

THEBLISTER

THE MAGAZINE FOR THE SYDNEY STRIDERS RUNNING CLUB ESTABLISHED 1980

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THE BIG RED RUN

IVAN CALDER recounts his tale at the Big Red Run, a 250km multi-day event at the SIMPSON DESERT

THE INDIGENOUS MARATHON PROJECT

Including an exclusive interview with JESSE THOMPSON, the fastest Indigenous Australian to cross the line of the NEW YORK CITY MARATHON 2016

NOOSA TRI

SYDNEY STRIDERS EX-PRESIDENT ALF FIELD discuss the sense of achievement and self-esteem that comes with doing the impossible - 7 times

BOSTON / BIG SUR / VANCOUVER

NEAL PEARSON reflects on his experience running 3 MARATHONS IN 13 DAYS



Neil Pearson at the SYDNEY STRIDERS Lane Cove 10K RACE
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Sydney Striders President's Message

Hello Striders

What a great Christmas Brunch we had in December. It was the time to reflect on our achievements, congratulate category winners and be able to chat with our running mates. So what's on your running list for 2017?

With the 10k and Super Series events starting in early February, it will be best not to neglect your training for these races. Please check out the race reports from Paul (10K) and Chris (Super Series) in this issue of the Blister.

Our Annual General Meeting (AGM) will be held on Sunday 26 February 2017 after the Equaliser – a 14KM club race which is the first of our Internal Super Series events, sponsored by Runmore Loans (see Tara's article in this issue about changes to the prizes).

At the AGM we will vote in the new committee plus discuss changes and plans for the year.

If anyone is interested to become more involved in the club please contact me at president@sydneystriders.org.au

Good luck with your running this year and here's to the odd PB in 2017!

#GoStriders

Jo Cowan



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BOSTON BIG SUR VANCOUVER 13 DAYS



NEIL PEARSON

Marathon reflections

Elite runner Neil Pearson reflects on each of the 31 marathons he has completed. The following contain his stories on marathon number 18, 19, and 20 – all in 13 days.

Marathon #18: Boston | 21 April 2014 | 2:35:06 | 183rd | 8th AG |

Having run Boston Marathon and Big Sur International Marathon back to back in the previous year, I decided to pursue a bigger challenge in 2014, where I made an additional marathon, the BMO Vancouver Marathon, in the week after Big Sur. This would be three marathons in thirteen days.

I flew into New York on the Wednesday prior to race day Monday to spend a couple of days acclimatising and sightseeing, before getting the train up to Boston on the Friday. The place I was staying was a bit out of town but since it was near the start at Hopkinton, things were very easy on race day. I was in the first corral once again, but this time I was determined not go out so fast down the hills. I managed this to a degree but it is a fine line between being cautious and not making the most of the downhill.



Neil outside Fenway Park - home to the Boston Red Sox

"This was the first race I'd worn my Sydney Striders top and I quickly realised how good an idea this is..."



Neil's pre-race gear photo

This was the first race I'd worn my Sydney Striders top and I quickly realised how good an idea this is, not only from the support on the course, but also because when you cross line at Boston wearing it, you get recognised as being Australian and get interviewed by Channel 9 and Channel 10. This was also when I found out Meb had won the race which also helped explain the excitement on the course that day.

It was around 5k that I noticed the support at the side of the course. It had been big in 2013 but there were patches where there weren't many people. In 2014, there were people all the way, probably twice as many people as the previous year. It was probably due to a combination of the good weather and also a willingness to show solidarity after the events of 2013. I tried to use this support and emotion to spur me on, but my race was starting to follow the race of 2013. My half way time was exactly the same and I faded by the same amount to cross the line just the wrong side of 2:35.



Neil (third from left) and the crew at the Boston finish line

Marathon #19: Big Sur | 27 April 2014 | 2:40:09 | 3rd | 2nd AG |



Neil at the Big Sur International Marathon 2014

I left Boston on the Wednesday, and after a couple of days exploring Austin, I flew to San Francisco and drove down on Monterey. I had been running a bit since Boston but was still not able to get anywhere closer to my race speed. I was able to get up to about 4 minute k's for about 10km on that Saturday morning but I was worried about what was to come.



