

Sydney Striders

**Road Runners Club
Australia**



Edition No. 97: August - November 05

Striders represent Australia in World Duathlon Championships



Andrew Gibbons, Charles Coville, and Stephen Firth in team shirts

Striders Andrew Gibbons (35-39), Stephen Firth (45-49) and Charles Coville (55-59) were selected to represent Australia in their age categories at the Newcastle ITU World Duathlon Championships on Saturday 24th September 2005.

Andrew Gibbons achieved a stunning 6th place in conditions that were hot and on a hilly cycle course that was very demanding.

Whereas triathlons comprise a swim / cycle / run format, Duathlons have no swim leg but rather a run / cycle / run combination.

35-39 age group

Andrew Gibbons - 6th out of 51

10k run 35.05 (8th)

40k bike 1.15.09 (incl transition) (11th)

5k run 19.13 (incl. transition) (8th)

Finishing time: 2.10.57

45-49 age group

Stephen Firth - 17th out of 42

10k run 38.40 (28th)

40k bike 1.18.43 (incl. transition) (13th)

5k run 21.26 (incl transition) (15th)

Finishing time: 2.20.51

50-59 age group

Charles Coville - 11th out of 33

10k run 41.25 (17th)

40k bike 1.125.49 (incl transition) (12th)

5k run 24.09 (incl transition) (15th)

Finishing time: 2.33.46

Inside Blister No 97:

- ◆ World Duathlon Champs from Andrew Gibbons
- ◆ Brian Ogilwy - Six Foot Track swimmer!
- ◆ Trailwalker 100km from Joel Mackay and Penny Smith
- ◆ Pauline Evans runs the Swiss mountains
- ◆ Chris Truscott streaks in the NT
- ◆ Frances Brown on a Healthy Lifestyle
- ◆ Lisa Gallate survives post-marathon blues

The Blister

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

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

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

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

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

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6 Foot Track 2005 Biathlon

By Rick Collins

Congratulations to Brian Ogilwy for winning the 6 Foot Track 2005 Biathlon this year setting a new track record. This was not achieved because he was the only entrant or because there was no previous track record, it was achieved by Brian's unique flat swimming style which enables him to keep up speed even when swimming rivers only 10 centimetres deep. Is this the start of the evolution of the Sydney Striders into the Sydney Swimmers?



Brian at the start contemplating the swim segments



Brian attempting to walk on water – Cox's River



Rock skimming butterfly stroke / flat swim stroke



Down to Nellies Glen



The amazing flat swim stroke



Too shallow – no way

World Duathlon Championships, Newcastle Sept 24th

By Andrew Gibbons

"What's a Duathlon?" most people ask. Generally I get the answer that it involves swimming, running or some cycling. Well I like to think of it as a race for Triathletes that can't swim! A Duathlon consists of a run, bike and run and this year the World Championships were going to be held in Newcastle.

The campaign started with a trial race on April 25th over the course. A number of Striders went up to compete to get one of the age group spots that were available. Thankfully there were 18 spots per 5-year age group due to the race being held on Australian soil.

The trial race went well with Charles Coville (55-59), Stephen Firth (45-49) and myself (35-39) doing enough to make our respective age group teams. We were all stoked. Wow, we would be racing for Australia in a World Championship! Now the hard work begins.



Andrew in the finishing chute

Well I decided with my commitments to family (Merryn, Sam, Jessica and Toby), church, work and friends that I had to be smart about how I trained and prepared for the race. I decided to test my heart rate versus lactic acid threshold performance which also meant getting a heart rate monitor. It was really beneficial for my training as I learnt that my AT (Anaerobic Threshold) was quite low, 149 bpm, with a max heart rate of about 185 bpm. What I needed to achieve in my training for the race was to increase

my AT to as close to the 185 bpm as I could. In other words, producing the least amount of lactic acid but operating at the highest possible heart rate. The Duathlon would be at a highly intense pace.

So the training began with lots of 5am and 5.30am starts. I had some great training partners - Ray Wareham, who smashed me in running efforts, and 'Superstar' Chris Dwyer who always keeps you honest. The bike and run combinations were important in keeping an eye on the heart rate and basically training my body to operate at a higher heart rate through sustained efforts on both the bike and the run. It worked really well with my next 2 tests showing my heart rate lifting to a pre-race AT of 165bpm. So beyond that level of 165bpm I would be producing more lactate than my body could get rid of which after a period of time would lead to Kapow@#\$%&* - a massive blow up. I should at this stage mention that these heart rates relate to the bike: my running AT was approx 7-10bpm higher.

The training continued through business trips, family crisis and holidays. Whilst I did what I had to, I was not obsessive. Life still goes on, but needless to say I wanted to win my age group and that was my goal. We had a holiday down the snow. It was a critical period four weeks out from the race so I took my wind trainer for the bike and did three sessions at 1600m elevation in the snow! It was great to do a few of the Striders 10k's and weekend STAR runs as part of the build-up. The inspiration and encouragement you draw from all of the Striders is amazing as we are all out there winning our own goals and overcoming adversity (generally to do with lactic acid and old age!). Also during my training Charles and I swapped notes and I had him on the massage table a few times ensuring the body was in top nick.

We finally got to race week and the first part was registration followed closely by a parade of nations where the Australian and all other countries dressed up in their team uniforms and walked down Hamilton Street, Newcastle with a pipe band and lots of people watching. It was a proud feeling for Charles, Mark and myself wearing our national colours and feeling just the slightest part of what we could imagine an Olympian must feel (give me more, it was awesome!). We then stayed for a welcoming ceremony and a rather belated Team

dinner where we got to meet our fellow team members. An early night and good sleep before the race of my life. I couldn't wait.

I got up early had some oats and banana and toast and honey and got my gear together and headed to the race. I went to transition as late as I could, pumped the tyres and watched the girl's race waves head off. It wouldn't be long before I started! My family arrived about 15mins before the start and it was great to have my sister Ingrid with her husband and their twins as well as my mum and dad. They were all as excited as I was.

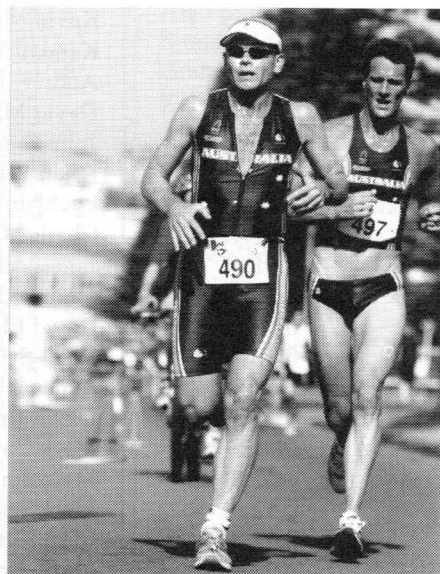


Charles on the bike

Finally the start. 30 seconds to go and then we were off. For the first 1k of 10k I was in the lead pack of five with a heart rate of 170-174 bpm. Whoops, if I kept this up it would end in tears. I backed off a little wanting to leave some for the 40km bike leg. The two-lap 5k run course was flat apart from 16 stairs (going up) per lap. At the end of the run (35.05) I was happy but needed to nail the bike leg if I was going to achieve my dream. It could have started better in the bike. I jumped on and fell off taking a chunk out of my hand and also bending my rear derailleur into my spokes. This meant I could not use my two easiest gears. "Well," I thought to myself, "I am the only one who can finish this race so no point in stressing about the details." The bike course was particularly hilly and hurt the legs. I hopped off at the top of the first climb to try and bend my derailleur out of my spokes but to little effect so I just put the head down. As the bike leg went on I stuck to my plan and pushed out. I saw a few of the guys in front of me: the Brit, the Italian and some Aussies. A Kiwi went past close to the end of the bike leg but he

looked like he was writing some big cheques.

Off the bike at last. Due to the hills the calves were pretty tight and for the first 500m I just had to settle them down. I was in 8th place off the bike and needing to do something special. The best I could manage was a steady shuffle but it was good enough to pass two people, including that Kiwi! I was closing in on 5th and 4th but needed another few kms to make a difference. At last the finish! With the heart rate around 174 bpm for most of the 5 km run I was on the limit! I few skips and high 5's in the finish chute - 6th place. It was awesome. I was so proud with my family who had come to watch.



Stephen #490 leads a team-mate in the run

Charles Coville had a great race as well finishing in 11th place in his age group. Stephen Firth finished 17th in his age group - after doing the Sydney Marathon some 2 weeks before! We were champions for a day (actually still feel good about it). If I'm reminded of anything from this experience, it was to set a goal, set an action plan and be confident that whatever happens you will always do your best.

Another Strider to represent Australia

Lucy Chapman was selected for the Australian team for the Chiba Ekiden Relays in Japan.

**

Six Foot Track Training Group

George Herisson is again organising a Six-Foot Track Training Group on Saturday mornings - 0409 605 200

City to Surf, 14th August

Chris Truscott	0.45.51	Stephen Firth	0.56.27	Campbell Reid	1.04.38
Darren Benson	0.47.16	Andrew Lennox	0.56.28	Nicholas Campbell	1.05.02
Tony Fattorini	0.47.49	Victor Donovic	0.56.40	Michael Peters	1.05.20
Raymond Wareham	0.47.51	Suzanne Kelly	0.56.46 F	Martin Smith	1.05.40
Mark Gardiner	0.48.14	Peter Lewis	0.56.48	Philip Murphy	1.05.46
Martin Matthews	0.48.15	Joanne Cowan	0.56.56 F	James Moody	1.05.48
Keith Bateman	0.48.39	Stephen Laws	0.57.08	Michael Hill	1.05.48
Adrian Boyn	0.49.06	Ray Doran	0.57.10	Dino Soepono	1.05.51
Andrew Gibbons	0.50.14	Mike Fowlds	0.57.32	Charles King	1.05.54
Gerry Arthur	0.50.14	Roland Hassall	0.57.34	Robert Mulley	1.05.58
Andrew Taylor	0.50.36	Andrew Fuller	0.57.45	Phillip Jones	1.06.06
Ross Sinclair	0.50.38	Lisa-Anne Davie	0.57.48 F	Sebastian Warmerdam	1.06.19
Mark Wilson	0.50.40	Andrew Bull	0.57.48	Julie Allen	1.06.26 F
Lucinda Chapman	0.50.48 F	Kevin McGregor	0.58.00	Susan Chalmers	1.06.26 F
Peter Truscott	0.51.00	Kendall Waller	0.58.11	Sarah Cooper	1.06.29 F
Martin Dowson	0.51.04	Andrew Hall	0.58.12	Max Crossley	1.06.44
Stephen Jackson	0.51.04	David Martin	0.58.16	Paul Glare	1.06.44
Martin Harris	0.51.16	John Bugg	0.58.23	Mark Robinson	1.06.50
Cameron Arnold	0.51.45	Brian Wilcockson	0.58.32	Leighsa Hill	1.07.04 F
Christopher Dwyer	0.51.47	Lachlan Wolfers	0.58.33	David Camm	1.07.07
Shaun Atchison	0.51.49	Charles Coville	0.58.37	Michaela Holloway	1.07.08 F
Steve Hume	0.51.56	James Jeffery	0.58.37	Chris Hogan	1.07.20
Jeremy O'Connor	0.52.17	Paul Andrews	0.58.40	Hugh Langshaw	1.07.23
Chris Davis	0.52.22	David Ellis	0.58.45	David East	1.07.31
Andrew Cullen	0.52.28	Mark Schaefer	0.58.49	Richard Deutsch	1.07.42
Richard Green	0.52.31	James Ditzell	0.58.53	Denis Speyer	1.07.48
Randall Brophy	0.52.39	David Bray	0.58.57	Ray Mahoney	1.07.53
Stuart Chellis	0.52.50	Mark Davis	0.59.25	Lawrence Ullio	1.08.05
Ewan Horsburgh	0.52.51	Malcolm Ferguson	0.59.32	Stephen Smith	1.08.14
Simon Wilson	0.52.51	Mark Watson	0.59.35	Jim Barrett	1.08.25
Jaap Bakker	0.52.54	Craig Brown	1.00.16	Nick Woodhams	1.08.26
Ron Schwebel	0.53.07	Philip Boswell	1.00.46	Martin Foulkes	1.08.41
Greg Coy	0.53.13	Shelley Howes	1.01.02 F	Amanda Underwood	1.08.52 F
Geoffrey Lucas	0.53.18	Lisa Carroli	1.01.17 F	David Knight	1.08.58
Tom Winder	0.53.21	Darren Goodsir	1.01.17	Naomi Frank	1.09.04 F
Bill Flanagan	0.53.21	Paul Davey	1.01.33	Sarah Hammer	1.09.07 F
Graham Farnsworth	0.53.42	Mike Morrissey	1.01.39	Richard Crane	1.09.11
Peter Slater	0.53.51	Gregory Mackay	1.02.08	Susan Login	1.09.12 F
David Burgess	0.53.52	Michael Free	1.02.20	Kevin Byrne	1.09.22
Keith Broadfoot	0.53.58	Luke Peterson	1.02.25	Phil Garvin	1.09.26
Jenny Truscott	0.53.59 F	Arthur Huxtable	1.02.29	Anton Kapel	1.09.27
David Criniti	0.54.01	Christine Wong	1.02.47 F	Jeff Morunga	1.09.35
Mark Irwin	0.54.02	Melanie Rauleder	1.03.11 F	Emma Robinson	1.09.41 F
Peter Cremen	0.54.03	Luigi Criniti	1.03.11	Allan Wareham	1.09.48
Yvette Clements	0.54.14 F	Russell Johnson	1.03.11	Jeremy Lowes	1.09.54
Andrew Dyer	0.54.21	James Woodhams	1.03.16	Heiko Schaefer	1.09.58
Brian Wallace	0.54.24	Jeff Gissing	1.03.29	David Robinson	1.10.11
Andrew Harrison	0.54.36	James Cryer	1.03.37	Karin Kaehne	1.10.16 F
Mohammed Alkhub	0.54.40	Tony Grainger	1.03.42	Darren Kaehne	1.10.17
Klas Johansson	0.54.53	Timothy Kelleher	1.03.46	Brian Ogilwy	1.10.21
Samantha Brown	0.54.59 F	Dean Gardiner	1.03.48	Roger Cox	1.10.27
Stephen Fahey	0.55.02	Marty Carne	1.03.51	Brian O'Dea	1.10.40
Wayne Gregory	0.55.06	Geoff Underwood	1.04.03	Katie Rowell	1.11.24 F
Neil Anderson	0.55.30	Alastair Wallace	1.04.03	Paul Au-Yeung	1.11.32
Alex Jensen	0.55.39	Patrick Hodgins	1.04.12	Eric Schmierer	1.11.42
Eliza Stewart	0.56.08 F	Robert Wawrzyniak	1.04.24	Nigel Deed	1.11.46
Paul Trainor	0.56.16	Mary Stringer	1.04.28 F	Paul Thompson	1.11.47

Darryl Harding	1.11.52	Pauline Evans	1.20.07 F	Megan Jackson	1.34.27 F
Geoff Taylor	1.12.00	Edward Sharp	1.20.37	Deirdre Stewart	1.36.31 F
Karen Carter	1.12.20 F	Elizabeth Woodhams	1.20.43 F	Christine Cullen	1.36.33 F
Marlies Laaper	1.12.21 F	Graham Wirth	1.20.46	Gordon Forsyth	1.41.03
Danielle Van Zuylen	1.12.29 F	Lilian Chuah	1.20.55 F	Peter Johnson	1.43.01
Angela Etheridge	1.12.30 F	Brian Taylor	1.21.18	Michael Sharp	1.43.03
Bernadette Gregory	1.12.38 F	Christopher Hall	1.21.20	Heather Peters	1.44.28 F
Cameron Robertson	1.12.41	Jon Griffiths	1.22.13	Selwyn Jackson	1.45.42
Leigh Donelly	1.12.44	John Simmonds	1.22.14	Graham Creed	1.47.36
Dale Thompson	1.12.55 F	Neridah Powell	1.22.24 F	Bronwyn Wassell	1.51.09 F
David Cooke	1.13.06	Penny Griffiths	1.22.33 F	Richard Wassell	1.51.10
Ken Harris	1.13.16	Jo Fendly	1.22.33	Stephen Bodnar	1.54.26
Lorraine Spanton	1.13.19 F	Lee Gire	1.23.16	Keith White	1.55.20
Matthew Pollard	1.13.30	Ying Liu	1.23.20 F	Alex James	2.04.25
Sam Chuah	1.13.48	Vivienne Kartsounis	1.23.53 F	Graham Willis	2.12.53
Leigh Macritchie	1.15.13 F	Joe Degabriele	1.24.02	Carmelo Gallo	2.16.14
Maria DiMarco	1.15.14 F	Frances Brown	1.24.08 F	Alan Smith	2.20.24
William Ward	1.15.32	Rob Pearsall	1.24.21	Simon Butler-White	2.22.00
Alison Gardiner	1.16.11 F	Olivia Batten	1.25.10 F	Graham Sharp	2.24.34
John Moore	1.16.11	Michael Adams	1.25.55	Karen Coleman	2.25.36 F
Mark Van De Vyver	1.16.30	Jackie Ramsay	1.26.23 F	John Carroll	2.25.48
Luke Baker	1.16.45	Paul Munro	1.26.41	Philip Fleming	2.37.09
Katherine Mcsweeney	1.17.01 F	Richard Frykberg	1.27.53	Jason Saunders	2.51.12
Jamie Blackie	1.17.06	Jack Leigh	1.28.27	Sharon Koster	2.54.05 F
Michael Childs	1.17.24	Peter Roberts	1.28.27	Ian Walker	2.56.06
Jurg Kunzle	1.18.09	Stephen Allan	1.28.29	Carol Taylor	3.04.46 F
Fernando Santisteban	1.18.50	Kevin O'Kane	1.29.26	Alicia Wood	3.09.47 F
Mike Hansen	1.19.12	Kaye Stanton	1.29.53 F	Richard Lane	3.11.34
Glenn Lockwood	1.19.18	David Ward	1.29.57	Fiona Nelson	3.15.36 F
Belinda Lockwood	1.19.19 F	Frank Dearn	1.29.59	Rebecca Deane	3.26.33 F
Lesley Maher	1.19.22 F	Steven Norden	1.31.20	Kerry Ross	hlp F
Lynn Herisson	1.19.34 F	Ted Brailey	1.32.00	Richard Peacock	hlp
Cathy Watson	1.19.56 F	Steve Packer	1.32.50		
Gill Cavenagh	1.20.06 F	Mason Reeves	1.33.09		

1st M50-54: Keith Bateman
 2nd M65-69: Ray Doran
 3rd W0-20: Eliza Stewart
 3rd W21-24: Samantha Brown
 3rd W25-29: Lucy Chapman
 2nd W45-49: Joanne Cowan

2nd M30+: Tony Fattorini, Cam Arnold, Mike Fowlds
 2nd Mixed: Ron Schwebel, Dave Burgess, Samantha Brown
 2nd Uniformed Services: Team incl. Wayne Gregory
 2nd Athletics Clubs: Andrew Cullen, Geoff Lucas, Yvette Clements
 2nd Jogging Clubs: Chris Truscott, Tim Cradock, Gerry Arthur
 3rd Family of 4: James, Nick, Anne, and Elizabeth Woodhams
 1st Father and two kids: Ray, Francis, and Allan Wareham
 2nd M40+: Keith Bateman, Stephen Jackson, Steve Hume
 3rd M40+: Ross Sinclair, Mark Wilson, Greg Coy

MTG 10th Anniversary From Ed/K O'K

October marked 10 years since the Marathon Training Group was established. From a small band in the first year, the number of successful marathoners who have run with the Group has numbered in the hundreds, from London to Boston, New York, Venice, Bordeaux, Lake Tahoe and numerous other exotic locations, as well as our Australian runs. Some have moved on after their 'Everest' and some have run long and often since.

To celebrate the anniversary, the four MTG co-ordinators - Kevin O'Kane, Michael Bailey, George Herisson and James Moody invited former members and friends of the MTG to a reunion on 2nd October for a BYO BBQ. A pleasant afternoon was had by all and thanks to Jim and Robyn Moody for hosting. (See picture back page).

Morat-Fribourg - A race that I love

By Pauline Evans

There is a race in Switzerland every year on the first Sunday of October which has become quite famous over the years. This was not a race born during the boom running years of the 70's and 80's but has been run since 1933. However the true history of the race goes back to 1476.

The roots of the race lie in a battle that was fought in the village of Morat. The Battle of Morat, in the Burgundy Wars, was fought 22 June 1467 between Charles, Duke of Burgundy, and a Swiss army at Morat (German: *Murten*) about 30 kilometres from Bern.

Having rebuilt his army after his defeat at the Battle of Grandson, Charles laid siege to Morat, hoping the Swiss would attack. The Swiss garrison had only 2000 men, with small reinforcements from the Duke of Lorraine and the Alsatians. Against them, Charles had about ten times their number and his formidable artillery. Taking cover in the woods, the Swiss army was able to cut off any possibility of retreat. The Swiss inflicted heavy casualties on the duke's trapped army and gave them no mercy.



One of the Swiss soldiers ran to Fribourg to carry news of the victory as this was an extremely important win for the Swiss, and resulted in the foundation of the canton (similar to a State) of Fribourg. He took a Linden tree branch with him, cut from a tree in the battlefield. The story is that the branch was planted in Fribourg on the spot that he collapsed, after arriving with the news. The tree survived until 1983, when it was seriously damaged in a car accident. Old photos exist of the tree in its former splendour, however a new one has been planted in its place these days.

General festivities took place annually to mark the birth of the canton. However in the early 30s it was decided that there should be something more concrete, involving physical effort, by which to remember their brave ancestors. The local authorities had the idea that someone should follow the same course as the original soldier and the townsfolk of Morat, Fribourg and all villages along the route should encourage the runner as he passed covering a distance of 16 kms. It seems most people thought this was dangerous, and no one would be able to do it without collapsing. However they eventually found a Mr Adolphe Flückiger who was prepared to accept the challenge. He ran the distance in 1931 in 1h 13m and much to the surprise of all did not collapse on arrival. That afternoon the founder of the Fribourg Athletic Club discussed the run with the runner and decided to create the official commemorative course that would always celebrate this victory. The first official race was conducted in 1933 with 14 competitors with the winner finishing in 1h 04m 08s.

Over the years the race has had slight modifications and is currently conducted over a distance of 17.17km, but generally follows much the same route as the original.



The record time is held by a New Zealander, Jonathan Wyatt, who finished in 2004 in 51m 18.02s. The female record, 58m 51s, was set by the Swiss runner Franziska Rocher-Moser in 1997. She also won the New York marathon a couple of months later. Sadly, she died in an avalanche in 2002 at the age of 35.

Women were not allowed to participate, however Marijke Moser ran it several times in the early 70s, under the name of a man, finally winning the first official competition for women in 1977. Interestingly the first foreigner to be a winner of any category was a New Zealand woman, Barbara Moore, who won in 1979.



Pauline at the start of the 2005 race

I moved to Switzerland in 1990 and ran the race for the first time in 1992. In those days there were about 16,000 competitors and the tiny cobble stoned main street of the walled town of Morat was packed for the start. I had run in very few races before and I was nervous I would not make it to the finish. Everyone talked about how difficult it was, as the course climbed from Morat to finish in Fribourg. However I ran the distance in 1h 34m 16s and loved every minute of it. The course followed the normal roads which climbed through picturesque countryside with fields of cows with bells around their necks, through cute villages with people lining the roads to cheer us on, ringing cow bells themselves and shouting 'Bravo' as encouragement. I was so delighted and excited that I finished, I remember declaring

immediately that I would do it again.

Like many people who run the race, I became bitten by the bug and made it a personal annual objective, running it every year except 1998, when I had a back injury. I returned to Australia in July of this year but could not resist returning to Switzerland during the October long weekend to run my 13th Morat-Fribourg race. Over the years my busy work schedule had taken its toll and my times for the race were getting longer and longer. However after my refocus on running since joining the Striders in July, I was able to drop 11mins off my time from 2004 and it was faster than any of my times for 10 years. As you can imagine, I was delighted!

Despite having many loyal followers, not as many people run the Morat-Fribourg as when I first started. This year there were only about 7,000 however it is still exciting and lots of fun and there is a lot of support to keep the race going. In 2005 the railways offered large discounts on tickets from all over the country, to get to the race.

If anyone is interested in doing this race as part of a European trip, I can highly recommend it. Make sure you are in Switzerland for the first Sunday in October. Note that the Lausanne Marathon is usually just a couple of weeks later. Let me know if you are going! Additional information on the race can be found at www.morat-fribourg.ch.

Race Details

Distance: 17.17km

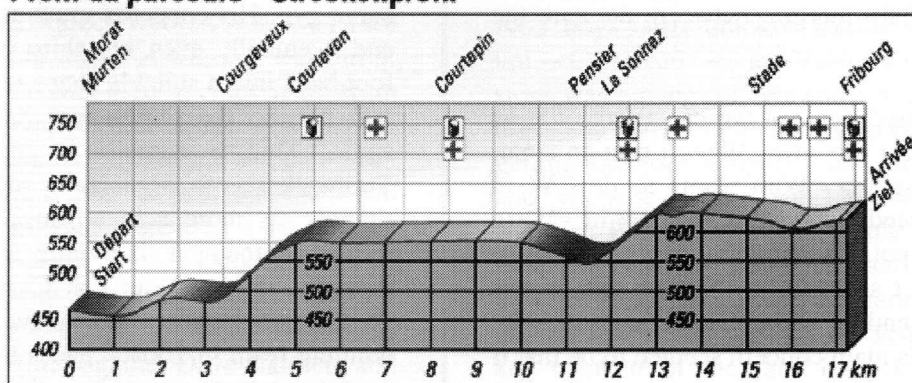
Date: 1st Sunday in October

Start: Morat

Finish: Fribourg

See below for Race Profile

Profil du parcours Streckenprofil



Trailwalker 2005

By Joel Mackay

Awesome. That's the one of the first adjectives that comes into my mind when I think of the 2005 Trailwalker event. There are a whole slew of others, but they mostly fall into the same sort of category, so I won't use up space with them here (although some might appear below).

My race calendar these days seems to have subconsciously been pared down to a very small number of events: Six-Foot Track, Trailwalker, the SMH Half Marathon and a random Striders 10 km race at some point in the year. This year, I even missed Six-Foot for some reason that escapes me at the moment, although I kind of substituted with a Fat-Ass run – the 115-km Opera-House-to-Katoomba event. Actually, I even finished first in that (I won't say 'won' – that seems a bit too competitive for the spirit of these events – note how I haven't called it a 'race' either...), which was the first time that had happened to me. Anyway, I digress.

So, a good few months before TW this year, I started my usual sniffing around for prospective team members so that I could have a sixth tilt at the race. Last year, that sniffing had picked up Lance White, Martin Matthews and Craig Dunn, all from Sydney Striders (not that I am suggesting that Striders have a peculiar odour about them), and we had a great race. We trained together and had a good build-up (except for Craig's sprained ankle), then had a good time on race day. We completely surprised ourselves by finishing second in 15:25 or so, aided partly by the absence of some of the killer teams that had entered in previous years. A team from the Berowra Bushrunners had finished 10 min in front of us, but we were so stoked at finishing second, given that it was the first time Martin, Lance or Craig had run more than 45 km, that we didn't agonize at all over the relatively small margin between us and the winners.

OK – so I digressed again – we can think of it as setting the scene for this year. When I sent an email out to Striders (saying "Who wants to do TW in ~15h – you will need to have run Six-Foot in ~4:30), Shaun Atchison put his hand up pretty smartly – although he didn't seem to be thinking that it was very smart at all and he wasn't altogether sure why he had replied. His main concern seemed to be that if he did this, he would be starting to cross the line

from the mildly crazy people that punish themselves by running road marathons to what he perceived at the real fruit-loops that do ultras, run through the Sahara, across Australia etc. I think that even after TW, he still likes to consider himself to not be in the ultra-nut category and I can't bring myself to break it to him, so best to let sleeping dogs lie...

We needed two more. I tried in vain to convince Suzanne Kelly to join us – I had seen her (mostly from behind) run very strongly in STaRs with substantial tracts of bush in them, and she had of course run a blistering (not literally) Six-Foot Track – but she wasn't having any of it (next year, Suzanne?). I did convince Dawn Tiller though, and she said that Phil Hugill (who had recently run across the Sahara – but I didn't tell Shaun that for a while) was running well too, and was interested. So, we had our four, and I thought we were in with a pretty good chance of running the 15 hrs that I was looking for given everyone's histories.

Unfortunately, before I even got a chance to go for a training run with her, Dawn pulled out with a chest infection, concerned that she wouldn't be able to be fit enough with the disruption to her training. She kindly found us a replacement though, in the form of Paul Every, who will be familiar to many of you as having done things like run across Australia (at this stage, I am still hiding these things from Shaun). A fine replacement, you would have to say – at least I wasn't going to have to be worried about him making the distance.

So we went for a few long training runs on the course – Fuller's Bridge to Berowra, Berowra to Roseville Bridge etc. - and things were coming together. Well, except for the fact that Phil's longstanding dodgy foot was starting to give him some gyp. His concerns grew as the race closed in, and eventually even his chiro couldn't wrench the foot back into a suitable shape to allow Phil to make 100 km, so the search was on for a replacement again. This is actually a common situation in Trailwalker – to organize a four-member team of runners six months in advance and have them all stay fit for the next six months is a bit of a tall order. Anyway, it turned out that Chris Graham – a dual Strider and Berowra Bushie who had been in the winning team in 2004 – had a team of his own that was down to two members through injury. With a

couple of weeks to go, he decided he wasn't going to get replacements and joined our team (turned out to be a good call – his one remaining team member did an Achilles the following day!).

OK – we were back to a full complement. After sorting out some organizational details by email (who was going to act as our support crew etc), we all got together to discuss our race plan. The only drawback was that this was at 6 am on Fri 25th August – with the start time an hour away. Still, we were in slightly better shape than the Striders team containing Jill Reich, Robin Cameron and Mary Stringer, who had to call in Stephen Jackson as a replacement less than 24 hours before the start.

Anyway, we were off at 7 am sharp. During the buildup, Shaun and I had run all the legs at various times, and we put these together to estimate a total finishing time of ~14 h 30 min. One of the issues in this race is deciding how long to stop at each of the 7 checkpoints – the places that you meet up with your support crew and restock on food, water etc, as well as carrying out whatever running repairs you need. In the past, my teams have probably tended to spend too long at checkpoints – even a change from 10-min stops to 5-min stops can save you over half an hour on your total time. There was one famous checkpoint stop in Berowra a few years ago where Gary Leahey foolishly decided to lie down – it was at least 15 minutes before we could wake him up and convince him to get up again and continue in the race. Paul Every introduced us to his ultra motto (probably one of many) – 'Beware the chair' – and I took this on board with the decision to spend 5 min or less at each checkpoint (including stops of 1 min at checkpoints 1 and 2). Shaun was appalled when he saw this, arguing that there wasn't going to be any time to get a long black with warm milk on the side with 1-min stops. Despite this, he took it on the chin and we set off on the trail.

We had eyed up the competition in the days before the race (on the Trailwalker web site) and on race morning, and had a fair idea that winning was out of the question. Not only was there a crack team from Hong Kong (called the Cosmo Boys – which all sounded a bit metrosexual to us) and another from NZ (picked by Oxfam NZ to promote the 2006 Trailwalker NZ event), but there was a scary team from the ACT comprising Trevor Jacobs, Jonathan Blake (recently 12th in the World 100-km championships) and a couple of other reprobates from down that way (the rogainer Dave Baldwin and another chap called Tim Sawkins). A quick

calculation revealed that since Trevor would beat me by ~40 min in Six-Foot (over a 3:30-4 h period), he may well be in front of me by 2-3 hrs at the end of this event. This seemed about right actually – we were aiming for 14:30 and they looked like a 12 hr team to us. There was also a strong mixed team of people we didn't know and a team of highly-bearded young guys – we were going to have to be careful that Paul didn't strike up some sort of affinity with them.



Running into Rosemead Checkpoint

Well, things went along just fine for the first 35 km or so. At checkpoint 1 we were probably 7th or so. We passed a couple of other teams, and by checkpoint 3 (Ginger Meggs Park in Hornsby) we were running fifth – a pleasant surprise – about 15 min behind the leading ACT team. The Cosmo Boys had just run past us at high speed – they are well known for being conservative starters and at the pace they were going it seemed like they would catch the ACT boys fairly quickly. By the time we got to 50 km – Crosslands – our strategy of short checkpoint stops was paying off. We came in after the 4th place team and left before them – good stuff. We were getting fabulous support from Jacqui (my partner) and Michelle (Chris' wife), as well as a slew of Berowra Bushrunners who would take turns to run with us carrying water etc and generally being cheerful (including Strider Richard Green who did a particularly sterling job on the last leg). This was a key element of the race I think, and one of the reasons we did as well as we did.

I had been trying to keep an eye on how everyone was going, and by this point I got the impression that Chris was starting to do it a bit tough. He wasn't slowing down at all, but he seemed to be a bit uncomfortable. He told me he was getting a bit nauseous, but not to worry because he was used to it in races. Paul was also toughing it out a bit I thought. Seemed that he wasn't having any trouble running along, but he was just happier keeping a conservative pace. There was no problem though, because we were gaining time on our estimates for every leg. By Crosslands we were about 1 hr ahead of our estimate and completely flabbergasted. I had thought that the times I had estimated were quite realistic, so I was concerned that we might be going a bit hard. Well, we would see...

Two checkpoints later we arrived at Warimoo a minute or so behind the Kiwis, and our whirlwind checkpoint strategy again saw us pick up a place here – we left a minute or so before them. Third place now – we really couldn't believe it! We slowly pulled away from the Kiwis over the next few km and started to head down the creek towards Roseville Bridge. It was around here we had to finally turn our headtorches on – meaning we only had ~14 km to run in the dark – a far cry from early Trailwalkers where I have finished at 4 in the morning. A combination of a shorter course, an earlier start, and going a bit faster. With a few km to go before Roseville Bridge, two of the Kiwis caught up with us and greeted us with “Whn dd th ither two gys go pst youse?” After convincing them that we hadn't seen them and weren't pulling their legs, they got going on the expletives. The others had apparently gone ahead (carrying all of the head torches) and turned the wrong way at the Cascades,

about 4 km back. We took sympathy on them and they followed in our light for a while. Fortunately they eventually heard a distant cry (in a recognizable accent), indicating that their teammates had corrected their error, so we left them on the track to wait and pushed on to Roseville Bridge.

OK – one leg to go now – less than 10 km and the big question was “Could we hold on to third?” We had a 1-min checkpoint to help us on our way and off we went. We spent the entire leg (well, I did anyway) looking back for headtorches, but didn't see any. At the top of the final climb up to Ararat Reserve (400 m to go), we could look back down the hill and see that there was no one going to catch us. The relief was palpable – in fact made significantly more palpable by Chris choosing this spot to show us his lunch again on the side of the track. The nausea finally had gotten the better of him – but not until he knew we were safe – what a trouper!

We trotted the last 400 m to finish a glorious third – much rejoicing by us and our support crew! Chris ended up being carted off to hospital on oxygen and a drip, but was fine the next day – apparently he makes a habit of this at the end of Trailwalker... Amazingly, we were only 40 min behind the ACT team and about 20 behind the Cosmo Boys – much closer margins than we were expecting. All of us were amazed and delighted with our performance, which far exceeded any of our expectations – it was a great effort by everyone and really underscored the team aspect of the event – we always supported the person who was struggling the most and kept together the whole way.

Awesome.



The finish

Willie – Billie 35km, 20th Sept

Darren Benson	2.18.20	Adrian Spragg	3.07.33	Allison Lilley	3.48.36 F
Chris Truscott	2.20.57	Martin Foulkes	3.09.12	Margaret Cameron	3.48.36 F
Martin Dowson	2.36.07	Matt Dobbin	3.10.05	Bernadette Gregory	3.48.50 F
Chris Graham	2.37.00	George Lisson	3.12.09	Ian Singer	3.56.36
Peter Cremen	2.39.33	Robert Wawrzyniak	3.13.05	Allan Wareham	3.56.54
David Martin	2.42.12	Sharon Callister	3.14.01 F	Tina Campbell	3.58.30 F
Richard Green	2.42.14	Shelley Howes	3.14.18 F	Brian Ogilwy	4.01.08
Suzanne Kelly	2.42.37 F	Dougal Langusch	3.19.32	Belinda Lockwood	4.04.52 F
Wayne Gregory	2.44.47	Rod Lovel	3.19.47	Glenn Lockwood	4.04.52
David Gayford	2.48.12	Russell Johnson	3.20.33	Jeff Morunga	4.05.32
Stephen Laws	2.49.16	Kevin McGregor	3.20.33	Roger Rigby	4.08.56
Peter Truscott	2.53.10	Julie Allen	3.21.45 F	Rob Pearsall	4.11.28
Ron Schwebel	2.54.19	Craig Schlitter	3.22.37	Lilian Chuah	4.17.06 F
Mohammed Alkhub	2.54.36	Lisa Carroli	3.23.08 F	Frances Brown	4.18.00 F
Mike Fowlds	2.58.02	Jennifer Best	3.27.50 F	Sam Chuah	4.20.45
Barry Rutter	2.58.24	Geoff Underwood	3.31.11	Frank Dearn	4.38.05
David Bray	3.02.29	Jim Barrett	3.34.06	Kevin O'Kane	4.38.30
Matthew Kinchington	3.03.26	John Hanna	3.36.22	Amanda Underwood	DNF F
John Bugg	3.05.46	Susan Login	3.41.42 F	Melanie Rauleder	DNF F
James Cryer	3.06.53	James Moody	3.41.42	Jaap Bakker	DNF
Lisa-Anne Davie	3.07.22 F	John Sneddon	3.43.52		

1st outright: Darren Benson 2.18.20, 2nd outright: Chris Truscott 2.20.57, 2nd Female Suzanne Kelly 2.42.37
 1st M40+ Martin Dowson 2.36.07, 1st M50+ Ron Schwebel 2.54.19, 1st M70+ Frank Dearn 4.38.30

Sutherland to Surf, 24th July

Glenn Guzzo	0.31.54	David Gayford	0.41.48	David Robinson	0.49.14
Jan-Willem Schaar	0.33.24	Grahame Murphy	0.41.50	Arthur Huxtable	0.49.32
Chris Truscott	0.34.30	Wayne Gregory	0.41.56	Naomi Frank	0.49.58 F
Tim Cradock	0.35.48	Neil Anderson	0.42.08	Brian Ogilwy	0.50.54
Damian Tancred	0.36.46	Andrew Lennox	0.42.14	Paul Au-Yeung	0.51.28
Keith Bateman	0.36.48	Ray Doran	0.42.22	Diana Slack	0.52.00 F
Matt Palmer	0.37.36	Andrew Hall	0.42.54	Michael Wilson	0.53.02
Keith Broadfoot	0.38.48	Suzanne Kelly	0.43.10 F	Bernadette Gregory	0.53.12 F
Gerry Arthur	0.38.52	Barry Rutter	0.43.24	Katie Rowell	0.53.54 F
Mark Irwin	0.38.52	Paul Andrews	0.43.34	Allan Wareham	0.54.24
Craig Brown	0.38.58	Mohammed Alkhub	0.44.00	Simon Butler-White	0.54.30
Andrew Taylor	0.39.04	Lisa-Anne Davie	0.44.36 F	David Cooke	0.54.38
Richard Green	0.39.06	Greta Auricht	0.44.44 F	Michael Hill	0.56.44
Stephen Jackson	0.39.08	Andrew Fuller	0.45.02	Eric Schmierer	0.56.50
Martin Dowson	0.39.10	David Bray	0.45.06	Jamie Blackie	0.56.52
Cameron Arnold	0.39.38	Glenn Lockwood	0.45.50	Dale Thompson	0.58.42 F
Bill Flanagan	0.40.04	Russell Johnson	0.46.12	Mason Reeves	0.59.24
David Martin	0.40.26	Dean Gardiner	0.46.34	Pauline Evans	0.59.44 F
Jaap Bakker	0.40.30	Mary Stringer	0.47.46 F	Marlies Laaper	1.01.54 F
Peter Cremen	0.40.34	Timothy Kelleher	0.47.56	Frank Dearn	1.04.04
Michael Adams	0.41.22	Matthew Kinchington	0.48.04	Megan Jackson	1.10.14 F
James Jeffery	0.41.32	Peter Lewis	0.48.06	Robyn Moody	1.20.52 F
Samantha Brown	0.41.36 F	Martin Smith	0.48.08		
Paul Bruning	0.41.48	Ron Schwebel	0.48.12		

Diary of a Novice Bushwalker

So how hard can walking be anyway?

