

Sydney Striders

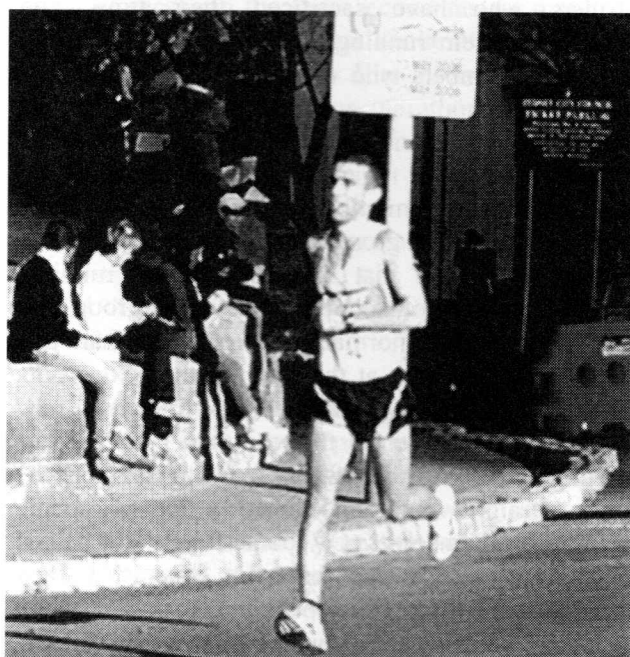
**Road Runners' Club
Australia**



Edition No. 99: April 06 - June 06

New Striders Half Marathon record

A new Striders Half Marathon record was set by **Glenn Guzzo** as he took 3rd place outright in the SMH Half in a time of 66:58.



Striders had three more top ten finishers with **Jenny Truscott** 5th in 80:12 and **Jenny Wickham** 6th in 80:38. **Jan-Willem Schaar** was 10th male in 71:16.

Striders also topped Age Categories placings:

Glenn Guzzo 1st M30-34
Keith Bateman 1st M50-54 - 77.23 (New Striders Masters record)
Ron Schwebel 2nd M55-59 - 87.57

Ray Doran 1st M65-69 - 89.49
Ron Daly 3rd M70+ - 123.39 (also oldest male to finish! And there isn't an 80+ category.)
Jenny Truscott 2nd F25-29
Jenny Wickham 2nd F30-34
Joanne Cowan 2nd F50-54 95.10
Mary Stringer 3rd F50-54 96.32
Tina Campbell 3rd F55-59 113.08
Helen Wilson 3rd F60 - 64 119.08

And more winners in the Team Awards:

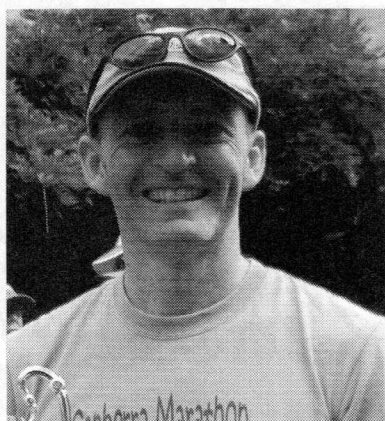
Husband & Wife 35+ - 3rd **Danielle & Mark Langsworth**; Husband & Wife one aged 35+ - 2nd **Wayne & Bernadette Gregory** Father & Child - 1st **David & Luigi Criniti**, 2nd **Geoff & Graham Sheargold**; All Male - 1st **Glenn Guzzo**, **Ewan Horsburgh & Richard Palmer** All Female - 2nd **Joanne Cowan**, **Christine Wong & Mabel Fowlds** Veterans - 1st **Ross Sinclair**, **Greg Coy**, **Ross Walker**

Inside Blister No 99:

- ◆ The 26 Mile Street Party - **Michael Bailey** and **Jackie Ramsay** run for charity in London
- ◆ **Steve Hume's Day in the Sun** at Port Macquarie Ironman
- ◆ South Africa - **Mike Fowlds** at the 'Two Oceans' and **Charles Coville** runs X-country
- ◆ **Scott Westcott** asks 'Why is it so?'
- ◆ **Christchurch Marathon** from **Jim Barrett**

President's Report

From David Bray



The year is already halfway gone and the last few months have seen a great deal of activity. As a club we continue to grow, now boasting over 600 members and the 10km series is close to bursting at the seams with 368 starters in May at North Head!

Some outstanding results have been posted since the last Blister. Our Athletics NSW team is growing in size and success, dominating the ANSW SMH Half teams categories and winning many other team and individual medals. Leading the charge has been Glenn Guzzo, seemingly breaking Strider records at will at the moment! In other arenas Striders continue to race in various Triathlons, orienteering events and Ultras with a Striders team winning the Victorian version of Trailwalker, finishing in atrocious conditions.

In May, on the Friday night before the SMH half marathon the Annual Presentation Night was conducted with around 140 Striders and partners attending a great night. There is a more complete report included in this issue. **Joe Degabriele** was presented with the President's Award for Excellence for his on-going contribution as the 10km Series Race Director. For the Maria Gemenis-Cruikshank Award for Outstanding Achievement, voting went to **Glenn Guzzo**. During the night it was also announced that **Charles Coville** has been nominated for our first honorary life membership which will be voted upon at the next AGM.

You may now be aware of another important development that will certainly affect the future of our club. We have been approached to take over the race management of the Six Foot Track race. Striders already figure prominently in the existing organisation structure, led by long-term member Kevin Tiller. However up to this point any

assistance has always been an individual effort rather than a club contribution. This race, like Striders, has continued to grow over the past few years. I will not go into the details of the proposal as these are included in a separate flyer and voting sheet -please read this information carefully. A very important point to note is that we are not just looking for your opinion for or against this occurring. There have been a number of roles identified that would need to be filled by individuals to ensure a successfully managed race by the Striders. Some of these can be filled by people who would still race on the day, while others would require the person to fulfil duties on the day and not race. Please consider this information very carefully and complete the voting form, either mailing it back, or preferably vote online.

Last issue I talked about the challenge we face in members volunteering to assist in the various club activities. I would like to take this opportunity to thank, on behalf of the membership, the various Striders who have sacrificed their time, and sometimes their running. In particular the STaR hosts and members who volunteer to marshal at the 10km races.

Finally, a reminder regarding groups and paces run at STaRs. Please remember that the Sunday runs are supposed to be a group run, each group has an approximate pace that they should be running. Please consider your actions and which group you run with. If your normal pace is faster than this target pace then wait at the start for the next group. At the moment I have had feedback from both new and long term members that the 6am group is just starting out way too fast which tends to fragment the group straight away and mean a lot of people running by themselves. Of course this is not helped if the later groups also run a lot faster than they should as this discourages people to make the move to a later start time. If you are continually finding yourself at the front of these groups and suddenly the group is a lot smaller, take the hint and start with a faster group, or run at the target pace and wait for a faster group to come past and join them.

The running and racing does not ease up as we approach the City to Surf, Willy to Billy and then the Sydney Marathon, good running to all Striders and see you out on the road/trail!

SBS Christchurch Marathon 2006

By Jim Barrett

Having never been to New Zealand we took the chance of a mid-year break to have a run and enjoy a few days of sight-seeing.

We flew to Christchurch on the 1st of June without all the problems of changing time zones and jet-lag that accompanied previous overseas runs.

The SBS Christchurch Marathon was run on Sunday, 4 June 2006, through the beautiful streets and parks of "The Garden City". (SBS is a New Zealand building society and not our Special Broadcasting Service).

Surprisingly, the Christchurch Marathon course is flat and fast with the city nestled between the Pacific Ocean and the Canterbury Plains stretching to the imposing Southern Alps.

The current race basically follows the route of the 1974 Christchurch Commonwealth Games course. In that race Great Britain's Ian Thompson (2 hrs 9 mins 12 secs) ran the then second fastest marathon of all time in defeating New Zealand's Jack Foster, who at the age of 41 ran 2hrs 11 min 18 secs to become the fastest veterans marathoner in history, and set a New Zealand veterans record that stood until 1990.

Foster later returned to the race at age 50 to run 2 hrs 22 mins 48 secs which is still the masters course record. The current race records are 2.15.12 (men) and 2.35.00 (women).

The marathon field is relatively small but the event is combined with a well patronised half-marathon, (also the New Zealand Half-Marathon Championship), a 10 k fun run/walk, and 18 k fitness walk and a Kids Mara'Fun, which makes for a big day with a combined patronage of 3,700 which was a record (previous biggest was 3,319 in 2005).

Fortunately the marathon didn't start until 8.45 am which contributed towards a good nights sleep and time for a leisurely breakfast at a respectable hour. All events commenced and finished outside the Town Hall.

The marathon starts outside the Town Hall and continues along Avonside Drive and the Avon River.

The course follows the picturesque Avon River for approximately 13 kilometres. The course returns to the city centre and then through the beautiful Hagley Park before heading for the suburbs in a double out and back course.

The weather was always going to be an unknown. The average maximum temperature for June is around 11 degrees Celsius but as a friend told me shortly before leaving it doesn't reach the maximum until 2pm. The weather was overcast and cool at race time however the wind picked up midway through the race and was followed by rain which remained throughout the day. These weren't bad running conditions but did put a dampener on post-race festivities.

Strider **Christine Wong** finished in 3.32.12 (159th place overall and 16th in Grade) whilst the author finished in the unremarkable time of 4.06.50 (288th overall and 23rd in Grade).

The race was well-organised and executed. All kilometre points are clearly marked (although the signs are small). Time splits were called at 1km, 5km and then every 5km until 40km. The Christchurch Marathon is the only marathon in New Zealand that is certified by the International Athletic federation for official record or qualification purposes.

81 yrs old Selwyn Opie was the oldest entrant in the marathon and in its 26 years year history has missed the race only once. The oldest woman in the marathon was Betty Patchett (76) from Blenheim and, interestingly, women made up 54% of entries.

Ten countries were represented in the field with Aussies taking the top honours. Jeremy Horne won the Marathon in 2.26.54 with Kate Siebold-Crosbie of Victoria, the first woman home in 2.54.07. Kate Smyth of Victoria was the first woman home in the Half Marathon in 1.13.03.

This is a race I would recommend to other Striders, Airfares at this time of the year are low, the race entry fee is only \$NZ65, there are plenty of inexpensive accommodation options close to the city centre and it's a relatively short flight. The race is well organized but it is a no-frills event.

Striders Presentation Dinner –STaR City – 19th May 06

From David Bray

A good-sized crowd of 140 Striders and partners were present at Star City for the Annual Presentation night on Friday 19th May. After pre-dinner drinks the Awards presentations started with a number of medals that Striders had won two weeks before at the Athletics NSW State Road Racing titles, both individually and in the team classifications.

Next the awards for the fastest Half and Full Marathon for the 2005 calendar year were presented:

Half Marathon

Open Male - **Glenn Guzzo**, SMH 1.08.50 (new Striders record)

Runner up - **Jan Willem-Schaar**, Sydney 1.09.08

Open Female - **Lucinda Chapman**, SMH 1.21.22

Runner up - **Jenny Truscott**, Gold Coast 1.21.57

Veteran Male **Richard Sarkies**, SMH 1.16.15

Runner up - **Keith Bateman**, Weston Creek 1.17.03

Veteran Female **Jo Barton**, Dallas 1.25.18

Runner up - **Suzanne Kelly**, SMH 1.27.17

Masters Male - **Keith Bateman**, Sydney 1.17.29 (new Striders Masters record)

Runner up - **Christopher Dwyer**, Gold Coast 1.19.54

Masters Female - **Jo Cowan**, Striders Internal 1.33.56 (new Striders Masters record)

Runner up - **Elizabeth Woodhams**, SMH 1.48.37

Seniors Male - **Ray Doran**, SMH 1.31.29

Runner up - **David Robinson**, Striders Internal 1.43.33

Super Senior Male - **Manfred Fiedler**, Striders Internal 1.58.27 (new Striders record)

Runner up - **Frank Dearn**, SMH 2.17.21

Legends Male - **Ron Daly**, SMH 2.01.29 (new Striders record)

Marathon

Open Male - **Glenn Guzzo**, Hong Kong 2.17.35 (new Striders record)