A collage of Neil's adventure at the Big Sur International Marathon 2014

Race day arrived and we made the journey the 26 miles down the coast to Big Sur. The national anthem played and then we were off. The first four miles out of Big Sur was nice as it started downhill so you are able to get your legs moving nicely and you run through tall pine trees that offer a lot of protection from the winds that typically blow against you as you run up the coast.

During the race, there was little wind though, which was a very pleasant surprise. I ran the first ten miles with another runner, but pulled away from him as we started up Hurricane Point. I then caught the third placed runner with about 10 miles to go and weaving my way around the runners of the other races, I was able to hold on and finish again a little over 2:40. It was only 5 minutes slower than Boston and my only ever negative split. It was a great result.



Neil at the Big Sur presentation ceremony

I had also managed a trio of seconds and completed the Boston to Big Sur in 6 days, along with about 400 other runners. Now I had to think about what was to come in 7 days - another marathon, in Vancouver. It was not far away...

Marathon #20: Vancouver | 04 May 2014 | 2:42:58 | 20th | 3rd AG |

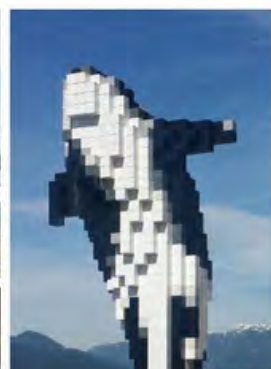
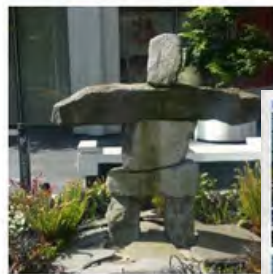
After a couple of days in San Francisco, I flew up to Vancouver on Wednesday night. I tried running a couple of times but, as expected, I had been unable to get much pace going. I wasn't too worried though as it was really just about getting my legs moving each day and hopefully the recovery would happen quickly enough. I also spent a lot of time walking around the city, which helped calm my aching legs a lot.

The weather on race day was horrible – it was pouring with rain, but at least there was no wind to speak of. Vancouver had reminded me of the North West of Scotland, with its sea lochs and the way the clouds hang onto the hillsides, and the rain was another reminder. The first half of the race went well. I was able to get close to the 3:30min/k pace I would normally aim for, and passing through 10k in 36 minutes and halfway in 76 minutes. From there, though, it got ugly, then very ugly. The previous two races caught up with me in horrific fashion and my pace dropped dramatically.

The last 10km is some of the hardest running I have ever done. Not only because of the fatigue but also nature of the course which follows the coastal path around Stanley Park. As it is quite winding, you don't really much idea of the distance you have gone and it felt a bit like it would never end. Eventually though, one of the turns brought the city into view and I had about 2km to go. People were overtaking me like I was standing still but I kept going the best I could. I ended up with a ten minute positive split (my worst fade) but it felt a lot worse than that.

I had been beaten in the Boston 2 Big Sur challenge but I had won my own inaugural Boston 2 Big Sur 2 Vancouver challenge. A great trip with some great marathons, completed in 2:35, 2:40 and 2:42 - I doubt I could really have hoped for any better than that!

For the full wrap on my marathons, visit:
www.facebook.com/neilpearsonruns



Top 3: Neil's Vancouver travel collages; bottom: Neil's three medals from this three marathon finishes in April - May 2014

MY HISTORY AT THE NOOSA TRIATHLON

Alf Field

There is something awesome about contemplating doing something where your attitude had previously been "There is no way that I could do that" and then to work out some way of actually doing it. The sense of achievement and self-esteem that comes with actually doing it is huge and is the reason why one tries to do these impossible things. It literally becomes addictive.

I had been a keen runner for nearly 20 years doing multiple marathons and ultra-marathons until a knee injury forced me to stop running. I was 63 when that happened and was at a loss as to what to do to keep fit. A friend of mine suggested cycling. He had been a cyclist all his life and wanted someone to accompany him on a charity ride from London to Paris over 4 days, a tidy 460km. So I took up cycling at age 65 and agreed to also do the big charity ride with him. It seemed like an incredible challenge for someone new to cycling like me.

