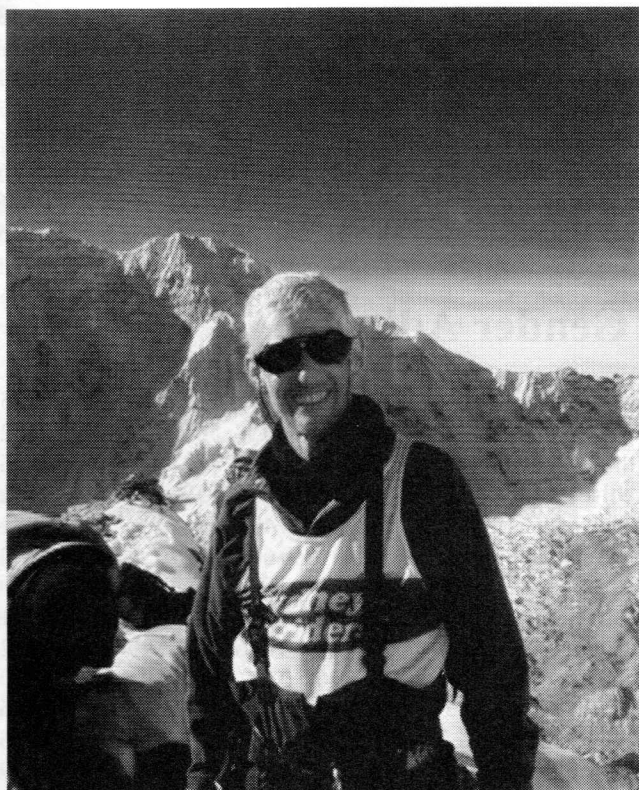
Rick Collins	0	62	58	51	0	0	0	171
Heiko Schaefer	61	0	0	53	0	0	8	122
Michael Bailey	0	57	0	49	0	0	2	108
Ted Brailey	51	46	0	0	0	0	4	101
Ray Doran	0	0	0	62	0	0	2	64
Peter Roberts	0	0	0	58	0	0	1	59
John Singleton	0	56	0	0	0	0	0	56
Gavin Morisset	54	0	0	0	0	0	0	54
Masters Top 10								
Ron Schwebel	57	62	58	55	65	55	4	246
Barry Rutter	52	57	61	52	58	52	4	232
James Cryer	49	59	54	48	53	48	4	219
James Moody	46	55	0	38	54	0	4	197
Philip Boswell	54	0	65	49	0	0	14	182
Eric Schmierer	40	53	0	27	51	0	4	175
Keith Bateman	61	0	40	62	0	0	3	166
Wayne Pryke	47	0	55	44	0	0	3	149
Steve Fisher	48	51	0	40	0	0	0	139
John Palmer	0	66	0	50	0	0	0	116
Veterans 3 races +								
Andrew Taylor	54	66	0	54	58	0	4	236
Peter Cremen	50	57	65	51	50	50	1	224
Andrew Lennox	46	55	55	46	53	46	4	213
Bill Flanagan	52	47	56	47	55	47	2	212
Wayne Gregory	48	51	51	40	54	40	4	208
Martin Dowson	47	52	61	0	42	0	4	206
David Gayford	47	52	53	32	48	32	4	204
Stephen Jackson	61	55	0	35	49	0	3	203
Mohammed Alkhub	51	48	44	14	45	14	8	196
Kelvin Marshall	0	59	58	0	65	0	0	182
Stephen Bodnar	45	46	54	0	0	0	14	159
Glenn Lockwood	33	43	49	14	0	0	9	148
Patrick Hodgins	39	38	0	4	49	0	0	130
John Hanna	22	0	36	14	46	0	3	121
Charles King	38	20	42	14	0	0	3	117
Malcolm Ferguson	0	0	52	23	34	0	4	113
Greg Coy	0	56	0	50	0	0	4	110
Phillip Jones	36	42	0	21	0	0	3	102
Sebastian Warmerdam	0	36	41	14	0	0	3	94
Tony Grainger	0	44	0	39	0	0	3	86
Adrian Spragg	44	40	0	0	0	0	0	84
Paul Trainor	42	0	0	36	0	0	4	82
David East	40	30	0	4	0	0	4	78