Runner up - **Darren Benson**, Sydney 2.41.33

Open Female - **Suzanne Kelly**, Canberra 3.06.16

Runner up - **Jo Barton**, Memphis 3.06.39

Veteran Male - **Andrew Taylor**, Sydney 2.52.36

Runner up - **Peter Cremen**, Canberra 2.56.05

Veteran Female - **Suzanne Kelly**, Canberra 3.06.16

Runner up - **Jo Barton**, Memphis 3.06.39

Masters Male - **Ron Schwebel**, Gold Coast 2.59.38

Runner up - **Keith Bateman**, New York 3.06.01

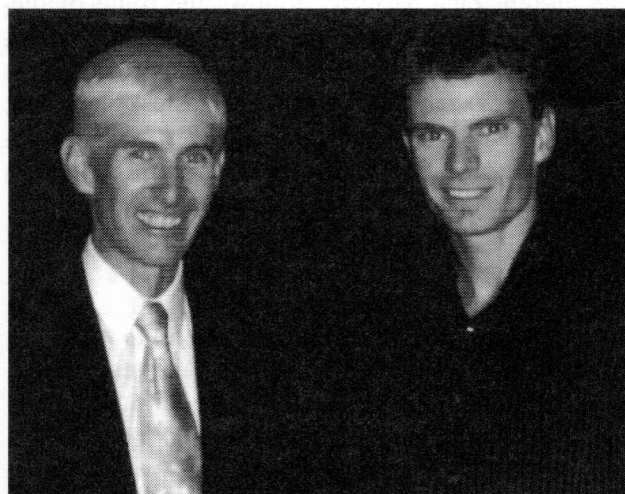
Masters Female - **Helen Wilson**, Canberra 4.13.50

Runner up - **Tina Campbell**, Venice 4.26.55

Seniors Male - **Allan Wareham**, Gold Coast 4.13.15

Runner up - **Brian Ogilwy**, Canberra 4.14.45

The Marathon Awards were presented by guest speaker **Scott Westcott** who was introduced by 10k Series Sponsor **Damian Tancred**. Scott recently finished fourth in the Marathon at the Melbourne Commonwealth Games. Scott gave a very entertaining talk covering the vagaries of running and training. In particular his humorous "Top Ten" (printed on next page) about runners and various quirks associated with running hit the mark with many who attended. Scott then took a number of questions from the floor and talked individually with many other Striders through the evening. Many people who attended told me that they found Scott's presentation to be excellent value!



Guest speaker Scott Westcott with former President Stephen Jackson

After a great dinner we moved onto the other award categories, the first being:

Debut Marathon:

Male - **David Martin**, Canberra 2:58:14

Runner up - **Richard Green**, Canberra 3:01:10

Female - **Jenny Truscott**, Rotterdam 3:07:09

Runner-up - **Lisa-Anne Davie**, Sydney 3:36:48

Of course once you have the debut marathon under the belt the next task/goal for many is to improve their time. We have two awards in this area:

Most Improved Sub 4 Hour time.

Darren "Truckie" Kaehne with his great run in Melbourne for a 3:29:47, this being a 43 minute but more significantly a 17% improvement to take the award.

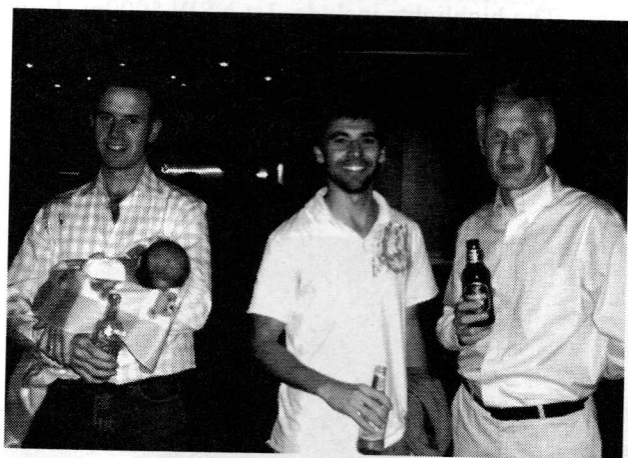
Runner-up - Jennie Meixner 3:57:05 at the Gold Coast Marathon. This was a 43 minute 46 second or 15.6% improvement over her Canberra run in 2004

Getting a little bit faster now for:

Most Improved Sub 3 Hour time.

An absolutely outstanding run from **Martin Harris** at Melbourne (must be a fast course!) earned the award. He ran 2:56:22 which was a massive 57 minute 11 second or 24.5% improvement over his Canberra 2004 time of 3:53:33!

Once again a great run from runner-up Ron Schwebel at Gold Coast just sneaking in under 3 hours with 2:59:38, which was also the fastest Striders Masters time in 2005. This was a 21 minute 12 second or 10.6% improvement over his previous best at Sydney in 2001.



Three Men and a Baby – Cameron Arnold and Lola, Craig Dunn, Keith Bateman

Vice President and MTG co-ordinator **Jim Moody** then presented the successful MTG "graduates" from Canberra with their certificates.

A presentation of 'Years of Membership' badges was then also conducted for those eligible members present. This included 10-Year Badges for Blister Editor **Andrew Smith**, **Penny Smith**, nearly ex-10k Series Director **Joe Degabriele**, **Peter Truscott** and **Megan Jackson**. **Kevin Tiller** (first Striders website

manager) received his 15-year membership badge and **Alex Whitworth**, fresh from his around the world sailing exploits, was presented with his 20-year badge. Unfortunately Striders founder **Charles Coville** had to return to South Africa at the last minute and was unable to be presented with his 25-year membership badge.

It was also announced that Charles has been nominated for Honorary Life Membership of Striders, this nomination has been accepted by the committee and as per the constitution will be put to a vote at the next AGM for endorsement by Club members. Congratulations and thanks Charles!

Improver of the Year - there were several stand-out candidates in contention for this award.

Luigi Criniti has burst upon the scene showing where David may have got his running genes and in 2005 lowered his 10km time by 5 minutes (11%) and also took 6 minutes of his half time (6%).

Running times most of us only hope to achieve, **Tony Fattorini** also had a great 2005 in lopping 3 minutes off his 10km time (8%), 3.5 minutes off his half time (4.5%), 5 minutes off his City to Surf time (9%) and five and a half minutes off his marathon time (3%).

As already detailed **Martin Harris** again improved dramatically, not only in the marathon but also reducing his 10km time by a further 2.5 minutes (7%), 5.5 minutes off his half time (7%) and also 5 minutes off his City to Surf time (9%).

But the **Improver of the Year Award Winner** was **Mohammed Alkhub** who has been working very hard in training and the results are proof. In 2005 Mohammed reduced his 10km time by 3 minutes (7%), he took ten and a half minutes off his half marathon time (11%), five and a half minutes in the City to Surf (10%) and 33 minutes improvement in the marathon (14.3%)!

The **Encouragement Award** went to **Keith Bateman**.

Without much fanfare Keith has been notching up a bewildering set of results, including setting state age records for the 800m, 1,500m and the Australian age record for the 3000m. At the same time, while competing in open events Keith has regularly placed in the top ten while also winning the State Age Group Championship in the 10km Road Race and placing 2nd in the 10,000m track titles.

Moving on to the Ultra scene and **Ultra Runner of the Year**. A number of Striders have been very busy running very long distances.

Male Winner was fellow Victorian Strider **Kelvin Marshall** who had an outstanding year with 9th at Maroondah Dam 50km, 43rd at Six Foot Track in 4:29, 3rd in the Tambourine Trek 62km, 4th at the Gold Coast 100km, 10th Glasshouse 100mile and 3rd in the Coast to Kosciusko.

Suzanne Kelly secured the **Female Ultra award** based upon her 2nd Female Outright in Six Foot Track, setting both an age group and open female record. She also was first in the Canberra 50km and 5th overall and also finished second at Mt Wilson to Bilpin. A special mention for **Vivienne Kartounis** who finished second overall at the Coastal Classic 12 hour with 116km!

Some honourable mentions to:

Darren Benson who won the Gold Coast 100km Ultra in a time of 7 hours 47 minutes,

Philip "Spud" Murphy with 7th at the Gold Coast 100km, 3rd at the Glasshouse 100mile, 11th at Bogong to Hotham, 3rd in the Poor Man's Comrades, 1st in the 12 Foot Track (Six Foot Track out-and-back) and 12th at Brindabella.

Brendan Mason, while based in Victoria, represented Striders with success, posting many results including 20th at the Gold Coast 100km, 26th at Maroondah Dam 50km, 4th in the New Zealand 24 hour, 8th at Glasshouse 100mile, finishing Comrades in 10:45 and also finishing 5th in the Coast to Kosciusko Ultra.

The **Triathlete of the Year** was **Klayten Smith** with his 3rd placing overall at the Canberra Half Ironman, beating many pros. **Darren Benson** again did well, placing 5th overall at the same race and also finishing Forster Iron man in under 10 hours. A special mention to **Stephen Firth** who, in the last 12 months, raced and completed six Iron Man triathlons while also racing in many other tris and representing Australia in the World Duathlon championships.

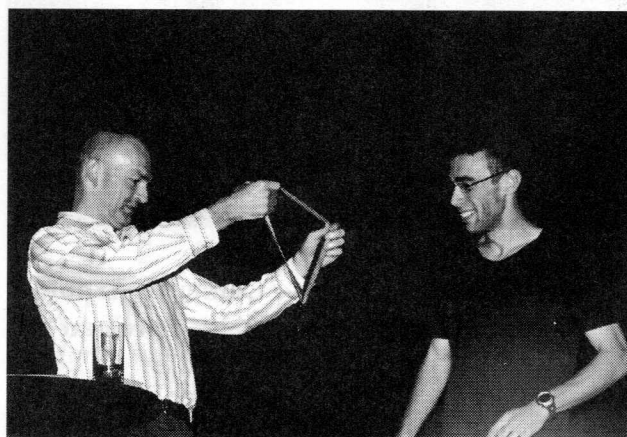
Blister Editor **Andrew Smith** presented the award for 'Best of the Blister' as voted by the members. Regular contributor **Sean Greenhill** was the winner with "Coast to Kosciuosko" **Frances Brown** was runner-up with "Carbohydrates To Go".

The voting for **StaR Host of the Year** was tight with a number of hosts raising the bar in recent months with some special catering. Runner up were

Ben and Katherine McSweeney (and helpers) for the River Run but **Keith and Margaret White** received the most votes for again opening their house in The Rocks to host Striders racing in the SMH half.

The **President's Award for Excellence** was presented to **Joe Degabriele** for his efforts as 10km series Race Director. The 10km Series is vital to the club's ongoing strength providing us not only with essential funding but also it is our most effective method of recruiting new members. Under Joe's directorship we are now seeing fields of over 300 runners and despite having recently stepped down as Race Director Joe has returned, at short notice, to co-ordinate these races, sacrificing his own performances to ensure everything goes smoothly. Thanks Joe, and congratulations.

Finally the **Maria Gemenis-Cruikshank Outstanding Achievement Award** was presented by immediate past President Stephen Jackson. While there were many worthwhile achievements performed by various Striders through 2005 we narrowed the field down to eight finalists for voting by the membership. The award went to **Glenn Guzzo**, with an amazing year of performances to his name. The highlights include, 1st NSW 5000m, 12th SMH and new Strider record, 3rd State XC title, 2nd Sutherland to Surf, 7th Central Coast Half and 4th in the Hong Kong Marathon and again a new all time Strider record. Well done and congratulations Glenn.



President David Bray and 2005 Outstanding Achiever Glenn Guzzo

Thanks to **Naomi Frank** for all the behind-the-scenes organisation for a great night. Hope to see everyone next year at an even bigger turnout.

Scott Westcott's top 10 'Why Is It So?'

At the Striders' Awards Night, guest speaker **Scott Westcott** finished his interesting and entertaining speech with his top ten 'Why Is It So?'

So for those who couldn't get to the Awards Night, and for the renewed entertainment of those who could, Scott kindly allowed 'Blister' to print his list of:

Why is it so?

- 1) Why is it so....that stretching does not seem to benefit me in any shape or form? After every run I stretch and yet as soon as it comes time for my next run I am as stiff as I was before.

I know for a fact that Marty Dent is barely able to touch his knees doing a hamstring stretch whilst Deek asked me a couple of years back if I could touch my toes. I said "Yes" to which he replied, "Well, you're not training hard enough".

- 2) Why is it so ...that at least once a week when I am running somewhere, somebody feels compelled to yell out, "Run, Forrest, Run!"? And the funny thing is that they think they are the first person to say it.
- 3) Why is it so....that I have such wonderful ideas when I am out for my run yet I forget them as soon as I walk in the door? Then I remember them again when I next run past that same point!
- 4) Why is it so....that there is always somebody better than you? We seem to focus on the next level of competition or who we want to be like – boy it must feel great to be Kennisa Bekele! He is literally the best in the world. Sometimes I take pride in being the best in Newcastle, the best in the street. Or the best in my house - except after a marathon, when even my wife, Jessie, can pick me off going up a hill!
- 5) Why is it so...that many fun runs take great pleasure in having km markers that keep reminding you how far it is to go rather than how far you have already travelled? If you are anything like me, you usually know very well how far it is to go and are trying desperately NOT to think about it!
- 6) Why is it so...that runners are creatures of habit?

