

Sydney Striders

Road Runners' Club
Australia



Edition No. 98: December 05 - March 06

Strider in Commonwealth Games Trials



Strider Lachlan Renshaw (far right) has had a busy time since the start of 2006.

He placed 3rd in the 800 metres at the Commonwealth Games Trials, narrowly missing selection.

Lachlan won the 800 at the Sydney Track Classic in January in a time of 1:47:97.

He has also competed in the Telstra A Series meets in Canberra (4th), Sydney (3rd), Brisbane (5th) and Melbourne (6th) where he finished in a time of 1:48:08 whilst competing against a strong international field which included Kenyans, Canadians, New Zealanders and a Trinidadian.

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- ◆ Clare Holland and James Cryer on Six Foot Track
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- ◆ Charles Coville on the Tri where everything went wrong
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The Blister

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New President's Report

From David Bray

Hello fellow Striders,

In my first report as President, I would firstly like to take the opportunity to acknowledge the great work done by my predecessors in building our club to what it is today. In particular I would like to mention outgoing President Stephen Jackson, who has opted to retire after 10 years of active membership around and on the committee, three of those as President. I am still discovering exactly how much work Stephen (and Megan) did behind the scenes. The results speak for themselves as the club is healthy financially and our membership continues to grow, indeed it appears that we may pass the 700 mark sometime this year!

However despite these strengths the club does face challenges on a number of fronts. Foremost of these is the ability of the club to continue to conduct our planned activities, which are heavily dependent upon volunteers from our membership. Surprisingly, although we have record numbers of members we are actually seeing a decline in numbers of people prepared to actively assist, most of the time the same faces are seen doing most of the work! We are becoming more point sensitive as a result. Already there are two examples of how this is now affecting the club. For the recent Equaliser race, the course-setter experienced some difficulties and was unable to mark the course. While we managed to mark a good portion of the course at short notice some sections were not done, resulting in a number of runners becoming 'navigationally challenged'. Now it seems also that an upcoming STaR may need to be cancelled as we are short of a temporary replacement host. Please, if you are able to host the Homebush Hustle on June 11, contact myself or Robin Cameron.

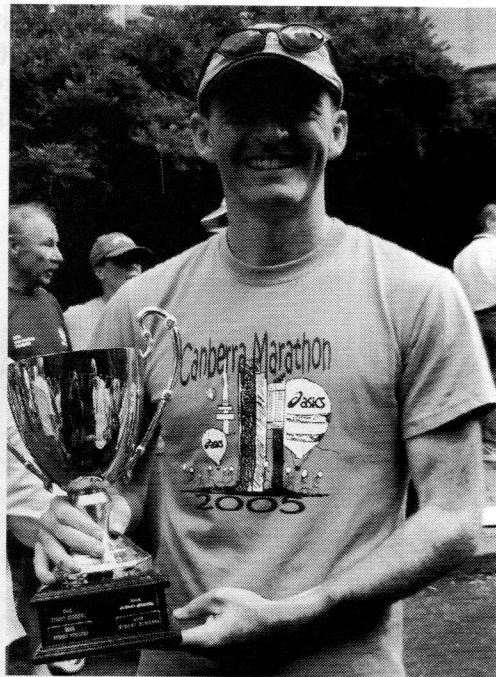
The topic of volunteers was discussed at the first meeting of the newly elected committee and it was resolved that a new position would be created of 'Volunteer Co-ordinator'. There are a number of initiatives under discussion to improve our ability to operate with volunteers and this new position would be tasked to put these in place going forward. So we are looking for a volunteer to be the 'Volunteer Co-ordinator'! If anyone is interested in this position please feel free to contact me to discuss further.

Please think about how you may be able to assist the

club as a volunteer. If every member volunteered just once through the year to assist we would actually have a surplus! There are many areas in which you can assist, ranging from marshalling at 10km or Internal Events, to hosting a STaR or taking out a 7am STaR group, to participating in a committee role.

Now on to running news.... a tremendous turnout of members at Six Foot Track with 100 Strider finishers! A great day for the club, with many PB's and debut runs, was capped by again winning the Mob Run Trophy (which we donated). Thoughts now turn to Canberra, especially for the MTG with many first-time marathoners finalising their preparations. Also our Athletics NSW co-ordinators (Glenn Guzzo and Shelley Howes) are getting ready for a busy winter season that should see the profile of our club increased.

Finally as a relatively new Strider I have not had the opportunity to meet all our members yet. Please feel free to come up and introduce yourself at a STaR, Super Series or 10km event. See you out on the road or trail!



New President David Bray accepted the Mob Run Trophy as once again the Striders were the top team in the Six Foot Track

Bunking off in the UK

By Joel Mackay

Part 1 – The South Downs Way

As part of my trip to the UK in Sept 2004 to attend my PhD supervisor's retirement symposium, I took the opportunity to get out into the countryside. After catching up with an old friend, I caught a train down to Eastbourne on the south coast with the plan of striking out on the South Downs Way, one of England's extremely well organized and signposted long-distance footpaths (see the National Trails web site - <http://www.nationaltrails.gov.uk/>). I had ordered a walking map over the internet (from the extremely helpful and friendly people at Harvey Maps), and had them deliver it to a friend in the UK for me to pick up.

The path is 160 km and runs essentially east-west between Eastbourne and Winchester. Both of these towns are easily reached from London by train. I had 2 days, and wasn't sure what fraction of the path I would get done in that time - I was planning to run, with a daypack containing a change of clothes and other essentials (including a survival sack, in case I couldn't find somewhere to stay...), but didn't have a feel for the terrain. As it turned out, I covered ~85 km in the two days, with plenty of stops and photo opportunities. It was quite a bit less than I imagined I might do, but there was a lot of up and down and a howling headwind the entire way (NOTE: run this in the west-east direction if you have a choice...). In the end, I am glad I went in the direction I did though, because it ensured that I saw the chalk cliffs near Eastbourne - they look fabulous in the sun.

I set out on Sat at about 1 pm from Eastbourne, and trundled along the cliffs, through forest, and then along a ridgeline (which I think runs essentially most of the way to Winchester). The whole way along the ridge, you could still see the water on your left, 10-20 km away, and the various towns on the coast (Brighton etc). To the north it was very flat, and stretched out towards London (which I could never quite see in the distance). The weather was perfect, and I made it to the town of Lewes by about 6 pm, exhausted. I managed to secure the only hotel room available in the entire town (5 hotels were full, and 10 B+Bs didn't answer their phones). I only got the room when a member of a stag party pulled out at the last minute (!). I crashed with a couple of beers and some sandwiches, and slept the sleep of the sleepy.

Next morning (perfect weather again!), I headed off again, spending most of the day along the ridge, which often dropped into a river valley and a village, then rose on the other side again. By about 4pm, I crossed a north-south train line at Amberley (no town, just a platform in the middle of nowhere). This was basically the halfway point of the footpath, and I knew it was time to stop - this was the only train line before Winchester, so it was here or go to the end. I caught the train back to London and imposed myself on my friend again for the evening.



Views of the chalk cliffs near Eastbourne – you can see the running trail all along the clifftop.



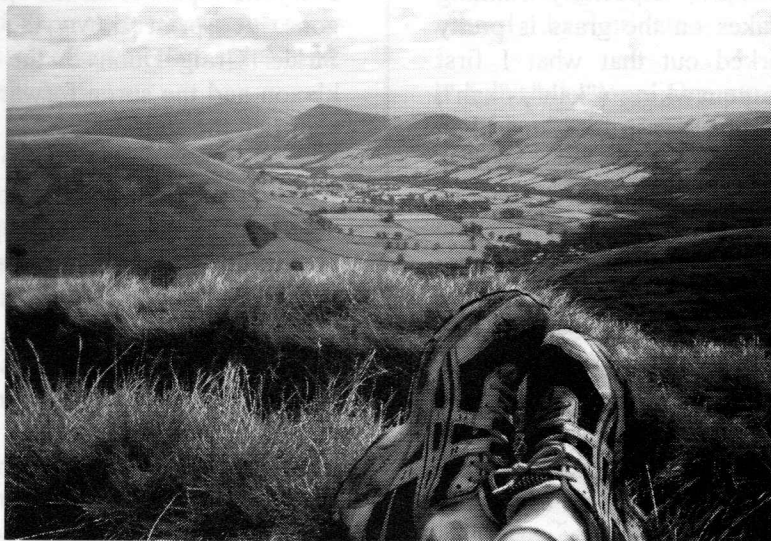
Trundling along the South Downs Way.

All in all, a great couple of days - getting out onto the ridgetop and hammering away into the breeze, with all your stuff on your back and the water away in the distance - a great way to break up a work trip...

Part 2 – The Pennines

A few days later, after giving a couple of research seminars, I had a morning to kill before heading down to Cambridge for the retirement symposium. Since I was in Sheffield I took the opportunity to head out into the Pennines for a trail run. A work colleague in Sheffield suggested a route for me, so I caught a train to Hope (about 30 mins west of Sheffield), and from there was basically able to step off the platform into the countryside.

The run took me up onto Win Hill and then along a ridge that ran alongside the valley through which the train line ran. The running was great – open, windswept heath land with panoramic views of the surrounding countryside and great rock formations. After some time, I just dropped back down into the valley and followed some minor tracks back to where I started - total distance about 25 km. As I said, the views were fabulous, weather was spot on, and there were hardly any people around (it was a week day) - all these things made for a superb morning. I never cease to be amazed how much countryside there is in a country with so many people...



Relaxing on the last knoll before the big plunge down – soaking in the views.

My Last Marathon

Melbourne was to be MARTIN MATTHEWS sixth marathon and for the fifth time he promised himself that this marathon would be his last ever.

My first marathon, a little over 3 years ago, was for the experience of pushing through that extraordinary challenge of running/ shuffling/walking 26.2 miles.

In my peak condition at school I found the 4-mile cross-country course in knee-deep mud daunting enough to wheeze round, usually suffering the indignity of the smokers joining me at the back of the race on the second lap (I'm sure they hid somewhere) to slow-motion jog past me in a style reminiscent of 'Chariots of Fire'.

I trained hard and my first marathon was a success. I finished but had to walk for some way in considerable discomfort to do 4hrs 2mins. This should have been an end to it. But when I came out to Australia from the UK I thought I'd have a go at another one and see if I could run the entire distance. I joined the Striders.

Running in Australia became intensely pleasurable. I came to know Sydney pretty well from running the STaRs and despite the early start some of my fondest memories are of these runs. For someone who use to live 150 miles from the sea in a land of red-brick and grey sky, to see the sun rising over the Pacific Ocean from above Whale Beach on a STaR is pretty incredible.

Training in Centennial Park, especially running around those beautiful lakes on the grass is pretty inspiring. I quickly worked out that what I first thought was enthusiastic squawking ("kah", "kah", "kah") by the pack of runners was in fact Australian for "car ahead". All the Striders have been terribly friendly and supportive; a varied brethren, of whatever speed/ability, brought together by the knowledge that few others would do what you are doing or attempting. Some of the more senior Striders such as Kevin O'Kane and Steve Jackson (and many more) were very helpful in offering advice. Also for the last 18 months, just when I thought I knew it all, I got some coaching from Sean Williams of 'SWEAT', and found that there was still a lot more to learn about running and especially training.

In the last 3 years with the Striders there's not only

been the five more marathons, there's been Trailwalker, two Six-Foot Tracks, Mt Wilson-Bilpin and many others. Possibly a couple of extra marathons were run in STaRs with Shaun Atchinson. We're both short-sighted and Australian road signs aren't great. So there were a couple of occasions (and inquests afterwards) when we worked out that the reason that we had not seen any runners in green and white tops for a while was that we had been heading the wrong way down a road. I ran as many of these long events as possible as I was always uncertain as to when my work contract was going to end. When I was told I would definitely finish in October, the Melbourne marathon was set as a definite last race.

I was attempting to run sub-2:40, an average of 3:47 per km and 40 mins quicker than the same race three years ago. I was in good form thanks to sticking to Sean Williams' training plan and staying injury-free, Pete Truscott had even called me a 'freak of nature' at the last 10k which I took as a compliment.

On the day, the omens did not look good. Melbourne 2002 had been cool, sunny weather with hardly any breeze. Standing shivering in the car park at the start of 2005 Melbourne with little cover from the sideways rain I was wishing for those same conditions.

The start was chaotic, I hadn't realized that the start line was 400 yards down the road, I was retying my shoe laces in the car park when I heard "Two minutes to go" and then tried to work out where everyone (apart from the queue for the toilets) had gone. A sprint down the road somehow found Strider Craig Dunn in the crowd at the time the klaxon and the surge forward of the mass of bodies signified the start.

Running with Craig, we settled quickly into running 3:45 per km, roughly target pace. I was still worried about the wind but it was hard to work out where it was coming from. One minute it was gusting in your face, buffeting your chest, then it turned into a howling cross-wind that seemed to be plucking energy from your legs. There seemed to be no way you could position yourself with the runners around you to shelter from it, as soon as you did, it changed direction again.

It took a while to settle into the event. My strategy at water stops has been to carry 3 Gus (taken at 10k,

20k, 30k) and to only drink water from each stop (to stop spilling sticky sports drink over myself). It seems to stop dehydration and the onset of salts/sugar loss. I learnt the importance of maintaining these only after the Fat Ass New Year's Day Run 2003 around Berowra in which I was the only guy not carrying either water, sports drink or Gu.

At the first water stop I made a right mess. Not used to catching a plastic cup of water with my left hand I grabbed at the first one and crushed the cup. Then panicked and grabbed a sports drink and spilt the sticky contents both over myself and the poor volunteer.

For some reason it's a lot easier to run in a pack than by yourself. By yourself you always are forcing yourself to keep up with the pace. You suffer alone. In a pack all you have to worry about is keeping up with the others and using a minimum of effort to do so; you can shelter from the wind; it somehow makes you feel better that others are suffering too. The only problem is that as I've got quicker, the marathon seems more and more a lonely affair. When I ran 4:02 or 3:18, I was running in a mass of enthusiastic people. Running 2:56 at Gold Coast I was running by myself after 16k. With this in mind and the wind gusting strongly, I was panicking about finding a pack to run in.

At 7k Craig and I were caught by two blokes. I went with them and in the confusion of the drinks stop lost Craig. It looked like I was stuck with these two for a bit. I tried using them as a bit of shelter from the wind but couldn't get them lined up properly with the blustery wind. Then when I did get them lined up, the gust would slow them down so much that I'd clip their heels. I checked the split each kilometre, it was a constant 3:45.

We caught a large pack of eight (tiring) guys at 15k still at 3:45 pace. I was getting tired and wondered whether to stick with this pack as I was ahead of schedule but for some reason followed the other two as they went straight though the middle of the pack and out the other side picking up just one more runner on the way.

Down the road we were getting shouts that we were placed 9-12th in the race. I immediately got worried that this seemed a bit too close to the front. We passed through halfway in 78:40 - a new Half Marathon PB for me. Fortunately I didn't feel anywhere near as bad as when I ran 78:59 six

months earlier.

I was tired and started to count down the kilometres at 23k until the thought of running another 19.2 was too depressing. I muttered sorry for clipping the lads heels in front yet again but didn't feel good enough to share the lead. Just before 29k was the water stop, as neither of the guys stopped (they were getting drinks passed to them by their mates) I had to fight hard to catch them. Once I caught them it took me a long time to get my breath back. I noticed we'd dropped our 4th runner.

At 30k I lost about 5 yards to them, I sprinted hard to catch up, hamstrings and glutes complaining. It slowly happened again, again I surged to make up the ground. At 31k I knew that I couldn't claw it back again. The gap widened and widened and I was on my own. Hamstrings and glutes didn't seem to want to work - I knew that the next 11k was going to be a tough slog.

Kicking my legs out did not increase my stride length or stride rate. Trying to relax or trying to force it seemed to produce no difference. Slowly other runners started to pass me. I was getting shouts of encouragement from spectators of "Not much further" and "Keep going" so I knew I must be looking bad. The target time was gone, frustrated and disappointed, the objective was just to wait for that finish to come.

Slow trotting continued for an age, the number of spectators increased, as did the number of half marathon runners to pass and eventually the finish line came. I stopped my watch on 2:43:59, a PB but despite being ahead of my target time for so long, I'd missed it by 4 minutes.

It didn't take long. One sip of beer in the pub and I started plotting one further last marathon. The marathon had changed from being an endurance slog with a lot of like-minded idiots to feeling it was a race. But the result was still the same at the end - I felt I could go quicker next time.

The next one would be tricky to train for as I had set my mind to go travelling. But if it was to be my last then I could put up with some discomfort - the marathon season in Asia was starting.

GREAT OPEN ROAD TO GREAT WALL OF TRAFFIC

From Phil Kennedy

My early-in-the-year marathon experience for 2005 was the Great Ocean Road marathon (45km), which is one that I highly recommend for all the obvious reasons - great scenery, magnificent traffic-free road and a small field in a tremendous environment (as good as my all-time favourite, Two Oceans). The road is closed to traffic and is sheer running bliss. Marathon times are recorded at the 42.2km mark, although the finish is at 45km. Don't be put off by the travel and point-to-point logistics (Lorne to Apollo Bay) as this one is well worth it.