Mark Davis	0	0	50	23	0	0	1	74	Jaap Bakker	43	53	56	45	0	0	3	200
Mervyn Cohen	0	0	46	27	0	0	1	74	Shaun Atchison	45	54	0	44	51	0	4	198
Stephen Laws	0	0	0	26	47	0	0	73	Craig Brown	39	50	46	41	46	39	4	187
Mark Watson	0	0	48	20	0	0	2	70	Chris Truscott	57	66	0	58	0	0	2	183
Mike Morrissey	0	45	0	22	0	0	1	68	Tony Fattorini	0	62	0	50	62	0	3	177
Stephen Kibble	35	31	0	0	0	0	1	67	Tim Austin	36	47	0	33	48	0	12	176
Jeremy Culver	0	37	0	30	0	0	0	67	Darren Benson	54	0	0	55	55	0	3	167
Jeff Morunga	0	33	27	4	0	0	1	65	Martin Matthews	44	0	65	0	53	0	3	165
Pre-Vet Top 150+	EQ	SF	CM	HH	G/W	- 1	Bns	Tot	David Bray	28	45	43	14	38	14	9	163
David Martin	48	56	58	47	46	46	4	213	Philip Murphy	31	41	41	26	41	26	3	157
Richard Green	0	57	54	46	52	0	4	213									

Super Series Age and Gender Adjusted

Runners 3 events +	EQ	SF	CM	HH	G/W	- 1	Tot	Martin Matthews	703	0	756	0	696	0	2155
Suzanne Kelly	734	820	763	774	722	722	3091	Eric Schmierer	544	556	0	569	483	0	2152
Ron Schwebel	779	667	718	796	792	667	3085	Philip Boswell	723	0	710	713	0	0	2146
David Martin	739	758	719	748	644	644	2964	Allison Lilley	512	510	0	559	510	0	2091
Andrew Taylor	731	741	0	768	716	0	2956	Mick McCarthy	581	472	492	536	0	0	2081
Martin Dowson	746	724	741	0	699	0	2910	Stephen Bodnar	656	639	697	0	0	0	1992
Peter Cremen	703	709	743	754	686	686	2909	Lisa Carroli	0	0	659	666	653	0	1978
Stephen Jackson	789	692	0	720	707	0	2908	John Hanna	526	0	432	525	458	0	1941
Bill Flanagan	720	641	706	751	724	641	2901	Malcolm Ferguson	0	0	646	677	599	0	1922
Barry Rutter	726	648	720	760	689	648	2895	Jill Reich	657	0	0	669	594	0	1920
Richard Green	0	756	700	732	693	0	2881	Martin Harris	690	543	0	683	0	0	1916
James Cryer	692	691	632	757	701	632	2841	John Bugg	0	645	0	630	641	0	1916
Jaap Bakker	700	691	708	719	0	0	2818	Wayne Pryke	625	0	598	676	0	0	1899
Shaun Atchison	707	702	0	718	686	0	2813	Roger Cartwright	640	562	0	695	0	0	1897
Wayne Gregory	708	664	656	725	712	656	2809	Sharon Callister	0	542	0	695	656	0	1893
Mary Stringer	700	647	0	756	698	0	2801	Carmelo Gallo	629	0	610	634	0	0	1873
Andrew Lennox	673	665	687	721	699	665	2780	Steve Fisher	656	529	0	659	0	0	1844
David Gayford	701	670	691	698	685	670	2775	Sean Greenhill	613	646	568	0	0	0	1827
Craig Brown	677	588	618	715	643	588	2653	Rebecca Deane	594	0	606	623	0	0	1823
Mohammed Alkhub	724	650	575	547	635	547	2584	Cameron Arnold	696	449	0	673	0	0	1818
Lachlan Wolfers	652	0	619	671	635	0	2577	Phillip Jones	570	589	0	633	0	0	1792
Allan Wareham	0	573	631	699	635	0	2538	Charles King	593	0	561	614	0	0	1768
Tim Austin	655	554	0	675	650	0	2534	Alicia Wood	589	0	552	615	0	0	1756
Philip Murphy	625	645	570	653	611	570	2534	Jennie Meixner	0	0	576	581	591	0	1748
Chris Truscott	808	882	0	836	0	0	2526	Roland Hassall	589	505	0	650	0	0	1744
Brian Ogilwy	665	554	606	678	511	511	2503	Sam Serisier	661	514	0	558	0	0	1733
James Moody	634	598	0	660	605	0	2497	Rick Collins	0	541	567	617	0	0	1725
Tim Deane	631	0	573	649	576	0	2429	Russell Johnson	576	0	519	627	0	0	1722
David Bray	620	533	577	627	583	533	2407	Karin Kaehne	564	558	0	591	0	0	1713
Patrick Hodgens	576	570	0	589	648	0	2383	Dougal Langusch	576	493	0	612	0	0	1681
Darren Benson	807	0	0	817	700	0	2324	Keith Bateman	836	0	0	842	0	0	1678
Darren Kaehne	564	0	547	612	592	0	2315	Sebastian Warmerdam	0	568	531	573	0	0	1672
Tony Fattorini	0	766	0	775	767	0	2308	Geoff Underwood	598	0	540	0	529	0	1667
Frank Dearn	580	532	0	596	549	0	2257	David East	599	471	0	596	0	0	1666
Glenn Lockwood	530	589	606	477	0	0	2202	Joanne Cowan	806	0	0	829	0	0	1635
Chris Graham	709	763	708	0	0	0	2180	Glenn Guzzo	761	0	0	867	0	0	1628
Frances Brown	513	0	563	595	498	0	2169	Bernadette Gregory	545	0	546	0	532	0	1623
Kelvin Marshall	0	709	721	0	737	0	2167	Jeff Morunga	0	535	504	571	0	0	1610