What is it in our psyche that forces us:

- to do the same races year in and year out?
 - to run exactly the same route every morning. I once decided to run my 8k morning loop that I had been doing for two years in the opposite direction. I got lost!
 - to become absolutely **** to our partners and family if we haven't been for our daily endorphin fix!
- 7) Why is it so....that we are obsessed with weekly mileage? I sometimes say that I am not worried about how many km I am doing but funnily enough I still find myself jogging those extra two minutes so I can round my run up to the nearest km!
 - 8) Why is it so...that marathon runners have an affinity for bananas and vaseline?
 - 9) Why is it so....that we runners seem to be invisible to cars, cyclists and people meandering along our favourite running path three or four abreast, but we are not invisible to dogs?
 - 10) Why is it so....that runners are the most intelligent, most gracious and understanding, most handsome or gorgeous, most professional and well-rounded people on the planet?

For the answer we were invited to turn to the person next to us and smile – there was the answer!

Roll of Honour

15 Years Membership

Dawn Tiller

10 Years

Ted Brailey

5 Years

Julie McGaw

Scott Smiles

Iain Martin

Kendall Waller

David Clear

Lisa Gallate

We run 42kms – why not for charity?

The London Marathon is the single biggest annual fund raising event in the UK!

The Michael Bailey experience in London, 23 April 2006

I had a 'getting a bit old' day in terms of my marathon time but what a day it was in every other respect! My (lack of) pace actually provided me with longer than I expected to soak up the extraordinary atmosphere of an extraordinary event.

In UK there is a major difference between their various running events and ours – their's are a sell out! Places are highly valued and charities compete for runners' support which leads to a healthy 'you scratch my back and I'll scratch yours mentality.

Entry into London is by ballot or via a limited number of 'golden bond' places which are made available in small numbers to charitable organizations. I was lucky to secure one such entry slot.

Over and above those prized entry slots, it is estimated that 75-80% of all entrants run for charities of their own choosing and the remainder mainly run "for Mum". I believe charity fund raising by so many runners to be the principal reason behind the quite astonishing crowd support on race day.

We run 42kms – why not for charity?

"To run for others is an unforgettable feeling," said one runner. "The euphoria I felt was like nothing else, having raised all that money".

A spokesman for 'Dreams Come True' added, "Without our charity runners, the number of dreams we are able to fulfill would be halved. Not only are we able to make dreams come true for very special children but our runners are awarded with their very own dream come true event."

Many charity support teams do a great deal to make the London Marathon the great day it is. Their volunteers add colour along the course and scream their heads off at their particular runners en route – charities invite their non-running supporters to 'Get out there' on the day to provide louder cheering than fellow charities – all good fun and an extra motivation for runners!

Charity officials are at the finish line to provide

congratulations and gratitude to their runners. My Australia marathon experience is that (Gold Coast and Six Foot Track excepted) by the time I get to the finish line, supporters, if indeed there were any in the first place, have gone home.

My whole experience of the London event, its organization and its supporters is entirely positive.

The closest comparison I can think of in Australia is Melbourne Cup Day. The London Marathon is just as huge a day in UK – everybody gets into it! Runners, even before the event, are treated as heroes!

At lunch-time in a restaurant on the Friday before the Sunday marathon, I ordered a dish which included rice. "I'd like an extra portion of rice please" I said. The waiter responded that as it came with plenty of rice, I wouldn't need extra. "I'm running the marathon on Sunday and I need the carbohydrate".

"You're running the marathon? – lunch is free!"

On race day, Underground and rail transport to the start is free to runners – Marathon day is a BIG day! No whingeing about road closures etc – "Where will you be watching the marathon?"

The Big Day

37000 runners need organization and there was plenty of that. As is normal nowadays, all runners are individually chipped so there's no need for push and shove at the start. All runners have provided an estimate of their finish time which is encoded on their chest bib. This in turn is each individual's entry permit to a particular seeding 'pen' at the start. There are three starting locations which converge after a few kms. I feared a bottle-neck at the confluence points but not a bit of it – just plenty of banter and accusations of short cuts etc. My only whinge on the day was that I was already running 100 metres BEFORE the start line!

Race day itself this year provided perfect running conditions – about 12 degrees, no wind, no sun and

occasional light drizzle – what could be better?

The crowd was 3-4 deep along all 26 miles except at the more popular vantage points where it was 20-30 deep. The crowd gives 'polite applause' to the front runners (I'm told) and the loudest support imaginable for those of us further down the field. There are bands of all sorts along the way and one of these, a fifty-strong Scottish pipe band, had me in tears at about the 20 mile mark when the going was getting tough.

Experienced London Marathoners wear their name on the front of their running shirts which creates individual support – naturally I was wearing my Striders singlet so had plenty of "C'mon Sydney, you can do it" etc! The approximate half-way point is a short distance after crossing the famous Tower Bridge, I reckon there must have been 100,000 people within a few hundred metres of that point – all screaming, and all seemingly for me! The next few miles of the route is through the comparatively narrow streets of the 'Isle of Dogs' in east London where, in addition to the crowds on the pavements, someone in every window provided extra support.

The run home along the Embankment has to be experienced to be believed. I recall a couple of miles of sensation akin to my team having just scored a goal in the Grand Final to force extra time. Then it's past Big Ben and the last mile is up Bird Cage Walk towards Buckingham Palace, a quick wave to Betty and then the last 200 metres down The Mall to the finish as the crowd roars for the winning goal – and what a roar!

'Sydney Striders marathoners raise quarter million dollars in Canberra'

Just imagine that as a headline – that's the challenge, it is possible and we should 'go for it'. As a Club we have the numbers to change the running game in Australia.

Charities in London mostly report an average of \$2500-3000 raised per runner.

Striders will most likely have 100 entrants in Canberra next year – the maths are simple, what about it?

\$250,000 is clearly very much a gettable target. If the event becomes a charity event, non-runners will become runners and many many others will become supporters. I can see the traffic jam on the Hume

already!

Charities need to play their part too, \$\$ need to be earned. In the UK charities typically provide email fund-raising support, advice and tuition, as well as the support en route and at the finish – it's definitely a two-way street but it's also definitely time for us at Striders to take the lead. There are secure fund-raising websites which pass sponsor dollars directly to a nominated charity and everything is made easy. Many companies, especially large ones, are willing to match their employees' donations dollar for dollar – there's masses of opportunity.

Any one of us running a marathon is a winner, let's make charity a winner too!



My London host, Garry (R), looking very happy after his first Marathon and me looking very relieved after my 20th.

Broken Wing Club.

Shirley Rutter is now recovering from orthopaedic surgery due to a detached ACL (anterior cruciate ligament) in her left knee. The injury occurred whilst playing Netball a few weeks ago. Shirley will be out of the walking group for a month or two. Now that she is banned from playing Netball, (by Barry), who knows, she may even take up running following recovery.

There is more to running in the Rainbow Nation than the famous Comrades Marathon.

By Charles Coville

Four days before I was scheduled to run the Sydney Morning Herald Half Marathon I flew at short notice to South Africa to visit my seriously ill mother in hospital in Johannesburg. My 18-day trip included catching up with old running mates from the late 60's and early 70's and running four local races that I had not run before.

The South African running scene is HUGE. Races every weekend, large fields, inexpensive entry fees, numerous cash prizes in road races and excellent race organisation. If a main road has to be closed to accommodate runners, so be it. The crazy litigious environment stifling Australia road running is a not evident in the Rainbow Nation. Running is alive and well in South Africa.

On my first Saturday afternoon I was invited by Neil, my brother four years my senior, to run an 8k cross country race in the South Western Township, Soweto. Soweto is a large black sprawling township of over 1 million residents on the outskirts of Johannesburg. It is the most populous black urban residential area in South Africa and was the home of Nelson Mandela. The township was synonymous with the black student riots of the mid-70's when the youth took to the streets in a violent confrontation with police. They were protesting against being taught in Afrikaans rather than English or their native language. These protests were a major catalyst to eventually bring down the white National

government and the system of race segregation, Apartheid, albeit some 20 years later.

It was with a feeling of intrigue yet apprehension that I drove into the Soweto township with Neil and Brian Chamberlain, a close running friend from university days. I was in illustrious company as Neil was a Boston Marathon 2h25m finisher from the late 60's while Brian was an ex-South African marathon champion (2h 15m) and winner of the famous Cape Town Two Oceans 56k ultra. We had run cross-country together for the same club (University of the Witwatersrand, or Wits as it is known to locals) from the late 60's and the two stalwarts were still running Saturday afternoon cross country 38 years later. Some achievement!

This was my first visit to Soweto. When I grew up in South Africa it was a forbidden territory for whites to visit. The suburbs that we drove through were not like the shanties depicted in the film "Tsotsie", the best foreign language film at the recent Academy Awards, but rather low to middle class houses similar to those found in some white suburbs of Johannesburg during the Apartheid era.

Below – a cold, wet deserted course in Soweto



The course consisted of four 2k laps over fairly flat parklands, well marshalled with water sachets handed out after each lap. The weather was abysmal - cold, wet and windy. Spectators were sparse. Only the diehards were to venture out on such a day. Few whites made the trip; the race consisted of over 300 predominately black athletes sprinkled across the various age group races. I ran in the 50 plus age group and was soon in the back 20% of the field. I was suffering from jetlag and the effects of the highveld altitude, having arrived in South Africa only 2 days before. And the Super 14 teams think they were doing it tough. I was happy with my 36m 5s.

A week later Neil and I ventured out to Boksburg, a town east of Johannesburg, for another 8k cross-country race. Both are located in an area called the Witwatersrand where gold was discovered in 1886 by an Australian, George Harrison (note the spelling!) The gold reef is over 100 kilometres long and has produced 40% of all gold ever mined from the earth.

A \$6 got me an entry fee and a temporary race license. All athletes have to be licensed to run in road or cross-country races. The Boksburg course was tougher than the Soweto course. Long gradual gradients on grass-covered dirt roads. 38m 37s was a satisfactory outcome with Neil finishing just under a minute ahead of me for the second week in a row.

Neil had scheduled a one hour medium paced training run for the two of us the following day. However he came up with a second option - the 21.1k Randburg Harriers road race over a very hilly inner western Johannesburg course. Having missed the Sydney Morning Herald Half one week earlier, I jumped at the suggestion, forgetting that I had only just competed a very tough 8k and was still suffering from the effects of altitude - 1,800 metres above sea level where it takes an extra minute to boil an egg.

"Its zero degrees in the first dip (valley) 1km from here" explained the Jaapie announcer on the Randburg Sports Club grass oval half an hour before the start. "Don't forget your gloves". Long sleeve T-shirt, Striders vest and shorts, winter cycling socks and woollen gloves - I was still freezing. Neil's tactic was to run together at a cautious pace at the start as there were two large hills to negotiate in the early stages of the race. Wise move. Once the early 5 minute kilometre hills were over we settled into 4m 45s for the undulating sections. "Hey Bruce" yelled out a runner from behind. As I was about to let him

know that I wasn't Bruce and, anticipating the next question, that I did not shear sheep, he diffused the issue with a complimentary "Man, thanks for coming to run in our race".

"We have to aim to run a sub 1h 40m" suggested Neil. Not sure of what hills were yet to be encountered I was a bit apprehensive. However the 48m 44s for the 10k split gave me the confidence to agree to his target as he explained the worst hills were over. The downhills pounded the legs and I could feel the effects of Boksburg less than 16 hours earlier. I finally blew on the last hill 1k from home as my legs refused to respond to the challenge of locals passing me in their final sprint home. I was nonetheless very satisfied with my 1h 41m 44s, 16 seconds ahead of Neil.

"Well we would have broken 1h 40m without Boksburg" suggested Neil. Probably. The official results on Chamberlain's Timekeeping website of race results showed 1,270 finishers, with 152 in my age group (50 -59). I was placed 14th; there was only one runner, my age or older, ahead of me. A most pleasing result once benchmarked. The age group winner, one E. Tjela, 51, from Emfuleni club clocked a rather respectable 1h 19m 29s. Neil managed a second place out of 61 runners in the 60 - 69 age group, a mere 34s behind the winner, one P. Nsthlukundamalena from Vodacom club. "Damn Boksburg," cursed Neil.