My end-of-year marathon experience for 2005 could not have been more different. Traffic, and lots of it, particularly the last three-quarters of the event. But then this is to be expected in Shanghai, home of one or two people. The event started outside the Peace Hotel in the famous Bund area and initially snaked down the mega-shopping mall that is Nanjing Road, before taking in a mixture of highways, suburbia and some dingy back-roads. The support was loud and colourful throughout - in the main provided by women in groups (clubs?) in colourful outfits with tambourines and percussions. The traffic was ever-present, (did I mention the traffic?) very often backed up alongside the runners with engines running and smoke belching - the only downside of an otherwise enjoyable event. Almost every intersection would see pedestrians and cyclists backed up ten deep and the inconvenience to many must have been tremendous (this was held on a Saturday morning), yet there was very little discord, unlike the blaring hooters experienced during some Sydney events. Getting back to the start line and back to my hotel while cramping up on the metro was a challenge.

The following snippets appeared on the entry form:

- To participate in the marathon you must have been practicing long-distance running on a regular basis, and **provide a certificate of health issued by a first-grade (community) hospital**, certifying that you are physically fit to run the race;
- When you receive the three number bibs, you must fill in your name, address, telephone number, blood type and emergency address (telephone number) on the bibs. In case of accident or emergency during the event, your relatives or friends may be informed. **Therefore, don't lose you number bibs;**

- **While struggling for victory**, the runners should also know their own limits. In case of exhaustion, they should quit the race to prevent any accident;

1. The following persons are not fit to run the marathon.

Those who have not experienced systematic training must not take part in the race.

Those who suffers rheumatic heart diseases and congenital heart diseases, especially **those whose face turns pale or blue while running**.

- Experts suggest that those who suffer from hepatitis, heart diseases, high blood pressure, diabetes, and other diseases not fit for marathon should not take part in marathon, and that those suffer from cough, fever, arrhythmia, excessive fatigue, **pathological heart soufflé**, abnormal cardiogram, **or wound** should not take part in the race;
- Before the race, runners should **stimulate the corresponding excitement area** of the motor nerve, so as to achieve certain coordination between the body systems and organs;
- Some runners may feel excessively nervous before the marathon race. This tension mainly takes the forms of nervousness before the race, excitement long before the race, restlessness, poor sleep, excessive perspiration, frequent micturition, etc.? Overexcitement, nervousness and insufficient rest will lead to great depletion of nervous energy and physical strength, which in turn will cause fatigue and influence the runner's performance and result. Generally, the tension may be eased by diverting your attention. You may do some peaceful and slow activities before the race, such as **reading, board games, angling, or taking a walk;**
- If your **shoe falls off during the start-off, do not be panic or bend down** to pick it up as this may cause jams or falls.

In case of calf spasm during the race, you should slow down, come to a stop **gradually**, and then massage **or rubber the spastic part**.

So when the Striders Walking Group is too much of an ordeal we can now look forward to the Striders Angling Club and Striders Chess Club.

More Carbohydrates 2 Go

By Frances Brown

In the last Blister we looked at "carbohydrate efficient" snacks, i.e. those that had a higher value of carbohydrates for the amount of kilojoules they contain, mostly because of lowered fat content. This is of interest to runners who are kilojoule conscious and for marathoners looking for foods that are high in carbohydrates and relatively low in fat.

Are Carbohydrates Fattening?

Carbohydrates have long had a reputation for being "fattening". Carbohydrate foods which combine carbohydrates with fat, such as pizza, potato chips, chocolate and doughnuts are very easy to overdo (particularly if you are tired or it's late at night) and in that sense these foods are fattening. However eating too much of any type of food at the one time will be fattening if excess kilojoules are consumed, and it is always necessary to balance carbohydrate intake with energy expenditure.

The link between pre-exercise muscle glycogen stores and capacity for endurance exercise has been well established scientifically, and a consistent intake of carbohydrates in combination with training is required to increase muscle glycogen stores. For distance runners, consuming sufficient carbohydrates will allow more and better quality training, ultimately creating a positive effect on health, fitness and weight. Consuming too little carbohydrate can result in weakness, fatigue, and feeling irritable or miserable which can lead to overeating on "comfort foods" such as bread, cookies, chocolate and ice cream. The gradual depletion of glycogen stores (that occurs when carbohydrate intake is insufficient) also puts undue stress on the body and often results in tired "heavy" legs, low energy levels and extreme hunger.

How Can Additional Carbs Be Included In The Diet Without Gaining Weight?

To increase your carbohydrate intake without gaining weight it is necessary to make way for the carbs by eating less fat – usually no more than 25% of daily kilojoules supplied from fat is recommended for endurance athletes. However, it should be noted that very low fat or low protein diets are not healthy and are not recommended either. Some obvious foods to watch out for because they are high in fat include croissants, pastries, deep fried foods, creamy

sauces and fried rice.

Selecting carbohydrate sources that are carb/kj efficient is also a good idea. Carbs that are low in fat will be generally more carb/kj efficient - see the last Blister for a comparison of the carb/kj efficiency of snack food, and the comparison table for desserts at the end of this article. Carbohydrate foods that are wholesome – wholegrain breads and cereals, yoghurt, fruit, vegetables etc., will also assist runners in meeting their overall nutritional requirements.

It also makes sense to add carbohydrates around your training schedule in the form of a pre-training snack/meal (3 hrs before exercising) and recovery (post training) snacks, rather than eating extra food at mealtimes. "Intake should be increased during high activity days so that athletes maximise training sessions and recover adequately from training" Greg Cox, Sports Dietician writes in "The Coaches' Edge". "Eating additional carbs at meal time means that athletes become accustomed to large sized meals, even on days when carbohydrate requirements are low". Eating carbohydrates immediately after exercise will also take full advantage of the post exercise "window" (see below).

If weight loss is desired, it may be useful to forego the pre-training snack. This may work for you, say, if you prefer not to eat breakfast before a morning run. However, if doing this impedes your training, it will be necessary to decide whether weight loss or performance is the primary goal. If performance is more important than weight loss, it may be better to eat beforehand.

How Long Does It Take To Replenish Glycogen Stores After Exercise?

The minimum time it would take to refill muscle glycogen stores is 20 hours, but it can take up to 7 days. This is why a "rest day" before an important race is a good idea, or in the case of a marathon a seven day "carbohydrate load" is often recommended.

The time it takes to replenish muscle glycogen depends on:

- How depleted the glycogen stores are after exercise (stores will be more depleted after a longer duration or higher intensity workout and thus take longer to refill)
- The extent of muscle damage (muscle damage delays glycogen replacement)
- The amount and timing of carbohydrate you eat (higher intake will allow faster refuelling)
- Your training and fitness level (a trained athlete will have greater efficiency in replacing glycogen stores than a beginner)

What is the Post-Exercise Window?

The post-exercise "window" refers to the period of time after exercise when glycogen manufacture and storage is faster than any other time. During the first 2 hours after exercise glycogen replenishment is at one and a half times (150%) the normal rate, (provided, of course that some carbohydrates are eaten at this time). During the subsequent 4 hours the rate slows but remains higher than normal; after this glycogen manufacture returns to the normal rate. Therefore, eating carbohydrate at this time speeds glycogen recovery. It is also useful for athletes who are watching their weight to have some of their daily carbohydrate allowance during the post exercise window, as carbohydrates eaten at this time will be more readily utilised for glycogen storage rather than converted to fat.

How Much Carbohydrate Do I Eat After Exercise?

Most researchers recommend a recovery snack of 1-1.5g carbohydrate per kg body weight during the immediate 2 hour post-exercise window, and then a further minimum of 50g carbohydrate (about 2½ museli bars!) per hour during the next 4 hour period. Whether or not you consume the recommended amount, remembering to have some carbs immediately after exercise is a positive action towards preventing the gradual process of muscle glycogen depletion that can occur over several days or longer. This is especially important for distance runners because:

- Long runs are particularly glycogen depleting
- Hard running can cause muscle damage (due to forced lengthening of active muscle fibres) which will impede glycogen recovery.

These quantities of carbohydrate may be

unrealistically high if you are not training every day, so you may need to make adjustments to the above amounts according to your body type, appetite and duration and intensity of training. If you don't feel inclined to count grams of carbohydrate, a simple rule such as fruit plus one piece of cake for each 10km run at a STaR may work for you. It may also be worth increasing your recovery snack allowance if the STaR host/hostess has provided some particularly nice homemade cakes! Of course, rehydration is also a top priority after endurance training, and carbohydrate sources which provide water such as sports drinks, fruit juice, yoghurt and fresh fruit may be useful in this regard.

For many years it was reported that adding protein to the recovery carbohydrate snack immediately after exercise enhanced glycogen storage. Other studies have indicated that eating protein at this time slows the digestion and absorption of carbohydrates, delaying glycogen replacement. More recent studies have produced varying results, but it has been established that having a protein component of up to about a quarter of your recovery snack will not compromise muscle glycogen recovery. Having some protein immediately after exercise may also speed up the repair of muscle tissue and provide important benefits for the immune system⁵.

Summary

- Carbohydrates are not necessarily fattening unless combined with substantial quantities of fat.
- Endurance runners need a mixed diet of protein, carbs and fat.
- Additional carbohydrates can be incorporated into the diet without weight gain by choosing carbs with high carb/kj efficiency and planning increased intake to correspond with increased training levels.
- Carbohydrates play an important role in recovery, and consuming some carbohydrate during the post-exercise "window" allows for more efficient glycogen recovery.

Of course, specific dietary needs vary considerably between individuals, and if you feel that nutrition may be limiting your performance, it may well be worth your while to visit a registered Sports Dietician to have your diet analysed and see what they can recommend for you.

How Carbohydrate Efficient Are Desserts?

The following table allows a comparison of how efficient desserts are in delivering carbohydrates in relation to their kilojoule content. For reference, a 600ml bottle of Gatorade contains 15g of carbs, 263 kj and has a carb/kj efficiency of 57. A value of < 25 represents poor carb/kj efficiency, 25-35 is fair, 36-49 good and over 50 excellent.

Unfortunately most of the traditional desserts do not perform particularly well in terms of carb/kj efficiency. Jelly, tinned peaches, fresh fruit, sorbet and jam sponge roll were the most carb/kj efficient desserts in this sample. Premium ice cream came in fairly low, with a disappointing rating of 26, although the light ice cream with caramel topping scored 48, and the Weiss ice cream/fruit bar rated 45. Ice cream, however, does contain some calcium and has a much better carb/kj efficiency than cream, so it can probably be justified on these grounds.

Likewise, the yoghurts and dairy desserts contain calcium as well protein, which is important for muscle rebuilding. The Nudie sorbet wrapper also claims the product to be excellent for "emotional wellbeing". This is possibly the best reason to justify any dessert – Bon appétit!

In the next issue of the Blister "Carbohydrate Loading – Will It Work 4U?"

- i P68 Ryan, Monique, Sports Nutrition for Endurance Athletes 2002 Velo Press
- ii 169 Stanton, Rosemary, Eating for Peak Performance 1992 Allen & Unwin
- iii P 16 Ryan, Monique, as in (i)
- iv P23 Coyle 1999 in Bean Anita Complete Guide to Sports Nutrition A & C Black Third Edition 2000
- v p25 Ivy et al 1988 in (iv)
- vi p24 Bean, Anita as in (iv)
- vii p80 Ryan, Monique, as in (i)

Carbohydrate Comparison Table

Category	Product	Carbo-hydrate	Kilo-joules	Carb/kj efficiency*
Traditional Desserts	Apple Pie - Sarah Lee Light Apple Snack pies	48.5	1375	35
	Sticky Date Pudding - Sarah Lee	40.7	1112	37
	Chocolate Cake - Sarah Lee	29.4	920	32
	Chocolate Mousse - King Island Crème Dessert Chocolate 100g	19.2	1170	16
	Pancake - Golden Days x1	23.4	630	37
	Pancake - as above with Maple Flavour Syrup 30ml	44	984	45
	Jam Sponge Roll - Top Taste	34.3	670	51
	Cheesecake – Nanna's Passionfruit Baked Cheesecake Individual	39.1	1570	25
	Jelly - Aeroplane Orange flavour 125g serve	18.2	333	55
Fruit	Tinned Peaches - Goulburn Valley Peach in Mango Puree 140g	18.2	326	56
	Fresh grapes - sml bunch 100g	15	239	63
	Fresh watermelon - 1slice 200g	14	260	54
Ice Creams	Premium Ice Cream - Cadbury Creamy Vanilla 100ml	10.4	398	26
	Light Ice Cream - Cadbury Light Vanilla 100ml	12.5	337	37
	Light Ice Cream with Caramel topping - as above with caramel topping	32	660	48
	Sorbet - Nudie n'ice blueberry & blackberry 1x75g	16.9	290	58
	Splice Exotic Fruits Mango Passion	19	452	42
	Weis Bar mango & ice cream bar	20.4	452	45
	Choc Wedge Ice cream	17	685	25
	Frûche 99% Fat free* * Apricot & Honey 1 x 150g	22.2	552	40
Yoghurt, custard, cream	Bulla Frozen Strawberry Fruit Yoghurt** 1 x 100g	19.7	556	35
	Nestle All Natural Yoghurt Vanilla Crème Flavour** 150g	20.7	690	30
	Milo Dairy Dessert** x 1	25.3	824	31
	Custard - Oak 50ml	7	210	33
	Cream - thickened cream 30ml	1.1	417	3

*Grams of carbohydrate contained in 1000kj (240calorie) portion of that food.

**Contains protein – important for muscle rebuilding

The Man From Chatswood

(with apologies to you know who)

I was standing at the station and just staring at the ground
My motivation, I regret, had gone away.
I had a list of poor excuses and put on half a dozen pounds,
I was drinking like a fish in Watson's Bay.
I knew tried and noted Striders from the suburbs near and far
Were training in the morning and at night,
For the Six Foot Track was looming, with its Pluviometer
And those addicts snuffed the battle with delight.

There was Jackson, who had suffered piles when Fats was just a pup,
A young man with his hair as white as snow.
Though few could run beside him when his blood was fairly up –
This year he would be relatively slow.
And a hundred other Striders would be there in green and white
Carrying their demons 'cross the mountains to Caves House.
Would I stay a Six Foot Virgin or would I finally see the light?
Would I be a man or just remain a mouse?

So I started running 10k when I got out of my bed
Not sure if I would make it to the start.
Then I hit the bush at Quarry Road and also Bobbin Head
And I thought my lungs were going to burst apart.
But slowly, very slowly, I found a rhythm on my runs
I could feel that I was almost getting there.
I trailed my training partners, staring blankly at their buns –
Then registered with three whole days to spare.

I drove up on the morning, shuttle bused it to the start
I gave the tea and damper a big miss,
I listened to excuses and I heard a nervous fart
Then queued politely for my final piss.
We stood beneath the banner, then the starter fired the gun
The crowd cheered as we burst out of our cage.
Could hours of mountain running really be a day of fun?
Or would I die somewhere along that old Black Range?

We sent the flint stones flying and I somehow kept my feet,
We cleared the fallen timber in our stride,
We laughed when some poor bugger slipped and landed on his seat
Then hauled him up and helped him on his ride.
Past the cattle in the valley, across the Cox's on the stones
The sun was heating up a bit too soon
When I reached the base of Pluvi, I felt suddenly alone –
Like Frodo when he stared up at Mount Doom.

But I marched right up that mountain and I drank some more High 5
I thanked the aid station angels every time
I had passed the Deviation – and I was still alive!
Just a few more ks before that downward climb.
Through the stringy barks and saplings, on the rough and broken ground,
Down the hillside at a stumbling step I went

My quadriceps were screaming but I couldn't hear a sound
As I grimaced through that terrible descent.

The announcer's voice was one strine blur as I turned and crossed the line
I cramped as they hung a medal round my neck
I'd finished – and enjoyed it! The moment was all mine –
I grabbed a coke and fell down to the deck.

I know there are Three Sisters, but I'd like to see a Bro –
A Kevin Tiller peak to boost the view.
It would be a fitting tribute to a bloke who surely knows
What joy he brings to Trackers old and new.

Piriformis

New Members – November - March

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

Ian Walsh
Kulinda Davis
Peter Mitchelmore
Emma O'Reilly
David Stirk
Lowana Stirk
James Ikonomou
Gary Howard
Rebecca Brosnan
Thien Vuong
Steve O'Connor
Max Yates
Jenny McKenna
Ben Rickards
Stuart Poole
Oliver Wellings
Clare Holland
Catriona McNeil
Ray Rogan
Antoinette Olivieri
Catriona Scott
Bruce Smith
Allan Caulley
Ian Gilbert
Michael Labus
Bruce Renwick
Emma Munro
Ros Holcombe
Sarah Sutherland
Rob Johnston
Lee Mackie

Greg Beirne
Peter McBurney
Sora Wako
Mary-Beth Beirne
Paul Jack
Michael Kendig
Tim Lindop
Angela Littleford
Rachel Sutcliffe
Lisa Andersen
Tim Ziehl
Alexander Kobler
Chris Pope
Derek Smith
Derrick Buckley
Daniel Bonallack
Laird Abernathy
Leonardo Simonella
Calli Brown
Jon Fox
Geoff Sheargold
Janna Robertson
Ingrid Grace
Dianne Aitken
Michelle Graham
Ken Smith
Shane Marcus
Robert Norman
Paul Rothnie
Peter Overton
Bridget Akers

Lois van Waardenberg
Marni Warland
Mark Russell
Mabel Fowlds
Garry Marsden
Yale Carden
Robbie Elder
Derek Hamilton-Gibbs
Sean Kennedy
Anthony Pidd
Lucette Thomas
Steven Walsh
Frank Zeichner
Peter Hibberd
David Priestley
Karen Canfell
Shane Chenery
Robert Connors
Vanessa Hill
Graham Sheargold
Andrew Heathershaw
Nick Taylor
Mat Heriot
Scott Williams
Steve Hassall
Vania Dauner
Julie Smith
Polly Tapper
Jackie Boylan
David Prickett

Do It While You Can

By Dale Thompson

As I gasped up the hill in the Lane Cove 10k, an old man sitting on a bench called out, "Good onya luv. Ya doin well". I glared back at him, trying to wither him on the spot. I staggered on as other, less distressed runners, flew past me. They also offered words of encouragement to my aged body, "Keep going, Dale." Of course I was going to keep going! There was only one way to get back to my car and that was to keep going.