He was going to do this to celebrate his 75th birthday! I thought: "if he can do it at 75, then surely I can do it at 65". I had not cycled since school days so I had to learn very quickly. I bought a new speedy looking Trek cycle plus all the necessary equipment and the two of us started cycling on weekends. I gradually increased the length of my training rides until I could do a distance of 120km in a single training session. This was the distance I needed to do on each of 4 days during the ride from London to Paris.

I managed to finish the ride, as did my 75 year old friend. The excitement and sense of achievement as we rode up the cobble stones to the finish at the Arc De Triomphe was incredible. I had achieved something which a year before I would have considered to be a totally impossible feat.



Alf and his grandchildren, after completing the Noosa Triathlon

Amongst my running friends were a number who regularly did the Noosa Triathlon. It seemed like the highlight of their year as they spent a week in Noosa having fun. They were forever going on about "training for Noosa", much to my annoyance. I started thinking about possibly doing the Noosa Triathlon but it seemed like one of those impossible dreams. I couldn't run and had not swum, other than in the surf as a young man. How could I possibly do it?

There is clearly some truth in the saying about old dogs and new tricks...

We visited Noosa for the 2007 triathlon so that I could just observe what happened and how the transition was done. I decided to enter for the 2008 event despite the fact that I could not run, hadn't swum for years and would be 68 when I do this as my first triathlon. I could walk around a golf course playing golf so I knew that I could walk 10k. Cycling 40k over a largely flat course seemed like a doddle compared to riding 460k from London to Paris. That just left swimming to start concentrating on.

When I went for my first training swim I had a "Hudson, we have a problem" moment. I could hardly do 100m. How was I ever going to swim 1500m? After several weeks I managed to get the distance up to 400m, but that seemed to be the limit. My wife Rosanne, the greatest of supporting team, gave me a Christmas present of some swimming lessons at a nearby pool. I duly presented myself and told the trainer that I needed to be able to swim 1500m. She asked me to just swim a couple of lengths so that she could see my faults. I was swimming 4 strokes between breathing to the left. She told me that I needed to breathe every 3 strokes or I would build up an oxygen debt that would prevent me from doing any decent distance.

So we started trying to take 3 strokes, breathe left and then 3 strokes and breathe to the right. I found this impossible to do. Every time I breathed to the right I swallowed water and felt as if I was drowning. There is clearly some truth in the saying about old dogs and new tricks. I gave up on my swimming coaching but I did learn something from the episode.

I needed to take in more oxygen and breathe twice for every 6 strokes.

It occurred to me that if I swam 4 strokes, breathed left and the 2 strokes and breathed left again, I would be breathing twice for every 6 strokes. I tried that and it helped me to gradually increase my training distances, but to nowhere near 1500m. I found that I could do say 500m and have a rest and then do another 500m without a problem. Time was running out so I settled on a plan to swim as far as I could, take a rest paddling in the water and then do another stint.

In due course we made our way to Noosa for the big event, my first triathlon. I can tell you that I was scared. A couple of days prior to the start I had a dream that I was swimming and all the faster swimmers were swimming over me, forcing me down. Every time I tried to surface I was pushed under again. I was very happy to wake up from this nightmare but that morning I telephoned my kids to tell them that if I didn't survive the triathlon that I wanted them to know that I loved them.

I will not bore you with all the details of my first triathlon. I felt that if I could just get through the swim leg that I could do the rest. The swim took forever and I had a couple of rests along the way but finished it feeling quite ecstatic. "I've got it beat, I thought". I was very careful on the cycle leg so as to avoid an accident and not get over tired. Once I was in the run/walk leg, I knew that I was virtually home and hosed as I strolled along enjoying the banter from the spectators who told me to stop walking and start running.

I had told Rosanne, that I calculated that I would come last and that she should not worry if it took a long time for me to finish. Sure enough, as I got about 7k into the walk, I could see that they were starting to close the drink stations. An ambulance pulled up next to me and I told the paramedics that I was fine and would finish in my own good time. Then a motor cycle policeman pulled up next to me and said that he was there to ensure that I got safely to the finish. We had a nice conversation on the way. By now I could hear the loud speaker at the finish and they were playing the song "I did it my way" which I thought was very appropriate because that was exactly what I was doing. I was getting waves and cheers from participants who were returning down the road to their lodgings. Nice group of people I thought. Then the song changed to "What's it all about, Alfie?" I wondered what was going on.