The following Wednesday I was invited to the Kudus Running Club monthly dinner which was attended by a number of my old running mates. The function was also to be a pre-Comrades Marathon get together as the famous 89k ultra was only two and a half weeks away. Twenty-eight Kudus out of the 130 membership were running Comrades. Both Neil and Brian Chamberlain are members of Kudus, but they weren't running the 89k classic along with 12,000 other ultra enthusiasts.

In 1968 I ran my first Comrades Marathon with Dave Hodgskiss, a fellow student at Wits University and also a member of the Wits Marathon and Cross Country Club. There were only 586 finishers that year. Hodge started the Kudus club one year before I started Sydney Striders. Kudus have the same style running shorts as Striders, but in blue and yellow. Kudus was founded as a Wits University graduates running club. The club name is derived from the antelope which appears on the university crest. Hodge retired from marathons after Comrades

number 23. At the dinner we reminisced about the old running days. Lawrence Mallen, another Wits runner from the same era, was in a spot of bother as he had a nasty cycling accident a few months prior and was concerned that he may be unable to complete his 24th Comrades. Made me wonder if I would still be running Comrades had I not emigrated. At least I ran eight, although I probably would have been classed a rookie if a discussion had been held on the number of Comrades completed.

On my final Sunday morning, 11 hours prior to boarding the 'Flying Kangaroo' for home, I ran the RAC 10k. Rand Athletic Club is the largest road running club in South Africa with over 1,600 members. Its famous members include ex Wits University student Bruce Fordyce, nine times winner of Comrades (a Bradman-like achievement) and Bob De la Motte the runner who twice finished second to Bruce, on each occasion pushing him all the way. Today Bob lives in Perth and last month came second in his age group (50-54) in the Busselton Half Ironman running a respectable 1h 27m half off the bike.

Once again it was not an easy course. We actually started at the bottom of a hill, Jan Smuts Avenue – one of Johannesburg's main roads that was partially closed to accommodate the 2,000 runners. The men and women lined up on either side of the road. No sooner had we completed the first major hill when a second large hill appeared. Nine minutes at 2ks and I knew that to break 45m was going to be a great achievement. We ran through the more affluent suburbs where the houses were enclosed with high security fences, walls and gates – a sign of the way of life in the new South Africa.

"Are you really from Sydney Australia?" enquired a fellow runner at 5ks as I slowed to take a cup of

Coke at a drink station (all drink stations have Coke). I contemplated telling him that my name was Sydney, but after my nodding the affirmative he promptly replied "pity about your rugby team!" It was time to fly the Australian flag. "Pity about your cricket team, swimming team, World Cup football team, Commonwealth Games team ..." Before I could add netball team he conceded defeat and thanked me for running in his race. South Africans do appreciate foreign runners; just as well I was wearing the green and white Striders gear (any points for the Lane Cove 10k that I missed?).

Neil and I raced each other the entire way, with Neil nudging me out by 18 seconds. I was satisfied with my 44m 52s. The majority of runners run in club colours and it was interesting to note the names of the clubs on display including Sunninghill Striders, Springs Striders, Benoni Striders, Kagiso Striders, Midrand Striders and the curiously titled Yebo Striders (meaning "Yes" in Zulu, a standard response to "Sawubona", which is "Greetings" in Zulu).

If you want a running holiday and do not want to run South Africa's two best known ultra marathons, Comrades and Two Oceans, there are plenty of interesting alternative races for the short distance running aficionados.

While I enjoyed all the racing, the trip was a sad affair as my mother passed away shortly after my arrival in South Africa. She was very much involved in the Wits running club in the 60's and 70's, made the best post race teas and was my support crew in my early standard and ultra marathons when there were no distance markers or drink stations. Thanks Mum.

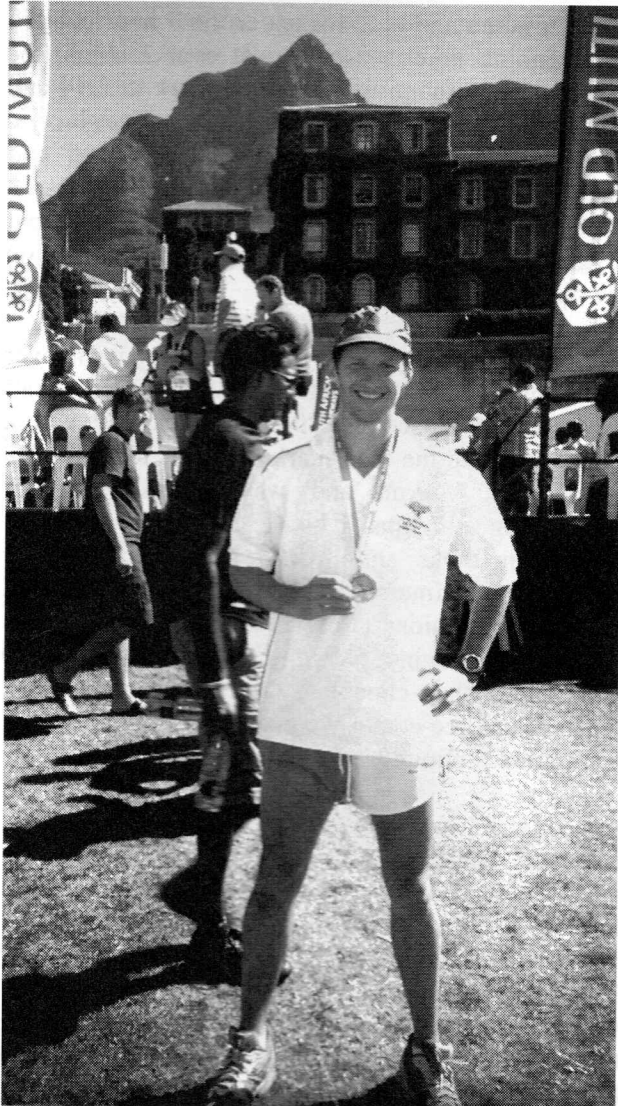


Charles (R) with brother Neil at the Soweto X-country

“Where Oceans meet”

The Two Oceans 56km Marathon, 15th April 2006, Cape Town, South Africa

Your tired correspondent: Mike Fowlds



A throng of runners snaked up Chapman's Peak ahead of me. The sea glinted deep blue, far below to my left, the mountain cliff sheer to my right. I passed through one of the 33 drinks stations on the course. This one was manned, somewhat incongruously, by dozens of Roman-toga-wearing volunteers, offering a selection of water sachets, coke and various flavours of powerade. Only a few minutes before I thought I'd passed a violinist: just 32 km into this run and I was hallucinating already? I was 2km from the top of the pass and 24 km from the finish line of the 37th running of the Two Oceans ultra-marathon.

South Africa is probably the only place in the world where long distance running is mainstream. This year there were 8000 entrants in the Two Oceans 56km (all having completed a qualifying marathon), plus a further 10000 in the Half Marathon. The event is televised start to finish and there are spectators every step of the way. During my visit I met numerous people who, on hearing I had run the Two Oceans, would say something like, "Oh yes, most beautiful marathon in the world; I loved all six times I ran it!". Many make the Two Oceans an annual pilgrimage: two runners this year were going for a 30th finish. Even more impressive, one runner was attempting a 22nd silver medal (sub 4 hrs – 4:17 pace) in 22 entries.

A bit of history

Two Oceans was started in 1970 as a training run for the Comrades, South Africa's 89km run held in June. There were 26 starters that year. The race is held in Cape Town in the southwest corner of the country. This area marks the meeting of the Atlantic and the Indian Oceans, hence the race name. The course is all on-road, taking in suburbs, coastal roads, steep mountain-sides and wine country.

The Route

The two main challenges of the run (apart from the City-to-Surf's worth of distance still remaining at the marathon mark) are Chapman's Peak and Constantia Nek. The first 28km of the race are actually very flat and it's easy to start too fast. Chapman's Peak starts at about the 30km mark, and rises 180 metres over 5km. Constantia Nek is nastier, rising 215 metres over 4km and starting within sight of the marathon mark arches. The final 10km are mostly downhill (albeit with a few nasty bumps, noticeably in the last km of the race).

Race Preparation

This was my third long distance event, following the Canberra Marathon in 2004 and the Gold Coast Marathon in 2005. I had, needless to say, intended to be heroically trained for this, but some persistent

patella tendonitis restrained my mileage to 50-60 km per week. I did however get in a dozen 30 km runs with the Sunday morning STARS. I would have benefited from a training run or two approaching 40 km, or a marathon closer to the race, but on the day I felt reasonably confident I'd make the 56km, provided my knee held out.

The week leading up to the race was hectic. The Fowlds family (including a 3 and a 6 year old) flew over to Johannesburg on a Wednesday, with the race on the Saturday. I went for a final 25 minute run on the Thursday, and it felt terrible! I was jet-lagged, asthmatic, noticing the high altitude, feeling my knee (and, for good measure, my right Achilles) on every step. Oh dear.

We still had to take the 2 hour flight to Cape Town - the race location - on the Friday. We went immediately to the expo area for our Bibs and timer chips. The expo was impressive (more like a temporary shopping centre than just a place to confirm your entry and buy some last minute Gu's).

Then on to a holiday house filled with runners, marshallers and their children. A Uni friend of mine, Mark, and I were running the 56km, while his wife, my wife (Sydney Strider Mabel Fowlds), my sister and my brother-in-law were all doing the half marathon. My brother and Dad were marshallers. No half-hearted effort, this!

The Race

For once being jet-lagged was an advantage. I had no problem waking up and getting to the start by 6am to watch the half marathoners head off at 6:20 am. I then found my starting group. The race has seeded starts A to H based on qualifying marathon time. I was fortunate to just sneak into the B group (2:55 to 3:20 marathon), based on 3:18 at Gold Coast, which gave me a good start. The race founder blew the traditional fish horn two minutes before the start of the race and within 20 seconds I was over the starting line.

There's much camaraderie on the run. Fellow runners and spectators are on a first name basis with you, easily done as I had 'Mike' printed in large letters on my Bib, on chest and back. The Bib also summarized my number of runs completed (zero), with what medals, and local or international runner. Runners attempting their 10th Oceans had yellow bibs, runners with more than 10 completions had blue. I was running in my Sydney Striders top (of

course!) which attracted special interest from spectators, 'Go Sydney Striders'; Ozzie Ozzie Ozzie', 'Welcome to Cape Town', etc.

I followed the 5-hour pacer, as was half the world. Not everyone gets the same medallion at the finish line: there's a gold medal for top 10, silver for under 4 hours, silver-bronze for under 5hrs, bronze for under 6 hours and blue for under the 7 hour cut-off. The winning time is usually just over 3 hours: the leaders pass through the marathon mark in 2:14 and don't slow down! The 5 hour silver-bronze 'Sainsbury medal' is a new medal this year and many, many runners were aiming for it. After a while I positioned myself about 100 metres in front of the 5-hour pacer; there was simply no space on the road to run with him.

The first 30 km were very comfortable: went over the 9 km mats in 45 minutes and 28 km mats - half way - in a 5:00 pace of 2:20. I had hooked up with a Zimbabwean at the 5km mark who was ticking off a steady 5:00 / km, and waved at my family marshallers at 7 kms. I had a Gu or two (bit of a stitch from those; should have used them more in training), experimented with the powerades offered at the water stations (went down fine), the bananas (fine), coke (highly recommended for the last 10 kms) and the chocolate (not recommended!). Potatoes and ice-cream were also offered by at least one station: definitely not recommended...

Amazingly, I had no knee trouble during the run. I was still comfortable, relatively speaking, at the marathon mark - going past the huge crowd gathered there in a time of 3:35. The only major problem I had to overcome in the race was something I'd never had trouble with before: cramping! At one point I was running (ok, I was walking) near the top of the Constantia Nek climb at 45 kms when cramps brought me close to a complete halt. Fortunately there are physios stationed at the side of the road at regular intervals at this stage of the race. A 45 second pit-stop to rub out the muscle knots and I was ready for the last 11 km of the race.

Would I do it again? Would I recommend it?

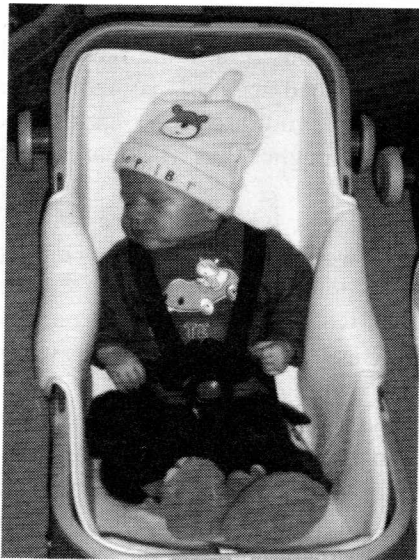
Yes and yes. The finish was very special. A carnival atmosphere on the Cape Town Uni rugby fields.