Penny Smith's Trailwalker experience

The Sassy Sixty Something Sheilas were desperate. As the first ever over-sixty Trailwalker team they had received a lot of sponsorship and publicity. Then one of the team withdrew. They contacted everyone they knew, all to no avail. They offended numerous women they met bushwalking by enquiring as to their age and would they like to join an over-60 Trailwalker team, only to discover they were in their 50s or even 40s. Finally they asked Kevin Tiller to email the Striders LiSSt for a volunteer. His soothingly-worded email just said you needed to be 'in decent shape'. Only one person responded. Me.

I rang Jill to tentatively suggest that I was reasonably fit but wasn't currently running much and was no bushwalker, but if they really couldn't find anyone else, then..... So I was in the team. Jill told me that of the other two team members one was aged 69 and the other had had a hip replacement so the team's aim was just to finish the event: time was not important. Clearly I would have no problem keeping up with these ladies, I thought. Until I met them. Marlene was born and bred in the mountains, and a more sure-footed person I have yet to meet. Ann has a 3:18 marathon in her record. Jill has been walking seriously since she was in the winning team in the 58-mile London to Brighton university race when she was a 19-year-old student. These women are so fit it's frightening. I am the weakest link.

Thursday July 7 7 weeks to go. My first bush walk. 5.15pm – 10.30pm. Thornleigh Oval to Galston Gorge. I am wearing thick leather hiking boots which are fine for hill-walking in Scotland but which are totally unsuitable for clambering over slippery rocks and broken terrain in the Kuring-gai National Park. Walking by the dim light of a headlamp which illuminates only the small circle where your next footfall will be. Overweight backpack to cover all contingencies. My shoulders hurt. I discover I have poor night vision. In the gorge there is total darkness, no moonlight, no starlight. My body is becoming stressed. I'm going to be sick. No I'm not. Yes I am. Don't be stupid it's only a walk. We climb down iron rungs hammered into the rock to make the steep descent into the gorge. How can this be so difficult? At last we finish. Twisting and

turning on the narrow road winding up out of Galston Gorge in Marlene's brand-new car, less than 5,000 kilometres on the clock, I vomit. Perhaps the Sassy ones should find someone else. Arrive home tired, sick and sore to find Andrew on the phone to daughter Helen and son-in-law Reza in London. It is the day of the London Tube bombings, they are safe, and my tribulations are utterly unimportant.

Saturday July 9 10am – 7pm. Thornleigh to Mount Kuring-gai. Beautiful day. A pleasure to be out in the bush. Feel ok, but my Striders training on hydration means I am wary of getting dehydrated. If a-pint-of-pure-water-weighs-a-pound-and-a-quarter, then four litres weigh far too much. We are joined by other members of the Gojog bushwalking club who seem delighted that I have joined the team and don't want me to withdraw. The first part of the walk covers the same ground as on Thursday night, but it is just as difficult this time. I have two trekking poles to assist but still I stumble over tree roots, trip over trailing vines, slip on mossy rocks. We only wander off the track once. It is all very confusing. At the end we all retire to a BBQ hosted by Jill's partner, long-time Strider Derek Smith.

Wednesday July 13. 4pm – 9.30pm. Crosslands to Mount Kuring-gai. I now have a pair of proper trail shoes, so I manage better. I try one pole instead of two and find this easier as it frees up one hand to balance on rocks, pull up on trees and scrub. I ask about wildlife. There is a lot of wildlife, it seems, mostly ticks and leeches. Why am I here?

Saturday July 16. 7am – 7pm. 12 hours. Berowra to the finish at French's Forest. 43 km. See lots of other Trailwalker teams. They all seem happy, relaxed and coping. Some have been training since last November. We tell people we are all over 60 and grandmothers. They stare at us as if we are from another planet. Or mad. Descending an apparently simple set of steps almost at the end I fall and twist my ankle. It is extremely painful. At the finish the soles of my feet are so tender that I can hardly walk. I have blisters.

Wednesday July 20, Saturday July 23. In Western Australia all week. Miss mid-week night walk and 15-hour walk on Saturday. Ankle still swollen and painful. Try to think of enforced rest as a positive instead of worrying about missing training.

Wednesday July 27 4.30pm to 10.15pm. Hunters Hill to Thornleigh. Parts of this section overlap with George Herrisson's Buffalo Creek and Paul Lunsmann's Great North Walk STaRs. Walking in failing light is harder than running in full daylight. Only one minor deviation from track.

Saturday July 30 Saturday 11am to Sunday 7am. 20 hours. Thornleigh to Roseville Bridge. 70 km. Variation via Mount Kuring-gai as Bobbin Head area is closed for the night. In the night sky we see the space shuttle Discovery passing overhead. By 4am we are fantasizing about hot showers, foot spas and coffee shops. We know dawn is approaching as we hear the sudden and glorious sound of a chorus of kookaburras, followed shortly afterwards by the sound of aircraft – Sydney is ready to start a new day. Despite my fears, it is not as cold as it has been on mid-week walks. My fingers remain warm all night. I can feel my legs getting stronger. I must be getting better at this, I am actually starting to notice and enjoy the bush. Arrive home 7:30 am Sunday. Spend the rest of the day eating.

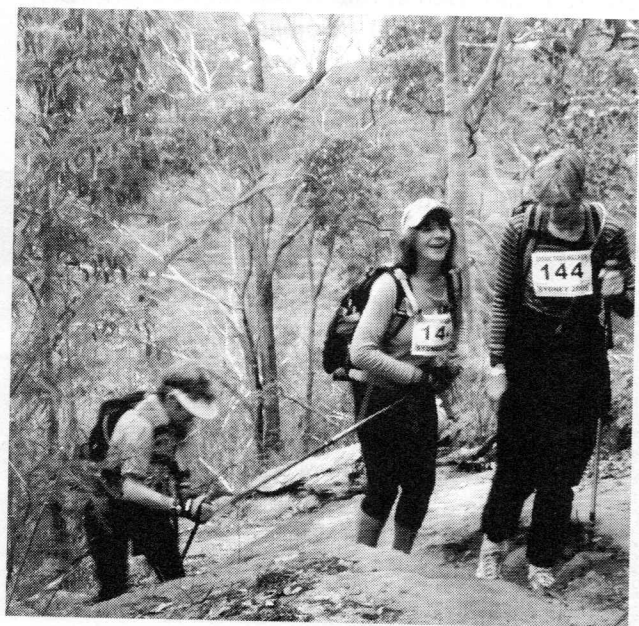
Saturday August 6 7am to 7pm. French's Forest to Mount Kuring-gai. We are now tapering. After last weekend, 12 hours seems like a soft option. Well rested from not having walked mid-week following last weekend's marathon effort. Bitterly cold at the start. It is 11am before I remove gloves and long-sleeved top. It is surprising how much longer it takes to warm up walking than running. I see where I twisted my ankle 3 weeks ago: in daylight it seems very avoidable. We are walking the route in reverse for variety but it still all looks the same to me. We are busy chatting, miss a turning and it is 25 minutes before we realise. Feeling very low as we backtrack but then skirt around the Warimoo checkpoint and make up the lost time. As we make the steep descent to Cowan Creek the sight of the massive, sheer rock face on the other side of the creek is awe-inspiring. You miss this view coming from the other direction. Going down is much more difficult than going up. I am still worried about my ankle which every now and again reminds me that it is not yet properly healed. We make Bobbin Head marina just in time for a proper cup of tea before they

close. Luxury.

Wednesday August 10 5pm to 9pm. Galston Gorge to Berowra. Very cold with a bitter wind at the bottom of the gorge; there will be snow in the mountains. But we warm up surprisingly quickly in the climb up out of the gorge. My night vision must be improving, it doesn't all seem as difficult as it once did. Some of it is even familiar; I can remember the way to get down some intimidating rocks. Descending to Crosslands, out of the wind, the temperature rises, there is a very pleasant, almost balmy, breeze, the terrain is easy, soft underfoot and rock-free. Runners will power through this sector. Stop for half-an-hour at Crosslands for supper, hot soup and jelly beans, which fortifies us for the climb up to Berowra in a strong, freezing cold wind.

Saturday August 13 7.15am to 12.15pm. Cowan to Gundah Ridge. To add some variety to the training programme we walk/climb/struggle along a different route, part of which is on the old Trailwalker course, now superceded, surely because it is it just so incredibly difficult. My hands are scraped and scratched from grappling for handholds, my legs are worse. The view from the summit of the ridges is spectacular and Berowra Waters is lovely in the sunlight.

Saturday August 20 Walk with Gojog for 1 ½ hours around Middle Harbour foreshore, but do not continue as planned as it is cold and wet and we are going to walk again tomorrow.



The last climb – Garigal National Park

Sunday August 21 8:15am to 2pm. Hunters Hill to Thornleigh. Last training walk and it now seems fairly effortless. Looking forward to the event, if somewhat apprehensively.

So all the training is over. Long walks, short walks; day walks, night walks; tough walks, fun walks. Some days it was a joy to be out in the bush as the wildflowers, the boronia and wattle, start to come out. Other days I was over-tired, over-trained, over-irritable and stuff the view. Andrew says I am walking faster as we rush for the train in the mornings. We issue a challenge to the Channel 9 Legends team and appear briefly on The Footy Show. We have a double page spread in a local newspaper extolling us as trailblazers. What, like we're old or something?

And then, on the day, it all came right. All the hard work paid off. Everything was predictable, everything was manageable, even the bad bits, even the this-is-much-worse-than-I-had-possibly-imagined-how-can-I-feel-this-bad bits. Even the weather was perfect.

Friday August 26, 8:30am The course is congested for the first leg so it is a slowish but very pleasant chatty ramble to the first checkpoint at Lane Cove in just over 2 hours. First of seven changes of socks and four of blister pads. Reached the second checkpoint at Thornleigh less than 3 hours later, comfortable training pace. Greeted by the aroma of the organisers' sausage sizzle wafting through the air. I can't resist. Support crew supremo Derek Smith and a bewildering number of wonderful Gojoggers provide a magnificent lunch spread and wait on us hand and foot. I could get used to this. The next leg, to checkpoint 3 Ginger Meggs Park at Hornsby, is unmemorable except that I should not have had the sausage sandwich; but it's okay, thank goodness, my system is getting hardened. We are all still feeling good. There is no risk of getting lost on the course today: the track is marked every 100-150 metres of the entire 100 kilometres with signs or numbered tape tied to trees, the numbers for location in case of emergency. 700 volunteers are involved in the staging of the event and the planning and logistics are awesome. The sun has gone by the time we leave Hornsby and we have to face Galston Gorge. It is now totally dark and there is a long queue to get down the iron rungs leading into the gorge. We are completely stationary for at least five or ten minutes; perhaps some have not done this in training as often as we

have; perhaps some have not done it at all. Good thing the fast teams have gone out early – they had a 7 am start – you could get very stressed if you were chasing a time. At the bottom of the gorge is an ambulance with someone lying on a stretcher beside it.

The leg to Crosslands is the longest so far and seems to go on forever. The trekking pole is a godsend, proving its worth in taking the weight off knees and ankles as we negotiate all the ups and downs and rock-clambering of this section: couldn't do that if you were running. My mind is starting to wander; it's becoming difficult to focus on watching the trail constantly. Ann trips on the narrow path and rolls down a slope towards a steep drop but stops well in time. I follow quickly and grope in the scrub for her headlamp which has flown off. A young man in a team just ahead of us comes rushing down to help. Decide not to tell him that Ann has an artificial hip. Fortunately no damage done. Three and a half hours after leaving Hornsby, almost 12 hours since we started, we arrive at Crosslands, the 49 km mark, so are almost half way home; just have to do the same again. We are met by our wonderful support crew with blankets, hot water bottles, hot soup, bread, cheese and fruit. Derek's mother Grace, age 90, is making tea and coffee. Andrew reveals a welcome ability at leg and foot massage. I can't be bothered to eat but they aren't having that attitude and I'm grateful for it later.

The next leg is the worst, by far. Far worse than I remember it. The section down from Berowra is extremely steep and rocky and at first we are frustrated at being unable to pass slower teams on the narrow winding path. But down at water level the trail becomes very dusty and worn from all the pounding feet that have gone before; there are lots of tree roots and trailing vines to trip up the tired and unwary, and we are very tired. This section has a difficulty rating of 5, the hardest, and deserves it. By the time we reach the checkpoint at Apple Tree Bay, 4 hours later, at 1 am, I am a complete zombie. Andrew tells me later that he was worried I might pull out. I don't recall thinking that. I don't recall thinking anything at all: it was enough just to slog on. Trailwalker evolved in the 1980s in Hong Kong out of a training exercise for the British Army's elite Gurkha regiment and right now that's exactly what it feels like. Looking around at other teams shambling in, they also have done it tough. Wrapped in blankets, hugging hot water bottles

and revived by a warming meal of rice pudding and hot chocolate we watch the trail of headlamps like a chain of bobbing fairy lights in the darkness stretching along the shore path and into the checkpoint. Reinvigorated, we prepare to tackle the shortish section to the Warrimoo Scout Hall at St Ives. We are lucky with the weather; compared to some of our training walks it is not cold; gloves and beanies are needed for only a very short time. We are still managing to pass other teams so all our event-specific training is paying off. The bush is completely quiet, absolutely still. There are no sounds of wallabies crashing through the undergrowth as there have been on previous occasions; perhaps so many people invading their space have frightened them away. The latter part of this leg entails some steep climbing but nevertheless at Warrimoo Andrew is relieved to see that I am looking much brighter. Porridge, tea and, bliss, a footbath work wonders in preparing us for the long 17 kms section to Davidson Park, Roseville Bridge. Only half-an-hour after leaving Warrimoo we hear the welcome sound of kookaburras greeting the new day and an hour later it is full daylight. We are well within our hoped-for finishing time of 30 hours which lifts our spirits. We continue to pass other teams and build a camaraderie with some that we alternate passing. After Roseville we are tired and stiff but it doesn't matter; only 8 kms to go. I can only stare at the rocks in the last section up through the Garigal National Park: they are far larger than they were last time we were here and I have the greatest difficulty clambering up them.

And then, suddenly, it's all over. After 26 hours and 52 minutes we have reached the end. Of the

430 teams that started, and 239 complete teams that finished, we are 121st. Friends and family in different time zones and on different continents have followed our progress on the website which logs the time teams reach each checkpoint. We have raised over \$10,000 for Oxfam programs. We have won not only the inaugural over-60 category, being the only candidates, but also the over-50s. Weeks later I am still savouring the pleasure of being, genuinely, a Trailwalker. And another one is ticked off in the 'Because It's There' category of life.

Striders at Trailwalker

Striderama - 12h 41m, 3rd outright

Striders Joel Mackay, Shaun Atchison, Chris Graham with Paul Every.

The Phantom Torsos - 16hr 51m, 14th

Included Striders Tim Austin and Allison Lilley

Striders On The Storm - 19h 32m, 26th, 2nd O-40s

Robin Cameron, Mary Stringer, Jill Reich, Stephen Jackson.

Sassy Sixty Something Sheilas - 26hrs 52m, 121st, 1st O-50s and 1st O-60s

Included Strider Penny Smith.

Watch Out For That!!!! - 28hrs 25m, 234th.

Included Strider Euan Callister.

Placings are from complete teams except Euan's team which had three finishers.



The Sassy Sixty Something Sheilas - L to R Marlene, Jill, Ann, Penny. (Photo courtesy of Oxfam)

Carbohydrates 2 Go

By Frances Brown

Travelling somewhere special for your next marathon? As well as your shoes, socks (and Striders singlet, of course) don't forget to take some high carbohydrate snacks!

Why are carbs so important?

Carbohydrates seem to have fallen out of favour in recent times, but despite being unfashionable with the general public they remain essential for those undertaking endurance sports. Carbohydrates are the primary source of energy used during vigorous exercise, and endurance performance will suffer when daily carbohydrate intake is insufficient to fully replenish muscle-glycogen stores*.

What is the difference between carbohydrates, glucose and glycogen?

Carbohydrates are foods (usually of plant origin) which are composed of molecules of carbon, hydrogen and oxygen. The molecular structures may

be large (complex carbohydrates) or small (simple carbohydrates). In the olden days (about 1970) carbohydrates were grouped as sugars, starches and cellulose. Most carbohydrate foods contain a combination of these e.g. bananas contain a mixture of sugars and starches depending on their degree of ripeness. By the mid-seventies, cellulose was renamed "fibre" and "high fibre" diets became very popular. "High fibre" then went out of fashion with the resurgence in popularity of the Atkins diet. This is a pity, because generally, a diet high in fibre can have health benefits such as reducing the risk of certain cancers and lowering cholesterol levels.

Carbohydrate foods are broken down by the process of digestion and released into the bloodstream as **glucose**. Glucose is a very small molecule (simple carbohydrate) which can be used to provide energy at the cellular level, e.g. brain cells use glucose exclusively as fuel.

Carbohydrate food, e.g. bread	(digestion) →	Glucose (is released into the bloodstream)	→	Used to fuel the brain and /or
			→	converted to liver glycogen stores (reserve energy store for brain) and /or
			→	converted to muscle glycogen stores (or taken up by muscle and used directly) and /or
			→	converted to fat

Excess **glucose** in the bloodstream will be converted to **glycogen** and stored in the liver and muscles. After muscle and liver glycogen have been topped up, any additional glucose will be converted into body fat.

Glycogen is the preferred form of storage, as it is more bulky than the small glucose molecules which would just float away. When the body requires energy **now**, glycogen can be utilised quickly, whereas stored fat releases energy more slowly.

Glycogen (stored in muscles)	quickly converted to →	Glucose (preferred fuel for active muscles)	+ oxygen →	Releases energy, water, and carbon dioxide
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What if I'm not racing regularly?

Even if you are not racing, consuming sufficient carbohydrate is still important for optimum training. Low muscle-glycogen stores will limit the duration

and intensity of your workouts as there will be a drop in your endurance capacity, power and strength. Fatigue will set in sooner, resulting in less than optimum training gains. A chronic state of muscle-glycogen depletion can contribute to chronic fatigue and the overtraining syndrome.**

What are the best carbohydrates to eat?

High carbohydrate foods traditionally eaten by athletes include breakfast cereals, bread, rice and, of course, pasta. However, when travelling to a race, it is often handy to have some extra snacks on hand. Even if you are not following a formal carbohydrate loading program (more on this in the next Blister!), you're not going to do yourself any favours by skimping on carbohydrates, especially in those last few crucial days before a marathon.

Some foods provide a more "efficient" source of carbohydrate than others— that is, they contain proportionally more grams of carbohydrate for the kilojoules they contain. If you are concerned about

kilojoules, the following table allows comparison of the carbohydrate content and the kilojoules of various snack foods. For example, a bottle of Gatorade contains 15g of carbohydrate; 2 Tim Tams contain 21g, but almost three times as many kilojoules as the Gatorade (because of their fat content). This gives Tim Tams a lower "Carbohydrate/Kilojoule Efficiency" than Gatorade. If you don't have to worry about the kilojoules, good luck to you – go ahead and treat yourself to some Tim Tams!

The following table shows the Carbohydrate/Kilojoule Efficiency*** of various prepackaged snack foods that could be useful when travelling. Many of these could also be handy additions to a work or sports bag.

	Product	Carbs (grams)	Kilojoules	Carb/kj Efficiency***
Sports Nutrition Products	GU Energy Gel Vanilla Bean 1 x 32g sachet	25	420	59.5
	Gatorade sports drink orange ice 600ml	15	263	57.0
	Power Bar chocolate flavour 1 bar 60g	42	980	42.9
Chips & crackers	Suki Rice Crackers Sour Cream & Chives 30g (approx 17)	25.7	525	49.0
	Premium crackers 98% fat free 4 crackers	25.2	518	48.6
	Arnotts Jatz Light 35g (approx 11)	27.7	590	46.9
	Arnotts Pizza Shapes go pack 25g	13.9	500	27.8
	Doritos Cheese Supreme Corn chips 50g packet	29.5	1080	27.3
	Smiths Crinkles Chips Original flavour 50g	28	1119	25.0
Drinks	Coca Cola 600ml	63.6	1080	58.9
	Berri Apple juice 300ml (non refrigerated)	31.8	540	58.9
	Berri orange juice 300ml (non refrigerated)	25.5	480	53.1
Fruit fresh & dried	Sunsweet California pitted prunes 26g – 3 prunes	16	265	60.4
	fresh apple x 1	12	200	60.0
	fresh banana x 1	23	400	57.5
	Golden Days Apricot squares 40g snack pack	31.1	570	54.6
	Lion of Sahara dried apricots 40g snack pack	26.4	504	52.4
	Sunbeam fruit and nut mix cashew blend 40g sachet	19.4	620	31.3
Lollies & chocolate	Jelly Beans Glucogel 50g (about 14)	45.5	746	61.0
	Frys Turkish Delight 1x 55g bar	39.9	886	45.0
	Mars Bars Fun Size 2x 22g	30.8	850	36.2
	Cadbury Dairy Milk Chocolate 3 treat size -47g	26.8	1039	25.8

Cereal, fruit & Muesli bars	Uncle Tobys Fruit Twists Strawberry & Blueberry flavour 1 bar	26.7	540	49.4
	Kellogs Special K Bars Original flavour 1 bar	21.1	433	48.7
	Kellogs LCM's (Rice Bubbles bars) 1 bar	17.2	379	45.4
	Uncle Tobys Chewy Choc Chip Muesli bars 1 bar	19.8	540	36.7
Cakes & Biscuits	Sunibrite Banana Slice 1 x 90g	58.5	1165	50.2
	Arnotts Spicy Fruit Roll biscuits 2 biscuits	26.1	550	47.5
	Kellogs K time muffin bars Apple 1 bar	30.9	718	43.0
	Arnotts Morning coffee biscuits 6 biscuits	25.8	640	40.3
	Arnotts Scotch finger biscuits 2 biscuits	24.2	730	33.2
	Arnotts Tim Tams 2 biscuits	21.7	760	28.6
	Arnotts Shortbread Cream biscuits 2 biscuits	21.5	760	28.3

The Winners

The top spot in this selection is taken by jelly beans, with a carb/kj efficiency of 61, closely followed by pitted prunes, apples, GU, Coca Cola, & apple juice. Surprisingly, apple juice is identical to Coca Cola in carb and kilojoule content. Although juice may not be suitable to drink during a race (due to the possibility of stomach upset), it is nevertheless a good choice post-race as it contains carbs, Vitamin C and antioxidants to aid recovery.

Arnotts "Spicy Fruit Roll" was the best performer among the biscuits. Overall, the cereal/muesli bars were slightly more carb/kj efficient than the biscuits, although there is some variation within all the categories. The LCM (Rice Bubbles) bars are also worth a mention. Although they are probably too sweet for most adults' tastes, they are low in fibre, which is an important consideration for race morning and the day prior to a race. They are also quite light and fairly easy to eat post-race, and provide 17 grams of carbs on those occasions when you don't really feel like eating anything but know that you should.

Sports drinks are also highly recommended when travelling. They are excellent for maintaining hydration, (particularly important if you are travelling in an aircraft), and provide a useful top up of carbohydrates. They are also readily available, but if you are travelling to a remote location for a marathon (say, the South Pole) it would be wise to take your own.

However, carb/kj efficiency is only one aspect of a

food. A breakfast of jelly beans and Coke may be slightly more carbohydrate efficient than Weetbix with low-fat milk, but the cereal is obviously a healthier choice. Fruit is almost always a good choice too. Although the carb counts of other foods may be similar, fruit contains water, which helps maintain hydration, plus has the added benefits of fibre, vitamins, antioxidants and other nutrients. As well as keeping the doctor away, an apple or two a day could help you run your next marathon!

References

*The Coaches Edge, Issue 24 July 2003

**Bean, Anita The Complete Guide to Sports Nutrition, Chapter 2, Third Edition 2000

***My own measurement. Grams of carbohydrate per 1000kj. ie the amount of carbohydrate provided by a 1000kj (240 calorie) portion of that food.

Frances Brown BSc Dip Ed is a former High School Science teacher and teaches Healthy Lifestyle courses for adults at Hornsby & Ku-ring-gai Community College. Since joining Sydney Striders in 2000, she has completed 3 marathons and 12 half marathons.

Next issue of Blister

- Carbohydrates and weight gain
 - Carbohydrate loading – is it worth the effort?
- Plus** the carb/kj content and efficiency of your favourite desserts!

Results August

Great Nosh, 15km, 10th July

Pl			Age Grp	AG Plc
4	Tim Ashby	1.04.17	Men 30-39	3
23	Martin Dowson	1.09.07	Men 40-49	3
24	Richard Green	1.09.52	Men 30-39	14
35	Ron Schwebel	1.12.10	Men 50-59	2
40	Wayne Gregory	1.13.48	Men 40-49	6
43	Kevin McGregor	1.14.00	Men 30-39	22
53	Kendall Waller	1.16.27	Men 18-29	13
63	Martin Harris	1.18.04	Men 18-29	16
68	Mark Shingler	1.18.57	Men 40-49	11
80	Rod Lovel	1.21.23	Men 50-59	4
81	Sean Greenhill	1.21.26	Men 18-29	19
85	James Cryer	1.21.42	Men 50-59	5
87	Lisa-Anne Davie	1.22.02	Women 18-29	5
101	Mark Watson	1.25.24	Men 40-49	17
109	Nicholas Campbell	1.26.28	Men 18-29	22
117	Caroline Yarnell	1.28.41	Women 40-49	3
121	Michael Free	1.29.22	Men 30-39	51
130	David Cooke	1.30.42	Men 40-49	21
136	Marty Carne	1.31.03	Men 40-49	22
193	Anne Byatt	1.39.10	Women 30-39	14
197	Julie McGaw	1.40.18	Women 40-49	4
210	Allison Lilley	1.42.01	Women 30-39	18
212	Eric Schmierer	1.42.48	Men 50-59	22
214	Sam Chuah	1.44.06	Men 50-59	23
240	Lilian Chuah	1.51.15	Women 18-29	15
256	Karen Coleman	1.55.19	Women 40-49	10

Cherrybrook Chase 12km Fun Run, 17th July

Place		Div	Div Pl	Time
2	Martin Dowson	16-59	2nd M	0.46.11
45	Kevin Byrne	16-59	31	1.05.22
81	Peter Johnson	60+	3	1.31.40

Shoalhaven King of the Mountain, 32km, 17th July

2	Tony Fattorini	2.01.57
18	Richard Green	2.22.58
21	Jaap Bakker	2.26.16
37	Malcolm Ferguson	2.36.58
56	Darryl Chrisp	2.46.48
61	Lisa Carroli	2.50.39
83	Dougal Langusch	2.59.59
89	Jim Barrett	3.01.57
104	Naomi Frank	3 17 18

12 Foot Track, (Six Foot return), 13th August

Philip Murphy	11:25	1st
Sean Greenhill	12:15	2nd

Sutherland Half, 20th August

Michael Adams	1:28:33
Neil Anderson	1:28:38
Simon Butler-White	2:00:46

Riverina Marathon, 21st August

Kelvin Marshall 3:05:10, 6th outright

Australian Duathlon Championships, Benalla, Victoria, 21st August (10k run, 40k bike, 5k run)

Charles Coville 3rd in 55 - 59 age category
10k run - 40.40 (thermal vest, arm warmers, gloves and cycle jersey - 12 degrees, drizzle, head winds)
40k bike - 1.15.18 incl transition
5k run - 21.58 incl transition

Bankstown Hidden Half, 21st August

3	Cameron Arnold	1.24.24
19	Robert Mulley	1.39.19
25	Dean Harris	1.41.30 PB
30	Michael Free	1.42.54
32	Jeff Gissing	1.43.28
34	Paul Au-yeung	1.44.28
56	Eric Schmierer	1.52.46 PB
64	Danielle Van Zuylen	1.55.39 Debut
65	Manal Garcia	1.55.40 Debut

Mudgee Half Marathon, 21st August

1st outright: Stephen Jackson 1.20.04

3rd F36-45 Lisa Gallate 1.47

Lake Macquarie Half, 21st August

Pl			Cat	Cat plc
12	Stuart Chellis	1.20.55	25-29	2
29	Wayne Gregory	1.25.37	45-49	3 PB
47	Paul Davey	1.28.00	30-34	5 PB
55	Walter Mitchell	1.29.16	35-39	19 PB
92	Mark Crombie	1.33.55	50-54	4 PB
174	Karin Kaehne	1.41.38	35-39	5 PB
175	Darren Kaehne	1.41.38	35-39	41
201	Jim Barrett	1.44.40	50-54	11
215	Glenda Mitchell	1.45.50	35-39	6 Debut
248	Katie Rowell	1.48.41	25-29	5 PB

Noosa Half, 21st August

Tim Ashby	1:15:03	PB
Christine Wong	1:34:29	
Alastair Wallace	1:41:37	
Karen Coleman	1:53:10	

Adelaide Marathon, 28th August

Danielle Langsworth	3:15:38	PB, 3rd Women
Mark Langsworth	3:36:42	PB

Shepparton Marathon, 28th August

Kelvin Marshall	3:09:10, 3rd outright
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Simply 'Gorges'

By Chris Truscott

I am a self-confessed streaker! Yep, it's true. In fact as I write this, I am in the middle of streaking. And I plan to continue streaking tomorrow and the day after. Some days it's difficult, and others simply 'Gorges'.

So when it came to combining my streaking tendencies with a honeymoon to the Kimberley region in northern Western Australia, some serious thought was needed on a daily basis to ensure I was able to continue my little obsession.

No – I don't meander through the wilderness shy of clothing. I have merely failed to miss a day's running in 2005, hence a calendar year running streak. The idea behind streaking was covered by Dale Thompson a couple of Blisters ago. For me it ensures I run on the days I don't want anything to do with training, thus meaning I still receive at least 30mins worth of fitness for that day.

My wife Greta and I landed in Broome in late September for a combination of Kimberley camping and Cable Beach Cocktails, but the latter would have to wait. Our 4WD was waiting patiently for us. It knew we were coming. It knew where we were going and so presented itself to us already dusty but ready to travel. Oh yeah, the number plate was 'HUMPIE'. Hmmmm, not sure if they knew we were on our honeymoon. But moving along.....

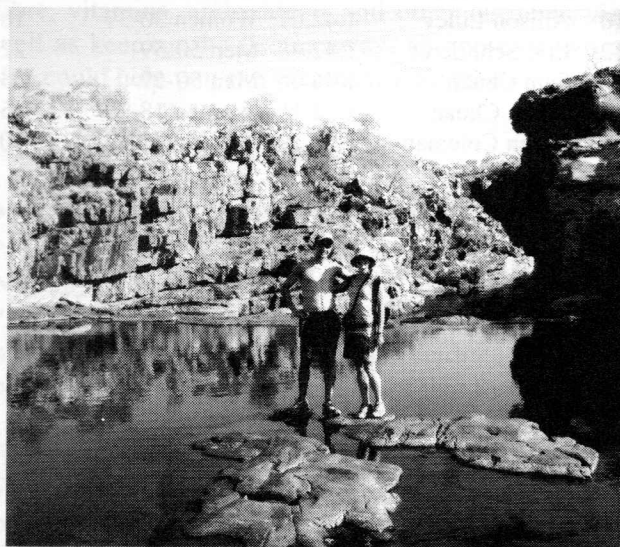
Whilst a balmy 30°C in Broome was welcoming, we were not quite ready for 40°C in Fitzroy Crossing where we set up camp alongside the empty Fitzroy river. "Wow, first night out here and the possibility of breaking the streak was already on the cards", I thought. Luckily Greta is a very enthusiastic and supportive training partner and also as the temperature began to cool slightly, my motivation increased. So we found a dirt road (not too hard out there) and ran our 30mins as a slightly larger sun dipped below a distant range. Day 1 ticked off. "Phew".

I thought about running first thing the following morning to eradicate that necessity for the day but by 7am the temperature was already over 30°C so we packed and took off.

Our first gorge was Gieke, soon to be renamed Darnku gorge. The oncoming wet season will again see the rush of the river, the second fastest flowing in the world (behind the mighty Amazon). The volume of moving water would refill an empty Sydney Harbour within 24hrs. But basking freshwater crocs would be the major excitement on our short cruise.

Next stop Tunnel Creek Gorge where we donned headlights and torches and trekked through 800m of darkness not knowing what was swimming around our ankles or where the squawking bats were nested exactly. Quite a bizarre experience but worth the effort.

Then to Windjana Gorge where we witnessed over 100 freshies basking on the river's edge. Although Australia has never suffered a Freshwater croc fatality, we didn't test it too much and stayed our distance from the gang.



Finally after a solid day's gorging and a stretch on the infamous Gibb River Rd, we arrive at Bell Gorge and set up camp. Greta wandered down an adjacent short bush track to discover the most delightful fresh waterhole representing part of Bell Creek. It even boasted a perfectly positioned horizontal tree trunk that hung over the pool of cool. BUT MY STREAK MUST CONTINUE – so this will await my return. I'm not sure why the streak must continue. All I know is that at this stage, I've come too far and the weight of breaking it is heavier than the red, thick dust that is blown in our faces with each passing car.

The countryside differs quite dramatically in the lush gorge areas and we notice the many varying plants and animals that inhabit sections of the run as we make our way down the track into the gorge. Once there we are not disappointed. This is becoming a definite trend; make the effort, be rewarded. And we are. The water temperature is idyllic, the waterfall volume perfect for aching shoulders. The surrounding sheer rock faces occasionally giving us that perfect ledge from which we leap from, catapulting us back to our youth. But we know we must finish the run, return to our camp where we can again cool off in our private freshwater sanctuary alongside the tiny turtles that come to visit us.

The following day, our gorge crawl continues along the Gibb River Rd. We stop at Adcock Gorge and this wondrous beauty is all ours. 'The streak continues' in the alternate sense. Then we bypass Galvan's Gorge and land at Manning Gorge alongside Mt Barnett.

Now most tourist signs and books depict a long arduous journey to walk in and out of some of these gorges. Manning is listed as a 3hr return walk. The ranger practically told us that short of carrying a water tank, two tubs of sun cream and a week's worth of food, we should ensure we leave plenty of time to get there and back from the camp area. I turn to Greta and exclaim "Bet we'll get there inside 30mins". Sure enough we jogged in – 20mins, maybe not even 4km. And after shaking my head and wondering who in this world would take 90mins to walk approx 3.5kms, we again have exclusive rights to the gorge's expansive freshwater pool and thus dive right in.

17mins return jog. The day's streak satisfied.

Our last few Kimberley days were spent making our way back towards Broome where we would be relaxing at Cable Beach Resort for a few nights. We arrived at Derby in time to gloat amongst the locals as the Swans won the AFL Grand Final. We then camped at Middle Lagoon on the Dampier Peninsula where we mixed up our running with dirt trails and beach runs, enjoying the slightly cooler (30°C) temps.

Many 'normal' (and I use that word loosely) people may ponder the decision to camp on a honeymoon. These people would probably keel over at the thought of running in this arid environment – AND on their honeymoon. But I know most Striders would see logic in encompassing the best of both

worlds thereby actually maximising the quality time spent inside these marvelous gorges we had visited.

The sights, the sounds, the moments and experiences not always felt from inside a tour bus presented themselves constantly. During a lazy lie down in my hammock at sunset one night a rare Northern Quoll (small marsupial) ambled past non-fussed by our presence. Feeding hawks, eyeing off a King Brown devouring a frill-necked lizard and catching a fish for the first time in my life were amongst many of our Kimberley camping treats and throughout all of these wonderful, unforgettable memoriesthe streak continued.

Now.....where to streak next?

Hatch, Match and Despatch

In addition to Christopher Truscott and Greta Auricht getting wed, brother Peter Truscott and Melanie Rauleder had their engagement party in October and will be getting married next year in Berlin, coincidentally at the same time as the Berlin Marathon.

*

Old Runners

Kevin Tiller is still still collecting old, retired, expired or just plain dead running shoes. Main success to date is the 100 pairs donated to runners and high school students in Vanuatu in July - pretty much all of these were donated by Striders. Check out Recycled Runners website [<http://www.recycledrunners.com.au>].

*

Waverton Training Run From Kevin O'Kane (9943-6880)

By popular demand, the Thursday evening run from Waverton Bowling Club has resumed. If you want it to continue, please turn up.

Where: Outside Waverton Bowling Club, Woolcott Street, Waverton.

When: 6.00 p.m. sharp

How far: Just under 10kms

Pace: Gentle, for some at least, otherwise depends on who comes.

Course: The run follows the foreshore under the bridge, then winds through Kirribilli before returning to Waverton via Milsons Point.

Marathon Training Group Sydney 2005

From MTG Coordinator, Jim Moody

Where to begin the latest saga of the MTG. As I have mentioned in my previous literary efforts each MTG has a personality which separates it from the previous one and this group is no different. As usual the group is made up of over-achievers (typical for this club) and includes the mandatory number of lawyers, IT professionals etc. However that is where this group stops having too many similarities with earlier MTGs.