I had quite some time left to think as my pace was very slow. I cogitated on those runs in the past, where the pace had come easy and I had flown past the old farts with a look of pity. I had even offered the same empty phrase, "Keep going", to these geriatrics. Now I was one of them! How had it come to this?

I began my running career as a very fast sprinter over 100 metres, joining my first running club at the age of 10 years. I remained with sprinting until I was pressed into distance running by the force of having two brothers and almost all of my friends involved in marathon running. I used to train at about 8 minute pace for about 80 to 100k per week and completed my first marathon in just over 3 hours 50.

After having a child and coming to Sydney, I started to get serious about running. I had my VO2 max tested and that showed me that I could run a reasonable pace, although well short of elite status. While more suited to shorter sprint distances, I was still able to run a 3 hour 11 marathon and I even won a state title over 50k.

In an *overtraining study* (one of my brother's regular torture sessions masquerading as scientific research) I recorded a regular heart rate, when working hard, of over 195 bpm. My recovery heart rate was about 175 bpm. All of this reinforced the idea that if you train hard you will run better. What I hadn't made allowance for was the aging process.

After turning 45 years I made an attempt to return to sprint racing for a few seasons. It took quite some time to detrain my oxygen carrying, fast twitch fibres but I managed to run times which were comparable to those which I ran when I was 13 years old. This came as a bit of a shock. I noticed at the World Masters Championships, the times for women over 55 years were markedly slower than younger

women. The men seemed to hit hard times after 65 years.

Back to distance running, I now find that a time of under 50 minutes for 10k is one of my better runs, and under 45 minutes seems impossible. I decided to investigate what it is about aging that reduces our physiological functioning capacity. When I put on a heart rate monitor now I find that at my maximum exertion, my heart rate can just reach 175 bpm. When I spoke with my brother, who is 8 years older than me, his max. heart rate is now 155bpm, despite huge work loads. Because I have an enlarged heart, due to the years of running, I have a greater stroke volume than I would otherwise. Despite this, the slower heart rate reduces the oxidation of my blood. The pump is slowing and thus my output is reduced because I cannot make the pump work hard enough to reoxygenate the blood and provide the fuel for the workload.

This slowing of the maximum heart rate results in a reduction of VO2 max. 'VO2 max is the primary determinant of endurance exercise performance because it establishes the upper limit of maximal energy production through oxidative pathways.'

A second factor is the reduced lactate threshold which contributes to the decline in endurance performance with age. This reduction in lactate threshold appears earlier in adulthood whereas the reductions in VO2 max appear more in early to later middle age.

Running economy (the oxygen cost to exercise at a given velocity) does not appear to be a factor in decline of performance with age. In the study from which I am quoting, they found that there was little variation in the running economy of either men or women over 10k between younger and older athletes.

After 60-70 years of age, exercise performance declines exponentially. This age related decline in performance appears to be greater in women, in particular because of the large muscle dynamics of endurance running. It seems that older athletes may be able to moderate some of the reductions in VO2 max through high intensity aerobic activities. Indeed, studies indicate that maintaining habitual exercise levels involving vigorous and frequent

training slowed the reductions in VO2 max.

Despite all this doom and gloom, one needs to remember that those who engage in regular exercise are capable of performing tasks that cannot be performed by their sedentary peers, and have lower prevalence of degenerative disease including diabetes and certain cancers.

Next time you pass an aging athlete of a bygone era, remember that it will be upon you sooner than you think. Get your hard work and fast runs in now. For those of us whose best runs are history, to get the best out of your vintage machine, train hard often, do regular weight work, and smile inside at the burnt-out wrecks on the side of the road who insist on calling, "Keep going. Not far now".

Reference: Tanaka, H and Seals D. (2003)
Physiology of Aging: Invited Review: Dynamic exercise performance in Masters athletes: insight into the effects of primary human performance on physiological functional capacity. Journal of Applied Physiology.

President's Report for 2005

From Stephen Jackson

Thank you:

- to the committee (Jim Moody, Michael Sharp, Andrew Smith, Craig Dunn, Robin Cameron, Joel Mackay, Gavin Morisset, Cameron Arnold, Dave Bray, Ross McCarty, Kate Topp, Glenn Guzzo, Kaehnes)
- to retiring committee members (Amanda Underwood, Manfred Fielder, Joe Degabriele)
- to STaR hosts
- to the MTG
- to the volunteers (the Rutters, Peter Woods, Robyn Moody)
- to Charles King

Sponsorships

- Running Centre

Donations:

- Friends of Lane Cove NP
- Taronga Zoo

Web:

- Renewals online

- Results

Registered athletes:

- Huge success
- State and national level
- Australian Reps
- Other sports (tri and duo)

Membership:

- 2000 322 - 2001 308
- 2002 320 - 2003 381
- 2004 503 - 2005 625

10k series:

- New race record of 30:06
- Average of nearly 300 runners
- Increase in fees for visitors underwriting club and increasing membership

Challenges:

- Volunteers
- Club size
- Awards brunch/night locations
- STaR numbers
- 10k numbers

Changes to committee positions:

- Email manager – no fax, less phone, lots of email
- Course Setter – 10k primarily
- Sergeant at Arms – visible club support and recruitment, support of committee in the field

Why I'm not standing again:

- 15 years membership
- 10 years unofficial & official committee
- 3 year as Pres

Hatch, Match and Despatch

Congratulations to Naomi Frank and Damian Tancred who recently got engaged.

Broken Wing Club.

Paul Bruning - Tibia Stress Fracture and probably won't run till May. Second in a year on a different leg.

Sydney Striders Road Runners Club Inc.

Balance Sheet as at:

31 December

31 March

	Year to Dec 2005	Year to Dec 2004	Year to Mar 2004	Year to Mar 2003	Year to Mar 2002	Year to Mar 2001
<u>Current assets</u>						
Cash at bank	467	3,857	8,349	3,398	12,045	3,680
Interest bearing deposits	30,000	24,000	24,197	27,000	15,610	15,142
Stock on hand - (at cost)	14,560	9,250	8,121	4,196	4,690	5,983
Other debtors	0	0	0	743	0	0
Refundable bonds	0	0	0	0	750	750
<u>Total assets</u>	45,027	37,107	40,667	35,337	33,095	25,555
<u>Current liabilities</u>						
Other creditors	2,795	0	0	0	0	0
Members fees - this year	0	0	13,610	12,377	10,522	10,465
Members fees - next year	2,365	10,190	3,030	1,720	720	1,275
<u>Total liabilities</u>	5,160	10,190	16,640	14,097	11,242	11,740
<u>Members equity</u>						
Opening balance	26,917	26,733	21,240	21,852	13,815	11,579
Surplus / (deficit)	12,950	184	2,787	-612	8,037	2,236
<u>Net assets</u>	39,867	26,917	24,027	21,240	21,852	13,815

Treasurer's report

Please find a copy of the Balance Sheet as at 31 December 2005 and Profit & Loss statement for the 12 months ended 31 December 2005.

Financially the year has been a good one for the Club, with income exceeding expenses by \$12,950.

Membership numbers for the Club have continued at record levels. The continuance of the high level of membership renewals and the surplus derived from the 10k series are the foundation for the result for the year and the current strong financial position of the Club

Club costs were generally in line with budget – except for a higher contribution to the Club's functions and the support for the Club's Athletics NSW Registered athletes offset by lower costs for printing with one less "Blister" this year.

The uncertainty surrounding the cost of insurances for the Club has diminished with the Club's Athletics NSW affiliation and access to cover under the Athletic NSW umbrella policy for affiliated clubs. Despite the increased membership of the Club the cost of insurances for the Club reduced during the year.

The Committee is budgeting for the Club to achieve a surplus of \$4,230 for the year ended 31 December 2006.

The Committee is budgeting for:

- 4 x Blisters for the year
- Support for registered athletes of \$3,000
- Tents for participants at the Canberra and Gold Coast marathons in addition to a tent at the Sydney Marathon

Sydney Striders P&L comparison

	<u>12 me</u>	<u>12 me</u>
	<u>31/12/04</u>	<u>31/12/05</u>
<u>Operating Income..</u>		
10 KM Series-Net Proceeds	17,526.30	26,157.65
Advertising	360.00	1,151.00
Donations Rec	90.00	120.00
Interest Rec	1,069.13	1,719.11
Membership	20,480.00	26,202.45
STaR Net Procs	897.95	1,204.85
<u>Total Operating Income</u>	<u>40,423.38</u>	<u>56,555.06</u>
<u>Expenses</u>		
10km other	11,702.37	5,134.47
10km prizes	1,500.00	1,800.00
10km venue fees	858.00	4,056.23
Athletics NSW	613.20	2,753.60
Awards Brunch	15.00	1,007.60
Awards Night	716.20	3,049.90
Bank Charges	1,450.41	-
Blister - post	2,385.05	2,295.65
Blister - print	7,139.26	6,141.30
Blister-dist'n	265.03	-
Calendars-Post	183.50	827.65
Calender-Dist'n	169.95	-
Calender-print	-	534.80
Credit card processing	-	1,503.12
Donations-Donations	1,085.00	3,500.00
Gen admin phone	142.48	33.00
Gen admin post	463.87	973.40
Gen admin print	583.00	805.20
Gen admin stat	231.00	827.20
Insurance	4,134.88	3,388.85
Lodgement Fees	41.00	64.00
M'thon Train Gp	113.47	208.98
Meetings	711.20	667.49
Notices - post	647.45	264.50
Notices -dist'n	138.05	-
Notices-print	685.20	-
Software	399.00	-
Tent hire	657.00	1,202.00
Trophies	2,806.99	2,410.69
Web	401.28	155.00
<u>Total Expenses</u>	<u>40,238.84</u>	<u>43,604.63</u>
<u>Overall Total</u>	<u>184.54</u>	<u>12,950.43</u>

Sydney Striders Balance Sheet – as at 31 Dec 2005

ASSETS

Cash and Bank Accounts,	466.99
Other Assets,	
IBD1	5,000.00
IBD2	19,000.00
IBD3	6,000.00
Stock on Hand	14,561.45

TOTAL Other Assets 44,561.45

TOTAL ASSETS 45,028.44

LIABILITIES & EQUITY,

LIABILITIES,

Creditors	2,795.30
Prep. Fees 2005	-
Prep. Fees 2006	2,365.00

TOTAL LIABILITIES 5,160.30

EQUITY 39,868.14

TOTAL LIABILITIES & EQUITY 45,028.44

Roll of Honour

25 Years Membership

Ray Doran

20 Years

John Whealy Gavin Morrisset Tina Campbell
Alan Phillip Alf Field

15 Years

Jim Screen Jeremy Lowes Hugh Spencer

10 Years

Kirsten Themsen Megan Jackson Mark Preston
Mahmoud El-Khansa John Simmonds

5 Years

Mark Schaefer Stephen Bodnar Ken Harris
Greg Coy James Brooks Keith Bateman
Jeff Morunga Michael Sharp
Heather Peters Mark Wilson

HOW SWEET IT IS

When she heard a rumour of a race that started and finished at a chocolate factory, SUSAN LOGIN wasted no time in getting to the start of the Cadbury Marathon in Tasmania.

A race that starts and finishes at a chocolate factory? What was a gal to do but go and investigate? Upon discovering that not only was the rumour true but that medals and dry-weave T-shirts were on offer, it seemed downright rude not to attend. A trip to down south was booked.

The Cadbury Marathon on January 8, which included a half and a few other options, is run on the outskirts of Hobart. Having enjoyed the Christmas break a little too much, I entered the half-marathon, as did fellow Striders **Vania Dauner, Nick Taylor** and **Peter Hibberd**. Flying the flag in the full marathon were **Craig Dunn, Luigi Criniti** and **Allan Wareham**.

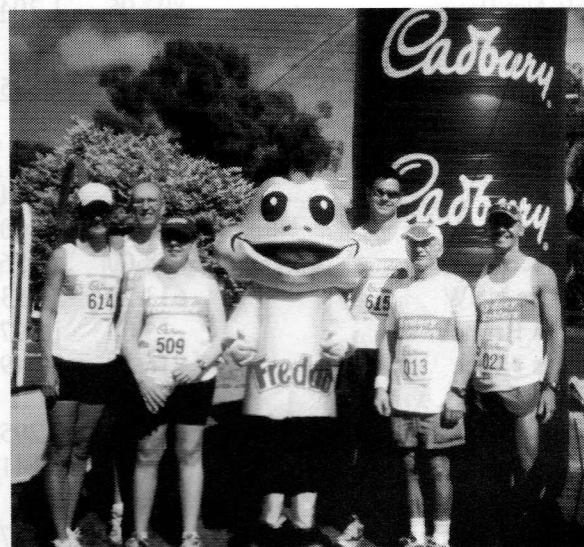
To properly prepare for a race, one should do a reconnaissance of the start and finish area, and thus it's important to arrive in Hobart on a week day (the chocolate factory's closed at the weekend). Bookings are essential if you want to tour the factory – I mean “carbo load” – and make sure you wear kit with large, deep pockets to enable maximum loading.

TWIDDLY BITS

The marathon course is over two laps, while the half is one lap and a couple of twiddly bits – a lap is out and back to the Entertainment Centre, running alongside the Derwent River. The organisers had obviously heard of the issues the Sydney Marathon faced with closing the roads, and so didn't, with the race progressing on the pavement or hard shoulder. This presented a dilemma when running on the off-ramp: if you cut the corner to save time, you risked colliding head-on with a car.

Thankfully, there isn't too much traffic in the outskirts of Hobart on a Sunday morning and what there was gave the runners plenty of room, some motorists even slowing to shout encouragement. There are a couple of hills, or “bumps” in the Strider vernacular, but most of the course is flat, although the hill leaving the chocolate factory definitely grows when you finally return to climb it again. The twiddly bits mentioned earlier serve to confuse the half-marathoners as they can't just halve the

marathon distance markers for their position, which again leads to some interesting calculations as the run progresses. The confusion is added to further by the fact that there are various start times: those walking the half start at 6am; the marathon goes off at 6.30am; and the half-marathon at 7am. So, by 8am, there are scores of competitors heading in different directions at differing speeds and in various states of repair – much like a Sunday morning STaR, really.



‘Cadbury Striders’ – L to R, Sue Login, Nick Taylor, Vania Dauner, Fredo (honorary Strider), Peter Hibberd, Luigi Criniti, Craig Dunn

GOOD CONDITIONS

Luckily, the spectators didn't add to the congestion – everyone must leave Hobart in January, as there was just a solitary local spectator, who sat in his deckchair outside his house, cheerfully clapping on everyone as they ran around him.

The temperature, about 21C, was great for running, and at the finish there was a sausage sizzle, sports drinks and tea and coffee. There were also plenty of carbohydrates in the form of Fredos, so I made sure I got my money's worth. With the entry fee of just \$20, I actually think I owe *them*.

The winning times for the marathon were 2.43.39 for the men and 3.34.42 for the women. The winning times for the half were 1.10.11 and 1.23.42 respectively.

While I didn't win any of the category prizes, I did manage to win a spot prize of, yes, a large box of chocolates, which even I had had enough of by then. It was obviously a race I was meant to do.

Though there's an official website, anyone wishing to take part should check out the website Craig has set up:

(<http://users.bigpond.com/concept/development/Marathon/Hobart/>). Hobart is great for a long weekend and, if you're lucky, some of the Sydney to Hobart yachts will still be in Constitution Dock. So put a date in your diary for next year, a great start for 2007

Finally, to Allan – good luck with your goal to run a marathon in every state by July this year, and sorry that there wasn't any chocolate left when you finished. Someone must have eaten it all.

HOW THE STRIDERS FARED

Craig Dunn: 2.59.59, including a stop for morning ablutions.

Luigi Criniti: 3.40.24, not bad for a first marathon.

Allan Wareham: 5.07.01, suffering from injury but smiling all the same

Nick Taylor: 1.41.54, knocked 10 minutes off his previous half-marathon best.

Peter Hibberd: 1.42.40, his debut at the distance.

Susan Login: 1.56.42, less partying and more training would have helped.

Vania Dauner: 2.05.03, bettered her previous half-marathon time by 20 minutes.

From the Blister Archives

5 Years Ago

This was Blister Editor Nick Themsén's last hurrah. His front page was a celebration of winners, including Dean Degan with 2:30:00 in the Osaka Marathon; Joanne Cowan and new member Caroline Yarnell with State 5000m age-group wins, and Barry Rutter and Xandra Dunn - outright winners in the Jindabyne Marathon.