Large crowds. Hundreds of running club tents. Sunny day. Table Mountain as a backdrop. Finishing time of 4:55, just good enough for the sub-5hr

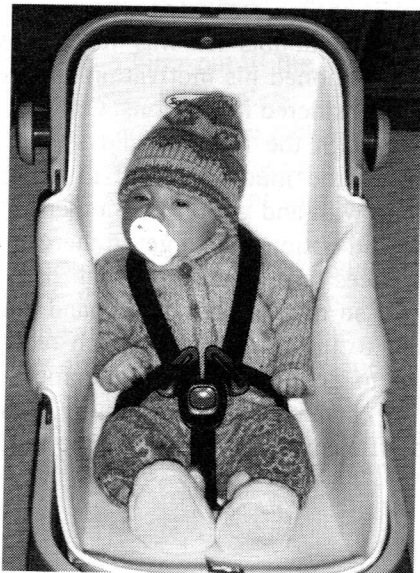
'Sainsbury' silver-bronze medal. All in all, a magnificent day!

So, if you're looking for an exotic overseas marathon to compete in, and have a reasonable stash of frequent flyer points, then next to the New York and London marathons I commend the Two Oceans marathon to you. If not, it may just interest and comfort you to know that there is a place in the world where long distance running, to the marathon mark and beyond, is not just a fringe sport but part of mainstream culture.

Hatch, Match and Despatch



Tracey and Rob Love welcomed twins **Isabella Caitlin** and **Jackson John**. They arrived six weeks early on 23 Jan 2006 weighing 2.33kg and 2.1kg respectively. At end of May at 3.5 months old they doing very well and weighing a healthy 4.7kgs.



New Members – March - June

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

Alanna Warner	Glyn Bagnall
Clare Germaine	Simon Germaine
Stephen Liney	Richard Palmer
Nikki Butfield	James Wright
Malcolm Eadie	Noel Power
Peter Scotty	Michelle Tonnet
Peter Fahey	Gareth Banks
Vicki Hanks	Alison Miles
Stuart Holt	Carey Lynn
Ashley Cooper	Stephen Mifsud
Michael Troup	Jo Pai
Jim Woods	Aurea Palma
Robert Joscelyne	Phillip Sharp
Shannon Daley	Kristy Walsh
Rachel Ayala	Michael Irwin
Guy Doulman	Noel Hamill
Cheri Lutz	John McDonald
Zoey Aitkenhead	Carl Jefferys
Elizabeth Cookson	Rosie Fayn
Ken Harvey	David McLure
Matt Olsen	Todd Warwick
Simon Fielder	Paul Shirdon
Jennifer Brown	Ellie Boyd
Paul Honeywell	

Melbourne Trailwalker

'The Sydney Striders Travelling Circus' **Joel Mackay, Jaap Bakker, Richard Green** and **Jonathan Worswick** came 1st in 11h 40m

Clare Holland and **Yale Carden** also ran in "Team Dutchy" with 2 non- Striders, finishing in 19hrs 6mins in 31st place.

Striders in Australian 100K team

Congrats to **Darren Benson** and **Vivienne Kartounis**, both named in the Australian 100k Team to compete at the IAU100km World Cup to be held at Misari, Korea in October.

My Day in the Sun - Ironman 2006, Port Macquarie

By Steve Hume

Steve Hume had doubts about his Ironman goal but gained inspiration from a pre-race Kieren Perkins speech and had his 'Day in the Sun'.

In the lead up to an Ironman it is very easy to believe that you are never likely to be able to run the marathon at the end of the day. You always say to yourself you'll finish no matter what, but I always envision the "what" to be hobbling for kilometers of the race nursing cramps, blisters and a very depleted body. Many worse scenarios go through your head but they don't bear dwelling on for too long. Forster 2005 was my first Ironman distance triathlon and I had feared the worst before the start of that race. Somehow I had managed to get through the event without any serious issues and a qualifying spot for the 2006 IM event to be held in Port Macquarie.

Having obtained the spot to IMOZ 2006 meant that it would be my major goal for the next 12 months. IMG have created a very clever marketing tool where they offer qualifying slots to a bigger more attractive race at every race they run – including the World Ironman Championship at Kona, Hawaii, where you can qualify for the next year's race at Kona if you are able to go very fast! It's satisfying to finish one of these events, yet it's easy to feel that it's not quite as prestigious as finishing the next "bigger" or "better" race that you can potentially qualify for. Like thousands of people who watched the Wide World of Sports Ironman specials of the late 80's and early 90's I had bought the dream of one day wanting to race in Kona. The Kona dream was made a little more tangible when I turned 40 in mid-2005 and moved up into a new age group.

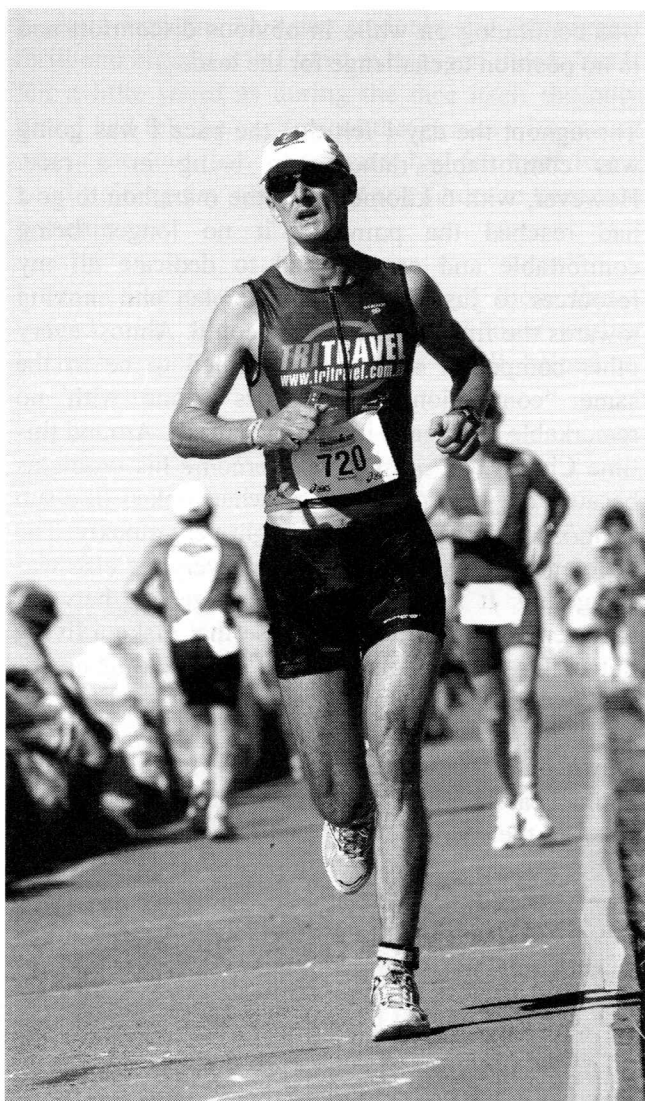
Racing triathlons of all descriptions became a priority after taking on a committee member role with the Hornsby Triathlon Club midway through 2005. I thoroughly enjoyed the racing over the season. Favourite memories of the early season races was the close racing with Martin Dowson and Stephen Firth at the Nepean triathlon, Port Mac Half IM and Canberra Half IM. Klayten Smith and Darren Benson were racing strongly and placing highly at Canberra and the Jervis Bay Long Course race. I marvelled at their speed on the bike and their ability to run well afterwards. Half-way through the season I picked up a new triathlon/time trial bike and it rewarded me pretty quickly with improved bike splits and placings at races like Kurnell and the

Calga Time Trial events. I even managed to get a few wins in my age group at Kurnell which was very satisfying.

The downside of all the racing I was doing was that my goal of racing well at Ironman Australia had become almost secondary. A week before IM Australia I had turned up at Port Macquarie with my family feeling pretty crappy and tired of triathlon training and racing. I wished that I could just have a regular holiday. I had friends staying close by who were all feeling pumped up and really excited about the event and all I could think of was having a break from triathlon and training and spending more time with my wife and kids. For some reason I also felt that my fitness had peaked sometime back in February and that I would really struggle to race well on the somewhat tougher Port Macquarie course.

So the lead up week was one where all the doubts over whether I would make the distance resurfaced. This time I had doubts about every leg - and not just the marathon. I worried that the swim course was too narrow and I'd get clobbered by faster swimmers to the point of drowning or distress. I worried that the hills on the bike course would sap me of leg strength and use up energy required for the marathon. Same with the marathon – I figured that I'd be lucky to be able to walk straight after the bike leg so running the last 7 kms of the marathon over the same hills would be almost impossible.

At the pre-race Carbo Night one of my heroes spoke to the assembled athletes. Kieren Perkins was interviewed about his famous victory at Atlanta where he had been lucky to qualify for the final of the 1500m. His speech resonated with me perfectly. He talked of the doubts he was having over his abilities, he questioned his motivation and desire to compete and considered his options. Option one was to just go through the motions and swim without hurting himself too much in a bid to get the race over and done with and get on with other aspects of his life. The 2nd option was to get in there and focus on the practices and processes that had proved successful for so many years beforehand and really push himself to his limit. This speech really made me resolved to go into the race and focus on the moment - to concentrate on swimming, riding and running as efficiently as I could for the duration of the race.



Sunday 2nd April, 2006 rolled around and I went through my regular pre-race routines and turned up at the start area happy in the knowledge the day had finally come around and I could get it over and done with. The great thing about ironman races is the amount of positive energy pouring from every competitor, spectator and volunteer at the event. It's hard not to get a buzz out of the nervous excitement at the start line. Helicopters, blaring music, the nervous chatter amongst the athletes and the famous voice of Mike Reilly revving up the crowd all make for a high level of excitement amongst all present.

Finally the moment came, and the gun sent us on our way. From the start I was surprised that I was keeping up with the pack around me. The swim went way better than I expected and I only had a few minor bumps and the odd kick in the face! After rounding the last turn buoy and heading for shore my left calf began to cramp uncontrollably and I

struggled to the shore-line feeling pretty wonky. Despite this I looked at the clock and was happy to have swum just over 56 minutes for the first leg. I began to think to myself this could be a good day.

Onto the bike and I stuck to my plan of taking it easy for the first lap and a half of the three lap course. I focused on doing all the basics right – eating and drinking to a plan and maintaining a steady pace throughout. I managed to catch up to Stephen Firth who was riding a new Azzurri TT bike as well. I get a bit of confidence finding Stephen on the bike leg because I know he is experienced enough to pace his races very well. We kept each other in sight for quite some time and shared some friendly discussion about the day ahead.

On the final lap of the bike leg I saw Darren go past me on the first hill as you leave Port Macquarie. I was a little surprised that it had taken him so long to catch me as usually Darren goes past fairly early in the bike leg and vanishes before I blink. This time he went past a fairly relaxed pace so I decided to up the pace in an attempt to keep him in sight. Darren indicated that he was holding something in reserve for the marathon to come which I thought would mean a blistering run split from him. Usually I'm reluctant to try and go faster than I am comfortable with for fear of using up too much energy, however today things were going well. My nutrition plan was working pretty well and the pace was feeling quite comfortable.

On each return from Lake Cathie we had a nice tail breeze that was blowing us back toward Port Macquarie. It felt great to get down low and push the bike over the 40 km/h mark. I could see packs ahead of me with "Draft busters" (Technical Officials) on their motorbikes keeping an eye out for drafters. I realized that I was having a pretty good day when I was able to ride up behind these groups late in the race and overtake the entire group in fairly quick time. When I looked at my splits after the race I noticed that each lap had been within a minute or two of the others and that the last lap was only fractionally slower than the first lap. The value of pacing the race well is that when you ride (or run) an even pace throughout, you end up catching a lot of competitors who have set out too fast too early. With about 15kms of the bike leg remaining I overtook Lisa Bentley who had won the previous four Forster Ironman races and it started me trying to calculate what sort of time I might do if I could hold myself together on the run leg.

When I jumped off my bike and tried to run it felt like I had been permanently folded at the hips and I wouldn't be able to stand up straight for some time. I also noticed that I had returned to T2 in 6:15 which was 5 minutes slower than I had completed the equivalent distance at Forster in 2005. Having finished that race in 9:55 I thought that it would be a real challenge to finish in under 10 hours at Port Macquarie. I resolved to forget about trying to compare times and to just go back to focusing on finishing in good form.