This group has the peculiarity of being somewhat faster than the usual MTG. I have had the pleasure with previous MTGs of seeing many of the group lifting their 10k times and there are any number whose times have improved substantially while training with the MTG. However the majority of this group are in the sub 45 minutes range for 10k. On this occasion it is they who are trying to lift my times. Two of the MTG who have joined the Sydney Striders Athletics NSW team and are putting in 10 k times in the 39 to 42 minute range. Lisa Ann Davie and Shelley Howe both joined the Club's women's team in recent events and under the guidance of Kate Topp and Glen Guzzo have improved remarkably and will both benefit from the experience. (Meanwhile me poor ol' legs are taking a battering. Whatever happened to 6 min km pace?). I had planned on evicting them into the 6:20 group but had not been able to catch them. So I relentlessly plodded along behind, gasping for breath, hoping they would get lost enough one day so I could get back before they did.

This group pulled off a coup of a different kind during one of our training runs. Many of you may be aware that the MTG give out the *Bourke and Wills* Award for some extraordinary feat related to getting the group hopelessly lost in the back streets and suburbs of Sydney. It has been historically awarded to the leader of the MTG as the proverbial "buck stops here" thing. The recipients of this award have some pretty awesome achievements (cast your mind back to Michael Bailey coming home from a STaR via Mascot Airport). On this occasion the MTG outdid themselves, THEY actually lost me, they left me behind to wander the backstreets of Balmain until eventually discovered clutching my map, lost and bewildered, by Tina Campbell, Mike Hansen and Frank Dearn some time later. This was probably some sort of subliminal message just to remind me of exactly how fast I actually do run.

During the recent training a couple of the major milestones this MTG accomplished were the Woodford to Glenbrook run for 28 kms and the Mt Wilson to Bilpin run as the 35 km run prior to Sydney. The group all finished with energy to spare on both runs so they were good pointers for Sydney.

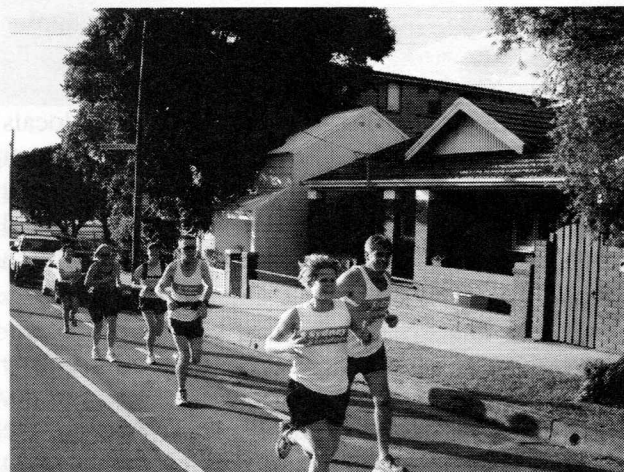
During the last few months the total distance the group ran was approximately 1,700 kilometres. That included five X 20 K, four X 25 k, six X 30 K and one X 35 K runs. And considering it was during the cooler part of the year it was a good effort. There is nothing like turning up for a STaR at 5:50 in the dark when it's raining and the temperature is far too close to zero.

Our special thanks go to the STaR hosts for being there and for waiting for us when we were somewhat late returning on those cold and damp mornings.

The MTG for the Canberra Marathon in April 2006 is well underway and we have a good number of new members. This group started in early October so if there are any club members out there who are interested in a 4 to 4 ½ hour Marathon in April next year or would like to be on the MTG email list send me an email as we are in the early stages of our program and it is not too late to join in.

MTG has now joined the 6:00 AM group for Sunday runs and are also running on Wednesday evenings from Brett Park opposite Drummoyne Pool for a variety of runs. We leave at 5:45 PM sharp.

*



RACE RESULTS SEPTEMBER

Willoughby 10km Fun Run , 4th Sept

2	Martin Dowson	0.37.37	
8	Yvette Clements	0.39.23	1st Female
19	Barry Rutter	0.43.06	1st 50-59
24	Michael Free	0.44.34	
30	Marty Carne	0.46.06	
61	Eric Schmierer	0.51.21	3rd 50-59
101	Ted Brailey	0.56.54	3rd 60+

Glasshouse 100 Mile, 10th – 11th Sept

Place	Strider	Time
3	Philip Murphy	21.43.45
8	Brendan Mason	26.25.03
10	Kelvin Marshall	26.31.14
14	Sean Greenhill	28.28.01

GPS Carnival, 17th Sept

Lachlan Renshaw won both the 400m and the 800m Open Championship events, accomplishing something never achieved before by anyone by winning the 800m Open for the 4th year in a row. In winning the 800m he broke the previous 23-year old record. His time of 1.50.63 is a qualifying time for the World Juniors in Beijing in August 2006.

Berlin Marathon, 25th Sept

Glenn Guzzo 2:28:47 (clock time) 14th M30
(warm weather with temperatures of more than 20C)

Sydney Marathon Clinic, 25th Sept

Pl	Half	
2	David Criniti	1.19.30
4	Gerry Arthur	1.20.53 PB
7	Peter Cremen	1.23.58
12	Mohammed Alkhub	1.28.33 PB
14	Barry Rutter	1.29.43
15	Wayne Gregory	1.29.51
17	Ron Schwebel	1.30.52
20	David Gayford	1.31.25
21	Tom Winder	1.32.55
24	Philip Murphy	1.34.28
25	Robert Mulley	1.35.14
29	Wayne Pryke	1.38.06
32	Arthur Huxtable	1.39.29
33	Russell Johnson	1.39.50
35	Luigi Criniti	1.40.12
51	Michael Free	1.48.01

10km

12	David Bray	0.41.35
14	Kevin McGregor	0.42.43
18	Glenn Lockwood	0.44.09
32	Paul Bruning	0.49.01
34	Cheryl Crawford	0.49.38

5km

2	Craig Brown	0.18.33
5	Salvador Gala	0.19.48
8	Mick Regan	0.21.46
11	Clara Vucetic	0.23.29
18	Frances Brown	0.26.31

New Members – July - October

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.

Dino Soepono
Kaye Stanton
Graham Ford
John Justice
Chris Martin
Tim Ashby
Darryl Harding
Danielle Van Zuylen
Manal Garcia
Ying Liu
Edwin John Davie
Simon Butler-White
Chris Davis
Pauline Evans
Timothy Kelleher
Christine Wong
Matthew Kinchington
Neil Anderson

Mark Irwin
Bernie Winters
Bruce Horsburgh
Sue Horsburgh
Charlie Cordina
Deborah Ramage
Lisa Brockwell
Phil Skurrie
Victoria Swain
Benjamin Farrand
Jonathan Kearney
Richard Newell
Ronan Carolan
Isabel Silva
Jenny Quinn
Mick Regan
Pamela Duncan
Meghan Hay

Pennie Psaltis
Alistair Mclean
Chris Hogan
Ruth Hamilton
Stephen Lowndes
Gabrielle Ashby
Louise La Hei
Deanna Lum
Andrew Ramsay
Brad Eastwood
Sarah Vincent
Dennis Wylie
Chris Yates
Vince Mangioni
Jonathan Lowther
Christian Werner
Andrew Stone

"What do I do now ?"

Ten tips to survive the Post-Marathon Blues

By Lisa Gallate



On 9th October 2005 I finally achieved my goal of a sub-4 hour marathon in Melbourne. The big question was "What do I do now?" Below are my ten tips to surviving – and enjoying - the first two weeks of recovery. Yours may differ.

1. Enjoy the moment

Celebrations immediately following the marathon are essential. Caution : Champagne and crisps are not efficient sources of carbohydrates or protein!

2. Set your sights

Setting a new training goal either immediately before/after the race helps avoid the post marathon blues. The event shouldn't be too long term, but for amateur runners like myself, it usually takes 6-8 weeks to recover.

3. Post-marathon party

Organise drinks in advance for the week post-race with friends who will listen attentively to your post-race analysis – being rested means you enjoy the party and all the festivities!

4. Cross-training

After all those long runs pounding the pavement, counting the tiles in the pool was a welcome change to counting k's. Any exercise other than running (such as swimming or cycling) is fun and great for muscle recovery and maintaining fitness.

5. TLC

For the non-SNAGS – this is tender loving care. Treats and pampering should be part of any training programme. I had a massage three days after the marathon (any sooner would have hurt!). Also, lots of rest, non-alcoholic fluids and nutritious food (but I'll pass on the protein bars!).

6. Run for a good cause

I raised funds for the Asthma Foundation (thanks to everyone who sponsored me). Collecting the donations afterwards was a great way to catch up with friends, enjoy and share my achievement with others, and obtain much needed funds for my charity of choice.

7. Savour Sunday mornings

Forget the STARS for a few weeks – it will mean you finally get to enjoy Saturday nights! Or attend and help a host – all the congratulations you receive from other Striders will boost your post-marathon morale!

8. Reconnect with family and friends

Most important is to appreciate and spend quality time with your biggest supporters. And a multiple email or sms is an easy way to reconnect with the world – after all, isn't good news contagious?!

9. Race memorabilia

Official race photos of myself are always awful (did I really look that exhausted?!) But they are good for a laugh and make a fun present for your support crew. I have also searched my drawers for all those race medals and put them together in the study – seeing them inspires me to add to the collection !

10. Run for your life

I plan to follow the lead of our most senior Striders and be running for many years to come. Several weeks of light post-marathon training and careful planning of my running calendar has to be a good way to start.

Race Results - October

State 10k C'ship (Track), 1st October

State Champions:

Lucy Chapman - Open Women - 35:45
 Cameron Arnold - M30-34 - 35:39
 Ray Wareham - M34-39 - 33:03
 Keith Bateman - M50-54 - 33:20.3 (NSW Record)

Placegetters:

Jan-Willem Schaar - 2nd Open Men - 31:20
 Ron Schwebel - 2nd 50-54 Men - 36:45
 Stephen Ball - 3rd 50-54 Men - 39:12 (Giraween)
 Paul Trainor - 3rd 40-44 Men - 39:12

Melbourne Marathon, 9th October

	Chip Time	Age Grp	AG Pl		
Martin Matthews	2.43.59	25-29	4	PB, outright	17th
Martin Harris	2.56.18	25-29	11	PB of 57.11,	
Craig Dunn	2.59.06	30-34	30		
Kelvin Marshall	3.03.58	40-44	14		
Mark Robinson	3.05.39	40-44	16	PB	
Christine Wong	3.26.26	30-34	9	PB of 31.48,	
Anthony Whitty	3.28.15	30-34	86	Debut	
Darren Kaehne	3.29.04	35-39	72	PB	
Timothy Kelleher	3.40.49	30-34	121	Debut	
Glenn Lockwood	3.42.36	40-44	82		
Amanda Underwood	3.48.24	25-29	20	PB	
Lisa Gallate	3.53.07	35-39	27	PB, sub-4	
Brendan Mason	3.59.33	40-44	132		
Karin Kaehne	4.03.56	35-39	36		
Glenda Mitchell	4.10.05	35-39	43	Debut	
Walter Mitchell	4.10.06	35-39	205	Debut	
Allan Wareham	4.18.25	65-69	4		
Phil Skurrie	4.38.46	30-34	223	Debut	

Melbourne Half Andrew Dyer 1:24:20 PB

Fitzroy Falls Marathon, 15th October

6	Ewan Horsburgh	3.17.35	Debut
9	Kelvin Marshall	3.21.32	
11	Wayne Gregory	3.27.07	
13	George Lisson	3.30.41	
32	Julie Allen	4.02.43	
53	John Sneddon	4.38.47	Debut
54	John Hanna	4.39.04	PB
56	Allison Lilley	4.49.29	
57	Margaret Cameron	4.49.30	
58	Robert Mulley	4.50.11	

ANSW Club Premiership Round 2, 15th October

Lisa-Anne Davie 1st Open Women's 3000m
 Shelley Howes 2nd
 Ron Schwebel 4th M35+ 3000m.

Sydney Marathon Clinic, 16th October

Pl	Half	
1	Tim Ashby	1.14.36 PB
4	Gerry Arthur	1.21.14
7	Peter Cremen	1.23.39
9	Ron Schwebel	1.26.21
10	Dennis Wylie	1.26.59
15	Barry Rutter	1.30.09
24	Wayne Pryke	1.38.31
27	Cheryl Crawford	1.41.52
30	Arthur Huxtable	1.43.31
36	Michael Free	1.48.18

10km

2	David Criniti	0.36.35
10	Russell Johnson	0.42.49
12	Glenn Lockwood	0.43.10
14	Luigi Criniti	0.43.20
17	Paul Bruning	0.44.17
20	Dean Harris	0.45.03
25	Darren Kaehne	0.46.17
38	Karin Kaehne	0.50.41
39	Martin Pluss	0.51.11
58	Frank Dearn	1.01.16

5km

6	Craig Brown	0.18.03
10	Salvador Gala	0.20.03
16	Clara Vucetic	0.22.54
19	Mick Regan	0.23.28
30	Frances Brown	0.26.26

ANSW Club Premiership Round 3, 22nd October

Jenny Truscott 2nd open women's 5000m,
 Andrew Cullen M35+ 400m, 1st. M35+ 200m 4th

Venice Marathon 23rd October

Tina Campbell 4.26.55
 Heather Forster 5.14.19

Brindabella 55km, 23rd October

Philip Murphy 5:14:58 12th
 Wayne Gregory 5:27:26 14th

Sydney Adventist Hospital Fun Run, 23rd Oct

10k	Chris Truscott	34:47	3rd outright
	Alex Jensen	40:28	2nd U-18
	Brian Wilcockson	42:09	1st M41-55
	Michael Free	45:47	
	Greta Truscott	46:06	2nd F26-40
5K	Ray Wareham	17:12	4th outright

Serpentine 5km. Hyde Park, London, 29th Oct

Keith Bateman 16m 21s, O-50 course record. 6th outright.

Auckland Marathon, 30th October

Julie McGaw 4:21:25

Results commentary for end-of-season point scores for 10km and Super Series

By David Bray

10km Series

Another great season of 10km racing this year, with some outstanding performances and improvements by Striders. In the Open Female category Suzanne Kelly showed the field a clean pair of heels with consistent running to win the point score. Lisa Carroli took second place ahead of fast finishing new comer Lisa-Anne Davie. In the Male Open category Damian Tancred just held on to take the win, only 4 points ahead of Tony Fattorini with Darren Benson taking third.

To the age categories now, where there is always tight competition. Last year's Female Senior champion Penny Smith retained her title. In the Female Masters, last year's runner-up Elizabeth Woodhams did one better this year and won ahead of Lorraine Spanton and then Dale Thompson third. Suzanne Kelly not only won the Open Female but also dominated the Female Vets with a great win, with Lisa Carroli also making it two second placings and Jill Reich third, only one point clear of fourth placegetter Leighsa Hill. Lisa-Anne Davie took the title in the Female Pre-vets, needing the last race to go past the consistent Naomi Frank with Amanda Underwood finishing third.

Onto the Males and Frank Dearn takes the Super Senior title again, ahead of Manfred Fiedler who won each time he raced and will be hard to beat next year if he races the entire series. In the Seniors last year's runner-up Brian Ogilwy does one better this year taking the title with Allan Wareham second and Ted Brailey third. Some close racing in the Masters but Barry Rutter takes the title, while also helping with the post-race refreshments! Fast finishing Brian Wilcockson in second, just ahead of Rod Lovel. The Male Veteran title is always hotly contested and this year Ross Sinclair was very consistent and takes first place, ahead of Mark Wilson and Andrew Taylor. Finally in the Male Pre-Vets we see the same placings as the Open title with Damian, Tony and Darren getting the nod.

As usual the handicap points title came down to the last race of the season and the double points on offer. Ernst Friedlaender had been leading the table since early in the season but since July had not been

making the big improvements he had made earlier in the year. Going into the last race he had a 35 point buffer over a tightly bunched pack. Despite the warm conditions for the last race there were some big improvements with Mark Langsworth and Andrew Cullen both doing very well. However Luigi Criniti was best positioned to take advantage of a good improvement and swept through to take the overall win. Ernst held on to second spot, just ahead of Barry Rutter in third.

Finally in the Age and Gender adjusted points it was a battle of the Veterans with Ross Sinclair and Greg Coy taking first and second after a close tussle right through the year. Tony Fattorini picked up third, while Suzanne Kelly was the highest placed female.

In a display of consistent running we had eight "Centurions" this year, who ran all ten series races and so posted a century of 10km Striders running. The Centurions were : Greg Coy, Andrew Taylor, Suzanne Kelly, Luigi Criniti, Michael Free, Ernst Friedlaender, Eric Schmierer and Michael Adams.

Super Series

Once again the last race of the year, the Internal Half Marathon, would decide a number of the closely contested titles. To make it more interesting with the handicap format it would be hard to have any head-to-head match ups. In the Open categories Suzanne Kelly also took out the Open Female category to complete a great season. Mary Stringer took second spot while Lisa-Anne Davie swept past Bernadette Gregory with a strong run in the Internal Half to take third. For the Males Chris Truscott finished a successful season taking the title ahead of Darren Benson and Martin Dowson.

In the age categories, Sue Hill takes the Female Seniors ahead of Penny Smith, reversing last year's places. Lorraine Spanton takes the Female Masters by five points from last year's winner Tina Campbell with Dale Thompson finishing third. Open Female winner Suzanne Kelly also takes the Veteran Female title with a clear win. Mary Stringer and Frances Brown fill out the minor places. For the Female Pre-Vet title Bernadette Gregory ran consistently through the season to take the title, Lisa-Anne Davie

taking second but could be a threat next year with a complete season after starting this year in April. Allison Lilley takes out third place just ahead of another newcomer Shelley Howes.

This year we had to add a new category to cater for the over 80-year old runners and Ron Daly is the inaugural winner. Well done Ron! Looking at the "younger" Super Seniors and last year's winner Frank Dearn again prevails, ahead of Manfred Fiedler. For the Male Seniors Brian Ogilwy continues from last year to retain his title, again only just ahead of Allan Wareham with Ray Doran in third. Ron Schwebel completed a successful season in the Male Masters category, even managing to finish Willy to Billy with a fractured collar bone! Last year's winner Barry Rutter takes second with James Cryer securing third. In the Veteran category Andrew Taylor and Martin Dowson battled right through the season with Andrew finally taking the honours, despite Martin's great Internal Half race, and Peter Cremen took out third place. In the Pre-Vets Chris Truscott and Darren Benson replicated their placing in the open category with David Martin just behind in third spot.

For the Age & Gender adjusted points Chris Truscott also clearly took this title, more evidence of a good season. The minor places were filled by Male Master winner, Ron Schwebel taking second and Female Veteran Suzanne Kelly third showing that the Age/Gender equations balance out the performances very well.

This year there were six Super Series "Super Stars" who raced all ten events scheduled. These Striders were: Ron Schwebel, Suzanne Kelly, Wayne Gregory (who actually ran eleven events in competing at both Woodford to Glenbrook and Gold Coast Marathon!), Mohammed Alkhub, Brian Ogilwy and David Bray.

Finally some statistics, in the 10km series 353 Striders raced at least one 10km race, while in the Super Series the number was 448 (up 104 from last year!). Well done to all those who ran this year, enjoy the summer break before racing starts again on the first Saturday in February for the 10km and then shortly afterwards the Equaliser for Super Series.

Port Macquarie Half Ironman Triathlon, 23rd Oct (Swim 1.9k, Bike 90k, Run 21.1k)

A test event over a new course as the 2006 Aus IM has relocated to Port Macquarie. It was also the major selection race with 200 of the 1020 qualifying spots up for grabs.

Marlies Laaper (First half IM) :6h 29m 16s - 15th out of 19 in F40-44; Swim - 42.17 (age cat 17th); Bike 90k - 3.36.26 (age cat 19th - only 2 rides over 50k !); Run 21.1k - 2.10.32 (age cat 12th)

Steve Hume :4h 54m 20s - 14th out of 81in M40-44; Swim 28.11(8th); Bike 2.49.47 (42nd but punctured!); Run 1.36.21 (5th)

Mark Fiore :4h 59m 48s - 20th out of 81in M40-44; Swim 30.22 (17th); Bike 2.43.50 (31st); Run 1.45.35 (17th)

Stephen Firth :4h 49m 45s - 2nd of 74 in M45-49; Swim 27.57 (2nd); Bike 2.34.44 (1st); Run 1.47.03 (6th)

Charles Coville :5h 31m 11s - 3rd of 17 in M55-59; Swim 38.08 (9th); Bike 2.56.56 (4th); Run 1.56.06 (2nd)

Keith White :6h 34m 49s - 12th of 17 in M55-59; Swim 40.05 (14th); Bike 3.13.20 (12th); Run 2.41.23 (13th)

Martin Pluss : 7:03:48 554 72nd out of 81 in M45-49 Swim 36:28 (56th); Bike 3:37:51 (75th) Run 2:49:28 (69th)

Adrian Boyn :4:34:30; 2nd out of 71 M25 - 29 (29th outright!) Swim 30:56 (32nd) Bike 2.34.26 (7th) Run 1.29.07 (1st AG, 12th outright)

Martin Dowson : 4:46:09 - 10th out of 81 M40-44 (57th outright); Swim 28:17 (9th); Bike 2:41:37 (27th); Run 1:36:14 (4th)

Brad Eastwood : 4:49:25 - 12th out of 123 M30-34 (70th outright); Swim 29:04 (23rd); Bike 2:33:18 (10th); Run 1:47:02 (23rd)

Mark Davis 5.44.37 12th out of 28 M50-55 (429 outright); Swim 42.36 (27th); Bike 3.09.28 (17th); Run 1.52.32 (4th)

Stuart Grieve M30 - 34, 4.51.29 15th in AG

Ross Sinclair M45 - 49, 5.04.49 8th in AG

Mark Wilson M40 - 44, 5.08.34, 28th in AG

Sydney Running Festival – Marathon, Half and 9k , 11th Oct

Marathon		Chip Time							
Darren Benson	2.41.29	9th outright, 6th M309-39 PB,	10th	Karen Carter	3.51.37	Debut	Darryl Harding	1.26.58	Debut
Tony Fattorini	2.41.32	outright, 7th 30-39		Charles King	3.52.51		Andrew Fuller	1.30.12	Debut
Raymond Wareham	2.50.32			Anton Kapel	3.56.28		Martin Harris	1.28.21	
Andrew Taylor	2.52.30	Debut, 5th M40-49		Russell Johnson	3.57.28	PB	Anthony Whitty	1.30.55	Debut
Gerry Arthur	2.55.30			Dean Harris	3.57.18	Debut	Carmelo Gallo	1.30.44	PB
Shaun Atchison	2.58.08			Christine Wong	3.57.40	Debut	Jenny Truscott	1.31.05	6th F18-29
Martin Dowson	3.00.29	7th M40-49		James Moody	3.58.43		Matthew	1.30.20	Debut
Greg Coy	3.03.20	Debut, 10th M40-49		Craig Schlitter	3.59.18	Debut	Kinchington		
Stephen Firth	3.04.50			Ian Singer	3.59.20		Danielle	1.33.34	8th F30-39
Tom Winder	3.05.17	Debut		Alicia Wood	4.03.13	PB	Langsworth		
Nick Brewster	3.06.39	PB		Jim Barrett	4.04.19		Mark Davis	1.34.23	
Suzanne Kelly	3.08.23	7th women, 5th W30-39		Tim Furlan	4.05.01	Debut	Mark Watson	1.33.10	PB
Bill Flanagan	3.10.02			Alison Fitzgerald	4.13.58	PB	Melanie Rauleder	1.35.54	PB
Andrew Lennox	3.10.49			Eric Schmierer	4.14.59		Peter Truscott	1.35.59	
Kevin Byrne	3.12.04	Debut		Susan Chalmers	4.16.23	Debut	Mark Crombie	1.35.55	8th M50-59
Adrian Boyn	3.15.24	Debut		Jon Ikin	4.18.33	Debut	Mark Langsworth	1.36.54	
Wayne Gregory	3.16.16			Paul Andrews	4.19.10	Debut	Timothy Kelleher	1.37.41	Debut
David Gayford				Wayne Pryke	4.19.22		James Cryer	1.37.59	
Richard Mullaney	3.17.29	Debut		Graham Ford	4.23.07	Debut	Darren Goodsir	1.37.05	
Graham Farnsworth	3.17.36			Sebastian Warmerdam	4.24.32		Luigi Criniti	1.40.39	Debut
Barry Rutter	3.17.59	5th M50-59		Susan Login	4.26.18	Debut	Richard Green	1.38.45	
Roger Cartwright	3.21.57	Debut		Allison Lilley	4.29.30		Caroline Foster	1.39.42	
Stuart Grieve	3.23.31	Debut		Jennifer Best	4.33.25	Debut	Robert	1.39.57	
David Bray	3.24.56			Jeff Morunga	4.34.49		Wawrzyniak		
Roland Hassall	3.26.21	PB		Glenn Lockwood	4.35.35		Dean Gardiner	1.41.23	
John Bugg	3.26.42			Belinda Lockwood	4.36.58	Debut	Nicholas Campbell	1.41.16	Debut
Lisa-Anne Davie	3.26.30	Debut, 3rd F18-29		James Ditzell	4.38.42	Debut	Robert Mulley	1.42.00	
Mohammed Alkhub	3.26.43			Vivienne Kartsounis	4.56.11		Marty Carne	1.42.09	Debut
Paul Davey	3.27.53	Debut		Rob Pearsall	5.15.27	Debut	Ron Wilson	1.41.58	Debut
Shelley Howes	3.28.37	Debut, 4th F18-29		HALF			Arthur Huxtable	1.41.09	
Neil Anderson	3.28.56	Debut		Jan-Willem Schaar	1.09.05	First Outright	Darren Kaehne	1.43.47	
Matt Dobbin	3.29.18			Keith Bateman	1.17.25	1st M50-59	Karin Kaehne	1.43.47	
Geoffrey Lucas	3.30.08	Debut		Stephen Parker	1.19.40		Paul Au-Yeung	1.44.09	
Yvette Clements	3.33.12	Debut		Mark Wilson	1.19.47	5th M40-49	Anne Byatt	1.46.05	Debut
Kevin McGregor	3.35.17	Debut		Cameron Arnold	1.19.47	PB	Amanda Underwood	1.46.46	
Campbell Reid	3.35.48	Debut		David Criniti	1.20.15	5th M18-29	Stephen Smith	1.47.10	
Terry Coleman	3.36.42	Debut		Ross Sinclair	1.20.44	7th M40-49	David Knight	1.47.03	PB
Sharon Callister	3.38.56	8th F40-49		Stuart Chellis	1.21.14	6th M18-29	Chris Hogan	1.46.51	PB
Leigh Donelly	3.39.13	Debut		Chris Davis	1.21.47	Debut	Nick Woodhams	1.46.43	
Martin Foulkes	3.38.39	Debut		Craig Dunn	1.21.57	PB	Michael Free	1.49.42	
Mahmoud El-Khansa	3.45.05			Stephen Jackson	1.22.26	8th M40-49	Bernadette Gregory	1.49.52	
Robin Cameron	3.46.02	PB		Mark Irwin	1.22.28	Debut	Stephen Laws	1.48.00	
Geoff Underwood	3.48.58	PB		Simon Wilson	1.23.16	PB	Lisa Gallate	1.48.04	
				Randall Brophy	1.23.36	10th M40-49	Roger Cox	1.50.56	
				Ewan Horsburgh	1.24.50	Debut	Allan Wareham	1.50.24	9th M60-69
				Andrew Cullen	1.25.26		Katie Rowell	1.51.00	
				Stephen Fahey	1.25.48		Emma Robinson	1.50.02	Debut
				Peter Slater	1.26.50	PB	Brian Ogilwy	1.50.55	
				Andrew Dyer	1.26.52	Debut	Manal Garcia	1.50.59	PB
				Joel Mackay	1.26.54		Alison Gardiner	1.52.29	
				Mark Fiore	1.27.13		Ernst Friedlaender	1.50.02	PB
				Paul Trainor	1.27.24	PB	Geoff Taylor	1.53.07	
				Craig Brown	1.27.26		Gillian Fox	1.53.39	Debut
				Mike Fowlds	1.29.05		Alan Smith	1.51.33	
				Andrew Bull	1.30.04	PB			

Lorraine Spanton	1.51.19	5th F50-59	Fernando	2.05.31		Boulous	
Jennie Meixner	1.52.06	PB	Santisteban			Phil Clarkson	0.43.58
John Moore	1.52.49		Cathy Watson	2.05.54	PB	John Moore	0.45.23
Julie McGaw	1.53.42		Victoria Swain	2.08.42	Debut	Elizabeth	0.44.45
Simon Butler-White	1.55.21	PB	Nathan Lewis	2.09.44		Woodhams	0.44.45
Jon Griffiths	1.53.24	Debut	David Robinson	2.10.32	Debut	Martin Smith	0.45.56
Tina Campbell	1.55.40	8th F50-59	Paul Munro	2.13.47		Kaye Stanton	0.47.01
Kevin Tiller	1.53.32		Denise Gardiner	2.16.19		Michael Adams	0.48.25
Luke Baker	1.55.33	Debut	David Burgess	2.16.06		Suzi Reichert	0.48.33
Martin Smith	1.54.08	PB	Heather Peters	2.23.35		Alan Smith	0.51.12
Sam Chuah	1.53.26		9KM			Pamela Duncan	0.50.04
John Hanna	1.53.31	PB	Chris Truscott	0.29.00	6th outright, 4th M30-39	Christopher Hall	0.52.57
Jamie Blackie	1.59.35		Tim Ashby	0.30.06	6th M30-39	Karen Coleman	0.53.24
Graham Wirth	1.59.03	Debut	Damian Tancred	0.30.51	7th M30-39	Michael Sharp	0.54.11
Bruce Horsburgh	1.59.23	Debut	Andrew Gibbons	0.31.14		Steven Norden	0.54.31
Sue Horsburgh	2.00.25	Debut	Ron Schwebel	0.34.13	2nd M50-59	Euan Callister	0.53.12
Pauline Evans	1.58.52	Debut	Mary Stringer	0.40.06	6th F40-49	David East	0.55.35
Lynn Herisson	2.00.02		Naomi Frank	0.40.37		Stephen Allan	0.56.01
Mason Reeves	2.02.19	Debut	Craig Plumb	0.38.22		Greg Donovan	0.56.50
Lilian Chuah	2.01.58		James Woodhams	0.41.11		Kerryn Parkinson	1.02.23
David Cooke	2.02.37		Cameron	0.42.05		Marcus Juhasz	0.47.23
Chris Thompson	2.02.20		Robertson			Robyn Moody	1.09.02
Louis St Laurent	2.05.36	PB	Bernadette	0.41.59			

Results November

Hornsby Triathlon Club, Biathlon (500m swim, 4km run), 4th November 2005

10th	Lisa Gallate	30:50	1st Female
12th	Frances Brown	33:57	3rd Female

NYC Marathon, 6th November

Keith Bateman	3:01:01	PB
Stephen Smith	3:44:39	PB

ANWS Club Premiership 12th November 800m

Ray Wareham	2:08:55, 2nd	35+
Paul Trainor	2:23:40, 13th.	

Javelin

Simon Butler-White 29.65 metres, 6th
(after winning the 35+ triple jump the previous week)

State 3000m Championship

10th	Jenny Truscott	10:08.96
12th	Kate Topp	10:12.96
28th	Joanne Cowan	12:00.46
17th (A div 17th)	Jan-Willem Schaar	8:39.22
48th (C div 5th)	Andrew Cullen	9:31.24
59th (C div 11th)	James Jeffrey	9:57.87
63rd (C div 14th)	Cameron Arnold	10:10.37
69th (C div 20th)	Mohammed Alkhub	10:24.16
70th (C div 21st)	Craig Brown	10:31.74

Great North Walk 100 mile 12th November

Wayne Gregory 32:24:59 3rd

Socialgaine Rogaine, Wollongong, 20th Nov

(6 hour orienteering event)
1st Richard Green and Joel Mackay
Jacqui Matthews was in 1st team in women's comp.

NSW State Relays 20th November 4 x 1500m

Women Open, 3rd 20:11
Jenny Truscott, Shelley Howes, Lisa-Anne Davie, Kathryn Topp

Men Open, 3rd 17:02

Glenn Guzzo, Christopher Truscott, Ray Wareham, Jan-Willem Schaar

M120+, 1st 18:18

James Jeffrey, Craig Brown, Cameron Arnold, Andrew Cullen

W160+, 2nd 22:09

Danielle Langsworth, Caroline Yarnell, Lisa Carroli, Joanne Cowan

M160+, 2nd 18:33

Keith Bateman, Ron Schwebel, Stephen Parker, Glenn Guzzo.

Internal Half Handicap Outright

pl.		Time	Sx							
1	Raymond Wareham	1.15.30		44	David Martin	1.34.26		88	Kevin O'Kane	1.54.52
2	Darren Benson	1.18.00		45	David Gayford	1.34.26		89	Robert Chalmers	1.55.19
3	Chris Truscott	1.18.36		46	Rod Lovel	1.35.10		90	Kevin Tiller	1.57.17
4	Shaun Atchison	1.21.54		47	Craig Brown	1.36.19		91	Tina Campbell	1.57.20
5	Chris Graham	1.22.02		48	John Bugg	1.36.20		92	Graham Wirth	1.58.20
6	Martin Dowson	1.22.42		49	Mike Morrissey	1.36.47		93	Manfred Fiedler	1.58.27
7	Andrew Gibbons	1.23.13		50	Shelley Howes	1.36.59	F	94	Graham Ford	1.58.46
8	Adrian Boyn	1.23.24		51	Richard Newell	1.38.39		95	Frances Brown	2.01.37
9	Nick Brewster	1.24.33		52	Michael Peters	1.38.42		96	Ernst Friedlaender	2.02.14
10	Gerry Arthur	1.24.37		53	Greta Auricht	1.39.40	F	97	Allison Lilley	2.02.29
11	Peter Truscott	1.25.30		54	Melanie Rauleder	1.39.40	F	98	Pamela Duncan	2.07.15
12	Greg Coy	1.25.47		55	Wayne Pryke	1.39.51		99	Ian MacArthur	2.07.15
13	Andrew Lennox	1.25.50		56	Russell Johnson	1.40.37		100	Simon Butler-White	2.09.16
14	Peter Slater	1.25.54		57	Stephen Kibble	1.40.43		101	Jackie Ramsay	2.12.55
15	Ron Schwebel	1.26.06		58	Leigh Donelly	1.40.49		102	Yvonne Reilly	2.13.45
16	Stephen Fahey	1.26.06		59	Luigi Criniti	1.41.01		103	Andrew Ramsay	2.15.11
17	Cameron Arnold	1.26.14		60	Mary Stringer	1.41.07	F	104	Ruth Hamilton	2.15.13
18	Stuart Grieve	1.26.16		61	Paul Bullas	1.41.32		105	Heather Peters	2.17.12
19	Andrew Taylor	1.26.17		62	Dean Harris	1.41.55		106	Julien Arsac	2.18.45
20	Simon Wilson	1.26.27		63	Michael Free	1.42.11		107	Frank Dearn	2.23.47
21	Klayten Smith	1.26.28		64	Arthur Huxtable	1.42.26		108	Dale Thompson	dnf
22	Jenny Truscott	1.26.39	F	65	David Robinson	1.43.33		109	Rebecca Deane	dnf
23	Mark Fiore	1.26.39		66	Paul Bruning	1.43.35		110	Tim Austin	dnf
24	Peter Cremen	1.26.56		67	David Bray	1.44.06		111	James Jeffery	dnf
25	Steve Hume	1.28.05		68	Charles King	1.44.27		112	Jamie Blackie	dnf
26	Klas Johansson	1.28.08		69	Jill Reich	1.44.48	F	113	Bruce Inglis	dnf
27	Paul Trainor	1.28.24		70	Paul Au-Yeung	1.44.58		114	George Herisson	dnf
28	Wayne Gregory	1.28.29		71	Nicholas Campbell	1.45.18		115	Shirley Rutter	hlp
29	Bernie Winters	1.28.55		72	Chris Hogan	1.47.31		116	Megan Jackson	hlp
30	Dennis Wylie	1.29.09		73	Ronan Carolan	1.47.33		117	Peter Woods	hlp
31	Mohammed Alkhub	1.29.15		74	Tim Furlan	1.48.32		118	Ross McCarty	hlp
32	Suzanne Kelly	1.29.51	F	75	Brian Ogilwy	1.48.33		119	Joe Degabriele	hlp
33	Ben McSweeney	1.29.51		76	Jeff Morunga	1.48.47		120	Glenn Guzzo	hlp
34	Stephen Laws	1.30.14		77	Jon Patrick	1.49.17		121	Tony Fattorini	hlp
35	Barry Rutter	1.30.44		78	Susan Login	1.49.56	F	122	Mark Schaefer	hlp
36	Bill Flanagan	1.31.24		79	Sebastian Warmerdam	1.50.32		123	Matthew Pollard	hlp
37	Lisa-Anne Davie	1.31.26	F	80	Mark van de Vyver	1.51.32		124	Chris Davis	hlp
38	Mike Fowlds	1.31.33		81	Bernadette Gregory	1.52.06	F	125	Joel Mackay	hlp
39	Ray Doran	1.32.07		82	Eric Schmierer	1.52.11		126	Stephen Jackson	hlp
40	Roland Hassall	1.32.34		83	David East	1.52.15		127	Mark Watson	hlp
41	Brad Eastwood	1.33.11		84	Martin Smith	1.52.19		128	Sue Horsburgh	hlp
42	Philip Murphy	1.33.23		85	Lorraine Spanton	1.52.44	F	129	Bruce Horsburgh	hlp
43	Joanne Cowan	1.33.56	F	86	Mike Hansen	1.53.01		130	Michael Sharp	hlp
				87	Mahmoud El-Khansa	1.53.49				

IHH Handicap

Pl		Variance v. H'cap							
1	David Robinson	-33.28	11	Shaun Atchison	-02.07	23	Nick Brewster	-00.28	
2	Jon Patrick	-12.44	12	Chris Graham	-01.59	24	Martin Dowson	-00.19	
3	Michael Peters	-11.19	13	Stephen Fahey	-00.55	25	Barry Rutter	-00.17	
4	Kevin O'Kane	-10.09	14	Ron Schwebel	-00.55	26	Andrew Lennox	-00.11	
5	Tim Furlan	-06.29	15	Eric Schmierer	-00.50	27	Peter Slater	-00.07	
6	Graham Ford	-04.15	16	Brad Eastwood	-00.50	28	Bernie Winters	-00.06	
7	Stuart Grieve	-03.45	17	Stephen Laws	-00.47	29	Paul Au-Yeung	-00.03	
8	Raymond Wareham	-02.31	18	Phillip Murphy	-00.38	30	Luigi Criniti	-00.00	
9	Mark Fiore	-02.22	19	Charles King	-00.34	31	Klas Johansson	00.07	
10	Leigh Donelly	-02.12	20	Wayne Gregory	-00.32	32	Rod Lovel	00.09	
			21	Paul Bullas	-00.29	33	Tina Campbell	00.19	
			22	Mark van de Vyver	-00.29	34	Paul Trainor	00.23	