At Six Foot Track Randy Brophy came 3rd and Dean Degan won the Palm-Beach Manly 30k, with Penny Smith an age-group winner. George Herisson told us about Thredbo Running Week. The Striders' 'Nutrition, Training and Shoes' seminar got a big turnout. At the Awards dinner Graeme Murphy gave an illustrated talk on his walk to the South Pole (his article won 'Best of Blister') and Paula Whitehouse

was awarded the Maria Gemenis-Cruickshank Outstanding Achievement award for her 12h30m Hawaii Ironman. The 'Personal Profile' featured Mike Ward, one of the club's most experienced ultra runners and, as 'official spruiker' for the Brindabella race, made it a major event on the Striders' calendar. Kevin Tiller completed Mt Bogong-Hotham (60k), where Jonathon Worswick finished up in 3rd and Sean Greenhill finished up in hospital

10 Years Ago

The front page featured Outstanding Achievement Award winner Murray Town for competing in all known races and a few more besides. Margaret White told how Kevin O'Kane's new 'Marathon Training Group' had helped for her first Six Foot Track. It was announced that Kevin Tiller had set up the Striders very own website. A picture of a youthful, bearded Charles Coville graced his article on South Africa's Duzi Canoe Race. 'Members of the Month' for Sept to March were Warwick Selby (age-grp winner in the Maxim Duathlon Series and chosen for the Australian Duathlon team); Kevin O'Kane; Mark Fiore for his work as 10K Series Director and Amanda Taylor for showing team spirit in moving up, and taking others, from the 6:00 to 6:10 group as she got faster. At the Awards Dinner Joe Degabriele's prize for his 10k Handicap win was a trip to South Africa from 10K Sponsors South African Airways. Graeme Murphy also won a trip as a lucky door prize. Award winners included: Michael Wilson, Dawn Tiller, Jonathon Trope, Ron Daly, Marlies Laaper and Margaret White. Harvey Blue won 'Best of Blister' with his article on cycling across the USA. Darren Benson was 2nd in Palm Beach-Manly. Kevin Tiller and Jonathon Worswick reported on Bogong-Hotham, which they finished with Phil Hugill. Mike Ward unluckily missed the halfway cut. No Striders Track team back then but some Striders took part – Chris Truscott and Darren Benson placed 15th and 20th in the State 5000m with times of 15:32 and 16:04; and a much slimmer Andrew Smith clocked 9:40 for the 3000m. Joanne Cowan was 5th in the Australian Women's Marathon rankings. There was a threat of litigation from John Hamilton masquerading as lawyer for the hirsute H.H.Hopdiddle who was humiliated and hurt by a Blister photo (and offensive caption) from the (very wet) Striders Picnic Relays showing him wearing nothing but a short towel and a smile. The Blister responded with a faked photo of Hopdiddle (aka Scott Crawford) begging for funds for his action.

A Tale from the Back of the Pack on the Six Foot Track

CLARE HOLLAND'S dream was to finish within the cut off time.....

I didn't truly expect to achieve that dream. My training partner guessed I might finish in around 7hrs 15 mins. This was fair as I have only become a runner in the last few years and have entered a limited number of races before. I had to send Kevin Tiller a lengthy letter explaining my past achievements, in the hope he would consider my application, as I didn't quite meet the entry criteria.

I started at the back of the third wave, said goodbye to family and friends and was off. Within 600m of leaving the start line I rounded the corner into Nellie's Glen then stopped. In front of me was a sea of runners five wide and 200m deep, stationary, and waiting patiently to go down the Glen. There was a fallen tree at the top of the Glen and each runner had to clamber over it one at a time. But everyone was very relaxed about the wait which seemed to take as long as 10mins. As I looked behind me there were the Sweeps standing together at the top of the track. I hoped I wouldn't see them too much during the race.

I got safely down Nellie's Glen and like many around me, bounded into the bushes for a quick toilet stop. Then I was on my way and comfortably sitting in about last position. I kept a steady running pace and was joined by a friend, Ken Smith, who decided to drop back and run with me. He was running there and back in the same day (known as the 12 Foot Track). He wanted to enjoy the day and not push himself too hard, so was happy to run and chat, but at the same time help me achieve my goal of under 7hrs.

We crossed the Megalong Road and were still almost at the back. My family were there to encourage me along. The track was clear the whole way for me, I didn't encounter any of the earlier congestion problems, that I had heard runners talk of, especially along the narrow rocky path to the Cox's River. We even took time out to visit a memorial plaque to a bushwalker which was nailed to a tree, at the top of a hill. I stood a while and listened to Ken's memory of this man, who he first met on the 6 Foot Track.

We arrived at the Cox's River in 2hrs 7mins, taking the dry rocky route across. By this time we had

overtaken a few people along the way. We stopped at the Cox's for five minutes and did some serious refuelling for what lay ahead. Then we were off -at walking pace of course. We did not run any of the hills, but walked hard the whole way and overtook a few more people. Mini Mini seemed to go on forever, we could see a long line of people way ahead of us slogging up the top part of the hill.

It was quite painful to start running again as we dropped down to Alum Creek, I was feeling was stiff and aching all over from the hard climb up. At Alum Creek Aid station I stood under the sprinkler and totally soaked myself, which was beautiful and refreshing. All along the route I was taking salt tablets and glucose tablets, as well as drinking water and High 5 energy drink. I'm sure this helped me to keep healthy throughout the race.

I tried a "Gu" for the first time as I started up Pluviometer, it was disgusting, but ate it to help me up the 'Big One'. They say it's best to try one before race day, which is very true, but it was all I had to get me up the hill. So down it went.

We reached the top in 4hrs 12mins and relaxed and filled up water bottles knowing the worst was over. The next thing I heard was Ken spotting 7hr Sweep. Panic set in. I'd forgotten all about him!



Celebrating the finish – L to R, Ken Smith, Clare Holland and Derek Smith – and Ken still has to run back to Katoomba

I wanted to get going real quick, but my achy body was struggling. The Sweep set off along the Black Range right behind me. Then he caught me and ran with a group of us for a while. I was worried that he might ask me to pull out, so I told him I really wanted to get under 7hrs. He didn't respond much, but was very pleasant and soon took off. I guess everyone says something like that to him. Well, I thought that was it. I'd missed the cut off. I consoled myself that 7hrs 5mins would be okay.

My husband, Karl, appeared along the Black Range, he'd walked 5kms in along the track, then he turned around and ran with me to help me keep going. He fed me more salt tablets and juicy fresh melon and distributed these to other runners around us also. We told Ken to get going and make it inside the 7hrs and Karl took over. We reached the Black Range Camp Ground where my 16 year old son said "Keep going Mum - the 7hr sweep is only five minutes ahead." He then took over from Karl and ran the next 3kms with me, encouraging me all the way and also assisting a runner that fell over. My son left me at the Aid Station on Caves Road and I kept going with one hour left to cover 7kms. I thought I may yet do it.

To my surprise I came across the 7hr Sweep, standing by a tree at the 6km mark. He called to me that I'd make it within the time, as I had 50mins left to cover 6kms. I was off! I was invigorated by more glucose tablets and gradually caught and overtook five or six people. I picked up speed on the downhills. Then as I got closer I could hear the cheering down in the valley and the loud-speaker announcing 10 minutes left to the 7hr cut off. I tried to run faster but had to be so careful on the steep rocky track. I was wondering when I'd reach the final steps, they took for ever to arrive.

Then to cheers, I went down the steps, passing spectators. Again the steps went on forever. I heard "2 minutes to go" and people were saying to me "Don't worry, you've made it", but still no finish line in sight. Finally I crossed the line giving all the spectators High 5's as I went through with 1min 14 secs to spare, finishing in 6hrs 58mins and 46secs. I was totally overwhelmed and was handed the precious medal which I wanted more than anything. I will treasure it for a long time.

I had a wonderful day, it was hard work, but I finished smiling and happy and it was really worth all the blood, sweat and tears.

THE SIX FOOT TRACK FOR BEGINNERS

To those who have not experienced the joys of this gentle amble through the wilderness, JAMES CRYER presents the "Beginners' Guide", an easy-to-follow, seven-step program to success, fame and muscular re-invigoration.

It starts at the Explorers' Tree (near Katoomba) and finishes about 46 kilometres later, just outside the bar of Jenolan Caves House.

* **The first section** (2 kilometres), is the descent down Nellie's Glen, which can be likened to galloping down a spiral staircase after consuming several brandies while being chased by a pack of hyenas.

* **The second stage** (9 kilometres), is a leisurely canter across the meadows and grasslands of the Megalong Valley, leaping casually (as opposed to casualty), over stiles and cattle grids placed in the way to impede herds of runners and the occasional cow.

* **The third stage** (6 kilometres), plunges into heavily-wooded country, leading down to the Cox's River. It could best be described as being like a luge, as it twists and turns through tortuous terrain. Every step is a potential nightmare as jagged shards of limestone leap at your running shoes trying to tear them to shreds - it's like running barefoot across broken glass, knowing that one false move will result in either a broken, twisted or sprained ankle. You also have to stave off the incursions of 30-somethings rudely trying to push past you, and if you don't feel under pressure, you're not going fast enough!

* **The fourth stage** (12 kilometres), is more relaxed, as you wade across the Cox's River briefly savouring the indulgence of having your quads caressed by the cooling waters, and then - brace yourself for a non-stop elevator-ride to the heavens. If you didn't know you had quads you do now! Facing you, as you gaze upwards, are mountains piled upon mountains, forming a never-ending pathway to redemption! They say suffering is good for the soul (and believe me, the soles really do suffer), and by the time you reach the iconic Pluviometer (having by now covered 29 kilometres) you are screaming for mercy - and - you are thoroughly purged of any sins you've accumulated over the past year (or more).

* **The fifth stage** (9 kilometres), is provided for quiet reflection on those sins, as you stagger remorselessly along a dirt track with no views, so as to help you focus on your inadequacies and shortcomings. This lasts about an hour by which time you feel thoroughly invigorated for the next, and penultimate section.

* **The sixth stage** (7 kilometres), is a pleasant change of pace, through a series of undulations (that's a nice way of describing four nasty little shockers), then 'crossing the Styx' (otherwise known as Caves Road), where we savour the gin-and-tonics and other life-giving fluids provided by Allan Wareham & Assocs, and plunge into a few kilometres of almost 'pleasant' terrain, before eventually beginning the descent into hell.

* **The seventh heaven** (1kilometre), is a downhill gallop, likened to racing down a long, never-ending 'slippery-dip' (with a thousand-foot sheer drop to your right) which has been liberally sprinkled with ball-bearings and broken glass, just for fun. There is nothing quite like the risk of either plunging into the abyss or a broken, twisted or sprained ankle (refer stage 3) to focus the mind.

With some luck, perseverance and trepidation, five or six hours after starting you cross the finish line to the roar of the crowd and smell of greasepaint (or at the smell of yourself - there's no-one else to blame!) in one piece, thankful that you have paid homage to the Mountain Gods, who have let you safely trespass into their domain and lived to do it all again - next year.

Marathon Training Group

The Marathon Training Group for Canberra has nearly finished it's training and the next MTG is about to start for the Sydney Marathon in Sept 2006.

The coordinator for the group will be Helen Wilson who, with a somewhat enviable running CV of 14 Comrades runs, brings a great deal of experience that will be a huge advantage to everybody.

For the first few weeks of the program the MTG will be running with the STaR's at 7:00 am for distances of 10 km. So for those of you who would like to get involved or just would like to have a chat with Helen the time to start is nearly here.

The Canberra 06 MTG will be the 7:00 am STaR hosts on Sunday 2nd April so if you would like to have a chat with runners who have been through the mill it is a good opportunity to catch up and find out what it entails from the proverbial 'horse's mouth'.

Any enquiries can also be emailed to the MTG at MTG@sydneystriders.org.au.

INTRODUCING YOUR MTG CO-ORDINATOR FOR SYDNEY

I HOPE TO BE ABLE TO FOLLOW IN JIM'S FOOT STEPS!

MY NAME IS HELEN AND IF YOU WOULD LIKE TO COMPLETE YOUR FIRST MARATHON (AN AWESOME EXPERIENCE!) AND YOU ARE A MEMBER OF SYDNEY STRIDERS, FEEL FREE TO CONTACT ME.

SERIOUS TRAINING WILL COMMENCE THE 1ST WEEKEND OF APRIL, 2006

MOBILE: 0407 788 071

HOME: 9980 9219

Central Coast Half, 4th Dec

1	Jan-Willem Schaar	1.09.22
7	Glenn Guzzo	1.14.26
8	Tim Ashby	1.14.30 PB
15	Ewan Horsburgh	1.22.21 2nd A-, PB
16	Mohammed Alkhub	1.22.40 1st A- G, PB
18	Andrew Lennox	1.23.19 2nd A-G, PB
23	Bill Flanagan	1.25.21
32	Wayne Gregory	1.27.57
34	Craig Brown	1.28.40
49	Mike Morrissey	1.33.37 PB
50	Wayne Pryke	1.34.30 3rd A-G
54	Michael Free	1.34.57
60	Robert Mulley	1.35.49
65	Russell Johnson	1.36.32 PB
76	Ken Harris	1.39.59
77	Karin Kaehne	1.40.16 PB
112	Martin Smith	1.48.18 PB
119	Sebastian Warmerdam	1.49.39
133	Martin Pluss	1.53.23
138	Jenny Quinn	1.54.26 Strider Debut

EQUALISER - STRIDERS' ANNUAL CROSS-COUNTRY - FEB 2006

Name	Time	Sx	Wayne Stanton	1.13.58	Bernadette Gregory	1.26.49 F
Raymond Wareham	0.55.11		Paul Bullas	1.14.12	Ken Smith	1.26.50
Tony Fattorini	0.56.15		Luigi Criniti	1.14.13	Susan Login	1.27.30 F
Cameron Arnold	0.56.47		Kathryn Topp	1.14.29 F	Eric Schmierer	1.28.26
Keith Bateman	0.58.15		Nick Taylor	1.14.37	Jenny Quinn	1.28.36 F
Andrew Cullen	0.58.20		Dennis Wylie	1.14.41	Naomi Frank	1.28.54 F
Richard Mullaney	0.58.31		Amanda Underwood	1.14.43 F	Stephen Lowndes	1.29.51
David Criniti	1.00.38		Polly Tapper	1.14.44 F	Robert Inglis	1.30.03
Stuart Chellis	1.01.12		Wayne Gregory	1.15.17	Jim Barrett	1.30.54
Shaun Atchison	1.03.04		Ken Harris	1.15.18	Manfred Fiedler	1.31.37
Andrew Taylor	1.03.04		Nicholas Campbell	1.15.25	Elizabeth Woodhams	1.31.43 F
Tim Lindop	1.04.01		Mohammed Alkhub	1.15.36	Allan Caulley	1.31.58
Jenny Truscott	1.04.14 F		Marty Carne	1.15.49	Jamie Blackie	1.32.32
Andrew Lennox	1.04.54		Damian Tancred	1.16.55	Belinda Lockwood	1.32.50 F
Greg Donovan	1.07.58		Robin Cameron	1.17.09 F	Glenn Lockwood	1.32.50
Paul Trainor	1.07.59		Geoff Underwood	1.17.15	Pauline Evans	1.33.59 F
Leonardo Simonella	1.08.47		Stephen Jackson	1.17.16	Tina Campbell	1.34.26 F
David Bray	1.08.49		Charles King	1.17.47	Marni Warland	1.34.37 F
Mike Fowlds	1.09.05		Stephen Laws	1.17.57	John Kerr	1.34.56
Lachlan Wolfers	1.09.17		Gavin Markey	1.18.06	Ted Brailey	1.35.51
Gerry Arthur	1.09.22		Brian Ogilwy	1.18.11	Ernst Friedlaender	1.35.59
Catriona Cater	1.09.29 F		Peter Hibberd	1.18.14	Chris Martin	1.36.03
Richard Newell	1.09.35		Leighsa Hill	1.18.24 F	Frances Brown	1.36.11 F
Michael Free	1.09.44		Nicholas Whealy	1.19.28	Richard Wassell	1.37.07
Philip Murphy	1.09.47		Clara Vucetic	1.19.56 F	Melos Sulicich	1.38.10
Salvador Gala	1.09.56		Catriona Scott	1.20.04 F	Carolyn Travers	1.38.32
Michael Sharp	1.10.03		Chris Yates	1.20.04	Jackie Ramsay	1.39.02 F
David Martin	1.10.09		Darryl Chrisp	1.20.17	Brad Renshaw	1.40.29
Lisa-Anne Davie	1.10.11 F		Arthur Huxtable	1.20.53	Mercy Samia	1.41.38 F
Shelley Howes	1.10.29 F		Stephen Bodnar	1.22.27	Andrew Ramsay	1.44.08
Ron Schwebel	1.10.31		Peter Roberts	1.23.05	Kevin O'Kane	1.45.30
Paul Jack	1.11.07		Rebecca Deane	1.23.06 F	Frank Dearn	1.45.32
John Van Yzendoorn	1.11.11		Alex Whitworth	1.23.14	Lisa Carroli	hlp F
Robert Mulley	1.11.19		Lorraine Spanton	1.23.41 F	John Whealy	hlp
Peter Slater	1.11.26		Ros Holcombe	1.23.50 F	James Moody	hlp
Stephen Kibble	1.11.37		Alistair McLean	1.23.56	Steve Packer	hlp
Suzanne Kelly	1.11.41 F		Mark Langsworth	1.24.16	Ben McSweeney	hlp
Iain Martin	1.11.41		Dale Thompson	1.24.40 F	Dougal Langusch	hlp
David Gayford	1.12.01		Mike Hansen	1.24.48	Nick Brewster	hlp
Tony Beaglehole	1.12.22		Peter Woods	1.25.04	Luke Peterson	hlp
Joanne Cowan	1.12.28 F		EJ Davie	1.25.10	Michael Bailey	hlp
Russell Johnson	1.12.33		Allison Lilley	1.25.27 F	Allan Wareham	hlp
Rod Lovel	1.12.42		Martin Smith	1.25.38	Roland Hassall	hlp
Martin Foulkes	1.12.53		John Sneddon	1.25.49	Garry Marsden	hlp
James Cryer	1.13.16		Katherine McSweeney	1.25.51 F	Margaret White	hlp
Rachel Sutcliffe	1.13.17		Graham Butler	1.26.07		
David Robinson	1.13.30		Jeff Morunga	1.26.20		

“Triathlons – So you think that it’s just a physical challenge !” –

From Charles Coville

Long distance triathlon races, like long distance running races are a physical challenge. However, the mental side of these triathlons can be more demanding than running races due to the additional stressful variables generated by triathlon’s three disciplines.