Blister Photo Gallery



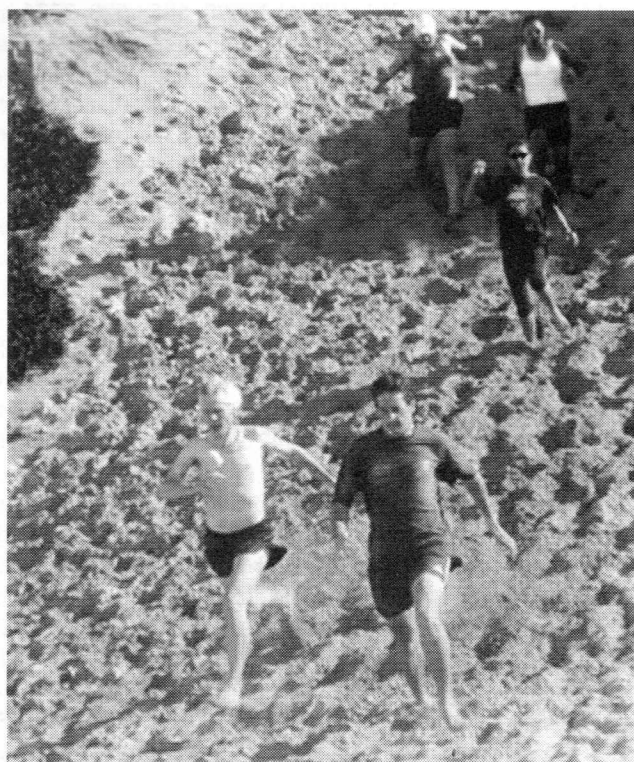
Stephen Jackson takes the Striders singlet to Nepal on Imje Tse at 6,200m (photo Megan Jackson)



Glenn Guzzo at the State X-country



Ron Daly, at age 80, the oldest male finisher in the SMH Half (Strider awards now have a new category – for O-80s – ‘Legends’)



Keith Bateman (front L) celebrated his 50th birthday with a 10k PB of 33:47 – seen here at Sean Williams’ training camp