35	Lisa-Anne Davie	00.25
36	Arthur Huxtable	00.25
37	Mike Fowlds	00.32
38	Frances Brown	00.36
39	Lorraine Spanton	00.43
40	Greg Coy	00.46
41	Jill Reich	00.47
42	Wayne Pryke	00.50
43	Shelley Howes	00.58
44	Bernadette Gregory	01.05
45	Dennis Wylie	01.08
46	Cameron Arnold	01.13
47	Roland Hassall	01.33
48	Jenny Truscott	01.38
49	Stephen Kibble	01.42
50	Mohammed Alkhub	01.44
51	Jeff Morunga	01.46
52	Mike Morrissey	01.46
53	Ben McSweeney	01.50
54	Joanne Cowan	01.55
55	Susan Login	01.55
56	Mike Hansen	02.00
57	Mary Stringer	02.06
58	Ray Doran	02.06
59	Michael Free	02.10

60	Andrew Gibbons	02.12
61	Pamela Duncan	02.14
62	Ian MacArthur	02.14
63	Graham Wirth	02.19
64	Simon Wilson	02.26
65	Peter Truscott	02.29
66	Ronan Carolan	02.32
67	Gerry Arthur	02.36
68	Richard Newell	02.38
69	Suzanne Kelly	02.50
70	John Bugg	03.19
71	Adrian Boyn	03.23
72	Chris Hogan	03.30
73	Brian Ogilwy	03.31
74	Russell Johnson	03.36
75	Greta Auricht	03.39
76	Melanie Rauleder	03.39
77	Dean Harris	03.54
78	Peter Cremen	03.55
79	Darren Benson	03.59
80	Robert Chalmers	04.18
81	Bill Flanagan	04.23
82	David Gayford	04.25
83	Manfred Fiedler	04.26
84	Chris Truscott	04.35

85	Jackie Ramsay	04.54
86	Steve Hume	05.04
87	Andrew Ramsay	05.10
88	Andrew Taylor	05.16
89	Nicholas Campbell	05.17
90	Allison Lilley	05.28
91	Sebastian Warmerdam	05.31
92	Martin Smith	07.18
93	David East	08.14
94	Kevin Tiller	08.16
95	Klayten Smith	08.27
96	Paul Bruning	08.34
97	David Martin	10.25
98	David Bray	11.05
99	Frank Dearn	11.46
100	Mahmoud El-Khansa	11.48
101	Craig Brown	12.18
102	Simon Butler-White	13.15
103	Ruth Hamilton	15.12
104	Heather Peters	18.11
105	Ernst Friedlaender	18.13
106	Yvonne Reilly	19.44
107	Julien Arsac	19.44

Rest of November Results

Sydney Marathon Clinic, 20th November

Pl Half

6	Nick Brewster	1.23.13	PB
7	Christopher Dwyer	1.24.34	
15	Barry Rutter	1.30.13	
18	David Gayford	1.32.36	
20	Luigi Criniti	1.35.16	PB
21	David Criniti	1.35.17	
25	Wayne Pryke	1.38.49	
29	Russell Johnson	1.41.08	
34	Karin Kaehne	1.42.00	

10km

2	Gerry Arthur	0.35.49	
15	Darren Kaehne	0.44.45	
16	Dean Harris	0.45.03	
17	Glenn Lockwood	0.45.15	
57	Frank Dearn	1.00.15	

5km

10	Mick Regan	22.36	
11	Clara Vucetic	22.38	
12	Salvador Gala	22.4	
21	Frances Brown	25.35	

Nepean Triathlon, 20th November

1km swim, 33 km cycle, 10k run

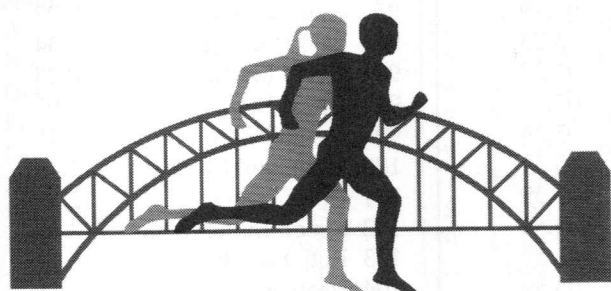
Belinda Soszyn was 10th woman, 5th in swim, 6th in run

Age	Time	Pos	A Swim	Cycle	Run	
Grp			G Time	+ Time	+ Time	+
			AG PL	AG PL	AG PL	
Peter Walker	4044	1:42:57	9	1 14:12/ 1st	0:50:33/ 1st	38:11/ 3rd
Martin Dowson	4044	1:47:40	29	3 15:01/ 4th	0:55:00/ 7th	37:38/ 1st

Steve Hume	4044	1:48:17	33	4 15:06/5	0:54:52/ 6	38:18/4
Chris Davis	3034	1:56:17	89	24 20:41/ 84th	0:58:44/ 42nd	36:51/ 1st
Mark Fiore	4044	1:57:00	101	10 16:19/ 9th	0:59:43/ 21st	40:57/ 10th
Ross Sinclair	4549	1:57:55	113	9 16:46/ 11th	1:01:34/ 25th	39:34/ 6th
Klas Johansson	4044	1:58:18	120	13 17:19/ 16th	1:00:21/ 26th	40:37/ 8th
Mark Wilson	4044	1:59:55	149	16 22:46/ 58th	0:59:06/ 16th	38:03/ 2nd
Martin Lord	2529	1:59:56	151	17 18:49/ 26th	0:59:29/ 19th	41:37/ 10th
Belinda Soszyn	5054	2:00:22	160	1 14:53/ 1st	1:02:51/ 1st	42:37/ 1st
Bill Flanagan	5054	2:01:40	176	19 20:47/ 45th	1:02:05/ 26th	38:47/ 3rd
Philip Murphy	3539	2:02:51	193	27 18:27/ 38th	1:00:26/ 40th	43:57/ 20th
Andrew Bull	2529	2:05:56	230	36 19:11/ 47th	1:02:43/ 48th	44:01/ 21st
David Ellis	4549	2:06:05	233	22 17:29/ 17th	1:03:54/ 33th	44:41/ 19th
Patrick Hodgins	4044	2:06:09	235	27 18:55/ 32nd	1:00:59/ 30th	46:14/ 25th
Greg Coy	3034	2:09:34	300	29 21:20/ 50th	1:07:40/ 51st	40:33/ 8th
Mark Davis	3034	2:10:15	312	13 22:32/ 31st	1:04:33/ 19th	43:09/ 4th
Lachlan Wolfers	3034	2:18:04	414	85 21:09/ 89th	1:14:30/ 100st	42:25/ 26th
Martin Pluss	4549	2:18:57	421	46 19:22/ 35th	1:05:01/ 42nd	54:33/ 49th
John Simmonds	3539	2:25:46	480	5 19:50/ 1st	1:06:43/ 4th	59:13/ 5th

Sydney Striders 10k Series 2005

Sponsored by Sydney Running Centre



SYDNEY RUNNING CENTRE

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

Race 8 North Head, 3rd Sept 2005 Outright Results

Open Men

1	Glenn Guzzo	30:06	1st Strider
2	Charlie Low	32:17	
3	Jan-Willem Schaar	32:38	2nd Strider

Open Women

1	Greta Auricht	38:39	1st Strider
2	Suzanne Kelly	40:00	2nd Strider
3	Lisa-Anne Davies	40:02	3rd Strider

Handicap Competition Placings in Race 8:

1	Vincent Moreau
2	Martin Harris
3	James Ditzell

Race Officials: Robyn Moody, Rebecca Deane
 Karin Kaehne, Tracey Love, Caroline Yarnell, Joe
 Degabriele, Ross McCarty, Ron Schwebel, Jaap
 Bakker, Stephen Bodnar, Peter Cremen, Stephen
 Jackson, Richard Peacock, Mario Torresan, Anthony
 Wong, Deb Polverino

Name	Time
Glenn Guzzo	0.30.06
Jan-Willem Schaar	0.32.38
Chris Truscott	0.33.29
Tony Fattorini	0.33.36
Tim Ashby	0.33.50
Richard Mullaney	0.33.55
Damian Tancred	0.34.27
Martin Matthews	0.34.35
Darren Benson	0.34.52
Stuart Chellis	0.34.57
Ross Sinclair	0.35.08
Martin Harris	0.35.19
Mark Wilson	0.35.35
Stephen Parker	0.35.39
Mark Irwin	0.35.46
Cameron Arnold	0.35.48
Chris Davis	0.35.49
Andrew Taylor	0.35.50
Keith Broadfoot	0.36.29
Richard Green	0.36.37
Simon Wilson	0.36.44
Greg Coy	0.36.50
Shaun Atchison	0.37.11
Matt Palmer	0.37.17
Nick Brewster	0.37.18

David Burgess	0.37.27
James Jeffery	0.37.38
Alex Jensen	0.37.39
Wayne Gregory	0.37.41
Keith Bateman	0.37.45
Mohammed Alkhub	0.37.46
Stephen Fahey	0.38.20
Andrew Dyer	0.38.21
Klas Johansson	0.38.28
Bernie Winters	0.38.36
Paul Trainor	0.38.36
Greta Auricht	0.38.39 F
Mark Fiore	0.38.58
David Gayford	0.39.21
Roland Hassall	0.39.27
Neil Anderson	0.39.38
James Ditzell	0.39.42
Tom Winder	0.39.45
Andrew Bull	0.39.51
Paul Davey	0.39.56
Mike Fowlds	0.39.58
Suzanne Kelly	0.40.00 F
Lisa-Anne Davie	0.40.02 F
Brian Wilcockson	0.40.12
Matthew Kinchington	0.40.39
Greg Donovan	0.40.50

Craig Hilderbrand	0.40.58
Michael Free	0.41.24
Russell Johnson	0.41.37
Dean Gardiner	0.41.38
Mark Watson	0.41.45
Charles Coville	0.41.46
Mark Crombie	0.41.53
Sean Greenhill	0.42.01
Shelley Howes	0.42.12 F
Robert Mulley	0.42.15
Rod Lovel	0.42.34
David Ellis	0.43.03
Richard Newell	0.43.07
Melanie Rauleder	0.43.16 F
Jenny Truscott	0.43.16 F
Peter Truscott	0.43.17
Vincent Moreau	0.43.23
Lisa Carroli	0.43.24 F
David Bray	0.43.35
Christine Wong	0.43.57 F
Michael Hill	0.44.01
Brian Ogilwy	0.44.24
Martin Foulkes	0.44.27
Nicholas Campbell	0.44.31
Craig Plumb	0.44.36
Mahmoud El-Khansa	0.44.37

Sharon Callister	0.44.40 F	Marlies Laaper	0.47.44 F	Kevin Tiller	0.51.14
Mary Stringer	0.44.46 F	Amanda Underwood	0.47.45 F	Max Crossley	0.51.20
Pete Steel	0.44.54	Leigh MacRitchie	0.47.48 F	Graham Wirth	0.51.50
David Knight	0.44.57	Brian O'Dea	0.47.50	Dean Harris	0.51.50
Leighsa Hill	0.44.58 F	John Sneddon	0.48.07	Nathan Lewis	0.51.58
Luigi Criniti	0.45.03	Allan Wareham	0.48.33	Alex James	0.52.19
Naomi Frank	0.45.11 F	Sam Chuah	0.48.40	Marcus Juhasz	0.52.41
Barry Rutter	0.45.12	Bruce Horsburgh	0.48.43	Lynn Herisson	0.52.43 F
Richard Lane	0.45.14	Geoff Taylor	0.49.02	Jurg Kunzle	0.52.46
Stewart Vincent	0.45.15	Ernst Friedlaender	0.49.06	Michael Adams	0.53.07
Chris Hogan	0.45.23	Robert Chalmers	0.49.11	Martin Pluss	0.53.43
Stephen Smith	0.45.32	Susan Login	0.49.15 F	Cameron Robertson	0.53.53
Scott Smiles	0.45.35	James Moody	0.49.17	Ted Brailey	0.54.15
George Herisson	0.45.43	Katherine	0.49.27 F	Cathy Watson	0.54.31 F
Denis Speyer	0.45.46	McSweeney		Jackie Ramsay	0.54.33 F
Ronan Carolan	0.45.49	John Hanna	0.49.31	Ben McSweeney	0.54.35
Iain Martin	0.45.57	Lee Gire	0.49.37	Matthew Pollard	0.54.40
Andrew Hybler	0.46.11	Philip Fleming	0.49.39	Peter Woods	0.54.47
Jill Reich	0.46.19 F	Eric Schmierer	0.49.53	Frances Brown	0.57.03 F
Roger Cox	0.46.58	Jennifer Best	0.50.22 F	Bernadette Gregory	dnf F
Alison Gardiner	0.46.59 F	Joanne Cowan	0.50.30 F	Ray Doran	dnf
Simon Butler-White	0.47.06	John Shepherd	0.50.59	Sue Horsburgh	dnf
Alan Smith	0.47.17	Fernando Santisteban	0.51.05		

Race 9 Homebush 1st October 2005 Outright Results

Open Men

1	Thomas Crasti	33:58	
2	Tim Ashby	34:23	1st Strider
3	Damian Tancred	34:40	2nd Strider

Open Women

1	Jenny Wickham	39:19	1st Strider
2	Joanne Cowan	41:00	2nd Strider
3	Suzanne Kelly	41:05	3rd Strider

Handicap Competition Placings in Race 9:

1	Mark van de Vyver
2	Richard Newell
3	Stephen Parker

Race Officials: Robyn Moody, Amanda Underwood, Karin Kaehne, Megan Jackson, Shirley Rutter, Ron Schwebel, Ross McCarty, Darren Kaehne, Dean Harris, Paul Bruning, John Van Yzendoorn, Mark Watson, Paul Trainor, Deb Polverino

Name	Time	Greg Coy	0.38.19	David Gayford	0.41.51
Tim Ashby	0.34.23	Bill Flanagan	0.38.26	Paul Davey	0.41.58
Damian Tancred	0.34.40	Mohammed Alkhub	0.38.27	Tim Austin	0.42.03
Stephen Parker	0.34.59	James Jeffery	0.38.34	Richard Newell	0.42.13
Stuart Chellis	0.35.57	Andrew Lennox	0.38.44	James Cryer	0.42.34
Chris Davis	0.36.05	Peter Slater	0.38.50	Michael Free	0.42.44
Ross Sinclair	0.36.11	Mark Fiore	0.39.05	Shelley Howes	0.43.09 F
Peter Truscott	0.36.12	Bernie Winters	0.39.10	Rod Lovel	0.43.13
Tony Fattorini	0.36.15	Jenny Wickham	0.39.19 F	Melanie Rauleder	0.43.17 F
Andrew Cullen	0.36.19	Tom Winder	0.39.37	Vincent Moreau	0.43.22
Mark Wilson	0.36.23	Brian Wilcockson	0.39.53	David Ellis	0.43.47
Martin Dowson	0.36.32	Wayne Gregory	0.39.56	Michael Hill	0.43.55
Matt Palmer	0.36.55	Steve Hume	0.39.56	Ken Harris	0.43.57
Gerry Arthur	0.37.21	Matthew Kinchington	0.40.22	Mary Stringer	0.44.15 F
Simon Wilson	0.37.30	Joanne Cowan	0.41.00 F	Luigi Criniti	0.44.19
Andrew Taylor	0.37.37	Suzanne Kelly	0.41.05 F	Christine Wong	0.44.38 F
Nick Brewster	0.37.52	Craig Plumb	0.41.37	Stephen Bodnar	0.44.56
Keith Broadfoot	0.37.55	Lisa-Anne Davie	0.41.38 F	Barry Rutter	0.44.57
Martin Harris	0.38.05	Stephen Laws	0.41.41	William Ward	0.45.05
Stephen Jackson	0.38.11	Neil Anderson	0.41.43	Paul Bullas	0.45.13
Shaun Atchison	0.38.15	Greg Donovan	0.41.46	Iain Martin	0.45.26

Sebastian Warmerdam	0.45.36
Wayne Pryke	0.45.36
Stephen Smith	0.45.41
Jill Reich	0.45.45 F
Leighsa Hill	0.45.46 F
Richard Lane	0.46.00
Naomi Frank	0.46.20 F
Paul Au-Yeung	0.46.46
Tim Deane	0.47.02
Mahmoud El-Khansa	0.47.06
Brian Ogilwy	0.47.09
Charles King	0.47.11
David East	0.47.19
George Herisson	0.47.25
Heiko Schaefer	0.47.27
Susan Login	0.47.39 F
Jeff Morunga	0.48.06
Chris Hogan	0.48.22
Mark van de Vyver	0.48.38
Katie Rowell	0.48.52 F
Elizabeth Woodhams	0.49.01 F

Alistair Mclean	0.49.03
Allan Wareham	0.49.11
Bernadette Gregory	0.49.15 F
Philip Kennedy	0.49.18
Lorraine Spanton	0.49.30 F
James Moody	0.49.31
John Hanna	0.49.38
Ernst Friedlaender	0.49.42
Eric Schmierer	0.49.45
Mike Hansen	0.49.50
John Sneddon	0.50.20
Pennie Psaltis	0.50.40 F
Martin Pluss	0.50.54
Maria DiMarco	0.51.08 F
Graham Wirth	0.51.10
Sam Chuah	0.52.17
Rebecca Deane	0.52.27 F
Helen Wilson	0.52.36 F
Steve Packer	0.52.36
Sue Horsburgh	0.52.41
Bruce Horsburgh	0.52.42

Max Crossley	0.53.38
Michael Adams	0.53.50
Lynn Herisson	0.54.44 F
Rob Pearsall	0.54.46
Glenn Lockwood	0.54.56
Peter Woods	0.55.01
Belinda Lockwood	0.55.22 F
Gabrielle Ashby	0.55.56 F
Jackie Ramsay	0.56.39 F
Andrew Ramsay	0.57.00
Frances Brown	0.57.36 F
Cathy Watson	0.58.16 F
Penny Smith	0.58.41 F
Frank Dearn	0.59.22
Kevin O'Kane	0.59.31
Kerryn Parkinson	dnf F
David Criniti	dnf
Matthew Pollard	dnf
Martin Smith	dnf

Race 10 Lane Cove 5th November 2005 Outright Results

Open Men

1	Colin Johnston	32:45	
2	Tim Ashby	33:58	1st Strider
3	Darren Benson	34:04	2nd Strider

Open Women

1	Jenny Wickham	38:04	1st Strider
2	Jenny Truscott	39:40	2nd Strider
3	Samantha Brown	40:21	3rd Strider

Handicap Competition Placings in Race 10:

1	James Ditzell
2	Hans Pandeya
3	Ewan Horsburgh

Race Officials: Robyn Moody, Megan Jackson, Tracey Love, Ian Whitfield, Ron Schwebel, Ross McCarty, Gerry Arthur, Paul Bruning, Richard Peacock, Stephen Jackson, Andrew Smith, Mark Robinson, Bruce Horsburgh, Scott Caulfield

Name	Time
Tim Ashby	0.33.58
Darren Benson	0.34.04
Stuart Chellis	0.34.54
Tony Fattorini	0.35.02
Andrew Cullen	0.35.07
Damian Tancred	0.35.27
Klayten Smith	0.35.47
Matt Palmer	0.35.59
Peter Truscott	0.36.05
Chris Davis	0.36.16
Keith Broadfoot	0.36.45
Mark Wilson	0.37.06
Mark Irwin	0.37.11
Ross Sinclair	0.37.27
Jaap Bakker	0.37.42
David Burgess	0.37.44
Andrew Taylor	0.37.47
Nick Brewster	0.37.49
Cameron Arnold	0.38.02
Jonathan Craig	0.38.03
Jenny Wickham	0.38.04 F
Greg Coy	0.38.13

Andrew Lennox	0.38.19
Steve Hume	0.38.32
Craig Brown	0.38.37
Paul Trainor	0.38.39
Mohammed Alkhub	0.38.42
Wayne Gregory	0.38.48
Peter Slater	0.38.55
Klas Johansson	0.38.57
James Jeffery	0.39.00
Matthew	0.39.29
Kinchington	0.39.29
Dennis Wylie	0.39.29
Jenny Truscott	0.39.40 F
Bernie Winters	0.39.47
Adrian Boyn	0.39.57
Mike Fowlds	0.40.06
Brian Wilcockson	0.40.15
Paul Davey	0.40.19
Samantha Brown	0.40.21 F
Stephen Laws	0.40.32
Greg Donovan	0.40.50
Walter Mitchell	0.40.53
Ben McSweeney	0.40.55

Lisa-Anne Davie	0.40.58 F
Joanne Cowan	0.41.23 F
Barry Rutter	0.41.29
Danielle Langsworth	0.41.31 F
Neil Anderson	0.41.38
Charles Coville	0.41.43
Stephen Bodnar	0.41.56
Suzanne Kelly	0.42.01 F
Philip Murphy	0.42.10
Craig Plumb	0.42.13
Robert Mulley	0.42.46
Chris Yates	0.42.56
Kendall Waller	0.42.59
Ewan Horsburgh	0.43.10
Luke Peterson	0.43.13
Rod Lovel	0.43.24
Mark Langsworth	0.43.31
David Bray	0.43.49
Luigi Criniti	0.43.51
Michael Hill	0.43.54
Michael Free	0.44.10
Paul Bullas	0.44.11
Lisa Carroli	0.44.11 F

Dougal Langusch	0.44.11	George Herisson	0.48.17	Pauline Evans	0.53.22	F
Ken Harris	0.44.22	Naomi Frank	0.49.04	Martin Pluss	0.53.31	
Iain Martin	0.44.41	John Sneddon	0.49.10	Ted Brailey	0.53.57	
Mark Watson	0.44.47	Mike Hansen	0.49.11	Sue Horsburgh	0.54.23	
David Ellis	0.44.51	Lawrence Ullio	0.49.14	Jurg Kunzle	0.54.23	
Andrew Stone	0.44.54	Russell Johnson	0.49.16	Lynn Herisson	0.54.40	F
Roland Hassall	0.44.58	Mick Regan	0.49.27	Glenn Lockwood	0.54.58	
Martin Harris	0.44.59	Jeff Morunga	0.49.29	Vince Mangioni	0.54.58	
Amanda Underwood	0.45.04	Leigh MacRitchie	0.49.31	Allan Wareham	0.55.01	
Shelley Howes	0.45.21	Peter Woods	0.49.33	Jackie Ramsay	0.55.20	F
Stephen Urwin	0.45.24	Glenda Mitchell	0.49.41	Rebecca Deane	0.55.22	F
Stephen Kibble	0.45.25	Susan Login	0.49.43	Simon Butler-White	0.55.45	
Andrew Hybler	0.45.34	Alison Fitzgerald	0.49.50	Joe Degabriele	0.55.48	
Gary Aitkenhead	0.45.47	Mark van de Vyver	0.49.52	Peter Cookson	0.55.51	
Leighsa Hill	0.45.55	Robert Chalmers	0.49.59	Manfred Fiedler	0.55.51	
Brian Ogilwy	0.45.58	Elizabeth Woodhams	0.50.03	Kevin O'Kane	0.56.01	
Graham Ford	0.46.00	James Moody	0.50.03	Steve Packer	0.56.02	
Ronan Carolan	0.46.04	Bernadette Gregory	0.50.21	Meghan Hay	0.56.17	F
James Kent	0.46.06	Lorraine Spanton	0.50.23	Belinda Lockwood	0.56.49	F
Sebastian	0.46.08	Alistair Mclean	0.50.39	Gabrielle Ashby	0.57.02	F
Warmerdam	0.46.08	Max Crossley	0.50.51	Frances Brown	0.57.05	F
Christian Werner	0.46.09	Eric Schmierer	0.51.19	Ernst Friedlaender	0.57.24	
Charles King	0.46.27	Denis Speyer	0.51.24	Penny Smith	0.57.30	F
Marty Carne	0.46.44	Dale Thompson	0.51.28	Rob Pearsall	0.57.34	
David East	0.46.51	Kevin Byrne	0.51.35	Cathy Watson	0.58.06	F
Dean Harris	0.46.52	Allison Lilley	0.51.41	Michael Adams	0.58.10	
Craig Schlitter	0.46.55	Edwin John Davie	0.51.54	Vincent Moreau	0.58.47	
Karin Kaehne	0.47.05	Roger Cox	0.52.05	Andrew Rankine	0.58.55	
Darren Kaehne	0.47.05	Pennie Psaltis	0.52.09	Steven Norden	0.59.58	
Cheryl Crawford	0.47.09	John Hanna	0.52.14	Pamela Duncan	1.00.31	F
Chris Hogan	0.47.15	Katherine	0.52.20	Frank Dearn	1.01.35	
Jill Reich	0.47.19	McSweeney	0.52.20	Graham Osborn	1.05.04	
Heiko Schaefer	0.47.27	Danielle Van Zuylen	0.52.45			
Nick Woodhams	0.48.11	Tim Deane	0.53.08			

10k Female Open

(Best eight of ten count, * denotes no uniform bonus)

	LC	HB	DM	NH	LC	HB	LC	NH	HB	LC	Tot												
Suzanne Kelly	48	51	56	60	60	53	50	60	53	96	489	Angela Etheridge	36*	47	46	46	45	0	0	0	0	220	
Lisa Carroli	39	49	51	47	50	47	45	49	0	94	432	Elizabeth Woodhams	31	0	41	35	0	0	0	41	70	218	
Lisa-Anne Davie	0	0	0	53	53	50	51	56	51	102	416	Jackie Ramsay	0	4*	19	18	21	34	23	22*	31	218	
Leighsa Hill	35	40	0	41	47	45	42	45	45	88	393	Cathy Watson	0	16	21	0	19	36	25	33	29	215	
Jill Reich	43	45	45	45	42	0	0	43	46	82	391	Leigh MacRitchie	12	17	0	0	33	0	35	39	0	214	
Joanne Cowan	54	0	58	12	0	0	52	40	56	110	382	Frances Brown	19	21	29	22	20	0	0	31	30	40	212
Shelley Howes	0	46	0	48	0	48	46	53	50	90	381	Danielle Langsworth	0	0	0	0	0	51	49	0	0	98	198
Naomi Frank	0	38	40	39	46	0	40	44	44	80	371	Lucinda Chapman	60	60	60	12	0	0	0	0	0	192	
Susan Login	0	36	43	34	39	0	37	38	43	74	344	Allison Lilley	26	12	30	0	25	0	26	0	0	62	181
Mary Stringer	45	0	49	49	51	0	44	46	48	0	332	Caroline Yarnell	0	0	50	56	0	49	0	21	0	176	
Karin Kaehne	43	49	0	49	54	0	0	21	18	96	330	Lorraine Spanton	0	0	26	0	0	40	0	0	39	66	171
Amanda Underwood	36	37	24	12	44	0	38	40	18	92	329	Alison Gardiner	0	27	35	32	0	0	34	42	0	170	
Samantha Brown	41*	53	0	0	0	56	53	0	0	106	309	Bridgit English	27	34	37	12	29	0	19*	0	0	158	
Sharon Callister	0	39	42	43	48	46	41	47	0	0	306	Melanie Rauleder	0	0	0	0	0	0	43	51	49	0	143
Katherine	22	29	20	30	35	41	30	37	0	58	282	Megan Jackson	17	12	12	0	12	24	13	0	18	24	132
McSweeney	46*	46*	2	0	0	0	50*	40*	0	92*	276	Dale Thompson	0	8*	21*	38	0	0	0	0	0	64	131
Jenny Truscott	44	25	47	33	12	0	0	21	36	48	266	Kathryn Topp	50	50	0	0	0	24	0	0	0	124	
Rebecca Deane	25	26	0	0	34	0	37	26	40	68	256	Robyn Moody	12	12	12	12	12	0	13	21	18	24	124
Bernadette Gregory	40	42	39	24	30	0	29	0	37	0	241	Kerry Ross	13	0	34	26	12	24	13	0	0	122	
Maria DiMarco	0	0	0	0	0	0	48	0	60	120	228	Belinda Lockwood	12	0	0	9*	23	0	0	0	33	44	121
Jenny Wickham	0	43	48	50	0	0	0	0	0	84	225	Katie Rowell	0	14*	0	0	32	0	31	0	42	0	119
Cheryl Crawford	41	20	0	0	43	43	0	0	0	76	223	Robin Cameron	0	12	0	31	31*	44	0	0	0	118	
Glenda Mitchell	17	22	0	23	0	39	0	34	34	52	221	Marlies Laaper	0	0	0	0	28*	32*	26*	31*	0	117	
Lynn Herisson												Alicia Wood	37	41	0	37	0	0	0	0	0	115	
												Shirley Rutter	12	12	12	12	12	24	13	0	18	0	115

Michaela Holloway	0	0	28*	42	0	0	39	0	0	0	109	Dawn Tiller	0	0	0	0	56	0	0	0	0	0	56	
Alison Fitzgerald	0	0	0	36	0	0	0	0	0	72	108	Danielle Van Zuylen	0	0	0	0	0	0	0	0	0	0	56	56
Penny Griffiths	6*	0	28	28	26	0	17*	0	0	0	105	Heather Peters	12	15	27	0	0	0	0	0	0	0	54	
Emilie Paquin	24	28	0	25	27	0	0	0	0	0	104	Pauline Evans	0	0	0	0	0	0	0	0	0	0	54	54
Penny Smith	0	0	0	0	0	35	0	0	28	38	101	Joanne Barton	53	0	0	0	0	0	0	0	0	0	53	
Sheena Leibowitz	0	48	0	51	0	0	0	0	0	0	99	Sarah Hammer	47	0	0	0	0	0	0	0	0	0	47	
Elly Peters	34	0	23	0	40	0	0	0	0	0	97	Yvette Clements	0	0	0	0	0	0	46*	0	0	0	46	
Yvonne Reilly	29	31	0	0	36	0	0	0	0	0	96	Meghan Hay	0	0	0	0	0	0	0	0	0	0	46	46
Christine Wong	0	0	0	0	0	0	0	48	47	0	95	Ruth McColl	18	0	27	0	0	0	0	0	0	0	45	
Christine Cullen	28	30	0	0	31	0	0	0	0	0	89	Tracey Love	0	0	0	0	0	0	0	21	0	24	45	
Corinne Russell	0	0	36	40	12	0	0	0	0	0	88	Carolyn Travers	21	0	0	20	0	0	0	0	0	0	41	
Nicole Frykberg	32	23	25	0	0	0	0	0	0	0	80	Pamela Duncan	0	0	0	0	0	0	0	0	0	34	34	
Kerryn Parkinson	4*	9*	0	11*	0	37	0	0	18	0	79	Lesley Maher	0	0	33	0	0	0	0	0	0	0	33	
Suzi Reichert	0	0	0	0	12*	38	28	0	0	0	78	Clara Vucetic	32*	0	0	0	0	0	0	0	0	0	32	
Pennie Psaltis	0	0	0	0	0	0	0	0	38	40*	78	Lisa Gallate	12	0	0	0	18*	0	0	0	0	0	30	
Karen Carter	0	32	44	0	0	0	0	0	0	0	76	Lilian Chuah	0	0	0	27	0	0	0	0	0	0	27	
Helen Wilson	0	0	12	0	29	0	0	0	35	0	76	Cathy Rees-Evans	20	0	0	0	0	0	0	0	0	0	20	
Jennifer Best	0	0	0	0	27*	0	23*	26*	0	0	76	Julia de Vries	15	0	0	0	0	0	0	0	0	0	15	
Tina Campbell	33	12	12	12	0	0	0	0	0	0	69	Joanna White	12	0	0	0	0	0	0	0	0	0	12	
Susan Chalmers	23	33	0	12	0	0	0	0	0	0	68	Neridah Powell	12	0	0	0	0	0	0	0	0	0	12	
Jennie Meixner	30	35	0	0	0	0	0	0	0	0	65	Gill Cavenagh	12	0	0	0	0	0	0	0	0	0	12	
Gabrielle Ashby	0	0	0	0	0	0	0	0	22*	42	64	Fiona Nelson	0	12	0	0	0	0	0	0	0	0	12	
Holly Inglis	0	0	32	29	0	0	0	0	0	0	61	Olivia Batten	0	0	12	0	0	0	0	0	0	0	12	
Eliza Stewart	0	0	0	0	0	60	0	0	0	0	60													

10k Male Open

(Best eight of ten count, * denotes no uniform bonus)

	LC	HB	DM	NH	LC	HB	LC	NH	HB	LC	Tot														
Damian Tancred	0	49	50	48	51	0	56	48	56	98	456	Klas Johansson	21	19	0	20	17	16	23	21	0	52	189		
Tony Fattorini	0	51	48	51	48	48	53	51	47	102	452	Martin Harris	37	0	0	16	18	0	0	43	37	34	185		
Darren Benson	51	60	0	60	53	0	49	46	0	112	431	Chris Davis	0	0	0	0	0	0	35*	28*	40*	70*	173		
Matt Palmer	0	43*	45	50	50	45	50	31	43	94	420	Ben McSweeney	27	24	27	12	20	22	0	12	0	28	172		
Ross Sinclair	42	45	0	47	43	42	47	44	49	82	399	Barry Rutter	12	22	17	17	17	17	17	12	17	36	160		
Glenn Guzzo	60	12	60	0	60	60	60	60	0	0	372	Mark Irwin	0	0	0	0	0	0	46	30*	0	84	160		
Mark Wilson	40	0	38	0	40	37	44	42	45	86	372	David Gayford	18	20	24	23	18	15	18	17	17	0	155		
Andrew Taylor	43	41	37	42	38	36	35	37	40	76	354	Peter Woods	17	17	17	17	17	12	12	17	17	34	153		
Keith Broadfoot	30	34	42	41	0	34	0	36	38	88	343	Tom Winder	12	0	19	17	23	23	29	3*	26	0	152		
Greg Coy	35	40	30	44	36	27	31	33	34	68	321	Alex Jensen	0	30	26	32	0	12	25	27	0	0	152		
Jaap Bakker	41	42	33	0	33	40	37	12	0	80	318	Richard Mullaney	0	0	0	43	19*	40*	0	49	0	0	151		
Stephen Jackson	50	52	51	0	12	40	45	12	41	24	315	David Martin	38	38	28	34	12	0	0	0	0	0	150		
Richard Green	47	43	44	39	41	39	36	25*	0	0	314	David Bray	17	17	17	17	12	17	17	12	0	34	148		
Nick Brewster	31	32	32	37	32	30	0	20*	39	74	307	Stephen Bodnar	12	29	31	12	12	12	12	12	12	24	144		
Stuart Chellis	0	33	43	0	0	38	0	35*	41*	106	296	James Moody	17	17	12	12	17	0	12	12	17	34	138		
Klayten Smith	0	46	0	53	46	44	0	0	0	96	285	Brian Wilcockson	12	12	12	12	12	12	12	12	25	38	135		
Andrew Lennox	28	31	29	35	34	28	0	0	30	66	281	Glenn Lockwood	12	12	12	12	12	17	0	0	17	34	128		
Shaun Atchison	36	39	40	36	28	33	26	32	35	0	279	David Burgess	0	0	0	0	0	0	20	29	0	78	127		
Adrian Boyn	0	0	25*	49	47	47	48	0	0	52	268	Stephen Fahey	0	0	25	26	27	25	0	23	0	0	126		
Gerry Arthur	44	48	0	46	0	18	38	0	42	24	260	Mike Fowlds	12	0	12	21	12	0	12	12	0	40	121		
Tim Ashby	0	0	0	0	0	0	41*	40*	50*	120	251	Jonathan Craig	0	0	51	0	0	0	0	0	0	70	121		
Martin Matthews	49	44	0	12	45	49	0	47	0	0	246	Joe Degabriele	12	12	12	12	12	12	12	12	0	34	118		
Craig Brown	32	28	13	33	37	41	0	0	0	62	246	Walter Mitchell	25	21	0	0	12	12	17	0	0	30	117		
Andrew Cullen	48	12	0	12	0	0	27	0	46	100	245	Roland Hassall	12	12	12	12	12	0	16	16	0	24	116		
James Jeffery	46	50	0	40	0	0	0	28	31	50	245	Stephen Parker	0	0	0	0	0	0	22*	41	53	0	116		
Wayne Gregory	23	23	23	24	19	0	26	31	29	66	245	Tony Grainger	33	26	0	21*	35	0	0	0	0	0	115		
Mohammed Alkhub	29	25	20	0	17	17	19	29	37	68	244	Philip Boswell	26	27	12	12	12	12	12	0	0	0	113		
Keith Bateman	50	56	47	0	0	53	12	25	0	0	243	Brian Ogilwy	12	17	12	12	12	0	0	12	12	24	113		
Cameron Arnold	19	22	0	17	17	12	41	39	0	72	239	Rod Lovel	12	12	12	12	12	0	12	12	0	24	108		
Steve Hume	0	37	0	0	39	32	39	0	28	64	239	Russell Johnson	12	12	12	12	12	0	12	12	0	24	108		
Chris Truscott	53	0	56	0	56	0	0	53	0	0	218	Ross McCarty	12	12	12	12	12	0	12	12	12	24	108		
Simon Wilson	0	14	22	28	30	26	28	24*	41	0	213	Denis Speyer	12	12	0	12	12	12	12	2	12	24	108		
Martin Dowson	39	12	36	38	0	0	42	0	44	0	211	Michael Hill	12	12	2*	12	12	12	12	12	12	24	108		
Peter Truscott	0	12	39	0	0	0	33*	12	38*	72*	206	Luigi Criniti	12	12	2*	12	12	12	12	12	12	24	108		
Peter Slater	0	12	0	18	26	31	30	0	29	54	200	Max Crossley	2*	12	12	12	12	12	0	12	12	24	108		
Ron Schwebel	34	36	34	12	31	0	12	12	12	24	195	Eric Schmierer	12	12	12	12	12	12	12	12	12	24	108		
Paul Trainor	17	18	18	15	22	18	22	19	12	60	194	Ernst Friedlaender	2*	12	12	12	12	12	12	12	12	24	108		
Tim Cradock	0	0	39*	56	49	46	0	0	0	0	190	Allan Wareham	12	12	12	12	12	0	12	12	12	24	108		
												Kevin O'Kane	12	12	0	12	12	12	12	0	12	24	108		