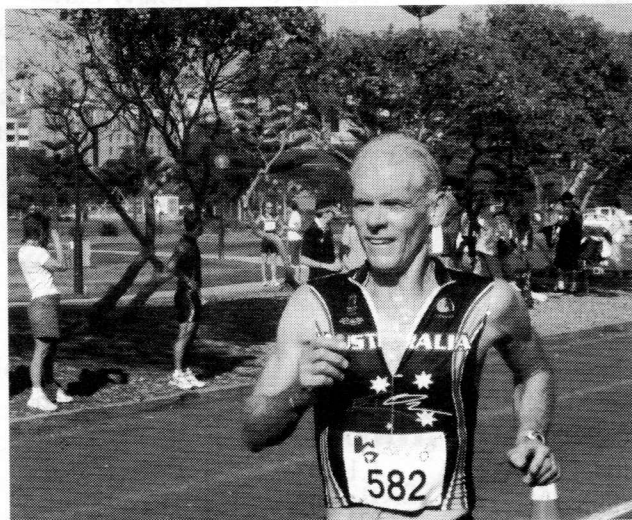
Racing triathlons is a logistical undertaking. Not only does one require different clothing to change into from swim to bike to run, but there is also food and equipment to carry on the bike. Additionally there are non-controllable elements in the swim (e.g. a congested course where you can be bumped or swum over) and on the bike (e.g. punctures and mechanical failure). All these variables add to the mental challenges of the event where luck also plays its part.

The inaugural Rydges Port Macquarie Half Ironman in October will go down as my biggest challenge at remaining calm, yet focused and competitive during a triathlon.

This was the first Half Ironman to adopt a mass swim start as distinct from age group wave starts. Instead of starting with 150 fellow triathletes in one of 5 waves, I began in one wave with 750 other competitors. It was a “tumble drier” experience. I got kicked in the face after 100 metres and had my goggles dislodged. “*Stay calm and focused*” I reasoned to myself as a group of swimmers swam over me as I dog-paddled while I reset my goggles. The chaffing on my neck was felt after 400 metres when I realised that my wetsuit was not fully secure around my neck. The stinging sensation was to remain with me for the next 1.5k. By the end of the swim I had a 3cm x 1cm badly chaffed neck to show for an ill-fitting wetsuit.

Transitions require a fair amount of skill to avoid wasting time as the clock keeps ticking. Both my calves cramped as I struggled to step out of my skintight neoprene wetsuit while standing up. I promptly decided to sit on the ground and remove the wetsuit. This stopped the cramps and I finally removed the wetsuit. It was now time to collect all the items on the towel set up alongside the bike and to wear them (helmet, sunnies, sunblock, cycling shoes, socks) or to place them in my tri vest pouch (banana, Gu’s, salt tablets). My experiment at preloading my tri vest with food supplies before

putting it on failed as all the sustenance fell out of the pouches as I endeavoured to slip on my tri vest over my head. I have always worn a cycle top in triathlons and my next attempt at wearing the tri vest proved even more disastrous as, once over my head, it curled up on my back and took three attempts to get it on. On the second attempt the front zip jammed. “*Stay calm and focused*” I suggested to myself. I would now have to cycle with a partly exposed chest above and below the jammed zip. I finally left transition after a frustrating and unproductive 5 minutes.



Charles Coville at the mid-point of the 10k run at the World Duathlon Championships earlier in the year

“*Relax, push hard on the bike and enjoy the ride*”. The strategy worked for the first 30k. I felt strong and was passing swimmers who were faster than me in the water (hopefully a few that had swum over me). My problem-free cycle lasted until it was time for my second salt tablet (I planned to take one every hour). All the salt tablets flew out of my Tictac container as my bike hit a bump just as I had taken off the lid ready to consume my cramp preventers. “*Damn. No problem*”. At transition I had also placed a small canister of “Cramp Stop” spray in my pouch as I wanted to experiment with this new product. I grabbed my water bottle to wash down the spray only to have the entire water bottle holder break off my bike frame still attached to the water bottle. “*Stay calm and focused*” I muttered to myself.

I discarded the broken holder and balanced the water bottle between the pads of my aero bars mounted on my handlebars. It made a snug fit provided I kept my thumbs on the bottle while my hands were resting on the pads of the aerobars. However, this was a dangerous tactic not having both hands fully secure on the handlebars. Before I had decided on another option, the bike hit a bump and the bottle fell from my aerobars and I rode over it, narrowly avoiding falling off my bike. I would just have to survive on two water bottles; one with diluted GU's and the other the HIGH5 electrolyte.

I glanced down at my Cateye computer on my handlebars to check my average speed, elapsed distance and time. All the data displayed as zero. The water bottle had fitted so snugly between my aero bars that it had pressed on to the Cateye computer buttons and cleared all the cycling data which I used to help plan my race. "*Damn. Stay calm and focused*".

The next drink station was an opportunity to replenish my empty HIGH5 bottle. I gladly accepted the fresh HIGH5 bottle from a drink station volunteer only to find that the screw top had not been securely fixed and the electrolyte sprayed all over my trivest. "*Damn*". There was a final HIGH5 table at the drink station exit where I knew I could obtain another bottle. I discarded the bottle and reached out for a replacement. At least the top was secure this time. Shortly after departing from the drink station I realised why the bottle was so light. It had only been filled 25% with electrolyte solution, instead of the customary 80% - 90%. There was 75% of nothing in the bottle! Being a heavy drinker, 750ml per hour, I was concerned that I would be reducing my pre race drinking plan. No option here, I would just have to survive until the next drink station over 20ks away. "*Stay calm and focused*" I pleaded with myself.

A flapping noise caught my attention. The small plastic race number suspended from the horizontal bike frame had torn and was hanging by one plastic tag instead of the two that I had attached the day before. How could that have happened? I would never find out but now I had to contend with an annoying flapping sound for the remainder of the ride. "*Damn. Remember to be calm and focused.*"

"Hey mate you gonna get that plastic caught in your spokes" yelled a competitor as I rode past on the Lake Cathie road back to town. At the start of the race I had wrapped my spare single (tyre and tube in

one) in a plastic bag and placed it in my third water bottle holder attached to the seat post. The plastic bag had unwound and was rubbing against my rear wheel with potential to hook into my spokes, jam my wheel and cause a nasty accident. I had borrowed the single from Turramurra Cyclery when they sponsored me with the four spoke streamlined Corima wheels. The plastic bag protected the single from dirt and any spilt electrolyte and would allow me to return it to the Cyclery in pristine condition. I stopped and rewrapped the single and set off on my merry way. Or so I thought. 8ks later the plastic bag was again flapping against my rear wheel. In sheer frustration I stopped at the marshalled roundabout and presented a volunteer with the plastic bag to discard. "*Stay calm and focused*" reverberated around my head once again. Then it struck me – could this be outside assistance that amounts to a disqualification. Surely not?

I was mulling over this thought when the mother of all hills came into sight. The Matthew Flinders 200m metre hill is one of the steepest hills I have ever cycled up or down. Going down it I had clocked 75k/hour. I noticed cyclists weaving their way up the hill, one reduced to walking with his bike. I subsequently learnt that many cyclists had walked the hill while a few had actually fallen off their bikes! Half way up the hill I felt a sudden cramp twinge and thought to myself that if I were to cramp I would surely fall off the bike. Yet for once good fortune smiled on me. No problems. The twinge departed just I reached the summit.. I had endured enough misfortune on the bike and someone up there had felt sorry for me. "Give him a break", He must have said.

Heading home to the finish of the bike leg with 15k to go I felt that it was time for an end to my mishaps. Not to be. Flying down one of the roller-coaster hills that were now part of the run course, I dropped a chain as I had over spun out of a dip and into the hill. The unengaged chain needed to be reset on the chain ring and I had to stop to achieve this. Restarting on a hill is no easy task when you are tired and your lactated legs are sore. I struggled up the hill with burning calves and felt a slight twinge of cramp. A spray of "Cramp Stop" solved the problem.

As I approached the bike finish I reflected on my eventful 2h 51m cycle. Somehow I had remained composed (only just). There was surely a positive side to all my misfortune. I had not cramped (besides feeling a twinge) or had a puncture or mechanical

problems and I had actually had a strong fast ride. I had passed over 120 cyclists with only a few passing me and I had broken 3 hours (30k/hour) on a tough course. This was my fastest Half Ironman cycle and it was on one of the most testing triathlon bike courses. I was chuffed. *"Stay focused and enjoy"*.

What challenges would the run present? It did not start too well. I correctly ripped the top race number bib without any sponsor's name off my race belt to display the bottom race number bib (same number) that displayed the Asics sponsors logo. This was a race rule – display the correct bibs on the bike and run legs. In my haste to get out of transition I ripped the right hand hole on the bib and just like the bike leg I would have a race number only attached via a single tie (pin). *"Stay calm and focused"* started to finally sound unconvincing. I tucked in the flapping end of the bib into my racing knicks and headed out on the hilly run course into the midday sun.

I was now in my bread and butter zone, the run leg, and focused on getting a 5m/km rhythm going and passing as many runners as soon as possible. I had paid my penance on the bike, for what misdemeanours I am not sure, and now it was time to deliver in my strongest discipline. Besides getting badly sunburnt from not correctly applying sunblock to my exposed areas, the run ultimately contained no mishaps. I had a good run passing a further 150 runners and completed the half marathon in 1h53m for 2nd fastest in my age group (out of 17 finishers). A slow time compared to my 1h30m at the single discipline Sydney Morning Herald Half marathon, but satisfying over the challenging course after enduring just under 4 hours swimming and cycling and a series of never-ending mishaps. Even the cramps were kept under control.

Total time 5h31m – 3rd in age group, 2nd in run, 4th

Australian Long Course Triathlon Championships at Huskisson/Jervis Bay, 12 Feb 2006.

This was a qualifying race for the World Long Course Triathlon Championships in Canberra in November 2006. Times include transitions. Course – a short 2km swim, a wet 82k bike and a flat 20k run.

Klayten Smith; Swim 25.59 - 11th; Bike 2.07.37 - 9th; Run 1.16.24 - 9th; Total 3.50.02 - 9th
30–34 Darren Benson Swim 26.11 - 34th; Bike 2.11.11 - 13th; Run 1.14.02 - 3rd; Total 3.51.26 - 2nd
30–34 Chris Davis Swim 31.47 - 78th; Bike 2.32.18 - 74th; Run 1.22.50 - 18th; Total 4.26.55 - 53rd
40–44 Steve Hume Swim 25.11 - 8th; Bike 2.16.23 - 6th; Run 1.20.06 - 1st; Total 4.01.41 - 4th
40–44 Peter Walker Swim 23.46 - 4th; Bike 2.28.26 - 23rd; Run 1.23.57 - 6th; Total 4.16.10 - 13th
40–44 Mark Wilson Swim 39.16 - 52nd; Bike ? - 6th; Total 4.28.33 - 20th
45–49 Stephen Firth Swim 25.05 - 3rd; Bike 2.18.33 - 4th; Run 1.24.39 - 6th; Total 4.08.18 - 4th
45–49 Ross Sinclair Swim 28.01 - 21st; Bike 2.33.24 - 28th; Run 1.31.27 - 14th; Total 4.32.52 - 19th
55–59 Charles Coville Swim 34.12 - 9th; Bike 2.36.34 - 9th; Run 1.36.15 - 3rd; Total 4.47.02 - 5th

on bike, 9th in swim.

So for those Striders contemplating a long distance triathlon I have just four words of advice *"Stay calm and focused"*.

TRI RESULTS

Striders **Klayten Smith** and **Darren Benson** put in sensational performances at the Canberra City Half Ironman on 10 Dec. **Stephen Firth**, consistent as always, also scored a podium position.

The Half IM includes a 1.9k swim in the murky Lake Burley Griffin, a 90k cycle over the toughest (hilliest) bike course on the Half IM calendar and a relieving flat 21.1k run along the shores of Lake Burley Griffin. Known Striders finishers are :

Klayten Smith - 3rd overall (1st overall if the professionals in 1st and 2nd are excluded); 1st in 30-34 in 4.22.11;

Darren Benson - 5th overall (3rd overall if the 2 professionals in 1st and 2nd are excluded); 2nd in 30-34 in 4.23.49;

Steve Hume - 57th overall; 5th in 40-45 in 4.45.33;

Stephen Firth - 3rd in 45-49 in 4.49.57;

Charles Coville - 4th in 55-59 in 5.37.45;

Belinda MacFarlane - 7th in 35-39 in 5.49.57;

Gary Aitkenhead - 35th in 45-49 in 5.50.04

Athletics NSW Report

From Glenn Guzzo (and Kate Topp)

With the Commonwealth Games looming, athletics has been enjoying a resurgence. There has been some outstanding competition for Striders, with many events filled to the brim at all levels from Elite to Novice.

Nov 26 - The first round of the **ANSW Allcomers**: Open 1500m, **Ray Wareham** ran 4:18 for 6th, and **James Jeffery** 4:32 for 9th. **Paul Trainor** ran in the 35+ division of the 1500m, winning a close race in 4:52. And our multi-event athlete, **Simon Butler-White**, won the 35+ division in both the high jump and the javelin, clearing 1.25m and throwing 28.11m.

3rd Dec Another good showing by Striders at the Allcomers meet at Homebush. In the 400m, **James Jeffery** ran 5th in his heat, 14th overall in 55.69. The other Striders all ran in the 3000m. **Lucy Chapman** (9:52), **Jenny Truscott** (10:12) and **Greta Truscott** (10:22, for Randwick-Botany) ran 1st, 3rd and 4th in the womens'. For the men, **Chris Truscott** (9:02) took third in the open division, and **Keith Bateman** (9:33) and **Paul Trainor** (10:36) took 1st and 5th in the 35+ division.

On a great night for running, the **Allcomers Meet** on **7th January** produced some fast times:

Open 3000m

Jan-Willem Schaar	8:42, 7th
Glenn Guzzo	8:47, 11th
Chris Truscott	8:56, 15th

Keith Bateman **9:14, 22nd (Australian 50+ record (and NSW 45+ record))**

35+ 3000m

Craig Brown	10:06, 3rd
Paul Trainor	10:20, 5th

Open 800m

James Jeffery	2:06, 22nd
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A few weeks later at the State Open Championships, **Keith Bateman** ran 4:17 for 20th in the open 1500m against men half his age. He narrowly missed out on the record for his age group. **Kate Topp** ran in the open women's 1500m and ran a PB (4:41) for 9th.

The State 5000m championship was held the following week, on the 19th January. This was a hot and humid night, but large fields turned up for the occasion, with 21 and 50 competitors in Female and Male races respectively. Our club results were:

Jenny Truscott	17:39 for 13th
Glenn Guzzo	14:52 for 12th
Chris Truscott	15:50 for 24th
Craig Brown	17:28 for 35th
James Jeffery	17:58 for 39th

At various Allcomers meets in the last few months there have also been some great times in the shorter races. **Keith Bateman** ran 2:10 in an 800m and improved on his **NSW State 50+ record** by 2 seconds with 4:15 over 1500m. **Andrew Cullen** ran 4:24 for 1500m and ran 25.37s for the 200m (placed 3rd). **Paul Trainor** also ran a strong 4:43 for the 1500m.

And yet another NSW 50+ record (by one second) from **Keith Bateman** with 9:13 for the 3000m on 11th March at the Allcomers Meet.

The winter season is fast approaching, with the first event scheduled for 29th April at Scarborough Park. This is the Novice Cross Country, for those who have not previously won a state championship event. Distances are 10km for the men and 4km for the women, and the course is grassy, flat and fast. Now's the time to think about registering - after all, we're the club which came 2nd in both Male and Female Open team trophies last year, and we intend this year to be even better! Every Strider is encouraged to register for ANSW events, regardless of ability. Remember all points count, with a fun family day guaranteed. To register interest please contact Glenn Guzzo on 9775 9159 or glennguzzo@gmail.com or Shelley Howes on 0408 643 536 or shelley_howes@hotmail.com.

More achievements

Vivienne Kartsounis was the 1st woman and 2nd overall in the **Gosford Coastal Classic 12 Hour Race** on the 7/8 January 2006 with a distance of 115.133kms.

The Travels of Martin – Mumbai Marathon Jan 2006

By Martin Matthews

For the last 2+ years I had been making time to run each and every day of the week. When leaving Australia it had seemed inconceivable to lose that, so I begged Sean Williams to keep sending me the training plans he'd been writing for me via email and I set the goal of doing the Mumbai Marathon on my travels.

With all the new experiences it was somewhat settling to still have a routine of getting up at dawn, putting on the runners and heading off down the road. One of my fondest memories of the trip is of seeing the sun rise up over the mountains in Indonesia twinkling over the trees, turning the paddy fields from black to dark green, to light green and then a shimmering glow. The beauty would be interrupted every minute or so by the villagers who would also be up early and the kids going to school. "Hello mister," "Hello", I'd puff back, increasingly tired.