What had happened was that Rosanne had got concerned that they were going to close the finish and went over to check this out with the announcer and told him that this was my first triathlon and that I was 68 years old. "Can't he run?" the announcer had asked. "No he can't run and he can't swim either. But don't worry, he has done 110 marathons. He knows how to finish these long distance events".

All of this had been broadcast on the loudspeaker. The announcer immediately started saying "Folks, we've got to get this guy home". The result was that as I approached the finish the crowd was chanting "C'mon Alfie, c'mon" and were banging their hands on the advertising hoardings.

I was in tears as I finished. People wanted to have their photos taken with me. Talk about a huge buzz of satisfaction and excitement. This was the best ever. As I said it becomes addictive and I have now done 7 Noosa triathlons. I made a special effort in 2010 when I was 70 to improve my time as I thought that I might get a podium finish. Indeed, I came last again, but was 3rd in my age group and got the bronze medal.

"I was in tears as I finished. People wanted to have their photos taken with me. Talk about a huge buzz of satisfaction and excitement."

I had a long time ambition to do a triathlon at age 75. That was last year. Again I got the bronze medal despite coming last. Several other entrants had not shown up, so that was actually a surprise to me. Last year was very special occasion. I had two sons do the Noosa Tri with me and several grandchildren who ran to the finish with me.

I have an entry in for this year's event and have been training vigorously for it. Sadly I will not be participating this year as I have been handed another challenge, not of my choosing this time.

I have been diagnosed with aggressive prostate cancer and had an operation on 4 October 2016 to remove the prostate robotically.

I am now fine, but I have to figure out how I get over this and get fit enough to compete in Noosa again in 2017.



Alf was the 3rd age group finisher at the Noosa Triathlon 2015

THE RUN BEYOND PROJECT UPDATE

David Criniti

At the Sydney Striders Christmas brunch in December 2016, one of the participants in the Running Beyond project, Cahill, made a moving speech about his migration to Sydney, and the sacrifices he has to made to be here. Below is his speech.

Salam, Sobh bekhair, good morning everybody,
My name is Cahill and I come from Afghanistan. I was born in a village called Sayed Abad in Helmand Province. My best memory of my village is living with my family. I have a big family of 13 who all live and do everything together. During the time the village situation getting changes every single days.

The Taliban took more control in Helmand Province and around our home it became more frightening and dangerous. The Taliban killed many people for no reason. A bad memory is when the Taliban killed the elders of the villages, the School Principal, teachers and students. It was a very difficult time for my family and I.

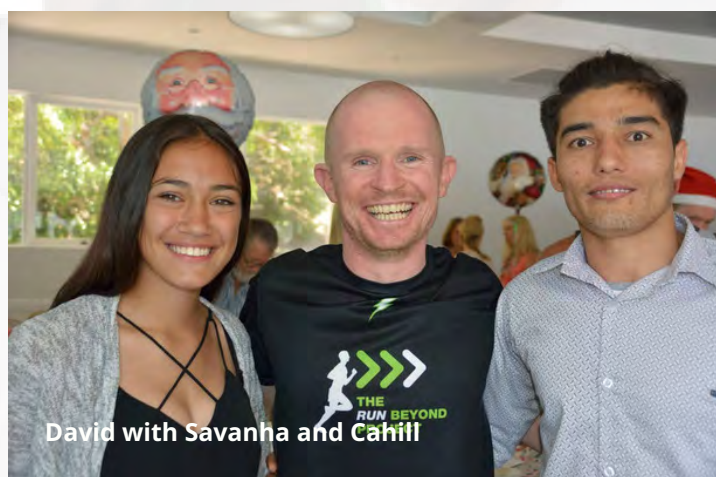
Many young men were escaping, many were my friends. I wanted to get away so I could stay alive. Dad gave me some money that belonged to the family and I had to promise my family that I would take good care. I didn't tell dad I was planning to travel by boat as we all knew that wasn't safe. I asked many people to help me to get into this country.