Michael Adams	12	12	12	12	12	12	12	12	12	24	108	Victor Donovic	13	0	0	19	21	0	0	0	0	0	53	
Frank Dearn	12	12	12	12	12	12	12	12	0	12	24	108	Martin Pluss	12	12	0	0	0	0	2*	2*	24	52	
Richard Peacock	12	12	12	12	12	12	12	12	0	24	108	Vincent Moreau	0	0	0	0	2*	2	0	12	12	24	52	
Mark Watson	0	12	12	0	12	12	12	12	12	24	108	John Hodges	12	12	12	12	0	0	0	0	0	0	48	
Raymond Wareham	0	0	53	0	0	51	0	0	0	0	104	Stephen Kibble	12	0	0	0	0	12	0	0	0	24	48	
George Herisson	0	12	12	12	0	17	0	12	12	24	101	Robert Chalmers	12	0	0	0	0	0	0	12	0	24	48	
Tim Deane	12	12	12	12	12	0	0	0	0	12	24	96	Martin Foulkes	0	0	12	12	12	0	0	12	0	0	48
David East	12	12	12	12	12	0	0	0	0	12	24	96	Mark Crombie	0	0	0	12	12	0	12	12	0	0	48
Craig Schlitter	12	12	12	12	12	0	12	0	0	24	96	Ian Whitfield	0	0	0	0	12	0	12	0	0	24	48	
Ted Brailey	12	12	12	12	0	0	12	12	0	24	96	Iain Martin	0	0	0	0	0	0	0	12	12	24	48	
Alex James	12	12	12	12	12	12	12	12	0	0	96	Dennis Wylie	0	0	0	0	0	0	0	0	0	46	46	
David Ellis	0	12	12	12	0	0	12	12	12	24	96	Chris Hogan	0	0	0	0	12	12	2*	12	2*	4*	44	
Dean Harris	0	12	0	0	12	12	12	12	12	24	96	Chris Graham	0	0	0	0	42	0	0	0	0	0	42	
Sam Chuah	0	12	12	12	12	12	12	12	12	0	96	Andrew Jackson	17	0	12	0	12	0	0	0	0	0	41	
Jurg Kunzle	0	0	12	12	12	12	12	12	0	24	96	Graham Farnsworth	0	0	41	0	0	0	0	0	0	0	41	
Bill Flanagan	14*	25*	0	0	0	19*	14*	0	23*	0	95	Lachlan Wolfers	20	0	20	0	0	0	0	0	0	0	40	
Bernie Winters	0	0	0	0	0	0	3*	20	27	44	94	Phillip Jones	12	2*	0	12	0	0	12	0	0	0	38	
Matthew Kinchington	0	0	0	0	0	0	12	12	22	48	94	Campbell Reid	12	0	12	12	0	2	0	0	0	0	38	
Paul Bruning	14	0	0	12	14	17	0	0	12	24	93	Lee Gire	2*	0	0	12	0	12	0	12	0	0	38	
Craig Dunn	12	12	12	45	12	0	0	0	0	0	93	Bruce Horsburgh	0	0	0	0	0	0	0	2*	12	24	38	
Jan-Willem Schaar	0	0	0	0	0	46*	0	46*	0	0	92	Sue Horsburgh	0	0	0	0	0	0	0	2	12	24	38	
David Criniti	56	0	0	0	0	0	23*	0	12	0	91	Stewart Turner	12	12	0	0	12	0	0	0	0	0	36	
John Hanna	2*	2*	12	0	12	0	12	12	12	24	88	Mario Torresan	12	0	0	12	0	0	0	12	0	0	36	
Greg Donovan	0	0	0	12	12	2*	0	12	18	32	88	Alan Smith	12	0	12	0	0	0	0	12	0	0	36	
James Cryer	12	12	12	12	12	12	0	0	13	0	85	Adam Gatford	12	12	0	0	0	0	12	0	0	0	36	
Stephen Laws	0	0	0	0	2*	12	17	0	20	34	85	Louis St Laurent	12	12	0	0	0	0	12	0	0	0	36	
Philip Murphy	12	0	12	12	12	12	0	0	0	24	84	Graham Willis	12	0	12	0	12	0	0	0	0	0	36	
Sebastian Warmerdam	12	12	0	12	0	0	12	0	12	24	84	Graham Creed	0	12	0	12	12	0	0	0	0	0	36	
Stephen Smith	12	12	12	12	12	0	0	12	12	0	84	Mark Langsworth	0	12	0	0	0	0	0	0	0	24	36	
Heiko Schaefer	12	12	12	0	0	0	12	0	12	24	84	Lawrence Ullio	0	12	0	0	0	0	0	0	0	24	36	
Roger Cox	12	0	0	12	12	12	0	12	0	24	84	Peter Cremen	0	0	12	0	0	12	0	12	0	0	36	
Paul Bullas	0	12	12	0	0	12	12	0	12	24	84	Gary Aitkenhead	0	0	0	12	0	0	0	0	0	24	36	
Mike Hansen	0	12	0	12	12	12	0	0	12	24	84	Paul Au-Yeung	0	0	0	12	0	0	12	0	12	0	36	
Charles Coville	0	0	0	12	12	12	12	12	0	24	84	Nicholas Campbell	0	0	0	0	0	12	12	12	0	0	36	
Tim Austin	0	15	0	29	24	0	0	0	15	0	83	Edwin John Davie	0	0	0	0	0	0	12	0	0	24	36	
Craig Plumb	12	0	2*	0	0	2*	2*	12	21	24	75	Matthew Pollard	0	0	0	0	0	0	12	12	12	0	36	
John Van Yzendoorn	12	0	12	14	0	12	12	0	12	0	74	Mark Fiore	0	0	0	0	0	0	0	18	18*	0	36	
Charles King	12	12	12	0	0	0	0	0	12	24	72	Andrew Hybler	0	0	0	0	0	0	0	12	0	24	36	
Nick Woodhams	12	0	12	12	0	0	12	0	0	24	72	Alistair Mclean	0	0	0	0	0	0	0	0	12	24	36	
Manfred Fiedler	12	0	0	12	12	0	12	0	0	24	72	Rob Pearsall	0	0	0	0	0	0	0	0	12	24	36	
Philip Fleming	12	12	0	12	12	0	12	12	0	0	72	Cameron Robertson	2*	12	2*	2*	12	2*	0	2*	0	0	34	
Andrew Smith	12	12	12	0	0	12	0	0	0	24	72	Kendall Waller	0	3*	6*	12*	2*	2*	2*	0	0	4*	31	
Dean Gardiner	0	12	12	12	12	0	12	12	0	0	72	Andrew Harrison	0	0	0	30	0	0	0	0	0	0	30	
Ken Harris	0	12	12	12	0	0	0	0	12	24	72	Ray Mahoney	2*	12	12	0	0	0	2*	0	0	0	28	
Wayne Pryke	0	12	12	12	12	0	12	0	12	0	72	James Ditzell	0	0	2*	0	0	0	12	14	0	0	28	
Craig Hilderbrand	0	0	12	12	12	12	12	12	0	0	72	Simon Butler-White	0	0	0	0	0	0	12	12	0	4*	28	
Kevin Byrne	0	0	0	12	12	12	12	0	0	24	72	Mark van de Vyver	0	0	0	0	0	0	2*	0	2*	24	28	
Robert Mulley	12	12	12	2*	2*	0	12	12	0	4*	68	Joel Mackay	0	0	0	27	0	0	0	0	0	0	27	
Ray Doran	12	0	14	0	0	14	15	12	0	0	67	Andrew Rankine	0	2*	0	0	0	0	0	0	0	24	26	
Andrew Gibbons	0	0	0	0	34*	33*	0	0	0	0	67	Richard Newell	0	0	0	0	0	0	0	12	14	0	26	
Neil Anderson	0	0	0	0	0	0	9*	15	19	24	67	Sean Greenhill	2*	0	2*	3*	2*	2*	2*	12	0	0	25	
Malcolm Ferguson	16	16	17	12	2*	0	0	0	0	0	63	Kevin McGregor	0	0	0	25	0	0	0	0	0	0	25	
Paul Davey	15	0	0	2*	12	10*	0	2*	6*	16*	63	Geoff Underwood	12	12	0	0	0	0	0	0	0	0	24	
Ewan Horsburgh	2*	0	0	0	2*	11*	24*	0	0	24	63	Brian Wallace	2*	2*	0	0	6*	14*	0	0	0	0	24	
Luke Peterson	12	0	0	0	12	0	12	0	0	24	60	Dougal Langusch	2*	2*	2*	12	0	0	2*	0	0	4*	24	
James Kent	12	0	0	0	0	0	12	12	0	24	60	Phil Clarkson	12	12	0	0	0	0	0	0	0	0	24	
Jeff Morunga	12	0	0	0	0	0	12	0	12	24	60	David Lancaster	12	0	12	0	0	0	0	0	0	0	24	
Richard Lane	12	12	0	0	0	0	12	12	12	0	60	Michael Bailey	12	12	0	0	0	0	0	0	0	0	24	
Steve Packer	12	0	0	12	0	0	0	0	12	24	60	William Ward	12	0	0	0	0	0	0	0	12	0	24	
Martin Smith	12	12	0	0	12	12	0	0	12	0	60	Gavin Markey	0	12	12	0	0	0	0	0	0	0	24	
Christopher Nobes	12	12	12	12	12	0	0	0	0	0	60	Mark Davis	0	0	12	0	0	0	12	0	0	0	24	
John Kerr	12	0	12	12	12	12	0	0	0	0	60	Brian O'Dea	0	0	0	0	0	0	12	12	0	0	24	
Mark Schaefer	12	12	12	12	0	12	0	0	0	0	60	Mahmoud El-Khansa	0	0	0	0	0	0	0	12	12	0	24	
Darren Kaehne	0	12	0	12	0	0	0	0	12	24	60	Andrew Stone	0	0	0	0	0	0	0	0	0	24	24	
Graham Wirth	0	0	0	0	12	12	12	12	12	0	60	Stephen Urwin	0	0	0	0	0	0	0	0	0	24	24	
Grahame Murphy	0	0	21	0	25	0	12	0	0	0	58	Christian Werner	0	0	0	0	0	0	0	0	0	24	24	
												Marty Carne	0	0	0	0	0	0	0	0	0	24	24	

Mick Regan	0	0	0	0	0	0	0	0	0	24	24
Vince Mangioni	0	0	0	0	0	0	0	0	0	24	24
Peter Cookson	0	0	0	0	0	0	0	0	0	24	24
Steven Norden	0	0	0	0	0	0	0	0	0	24	24
Graham Osborn	0	0	0	0	0	0	0	0	0	24	24
Mark Robinson	0	0	0	0	0	0	0	0	0	24	24
Mark Shingler	22	0	0	0	0	0	0	0	0	22	
David Knight	2*	2*	0	2*	2*	2*	0	12	0	22	
Kevin Tiller	0	12	2*	0	2*	2*	2*	0	0	22	
Andrew Dyer	0	0	0	0	0	0	0	22	0	22	
Stuart Grieve	0	0	0	0	0	19	0	0	0	19	
Michael Free	2*	2*	2*	2*	2*	2*	2*	2*	4*	18	
John Sneddon	2*	2*	2*	0	2*	2*	2*	2*	4*	18	
Andrew Bull	0	2*	0	2*	2*	7*	2*	2*	0	17	
Paul Andrews	0	0	0	0	5*	12	0	0	0	17	
Carmelo Gallo	12	0	0	2*	0	0	0	0	0	14	
Mike Morrissey	12	0	0	0	0	2*	0	0	0	14	
Pete Steel	2*	0	0	0	0	0	0	12	0	14	
Chris Ferguson	0	0	0	2*	12	0	0	0	0	14	
Geoff Taylor	0	0	0	0	0	0	12	2*	0	14	
Bradley Loh	12	0	0	0	0	0	0	0	0	12	
Stewart Vincent	2*	0	2*	2*	0	2*	2*	0	0	12	
David King	12	0	0	0	0	0	0	0	0	12	
Nigel Deed	12	0	0	0	0	0	0	0	0	12	
David Ward	12	0	0	0	0	0	0	0	0	12	
Richard Wassell	12	0	0	0	0	0	0	0	0	12	
Wayne Stanton	12	0	0	0	0	0	0	0	0	12	
Michael Sharp	12	0	0	0	0	0	0	0	0	12	
Michael Handley	0	12	0	0	0	0	0	0	0	12	
Peter	0	12	0	0	0	0	0	0	0	12	
Hammerschmidt	0	12	0	0	0	0	0	0	0	12	
Richard Frykberg	0	12	0	0	0	0	0	0	0	12	

Jo Fendly	0	12	0	0	0	0	0	0	0	0	12
Michael Childs	0	0	12	0	0	0	0	0	0	0	12
Mervyn Cohen	0	0	12	0	0	0	0	0	0	0	12
Matthew Mulcahy	0	0	12	0	0	0	0	0	0	0	12
Gerard Donnan	0	0	12	0	0	0	0	0	0	0	12
Peter Roberts	0	0	0	12	0	0	0	0	0	0	12
Melos Sulicich	0	0	0	12	0	0	0	0	0	0	12
Paul Munro	0	0	0	12	0	0	0	0	0	0	12
Bruce Craven	0	0	0	12	0	0	0	0	0	0	12
Patrick Hodgins	0	0	0	0	12	0	0	0	0	0	12
Robert Inglis	0	0	0	0	12	0	0	0	0	0	12
Jeff Gissing	0	0	0	0	0	12	0	0	0	0	12
Anthony Whitty	0	0	0	0	0	0	12	0	0	0	12
Hans Pandeya	0	0	0	0	0	0	0	12	0	0	12
Christopher Dwyer	0	0	0	0	0	0	0	12	0	0	12
Scott Smiles	0	0	0	0	0	0	0	0	12	0	12
John Shepherd	0	0	0	0	0	0	0	0	12	0	12
Marcus Juhasz	0	0	0	0	0	0	0	0	12	0	12
Anthony Wong	0	0	0	0	0	0	0	0	12	0	12
Philip Kennedy	0	0	0	0	0	0	0	0	0	12	12
Ronan Carolan	0	0	0	0	0	0	0	0	0	4*	6
Fernando Santisteban	0	0	0	0	0	0	0	2*	2*	0	4
Chris Yates	0	0	0	0	0	0	0	0	0	4*	4
Graham Ford	0	0	0	0	0	0	0	0	0	4*	4
Salvador Gala	2*	0	0	0	0	0	0	0	0	0	2
John Zahra	2*	0	0	0	0	0	0	0	0	0	2
Bruce Inglis	0	0	0	2*	0	0	0	0	0	0	2
Hugh Langshaw	0	0	0	0	2*	0	0	0	0	0	2
Julien Arsac	0	0	0	0	2*	0	0	0	0	0	2
Nathan Lewis	0	0	0	0	0	0	0	2*	0	0	2
Andrew Ramsay	0	0	0	0	0	0	0	0	2*	0	2

10K Handicap

(Top 25 shown, best eight of ten races count)

	LC	H	D	N	LC	H	LC	N	H	LC	Tot
	B	M	H	H	B	B	H	B	B	B	
Luigi Criniti	12	12	21	49	12	22	12	12	48	92	268
Ernst Friedlaender	2	56	45	18	50	41	12	12	12	24	258
Barry Rutter	12	45	17	17	17	17	17	12	17	104	251
Mohammed Alkhub	47	12	17	0	17	17	17	55	28	40	238
Michael Hill	12	48	0	24	12	40	12	2	22	58	228
Allan Wareham	12	45	44	36	12	0	12	31	20	24	224
Andrew Cullen	38	12	0	12	0	0	12	0	33	112	219
Dean Harris	0	60	0	0	24	50	29	12	12	24	211
Keith Broadfoot	12	17	42	12	0	12	0	22	12	76	205
Cathy Watson	0	12	38	0	12	46	49	12	12	24	205
Michael Adams	12	12	47	47	12	36	12	12	12	24	202
Robert Mulley	12	12	12	2	50	0	12	48	0	52	200

Paul Trainor	29	12	12	12	29	12	14	12	12	74	194
Amanda Underwood	12	12	12	12	12	0	12	12	12	106	190
Jackie Ramsay	0	2	12	12	12	12	44	20	12	66	190
Leigh MacRitchie	12	12	0	0	51	0	47	40	0	24	186
Craig Hilderbrand	0	0	12	40	35	34	46	17	0	0	184
Matthew Kinchington	0	0	0	0	0	0	12	26	44	102	184
Tom Winder	12	0	60	12	32	17	35	2	12	0	182
Shelley Howes	0	12	0	46	0	44	30	12	12	24	180
Karin Kaehne	36	31	0	36	17	0	0	12	12	34	178
Craig Schlitter	12	47	27	41	12	0	12	0	0	24	175
Joanne Cowan	17	0	17	12	0	0	17	17	35	58	173
David Bray	17	17	33	17	12	17	24	12	0	34	171
Cameron Arnold	12	12	0	17	17	12	48	28	0	24	170
Simon Wilson	0	12	48	13	39	12	15	19	12	0	170

10k Age Group Placings

(Best eight of ten count)

Female Seniors	LC	H	D	N	LC	H	LC	N	H	LC	Tot
	B	M	H	H	B	B	H	B	B	B	
Penny Smith	0	0	0	0	0	60	0	0	60	120	240
Female Masters											
Elizabeth Woodhams	53	0	60	56	0	0	0	0	60	120	349
Lorraine Spanton	0	0	50	0	0	60	0	0	56	112	278
Dale Thompson	0	50	43	60	0	0	0	0	0	106	259
Tina Campbell	56	46	39	46	0	0	0	0	0	0	187
Helen Wilson	0	0	39	0	60	0	0	0	53	0	152

Heather Peters	41	56	54	0	0	0	0	0	0	0	151
Ruth McColl	51	0	51	0	0	0	0	0	0	0	102
Pauline Evans	0	0	0	0	0	0	0	0	0	0	102
Lesley Maher	0	0	56	0	0	0	0	0	0	0	56
Clara Vucetic	50	0	0	0	0	0	0	0	0	0	50
Robyn Moody	41	46	39	46	50	0	50	50	43	82	408
Female Veterans											
	LC	H	D	N	LC	H	LC	N	H	LC	Tot
	B	M	H	H	B	B	H	B	B	B	
Suzanne Kelly	53	60	60	60	60	60	60	60	56	106	526

Lisa Carroli	48	56	53	51	51	51	51	56	0	102	471
Jill Reich	50	53	49	50	46	0	0	49	51	96	444
Leighsa Hill	46	50	0	47	48	49	49	50	50	100	443
Joanne Cowan	60	0	60	28	0	0	58	49	60	120	435
Susan Login	0	48	47	46	44	0	47	46	49	92	419
Karin Kaehne	52	56	0	54	55	0	0	30	33	108	388
Mary Stringer	51	0	50	53	53	0	50	51	53	0	361
Frances Brown	39	40	42	41	35	0	0	40	44	80	361
Cathy Watson	0	38	41	0	34	43	42	42	43	78	361
Jackie Ramsay	0	27	40	38	36	42	40	31	45	84	356
Sharon Callister	0	49	46	48	49	50	48	53	0	0	343
Lynn Herisson	38	41	0	42	0	45	0	43	47	86	342
Glenda Mitchell	49	39	0	0	47	47	0	0	0	94	276
Megan Jackson	36	27	30	0	24	32	30	0	33	58	270
Bridgit English	43	46	45	28	44	0	36	0	0	0	242
Belinda Lockwood	32	0	0	29	38	0	0	0	46	82	227
Alison Gardiner	0	42	44	45	0	0	45	48	0	0	224
Danielle Langsworth	0	0	0	0	0	56	56	0	0	112	224
Kerry Ross	36	0	43	43	24	32	30	0	0	0	208
Caroline Yarnell	0	0	51	56	0	53	0	30	0	0	190
Robin Cameron	0	27	0	44	35	48	0	0	0	0	154
Marlies Laaper	0	0	0	0	33	36	36	37	0	0	142
Christine Cullen	44	43	0	0	41	0	0	0	0	0	128
Pennie Psaltis	0	0	0	0	0	0	0	0	48	70	118
Susan Chalmers	42	45	0	28	0	0	0	0	0	0	115
Suzi Reichert	0	0	0	0	27	44	43	0	0	0	114
Jennifer Best	0	0	0	0	32	0	34	35	0	0	101
Jennie Meixner	45	47	0	0	0	0	0	0	0	0	92
Karen Carter	0	44	48	0	0	0	0	0	0	0	92
Danielle Van Zuylen	0	0	0	0	0	0	0	0	0	88	88
Carolyn Travers	41	0	0	40	0	0	0	0	0	0	81
Joanne Barton	60	0	0	0	0	0	0	0	0	0	60
Dawn Tiller	0	0	0	0	56	0	0	0	0	0	56
Lisa Gallate	21	0	0	0	30	0	0	0	0	0	51
Cathy Rees-Evans	40	0	0	0	0	0	0	0	0	0	40
Julia de Vries	37	0	0	0	0	0	0	0	0	0	37
Joanna White	35	0	0	0	0	0	0	0	0	0	35
Neridah Powell	34	0	0	0	0	0	0	0	0	0	34
Gill Cavenagh	33	0	0	0	0	0	0	0	0	0	33
Shirley Rutter	21	27	30	28	24	32	30	0	33	0	225
Tracey Love	0	0	0	0	0	0	0	30	0	58	88
Female Pre-Vets	LC	H	D	N	LC	H	LC	N	H	LC	Tot
Top 10	B	M	H	B	B	H	H	B	B	B	
Lisa-Anne Davie	0	0	0	60	56	53	51	56	56	102	434
Naomi Frank	0	43	50	47	53	0	47	48	49	94	431
Amanda Underwood	45	42	42	27	50	0	45	47	34	100	405
Shelley Howes	0	47	0	51	0	51	49	53	53	98	402
Katherine McSweeney	38	40	40	43	47	50	41	45	0	84	390
Rebecca Deane	48	37	53	44	30	0	0	35	45	82	374
Bernadette Gregory	40	38	0	0	46	0	48	40	47	88	347
Samantha Brown	43	53	0	0	0	56	53	0	0	106	311
Maria DiMarco	47	45	49	38	43	0	40	0	46	0	308
Leigh MacRitchie	35	33	0	0	45	0	44	46	0	92	295
Male Super Seniors	LC	H	D	N	LC	H	LC	N	H	LC	Tot
	B	M	H	B	B	H	H	B	B	B	
Frank Dearn	56	60	60	56	56	60	56	0	60	112	520
Manfred Fiedler	60	0	0	60	60	0	60	0	0	120	360
Male Seniors	LC	H	D	N	LC	H	LC	N	H	LC	Tot
	B	M	H	B	B	H	H	B	B	B	
Brian Ogilwy	53	60	56	60	60	0	0	60	60	120	529

Allan Wareham	48	50	51	51	56	0	53	56	53	102	472
Ted Brailey	51	51	50	53	0	0	51	51	0	106	413
Heiko Schaefer	56	53	53	0	0	0	56	0	56	112	386
Ray Doran	60	0	60	0	0	60	60	41	0	0	281
Lee Gire	40	0	0	50	0	56	0	53	0	0	199
Michael Bailey	49	49	0	0	0	0	0	0	0	0	98
Peter Hammerschmidt	0	60	0	0	0	0	0	0	0	0	60
Peter Roberts	0	0	0	56	0	0	0	0	0	0	56
Paul Munro	0	0	0	49	0	0	0	0	0	0	49
Male Masters	LC	H	D	N	LC	H	LC	N	H	LC	Tot
	B	M	H	B	B	H	H	B	B	B	
Barry Rutter	23	56	56	60	56	60	51	47	55	116	510
Brian Wilcockson	23	23	25	51	53	53	56	56	60	112	466
Rod Lovel	51	49	50	49	49	0	51	50	53	100	453
Peter Woods	50	50	48	47	48	29	26	38	44	96	421
Luigi Criniti	41	41	32	44	41	47	47	48	51	98	417
Max Crossley	29	46	44	46	46	49	0	35	40	82	388
James Moody	45	44	25	22	45	0	43	39	51	94	386
Ron Schwebel	56	56	56	22	60	0	53	23	28	44	376
Ernst Friedlaender	26	40	40	38	44	48	42	40	45	66	365
Charles Coville	0	0	0	50	50	51	50	53	0	102	356
Eric Schmierer	37	37	39	35	33	41	37	37	44	80	352
James Cryer	49	48	49	48	47	50	0	0	56	0	347
Keith Bateman	60	60	60	0	0	60	26	60	0	0	326
Sam Chuah	0	36	36	37	37	43	41	41	42	0	313
Kevin O'Kane	35	35	0	33	32	39	26	0	38	70	308
Paul Bullas	0	44	45	0	0	29	26	0	49	96	289
Jurg Kunzle	0	0	35	34	34	40	36	34	0	76	289
John Sneddon	24	23	28	0	29	34	30	32	33	72	282
Wayne Pryke	0	47	46	45	45	0	48	0	48	0	279
Roger Cox	23	0	0	41	42	45	0	44	0	78	273
Philip Boswell	53	53	25	60	22	29	26	0	0	0	268
Nick Woodhams	43	0	41	40	0	0	44	0	0	94	262
Joe Degabriele	23	23	25	22	22	29	26	23	0	84	255
Ross McCarty	46	23	25	22	22	0	26	23	28	44	237
Philip Fleming	38	38	0	36	36	0	39	38	0	0	225
Stewart Vincent	38	0	37	33	0	36	35	36	0	0	215
John Hodges	50	50	48	53	0	0	0	0	0	0	201
Mark Crombie	0	0	0	47	48	0	49	51	0	0	195
Steve Packer	44	0	0	39	0	0	0	0	41	68	192
John Kerr	33	0	37	32	35	42	0	0	0	0	179
Grahame Murphy	0	0	53	0	56	0	60	0	0	0	169
Lawrence Ullio	0	42	0	0	0	0	0	0	0	90	132
Dennis Wylie	0	0	0	0	0	0	0	0	0	120	120
Mahmoud El-Khansa	0	0	0	0	0	0	0	49	47	0	96
Mick Regan	0	0	0	0	0	0	0	0	0	88	88
Phil Clarkson	42	43	0	0	0	0	0	0	0	0	85
Brian O'Dea	0	0	0	0	0	0	38	43	0	0	81
Peter Cookson	0	0	0	0	0	0	0	0	0	72	72
Graham Osborn	0	0	0	0	0	0	0	0	0	64	64
David King	47	0	0	0	0	0	0	0	0	0	47
Scott Smiles	0	0	0	0	0	0	0	45	0	0	45
Robert Inglis	0	0	0	0	38	0	0	0	0	0	38
John Shepherd	0	0	0	0	0	0	0	36	0	0	36
Jo Fendly	0	34	0	0	0	0	0	0	0	0	34
Ian Whitfield	0	0	0	0	22	0	26	0	0	44	92
Graham Willis	23	0	25	0	22	0	0	0	0	0	70
Christopher Dwyer	0	0	0	0	0	0	26	0	0	0	26
Male Veterans	LC	H	D	N	LC	H	LC	N	H	LC	Tot
	B	M	H	B	B	H	H	B	B	B	
Ross Sinclair	53	56	0	60	60	60	60	60	60	112	528

Mark Wilson	51	0	53	0	56	56	56	56	56	120	504
Andrew Taylor	56	53	51	53	53	53	50	53	51	106	478
Greg Coy	49	51	48	56	51	47	49	51	49	100	456
Mohammed Alkhub	47	46	45	0	42	45	45	54	52	104	438
Andrew Lennox	46	49	47	50	49	48	0	0	46	98	433
Wayne Gregory	44	45	44	46	44	0	49	55	48	102	433
Paul Trainor	40	42	43	40	46	45	45	46	12	96	403
Klas Johansson	42	43	0	43	42	44	46	47	0	88	395
Stephen Jackson	60	60	60	0	12	56	56	12	55	24	383
Peter Slater	0	39	0	41	47	50	48	0	45	90	360
David Gayford	41	44	45	45	43	43	42	44	38	0	347
Stephen Bodnar	32	48	49	38	12	14	31	12	33	80	325
Mark Watson	0	34	34	0	35	37	37	40	12	68	297
Michael Hill	18	30	0	30	33	34	32	27	35	72	293
David Ellis	0	38	38	35	0	0	35	39	36	66	287
Martin Dowson	50	12	50	51	0	0	53	0	53	0	269
Greg Donovan	0	0	0	36	36	31	0	42	39	84	268
Craig Plumb	37	0	29	0	0	26	19	36	42	78	267
Kendall Waller	0	30	31	34	31	29	28	0	0	56	239
Stephen Laws	0	0	0	0	29	42	41	0	41	86	239
Stephen Fahey	0	0	46	47	48	46	0	48	0	0	235
Denis Speyer	19	25	27	24	28	30	28	32	0	40	234
George Herisson	0	29	29	31	0	34	0	33	26	48	230
Glenn Lockwood	31	36	36	15	21	29	0	0	20	40	228
Dean Gardiner	0	35	31	34	38	0	36	41	0	0	215
Stephen Smith	28	28	30	27	29	0	0	34	31	0	207
David East	24	24	28	23	31	0	0	0	27	50	207
Sebastian Warmerdam	29	33	0	28	0	0	27	0	32	56	205
Ken Harris	0	32	32	33	0	0	0	0	34	70	201
John Van Yzendoorn	36	0	35	39	0	38	39	0	12	0	199
Neil Anderson	0	0	0	0	0	0	33	43	40	82	198
Bill Flanagan	35	40	0	0	0	39	37	0	38	0	189
Malcolm Ferguson	39	41	42	37	30	0	0	0	0	0	189
Tony Grainger	48	47	0	39	50	0	0	0	0	0	184
Michael Adams	12	19	22	17	22	26	17	22	17	24	169
Jonathan Craig	0	0	60	0	0	0	0	0	0	102	162
John Hanna	3	12	12	0	25	0	20	25	23	36	156
Charles King	21	27	24	0	0	0	0	0	28	54	154
Mike Hansen	0	12	0	16	23	27	0	0	22	46	146
Kevin Byrne	0	0	0	20	26	28	22	0	0	38	134
Richard Lane	17	26	0	0	0	0	25	35	30	0	133
Victor Donovic	38	0	0	42	45	0	0	0	0	0	125
Phillip Jones	33	27	0	32	0	0	33	0	0	0	125
Jeff Morunga	22	0	0	0	0	0	21	0	25	44	112
Graham Wirth	0	0	0	0	24	25	19	23	20	0	111
Martin Smith	14	23	0	0	27	31	0	0	12	0	107
Stephen Kibble	30	0	0	0	0	14	0	0	0	62	106
Andrew Smith	12	12	25	0	0	33	0	0	0	24	106
Mark Langsworth	0	31	0	0	0	0	0	0	0	74	105
Martin Pluss	25	21	0	0	0	0	0	11	11	34	102
Gary Aitkenhead	0	0	0	26	0	0	0	0	0	60	86
Robert Chalmers	16	0	0	0	0	0	0	26	0	42	84
Mark Fiore	0	0	0	0	0	0	0	45	34	0	79

Paul Au-Yeung	0	0	0	22	0	0	26	0	29	0	77
Alan Smith	20	0	26	0	0	0	0	29	0	0	75
Richard Newell	0	0	0	0	0	0	0	38	37	0	75
Campbell Reid	26	0	12	29	0	4	0	0	0	0	71
Mark Davis	0	0	37	0	0	0	34	0	0	0	71
Stephen Urwin	0	0	0	0	0	0	0	0	0	64	64
Mike Morrissey	35	0	0	0	0	25	0	0	0	0	60
Mario Torresan	23	0	0	25	0	0	0	12	0	0	60
Simon Butler-White	0	0	0	0	0	0	24	30	0	6	60
Bruce Horsburgh	0	0	0	0	0	0	0	18	18	24	60
Ronan Carolan	0	0	0	0	0	0	0	21	0	38	59
Sue Horsburgh	0	0	0	0	0	0	0	2	19	32	53
Marty Carne	0	0	0	0	0	0	0	0	0	52	52
Louis St Laurent	12	20	0	0	0	0	18	0	0	0	50
Andrew Harrison	0	0	0	48	0	0	0	0	0	0	48
Mark Shingler	43	0	0	0	0	0	0	0	0	0	43
Chris Ferguson	0	0	0	11	30	0	0	0	0	0	41
Geoff Taylor	0	0	0	0	0	0	23	17	0	0	40
Rob Pearsall	0	0	0	0	0	0	0	0	16	24	40
David Lancaster	12	0	23	0	0	0	0	0	0	0	35
Patrick Hodgins	0	0	0	0	34	0	0	0	0	0	34
Mervyn Cohen	0	0	33	0	0	0	0	0	0	0	33
Jeff Gissing	0	0	0	0	0	32	0	0	0	0	32
Hans Pandeya	0	0	0	0	0	0	30	0	0	0	30
Vince Mangioni	0	0	0	0	0	0	0	0	0	28	28
Salvador Gala	24	0	0	0	0	0	0	0	0	0	24
Philip Kennedy	0	0	0	0	0	0	0	0	24	0	24
Steven Norden	0	0	0	0	0	0	0	0	0	24	24
Hugh Langshaw	0	0	0	0	22	0	0	0	0	0	22
Fernando Santisteban	0	0	0	0	0	0	6	14	0	0	20
Melos Sulicich	0	0	0	18	0	0	0	0	0	0	18
John Zahra	17	0	0	0	0	0	0	0	0	0	17
David Ward	15	0	0	0	0	0	0	0	0	0	15
Wayne Stanton	12	0	0	0	0	0	0	0	0	0	12
Bruce Craven	0	0	0	12	0	0	0	0	0	0	12
Bruce Inglis	0	0	0	9	0	0	0	0	0	0	9
Richard Peacock	12	12	12	12	12	14	12	12	0	24	110
Peter Cremen	0	0	12	0	0	14	0	12	0	0	38
Mark Robinson	0	0	0	0	0	0	0	0	0	24	24
Michael Sharp	12	0	0	0	0	0	0	0	0	0	12
Anthony Wong	0	0	0	0	0	0	0	12	0	0	12
Male Pre-Vets	LC	H	D	N	LC	H	LC	N	H	LC	Tot
Top 10	B	M	H	B	B	H	B	H	B	LC	Tot
Damian Tancred	0	50	51	48	51	0	56	48	56	98	458
Tony Fattorini	0	53	49	51	48	49	53	51	48	102	456
Darren Benson	51	60	0	60	53	0	49	46	0	112	431
Matt Palmer	0	46	48	50	50	46	50	35	46	94	430
Keith Broadfoot	39	41	45	44	0	39	0	39	42	88	377
Glenn Guzzo	60	12	60	0	60	60	60	60	0	0	372
Nick Brewster	40	39	39	41	38	36	0	24	43	80	356
Jaap Bakker	45	45	40	0	39	42	41	12	0	84	348
Richard Green	48	46	47	42	42	41	40	28	0	0	334
Shaun Atchison	42	44	43	40	35	38	33	36	40	0	318

10k Age & Gender Adjusted

	LC	H	B	D	N	LC	H	B	LC	N	H	LC	Tot
Ross Sinclair	776	795	0	785	788	798	810	823	799	772	6374		
Greg Coy	772	784	752	786	783	763	782	790	760	768	6228		
Tony Fattorini	0	757	755	769	774	779	797	803	744	770	6204		

Damian Tancred	0	757	772	741	794	0	804	783	778	761	6190		
Andrew Taylor	778	768	756	764	768	772	773	795	757	759	6177		
Suzanne Kelly	736	760	759	765	767	768	771	774	754	737	6118		
Mark Wilson	747	0	739	0	752	758	780	789	771	757	6093		

Matt Palmer	0	759	730	761	783	772	782	723	730	749	6066
Wayne Gregory	739	733	735	736	735	0	751	773	735	756	5960
Mohammed Alkhub	749	738	714	0	691	707	730	771	757	758	5924
Barry Rutter	0	760	742	748	750	756	678	687	691	748	5882
Richard Green	745	742	730	719	733	734	736	736	0	0	5875
David Gayford	727	724	732	729	728	732	742	740	696	0	5854
Andrew Lennox	713	722	723	731	749	741	0	0	725	732	5836
Rod Lovel	744	714	707	723	745	0	741	729	718	715	5829
Brian Ogilwy	673	729	751	739	738	0	0	752	708	727	5817
Nick Brewster	711	714	719	724	730	729	0	737	726	727	5806
Shaun Atchison	719	716	721	707	713	727	720	734	713	0	5763
Keith Broadfoot	696	705	720	723	0	727	0	739	711	734	5755
Klas Johansson	711	703	0	703	706	712	734	735	0	726	5730
Paul Trainor	695	694	690	692	715	712	723	722	0	721	5674
Luigi Criniti	656	661	669	711	668	715	714	720	732	740	5669
Lisa Carroli	647	719	706	687	698	701	720	714	0	701	5646
Simon Wilson	0	660	680	689	713	706	719	734	719	0	5620
Darren Benson	792	805	0	785	795	0	773	773	0	792	5515
Jill Reich	691	687	684	705	671	0	0	691	699	676	5504
Cameron Arnold	681	677	0	648	601	679	744	753	0	709	5492
Allan Wareham	638	661	674	699	701	0	684	717	708	633	5482
Tom Winder	642	0	672	672	694	697	720	678	681	0	5456
Leighsa Hill	626	647	0	663	674	667	683	689	677	674	5374
Max Crossley	624	671	673	722	718	720	0	615	589	627	5370
Brian Wilcockson	0	0	0	731	750	747	758	766	772	765	5289
Mary Stringer	747	0	749	761	762	0	766	746	755	0	5286
Ben McSweeney	689	682	692	652	681	697	0	494	0	659	5246
Glenn Guzzo	883	0	862	0	838	879	887	896	0	0	5245
Roland Hassall	614	644	627	654	679	0	697	701	0	615	5231
James Cryer	714	728	727	744	749	758	0	0	755	0	5175
Susan Login	0	637	644	637	632	0	646	629	650	623	5098
Lisa-Anne Davie	0	0	0	692	724	713	767	747	719	730	5092
Jaap Bakker	724	738	706	0	719	735	742	0	0	715	5079
Naomi Frank	0	620	610	629	648	0	650	662	646	610	5075
Michael Hill	582	607	0	623	631	650	635	638	639	639	5062
Peter Slater	0	680	0	702	728	746	752	0	723	721	5052
Russell Johnson	626	635	588	646	658	0	659	665	0	566	5043
Frank Dearn	624	643	626	642	630	632	582	0	630	607	5034
Michael Free	569	571	580	590	619	631	654	668	647	626	5015
Ernst Friedlaender	554	605	611	622	657	674	622	612	604	523	5007
Sam Chuah	0	592	576	627	627	641	647	643	599	0	4952
John Sneddon	555	557	586	0	627	637	627	645	617	637	4933
Denis Speyer	609	599	608	611	623	617	626	631	0	562	4924
Craig Brown	700	692	656	697	726	739	0	0	0	698	4908
Sharon Callister	0	667	667	706	711	725	705	722	0	0	4903
Peter Woods	630	628	622	637	645	0	0	548	546	606	4862
Craig Plumb	722	0	709	0	0	702	652	663	710	700	4858
Stephen Bodnar	664	742	748	714	0	0	649	0	643	689	4849
Stephen Jackson	805	823	803	0	0	794	809	0	774	0	4808
Kendall Waller	0	676	685	705	703	680	690	0	0	653	4792
Eric Schmierer	572	590	590	597	586	575	589	617	619	600	4788
Joanne Cowan	828	0	818	0	0	0	814	668	830	822	4780
Shelley Howes	0	645	0	672	0	692	705	709	693	660	4776
Katherine McSweeney	579	588	461	603	603	603	600	605	0	572	4753
David Ellis	0	693	689	682	0	0	684	676	665	649	4738
Frances Brown	619	610	600	606	549	0	0	571	570	575	4700
Mark Watson	0	662	658	0	662	689	691	687	0	640	4689
Paul Davey	676	0	0	638	672	692	0	675	643	669	4665
Mike Fowlds	646	0	649	677	658	0	667	675	0	672	4644
David Bray	655	654	667	0	0	653	679	631	0	627	4566
Sean Greenhill	644	0	630	667	657	641	650	642	0	0	4531
Charles Coville	0	0	0	755	761	753	737	756	0	757	4519
Glenn Lockwood	643	653	654	491	513	514	0	0	515	514	4497
George Herisson	0	649	641	661	0	603	0	657	633	622	4466
Stuart Chellis	0	701	726	0	0	734	0	772	750	773	4456