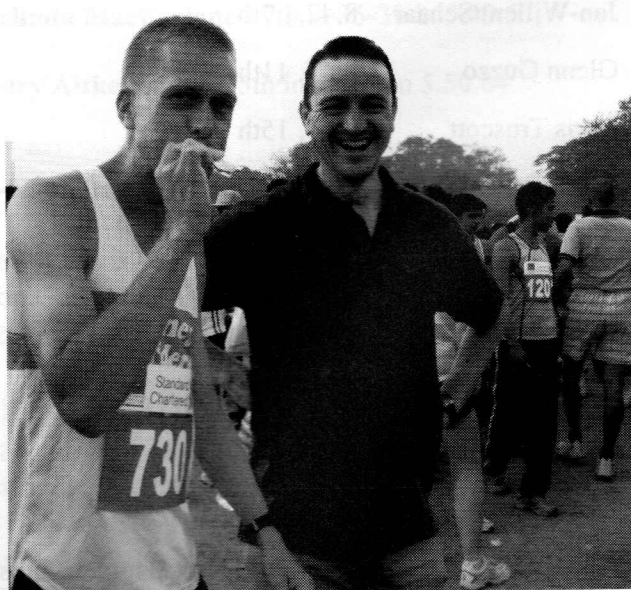
There were some boring times when I started to wonder if this was an obsession gone too far. On the frequent occasions that the bus left at 8am it would mean strapping on a head-torch and running as best as I could in the dark. Snoozing dogs went manic when they saw this strange bobbing, panting shape. In Singapore I'd been pleased to find a park close to the hotel as I didn't fancy running down the extremely busy roads. On closer inspection the grass was extremely boggy (it rains a lot in Singapore) and I was sinking ankle deep each step I took. Each lap of the park was only about 500m and despite getting up early the humidity was a killer. The plan said to run for 2.5 hours. It was pretty boring. Getting back to the hotel I staggered into our room waking a sleeping Margaret, "Good time?" she enquired.

I felt I was starting to run well over Christmas when in Bangkok. On Christmas Day I got up at 7am for a long run and went off to Luipini Park where according to runtheplanet.com there is a pleasant 2.55k circuit. What the website neglected to say was that this was the most crowded park on the planet. Every blade of grass was covered with people moving in slow synchronization in either Tai Chi or some strange martial art using large fans. The path was similarly crowded with people in all directions on bikes, walkers wearing Santa hats and, where there was room, people playing badminton. Surprisingly there were other runners in the park

despite the difficulties of constantly side-stepping and avoiding pushchairs. A few of them took it in turns to give me a race for a couple of laps. Conversation was a bit limited, "Do you speak Thai?", "No". "Do you speak English?" "No", but it was great to run with people again. Timing myself on the laps I knew I was running well.

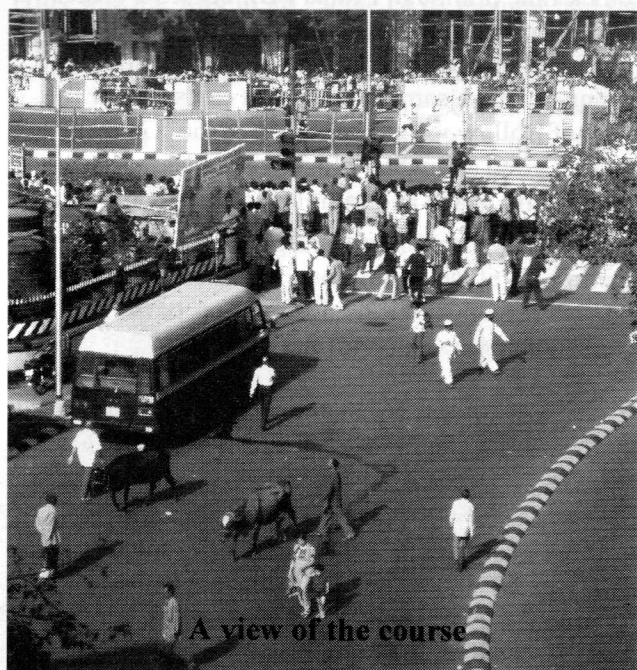
Unfortunately my training with the Thais went to waste as illness struck me over Christmas and New Year. I was also picking up breathing difficulties from staying in heavily polluted cities such as Bangkok. By the time the marathon came around I was unsure whether I could run but felt it was still worth the attempt for the experience.

We arrived in Mumbai the day before the race, met up with my friend, former Strider, James Bond who was staying in the room next to us, had curry for breakfast and saw some of the city. Cows were wandering the streets and there was a strange contrast of grand British Victorian buildings standing next to slum housing. I read the newspaper and was pleased to see that a special clean-up operation had gone on ahead of the marathon filling in the potholes and removing the cow dung from the roads. I was also relieved that the air was cleaner than the Thai cities despite the number of cars. Fewer Tuk-Tuks and motorbikes I think.



"I wish I could join you son", Martin gets last words of encouragement from James.

I was right that the marathon would be an experience. The start was a little strange. Despite picking a hotel 100m from the start line there seemed no way past the Indian riot police guarding the start apart from being shunted down streets and subways for a half hour walk to a "holding pen". Outside the holding pen I looked around to find a toilet (usually there is a forest of portacabins before any of these races), didn't see one anywhere, so followed the Indian example of using the corner of the field. The announcer was urging the Indians to continue warming up. I did a few stretches, it was already very warm (28°C) and I watched in fascination as a mass of track-suited Indians sprinted around the field. I didn't see any of the international elite runners around and assumed they'd be shepherded into the front. The Mumbai marathon, with the biggest prize money in Asia, attracts an elite crowd and, as one of the four marathons making up the 'Greatest Race On Earth', there is a team event that countries send their athletes to compete in. Martin Considine, also from Bronte, who I'd seen many times running around Centennial Park, had been sent to represent Australia.



A view of the course

We were encouraged to walk into the holding pen. It slowly filled up as the time ticked down to the 8am start, with thousands of enthusiastic Indians, still tracksuit-clad, shouting to their mates in the crowd. Not wishing to judge athletic potential from appearance I thought that most of this tracksuited mass would be slower than me (not least it was 28°C and I thought that it might get quite hot to be wearing a tracksuit running at pace). But also the average footwear looked like tennis shoes purchased

in the 1970s/80s when the individual was still growing (there looked like there could be sore feet at the end of the marathon). With the start due imminently, an order was given and the riot police locked arms in front of the crowd of runners and the barricades got taken away. The riot police then walked very slowly down the road as the biggest rugby scrum ever. Trying not to get my feet trampled in this I trotted behind the mass of blue-kitted Home Guard runners wondering how I'd get around this mass of runners.

The riot police gave up their struggle and the sprint was on. The mass in front of me was going at my sprinting pace, I got a clear run. I got bumped a couple of times and when I checked my watch at 1km it was reading 13 secs. I ran the next km in 3:30, far too quick. It was my first race in three months and I had lost the art of pacing. I slowed down immediately fearful of the same blow-up as at 30km in Melbourne. These quick kilometres had though suddenly put me into the elite runners who had a more gentle start actually on the start line.

Once I slowed down I was trying to find someone to run with, no pack seemed to form anywhere near me. I staying relaxed and I was still cruising comfortably past people. I still hadn't found anyone by 14km and realized that the runners I was now passing must have gone out too quick as my pace was around the same per km. Being used to the Australian races, with a small field and few supporters, I was stunned by the huge half marathon field I was passing (giving huge encouragement as you galloped past them), by the huge numbers in the crowd yelling at you ("Doing well, Sir") and by the beating drums. I'm not sure if the crowd were saying unkind things when I passed a runner in an Indian athletics shirt. You had to watch it when the crowd decided to cross the road, first there'd be one brave soul dashing in front of you and then suddenly there was a wall of people to avoid, the police waving batons to clear them. There are a few loops on the course and Martin Considine and I would wave to each other from across the road. He looked like he was running well and having a great battle with the Swiss for team places. It was good to see the battle for the lead but I got the shock of my life when coming around a blind corner just before half way, I almost collided with the four leading Africans coming the other way at high speed.

Past half way it started getting very hot and I was started to feel sick with the water I was forcing myself to drink. Though the legs were still moving

quickly and there was interest in catching the occasional runner. It's a very strange feeling to pass a couple of people kitted in Ethiopian or Kenyan national athletics kit - OK they were women, but I was still wondering what on earth they were playing at for me to pass them. Coming back to the city, at 30k the crowd became thicker again, beating drums upped their tempo to one that was a frantic and the cheers and shouts of "Go Sydney" increased. I waved to Margaret at 33k and then saw the huge hill that I'd made a mental note of at 7k. I just got over it and was still going at a decent pace despite feeling very sick indeed. I must have started looking rough. I was given a huge boost at 39km when an army guy with a rifle charged towards me and bawled at me from ten inches away, "Keep going". I obeyed and ran that next kilometre a good 20 secs quicker. If only I could have had him elsewhere on the course.

I crossed the line, tried to avoid the person trying to put a medal around my neck, and threw up, just avoiding his shoes. I pushed my way through the mass of people to find a quiet spot. I was feeling pretty woozy and followed the Kenyan woman who finished behind me to the Medical Tent, feeling sheepish that an injury must have been the only reason I'd beaten her. In the medical tent it looked like a war zone with bodies strewn everywhere - heat stroke and cramp seemed to be the most common complaint. But given there were 30,000 runners (3000 in the marathon) it was probably not a substantial proportion of the field. I had some ice treatment, felt much better within a couple of minutes and went off to see if I could Margaret or James. With over 200,000 people floating around it proved impossible. Quite a few Indians came up to me and shook my hand to welcome me to Mumbai and thank me for running in their race (as well as some to enquire what on earth I was doing with an ice pack on my head).

I'm guessing I finished in around 2:43:02 (*official result 2:43:01, 50th place*) and despite going out too quickly, only took three minutes longer for the second half. A PB by almost a minute and a complete surprise that I ran that quickly.

We had a relaxed afternoon wandering around the museum and then a final meal with James. I don't know how he managed to eat more than me, I'd used up 2000 calories more than him that day, but the food in Mumbai is exceptionally good. I was also amused that on his return he sent me an email to announce that he smelt rather musty - I dread to imagine what we smell like now after a month in India.

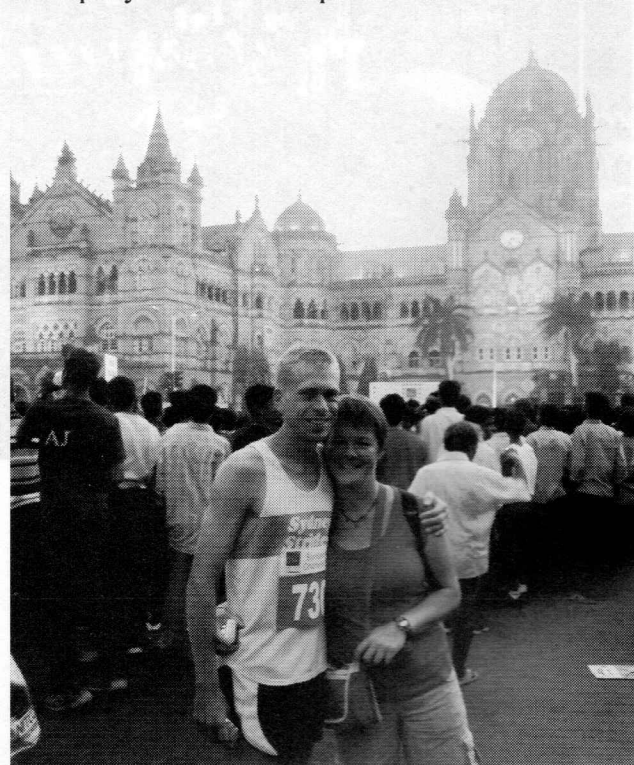
The next morning we went to a laughing clinic at the 'Gateway to India' to recover. People stand around and laugh together. Despite it seeming a rather strange thing to do it did put me in a rather good mood for the rest of the day. I tried it the next day, "What are you doing?", Margaret asked. I have abandoned this routine but it seems to be a craze sweeping India. Each morning when out for a run you can hear groups of people laughing to themselves. At least I presume that's what it is and it's not directed towards me.

The course:

There's one hill on the course that you hit at 7k and 35k but apart from that the course is flat. There's bottled water at every 2k or so and an excessive number of marshals to point you which way to go and to shout at the half marathoners to get out of the way. Despite the 8am start, the heat only really gets up past 30C at 10am.

Run Mumbai?:

You probably wouldn't come to Mumbai to run a quick time (although I ran a PB), but it's a great excuse to see Mumbai - a city that makes little sense but is still enormous fun. The Mumbai festival is going on at the same time so you can see/hear the best of Bollywood's vocal talent at the 'Gateway to India', go to a laughter clinic, get a massage at Chowpatty beach and sample the best food in India.



Martin and Margaret

Marsfield to Everywhere

On 10th December 2005, ten Striders disappeared into the bush. They started off in good spirits and none had recently seen 'Picnic at Hanging Rock'. JIM MOODY takes up the story...

The morning started off quite sedately, the weather was perfect, the track would be clear and dry and everything just right for a morning in the bush. We headed away from the Waterloo Park as a small group all with different aspirations about how far and fast we were going to run, and everything from there went awry. My plan was to run 45 mins out, then turn around and head home, for a 1 ½ hour run. The Gods of running were obviously toying with us from early on but blissfully unaware of our fate we happily toddled on our merry way. The first thing that hinted that we were being used for entertainment was at the fork in the track where you can decide which way you want to run. Our fearless leader George suggested that the run to Pennant Hills was the way to go. Some of us thought that the track straight ahead to Thornleigh was not a bad option. A bad sign for so very early in the run - democracy ruled - which, as any person skilled in arranging a group of runners will tell you, is not a good omen.

After a solid run along the Great North Walk things seemed to settle down and after a while Thornleigh Oval appeared on the horizon. From here it became evident the Gods were out for some entertainment.

After regrouping it was decided that the return via Pennant Hills Park was the way to go. Some thought that there was a second bush track that intersected the Oval where we stood, just a little further around the perimeter from where we entered. To confirm this we asked an elderly local couple if this was indeed the truth, and not saying "No, it doesn't," they sort of agreed that there could be another track that intersected with the track back to Pennant Hills Park. Under the guidance of our fearless leader we headed off around the outside of the perimeter fence, with, I must admit, a somewhat mystified look from our local advisors. After nearly circumnavigating the Oval it was decided that 'No, this is not the way'. We retraced our steps back to our Fonts of Local Knowledge who were by now wearing that smug look of 'I told you so' without actually have told us so. On further advice from our locals it was decided to backtrack to the previous trail we had arrived on

but on the return trip to 'keep straight ahead at Lorna Pass'. At that point I fully expected John Wayne to gallop from the bushes and offer further advice. But no, we were on our own, following instructions from our Local Fonts. I am not sure if any of us actually saw the sign to 'Lorna Pass' as it resides about 300mm above ground level inscribed into a rock, so on we ran, totally undaunted by our slight error. We ran through a number of lesser intersections and as the track we were hoping would take us back to civilization gradually fizzled into nothing more than a goat track we arrived at our first of what can only be called "escarpments". Steve Kibble would have had us believe that we could easily traverse these vertical descents. "All it would take is a quick first step off the edge and then run like mad until you reached the bottom." The bottom, I may add, was indiscernible in the depths of the gorge. Not getting any takers for that scheme we decided that backtracking was our best option of ever seeing our families and friends again. We headed back in the direction of our Local Fonts. At some point here we ran across a chap walking along with a cane (looked vaguely similar to Gandalf after his punch-up with the Balrog). "Been walking here man and child since before Adam," said our new-found Font, and blithely suggested we follow another track that would take us close to the Archery field. Here our fearless leader said, "No worries, I know where that is, just remember to duck". And so on we plodded, fully revitalized by this latest turn of luck and the prospect of the end of our journeying either as some sort of pin cushion or at our planned destination.

Alas after many kilometres we were still found to be wandering around on tracks that hadn't seen man since the invention of the wheel. Is it just me or does everybody who takes a wrong turn find that coming back is without fail uphill and always steeper than you remember it. You would not believe how many escarpments we found. It became a game of 'You go on ahead and if you don't come back in 10 minutes we will follow'. One really promising track had us all merrily heading into the nether regions of Mordor when our vanguard called "There's the main trail." There was only one slight hitch, we were on another escarpment, the vaguely recognizable track was at the bottom of a ravine and was just that, another track. Now Steve is undoubtedly a very good runner but I am starting to question the sanity of a few of the 'very good runners' who inhabit the Striders membership. "Look you can get down here," said

Steve, stepped off the cliff and like the 'Man from Snowy River' crashed down the mountainside in a flurry of bush and sticks and rocks. Just to prove that he is not the only one with the odd marble rattling solitarily around, we all, like lemmings, followed him.

At this stage of the run I was starting to have delusions about where we would all end up. Newspaper headings on Monday's telly were flashing through my mind - 'Striders Lost in the Bush' and, after interviewing Stephen Jackson, 'President Vows to Stamp out Bush Running'. Thoughts about ghostly green and white uniformed runners scaring children in National Parks pop up as comments waft on the breeze - "Turn left here, I know where I am now," or "This is the way, turn right here... OHH ... maybe not," and "Just step off

here and we'll be home for dinner".