Once again the volunteers at transition helped me change and get on my way as fast as I could and I ran out of T2 feeling reasonably good apart from the sloshing stomach from all the drink I had consumed throughout the bike leg. I had a few ideas on how to shave some time off my previous marathon at Forster and it revolved around making sure to slow to a walk at each drink station, consume one cup of water and then get back to running sooner than I had the previous year. I kept to this plan even when other competitors were catching me and going past while I had my walk break. I figured that late in the race I'd be slowing down less than most.

Towards the end of the first lap a bike rider came by announcing the imminent arrival of the now 3rd placed Lisa Bentley. Lisa was now powering through the field in pursuit of Belinda Grainger and Melissa Ashton. The cyclist was so intent on keeping an eye behind to watch Lisa that he nearly rode off a bridge over a canal. He ended up sprawled on the footpath in front of Lisa in an embarrassed heap. She managed to dodge the fallen rider and was probably happy to move past Melissa Ashton shortly afterwards so that she would have a different rider to lead her around the rest of the course.

A little while later I came running up behind a competitor who was walking. I could tell he was a professional by the "X" marked on his leg, which signified "male professional". It turned out to be Chris Legh. Chris is the star of Gatorade's latest commercial that chronicles his battles with dehydration during Ironman racing. According to Gatorade they have invested a lot of effort in testing him and trying to help him with nutrition plans for these races. Today he was not struggling with dehydration but another health problem that we were to learn later involved a heart complaint which causes blood to flow into his lungs when he over-exerts himself. I had heard via the race announcer that Chris had decided that this was going to be his last Ironman race and I was pretty impressed that he

was continuing on while in obvious discomfort and in no position to challenge for the lead.

Throughout the day I felt that the pace I was going was comfortable rather than being in a race. However, with 6 kilometres of the marathon to go I had reached the point of it no longer being comfortable and easy. I had to dedicate all my resources to just sticking to the plan and moving towards the finish line as best I could. Almost every other competitor around me seemed to be in the same "completion at all costs" zone with no remarkable difference in running speed. Around this time Chris Legh must have overcome his problems because he went past running what looked like sub 4min/kms and he went out of sight very quickly. The difference in his speed to that of everyone else was staggering. It really showed the huge gap between the average competitor and those that make a living out of the sport. I also figured his walking breaks were working a little better than mine!

Down onto the break wall for the last time and I could hear the finish line from a kilometre away. Hearing the excitement of the finish line really helps to bring you home. As I ran towards the final finish chute I heard my wife Catherine and the kids yelling out. It spurred me on to a ridiculous sprint down the finish chute as I came closer to the line I could see the race clock with 9:43 on the front. I was truly surprised and elated enough to do a final jump and pump of the arm. The only disappointment of the day was that I was looking forward to hearing Mike Reilly call out, "You are an Ironman!", but it never came. Maybe next time I should linger in the finish chute! As soon as I crossed the line the volunteer handlers grabbed me quite quickly and hurried me off to the recovery tent. I must have looked worse than I felt as they were looking at me a little worriedly.

After a drink and a massage in the recovery tent a committee member of Tri NSW came in and said "You won, don't you know!" and I looked at him in disbelief. I had been told as I left T2 that there were three people in my age group ahead of me and I had seen at least another from my age group go past me early in the run leg. After that I had gone on blissfully unaware of my position in the field. So unbeknownst to me I had gone past these guys without realizing.

It wasn't until the Awards Night where I had to get up on stage and I saw my name on top of the video screens announcing the winner of my age group that

it really sunk in. This was undoubtedly the biggest thrill and biggest win I have ever experienced. Yet it felt a little weird as during the race itself the only time I had felt the excitement that comes with racing was at the start line. After that it had felt more like a good training day with lots of spectators to keep you company.

I would like to say thank you to all those that I trained with and those that shared their earlier Ironman experiences with me as it all helped to

make my own experience of this great event that much easier. Long time Striders that helped in this regard include Mark Fiore, Stephen Firth, Gary Aitkenhead and Charles Coville (who was a great training partner keeping me company while running into the city once a week). Darren and Klayten were also very inspirational role models. Klayten finished off with a fantastic result at Port Mac as well. Finishing his race off with a sub 3 hour marathon and ending up in 6th place outright. Outstanding effort!



Thumbs up from Catherine

8h 52m Klayten Smith 6th in Pro category and overall / Marathon 2.55.49;

9h 43m Steve Hume 1st M40-44 Marathon 3.30.46;

9h 54m Darren Benson 23rd M30-34 - 3.40.19;

10h 23m Stephen Firth 11th M45-49 - 3.51.29;

10h 29m Graham Creed 21st M40-44 - 3.49.01;

10h 43m Martin Dowson 37th M40-44 - Marathon 3.46.06;

10h 49m Rob Johnson 25th M25-29 - 4.21.10;

11h 06m Mark Fiore 54th M40-44 - 3.59.44;

11h 16m Anton Kapel 111th M30-34 - 4.17.48;

11h 28m Carmelo Gallo 78 th M40-44 Marathon 4.10.10;

11h 47m Gary Aitkenhead 63rd M45-49 - 4.14.12;

11h 51m Charles Coville 4th M55-59 - 4.08.50;

12h 41m Mark Wilson 153rd M40-44 - 4.23.42;

13h 37m Gary Leahey 46th M50-54 Marathon 6.02.17;

13h 37m Melinda Bowerman 36th F30-34 - 5.19.30;

14h 04m Keith White 26th M55-59 Marathon 5.39.46;

15h 03m Brenda Hamill 1st F60-64 - 5.20.33

SUPER START TO ANSW WINTER SEASON 2006

By Shelley Howes

This year **Kate Topp** has handed over the ANSW reins to **Glenn Guzzo** and myself. Kate did a fantastic job in 2005 leading Striders to 2nd place in both the men's and women's Winter Premiership last year.

Can we do one better this year and take out the Winter Premiership?

Glenn and I have been madly recruiting our star performers and so far participation from our 46 registered athletes has been strong, with numerous teams being fielded in each event.

Novice Championships

The ANSW Winter season kicked off with the Novice Championships held at Scarborough Park on 29th April 2006.

Our best performance in the men's Novice 10K was **Ray Wareham**, 8th in 33:51, a great time over a sandy course. **Jenny Truscott** was 3rd in the Club Invitational 4K, breaking the magic 14min mark in 13:56. Obviously not tired enough, Jenny also ran the 10K in 41:16. **Lucy Chapman** was 3rd in the 10K in 38:15. **Glenn Guzzo** was 2nd in the men's 10K in 31:49. Also **Greta Truscott**, running for Randwick-Botany was 3rd in the Female Novice 4K in 14:37.

State Road Championships – 10K

It was raining medals for Striders at Holsworthy on 6th May 2006. **Jenny Truscott** ran a scorching 36:59 on what was an unseasonably warm May afternoon to take the silver in the women's 10K. **Greta Truscott** was 4th in 38:10. **Danielle Langsworth** continued her good form this season running 10th in 40:13, securing the State 40-45 title. New Strider **Jo Pai** was close behind in 40:37. **Jo Cowan** was 17th in 41:52 and 2nd in her age category. **Shelley Howes** was 19th in 42:01, **Amanda Underwood** 25th in 43:30, **Kate Topp** 30th in 44:00 and **Bernadette Gregory** 51st in 50:10. Jenny, Danielle, Jo and Jo were 1st in the Open Women's teams. Shelley, Amanda, Kate and Bernadette were 1st in the B Grade teams.

The men's field was on fire with the top 30 finishers all running under 35 mins! Our **Glenn Guzzo** was

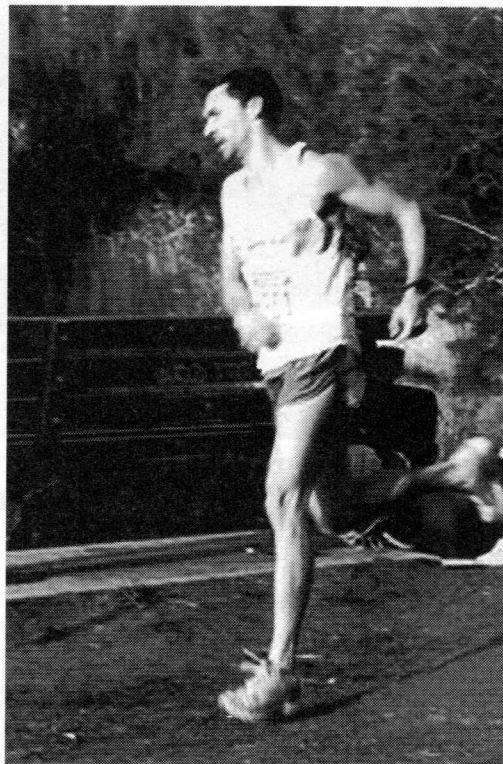
the clear winner in 30:34. **Glenn Guzzo**, **Jan Willem Schaar** (32:23 – 13th), **Chris Truscott** (32:50 – 15th), **Ray Wareham** (34:31 – 30th), **Tim Lindop** (35:27 – 37th) and **Ewan Horsburgh** (35:29 – 38th) were 3rd in the Open Men's teams.

The B Grade team placed 1st - **Craig Dunn** (35:31 – 39th), **Tim Ashby** (36:16 – 49th), **Richard Green** (37:22 – 59th) and **Craig Brown** (37:27 – 61th).

The Striders 45+ team also won gold - **Chris Hall** (35:54 – 43rd), **Keith Bateman** (36:21 – 50th), **Mark Russell** (36:56 – 54th) and **Dennis Wylie** (38:49 – 77th).

Stephen Parker ran 38:04 (72nd), **Wayne Gregory** ran 40:18 (99th) and **Mark Langsworth** ran a huge PB of 40:49 (105th). **Mohammed Alkhub**, running for Randwick-Botany was 69th in 37:49.

Keith Bateman was the State 50-54 Champion. **Chris Hall** won silver in the 45-49 and **Dennis Wylie** bronze in the 50-54 category.



Craig Dunn at the NSW Cross-Country Relays

NSW Half Marathon Championships

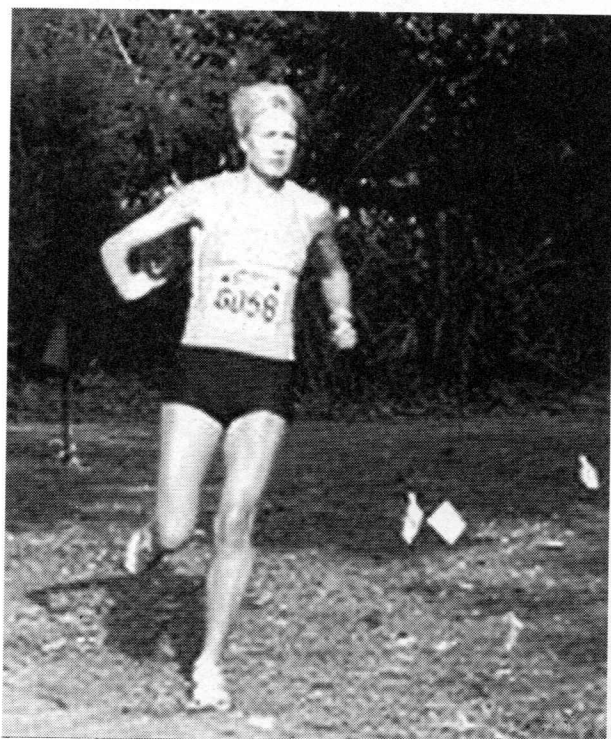
The SMH Half doubled as the NSW Half Marathon Championship. There were too many top Striders performances to mention them all, but the stand-outs were clearly **Glenn Guzzo** 3rd in 66:58, **Jan-Willem Schaar** 10th in 71:16 and, among the women, **Jenny Truscott** 5th in 80:12 and **Jenny Wickham** 6th in 80:38.

NSW Cross-Country Relays

June saw the Striders back at Scarborough Park for the cross-country relays where we entered several teams in the 4 x 4K event.

Jenny Truscott, **Lucy Chapman**, **Jo Pai** and a strong-finishing **Jenny Wickham** placed 2nd in the women's Open team event.

Suzanne Kelly finally gave in to our pestering and signed up, anchoring our women's O-35 team; with **Danielle Langsworth**, **Lisa Carroli** and **Caroline Yarnell** all running strongly to take the silver. Our Women's Open B team was 12th (**Shelley Howes**, **Amanda Underwood**, **Bernadette Gregory** and **Kate Topp**.)