Adrian Boyn	0	0	714	753	772	774	760	0	0	675	4448
James Moody	626	622	0	0	631	0	646	630	627	620	4402
Steve Hume	0	726	0	0	746	739	767	0	698	723	4399
Cathy Watson	0	529	536	0	504	555	587	577	545	546	4379
Gerry Arthur	738	756	0	732	0	681	742	0	722	0	4371
Heiko Schaefer	743	714	712	0	0	0	728	0	734	734	4365
Amanda Underwood	616	619	526	0	647	0	645	627	0	664	4344
James Jeffery	742	757	0	720	0	0	0	717	699	691	4326
Ted Brailey	656	644	604	659	0	0	540	604	0	607	4314
Stephen Smith	610	606	618	606	611	0	0	621	619	0	4291
Jackie Ramsay	0	440	469	516	530	527	554	563	542	555	4256
David East	611	588	606	597	632	0	0	0	606	612	4252
Keith Bateman	858	868	826	0	0	889	0	796	0	0	4237
Stewart Vincent	697	0	695	696	0	705	689	710	0	0	4192
Maria DiMarco	634	631	610	567	579	0	574	0	585	0	4180
Michael Adams	485	475	503	528	524	539	531	532	525	486	4168
Greg Donovan	0	0	0	683	675	692	0	698	687	702	4137
Martin Harris	717	0	0	670	676	0	0	764	708	599	4134
Alex Jensen	0	699	696	700	0	589	716	722	0	0	4122
Lynn Herisson	591	588	0	585	0	592	0	597	575	576	4104
Jurg Kunzle	0	0	580	600	601	578	567	593	0	576	4095
Craig Schlitter	550	572	573	599	598	0	589	0	0	586	4067
Wayne Pryke	0	646	655	671	679	0	678	0	664	0	3993
Ron Schwebel	803	806	810	0	817	0	753	0	0	0	3989
Walter Mitchell	693	684	0	0	683	692	553	0	0	672	3977
John Hanna	550	561	0	0	577	0	573	579	578	549	3967
Alex James	478	474	476	488	515	499	507	518	0	0	3955
Dean Gardiner	0	648	634	652	669	0	672	679	0	0	3954
Andrew Bull	0	610	0	657	672	605	679	680	0	0	3903
Philip Murphy	642	0	635	656	624	652	0	0	0	643	3852
Jenny Truscott	798	804	0	0	0	0	793	691	0	754	3840
Martin Matthews	757	745	0	0	765	782	0	780	0	0	3829
Martin Dowson	757	0	749	752	0	0	788	0	780	0	3826
Kevin O'Kane	556	578	0	582	520	522	0	0	517	550	3825
Klayten Smith	0	756	0	770	765	767	0	0	0	754	3812
Samantha Brown	751	758	0	0	0	761	769	0	0	741	3780
Sebastian Warmerdam	633	645	0	624	0	0	610	0	634	626	3772
Bill Flanagan	729	750	0	0	0	764	754	0	752	0	3749
Craig Hilderbrand	0	0	578	598	614	626	655	658	0	0	3729
Dougal Langusch	602	607	596	639	0	0	651	0	0	610	3705
Stephen Fahey	0	0	712	714	732	734	0	732	0	0	3624
Rebecca Deane	651	577	652	610	0	0	0	0	570	540	3600
Peter Truscott	0	0	716	0	0	0	753	626	749	751	3595
David Martin	739	730	712	719	692	0	0	0	0	0	3592
Elizabeth Woodhams	708	0	721	727	0	0	0	0	721	706	3583
Bernadette Gregory	585	581	0	0	600	0	603	0	607	594	3570
Philip Fleming	570	593	0	596	597	0	599	605	0	0	3560
Dean Harris	0	605	0	0	596	627	637	520	0	575	3560
Leigh MacRitchie	530	542	0	0	589	0	612	626	0	604	3503
Manfred Fiedler	706	0	0	693	718	0	724	0	0	652	3493
Stephen Laws	0	0	0	0	672	692	714	0	673	692	3443
Malcolm Ferguson	699	687	685	678	669	0	0	0	0	0	3418
Cameron Robertson	513	483	489	476	442	504	0	500	0	0	3407
Ray Doran	838	0	831	0	0	872	864	0	0	0	3405
David Knight	513	557	0	556	571	596	0	600	0	0	3393
John Van	670	0	653	697	0	676	696	0	0	0	3392
Yzendoorn	0	0	0	0	532	556	571	594	558	571	3382
Chris Hogan	0	0	0	673	685	670	0	685	0	617	3330
Roger Cox	624	0	0	0	645	693	731	0	0	625	3318
Ewan Horsburgh	646	657	0	676	677	0	0	0	0	652	3308
Karin Kaehne											

Angela Etheridge	676	653	649	661	647	0	0	0	0	0	3286
Kevin Tiller	0	542	536	0	536	549	574	540	0	0	3277
Chris Truscott	819	0	829	0	821	0	0	805	0	0	3274
Ken Harris	0	622	646	653	0	0	0	643	637	3201	
Nick Woodhams	630	0	634	647	0	0	647	0	0	639	3197
Tim Ashby	0	0	0	0	0	0	796	797	784	794	3171
Alison Gardiner	0	611	606	636	0	0	636	664	0	0	3153
Bridgit English	635	653	639	0	590	0	599	0	0	0	3116
Glenda Mitchell	646	561	0	0	645	648	0	0	0	613	3113
Tim Cradock	0	0	771	783	779	772	0	0	0	0	3105
Charles King	618	623	578	0	0	0	0	0	617	627	3063
Robert Mulley	0	0	0	568	616	0	608	638	0	631	3061
Richard Mullaney	0	0	0	726	713	786	0	795	0	0	3020
Tim Deane	643	0	0	646	638	0	0	0	573	508	3008
Richard Lane	580	598	0	0	0	0	586	620	614	0	2998
Chris Davis	0	0	0	0	0	0	753	753	747	744	2997
John Kerr	556	0	603	572	620	633	0	0	0	0	2984
Andrew Cullen	752	0	0	0	0	0	718	0	743	768	2981
John Hodges	725	729	707	752	0	0	0	0	0	0	2913
Tony Grainger	720	707	0	715	749	0	0	0	0	0	2891
Kevin Byrne	0	0	0	564	579	576	591	0	0	556	2866
Mark Crombie	0	0	0	704	717	0	710	729	0	0	2860
Allison Lilley	586	0	555	0	560	0	560	0	0	579	2840
Mike Hansen	0	0	0	540	545	563	0	0	589	597	2834
Martin Pluss	617	563	0	0	0	0	534	564	540	2818	
Penny Griffiths	555	0	548	574	567	0	565	0	0	0	2809
Belinda Lockwood	545	0	0	550	571	0	0	0	568	554	2788
Christopher Nobes	532	559	526	563	595	0	0	0	0	0	2775
Bernie Winters	0	0	0	0	0	0	684	707	697	686	2774
Graham Wirth	0	0	0	0	539	545	557	562	569	0	2772
Neil Anderson	0	0	0	0	0	0	716	708	673	674	2771
Paul Bruning	689	0	0	671	691	701	0	0	0	0	2752
Lorraine Spanton	0	0	621	0	0	691	0	0	707	695	2714
Dale Thompson	0	640	660	725	0	0	0	0	0	674	2699
Tim Austin	0	663	0	690	694	0	0	0	644	0	2691
Lee Gire	673	0	0	642	0	660	0	702	0	0	2677
Matthew Kinchington	0	0	0	0	0	0	655	663	668	683	2669
Brian Wallace	604	635	0	0	678	701	0	0	0	0	2618
Phillip Jones	661	662	0	651	0	0	642	0	0	0	2616
Cheryl Crawford	0	639	657	684	0	0	0	0	0	634	2614
Paul Bullas	0	624	645	0	0	0	0	0	664	680	2613
Marlies Laaper	0	0	0	0	647	646	650	670	0	0	2613
Luke Peterson	649	0	0	0	661	0	664	0	0	624	2598
Mark Schaefer	0	598	616	621	0	629	0	0	0	0	2464
Lucinda Chapman	814	807	780	0	0	0	0	0	0	0	2401
Jeff Morunga	618	0	0	0	0	0	587	0	605	588	2398
James Kent	578	0	0	0	0	0	606	617	0	585	2386
Katie Rowell	0	572	0	0	587	0	602	0	612	0	2373
Steve Packer	619	0	0	623	0	0	0	0	576	540	2358
Ray Mahoney	572	573	582	0	0	0	608	0	0	0	2335
Vincent Moreau	0	0	0	0	582	0	0	638	638	471	2329
Emilie Paquin	581	586	0	569	570	0	0	0	0	0	2306
Grahame Murphy	0	0	761	0	781	0	758	0	0	0	2300
Martin Foulkes	0	0	586	531	574	0	0	607	0	0	2298
Martin Smith	546	563	0	0	575	612	0	0	0	0	2296
Philip Boswell	771	774	0	747	0	0	0	0	0	0	2292
Jenny Wickham	0	0	0	0	0	0	740	0	761	786	2287
Danielle Langsworth	0	0	0	0	0	758	776	0	0	752	2286
Caroline Yarnell	0	0	734	768	0	766	0	0	0	0	2268
Stephen Parker	0	0	0	0	0	0	727	756	771	0	2254
Mark Irwin	0	0	0	0	0	0	755	754	0	725	2234
Kerryn Parkinson	548	553	0	555	0	553	0	0	0	0	2209
Victor Donovic	722	0	0	729	746	0	0	0	0	0	2197
David Burgess	0	0	0	0	0	0	712	739	0	733	2184

Robin Cameron	0	0	0	669	680	705	0	0	0	0	2054
Melanie Rauleder	0	0	0	0	0	0	672	691	691	0	2054
Graham Creed	0	659	0	666	683	0	0	0	0	0	2008
Penny Smith	0	0	0	0	0	670	0	0	656	669	1995
James Ditzell	0	0	592	0	0	0	656	692	0	0	1940
Stewart Turner	637	623	0	0	643	0	0	0	0	0	1903
Michaela Holloway	0	0	605	649	0	0	646	0	0	0	1900
Alicia Wood	617	629	0	625	0	0	0	0	0	0	1871
Jennifer Best	0	0	0	0	626	0	630	615	0	0	1871
Nicholas Campbell	0	0	0	0	0	604	619	611	0	0	1834
Iain Martin	0	0	0	0	0	0	598	605	615	1818	
Kerry Ross	580	0	615	609	0	0	0	0	0	0	1804
Yvonne Reilly	598	599	0	0	605	0	0	0	0	0	1802
Alan Smith	601	0	593	0	0	0	0	607	0	0	1801
Darren Kaehne	0	602	0	623	0	0	0	0	0	573	1798
Suzi Reichert	0	0	0	0	569	605	612	0	0	0	1786
Paul Au-Yeung	0	0	0	577	0	0	597	0	609	0	1783
Christine Cullen	592	590	0	0	581	0	0	0	0	0	1763
Robert Chalmers	581	0	0	0	0	0	0	588	0	583	1752
Elly Peters	609	0	526	0	612	0	0	0	0	0	1747
Simon Butler-White	0	0	0	0	0	0	607	618	0	522	1747
Nicole Frykberg	607	564	530	0	0	0	0	0	0	0	1701
Jan-Willem Schaar	0	0	0	0	0	843	0	826	0	0	1669
Louis St Laurent	547	532	0	0	0	0	553	0	0	0	1632
Mark van de Vyver	0	0	0	0	0	0	515	0	554	541	1610
Raymond Wareham	0	0	801	0	0	804	0	0	0	0	1605
David Criniti	834	0	0	0	0	0	727	0	0	0	1561
Jonathan Craig	0	0	812	0	0	0	0	0	0	743	1555
Andrew Gibbons	0	0	0	0	766	768	0	0	0	0	1534
Andrew Jackson	514	0	506	0	488	0	0	0	0	0	1508
Kathryn Topp	743	733	0	0	0	0	0	0	0	0	1476
Adam Gatford	509	506	0	0	0	0	459	0	0	0	1474
Mark Fiore	0	0	0	0	0	0	731	729	0	1460	
Helen Wilson	0	0	0	0	708	0	0	708	0	1416	
Mike Morrissey	700	0	0	0	0	702	0	0	0	0	1402
Mark Davis	0	0	695	0	0	0	691	0	0	0	1386
Sheena Leibowitz	0	687	0	692	0	0	0	0	0	0	1379
Mahmoud El-Khansa	0	0	0	0	0	0	0	702	665	0	1367
Lachlan Wolfers	682	0	674	0	0	0	0	0	0	0	1356
Christine Wong	0	0	0	0	0	0	681	670	0	1351	
Paul Andrews	0	0	0	0	678	661	0	0	0	0	1339
Richard Newell	0	0	0	0	0	0	661	675	0	1336	
Carmelo Gallo	663	0	0	663	0	0	0	0	0	0	1326
Brian O'Dea	0	0	0	0	0	0	645	678	0	0	1323
Pennie Psaltis	0	0	0	0	0	0	0	665	647	1312	
Ruth McColl	671	0	639	0	0	0	0	0	0	0	1310
Mark Langsworth	0	640	0	0	0	0	0	0	0	664	1304
Karen Carter	0	633	656	0	0	0	0	0	0	0	1289
Phil Clarkson	639	647	0	0	0	0	0	0	0	0	1286
Gary Aitkenhead	0	0	0	633	0	0	0	0	0	641	1274
Campbell Reid	626	0	0	643	0	0	0	0	0	0	1269
Stephen Kibble	643	0	0	0	0	0	0	0	0	622	1265
Jennie Meixner	620	626	0	0	0	0	0	0	0	0	1246
Susan Chalmers	611	634	0	0	0	0	0	0	0	0	1245
Andrew Smith	0	0	597	0	0	646	0	0	0	0	1243
Lawrence Ullio	0	623	0	0	0	0	0	0	0	615	1238
Michael Bailey	610	616	0	0	0	0	0	0	0	0	1226
Corinne Russell	0	0	592	631	0	0	0	0	0	0	1223
Ronan Carolan	0	0	0	0	0	0	0	613	0	609	1222
Alison Fitzgerald	0	0	0	617	0	0	0	0	0	600	1217

Carolyn Travers	616	0	0	584	0	0	0	0	0	0	1200
Mario Torresan	598	0	0	593	0	0	0	0	0	0	1191
Andrew Hybler	0	0	0	0	0	0	0	584	0	592	1176
Geoff Underwood	620	550	0	0	0	0	0	0	0	0	1170
Geoff Taylor	0	0	0	0	0	0	588	581	0	0	1169
Gavin Markey	0	577	591	0	0	0	0	0	0	0	1168
Pete Steel	563	0	0	0	0	0	0	601	0	0	1164
Chris Ferguson	0	0	0	551	611	0	0	0	0	0	1162
Heather Peters	0	565	594	0	0	0	0	0	0	0	1159
Holly Inglis	0	0	574	584	0	0	0	0	0	0	1158
Bruce Horsburgh	0	0	0	0	0	0	0	598	552	0	1150
David Lancaster	567	0	576	0	0	0	0	0	0	0	1143
Edwin John Davie	0	0	0	0	0	0	599	0	0	520	1119
Alistair Mclean	0	0	0	0	0	0	0	0	550	532	1082
Sue Horsburgh	0	0	0	0	0	0	0	0	549	531	1080
Gabrielle Ashby	0	0	0	0	0	0	0	0	535	525	1060
Matthew Pollard	0	0	0	0	0	0	564	493	0	0	1057
Rob Pearsall	0	0	0	0	0	0	0	0	536	510	1046
Fernando	0	0	0	0	0	0	494	546	0	0	1040
Santisteban	0	0	0	0	0	0	0	0	0	0	1040
Andrew Rankine	0	569	0	0	0	0	0	0	0	458	1027
Joanne Barton	786	0	0	0	0	0	0	0	0	0	786
Eliza Stewart	0	0	0	0	0	782	0	0	0	0	782
Dennis Wylie	0	0	0	0	0	0	0	0	0	773	773
Yvette Clements	0	0	0	0	0	0	772	0	0	0	772
Dawn Tiller	0	0	0	0	759	0	0	0	0	0	759
Peter	0	754	0	0	0	0	0	0	0	0	754
Hammerschmidt	0	754	0	0	0	0	0	0	0	0	754
Tina Campbell	747	0	0	0	0	0	0	0	0	0	747
Chris Graham	0	0	0	0	734	0	0	0	0	0	734
Graham	0	0	732	0	0	0	0	0	0	0	732
Farnsworth	0	0	732	0	0	0	0	0	0	0	732
Craig Dunn	0	0	0	730	0	0	0	0	0	0	730
Clara Vucetic	722	0	0	0	0	0	0	0	0	0	722
Mark Shingler	721	0	0	0	0	0	0	0	0	0	721
Andrew Harrison	0	0	0	714	0	0	0	0	0	0	714
Andrew Dyer	0	0	0	0	0	0	0	703	0	0	703
Peter Roberts	0	0	0	698	0	0	0	0	0	0	698
Joel Mackay	0	0	0	696	0	0	0	0	0	0	696
Sarah Hammer	693	0	0	0	0	0	0	0	0	0	693
Scott Smiles	0	0	0	0	0	0	0	693	0	0	693
Stuart Grieve	0	0	0	0	0	691	0	0	0	0	691
Kevin McGregor	0	0	0	682	0	0	0	0	0	0	682
Salvador Gala	679	0	0	0	0	0	0	0	0	0	679
Mervyn Cohen	0	0	678	0	0	0	0	0	0	0	678
David King	676	0	0	0	0	0	0	0	0	0	676
Ross McCarty	667	0	0	0	0	0	0	0	0	0	667
Lesley Maher	0	0	666	0	0	0	0	0	0	0	666
Anthony Whitty	0	0	0	0	0	0	661	0	0	0	661
Stephen Urwin	0	0	0	0	0	0	0	0	0	651	651

Pauline Evans	0	0	0	0	0	0	0	0	0	0	644	644
Michael Handley	0	642	0	0	0	0	0	0	0	0	0	642
Patrick Hodgins	0	0	0	0	641	0	0	0	0	0	0	641
Michael Childs	0	0	635	0	0	0	0	0	0	0	0	635
Paul Munro	0	0	0	635	0	0	0	0	0	0	0	635
Hans Pandeya	0	0	0	0	0	0	633	0	0	0	0	633
Jeff Gissing	0	0	0	0	0	630	0	0	0	0	0	630
Chris Yates	0	0	0	0	0	0	0	0	0	0	628	628
Mick Regan	0	0	0	0	0	0	0	0	0	0	628	628
Hugh Langshaw	0	0	0	0	621	0	0	0	0	0	0	621
Robert Inglis	0	0	0	0	620	0	0	0	0	0	0	620
John Shepherd	0	0	0	0	0	0	0	619	0	0	0	619
Matthew Mulcahy	0	0	608	0	0	0	0	0	0	0	0	608
Marty Carne	0	0	0	0	0	0	0	0	0	0	605	605
John Zahra	604	0	0	0	0	0	0	0	0	0	0	604
Danielle Van	0	0	0	0	0	0	0	0	0	0	602	602
Zuylen	0	0	0	0	0	0	0	0	0	0	0	602
Andrew Stone	0	0	0	0	0	0	0	0	0	0	601	601
Bradley Loh	598	0	0	0	0	0	0	0	0	0	0	598
William Ward	0	0	0	0	0	0	0	0	0	598	0	598
Graham Ford	0	0	0	0	0	0	0	0	0	0	589	589
Gill Cavenagh	588	0	0	0	0	0	0	0	0	0	0	588
Julia de Vries	586	0	0	0	0	0	0	0	0	0	0	586
Christian Werner	0	0	0	0	0	0	0	0	0	0	584	584
Philip Kennedy	0	0	0	0	0	0	0	0	0	582	0	582
Cathy Rees-Evans	580	0	0	0	0	0	0	0	0	0	0	580
Bruce Inglis	0	0	0	577	0	0	0	0	0	0	0	577
Nigel Deed	576	0	0	0	0	0	0	0	0	0	0	576
Lisa Gallate	0	0	0	0	573	0	0	0	0	0	0	573
Lilian Chuah	0	0	0	571	0	0	0	0	0	0	0	571
David Ward	570	0	0	0	0	0	0	0	0	0	0	570
Peter Cookson	0	0	0	0	0	0	0	0	0	0	556	556
Gerard Donnan	0	0	554	0	0	0	0	0	0	0	0	554
Neridah Powell	548	0	0	0	0	0	0	0	0	0	0	548
Joe Degabriele	0	0	0	0	0	0	0	0	0	0	538	538
Joanna White	537	0	0	0	0	0	0	0	0	0	0	537
Melos Sulicich	0	0	0	536	0	0	0	0	0	0	0	536
Jo Fendly	0	535	0	0	0	0	0	0	0	0	0	535
Meghan Hay	0	0	0	0	0	0	0	0	0	0	532	532
Nathan Lewis	0	0	0	0	0	0	0	0	519	0	0	519
Vince Mangioni	0	0	0	0	0	0	0	0	0	0	518	518
Megan Jackson	517	0	0	0	0	0	0	0	0	0	0	517
Julien Arsac	0	0	0	0	517	0	0	0	0	0	0	517
Marcus Juhasz	0	0	0	0	0	0	0	0	512	0	0	512
Richard Frykberg	0	502	0	0	0	0	0	0	0	0	0	502
Graham Osborn	0	0	0	0	0	0	0	0	0	0	499	499
Pamela Duncan	0	0	0	0	0	0	0	0	0	0	494	494
Richard Wassell	483	0	0	0	0	0	0	0	0	0	0	483
Steven Norden	0	0	0	0	0	0	0	0	0	0	478	478
Andrew Ramsay	0	0	0	0	0	0	0	0	0	0	475	475

Super Series Male Open

	E	C	H	G/	C	W	S	Bn	Tot			
	Q	SF	M	H	W	SS	S	B	M	IH	s	
Chris Truscott	57	66	0	58	0	55	61	59	56	55	4	471
Darren Benson	54	0	0	55	52	0	57	63	56	58	6	401
Martin Dowson	45	43	56	0	43	42	41	56	40	51	7	384
Andrew Taylor	38	55	0	43	49	45	45	0	50	38	10	373
Peter Cremen	31	49	61	38	41	37	14	53	0	34	8	352
David Martin	46	56	55	43	36	39	13	52	0	17	5	349
Richard Green	0	57	51	40	50	44	31	51	14	0	8	346
Ron Schwebel	35	33	38	26	58	14	25	46	34	42	9	321
Shaun Atchison	42	52	0	34	47	0	26	0	43	53	10	307
Tony Fattorini	0	62	0	49	62	0	54	0	55	14	9	305
Wayne Gregory	27	40	35	14	45	31	13	50	17	30	24	299

Gerry Arthur	20	18	58	0	0	48	47	0	48	47	12	298
Stephen Jackson	47	47	0	14	40	43	41	0	34	14	9	289
Bill Flanagan	34	36	49	27	48	40	22	0	26	23	6	289
Andrew Lennox	24	47	47	24	45	19	3	0	25	44	8	283
David Gayford	26	41	44	14	38	34	0	49	17	17	10	276
Keith Bateman	51	0	17	48	0	51	49	0	49	0	6	271
Jaap Bakker	40	50	53	35	0	38	26	15	0	0	7	264
Chris Graham	43	49	52	0	0	0	0	54	0	52	1	251
Craig Brown	33	31	34	31	36	46	13	0	15	14	6	246
Cameron Arnold	39	19	0	14	0	41	38	0	43	40	7	241
Barry Rutter	21	28	39	14	27	26	0	43	17	25	15	241
Mohammed Alkhub	32	37	19	14	25	24	13	45	17	27	14	240
Martin Matthews	41	0	65	0	51	0	50	0	0	0	6	213

Raymond Wareham	0	0	0	53	0	0	42	0	51	62	2	210
Greg Coy	0	48	0	37	0	0	24	0	35	45	10	199
Damian Tancred	39	0	0	51	0	42	0	0	49	0	8	189
David Bray	13	18	27	14	21	22	13	42	17	15	13	189
Peter Truscott	0	54	0	0	0	0	32	37	14	46	6	189
Glenn Guzzo	52	0	0	62	0	52	0	0	0	14	7	187
James Cryer	13	31	17	14	24	0	13	39	14	0	8	173
Glenn Lockwood	13	27	30	14	0	21	13	20	17	0	13	168
Kelvin Marshall	0	51	54	0	61	0	0	0	0	0	0	166
James Jeffery	0	0	50	0	56	35	3	0	0	14	6	164
Andrew Gibbons	0	0	0	36	0	0	37	0	38	50	2	163
Nick Brewster	0	0	45	30	0	0	0	0	30	48	9	162
John Bugg	0	43	0	14	38	0	3	30	17	14	0	159
Stephen Bodnar	15	34	46	0	0	0	13	0	0	14	30	152
Brian Ogilwy	13	18	17	14	17	14	13	21	14	14	18	147
Russell Johnson	13	0	17	14	0	20	13	31	17	14	7	146
Philip Murphy	17	34	25	14	29	0	3	0	0	18	5	145
Steve Hume	44	0	0	0	0	0	35	0	0	33	26	138
Ben McSweeney	37	0	48	0	0	0	0	0	0	26	27	138
Allan Wareham	0	18	17	14	17	14	13	22	14	0	9	138
Mike Fowlds	0	0	0	0	37	0	13	44	14	22	6	136
Tim Austin	25	18	0	14	39	0	0	0	0	14	25	135
Darren Kaehne	13	18	22	14	26	0	13	0	14	0	14	134
Frank Dearn	13	18	0	14	14	14	13	15	0	14	19	134
Klayten Smith	40	0	0	52	0	0	0	0	0	36	4	132
Martin Harris	36	19	0	17	0	0	39	0	14	0	6	131
James Moody	13	19	0	14	20	0	13	25	7	0	19	130
Stephen Laws	0	0	0	14	31	0	3	48	4	25	5	130
Andrew Cullen	48	0	0	18	0	0	32	0	25	0	6	129
Ross Sinclair	0	0	0	44	0	0	44	0	31	0	9	128
Tom Winder	0	0	0	28	44	0	12	0	31	0	9	124
David Criniti	61	18	0	0	0	0	6	0	32	0	4	121
Keith Broadfoot	29	0	0	33	0	39	7	0	0	0	8	116
Mark Wilson	0	0	0	20	0	0	43	0	44	0	8	115
Charles King	13	18	17	14	0	0	13	0	17	14	5	111
Eric Schmierer	13	18	0	14	17	4	3	0	17	14	10	110
Paul Bruning	0	0	42	14	0	34	0	0	0	14	6	110
Simon Wilson	0	0	0	14	0	0	28	0	21	37	9	109
Adrian Boyn	0	0	0	0	0	0	38	0	17	49	5	109
Roland Hassall	13	18	0	14	0	0	13	0	17	20	12	107
Philip Boswell	22	0	40	14	0	0	13	0	0	0	17	106
Stephen Fahey	0	0	0	22	0	0	13	0	24	42	5	106
Lachlan Wolfers	13	0	36	14	35	0	3	0	0	0	2	103
Craig Dunn	13	0	0	0	49	0	0	0	36	0	5	103
Jan-Willem Schaar	0	0	0	0	0	0	48	0	0	52	2	102
John Hanna	3	0	17	14	17	0	0	26	14	0	8	99
Sebastian Warmerdam	0	18	17	14	0	0	13	0	17	14	6	99
Matt Dobbin	0	0	41	4	0	0	0	36	17	0	0	98
Paul Trainor	13	0	0	14	0	0	13	0	16	31	10	97
Rod Lovel	13	0	0	0	26	0	0	32	0	15	9	95
Peter Slater	0	0	0	14	0	0	9	0	21	43	7	94
Geoff Underwood	13	0	18	0	19	0	13	18	7	0	2	90
Tim Deane	19	0	26	14	22	0	0	0	0	0	7	88
Wayne Pryke	13	0	20	14	0	0	0	0	17	14	7	85
Manfred Fiedler	13	0	17	14	0	0	0	0	0	14	24	82
Mark Watson	0	0	29	14	0	0	3	0	14	14	8	82
David East	13	18	0	4	0	0	13	0	12	14	7	81
Chris Davis	0	0	0	0	0	0	23	0	38	14	4	79
Kevin O'Kane	0	18	0	0	0	0	13	15	0	14	18	78
Jeff Morunga	0	18	7	4	0	0	3	19	7	14	4	76

Jim Barrett	0	0	0	14	0	0	13	27	17	0	5	76
Sam Chuah	0	0	0	14	0	0	13	16	14	0	19	76
Robert Wawrzyniak	0	0	0	14	0	0	13	34	14	0	0	75
Adrian Spragg	13	23	0	0	0	0	0	38	0	0	0	74
Patrick Hodgins	13	20	0	4	33	0	3	0	0	0	1	74
Grahame Murphy	0	18	0	21	0	32	0	0	0	0	3	74
Paul Au-Yeung	0	0	0	14	0	14	13	0	14	14	4	73
Roger Cartwright	18	21	0	16	0	0	0	0	17	0	0	72
Ray Doran	0	0	0	14	0	18	13	0	0	21	5	71
Joel Mackay	0	0	0	25	0	0	0	0	20	14	11	70
Carmelo Gallo	4	0	32	14	0	0	3	0	14	0	2	69
Christopher Dwyer	0	0	0	41	0	0	27	0	0	0	1	69
Randall Brophy	0	0	0	29	0	0	20	0	20	0	0	69
Graham Creed	0	0	31	0	31	0	3	0	0	0	3	68
Mark Irwin	0	0	0	0	0	38	5	0	23	0	2	68
Mark Davis	0	0	33	14	0	0	3	0	14	0	2	66
Stephen Smith	0	0	17	14	0	0	13	0	14	0	8	66
Ernst Friedlaender	0	0	0	14	14	0	0	0	14	14	10	66
Matthew Kinchington	0	0	0	0	0	7	0	41	14	0	4	66
Mike Morrissey	0	32	0	14	0	0	3	0	0	14	2	65
Ian Singer	0	18	17	0	0	0	0	13	17	0	0	65
Martin Foulkes	0	0	0	14	0	0	3	27	17	0	4	65
Stuart Chellis	0	0	0	0	0	0	29	0	29	0	6	64
Kevin Tiller	3	18	7	0	0	0	0	0	4	4	26	62
Tony Grainger	0	29	0	26	0	0	3	0	0	0	4	62
Ewan Horsburgh	3	0	0	0	0	0	28	0	26	0	4	61
Malcolm Ferguson	0	0	37	4	12	0	3	0	0	0	5	61
Sean Greenhill	3	36	14	0	0	0	0	0	0	0	7	60
Phillip Jones	13	26	0	14	0	0	3	0	0	0	4	60
Mark Schaefer	13	0	0	14	0	0	13	0	0	14	5	59
Richard Wassell	13	18	0	14	0	0	3	0	0	0	11	59
Stephen Firth	0	0	0	14	0	0	13	0	32	0	0	59
Mahmoud El-Khansa	0	0	0	0	23	0	0	0	17	14	3	57
Mike Hansen	13	0	0	0	0	0	13	0	0	14	16	56
Klas Johansson	0	0	0	14	0	0	13	0	0	22	7	56
Craig Schlitter	0	0	0	14	0	0	0	19	17	0	6	56
Mark Fiore	0	0	0	0	0	0	0	0	17	35	3	55
Luigi Criniti	3	0	0	0	0	0	13	0	14	14	10	54
Mark Gardiner	13	0	0	0	0	0	41	0	0	0	0	54
Nick Woodhams	0	0	0	14	0	0	13	0	14	0	13	54
Mick McCarthy	13	18	17	4	0	0	0	0	0	0	0	52
Arthur Huxtable	13	0	0	4	0	4	13	0	4	14	0	52
Jamie Blackie	3	0	0	14	0	4	3	0	14	14	0	52
Denis Speyer	0	0	17	14	0	0	13	0	0	0	8	52
Dean Harris	0	0	0	14	0	0	0	0	17	14	7	52
Heiko Schaefer	13	0	0	14	0	0	13	0	0	0	11	51
Peter Woods	13	0	0	14	0	0	0	0	0	14	10	51
Chris Hogan	0	0	0	14	0	0	3	0	14	14	6	51
Sam Serisier	18	18	0	14	0	0	0	0	0	0	0	50
Richard Sarkies	0	0	0	50	0	0	0	0	0	0	0	50
George Herisson	0	0	0	14	0	0	0	0	0	14	22	50
Richard Peacock	13	0	0	0	0	0	13	0	0	0	23	49
John Palmer	0	35	0	14	0	0	0	0	0	0	0	49
Rick Collins	0	18	17	14	0	0	0	0	0	0	0	49
Joe Degabriele	0	0	0	14	0	0	13	0	0	14	8	49
Matt Palmer	0	0	0	0	0	40	0	0	0	0	9	49
Leigh Donelly	0	0	0	14	0	0	3	0	17	14	0	48
Stephen Kibble	13	18	0	0	0	0	0	0	0	14	2	47
Mark Langsworth	0	18	0	14	0	0	0	0	14	0	1	47
Tim Cradock	0	0	0	0	0	43	0	0	0	0	4	47
Tim Ashby	0	0	0	0	0	0	0	0	43	0	4	47

Stuart Grieve	0	0	0	0	0	0	0	0	7	39	1	47
Richard Mullaney	0	0	0	35	0	0	0	0	7	0	4	46
Dean Gardiner	0	0	0	14	0	9	13	0	4	0	6	46
Martin Smith	0	0	0	14	0	5	3	0	4	14	6	46
Steve Fisher	13	18	0	14	0	0	0	0	0	0	0	45
Alan Smith	13	0	0	14	0	0	3	0	12	0	3	45
Tim Furlan	0	0	0	0	14	0	0	0	17	14	0	45
Stephen Parker	0	0	0	0	0	0	0	0	36	0	9	45
Michael Handley	0	0	43	0	0	0	0	0	0	0	1	44
Neil Anderson	0	0	0	0	0	20	3	0	17	0	4	44
Nicholas Campbell	0	0	0	0	0	0	13	0	14	14	3	44
Dougal Langusch	3	8	0	4	0	0	0	23	0	0	5	43
Chris Thompson	0	38	0	0	0	0	0	0	4	0	0	42
Christopher Hall	0	0	0	37	0	0	3	0	2	0	0	42
John Van Yzendoorn	0	0	0	15	0	0	0	0	0	0	27	42
Paul Munro	0	0	0	14	0	0	13	0	14	0	1	42
Alex Jensen	13	0	0	19	0	0	3	0	0	0	6	41
Craig Plumb	0	22	0	0	0	0	0	0	12	0	7	41
Michael Adams	0	0	0	0	0	26	3	0	2	0	10	41
Ted Brailey	13	18	0	0	0	0	3	0	0	0	6	40
Peter Kingston	0	40	0	0	0	0	0	0	0	0	0	40
Graham Farnsworth	0	0	0	22	0	0	10	0	7	0	1	40
Roger Cox	13	0	0	14	0	0	3	0	4	0	5	39
Graham Willis	13	0	0	0	0	0	3	0	0	0	23	39
Rob Pearsall	0	0	0	0	0	0	3	17	17	0	2	39
Bruce Inglis	13	0	0	0	0	0	0	0	14	11	38	
Mervyn Cohen	0	0	23	14	0	0	0	0	0	1	38	
Steve Packer	0	0	17	14	0	0	3	0	0	0	4	38
David Burgess	0	0	0	14	0	0	18	0	4	0	2	38
Michael Sharp	0	0	0	0	0	0	3	0	0	14	21	38
Andrew Smith	13	0	0	0	0	0	0	0	0	0	24	37
Brian Wilcockson	0	0	0	14	0	0	13	0	0	0	10	37
Graham Wirth	0	0	0	0	0	0	3	0	14	14	6	37
Keith White	13	0	0	0	0	0	3	0	0	0	20	36
David King	0	18	17	0	0	0	0	0	0	1	36	
Max Crossley	0	0	0	14	0	0	13	0	0	9	36	
Robert Chalmers	0	0	0	0	0	0	0	0	14	22	36	
Robert Mulley	0	0	0	0	11	0	13	0	4	0	7	35
Michael Bailey	0	18	0	14	0	0	0	0	0	2	34	
Louis St Laurent	0	0	17	0	0	0	0	0	14	0	3	34
Andrew Dyer	0	0	0	0	0	0	13	0	20	0	1	34
Gregory Prerau	13	0	0	0	0	0	0	0	0	0	20	33
Jeremy Culver	0	19	0	14	0	0	0	0	0	0	33	
Jurg Kunzle	0	0	0	14	0	0	13	0	0	6	33	
Bernie Winters	0	0	0	0	0	0	0	0	29	4	33	
Roger Casey	0	32	0	0	0	0	0	0	0	0	32	
Mark Shingler	30	0	0	0	0	0	0	0	0	1	31	
Martin Pluss	0	19	7	0	0	0	0	0	0	5	31	
Kevin McGregor	0	0	0	0	0	0	3	21	7	0	31	
Michael Free	0	0	0	0	0	0	13	0	4	4	10	31
Matthew Pollard	0	0	0	0	0	0	13	0	0	14	4	31
Bruce Horsburgh	0	0	0	0	0	0	0	0	14	14	3	31
Stephen Ball	16	0	0	14	0	0	0	0	0	0	30	
Anthony Wong	0	0	0	29	0	0	0	0	0	1	30	
Victor Donovic	0	0	0	14	0	0	13	0	0	3	30	
Paul Bullas	0	0	0	0	0	0	0	0	14	16	30	
Brad Renshaw	0	19	0	0	0	0	0	0	0	10	29	
David Robinson	3	0	0	0	0	4	3	0	4	14	0	28
Melos Sulicich	13	0	0	14	0	0	0	0	0	1	28	
Pierre van Heerden	0	0	28	0	0	0	0	0	0	0	28	
Campbell Reid	0	0	0	14	0	0	3	0	7	0	4	28