However, all things must come to an end and we did finally find the main fire trail somewhere along one of the deviations we discovered. I have a feeling that there are bush walkers out there even now saying really daft things like "You can go this way, look there are lots of tracks" and they too will eventually find an elderly couple walking their dog around Thornleigh Oval offering helpful comments - "Well of course you can go that way dear, a bunch of Striders ran there recently and never came back" - another urban myth in the making.

A fun morning, thanks George. We all had a great if tiring run, even if it did take us 2 ½ hours to find our way home.

Striders Awards Brunch for 2005

Cameron Arnold and Naomi Frank organised the Striders' Annual Awards Brunch at a brand new location. After many years at the Middle Harbour Yacht Club, our larger membership was starting to outgrow that venue, particularly in the ladies' showers department. No complaints about showers this time and Striders enjoyed finishing the STaR with a lap of the track.

Marathon Championships – Canberra – April 2005

Open Male	Martin Matthews	2.47.52	Peter Cremen	2.56.05
Open Female	Suzanne Kelly	3.05.16	Samantha Brown	3.11.04
PreVet Male	Martin Matthews	2.47.52	Gerry Arthur	2.56.20
PreVet Female	Samantha Brown	3.11.04	Sheena Leibowitz	3.37.13
Veteran Male	Peter Cremen	2.56.05	Martin Dowson	2.56.33
Veteran Female	Suzanne Kelly	3.05.16	Lisa Carolli	3.34.30
Masters Male	Philip Boswell	3.17.18	Barry Rutter	3.17.47
Masters Female	Helen Wilson	4.13.50		
Seniors Male	Allan Wareham	4.14.38	Brian Ogilwy	4.14.45

Half Marathon Championships, Sydney - May 2005

Open Male	Glenn Guzzo	1.08.50	Chris Truscott	1.11.21
Open Female	Lucinda Chapman	1.21.22	Jenny Truscott	1.25.09
PreVet Male	Glenn Guzzo	1.08.50	Chris Truscott	1.11.21
PreVet Female	Lucinda Chapman	1.21.22	Jenny Truscott	1.25.09
Veteran Male	Richard Sarkies	1.16.15	Keith Bateman	1.17.41
Veteran Female	Suzanne Kelly	1.27.17	Joanne Cowan	1.28.48
Masters Male	Christopher Dwyer	1.21.28	Ron Schwebel	1.24.54
Masters Female	Elizabeth Woodhams	1.48.37	Helen Wilson	1.54.38
Seniors Male	Ray Doran	1.31.29	Peter Roberts	1.43.55
Super Senior Male	Frank Dearn	2.17.21		
Legends Male	Ron Daly	2.01.39		

Equaliser Cross-Country Award

Open Male	David Criniti	0.51.49	Chris Truscott	0.52.25
Open Female	Samantha Brown	1.03.53	Joanne Cowan	1.05.07

Internal Handicap Half Marathon Award

Jon Patrick	1.49.17	Michael Peters	1.38.42
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10K Series

Handicap Age and Adjusted	Luigi Criniti Gender Ross Sinclair	Ernst Friedlaender Greg Coy
Open Male	Damian Tancred	Tony Fattorini
Open Female	Suzanne Kelly	Lisa Carroli
PreVet Male	Damian Tancred	Tony Fattorini
PreVet Female	Lisa-Anne Davie	Naomi Frank
Veteran Male	Ross Sinclair	Mark Wilson
Veteran Female	Suzanne Kelly	Lisa Carroli
Masters Male	Barry Rutter	Brian Wilcockson
Masters Female	Elizabeth Woodhams	Lorraine Spanton
Seniors Male	Brian Ogilwy	Allan Wareham
Seniors Female	Penny Smith	
Super Senior Male	Frank Dearn	Manfred Fiedler
Fastest 10k	Glenn Guzzo - 3/9/05 0.30.06 - North Head	

The Super Series

Age/ Gender Adjusted	Chris Truscott	Ron Schwebel
Open Male	Chris Truscott	Darren Benson
Open Female	Suzanne Kelly	Mary Stringer
PreVet Male	Chris Truscott	Darren Benson
PreVet Female	Bernadette Gregory	Lisa-Anne Davie
Veteran Male	Andrew Taylor	Martin Downson
Veteran Female	Suzanne Kelly	Mary Stringer
Masters Male	Ron Schwebel	Barry Rutter
Masters Female	Lorraine Spanton	Tina Campbell
Seniors Male	Brian Ogilwy	Allan Wareham
Seniors Female	Sue Hill	Manfred Fiedler
Super Senior Male	Frank Dearn	
Legends Male	Ron Daly	
Tied Best Age and Gender	Glenn Guzzo - Sutherland to Surf - 897 points	Keith Bateman - City to Surf - 897 points

A venue with seating for 150-200 runners (some like to keep us guessing by turning up on the day) that can lay on showers and a large runners' breakfast is not easy to find – any bright ideas are most welcome.

What the Canberra 06 MTG managed to get up to

From Jim Moody

Well, the Canberra 2006 MTG has run its course with only a couple of weeks to go. The next Blister will have the results of our efforts. Having said that, no matter what happens, the results will be good. The hard work that everybody has put in during the last six months will stick with them forever.

As usual this group have had their fair share of 'happenings' at the STaRs and, being new to the club, there has been a bit of a learning curve. Where else in the world can you get up at 4:30 am, drive for ages and take in some scenery of our fair city that only the really early birds ever see?

Shortly after enjoying such sights you can be exchanging pleasantries with would-be triathletes who have just emerged from the depths of a night club, somewhat the worse for wear, and want to join you in the run. A quick increase in pace soon sees them sitting on the footpath after deciding that running is not so easy as at first thought.

Not all STaR's have ideal weather conditions and we have had our share of miserable mornings. These are made bearable by the kind support and hospitality of our STaR Hosts who wait for us in all weather conditions and have words of welcome as we return to base after being considered lost in action.

There are also the traffic hazards that we come after the Mardi Gras: body-shaped speed humps sleeping it off on traffic islands or young 'women' in heels that add 150mm to their height who insist on telling you about their evening and asking if you have time for a quick drink before you continue your run.

Then there are the runs where we managed to keep up with the earlier groups or have had the pleasure of the company of club members coming back after layoffs and injuries. The end results were not always pretty, but while we were with them it was all great fun. The bush runs have been particularly enjoyable for us and some of the pic's we have managed are really memorable.

One run where we managed to stick pretty well together was the Rocks Push in December. We even managed to trap Mercy, Graham, Salvatore and Clara with us at a drink stop, to say nothing one of our younger members, Frank Dearn.

Our Christmas Awards Brunch also turned out to be a special morning, running around the Homebush track at the end of the morning's training was a great way to finish the day.

At the recent Tourist Trot STaR, the MTG were accompanied by some 'out there' characters. A selection of Storm Troopers accompanied by Darth Vader himself were intent on taking possession of the Harbour Bridge until accosted by six female MTG'ers whereupon they took flight in the opposite direction (I was at Jenolan Caves - recovering).

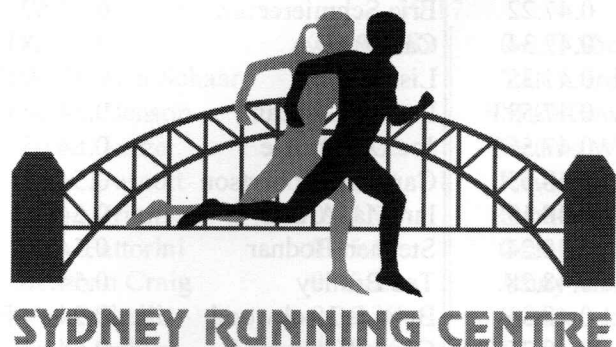


As mentioned we are nearly at the end of the program and we are all looking forward to Canberra. We have just started our taper with a 35 km run at the SMC 30 K race with a 5 K warm up. We'll see you be in Canberra for the usual Sydney Striders picture on the steps of the school.

P.S. The next MTG will be under the guidance of Helen Wilson, training for Sydney will begin when Canberra is completed. As usual the aim will be for a 4 to 4 ½ hour Marathon in Sydney 2006. Contact the Helen through the MTG email at MTG@systeystriders.org.au.

Sydney Striders 10k Series 2006

Sponsored by Sydney Running Centre



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

Race 1 Lane Cove, 4th Feb 2006

Outright Results

Open Men

1	Colin Johnston	31:38	
2	Jeremy Horne	31:49	
3	Jan-Willem Schaar	31:57	1st Strider

Open Women

1	Elizabeth Miller	36:31	
2	Jenny Wickham	37:41	1st Strider
3	Jenny Truscott	37:56	2nd Strider

Handicap Competition Placings in Race 1:

1	Pamela Duncan
2	Bruce Horsburgh
3	Graham Osborn

Race Officials: Robyn Moody, Dale Thompson, Penny Smith, Shirley Rutter, Megan Jackson, Lynn Herisson, Kerry Ross, Sue Horsburgh, Barry Rutter, Brian Wilcockson, Graham Willis, Nick Brewster, Craig Dunn, Allan Wareham, Robert Chalmers, John Hanna

Name	Time	Sx	Mohammed Alkhub	0.37.46	Stuart Grieve	0.39.39
Jan-Willem Schaar	0.31.57		David Burgess	0.37.48	Sora Wako	0.39.45
Glenn Guzzo	0.32.34		Stephen Jackson	0.37.53	Dennis Wylie	0.39.48
Damian Tancred	0.35.18		Jenny Truscott	0.37.56 F	Bernie Winters	0.39.51
Mark Irwin	0.35.49		James Jeffery	0.38.20	Neil Anderson	0.39.56
Michael Kendig	0.35.55		Andrew Taylor	0.38.24	Graham Sheargold	0.39.57
Jonathan Craig	0.36.00		Tony Grainger	0.38.28	Greg Donovan	0.40.11
Andrew Cullen	0.36.05		Stephen Fahey	0.38.29	Wayne Gregory	0.40.16
Chris Davis	0.36.14		Richard Mullaney	0.38.31	Lachlan Wolfers	0.40.24
Cameron Arnold	0.36.16		Roger Cartwright	0.38.34	Samantha Brown	0.40.36 F
Gerry Arthur	0.36.18		Ben McSweeney	0.38.40	Peter Slater	0.41.00
Mark Wilson	0.36.23		Mark Russell	0.38.43	Yale Carden	0.41.01
Martin Harris	0.36.28		Steve Hume	0.38.57	Kevin McGregor	0.41.34
Keith Bateman	0.36.30		Matt Palmer	0.39.09	Stephen Laws	0.41.40
Jaap Bakker	0.36.42		Andrew Lennox	0.39.11	Russell Johnson	0.41.46
Andrew Dyer	0.36.55		Frank Zeichner	0.39.16	Michael Free	0.41.50
Richard Green	0.37.05		Klas Johansson	0.39.17	David Martin	0.41.52
Shaun Atchison	0.37.22		Matthew Kinchington	0.39.26	David Bray	0.41.55
Ross Sinclair	0.37.31		Chris Pope	0.39.28	Suzanne Kelly	0.41.56 F
Tim Lindop	0.37.37		Simon Wilson	0.39.33	Lisa-Anne Davie	0.41.57 F
David Criniti	0.37.40		Paul Trainor	0.39.35	Craig Plumb	0.42.20
Jenny Wickham	0.37.41 F		Greg Coy	0.39.36	Philip Murphy	0.42.23
Craig Brown	0.37.45		Geoff Sheargold	0.39.37	Robert Mulley	0.42.27

Dianne Aitken	0.42.31 F	Brian Ogilwy	0.46.34	Lois van Waardenberg	0.52.10 F
Andrew Heathershaw	0.42.34	James Kent	0.46.38	Bernadette Gregory	0.52.15 F
Robbie Elder	0.42.49	Greg Beirne	0.46.40	Tim Deane	0.52.16
Daniel Bonallack	0.42.53	Sean Greenhill	0.46.48	Jeff Morunga	0.52.20
Dougal Langusch	0.42.54	Peter Hibberd	0.46.54	Jon Fox	0.52.36
Alex Jensen	0.43.04	Alistair McLean	0.47.01	Susan Chalmers	0.52.40 F
Steven Walsh	0.43.09	Alexander Kobler	0.47.06	Simon Butler-White	0.53.16
Joanne Cowan	0.43.12 F	Ron Schwebel	0.47.09	Lesley Maher	0.53.30 F
David Gayford	0.43.14	Peter McBurney	0.47.15	Michelle Graham	0.53.41 F
Mark Schaefer	0.43.19	Robert Connors	0.47.17	Christine Cullen	0.53.49 F
James Cryer	0.43.25	Gavin Markey	0.47.20	Lee Gire	0.53.54
Dean Gardiner	0.43.28	Max Crossley	0.47.22	Eric Schmierer	0.53.57
Paul Davey	0.43.32	Scott Smiles	0.47.34	Calli Brown	0.53.58 F
Lisa Carroli	0.43.34 F	Martin Smith	0.47.35	Lisa Gallate	0.53.59 F
Richard Newell	0.43.35	Janna Robertson	0.47.53 F	Pamela Duncan	0.54.04 F
Luke Peterson	0.43.36	Leighsa Hill	0.47.55 F	Joe Degabriele	0.54.05
David Ellis	0.43.37	William Ward	0.48.05	Cameron Robertson	0.54.21
Danielle Langsworth	0.43.38 F	Denis Speyer	0.48.19	Ian MacArthur	0.54.24
Nicholas Campbell	0.43.40	Mick Regan	0.48.24	Stephen Bodnar	0.54.30
Paul Bullas	0.43.41	Richard Lane	0.48.28	Ted Brailey	0.54.36
Mark Watson	0.43.45	Andrew Hybler	0.48.35	Belinda Lockwood	0.54.54 F
Shelley Howes	0.43.48 F	Michaela Holloway	0.48.36 F	Glenn Lockwood	0.54.55
John Van Yzendoorn	0.43.52	Deanna Lum	0.48.40 F	Penny Griffiths	0.55.05 F
Bruce Horsburgh	0.43.54	EJ Davie	0.48.55	John Whealy	0.55.14
Andrew Smith	0.44.03	George Herisson	0.48.57	Bruce Smith	0.56.19
Rod Lovel	0.44.24	Alison Fitzgerald	0.49.10 F	Allan Caulley	0.56.26
Scott Williams	0.44.28	Lucette Thomas	0.49.11 F	Allison Lilley	0.56.46 F
Iain Martin	0.44.30	Craig Schlitter	0.49.28	Frances Brown	0.57.05 F
Marty Carne	0.44.34	Stuart Poole	0.49.30	Helen Wilson	0.57.08 F
Roland Hassall	0.44.35	Jennifer Best	0.49.33 F	Jurg Kunzle	0.57.24
Chris Hogan	0.44.37	Alan Smith	0.49.45	Peter Truscott	0.57.25
Mabel Fowlds	0.44.39 F	James Moody	0.49.47	Jackie Ramsay	0.58.30 F
Nicole Frykberg	0.44.41 F	Ros Holcombe	0.49.59 F	Gill Cavenagh	0.58.33 F
Stephen Kibble	0.44.42	Ray Mahoney	0.50.13	Graham Osborn	0.59.15
Ken Harris	0.44.44	Richard Frykberg	0.50.22	Andrew Ramsay	0.59.56
Paul Rothnie	0.44.47	Alison Gardiner	0.50.25 F	Chris Martin	1.00.23
Mike Fowlds	0.44.55	Elizabeth Woodhams	0.50.34 F	Cathy Watson	1.01.35 F
Amanda Underwood	0.45.03 F	Gillian Fox	0.50.39 F	Frank Dearn	1.01.40
Cheryl Crawford	0.45.08 F	Martin Pluss	0.50.40	Paul Munro	1.02.23
Wayne Pryke	0.45.09	Katie Rowell	0.50.42 F	Mary-Beth Beirne	1.03.19 F
Christine Wong	0.45.11 F	Lorraine Spanton	0.50.43 F	Garry Marsden	1.04.32
David Robinson	0.45.15	Peter Woods	0.50.50	John Hodges	dnf
Ronan Carolan	0.45.20	Lee Mackie	0.50.51 F		
Sebastian Warmerdam	0.45.25	Emma Munro	0.51.02 F		
Gary Aitkenhead	0.45.33	Kevin Byrne	0.51.25		
Mark Langsworth	0.45.45	Derrick Buckley	0.51.26		
Luigi Criniti	0.45.47	Susan Login	0.51.28 F		
Charles King	0.45.56	Rebecca Deane	0.51.35 F		
Julie Allen	0.46.07 F	Katherine McSweeney	0.51.36 F		
Jill Reich	0.46.12 F	Kevin Tiller	0.51.38		
Michael Labus	0.46.12	Philip Fleming	0.51.48		
Naomi Frank	0.46.16 F	John Sneddon	0.52.02		
Ingrid Grace	0.46.23 F	John Kerr	0.52.03		