Caroline Yarnell in the Silver Medal-winning O-35 team

Glenn Guzzo, **Darren Benson**, **Ray Wareham** and **Chris Truscott** were 5th in the Open men's team event. Our B team was 15th (**Gary Howard**, **Tony Fattorini**, **Craig Dunn** and **Ewan Horsburgh**.) The men's 45+ team of **Keith Bateman**, **Dennis Wylie**, **Mark Russell** and **Chris Hall** won gold again, whilst the 35+ team was 5th (**Paul Bruning**, **Craig Brown**, **Tim Lindop** and **David Bray**.)

Upcoming events include the NSW Road Relays at Wollongong in August and the NSW Marathon Championships in September. Go Striders!

MTG News From Helen Wilson

Just a brief note on our training as it stands at present is on schedule.

We have had our injuries and drop-outs or should I say changes of mind!

One or two or maybe three have decided to set their goal for the Sydney 21km rather than the full marathon distance!

I have six or so very keen and determined runners going for their first big one but it is still early days as yet and trying to hold them back is the main thing at the moment.

We will jump up the mileage at the end of this month and hopefully see no further injuries or flu-like problems happening.

The Wednesday evening at Pennant Hills Park is slow in getting started. We welcome all runners who find this an easier option than Drummoyne and also offer lots of options as there is a great marked track there, steps if you prefer and plenty of nasty little hills to run up and down. Also if you need a complete change you could have a game of tennis, netball, soccer (seems to be the in thing at the moment!), rugby, hockey and you could even learn how to shoot a bow and arrow for upper body strength!

That's all for now as I need to go for a run!
Yours in running
Helen

SRC website up and running

By Simon Butler-White

The Sydney Running Centre (SRC), long-time and loyal sponsor of the Sydney Striders, has just launched its new website, www.sydneyrunningcentre.com.au to go with its new location within the revamped Edgecliff shopping centre.

The Sydney Running Centre is run by owner **Phil Roux**, a pioneer of Sydney running shops since the 1970s, assisted by **Damian Tancred**, a four-time winner of Nowra's King of the Mountain, former winner of the Mt Wilson to Bilpin race, and always up the pointy end of the races in the Striders' 10km series.

Phil says that, in addition to the experience he and Damian bring to the store, his long association with the sport has given him insight into what runners need in a shoe.

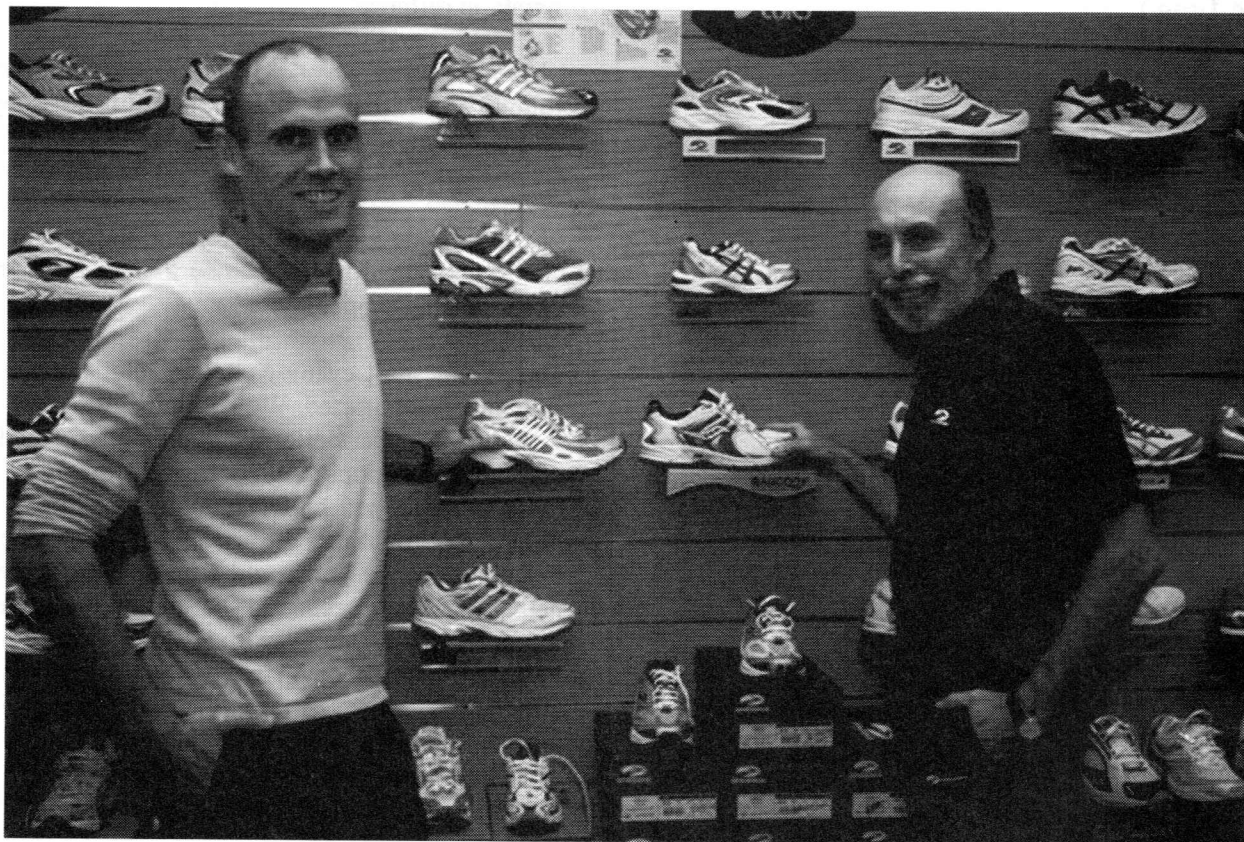
"You've got to understand the way people run ... to have an intuitive feel for it," he says. "We try to evaluate a runner's needs based on the running

they're doing. We'll put them on the treadmill and observe how they run before making a recommendation. It might even be to see a podiatrist, if necessary."

Along with its extensive range of footwear, the SRC stocks men's and women's clothing, Polar heart-rate monitors, pedometers, body glide (to combat chaffing and blisters) Endura re-hydration drinks, energy gels, books, walking and running guides and training diaries.

As part of its sponsorship of the Sydney Striders, the SRC offers members a discount on purchases, so don't forget to mention you're a Strider when visiting the store. Its hours are 9.15am-6pm Monday, Tuesday, Wednesday and Friday; 9.30am-7pm on Thursday; and 9.15am-4pm on Saturday.

The Sydney Running Centre is at Shop 1B, The Edgecliff Centre, 203-233 New South Head Road, Edgecliff. Phone (02) 9362 0422; www.sydneyrunningcentre.com.au.



The Sydney Running Centre's Phil Roux (right) and Damian Tancred
Photograph by Gino Nalini.

a 26 mile street party

JACKIE RAMSAY



*“london marathon 2006 –
one the best days ever!”*

**Did you know I ran the London Marathon?
I tried to keep it to myself! Hee hee!**

So why and how did I run the marathon? 42km had always seemed so far out of my reach. That was before I joined Sydney Striders in 2004 and heard of **Jim Moody** and the MTG.....

Before joining the Striders I used to run the City to Surf each year and the odd fun run, then I began to run more and I did a couple of half marathons. To my mum I was a ‘runner’ and on a phone call to her when she was watching the London Marathon in 2004 she said, “Why not run the London Marathon, Jackie? Go on do it for me!” Oh no, those words ‘do it for me’. I remember when my mum said that to me when I was about 10... We were on holiday in Wales and a swim event was taking place in a very cold river. I entered a race and the gun went for the start - I swam my best but I actually didn’t go forward due to the cold, all that happened was I began to go under the water and had to be rescued! I needed to train properly for this marathon as I was not going to get rescued again!

Entry to the London Marathon is by ballot, 130,000 people applied for 35,000 spots. I did not get a place for the 2005 marathon. Then last year the package “Smile you’re in” arrived and my marathon journey began...

It was perfect timing with the Canberra Marathon two weeks before London and I was able to join the

Canberra MTG in September. I had a month of not running over Christmas due to travel and illness and I was not sure if I would then be fit enough for April. I began to run weekly again with MTG. Being a slower runner I would start at 5:45am to get a head start with my husband, Andrew, who helped me train every Sunday on the long run (yes, we were the two runners most of you saw each week!). We would continue the run with MTG when they caught us.

I sort of joined the Wednesday Bay Group for the 20km loops. I would run in the opposite direction so I could see the group a couple of times and they would always give me encouragement (thank you). I must say thank you to **Rebecca & Tim Deane** and **Stephen Lowndes** for waiting for me on the darker nights to make sure I got back safely.

The MTG was fantastic. The long challenging Sunday runs were made easier because the group was so friendly. Along with our leader Jim, everyone helped me along my way - special thanks to **Katherine, Pauline, Cathy, Marnee, Vania, Christine, Jonathan** and **Frank**.

I would also like to thank **Derek Smith** who did a 30km run with me when MTG had started their taper. I know I slowed him down, but he was great and stayed with me. Even with 65 marathons under his belt he still was excited for my first.

Although I did not run in Canberra I was always made to feel a full MTG member and seeing everyone at the Canberra Marathon completing their journey was so good and inspiring, along with being a little scary that I still had mine to come! And then it did - my big day. We stayed in a hotel that was right opposite the start and we got to watch from our hotel room window as the runners arrived. I was so thrilled to get text messages and emails wishing me luck from MTG members.

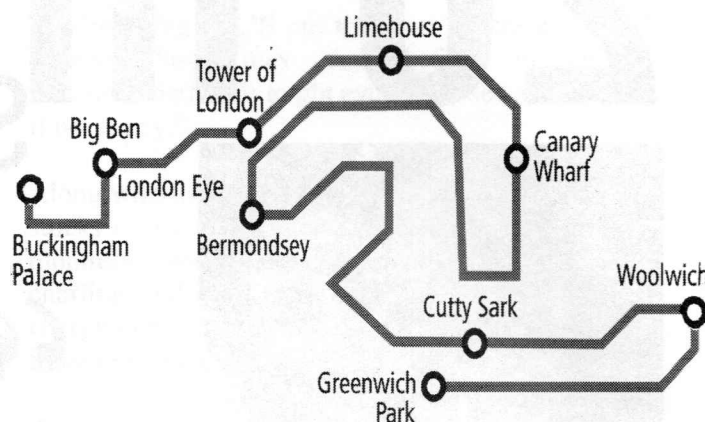
My sister, Caroline (in the picture with me) also ran, making this day extra special. We would encourage and help each other train - she was always saying it was too cold in London to run and I would think of the heat on the Sunday runs! Even though we had sunny weather in the week leading up to the marathon (yes, the sun does shine in London), Sunday produced light showers (OK it rains there too!), but it was not cold. The elite runners said 'these are perfect marathon conditions', so if they were happy so was I!

Sebastian Coe started the race and we were off. I cried a few times, the emotion was too much. I could not really believe I was there. I had lots of family and friends on the course and saw my husband and my sister's boyfriend at 6 miles (10km) and then again at 12 miles before I crossed Tower Bridge. I also saw my Mum, Dad, sister Leanne and friends at 9 miles. Seeing my family and friends really helped.

I made sure I took in all the sights on the way, I have a habit of watching the grey of the road! The course takes you past the Cutty Sark, over Tower Bridge, past the London Eye, Big Ben, Houses of Parliament, Buckingham Palace and the finish at St. James Park - I did not want to miss anything. Along with the wonderful sights of London the runners provided lots of entertainment with all sorts of costumes... It was St George's Day so lots of patron saints, a man with a little mirror so he could run backwards, a surfer (with his surf board!), Mr. Tickle, lots of Wonder Women, a bride and groom (who got married en route at Tower Bridge), bare-foot runners, rhinos, caterpillars...

Along with half a million spectators to cheer you on there are 76 pubs along the route and most hosted events for charities. The noise at the pubs and really busy crowded parts on the course made a real difference as you moved through these areas - there was a definite lift in pace. Also running on the edge of the road, the crowd shouts your name and I loved that, it was such a boost.

*let me take you by the hand and lead
you through the streets of london*



I saw my Mum and Dad and Uncle again at 13 miles - not knowing I had missed two friends. My sister Leanne gave me a drink at about 14 miles. Another friend was missed at 16 miles. I was then lost to my family and friends until 22 miles - it was hard for them to spot me and I have made some notes below for anyone who may run in London as helpful tips! I did however see a very familiar and welcome sight at 20 miles - a 'Sydney Strider' shirt! Yes, 33,578 people and I found a Sydney Strider. I knew **Michael Bailey** was running but from a different start so it was very lucky we met up.