Lawrence Ullio	0	0	0	14	0	0	13	0	0	0	1	28
Kevin Byrne	0	0	0	0	0	0	13	0	11	0	4	28
Michael Wilson	13	0	0	0	0	4	0	0	0	0	10	27
Andrew Bull	0	0	0	4	0	0	13	0	4	0	6	27
James Ditzell	0	0	0	4	0	0	3	0	17	0	3	27
Paul Thompson	0	0	0	14	0	0	13	0	0	0	0	27
Anthony Carpenter	0	0	0	0	27	0	0	0	0	0	0	27
John Sneddon	0	0	0	0	4	0	0	14	0	0	9	27
Paul Andrews	0	0	0	0	0	15	3	0	7	0	2	27
Simon Butler-White	0	0	0	0	0	4	3	0	4	14	2	27
Euan Callister	0	0	0	0	14	0	0	0	12	0	0	26
Steven Norden	0	0	0	0	0	0	13	0	12	0	0	25
George Lisson	0	0	0	0	0	0	0	25	0	0	0	25
Malcolm Satchell	0	24	0	0	0	0	0	0	0	0	0	24
David Ellis	0	0	0	14	0	0	3	0	0	0	7	24
Jeremy O'Connor	0	0	0	0	0	0	24	0	0	0	0	24
John Simmonds	0	0	0	0	0	0	13	0	0	0	10	23
Ross McCarty	0	0	0	0	0	0	0	0	0	14	9	23
Philip Fleming	13	0	0	0	0	0	3	0	0	0	6	22
Charles Coville	0	0	0	14	0	0	3	0	0	0	5	22
Ken Harris	0	0	0	14	0	0	3	0	0	0	5	22
Greg Donovan	13	0	0	0	0	0	0	0	2	0	6	21
David Ward	0	0	17	0	0	0	3	0	0	0	1	21
Paul Davey	0	0	0	4	0	0	3	0	7	0	7	21
Mason Reeves	0	0	0	0	0	4	3	0	14	0	0	21
Lee Gire	13	0	0	0	0	0	3	0	0	0	4	20
James Kent	0	0	17	0	0	0	0	0	0	0	3	20
Andrew Hall	0	0	0	0	0	17	3	0	0	0	0	20
Andrew Fuller	0	0	0	0	0	13	3	0	4	0	0	20
Geoffrey Lucas	0	0	0	0	0	0	13	0	7	0	0	20
Brendan Mason	0	8	11	0	0	0	0	0	0	0	0	19
Darryl Chrisp	0	19	0	0	0	0	0	0	0	0	0	19
Brian McElhinney	0	0	0	14	0	0	0	0	0	0	5	19
Christopher Nobes	0	0	0	14	0	0	0	0	0	0	5	19
Geoff Taylor	0	0	0	0	0	0	3	0	14	0	2	19
Brad Eastwood	0	0	0	0	0	0	0	0	0	19	0	19
John Singleton	0	18	0	0	0	0	0	0	0	0	0	18
Warwick Selby	0	18	0	0	0	0	0	0	0	0	0	18
Tom Silk	0	18	0	0	0	0	0	0	0	0	0	18
Michael Childs	0	0	0	14	0	0	3	0	0	0	1	18
Peter Roberts	0	0	0	14	0	0	3	0	0	0	1	18
Jon Patrick	0	0	0	4	0	0	0	0	0	14	0	18
Roger Rigby	0	0	0	0	0	0	0	18	0	0	0	18
Mark Crombie	0	0	0	0	0	0	0	0	14	0	4	18
Dennis Wylie	0	0	0	0	0	0	0	0	0	18	0	18
Tom McCormack	0	0	17	0	0	0	0	0	0	0	0	17
Dick Bartlett	0	0	17	0	0	0	0	0	0	0	0	17
Andrew Harrison	0	0	0	13	0	0	3	0	0	0	1	17
Stewart Turner	0	0	0	14	0	0	0	0	0	0	3	17
Paul Glare	0	0	0	14	0	0	3	0	0	0	0	17
David Knight	0	0	0	4	0	0	3	0	4	0	6	17
Peter Lewis	0	0	0	0	8	6	3	0	0	0	0	17
Darryl Harding	0	0	0	0	0	0	3	0	14	0	0	17
Luke Baker	0	0	0	0	0	0	3	0	14	0	0	17
Jon Ikin	0	0	0	0	0	0	0	0	17	0	0	17
Richard Newell	0	0	0	0	0	0	0	0	14	3	17	
Mark van de Vyver	0	0	0	0	0	0	0	0	14	3	17	
Gavin Markey	0	0	0	14	0	0	0	0	0	0	2	16
Michael Hill	0	0	0	0	0	4	3	0	0	0	9	16
Ian Whitfield	13	0	0	0	0	0	0	0	0	0	2	15
Philip Hugill	0	15	0	0	0	0	0	0	0	0	0	15

Gary Aitkenhead	0	0	0	14	0	0	0	0	0	0	1	15
Robert Inglis	0	0	0	14	0	0	0	0	0	0	1	15
Bradley Loh	0	0	0	14	0	0	0	0	0	0	1	15
Timothy Kelleher	0	0	0	0	0	8	3	0	4	0	0	15
Anthony Whitty	0	0	0	0	0	0	0	0	14	0	1	15
Julien Arsac	0	0	0	0	0	0	0	0	0	14	1	15
John Zahra	13	0	0	0	0	0	0	0	0	0	1	14
Gary Leahey	0	0	0	14	0	0	0	0	0	0	0	14
Anton Kapel	0	0	0	4	0	0	3	0	7	0	0	14
Mark Preston	0	0	0	14	0	0	0	0	0	0	0	14
Michael Rees-Evans	0	0	0	14	0	0	0	0	0	0	0	14
Peter Cookson	0	0	0	14	0	0	0	0	0	0	0	14
Ron Daly	0	0	0	14	0	0	0	0	0	0	0	14
Steven Johnstone	0	0	0	14	0	0	0	0	0	0	0	14
Gavin Morriset	13	0	0	0	0	0	0	0	0	0	0	13
Steve Cornelius	13	0	0	0	0	0	0	0	0	0	0	13
Jim Screen	13	0	0	0	0	0	0	0	0	0	0	13
Stewart Vincent	0	0	7	0	0	0	0	0	0	0	6	13
Kendall Waller	0	0	0	4	0	0	3	0	0	0	6	13
Mark Robinson	0	0	0	0	0	0	13	0	0	0	0	13
Selwyn Jackson	0	0	0	0	0	0	13	0	0	0	0	13
Cameron Robertson	0	0	0	0	0	0	3	0	2	0	7	12
Darren Goodsir	0	0	0	4	0	0	3	0	4	0	0	11
David Cooke	0	0	0	0	0	4	3	0	4	0	0	11
Alex James	0	0	0	0	0	0	3	0	0	0	8	11
Graham Ford	0	0	0	0	0	0	0	0	7	4	0	11
Vincent Moreau	0	0	0	4	0	0	0	0	0	0	5	9
Nathan Lewis	0	0	0	4	0	0	0	0	4	0	1	9
Fernando Santisteban	0	0	0	0	0	0	3	0	4	0	2	9
Richard Lane	0	0	0	0	0	0	3	0	0	0	6	9
Ian Walker	0	0	0	4	0	0	3	0	0	0	0	7
David Camm	0	0	0	4	0	0	3	0	0	0	0	7
Richard Deutsch	0	0	0	4	0	0	3	0	0	0	0	7
Gregory Mackay	0	0	0	4	0	0	3	0	0	0	0	7
Brian Wallace	0	0	0	0	0	0	3	0	0	0	4	7
Marty Carne	0	0	0	0	0	0	3	0	4	0	0	7
Michael Peters	0	0	0	0	0	0	3	0	0	4	0	7
Ray Mahoney	0	0	0	0	0	0	3	0	0	0	4	7

John Moore	0	0	0	0	0	0	3	0	4	0	0	7
Jon Griffiths	0	0	0	0	0	0	3	0	4	0	0	7
Terry Coleman	0	0	0	0	0	0	0	0	7	0	0	7
Brian Taylor	3	0	0	0	0	0	3	0	0	0	0	6
Pete Steel	0	0	0	4	0	0	0	0	0	0	2	6
Luke Peterson	0	0	0	0	0	0	3	0	0	0	3	6
William Ward	0	0	0	0	0	0	3	0	0	0	3	6
Andrew Ramsay	0	0	0	0	0	0	0	0	0	4	2	6
Kevin McGregor	0	0	0	4	0	0	0	0	0	0	1	5
Bruce Craven	0	0	0	4	0	0	0	0	0	0	1	5
James Woodhams	0	0	0	0	0	0	3	0	2	0	0	5
Brian O'Dea	0	0	0	0	0	0	3	0	0	0	2	5
Stephen Allan	0	0	0	0	0	0	3	0	2	0	0	5
Ronan Carolan	0	0	0	0	0	0	0	0	0	4	1	5
Andrew Waudby	0	0	0	4	0	0	0	0	0	0	0	4
Andrew Horsley	0	0	0	4	0	0	0	0	0	0	0	4
Jeff Gissing	0	0	0	0	0	0	3	0	0	0	1	4
Hugh Langshaw	0	0	0	0	0	0	3	0	0	0	1	4
Nigel Deed	0	0	0	0	0	0	3	0	0	0	1	4
Jo Fendly	0	0	0	0	0	0	3	0	0	0	1	4
Richard Frykberg	0	0	0	0	0	0	3	0	0	0	1	4
Ron Wilson	0	0	0	0	0	0	0	0	4	0	0	4
Phil Clarkson	0	0	0	0	0	0	0	0	2	0	2	4
Ian MacArthur	0	0	0	0	0	0	0	0	0	4	0	4
Alastair Wallace	0	0	0	0	0	0	3	0	0	0	0	3
Dino Soepono	0	0	0	0	0	0	3	0	0	0	0	3
Richard Crane	0	0	0	0	0	0	3	0	0	0	0	3
Phil Garvin	0	0	0	0	0	0	3	0	0	0	0	3
Jeremy Lowes	0	0	0	0	0	0	3	0	0	0	0	3
Mark Van De Vyver	0	0	0	0	0	0	3	0	0	0	0	3
Edward Sharp	0	0	0	0	0	0	3	0	0	0	0	3
Jack Leigh	0	0	0	0	0	0	3	0	0	0	0	3
Gordon Forsyth	0	0	0	0	0	0	3	0	0	0	0	3
Peter Johnson	0	0	0	0	0	0	3	0	0	0	0	3
Graham Sharp	0	0	0	0	0	0	3	0	0	0	0	3
John Carroll	0	0	0	0	0	0	3	0	0	0	0	3
Jason Saunders	0	0	0	0	0	0	3	0	0	0	0	3
Marcus Juhasz	0	0	0	0	0	0	0	0	2	0	1	3

Super Series Female Open

	E	SF	C	H	G/	C	W	S	Bn	Tot		
	Q	M	H	W	SS	S	B	M	IH	s		
Suzanne Kelly	54	66	65	55	62	58	50	63	65	58	10	502
Mary Stringer	49	56	0	50	52	52	43	0	48	49	28	427
Lisa-Anne Davie	0	0	0	49	50	55	48	59	56	55	7	379
Bernadette Gregory	42	35	46	0	44	49	26	47	37	46	27	373
Shelley Howes	0	0	0	37	55	0	47	54	55	52	7	307
Amanda Underwood	0	55	0	40	45	0	37	42	41	0	9	269
Lisa Carroli	0	0	58	44	53	0	46	52	0	0	13	266
Jenny Truscott	41	0	0	58	0	0	47	0	48	62	5	261
Karin Kaehne	43	53	0	25	32	0	32	0	44	0	32	261
Allison Lilley	37	46	0	15	45	0	0	49	20	42	5	259
Sharon Callister	0	49	0	45	49	0	0	56	50	0	7	256
Frances Brown	36	0	43	14	40	0	13	43	0	43	8	240
Joanne Cowan	57	0	0	53	0	0	49	0	0	53	22	234
Samantha Brown	61	0	51	0	0	62	42	0	0	0	4	220
Naomi Frank	38	0	0	33	0	41	36	0	46	0	8	202
Melanie Rauleder	0	0	0	0	0	0	44	42	51	51	4	192
Jill Reich	48	0	0	41	46	0	0	0	0	48	8	191
Susan Login	0	0	0	28	0	0	34	50	22	47	8	189

Megan Jackson	22	35	0	0	39	44	13	0	0	27	8	188
Alicia Wood	45	0	48	36	0	0	13	0	38	0	3	183
Rebecca Deane	46	0	54	38	0	0	3	0	0	27	8	176
Danielle Langsworth	0	57	0	52	0	0	0	0	55	0	2	166
Robin Cameron	0	53	0	39	0	0	0	0	48	0	24	164
Tina Campbell	22	0	0	0	0	0	0	46	24	44	19	155
Jennie Meixner	0	0	50	21	50	0	0	0	28	0	2	151
Lorraine Spanton	0	45	0	0	0	0	24	0	29	45	4	147
Greta Truscott	52	0	0	0	0	43	0	0	0	41	3	139
Katie Rowell	0	0	0	31	0	48	21	0	34	0	5	139
Maria DiMarco	44	54	0	0	0	0	22	0	0	0	8	128
Julie Allen	0	0	0	0	51	0	32	43	0	0	0	126
Belinda Lockwood	34	0	0	4	0	0	19	45	17	0	5	124
Dale Thompson	31	0	0	0	0	37	15	0	0	27	13	123
Lucinda Chapman	0	0	0	62	0	0	51	0	0	0	4	117
Alison Fitzgerald	0	0	45	35	0	0	0	0	30	0	1	111
Sarah Cooper	0	0	0	37	44	0	30	0	0	0	0	111
Angela Etheridge	40	0	0	46	0	0	17	0	0	0	5	108
Yvonne Reilly	0	0	51	20	0	0	0	0	0	29	8	108
Susan Chalmers	0	0	0	27	0	0	42	0	26	0	13	108

Lynn Herisson	0	0	44	14	0	0	17	0	20	0	7	102
Elizabeth Woodhams	0	0	0	34	0	0	13	0	36	0	14	97
Cheryl Crawford	0	0	0	41	51	0	0	0	0	0	3	95
Helen Wilson	0	0	47	23	0	0	0	0	0	0	24	94
Vivienne Kartsounis	0	37	46	0	0	0	3	0	7	0	0	93
Lilian Chuah	0	0	0	19	0	0	13	44	15	0	1	92
Kerry Ross	0	0	49	22	0	0	13	0	0	0	6	90
Katherine McSweeney	29	0	52	0	0	0	0	0	0	0	8	89
Yvette Clements	0	0	0	0	0	0	44	0	42	0	1	87
Carolyn Travers	40	0	39	0	0	0	0	0	0	0	2	81
Christine Wong	0	0	0	0	0	0	35	0	42	0	3	80
Marlies Laaper	0	0	0	20	0	35	19	0	0	0	4	78
Karen Carter	0	0	0	0	0	0	30	0	45	0	2	77
Robyn Moody	22	0	0	0	0	43	0	0	2	0	9	76
Caroline Foster	0	0	0	38	0	0	0	0	36	0	0	74
Alison Gardiner	0	0	0	26	0	0	21	0	21	0	5	73
Heather Peters	22	0	0	0	0	0	3	0	14	27	3	69
Christine Cullen	0	0	41	14	0	0	3	0	0	0	3	61
Pauline Evans	0	0	0	0	0	36	4	0	21	0	0	61
Bridgit English	0	0	53	0	0	0	0	0	0	0	6	59
Shirley Rutter	22	0	0	0	0	0	0	0	0	27	9	58
Julie McGaw	0	41	0	17	0	0	0	0	0	0	0	58
Sheena Leibowitz	0	0	55	0	0	0	0	0	0	0	2	57
Fiona Nelson	0	50	0	0	0	0	3	0	0	0	1	54
Dawn Tiller	0	52	0	0	0	0	0	0	0	0	1	53
Michaela Holloway	0	0	0	22	0	0	28	0	0	0	3	53
Margaret White	32	0	0	0	0	0	0	0	0	0	20	52
Jackie Ramsay	0	0	0	0	0	0	3	0	0	40	9	52
Sue Horsburgh	0	0	0	0	0	0	0	0	22	27	3	52
Gill Cavenagh	35	0	0	0	0	0	15	0	0	0	1	51
Jennifer Best	0	0	0	0	0	0	0	41	7	0	3	51
Elizabeth Edmonds	0	49	0	0	0	0	0	0	0	0	0	49
Neridah Powell	0	0	40	0	0	0	3	0	0	0	6	49
Virginia Ffitch	0	48	0	0	0	0	0	0	0	0	0	48
Gemma Glynn	47	0	0	0	0	0	0	0	0	0	0	47
Caroline Yarnell	0	0	0	43	0	0	0	0	0	0	4	47
Margaret Cameron	0	0	0	8	0	0	0	39	0	0	0	47
Kirsten Themsen	0	0	0	0	46	0	0	0	0	0	0	46
Emma Robinson	0	0	0	0	0	23	0	23	0	0	0	46
Penny Smith	22	0	0	0	0	0	0	0	0	0	23	45

Corinne Russell	0	0	0	42	0	0	0	0	0	0	3	45
Pamela Duncan	0	0	0	0	0	0	0	0	4	41	0	45
Julia De Vries	0	0	42	0	0	0	0	0	0	0	0	42
Cathy Watson	0	0	0	14	0	0	6	0	14	0	8	42
Eliza Stewart	0	0	0	0	0	0	41	0	0	0	1	42
Diana Slack	0	0	0	0	0	40	0	0	0	0	0	40
Jacqui Matthews	0	0	0	29	0	0	0	0	0	0	10	39
Elly Peters	0	35	0	0	0	0	0	0	0	0	3	38
Leighsa Hill	0	0	0	0	0	0	29	0	0	0	9	38
Sue Hill	33	0	0	0	0	0	0	0	0	0	0	33
Elva Unger	0	0	0	0	31	0	0	0	0	0	0	31
Bernadette Boulous	0	0	0	0	0	0	0	0	31	0	0	31
Anne Byatt	0	0	0	0	0	0	0	0	31	0	0	31
Lisa Gallate	0	0	0	0	0	0	0	0	26	0	2	28
Ruth Hamilton	0	0	0	0	0	0	0	0	0	28	0	28
Sarah Hammer	0	0	0	0	0	0	25	0	0	0	1	26
Leigh Macritchie	0	0	0	0	0	0	23	0	0	0	0	23
Mary Wilson	22	0	0	0	0	0	0	0	0	0	0	22
Manal Garcia	0	0	0	0	0	0	0	0	22	0	0	22
Gillian Fox	0	0	0	0	0	0	0	0	20	0	0	20
Leigh MacRitchie	0	0	0	14	0	0	0	0	0	0	5	19
Karen Coleman	0	0	0	14	0	0	3	0	2	0	0	19
Suzi Reichert	0	0	0	0	0	0	0	0	16	0	3	19
Emilie Paquin	0	0	0	14	0	0	0	0	0	0	4	18
Danielle Van Zuylen	0	0	0	0	0	0	18	0	0	0	0	18
Deirdre Stewart	0	0	0	14	0	0	3	0	0	0	0	17
Cathy Rees-Evans	0	0	0	16	0	0	0	0	0	0	1	17
Kaye Stanton	0	0	0	0	0	0	3	0	14	0	0	17
Julie McGaw	0	0	0	0	0	0	0	0	15	0	0	15
Katherine Mcsweeney	0	0	0	0	0	0	10	0	0	0	0	10
Lesley Maher	0	0	0	0	0	0	8	0	0	0	1	9
Penny Griffiths	0	0	0	0	0	0	3	0	0	0	5	8
Kerryn Parkinson	0	0	0	0	0	0	0	0	2	0	6	8
Olivia Batten	0	0	0	0	0	0	3	0	0	0	1	4
Victoria Swain	0	0	0	0	0	0	0	0	4	0	0	4
Denise Gardiner	0	0	0	0	0	0	0	0	4	0	0	4
Ying Liu	0	0	0	0	0	0	3	0	0	0	0	3
Bronwyn Wassell	0	0	0	0	0	0	3	0	0	0	0	3
Sharon Koster	0	0	0	0	0	0	3	0	0	0	0	3
Carol Taylor	0	0	0	0	0	0	3	0	0	0	0	3

Super Series Age Groups

Female Seniors	E Q	SF	C M	H H	G/ W	SS	C S	W B	S M	IH	Bn s	Tot
Sue Hill	61	0	0	0	0	0	0	0	0	0	0	61
Penny Smith	51	0	0	0	0	0	0	0	0	0	23	74
Female Masters	E Q	SF	C M	H H	G/ W	SS	C S	W B	S M	IH	Bn s	Tot
Lorraine Spanton	0	66	0	0	0	0	57	0	58	62	4	247
Tina Campbell	47	0	0	0	0	0	0	63	55	58	19	242
Dale Thompson	51	0	0	0	0	52	51	0	0	45	13	212
Elizabeth Woodhams	0	0	0	62	0	0	51	0	60	0	14	187
Heather Peters	47	0	0	0	0	0	40	0	51	45	3	186
Robyn Moody	47	0	0	0	0	55	0	0	38	0	9	149
Helen Wilson	0	0	65	58	0	0	0	0	0	0	24	147
Pauline Evans	0	0	0	0	0	48	42	0	53	0	0	143
Margaret White	57	0	0	0	0	0	0	0	0	0	20	77

Kirsten Themsen	0	0	0	0	65	0	0	0	0	0	0	65
Lesley Maher	0	0	0	0	0	0	44	0	0	0	1	45
Denise Gardiner	0	0	0	0	0	0	0	0	42	0	0	42
Carol Taylor	0	0	0	0	0	0	39	0	0	0	0	39
Mary Wilson	47	0	0	0	0	0	0	0	0	0	0	47
Female Veterans	E	SF	C	H	G/	SS	C	W	S	IH	Bn	Tot
	Q		M	H	W		S	B	M		s	
Suzanne Kelly	57	66	65	62	62	62	61	63	65	62	10	517
Mary Stringer	54	56	0	53	55	58	52	0	53	55	28	464
Frances Brown	49	0	52	34	49	0	37	50	0	51	8	330
Karin Kaehne	51	55	0	42	41	0	48	0	51	0	32	320
Lisa Carroli	0	0	61	51	58	0	54	56	0	0	13	293
Sharon Callister	0	52	0	52	53	0	0	59	56	0	7	279
Megan Jackson	37	41	0	0	48	52	34	0	0	40	8	260
Joanne Cowan	61	0	0	58	0	0	57	0	0	58	22	256

Susan Login	0	0	0	45	0	0	49	53	44	52	8	251
Jill Reich	52	0	0	49	51	0	0	0	0	53	8	213
Belinda Lockwood	47	0	0	21	0	0	43	51	41	0	5	208
Jennie Meixner	0	0	55	39	55	0	0	0	47	0	2	198
Robin Cameron	0	55	0	48	0	0	0	0	55	0	24	182
Lynn Herisson	0	0	53	35	0	0	42	0	42	0	7	179
Danielle Langsworth	0	57	0	55	0	0	0	0	58	0	2	172
Susan Chalmers	0	0	0	44	0	0	51	0	47	0	13	155
Vivienne Kartsounis	0	41	48	0	0	0	28	0	27	0	0	144
Alison Gardiner	0	0	0	43	0	0	44	0	38	0	5	130
Kerry Ross	0	0	54	40	0	0	20	0	0	0	6	120
Marlies Laaper	0	0	0	37	0	43	36	0	0	0	4	120
Christine Cullen	0	0	50	32	0	0	22	0	0	0	3	107
Cathy Watson	0	0	0	30	0	0	31	0	37	0	8	106
Karen Carter	0	0	0	0	0	0	47	0	53	0	2	102
Carolyn Travers	50	0	48	0	0	0	0	0	0	0	2	100
Gill Cavenagh	48	0	0	0	0	0	40	0	0	0	1	89
Sue Horsburgh	0	0	0	0	0	0	0	0	43	40	3	86
Jackie Ramsay	0	0	0	0	0	0	26	0	0	50	9	85
Neridah Powell	0	0	49	0	0	0	29	0	0	0	6	84
Julie McGaw	0	43	0	37	0	0	0	0	0	0	0	80
Jennifer Best	0	0	0	0	0	0	0	44	32	0	3	79
Karen Coleman	0	0	0	33	0	0	20	0	24	0	0	77
Margaret Cameron	0	0	0	28	0	0	42	0	0	0	0	70
Bridgit English	0	0	56	0	0	0	0	0	0	0	6	62
Kaye Stanton	0	0	0	0	0	0	25	0	34	0	0	59
Jacqui Matthews	0	0	0	46	0	0	0	0	0	0	10	56
Caroline Yarnell	0	0	0	50	0	0	0	0	0	0	4	54
Deirdre Stewart	0	0	0	31	0	0	23	0	0	0	0	54
Dawn Tiller	0	52	0	0	0	0	0	0	0	0	1	53
Julia De Vries	0	0	51	0	0	0	0	0	0	0	0	51
Elizabeth Edmonds	0	49	0	0	0	0	0	0	0	0	0	49
Leighsa Hill	0	0	0	0	0	0	40	0	0	0	9	49
Diana Slack	0	0	0	0	0	45	0	0	0	0	0	45
Lisa Gallate	0	0	0	0	0	0	0	0	39	0	2	41
Suzi Reichert	0	0	0	0	0	0	0	0	38	0	3	41
Elva Unger	0	0	0	0	40	0	0	0	0	0	0	40
Cathy Rees-Evans	0	0	0	36	0	0	0	0	0	0	1	37
Danielle Van Zuylen	0	0	0	0	0	0	35	0	0	0	0	35
Julie McGaw	0	0	0	0	0	0	0	0	35	0	0	35
Victoria Swain	0	0	0	0	0	0	0	0	25	0	0	25
Bronwyn Wassell	0	0	0	0	0	0	21	0	0	0	0	21
Shirley Rutter	37	0	0	0	0	0	0	0	0	40	9	86
Female Pre-Vets	E	SF	C	H	G/	SS	C	W	S	Bn	Tot	
Top 10	Q	SF	M	H	W	SS	S	B	M	IH	s	
Bernadette Gregory	47	46	53	0	50	52	37	53	45	51	27	424
Lisa-Anne Davie	0	0	0	53	53	58	50	63	61	58	7	403
Allison Lilley	44	56	0	38	52	0	0	54	41	50	5	340
Shelley Howes	0	0	0	46	58	0	49	59	58	55	7	332
Amanda Underwood	0	66	0	48	51	0	43	51	48	0	9	316
Jenny Truscott	44	0	0	58	0	0	47	0	52	62	5	268
Naomi Frank	45	0	0	43	0	43	42	0	49	0	8	230
Alicia Wood	49	0	54	45	0	0	28	0	47	0	3	226
Samantha Brown	61	0	55	0	0	62	42	0	0	0	4	224
Rebecca Deane	50	0	58	47	0	0	16	0	0	37	8	216
Male Legends	E	SF	C	H	G/	SS	C	W	S	Bn	Tot	
	Q	SF	M	H	W	SS	S	B	M	IH	s	
Ron Daly	0	0	0	62	0	0	0	0	0	0	0	62
Male Super Seniors	E	SF	C	H	G/	SS	C	W	S	Bn	Tot	
	Q	SF	M	H	W	SS	S	B	M	IH	s	
Frank Dearn	61	66	0	58	62	62	61	63	0	58	19	510

Manfred Fiedler	51	0	65	62	0	0	0	0	0	62	24	264
Selwyn Jackson	0	0	0	0	0	0	57	0	0	0	0	57
Male Seniors	E	SF	C	H	G/	SS	C	W	S	Bn	Tot	
	Q	SF	M	H	W	SS	S	B	M	IH	s	
Brian Ogilwy	57	66	61	55	61	58	52	59	55	58	18	493
Allan Wareham	0	59	65	52	65	55	57	63	58	0	9	483
Ray Doran	0	0	0	62	0	52	61	0	0	62	5	242
Heiko Schaefer	61	0	0	53	0	0	54	0	0	0	11	179
Rick Collins	0	62	58	51	0	0	0	0	0	0	0	171
Paul Munro	0	0	0	50	0	0	48	0	52	0	1	151
Ted Brailey	51	46	0	0	0	0	36	0	0	0	6	139
Michael Bailey	0	57	0	49	0	0	0	0	0	0	2	108
Peter Roberts	0	0	0	58	0	0	37	0	0	0	1	96
Lee Gire	52	0	0	0	0	0	39	0	0	0	4	95
John Moore	0	0	0	0	0	0	41	0	43	0	0	84
John Simmonds	0	0	0	0	0	0	50	0	0	0	10	60
John Singleton	0	56	0	0	0	0	0	0	0	0	0	56
Roger Rigby	0	0	0	0	0	0	0	56	0	0	0	56
Gavin Morriset	54	0	0	0	0	0	0	0	0	0	0	54
Peter Johnson	0	0	0	0	0	0	35	0	0	0	0	35
Jim Screen	41	0	0	0	0	0	0	0	0	0	0	41
Male Masters	E	SF	C	H	G/	SS	C	W	S	Bn	Tot	
	Q	SF	M	H	W	SS	S	B	M	IH	s	
Ron Schwebel	57	62	58	55	65	53	54	63	56	62	9	487
Barry Rutter	52	57	61	52	58	55	0	59	58	56	15	471
James Cryer	49	59	55	48	53	0	47	56	52	0	8	427
Keith Bateman	61	0	41	62	0	62	61	0	62	0	6	355
James Moody	46	55	0	38	54	0	46	51	39	0	19	348
Eric Schmierer	40	53	0	27	51	39	25	0	44	46	10	335
Arthur Huxtable	45	0	0	33	0	41	49	0	38	49	0	255
Wayne Pryke	47	0	56	44	0	0	0	0	42	52	7	248
Philip Boswell	54	0	65	49	0	0	50	0	0	0	17	235
Rod Lovel	50	0	0	0	55	0	0	53	0	53	9	220
Luigi Criniti	32	0	0	0	0	0	48	0	51	51	10	192
Kevin O'Kane	0	50	0	0	0	0	27	48	0	44	18	187
Jim Barrett	0	0	0	36	0	0	42	52	46	0	5	181
David Robinson	34	0	0	0	0	42	28	0	28	48	0	180
Ernst Friedlaender	0	0	0	28	49	0	0	0	42	43	10	172
Grahame Murphy	0	52	0	53	0	58	0	0	0	0	3	166
Sam Chuah	0	0	0	23	0	0	33	49	40	0	19	164
Mahmoud El-Khansa	0	0	0	0	55	0	0	0	53	45	3	156
Steve Fisher	48	51	0	40	0	0	0	0	0	0	0	139
Nick Woodhams	0	0	0	35	0	0	41	0	45	0	13	134
Roger Cox	28	0	0	33	0	0	27	0	34	0	5	127
Peter Woods	43	0	0	32	0	0	0	0	0	32	10	117
John Palmer	0	66	0	50	0	0	0	0	0	0	0	116
David King	0	55	52	0	0	0	0	0	0	0	1	108
Brian Wilcockson	0	0	0	46	0	0	52	0	0	0	10	108
Christopher Dwyer	0	0	0	58	0	0	47	0	0	0	1	106
Steve Packer	0	0	53	31	0	0	16	0	0	0	4	104
Stephen Ball	51	0	0	47	0	0	0	0	0	0	0	98
Joe Degabriele	0	0	0	29	0	0	29	0	0	32	8	98
Charles Coville	0	0	0	51	0	0	41	0	0	0	5	97
Max Crossley	0	0	0	42	0	0	45	0	0	0	9	96
John Sneddon	0	0	0	0	40	0	0	40	0	0	9	89
Michael Wilson	28	0	0	0	0	40	0	0	0	0	10	78
Lawrence Ullio	0	0	0	34	0	0	43	0	0	0	1	78
Keith White	39	0	0	0	0	0	14	0	0	0	20	73
Paul Thompson	0	0	0	39	0	0	34	0	0	0	0	73
David Camm	0	0	0	35	0	0	34	0	0	0	0	69
Paul Bullas	0	0	0	0	0	0	0	0	0	50	16	66

Graham Willis	28	0	0	0	0	0	13	0	0	0	23	64
Jon Patrick	0	0	0	16	0	0	0	0	0	47	0	63
Jurg Kunzle	0	0	0	25	0	0	32	0	0	0	6	63
Brad Renshaw	0	50	0	0	0	0	0	0	0	0	10	60
Philip Fleming	41	0	0	0	0	0	12	0	0	0	6	59
Mark Crombie	0	0	0	0	0	0	0	0	53	0	4	57
Malcolm Satchell	0	56	0	0	0	0	0	0	0	0	0	56
Dick Bartlett	0	0	51	0	0	0	0	0	0	0	0	51
Stewart Vincent	0	0	44	0	0	0	0	0	0	0	6	50
Brian Taylor	28	0	0	0	0	0	21	0	0	0	0	49
Darryl Chrisp	0	49	0	0	0	0	0	0	0	0	0	49
Dennis Wylie	0	0	0	0	0	0	0	0	0	48	0	48
George Lisson	0	0	0	0	0	0	44	0	0	0	0	44
Gary Leahey	0	0	0	41	0	0	0	0	0	0	0	41
Ron Wilson	0	0	0	0	0	0	0	0	39	0	0	39
Warwick Selby	0	38	0	0	0	0	0	0	0	0	0	38
Mark Preston	0	0	0	37	0	0	0	0	0	0	0	37
Phil Clarkson	0	0	0	0	0	0	0	0	35	0	2	37
Ian MacArthur	0	0	0	0	0	0	0	0	0	32	0	32
Robert Inglis	0	0	0	30	0	0	0	0	0	0	1	31
Phil Garvin	0	0	0	0	0	0	30	0	0	0	0	30
Jeremy Lowes	0	0	0	0	0	0	29	0	0	0	0	29
Brian O'Dea	0	0	0	0	0	0	26	0	0	0	2	28
Peter Cookson	0	0	0	24	0	0	0	0	0	0	0	24
Jo Fendly	0	0	0	0	0	0	20	0	0	0	1	21
Jack Leigh	0	0	0	0	0	0	18	0	0	0	0	18
Gordon Forsyth	0	0	0	0	0	0	15	0	0	0	0	15
Andrew Horsley	0	0	0	12	0	0	0	0	0	0	0	12
Ross McCarty	0	0	0	0	0	0	0	0	0	32	9	41
Ian Whitfield	28	0	0	0	0	0	0	0	0	0	2	30
Steve Cornelius	28	0	0	0	0	0	0	0	0	0	0	28
Male Veterans	E	SF	C	H	G/	SS	C	W	S	Bn	Tot	
	Q	M	H	W	SS	S	B	M	IH	s		
Andrew Taylor	54	66	0	54	58	62	57	0	65	51	10	477
Martin Dowson	57	52	61	0	52	55	51	63	56	62	7	465
Peter Cremen	50	57	65	51	50	52	44	59	0	49	8	441
Wayne Gregory	48	51	51	40	54	49	39	56	44	46	24	423
Bill Flanagan	52	47	56	47	55	53	46	0	50	43	6	412
Andrew Lennox	46	55	55	46	53	37	25	0	49	55	8	404
David Gayford	47	52	53	32	48	50	0	54	43	42	10	399
Stephen Jackson	61	55	0	35	49	58	51	0	52	17	9	387
Mohammed Alkhub	51	48	44	14	45	46	42	52	41	45	14	387
Greg Coy	0	56	0	50	0	0	48	0	54	58	10	276
Glenn Lockwood	33	43	49	14	0	45	13	47	17	0	13	274
Paul Trainor	42	0	0	36	0	0	37	0	42	47	10	214
Stephen Laws	0	0	0	26	47	0	23	53	12	44	5	210
Stephen Bodnar	45	46	54	0	0	0	13	0	0	17	30	205
Charles King	38	20	42	14	0	0	15	0	28	37	5	199
John Hanna	22	0	36	14	46	0	0	49	14	0	8	189
Stephen Fahey	0	0	0	44	0	0	40	0	48	52	5	189
Kelvin Marshall	0	59	58	0	65	0	0	0	0	0	0	182
Peter Slater	0	0	0	37	0	0	35	0	45	53	7	177
Ross Sinclair	0	0	0	55	0	0	54	0	45	0	9	163
Mark Wilson	0	0	0	43	0	0	52	0	58	0	8	161
Sebastian Warmerdam	0	36	41	14	0	0	13	0	17	33	6	160
Jeff Morunga	0	33	27	4	0	0	3	46	7	34	4	158
Mark Watson	0	0	48	20	0	0	18	0	34	17	8	145
Patrick Hodgins	39	38	0	4	49	0	10	0	0	0	1	141
David East	40	30	0	4	0	0	13	0	12	32	7	138
Adrian Spragg	44	40	0	0	0	0	0	51	0	0	0	135

Paul Au-Yeung	0	0	0	14	0	42	13	0	26	36	4	135
Malcolm Ferguson	0	0	52	23	34	0	19	0	0	0	5	133
Mark Davis	0	0	50	23	0	0	20	0	37	0	2	132
Mike Morrissey	0	45	0	22	0	0	17	0	0	41	2	127
Klas Johansson	0	0	0	39	0	0	41	0	0	38	7	125
Ian Singer	0	20	40	0	0	0	0	38	26	0	0	124
Randall Brophy	0	0	0	42	0	0	39	0	40	0	0	121
Stephen Firth	0	0	0	28	0	0	36	0	52	0	0	116
Robert Wawrzyniak	0	0	0	17	0	0	19	50	29	0	0	115
Neil Anderson	0	0	0	0	0	38	28	0	39	0	4	109
Phillip Jones	36	42	0	21	0	0	4	0	0	0	4	107
Stephen Kibble	35	31	0	0	0	0	0	0	0	39	2	107
Stephen Smith	0	0	43	14	0	0	13	0	24	0	8	102
Tony Grainger	0	44	0	39	0	0	14	0	0	0	4	101
Dean Gardiner	0	0	0	19	0	34	23	0	18	0	6	100
Martin Smith	0	0	0	14	0	33	7	0	5	31	6	96
Mark Fiore	0	0	0	0	0	0	0	0	43	50	3	96
Mark Langsworth	0	35	0	24	0	0	0	0	33	0	1	93
Leigh Donnelly	0	0	0	14	0	0	3	0	33	38	0	88
Mark Gardiner	31	0	0	0	0	0	51	0	0	0	0	82
Mike Hansen	20	0	0	0	0	0	13	0	0	30	16	79
Victor Donovic	0	0	0	41	0	0	34	0	0	0	3	78
Craig Plumb	0	39	0	0	0	0	0	0	30	0	7	76
Mervyn Cohen	0	0	46	27	0	0	0	0	0	0	1	74
Denis Speyer	0	0	39	14	0	0	13	0	0	0	8	74
Simon Butler-White	0	0	0	0	0	31	3	0	8	27	2	71
Bruce Inglis	41	0	0	0	0	0	0	0	0	17	11	69
Andrew Harrison	0	0	0	35	0	0	33	0	0	0	1	69
John Van Yzendoorn	0	0	0	42	0	0	0	0	0	0	27	69
Jeremy Culver	0	37	0	30	0	0	0	0	0	0	0	67
Rob Pearsall	0	0	0	0	0	0	3	45	17	0	2	67
Alan Smith	34	0	0	14	0	0	3	0	12	0	3	66
Geoffrey Lucas	0	0	0	0	0	0	37	0	28	0	0	65
Martin Pluss	0	33	24	0	0	0	0	0	0	0	5	62
Richard Sarkies	0	0	0	62	0	0	0	0	0	0	0	62
Brendan Mason	0	24	35	0	0	0	0	0	0	0	0	59
David Ellis	0	0	0	31	0	0	21	0	0	0	7	59
Michael Adams	0	0	0	0	0	41	3	0	5	0	10	59
George Herisson	0	0	0	18	0	0	0	0	0	17	22	57
Kendall Waller	0	0	0	28	0	0	22	0	0	0	6	56
Euan Callister	0	0	0	0	42	0	0	0	12	0	0	54
Kevin Byrne	0	0	0	0	0	0	13	0	37	0	4	54
Chris Thompson	0	49	0	0	0	0	0	0	4	0	0	53
Christopher Hall	0	0	0	48	0	0	3	0	2	0	0	53
Louis St Laurent	0	0	35	0	0	0	0	0	14	0	3	52
Campbell Reid	0	0	0	16	0	0	8	0	24	0	4	52
Greg Donovan	43	0	0	0	0	0	0	0	2	0	6	51
Peter Kingston	0	51	0	0	0	0	0	0	0	0	0	51
Graham Wirth	0	0	0	0	0	0	3	0	14	28	6	51
Robert Chalmers	0	0	0	0	0	0	0	0	0	29	22	51
Mark Shingler	49	0	0	0	0	0	0	0	0	0	1	50
Anthony Wong	0	0	0	48	0	0	0	0	0	0	1	49
Pierre van Heerden	0	0	47	0	0	0	0	0	0	0	0	47
Melos Sulicich	30	0	0	14	0	0	0	0	0	0	1	45
Michael Hill	0	0	0	0	0	29	6	0	0	0	9	44
Roger Casey	0	43	0	0	0	0	0	0	0	0	0	43
Richard Newell	0	0	0	0	0	0	0	0	0	40	3	43
David Ward	0	0	38	0	0	0	3	0	0	0	1	42
Darryl Harding	0	0	0	0	0	0	3	0	39	0	0	42
Michael Sharp	0	0	0	0	0	0	3	0	0	17	21	41
John Zahra	37	0	0	0	0	0	0	0	0	0	1	38