Race 2 Homebush 4th March 2006

Outright Results

Open Men

1	Marco Gielen	31:34
2	Jeremy Horne	31:59
3	Andrew Knox	32:06

Open Women

1	Jenny Truscott	36:51	1st Strider
2	Anna White	39:15	
3	Anna Stewart	39:17	

Name	Time	Sx			
Geoff Sheargold	0.39.45		Rod Lovel	0.44.08	
Jan-Willem Schaar	0.32.44		Chris Hogan	0.44.09	
Darren Benson	0.34.08		Luigi Criniti	0.44.10	
Glenn Guzzo	0.34.22		Wayne Pryke	0.44.26	
Chris Truscott	0.34.34		Christian Werner	0.44.33	
David Criniti	0.34.58		Sebastian Warmerdam	0.44.34	
Tony Fattorini	0.35.10		David Stirk	0.44.36	
Jonathan Craig	0.35.22		Greg Beirne	0.44.39	
Stuart Chellis	0.35.38		Ronan Carolan	0.44.40	
Gerry Arthur	0.35.44		Ben Roberts	0.44.41	
Cameron Arnold	0.35.49		Tom Winder	0.44.43	
Craig Dunn	0.35.56		Amanda Underwood	0.44.45 F	
Chris Davis	0.36.05		Philip Murphy	0.44.46	
Andrew Cullen	0.36.22		James Kent	0.44.56	
Michael Kendig	0.36.27		Mabel Fowlds	0.45.12 F	
Tim Lindop	0.36.34		Robert Connors	0.45.13	
Richard Green	0.36.41		Martin Smith	0.45.16	
Mark Wilson	0.36.42		John Hodges	0.45.17	
Matt Palmer	0.36.46		Denis Speyer	0.45.18	
Andrew Taylor	0.36.49		Scott Williams	0.45.22	
Jenny Truscott	0.36.51 F		Daniel Bonallack	0.45.34	
Andrew Dyer	0.36.52		Max Crossley	0.45.43	
Shaun Atchison	0.36.55		Brian Ogilwy	0.45.44	
Ewan Horsburgh	0.36.57		Darren Kaehne	0.45.52	
Jaap Bakker	0.37.01		Karin Kaehne	0.45.53 F	
Ross Sinclair	0.37.02		Charles King	0.46.07	
Craig Brown	0.37.09		Alistair McLean	0.46.13	
Keith Bateman	0.37.12		Naomi Frank	0.46.17 F	
Mohammed Alkhub	0.37.13		EJ Davie	0.46.38	
Chris Pope	0.38.07		Janna Robertson	0.46.49 F	
Peter Mitchelmore	0.38.09		Peter Hibberd	0.47.04	
Roger Cartwright	0.38.14		Lucette Thomas	0.47.06 F	
Neil Anderson	0.38.25		Mick Regan	0.47.07	
Mark Russell	0.38.38		Leighsa Hill	0.47.23 F	
Tony Grainger	0.38.39		Stewart Vincent	0.47.36	
Klas Johansson	0.38.46		Mahmoud El-Khansa	0.47.41	
Alex Jensen	0.38.53		Stuart Poole	0.47.42	
Frank Zeichner	0.39.04		Thien Vuong	0.47.43	
Bernie Winters	0.39.25		Alan Smith	0.47.44	
Greg Coy	0.39.26		Craig Schlitter	0.47.59	
Rachel Sutcliffe	0.39.27 F		Sean Kennedy	0.48.11	
Bill Flanagan	0.39.32		Lee Mackie	0.48.19 F	
Wayne Gregory	0.39.42		Alexander Kobler	0.48.24	
Yale Carden	0.39.48				
Mike Fowlds	0.39.49				
Dennis Wylie	0.39.50				
Kevin McGregor	0.39.51				
Lachlan Wolfers	0.39.54				
Graham Sheargold	0.39.55				
Jenny McKenna	0.39.56 F				
Stephen Jackson	0.39.59				
Victor Donovic	0.40.09				
Craig Plumb	0.40.14				
Catriona Cater	0.40.15 F				
Greg Donovan	0.40.27				
Ian Gilbert	0.40.42				
Michael Free	0.40.47				
David Bray	0.41.24				
Richard Newell	0.41.36				
Luke Peterson	0.41.39				
Ray Doran	0.41.47				
Russell Johnson	0.41.50				
Danielle Langsworth	0.41.51 F				
Lisa-Anne Davie	0.42.01 F				
Dianne Aitken	0.42.02 F				
Paul Bullas	0.42.03				
Barry Rutter	0.42.07				
Shelley Howes	0.42.10 F				
Lisa Carroli	0.42.15 F				
Malcolm Ferguson	0.42.19				
David Gayford	0.42.22				
Nick Brewster	0.42.27				
Mark Watson	0.42.37				
Chris Yates	0.42.40				
Iain Martin	0.42.51				
Nicholas Campbell	0.43.07				
David Robinson	0.43.11				
Cheryl Crawford	0.43.12 F				
Dean Gardiner	0.43.15				
Andrew Jordan	0.43.38				
Bruce Horsburgh	0.43.42				
Ken Harris	0.43.46				
Ingrid Grace	0.43.48 F				
Max Yates	0.43.51				
Mark Langsworth	0.43.52				

Handicap Competition Placings in Race 2:

1	Allan Caulley
2	Pauline Evans
3	Bruce Smith

Race Officials: Robyn Moody, Shirley Rutter, Megan Jackson, Robin Cameron, Kerry Ross, Sue Horsburgh, James Cryer, Ross McCarty, Graham Willis, Ben McSweeney, Gary Howard, Allan Wareham, Richard Peacock, Paul Trainor, Mario Torresan, Paul Brunning, Chris Willis

Ray Mahoney	0.48.32	Oliver Wellings	0.51.12	Belinda Lockwood	0.55.15 F
Katie Rowell	0.48.43 F	Susan Login	0.51.17 F	Ron Daly	0.55.16
Craig Hilderbrand	0.48.59	Simon Butler-White	0.51.24	John Hanna	0.55.39
Richard Frykberg	0.49.00	Christine Cullen	0.51.25 F	Jackie Ramsay	0.57.12 F
David East	0.49.03	Michelle Graham	0.51.29 F	Graham Osborn	0.57.22
Ros Holcombe	0.49.08 F	Ted Brailey	0.51.36	Rob Pearsall	0.57.25
John Sneddon	0.49.09	Kevin O'Kane	0.51.42	Jurg Kunzle	0.57.40
Dale Thompson	0.49.17 F	Mark Gardiner	0.51.57	Andrew Ramsay	0.58.06
Michael Labus	0.49.27	Jeff Morunga	0.52.02	Cathy Watson	0.59.07 F
Elizabeth Woodhams	0.49.30 F	Joe Degabriele	0.52.23	James Ikonomou	1.00.42
David Knight	0.49.34	Graham Wirth	0.52.23	Garry Marsden	1.03.32
Emma O'Reilly	0.49.36 F	Lesley Maher	0.52.24 F	Carol Taylor	1.03.56 F
Brian Wilcockson	0.49.40	Lee Gire	0.52.38	Bernadette Gregory	dnf F
Rebecca Deane	0.49.45 F	Ben Rickards	0.52.46	Kulinda Davis	dnf F
Leigh MacRitchie	0.49.48 F	Peter Overton	0.53.04	Pennie Psaltis	dnf F
Katherine McSweeney	0.49.50 F	Bruce Smith	0.53.10	Raymond Wareham	dnf
Lorraine Spanton	0.49.52 F	John Kerr	0.53.25	Martin Pluss	dnf
James Moody	0.49.54	Clare Holland	0.54.30 F	Stephen Fahey	dnf
Stephen Bodnar	0.49.57	Tim Ziehl	0.54.45	Nicole Billett	dnf
Derrick Buckley	0.50.29	Geoff Taylor	0.54.50	Jo Pai	dnf
Pauline Evans	0.50.36 F	Angela Littleford	0.54.52 F	Costadone Davide	dnf
Eric Schmierer	0.51.04	Kevin Tiller	0.54.53		
Allan Caulley	0.51.05	Glenn Lockwood	0.54.58		

10K Male Outright (Top Half)

	LC	HB	TOT								
Jan-Willem Schaar	110	110	220	Greg Coy	64	69	133	James Jeffery	80	0	80
Glenn Guzzo	106	103	209	Neil Anderson	59	74	133	Mike Fowlds	15	63	78
Jonathan Craig	99	98	197	Geoff Sheargold	63	65	128	Paul Trainor	65	12	77
Cameron Arnold	96	95	191	Dennis Wylie	60	62	122	Paul Bullas	29	47	76
Gerry Arthur	95	96	191	Wayne Gregory	56	66	122	Steve Hume	73	0	73
Andrew Cullen	98	92	190	Graham Sheargold	58	59	117	Dean Gardiner	35	37	72
Mark Wilson	94	88	182	Yale Carden	53	64	117	Andrew Lennox	71	0	71
Michael Kendig	90*	91	181	Lachlan Wolfers	55	60	115	Mark Watson	28	42	70
Chris Davis	97	83*	180	Kevin McGregor	52	61	113	Nicholas Campbell	30	39	69
Andrew Dyer	90	85	175	Greg Donovan	57	55	112	Matthew	68	0	68
Jaap Bakker	91	82	173	David Bray	52	57	109	Kinchington			
Shaun Atchison	88	84	172	Craig Dunn	12	94	106	Rachel Sutcliffe	0	68	68
Keith Bateman	92	79	171	Darren Benson	0	106	106	Bill Flanagan	0	67	67
Mohammed Alkhub	88	83	171	Damian Tancred	103	0	103	Simon Wilson	66	0	66
Andrew Taylor	79	91	170	Michael Free	49	53	102	Peter Mitchelmore	0	66*	66
Richard Green	89	79*	168	Mark Irwin	101	0	101	Barry Rutter	12	51	63
Ross Sinclair	87	81	168	Chris Truscott	0	101	101	Iain Martin	22	40	62
Tim Lindop	76*	90	166	Tony Fattorini	0	99	99	Philip Murphy	45	16*	61
David Criniti	75*	90*	165	Russell Johnson	50	48	98	Bruce Horsburgh	26	35	61
Craig Brown	84	80	164	Stuart Chellis	0	97	97	Nick Brewster	12	48	60
Matt Palmer	72	87	159	Martin Harris	93	0	93	Victor Donovic	0	57	57
Roger Cartwright	76	75	151	Craig Plumb	46	46*	92	Stephen Laws	56	0	56
Stephen Jackson	86	63	149	Stephen Fahey	77	12	89	Rod Lovel	24	31	55
Chris Pope	67	77	144	Richard Newell	33	56	89	Peter Slater	54	0	54
Tony Grainger	68*	72	140	Ben McSweeney	75	12	87	Ian Gilbert	0	54	54
Frank Zeichner	70	70	140	Ewan Horsburgh	0	83	83	Stuart Grieve	52*	0	52
Klas Johansson	69	71	140	David Burgess	82	0	82	Sora Wako	51*	0	51
Mark Russell	74	63*	137	David Gayford	38	44	82	Ken Harris	17	34	51
				Luke Peterson	32	50	82	David Robinson	13	38	51

Mark Langsworth	12	37	49	Dougal Langusch	40	0	40	Max Yates	0	33	33
Ray Doran	0	49	49	Steven Walsh	39	0	39	James Kent	12	20	32
David Martin	48	0	48	Scott Williams	23	15	38	David Ellis	31	0	31
James Cryer	36	12	48	Sebastian	12	26	38	Robert Connors	12	19	31
Daniel Bonallack	31*	14	45	Warmerdam				Martin Smith	12	18	30
Malcolm Ferguson	0	45	45	Mark Schaefer	37	0	37	Chris Hogan	9*	20*	29
Robert Mulley	44	0	44	Andrew Jordan	0	36	36	John Hodges	12	17	29
Andrew	43	0	43	Ronan Carolan	12	23	35	Brian Wilcockson	12	17	29
Heathershaw				Paul Davey	34	0	34	John Hanna	12	17	29
Robbie Elder	42	0	42	James Moody	17	17	34	John Van Yzendoorn	27	0	27
Wayne Pryke	14	28	42	Joe Degabriele	17	17	34	Christian Werner	0	27	27
Luigi Criniti	12	29	41	Glenn Lockwood	17	17	34				
Chris Yates	0	41	41	Denis Speyer	12	21	33				

Womens' 10k Outright (Top Half)

	LC	HB	TOT								
Jenny Truscott	106	110	216	Lucette Thomas	80	89	169	Dale Thompson	40	84	124
Lisa-Anne Davie	100	105	205	Katie Rowell	74	86	160	Bernadette Gregory	66	57	123
Danielle Langsworth	96	106	202	Lorraine Spanton	73	78	151	Jackie Ramsay	53	69	122
Dianne Aitken	99	99	198	Rebecca Deane	69	81	150	Cathy Watson	51	68	119
Shelley Howes	95	103	198	Elizabeth Woodhams	66*	83	149	Jenny Wickham	110	0	110
Lisa Carroli	97	97	194	Lee Mackie	62*	87	149	Jenny McKenna	0	106	106
Mabel Fowlds	99	93	192	Katherine	68	79	147	Samantha Brown	103	0	103
Cheryl Crawford	91	96	187	McSweeney				Catriona Cater	0	103	103
Amanda Underwood	92	94	186	Susan Login	70	76	146	Suzanne Kelly	101	0	101
Ingrid Grace	86	95	181	Ros Holcombe	68*	75*	143	Robyn Moody	40	57	97
Naomi Frank	87	91	178	Lesley Maher	64	73	137	Shirley Rutter	40	57	97
Janna Robertson	85	90	175	Michelle Graham	63	74	137	Megan Jackson	40	57	97
Leighsa Hill	84	88	172	Christine Cullen	62	75	137	Kerry Ross	40	57	97
				Belinda Lockwood	58	70	128	Sue Horsburgh	40	57	97

10k Age Groups top tens

Female Masters				Legends				Rod Lovel			
Lorraine Spanton	101	103	204	Ron Daly	0	110	110	Wayne Pryke	98	96	194
Lesley Maher	100	100	200					Robert Connors	96	95	191
Elizabeth Woodhams	93	106	199	Super Snr				Max Crossley	95	93	188
Dale Thompson	89	110	199	Frank Dearn	110	0	110	James Moody	96	92	188
Deanna Lum	106	0	106					Mick Regan	93	92	185
Joanne Cowan	105	0	105	Male Senior				Male Vets			
Pauline Evans	0	101	101	David Robinson	110	106	216	Jonathan Craig	110	110	220
Helen Wilson	99	0	99	Luigi Criniti	106	103	209	Mark Wilson	106	106	212
Carol Taylor	0	99	99	Brian Ogilwy	103	101	204	Mohammed	106	105	211
Female Vets				Lee Gire	101	99	200	Alkhub			
Danielle Langsworth	101	110	211	Ted Brailey	100	100	200	Andrew Taylor	99	108	207
Dianne Aitken	106	103	209	Ray Doran	0	110	110	Ross Sinclair	103	101	204
Lisa Carroli	103	101	204	Paul Munro	99	0	99	Stephen Jackson	105	95	200
Mabel Fowlds	105	99	204	Allan Wareham	89	89	178	Roger Cartwright	96	99	195
Ingrid Grace	97	100	197	Male Masters				Frank Zeichner	92	94	186
Leighsa Hill	96	97	193	Keith Bateman	110	110	220	Klas Johansson	91	95	186
Susan Login	92	95	187	Dennis Wylie	106	106	212	Neil Anderson	88	98	186
Michelle Graham	89	93	182	Graham Sheargold	103	103	206				
Christine Cullen	88	94	182	Paul Bullas	100	100	200				
Belinda Lockwood	86	91	177								

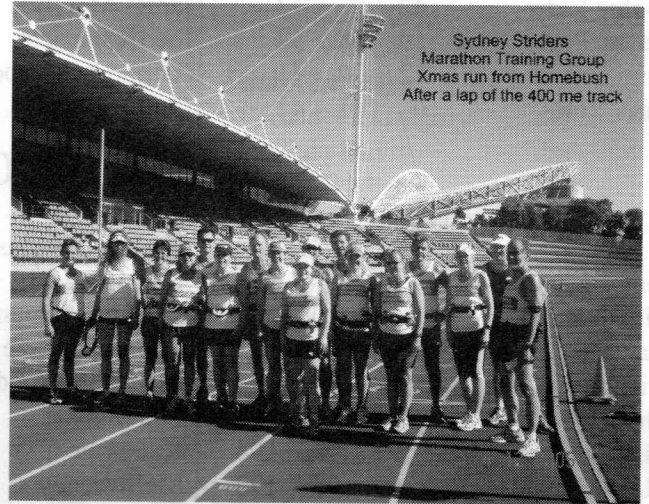
Blister Photo Gallery



The Chain Gang - MTG out on the loose

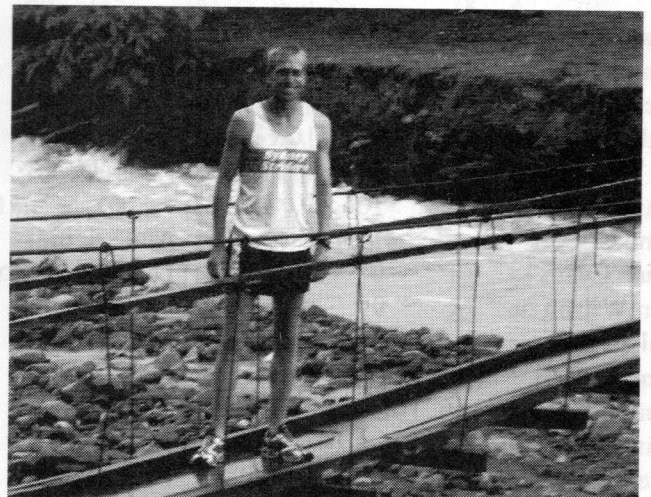


Clare Holland heads down Nellies Glen at Six Foot Track



Sydney Striders
Marathon Training Group
Xmas run from Homebush
After a lap of the 400 m track

The MTG run around the Homebush Stadium at the Xmas Brunch



Martin Matthews trains in Thailand – they have this thing called rain...