I had a great run of support at 22-23 miles, my Mum and Dad, and a couple of groups of friends. Then among the runners ahead I saw Caroline - we were so happy to see each other. She had a sore hamstring and had slowed down. We ran for about a mile together. I saw the missed friend from Tower Bridge and moved across the road, but by doing this I lost Caroline (who I now know wanted to lose me as she wanted to walk and for me to keep running).

The rain got heavy for a bit. The last two miles were my toughest and I hugged the side of the road while the crowd cheered me on and they really helped. Then a turn in the road and Buckingham Palace was in sight - then 800m, 600m, 400m, 200m and a yellow finish archway. I'd made it! I had practiced my jumping finish but it was not to be. I gave it all I had to beat my dream time of 5 hours. I'd finished exhausted in 4:55:10 and just did a little hand raise! (Note to self - improve my celebration next time!)

I got my precious medal and then moved to get the all-important space blanket! Then I saw Caroline,

both of us finished sub 5 hours. We were so happy we hugged and celebrated our achievement. Not only did we do something that day to make us feel proud (the 2012 Olympic theme tune plays as you finish the marathon), my sister and I raised money for a charity very close to our family 'Children with Leukaemia'.

Looking back, the day was one I will never forget but the marathon was more than just 5 hours on one day - it was six months of fun (and hard work) and I enjoyed it all. The London Marathon really was everything I had expected and more and, as the website described it, it really was 'A 26 mile street party'. The route was lined with spectators all the way and so deep in some places it was just magical. my London home town and my Sydney home did me proud cheering me on and in getting me there.

A special thank you to **Jim Moody** who did such a wonderful job with MTG. **Katherine** and **Ben McSweeney** who supported and helped me so much (more than they know) and to my wonderful husband Andrew who did a superhuman effort every weekend on the long runs and was there with me from start to finish.

Sydney Striders has been such a great club to belong to and all its members should be proud and honoured to be a part of it.

I am also very happy to now be a member of the marathon club - and the all time question... would I do it again? - Yes I would!

some facts and figures of interest:

runners started	33,578
runners finished	32,980
men	
women	10,293
spectators	half million
marshals	6,650
money raised for charity	£30 million
temperature	11°C > 13°C
bottles of water	800,000
lucozade pouches	195,000
blue line paint	300 litres
petroleum jelly	40 kilos
portable toilets	950
urinal trough	134 metres

winners

men - felix limo [kenya] 2hr 6m 39s
 women - deena kastor [usa] 2hr 19m 36s
 wheelchair men - david weir [gbr] 1hr 29m 48s
 women - francesca porcellato (ita) 1hr 59m 57s

hints and tips if you run the marathon in london for you and your spectators:

- have your name on your shirt and if you want the crowd to shout out run on the edge of the road [a short name is best]
- tell your family and friends to shout your full name or a nickname so you know it is them calling and you look
- know where they might be standing and which side of the road
- tell them not to stand near a charity cheer squad [the charities have groups of people out to cheer on the runners in their charity top] they can be loud and if you go past at the time of one of their runners you would not hear your family.
- a group of friends asked the people at the front when they were expecting their runner and 'dave' was quicker than me so my friends waited behind them and moved into their spot once 'dave' passed.
- if you can wear something to stand out - andrew said people with caps stood out that day. pink was easy to spot too.
- if you are not worried about your time quite a few runners had mobiles [caroline even saw people sending text messages!!]

SMC Awards Night

A number of Striders received awards for the 2005-2006 race season. In the SMC Long Run Series (9 races alternating 21.1, 25km and 30km) **Cheryl Howson** was 2nd outright female, **Barry Rutter** took 2nd and **Graham Sheargold** 3rd in the M50-59 category.

For the 10km series **Geoff Sheargold** was first in the M 20-34 category, **Ian Howson** was 1st and **Glen Lockwood** 2nd in the M35-44 category.

In the 5km series, **Frances Brown** was 1st in F35-49 and **Clara Vucetic** 1st in F 50 & over categories.

Luigi Criniti also received an award for fastest maiden marathon and **Cheryl Howson** received two awards Female Marathon Runner of the Year and Female Road/Cross Country Athlete of the Year.

From the Blister Archives

5 Years Ago

This was the first Blister from this Editor. The front page was a report on the SMH Half with **Peter Truscott** pictured running a 2-minute PB of 75:40. **Dean Degan** was first Striders male in 69:54, **Jenny Truscott** was first Striders lady in 82:29 (1st in 20-24 age-group), **Jo Cowan** and **Chris Dwyer** won the 45-49 age-groups. **Joel Mackay** juggled round the course the day after finishing 7th in Trailwalker with **Warwick Selby**, **David King** and **Gary Leahey**. A team of **Keith White**, **Mike Ward**, **Adrian Spragg** and **George Herisson** won the 0-40 group.

In his President's Report, **Jim Screen** announced a new award of STaR Host of the Year, welcomed **Joel Mackay** volunteering to look after STaR Maps (he still does) and lamented the lack of volunteers for 7am hosting and Striders running STaRs in the wrong group. A new idea of a member list showing suggested STaR group was to be tried.

Mark Fiore wrote about his 'Passion for Ironman' celebrating a time of 11hrs 19mins at Forster. **Kevin O'Kane** reminisced about the 'Bathurst Bus Trips' of the 1980s – an annual 'green and white assault' on the Bathurst Marathon.

There was a good batch of overseas marathon reports with **Alex Forsyth** in Paris, **Nick Thensen** losing a husband-wife Marathon battle to **Kirsten** (3h 59m 59s) in Copenhagen and **Alf Field** finished his 11th Comrades. **John Hamilton** told us about his favourite short run around 'Blues Point' and MTG Coordinator, **Michael Bailey**, encouraged Striders to accept the challenge of Canberra 2002.

In the 10k Series, after five races, **John Young**, **Tim Ashby** and **Peter Truscott** led in the Open Men with **Joanne Cowan**, **Jenny Truscott** and **Caroline Yarnell** in the Open Women. **Malcolm Hall** won the Handicap Half, with **Chris Truscott** the fastest finisher in 76:42. **Chris** also won the Great Nosh in 55:46, did a 10k PB of 31:50 in the NSW Novices and a Half PB of 68:58 at Gold Coast.

After six Super Series races **Mary Stringer**, **Penny Smith** and **Joanne Cowan** were leading the Open Women (with **Andrew Smith**, **Peter Cremen** and **Greg Donovan** in the Open Men). **Jo Cowan** won silver medals in 5000m and X-country at World Veteran Games.

10 Years Ago

The AGM elected **John Turner** as new President and STaR start time (a winter 7am start was being trialled) and the Striders logo and uniform were hotly debated. Outgoing President **Wendy Downes** particularly thanked Treasurer **Geoff Taylor**, Uniforms Manager **Peter Truscott** and (paid) part-time administrator **Chris Robb** of Sporting Spectrum. **Margaret White** volunteered to be Team Coordinator to organise teams for C2S, fun runs etc.

Gary Leahey wrote about his 4th Forster Ironman where his 10:27:38 (24m PB) missed a Hawaii spot by one place. **Gary** won a Striders sweatshirt as a Member of the Month. The other Member of the Month was **Jonathan Worswick**, 3rd outright at Six Foot Track with a 10-minute PB of 3h54m and 10:44:19 on his Ironman debut at Forster.

Other articles included **Alf Field's** flight of fancy on the 100th Boston Marathon; **Kevin O'Kane's** eight year rivalry with **Ian Whitfield**; **Steve Cornelius'** predictions on the Atlanta Olympics; **Dr. Irwin Light** on plantar fasciitis; **Terry McIver's** Music Quiz; **Graham Butler's** Brisbane Water Bush Bash (**Kelvin Marshall** and **Phil Hugill** placed 2nd and 3rd, **Wendy Downes** 1st female.); **Kevin O'Kane's** MTG News and a Banana Loaf recipe from **Sarah Entwistle** (an 11:51:42 finisher at Forster).

The lunchtime Corporate Cup in the Domain saw **Kevin O'Kane** win the award for most Handicap Points while **Marlies Laaper** was fastest lady. The 10k placings to Race 4 saw **Sally Taggert**, **Clara Vucetic** and **Joanne Cowan** lead the outright with **Chris Truscott**, **Darren Benson**, **Godfrey Franz** and **Andrew Smith** (tied) filling the first three places in the men's comp.

At Canberra the first three Striders home were **Chris Dwyer** (2:43:59), **Phil Hugill** (2:47:50) and **Wayne Stanton** (2:48:55). The first three ladies were all making their debuts – **Cathy Dunsworth** (3:26:26), **Amanda Taylor** (3:30:00), **Breeda Kelly** (3:36:19).

The Striders All-Time Marathon Ladder was led by **Phil Garvin** 2:21:56 and **Joanne Cowan** (2:40:12) while **Godfrey Franz** had a 2:21:36 before joining Striders. A Sporting Spectrum team of **Chris** and **Peter Truscott**, **Chris Robb** and **Darren Benson** won the Corporate Games 4x2km Relay. **Kevin Tiller** gave database stats that the membership was 303, average age 42 and male-female ratio 78:22.

The Blister

Quarterly Journal of Sydney Striders Road Runners' Club, Inc. (Founded 1980). **PO Box R1227, Royal Exchange, Sydney NSW 1225, Australia.**

Opinions published in this journal, whether expressed by members or non-members, do not necessarily represent the official policy of the club.

Advertising Rates: \$100 per edition per page, ½ page \$50, ¼ page \$25. Classifieds: \$5 per edition, full year \$20. **Circulation:** approx. 600

Club Phone Contacts

0500 – JOGGER (0500-564437)

President:	David Bray	9878-0181
Vice-President:	James Moody	9888-9333
MTG Coordinator:	Helen Wilson	0407 788 071
Secretary & Super Series:	Michael Sharp	0439 470 145
Treasurer:	Charles King	9816-5593
Database Manager:	Craig Dunn	9909-3012
Uniforms Managers:	Darren & Karin Kaehne	0417 109 565
Calendar Manager:	Robin Cameron	9489-2755
10k Series Director:	Joe Degabriele	9311-7456
New Members Liaison:	Lisa Carroli	0412 970 574
Social Functions:	Naomi Frank	0409 500 814
ANSW Liaison:	Glenn Guzzo	0407 453 649
	Shelley Howes	0408 643 536
Website/Email Manager:	Martin Harris	
STaR Maps:	Joel Mackay	9517-3042
Mailout Manager:	Ross McCarty	0403 557 127
Results Manager:	Chris Graham	0419 162 538
Volunteer Coordinator:	Katie Rowell	
Sergeant-at-Arms:	Wayne Gregory	
Blister Editor:	Andrew Smith	9427-2794

Copy Preferences

How many words? As a guide, 1300 words roughly translates into two pages of Blister (including your happy smiling photo). Smaller items and letters are most welcome.

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

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

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

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

Blister Contributions

TheBlister@sydneystriders.org.au

(or Striders PO Box)

Club Email Contacts

The LiSt: info@sydneystriders.org.au
(General exchange of running and club information).
To join (or leave) the LiSt email the above address
President: president@sydneystriders.org.au
Website:.....<http://www.sydneystriders.org.au>
MTG: MTG@sydneystriders.org.au



Printed at Brad Renshaw's
Paper Tiger Printing
297 Abercrombie St, Chippendale 2008
Ph: (02) 9699 1788 Fax: (02) 9690 1089
printed @paper-tiger.com.au

Acknowledgements

David Bray, Chris Graham, Penny Smith, Simon Butler-White, Robyn & Jim Moody, Peter Mitchelmore.

ENERGYSOURCE
ENERGYGEL
ISOTONIC
HYDROSOURCE
PROTEINBAR
SPORTSBAR
ENERGYBAR
CREATINE

- High carbohydrate energy drink
- Highly concentrated carbohydrate gel
- Fluid replacement drink. Essential electrolytes and state of the art carbohydrate profile (powder)
- Highly concentrated carbohydrate drink
- The ultimate exercise recovery bar
- Great tasting energy bar
- High performance energy bar 98% FAT FREE
- Pure grade creatine monohydrate (European)

HIGH5

SPORTS NUTRITION

Race proven by the World's Best Athletes

Distributed by FastGear Australia
Enquiries: 0408 249 106
Ph: 02 9365 0409 Fax: 02 9365 7291

Contact John Hill at
fastgear@bigpond.com...or 9365 0509

Blister Photo Gallery



Sydney Marathon Clinic Awards - in the photo are David Criniti, Luigi Criniti, Graham Sheargold, Geoff Sheargold, Barry Rutter, Clara Vucetic, Salvador Gala, Cheryl Howson, Ian Howson and Frances Brown.



Start of the North Head 10k in May