David Cooke	0	0	0	0	0	30	3	0	4	0	0	37
Bruce Horsburgh	0	0	0	0	0	0	0	0	14	17	3	34
Philip Hugill	0	31	0	0	0	0	0	0	0	0	0	31
Marty Carne	0	0	0	0	0	0	12	0	17	0	0	29
Gary Aitkenhead	0	0	0	25	0	0	0	0	0	0	1	26
Ronan Carolan	0	0	0	0	0	0	0	0	0	25	1	26
Bruce Craven	0	0	0	24	0	0	0	0	0	0	1	25
Geoff Taylor	0	0	0	0	0	0	3	0	20	0	2	25
Steven Norden	0	0	0	0	0	0	13	0	12	0	0	25
Ken Harris	0	0	0	15	0	0	3	0	0	0	5	23
Ian Walker	0	0	0	19	0	0	3	0	0	0	0	22
Gregory Mackay	0	0	0	4	0	0	16	0	0	0	0	20
Luke Baker	0	0	0	0	0	0	3	0	16	0	0	19
Paul Glare	0	0	0	14	0	0	3	0	0	0	0	17
Jeff Gissing	0	0	0	0	0	0	15	0	0	0	1	16
Mark Robinson	0	0	0	0	0	0	13	0	0	0	0	13
Alastair Wallace	0	0	0	0	0	0	11	0	0	0	0	11
Fernando Santisteban	0	0	0	0	0	0	3	0	4	0	2	9
Richard Lane	0	0	0	0	0	0	3	0	0	0	6	9

Andrew Waudby	0	0	0	4	0	0	0	0	0	0	0	4
Hugh Langshaw	0	0	0	0	0	0	3	0	0	0	1	4
Graham Sharp	0	0	0	0	0	0	3	0	0	0	0	3
Richard Peacock	20	0	0	0	0	0	13	0	0	0	23	56
Andrew Smith	20	0	0	0	0	0	0	0	0	0	24	44
Gregory Prerau	20	0	0	0	0	0	0	0	0	0	20	40
Tom Silk	0	20	0	0	0	0	0	0	0	0	0	20
Male Pre-Vets	E	SF	C	H	G/	SS	C	W	S	Bn	Tot	
Top 10	Q	M	H	W	S	B	M	I	H	s		
Chris Truscott	57	66	0	58	0	55	61	59	56	55	4	471
Darren Benson	54	0	0	55	55	0	57	63	56	58	6	404
David Martin	48	56	58	47	46	44	18	54	0	35	5	393
Richard Green	0	57	54	46	52	46	39	53	14	0	8	369
Craig Brown	39	50	46	41	46	47	13	0	32	34	6	341
Shaun Atchison	45	54	0	44	51	0	34	0	47	53	10	338
Gerry Arthur	34	30	61	0	0	49	49	0	50	48	12	333
Jaap Bakker	43	53	56	45	0	43	35	40	0	0	7	322
Tony Fattorini	0	62	0	50	62	0	54	0	55	14	9	306
Cameron Arnold	42	41	0	32	0	45	45	0	46	46	7	304

Super Series Age and Gender Adjusted

	EQ	SF	CM	HH	G/ W	SS	CS	WBS	M	IH	Tot
Chris Truscott	808	882	0	836	0	829	858	821	837	759	6630
Ron Schwebel	779	667	718	796	792	677	842	752	816	791	6286
Suzanne Kelly	734	820	763	774	722	760	790	794	750	752	6203
Martin Dowson	746	724	741	0	699	771	810	771	730	756	6049
Andrew Taylor	731	741	0	768	716	773	818	0	763	724	6034
Peter Cremen	703	709	743	754	686	739	760	749	0	714	5871
Barry Rutter	726	648	720	760	689	758	0	735	725	751	5864
Bill Flanagan	720	641	706	751	724	765	787	0	703	694	5850
Wayne Gregory	708	664	656	725	712	736	768	747	691	728	5815
Mary Stringer	700	647	0	756	698	741	751	0	750	721	5764
David Martin	739	758	719	748	644	725	690	721	0	643	5744
Richard Green	0	756	700	732	693	731	749	713	590	0	5664
James Cryer	692	691	632	754	701	0	734	726	718	0	5651
David Gayford	701	670	691	698	685	738	0	731	686	677	5607
Andrew Lennox	673	665	687	721	699	704	722	0	680	718	5604
Mohammed Alkhub	724	650	575	547	635	702	774	705	651	716	5557
Darren Benson	807	0	0	817	700	0	832	837	785	765	5543
Craig Brown	677	588	618	715	643	734	653	0	681	619	5340
Stephen Jackson	789	692	0	720	707	795	841	0	787	0	5331
Brian Ogilwy	665	554	606	678	511	695	690	585	656	675	5250
Allan Wareham	0	573	631	699	635	678	724	620	687	0	5247
Shaun Atchison	707	702	0	718	686	0	760	0	711	732	5016
David Bray	620	533	577	627	583	646	677	636	620	579	4988
Lisa-Anne Davie	0	0	0	681	619	711	753	677	671	720	4832
Cameron Arnold	696	449	0	673	0	722	760	0	747	692	4739
Russell Johnson	576	0	519	627	0	635	636	583	539	608	4723
Frank Dearn	580	532	0	596	549	618	603	567	0	570	4615
Bernadette Gregory	545	0	546	0	532	596	599	554	598	587	4557
Eric Schmierer	544	556	0	569	483	574	624	0	558	602	4510
John Bugg	0	645	0	630	641	0	675	623	614	619	4447
James Moody	634	598	0	660	605	0	685	591	601	0	4374
Philip Murphy	625	645	570	653	611	0	599	0	0	639	4342
Glenn Lockwood	530	589	606	477	0	654	518	488	472	0	4334
Gerry Arthur	633	0	719	0	0	736	783	0	722	705	4298
Keith Bateman	836	0	0	842	0	865	897	0	851	0	4291
Jaap Bakker	700	691	708	719	0	706	744	0	0	0	4268
Arthur Huxtable	640	0	0	701	0	688	748	0	679	689	4145
Shelley Howes	0	0	0	619	641	0	713	653	665	678	3969
Stephen Laws	0	0	0	642	649	0	714	701	557	683	3946

Tony Fattorini	0	766	0	775	767	0	823	0	785	0	3916
Frances Brown	513	0	563	595	498	0	560	526	0	589	3844
Jeff Morunga	0	535	504	571	0	0	608	501	488	588	3795
Greg Coy	0	699	0	776	0	0	795	0	735	745	3750
Jenny Truscott	684	0	0	773	0	0	806	0	722	759	3744
Roland Hassall	589	505	0	650	0	0	698	0	620	656	3718
Allison Lilley	512	510	0	559	510	0	0	555	514	537	3697
Chris Graham	709	763	708	0	0	0	0	737	0	727	3644
Charles King	593	0	561	614	0	0	642	0	579	612	3601
Peter Truscott	0	713	0	0	0	0	772	668	621	698	3472
Darren Kaehne	564	0	547	612	592	0	560	0	573	0	3448
Paul Trainor	621	0	0	685	0	0	720	0	699	692	3417
Sebastian Warmerdam	0	568	531	573	0	0	633	0	505	574	3384
Geoff Underwood	598	0	540	0	529	0	614	548	554	0	3383
Ray Doran	0	0	0	825	0	862	875	0	0	820	3382
Lisa Carroli	0	0	659	666	653	0	732	636	0	0	3346
Martin Harris	690	543	0	683	0	0	767	0	655	0	3338
David East	599	471	0	596	0	0	617	0	463	561	3307
Mike Fowlds	0	0	0	0	641	0	684	650	668	652	3295
Joanne Cowan	806	0	0	829	0	0	858	0	0	790	3283
Sharon Callister	0	542	0	695	656	0	0	693	672	0	3258
Lachlan Wolfers	652	0	619	671	635	0	672	0	0	0	3249
David Robinson	635	0	0	0	0	705	678	0	537	694	3249
Raymond Wareham	0	0	0	809	0	0	834	0	746	799	3188
Wayne Pryke	625	0	598	676	0	0	0	0	538	665	3102
Damian Tancred	741	0	0	788	0	778	0	0	787	0	3094
Andrew Gibbons	0	0	0	762	0	0	789	0	787	720	3058
Naomi Frank	525	0	0	599	0	635	630	0	663	0	3052
John Hanna	526	0	432	525	458	0	0	560	535	0	3036
Patrick Hodgins	576	570	0	589	648	0	635	0	0	0	3018
Amanda Underwood	0	590	0	626	556	0	632	0	614	0	3018
Samantha Brown	733	0	727	0	0	762	792	0	0	0	3014
Karin Kaehne	564	558	0	591	0	0	634	0	644	0	2991
Susan Login	0	0	0	605	0	0	648	583	529	615	2980
Martin Matthews	703	0	756	0	696	0	815	0	0	0	2970
Stephen Fahey	0	0	0	720	0	0	741	0	717	716	2894
Paul Au-Yeung	0	0	0	543	0	582	579	0	595	595	2894
Peter Slater	0	0	0	694	0	0	757	0	709	717	2877
Philip Boswell	723	0	710	713	0	0	730	0	0	0	2876
Andrew Cullen	741	0	0	686	0	0	750	0	697	0	2874

Keith Broadfoot	661	0	0	716	0	737	729	0	0	0	2843
Carmelo Gallo	629	0	610	634	0	0	295	0	667	0	2835
Simon Wilson	0	0	0	666	0	0	744	0	715	690	2815
Martin Smith	0	0	0	500	0	618	621	0	526	549	2814
Tom Winder	0	0	0	706	681	0	737	0	684	0	2808
Nick Brewster	0	0	662	721	0	0	0	0	681	713	2777
Mark Davis	0	0	664	675	0	0	729	0	692	0	2760
Luigi Criniti	597	0	0	0	0	0	746	0	705	705	2753
Rod Lovel	696	0	0	0	682	0	656	0	716	2750	
James Jeffery	0	0	680	0	706	689	671	0	0	0	2746
Mike Morrissey	0	634	0	657	0	0	692	0	0	665	2648
Belinda	471	0	0	528	0	0	575	536	519	0	2629
Lockwood											
Lorraine Spanton	0	571	0	0	0	0	692	0	668	678	2609
Paul Bruning	0	0	647	671	0	702	0	0	0	586	2606
Mark Watson	0	0	612	635	0	0	700	0	658	0	2605
Malcolm											
Ferguson	0	0	646	677	599	0	680	0	0	0	2602
Robert											
Wawrzyniak	0	0	0	642	0	0	667	647	638	0	2594
Jill Reich	657	0	0	669	594	0	0	0	0	667	2587
Alicia Wood	589	0	552	615	0	0	229	0	569	0	2554
Tim Austin	655	554	0	675	650	0	0	0	0	0	2534
Roger Cartwright	640	562	0	695	0	0	0	0	633	0	2530
Glenn Guzzo	761	0	0	867	0	897	0	0	0	0	2525
Dean Gardiner	0	0	0	613	0	644	644	0	609	0	2510
Jim Barrett	0	0	0	645	0	654	607	583	0	0	2489
Jamie Blackie	460	0	0	514	0	503	510	0	498	0	2485
Matt Dobbin	0	0	645	575	0	0	0	609	606	0	2435
Tim Deane	631	0	573	649	576	0	0	0	0	0	2429
Leigh Donnelly	0	0	0	590	0	582	0	615	634	2421	
Phillip Jones	570	589	0	633	0	0	622	0	0	0	2414
Ross Sinclair	0	0	0	775	0	0	829	0	784	0	2388
Katie Rowell	0	0	0	595	0	588	610	0	592	0	2385
Stephen Bodnar	656	639	697	0	0	0	367	0	0	0	2359
Randall Brophy	0	0	0	777	0	0	804	0	763	0	2344
Jennie Meixner	0	0	576	581	591	0	0	0	586	0	2334
Martin Foulkes	0	0	0	562	0	573	612	578	0	0	2325
Stephen Smith	0	0	548	589	0	0	602	0	578	0	2317
David Criniti	817	0	0	0	0	0	728	0	741	0	2286
Mark Wilson	0	0	0	704	0	0	805	0	772	0	2281
Sam Chuah	0	0	0	563	0	0	616	507	584	0	2270
Dougal Langusch	576	493	0	612	0	0	580	0	0	0	2261
Lynn Herisson	0	0	547	572	0	0	568	0	566	0	2253
Ernst Friedlaender	0	0	0	574	545	0	0	0	583	539	2241
Klayten Smith	746	0	0	798	0	0	0	0	0	690	2234
Vivienne											
Kartsounis	0	525	664	0	0	0	544	0	485	0	2218
Steve Hume	728	0	0	0	0	0	780	0	694	2202	
Chris Hogan	0	0	0	506	0	0	584	0	545	555	2190
Mark Irwin	0	0	0	0	0	736	728	0	722	0	2186
Stephen Firth	0	0	0	683	0	0	755	0	740	0	2178
Kelvin Marshall	0	709	721	0	737	0	0	0	0	0	2167
Adrian Boyn	0	0	0	0	0	0	801	0	649	715	2165
Klas Johansson	0	0	0	698	0	0	749	0	0	704	2151
Lilian Chuah	0	0	0	567	0	0	538	493	532	0	2130
Danielle											
Langsworth	0	659	0	740	0	0	0	0	727	0	2126
Heiko Schaefer	704	0	0	693	0	0	723	0	0	0	2120
Graham											
Farnsworth	0	0	0	723	0	0	743	0	643	0	2109
Mick McCarthy	581	472	492	536	0	0	0	0	0	0	2081
Kevin O'Kane	0	525	0	0	0	0	500	467	0	588	2080
Kevin Tiller	540	0	497	0	0	0	0	0	521	518	2076
Greta Truscott	702	0	0	0	0	709	0	0	0	660	2071
Grahame Murphy	0	531	0	771	0	767	0	0	0	0	2069
Ewan Horsburgh	608	0	0	0	0	0	744	0	702	0	2054

Neil Anderson	0	0	0	0	0	701	730	0	621	0	2052
Elizabeth	0	0	0	710	0	0	634	0	700	0	2044
Woodhams											
Rebecca Deane	594	0	606	623	0	0	211	0	0	0	2034
Melanie Rauleder	0	0	0	0	0	0	689	0	685	660	2034
Ben McSweeney	694	0	675	0	0	0	0	0	0	664	2033
Tina Campbell	0	0	0	0	0	0	0	642	691	685	2018
Alex Jensen	605	0	0	694	0	0	715	0	0	0	2014
Andrew Fuller	0	0	0	0	0	635	681	0	656	0	1972
Andrew Bull	0	0	0	626	0	0	681	0	660	0	1967
Manfred Fiedler	0	0	636	654	0	0	0	0	674	1964	
Roger Cox	0	0	0	661	0	0	663	0	636	0	1960
Tony Grainger	0	583	0	739	0	0	636	0	0	0	1958
Sarah Cooper	0	0	0	669	630	0	655	0	0	0	1954
Adrian Spragg	670	614	0	0	0	0	666	0	0	0	1950
Alan Smith	547	0	0	597	0	0	297	0	504	0	1945
Dale Thompson	627	0	0	0	0	626	689	0	0	0	1942
Robin Cameron	0	601	0	679	0	0	0	0	660	0	1940
Darren Goodsir	0	0	0	655	0	0	656	0	616	0	1927
Mark Schaefer	616	0	0	639	0	0	669	0	0	0	1924
Nick Woodhams	0	0	0	642	0	0	654	0	615	0	1911
Simon Butler-White	0	0	0	0	0	566	298	0	551	494	1909
Campbell Reid	0	0	0	629	0	0	655	0	623	0	1907
Mahmoud El-Khansa	0	0	0	0	657	0	0	0	642	603	1902
Angela Etheridge	639	0	0	652	0	0	600	0	0	0	1891
Paul Davey	0	0	0	638	0	0	639	0	610	0	1887
Julie Allen	0	0	0	0	603	0	655	628	0	0	1886
Matthew											
Kinchington	0	0	0	0	0	595	0	631	652	0	1878
Mark Langsworth	0	565	0	656	0	0	0	0	654	0	1875
Susan Chalmers	0	0	0	612	0	0	692	0	563	0	1867
David Burgess	0	0	0	669	0	0	746	0	438	0	1853
Steve Fisher	656	529	0	659	0	0	0	0	0	0	1844
Kevin McGregor	0	0	0	0	0	0	678	577	589	0	1844
Pauline Evans	0	0	0	0	0	604	615	0	622	0	1841
Christopher Hall	0	0	0	816	0	0	520	0	499	0	1835
Sean Greenhill	613	646	568	0	0	0	0	0	0	0	1827
Timothy Kelleher	0	0	0	0	0	597	617	0	609	0	1823
Paul Andrews	0	0	0	0	0	656	670	0	489	0	1815
Peter Lewis	0	0	0	0	525	595	692	0	0	0	1812
Alison Gardiner	0	0	0	605	0	0	594	0	603	0	1802
Marlies Laaper	0	0	0	621	0	543	636	0	0	0	1800
Michael Free	0	0	0	0	0	0	645	0	553	595	1793
Nicholas											
Campbell	0	0	0	0	0	0	612	0	593	574	1779
Paul Munro	0	0	0	623	0	0	583	0	567	0	1773
Denis Speyer	0	0	532	605	0	0	619	0	0	0	1756
James Ditzell	0	0	0	608	0	0	678	0	456	0	1742
Sam Serisier	661	514	0	558	0	0	0	0	0	0	1733
Michael Adams	0	0	0	0	0	724	478	0	526	0	1728
Maria DiMarco	572	575	0	0	0	0	579	0	0	0	1726
Rick Collins	0	541	567	617	0	0	0	0	0	0	1725
Jan-Willem											
Schaar	0	0	0	0	0	856	0	0	863	0	1719
Robert Mulley	0	0	0	0	537	0	596	0	583	0	1716
Christopher											
Dwyer	0	0	0	829	0	0	871	0	0	0	1700
Alison Fitzgerald	0	0	535	611	0	0	0	0	547	0	1693
Stephen Kibble	559	504	0	0	0	0	0	0	616	1679	
Anton Kapel	0	0	0	577	0	0	566	0	534	0	1677
Dean Harris	0	0	0	557	0	0	0	0	533	585	1675
Craig Schlitter	0	0	0	568	0	0	571	529	0	1668	
Lucinda Chapman	0	0	0	809	0	0	857	0	0	0	1666
David Cooke	0	0	0	0	0	569	583	0	514	0	1666
Steve Packer	0	0	581	594	0	0	470	0	0	0	1645

Ian Singer	0	0	542	0	0	0	528	570	0	1640
David Knight	0	0	0	521	0	0	570	0	545	1636
Yvonne Reilly	0	0	573	570	0	0	0	0	492	1635
Graham Creed	0	0	606	0	616	0	374	0	0	1596
Graham Wirth	0	0	0	0	0	0	520	0	533	540 1593
Cathy Watson	0	0	0	464	0	0	570	0	537	0 1571
Tim Furlan	0	0	0	0	494	0	0	0	516	550 1560
Charles Coville	0	0	0	764	0	0	783	0	0	0 1547
Heather Peters	0	0	0	0	0	0	476	0	514	551 1541
Christine Cullen	0	0	506	525	0	0	454	0	0	0 1485
Brian Wilcockson	0	0	0	717	0	0	764	0	0	0 1481
Chris Davis	0	0	0	0	0	0	751	0	729	0 1480
Stuart Chellis	0	0	0	0	0	0	744	0	734	0 1478
Victor Donovic	0	0	0	729	0	0	747	0	0	0 1476
Andrew Harrison	0	0	0	715	0	0	747	0	0	0 1462
Yvette Clements	0	0	0	0	0	0	803	0	650	0 1453
Mark Fiore	0	0	0	0	0	0	0	0	715	721 1436
Rob Pearsall	0	0	0	0	0	0	505	493	430	0 1428
David Ellis	0	0	0	697	0	0	720	0	0	0 1417
Craig Dunn	0	0	0	0	684	0	0	0	726	0 1410
Andrew Dyer	0	0	0	0	0	0	724	0	686	0 1410
Karen Coleman	0	0	0	556	0	0	316	0	535	0 1407
Stephen Ball	696	0	0	706	0	0	0	0	0	0 1402
Richard Mullaney	0	0	0	758	0	0	0	0	642	0 1400
Kendall Waller	0	0	0	695	0	0	701	0	0	0 1396
Joel Mackay	0	0	0	703	0	0	0	0	689	0 1392
Mason Reeves	0	0	0	0	0	481	422	0	488	0 1391
John Palmer	0	667	0	717	0	0	0	0	0	0 1384
Max Crossley	0	0	0	693	0	0	688	0	0	0 1381
Cheryl Crawford	0	0	0	682	695	0	0	0	0	0 1377
Geoffrey Lucas	0	0	0	0	0	0	760	0	613	0 1373
Helen Wilson	0	0	661	701	0	0	0	0	0	0 1362
Mark Gardiner	511	0	0	0	0	0	846	0	0	0 1357
Megan Jackson	0	0	0	0	420	460	468	0	0	0 1348
David Camm	0	0	0	685	0	0	661	0	0	0 1346
Andrew Hall	0	0	0	0	0	667	676	0	0	0 1343
Caroline Foster	0	0	0	675	0	0	0	0	649	0 1324
Stuart Grieve	0	0	0	0	0	0	0	0	623	691 1314
Kevin Byrne	0	0	0	0	0	0	601	0	691	0 1292
Mervyn Cohen	0	0	611	679	0	0	0	0	0	0 1290
Lawrence Ullio	0	0	0	631	0	0	646	0	0	0 1277
Christine Wong	0	0	0	0	0	0	693	0	582	0 1275
Gregory Mackay	0	0	0	589	0	0	681	0	0	0 1270
Craig Plumb	0	606	0	0	0	0	0	0	655	0 1261
Karen Carter	0	0	0	0	0	0	636	0	625	0 1261
Richard Wassell	407	0	0	487	0	0	362	0	0	0 1256
Paul Thompson	0	0	0	645	0	0	608	0	0	0 1253
John Moore	0	0	0	0	0	0	625	0	623	0 1248
Peter Roberts	0	0	0	698	0	0	549	0	0	0 1247
Michaela Holloway	0	0	0	595	0	0	648	0	0	0 1243
Marty Carne	0	0	0	0	0	0	639	0	600	0 1239
Darryl Harding	0	0	0	0	0	0	564	0	674	0 1238
David King	0	622	614	0	0	0	0	0	0	0 1236
Jon Patrick	0	0	0	590	0	0	0	0	0	645 1235
Jeremy Culver	0	567	0	664	0	0	0	0	0	0 1231
Paul Glare	0	0	0	580	0	0	639	0	0	0 1219
Lee Gire	608	0	0	0	0	0	607	0	0	0 1215
Emma Robinson	0	0	0	0	0	0	625	0	589	0 1214
Richard Deutsch	0	0	0	618	0	0	590	0	0	0 1208
Kerry Ross	0	0	598	609	0	0	0	0	0	0 1207
Michael Peters	0	0	0	0	0	0	602	0	604	0 1206
James Woodhams	0	0	0	0	0	0	622	0	579	0 1201
Peter Woods	579	0	0	608	0	0	0	0	0	0 1187
Michael Childs	0	0	0	657	0	0	514	0	0	0 1171
Ken Harris	0	0	0	610	0	0	561	0	0	0 1171
Jurg Kunzle	0	0	0	579	0	0	582	0	0	0 1161

Margaret Cameron	0	0	0	586	0	0	0	570	0	0 1156
John Sneddon	0	0	0	0	565	0	0	586	0	0 1151
Michael Hill	0	0	0	0	0	524	620	0	0	0 1144
Julie McGaw	0	560	0	582	0	0	0	0	0	0 1142
Jennifer Best	0	0	0	0	0	0	0	621	515	0 1136
Chris Thompson	0	639	0	0	0	0	0	0	494	0 1133
Geoff Taylor	0	0	0	0	0	0	575	0	551	0 1126
Gill Cavenagh	520	0	0	0	0	0	599	0	0	0 1119
Cameron Robertson	0	0	0	0	0	0	541	0	577	0 1118
Kaye Stanton	0	0	0	0	0	0	516	0	598	0 1114
Katherine McSweeney	533	0	576	0	0	0	0	0	0	0 1109
Mike Hansen	0	0	0	0	0	0	538	0	570	0 1108
Michael Bailey	0	541	0	556	0	0	0	0	0	0 1097
Greg Donovan	642	0	0	0	0	0	0	0	453	0 1095
Joe Degabriele	0	0	0	576	0	0	519	0	0	0 1095
Luke Baker	0	0	0	0	0	0	543	0	544	0 1087
Brendan Mason	0	524	560	0	0	0	0	0	0	0 1084
Deirdre Stewart	0	0	0	605	0	0	476	0	0	0 1081
Carolyn Travers	574	0	495	0	0	0	0	0	0	0 1069
Ted Brailey	524	0	0	0	0	0	517	0	0	0 1041
Pamela Duncan	0	0	0	0	0	0	0	0	524	517 1041
Neridah Powell	0	0	484	0	0	0	540	0	0	0 1024
Jackie Ramsay	0	0	0	0	0	0	515	0	504	0 1019
Melos Sulicich	510	0	499	0	0	0	0	0	0	0 1009
Jon Griffiths	0	0	0	0	0	0	482	0	516	0 998
Brian Taylor	442	0	0	0	0	0	550	0	0	0 992
Fernando Santisteban	0	0	0	0	0	0	514	0	478	0 992
Graham Ford	0	0	0	0	0	0	0	0	482	502 984
David Ward	0	0	504	0	0	0	467	0	0	0 971
Nathan Lewis	0	0	0	502	0	0	0	0	453	0 955
Martin Pluss	0	517	426	0	0	0	0	0	0	0 943
Louis St Laurent	0	0	436	0	0	0	0	0	500	0 936
Ian Walker	0	0	0	694	0	0	242	0	0	0 936
Keith White	539	0	0	0	0	0	391	0	0	0 930
Steven Norden	0	0	0	0	0	0	453	0	470	0 923
Robyn Moody	0	0	0	0	0	463	0	0	456	0 919
Stephen Allan	0	0	0	0	0	0	445	0	434	0 879
Euan Callister	0	0	0	0	390	0	0	0	472	0 862
Philip Fleming	546	0	0	0	0	0	278	0	0	0 824
Tim Ashby	0	0	0	0	0	0	0	0	807	0 807
Richard Sarkies	0	0	0	802	0	0	0	0	0	0 802
Tim Cradock	0	0	0	0	0	799	0	0	0	0 799
Eliza Stewart	0	0	0	0	0	0	784	0	0	0 784
Dawn Tiller	0	767	0	0	0	0	0	0	0	0 767
Matt Palmer	0	0	0	0	0	761	0	0	0	0 761
Jeremy O'Connor	0	0	0	0	0	0	752	0	0	0 752
Dennis Wylie	0	0	0	0	0	0	0	0	752	0 752
Fiona Nelson	0	525	0	0	0	0	223	0	0	0 748
Stephen Parker	0	0	0	0	0	0	0	0	748	0 748
Anthony Wong	0	0	0	733	0	0	0	0	0	0 733
Elizabeth Edmonds	0	730	0	0	0	0	0	0	0	0 730
Brian Wallace	0	0	0	0	0	0	723	0	0	0 723
John Van Zendoorn	0	0	0	705	0	0	0	0	0	0 705
Ron Daly	0	0	0	701	0	0	0	0	0	0 701
Mark Shingler	699	0	0	0	0	0	0	0	0	0 699
Caroline Yarnell	0	0	0	699	0	0	0	0	0	0 699
Mark Crombie	0	0	0	0	0	0	0	0	696	0 696
Alastair Wallace	0	0	0	0	0	0	681	0	0	0 681
Bruce Craven	0	0	0	677	0	0	0	0	0	0 677
Bernie Winters	0	0	0	0	0	0	0	0	674	0 674
Kevin McGregor	0	0	0	673	0	0	0	0	0	0 673

George Lisson	0	0	0	0	0	0	0	671	0	0	671
Leighsa Hill	0	0	0	0	0	0	0	669	0	0	669
Gary Aitkenhead	0	0	0	668	0	0	0	0	0	0	668
Gary Leahey	0	0	0	668	0	0	0	0	0	0	668
Brian O'Dea	0	0	0	0	0	0	0	667	0	0	667
Peter Kingston	0	666	0	0	0	0	0	0	0	0	666
Ron Wilson	0	0	0	0	0	0	0	0	662	0	662
Roger Casey	0	661	0	0	0	0	0	0	0	0	661
Bruce Inglis	655	0	0	0	0	0	0	0	0	0	655
Phil Garvin	0	0	0	0	0	0	0	655	0	0	655
Anthony Whitty	0	0	0	0	0	0	0	0	655	0	655
Diana Slack	0	0	0	0	0	652	0	0	0	0	652
Jeff Gissing	0	0	0	0	0	0	652	0	0	0	652
Michael Wilson	0	0	0	0	0	649	0	0	0	0	649
George Herisson	0	0	0	649	0	0	0	0	0	0	649
Paul Bullas	0	0	0	0	0	0	0	0	0	649	649
Michael Handley	0	0	647	0	0	0	0	0	0	0	647
Anthony Carpenter	0	0	0	0	647	0	0	0	0	0	647
Malcolm Satchell	0	644	0	0	0	0	0	0	0	0	644
Brad Eastwood	0	0	0	0	0	0	0	0	0	640	640
Sheena Leibowitz	0	0	639	0	0	0	0	0	0	0	639
Lesley Maher	0	0	0	0	0	0	639	0	0	0	639
Mark Robinson	0	0	0	0	0	0	638	0	0	0	638
Corinne Russell	0	0	0	637	0	0	0	0	0	0	637
Mark Preston	0	0	0	637	0	0	0	0	0	0	637
Sarah Hammer	0	0	0	0	0	0	636	0	0	0	636
Bridgit English	0	0	635	0	0	0	0	0	0	0	635
Jeremy Lowes	0	0	0	0	0	0	634	0	0	0	634
Richard Newell	0	0	0	0	0	0	0	0	0	634	634
Vincent Moreau	0	0	0	632	0	0	0	0	0	0	632
Phil Clarkson	0	0	0	0	0	0	0	0	631	0	631
Luke Peterson	0	0	0	0	0	0	630	0	0	0	630
Danielle Van	0	0	0	0	0	0	629	0	0	0	629
Zuylen	0	0	0	0	0	0	0	0	0	0	0
Stewart Vincent	0	0	624	0	0	0	0	0	0	0	624
Stewart Turner	0	0	0	624	0	0	0	0	0	0	624
Bernadette	0	0	0	0	0	0	0	0	620	0	620
Boulous	0	0	0	0	0	0	0	0	0	0	0
Pierre van	0	0	617	0	0	0	0	0	0	0	617
Heerden	0	0	0	0	0	0	0	0	0	0	0
Anne Byatt	0	0	0	0	0	0	0	0	614	0	614
Gemma Glynn	606	0	0	0	0	0	0	0	0	0	606
Philip Hugill	0	605	0	0	0	0	0	0	0	0	605
Hugh Langshaw	0	0	0	0	0	0	605	0	0	0	605
Gavin Morisset	601	0	0	0	0	0	0	0	0	0	601
Kirsten Thomsen	0	0	0	0	600	0	0	0	0	0	600
Robert Inglis	0	0	0	599	0	0	0	0	0	0	599
Dino Soepono	0	0	0	0	0	0	598	0	0	0	598
Lisa Gallate	0	0	0	0	0	0	0	0	596	0	596
Ray Mahoney	0	0	0	0	0	0	592	0	0	0	592
Jacqui Matthews	0	0	0	591	0	0	0	0	0	0	591
Denise Gardiner	0	0	0	0	0	0	0	0	591	0	591
John Simmonds	0	0	0	0	0	0	590	0	0	0	590
Sue Horsburgh	0	0	0	0	0	0	0	0	590	0	590
Julie McGaw	0	0	0	0	0	0	0	0	589	0	589
Manal Garcia	0	0	0	0	0	0	0	0	586	0	586
Pete Steel	0	0	0	585	0	0	0	0	0	0	585
Andrew Waudby	0	0	0	584	0	0	0	0	0	0	584
Terry Coleman	0	0	0	0	0	0	0	0	584	0	584
Richard Crane	0	0	0	0	0	0	581	0	0	0	581
Leigh Macritchie	0	0	0	0	0	0	579	0	0	0	579
Gillian Fox	0	0	0	0	0	0	0	0	578	0	578
John Zahra	573	0	0	0	0	0	0	0	0	0	573
Ronan Carolan	0	0	0	0	0	0	0	0	573	573	

Suzi Reichert	0	0	0	0	0	0	0	0	569	0	569
Roger Rigby	0	0	0	0	0	0	0	0	566	0	566
Katherine Mcsweeney	0	0	0	0	0	0	0	565	0	0	565
Peter Cookson	0	0	0	563	0	0	0	0	0	0	563
Cathy Rees-Evans	0	0	0	562	0	0	0	0	0	0	562
Sue Hill	559	0	0	0	0	0	0	0	0	0	559
Brian McElhinney	0	0	0	551	0	0	0	0	0	0	551
Robert Chalmers	0	0	0	0	0	0	0	0	0	550	550
Nigel Deed	0	0	0	0	0	0	0	548	0	0	548
Leigh MacRitchie	0	0	0	545	0	0	0	0	0	0	545
John Singleton	0	542	0	0	0	0	0	0	0	0	542
Andrew Horsley	0	0	0	537	0	0	0	0	0	0	537
Matthew Pollard	0	0	0	0	0	0	0	535	0	0	535
Mark van de Vyver	0	0	0	0	0	0	0	0	0	535	535
Ian MacArthur	0	0	0	0	0	0	0	0	0	535	535
Selwyn Jackson	0	0	0	0	0	0	0	534	0	0	534
Tom McCormack	0	0	533	0	0	0	0	0	0	0	533
Brad Renshaw	0	532	0	0	0	0	0	0	0	0	532
Bruce Horsburgh	0	0	0	0	0	0	0	0	531	0	531
Gavin Markey	0	0	0	530	0	0	0	0	0	0	530
Julia De Vries	0	0	529	0	0	0	0	0	0	0	529
Jo Fendly	0	0	0	0	0	0	0	529	0	0	529
Penny Griffiths	0	0	0	0	0	0	0	527	0	0	527
Christopher Nobes	0	0	0	525	0	0	0	0	0	0	525
Emilie Paquin	0	0	0	522	0	0	0	0	0	0	522
Ying Liu	0	0	0	0	0	0	0	522	0	0	522
William Ward	0	0	0	0	0	0	0	521	0	0	521
Virginia Ffitch	0	517	0	0	0	0	0	0	0	0	517
Bradley Loh	0	0	0	517	0	0	0	0	0	0	517
Mark Van De Vyver	0	0	0	0	0	0	0	514	0	0	514
Olivia Batten	0	0	0	0	0	0	0	511	0	0	511
Victoria Swain	0	0	0	0	0	0	0	0	510	0	510
James Kent	0	0	509	0	0	0	0	0	0	0	509
Michael Rees-Evans	0	0	0	508	0	0	0	0	0	0	508
Jack Leigh	0	0	0	0	0	0	0	506	0	0	506
Peter Johnson	0	0	0	0	0	0	0	502	0	0	502
Elva Unger	0	0	0	0	495	0	0	0	0	0	495
Darryl Chrisp	0	492	0	0	0	0	0	0	0	0	492
Jon Ikin	0	0	0	0	0	0	0	0	492	0	492
Margaret White	491	0	0	0	0	0	0	0	0	0	491
Edward Sharp	0	0	0	0	0	0	0	489	0	0	489
Ruth Hamilton	0	0	0	0	0	0	0	0	0	487	487
Dick Bartlett	0	0	467	0	0	0	0	0	0	0	467
Gordon Forsyth	0	0	0	0	0	0	0	458	0	0	458
Steven Johnstone	0	0	0	455	0	0	0	0	0	0	455
Richard Frykberg	0	0	0	0	0	0	0	448	0	0	448
Andrew Ramsay	0	0	0	0	0	0	0	0	0	441	441
Kerryn Parkinson	0	0	0	0	0	0	0	0	0	432	432
Julien Arzac	0	0	0	0	0	0	0	0	0	430	430
Bronwyn Wassell	0	0	0	0	0	0	0	394	0	0	394
Michael Sharp	0	0	0	0	0	0	0	393	0	0	393
Marcus Juhasz	0	0	0	0	0	0	0	0	381	0	381
Graham Willis	0	0	0	0	0	0	0	345	0	0	345
Alex James	0	0	0	0	0	0	0	317	0	0	317
Graham Sharp	0	0	0	0	0	0	0	300	0	0	300
Carol Taylor	0	0	0	0	0	0	0	289	0	0	289
John Carroll	0	0	0	0	0	0	0	270	0	0	270
Sharon Koster	0	0	0	0	0	0	0	250	0	0	250
Jason Saunders	0	0	0	0	0	0	0	230	0	0	230
Richard Lane	0	0	0	0	0	0	0	213	0	0	213

Blister Photo Gallery



Group shot at start of Willy-Billy



Penny Smith enjoys a foot-bath at the last Trailwalker checkpoint after 92km. Grace Smith, Derek's mother serves tea.



MTG 10th Anniversary BBQ
Jim Moody, Lorraine Spanton, Allison Lilley,
Lisa Gallate, Frances Brown