When I arrived in Sydney it was such a new world to me and I couldn't believe I was in Australia. I am trying to make a life for myself. It is hard when I can't contact my family and I hear bad news from my friends and I'm so far away.

In Australia I go to school and I am slowly improving my English. I work at the same time as part time job and I try to pay the rent and bills.

Last year I was part of "The Run for my Life Project" (Now the Run Beyond Project) at school which was supported by Sydney Striders. Mr Criniti and I set a goal for me to improve my fitness and run in a special race which is a half marathon and this was my first time. I achieved my goal but it took lots of training and determination and I couldn't give up.

I really want to thank all the people involved in the project and for their amazing support. Such care and support helps us very much.



David with Savanna and Cahill

People say I'm resilient and I always forget what this means. I think it's like getting out of bed and not laying back down. It's about getting on with my day in the face of hardship and constant challenges and I always try and smile. Thank you for listening to some of my story.

Cahill

To donate to the The Run Beyond Project, please follow the link:

www.therunbeyondproject.com/donate.php

Until the next update!



Mel Shaw (left) who has inspired Cahill and Savanna to take up running, were at the Sydney Striders Christmas brunch 2016.

Membership Update *Gill Cavenagh*

For the calendar year to mid-December we had approximately 190 new members join the club. This is a fantastic uptake for this year!

The Club joining fees and related information will be available on the Sydney Striders webpage at: **www.sydneystriders.org.au**

When joining, a Striders top is included in the membership process at an additional cost of \$35. New members have been able to join online from the Striders website.

As a guide, we have been recommending to prospective members that they should be able to feel comfortable running 10km in 60mins (or less) to join our runs. We have welcomed interested people to try a few runs with the club before joining, by coming to a STaR and running with the 7am group. Many have found that the breakfast after a STaR is a great time to relax and chat with other runners.

For more information on membership enrolment, STaR club runs, and other informal training groups, please contact **membership@sydneystriders.org.au**



Taras Mencinsky
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Sydney Striders Internal Series by Runmore Loans - What's new for 2017

Congratulations to everyone who participated in the Runmore Loans Sydney Striders Internal Super Series. As the name implies, the Internal Super Series is designed to allow Strider members to compete not just against themselves, but against other Striders, in a friendly yet competitive environment. And notwithstanding the burglars who try and fool the handicapper, which isn't hard by the way, it's a great leveler and gives everyone a chance to be crowned the winner.

Sydney Striders has always been a club that fosters friendship, camaraderie, inclusiveness, egalitarianism and voluntary and mutual contribution. The spirit of the club is what makes it so special and it's why Runmore Loans is proud to be associated with it. It's also why we are looking forward to the 2017 Internal Super Series and once again being part of the fabric of the club. To make it easier to be eligible for the major prizes, Runmore Loans and Sydney Striders will unveil a new scoring format in the new year that means anyone who enters a Super Series event, be it The Equaliser, Internal Half or Internal Ten or all three, is eligible for the major prizes

We hope this will encourage more members to participate and enjoy the fantastic spirit and friendly rivalry of these unique events. Runmore Loans wishes all Sydney Striders members the best for the holidays and a safe and great running 2017. And if, while watching the cricket or the tennis, or just relaxing by the pool, beach or on a trail somewhere your mind turns to thinking are you getting the best from your loan, don't hesitate to contact me.

My goal is to ensure you get the best loan for your home or investment and can help with advice and management of your loan facilities to ensure it's one less thing you need to worry about. My services cost you nothing as any work I do is remunerated by the financial institution that funds the loan.

So, give me a call or send an email with any questions you may have. It would be my honour to help in any way I can, even if that is simply to confirm the loan you currently have is the best for your needs. Having me provide a second opinion costs you nothing but can save you plenty.

THE INDIGENOUS MARATHON PROJECT

Lucy Campbell and Jesse Thompson



INDIGENOUS MARATHON FOUNDATION
#RUNSWEATINSPIRE



Zibeeon Fielding, South Australia, hugging Rob de Castella at the New York Marathon 2016, finishing at 3:28:58

Initially, Indigenous Marathon Project in 2010 saw Rob de Castella in New York in November with just four Indigenous competitors. In subsequent years the program has expanded and now trains six men and six women from their selection in April to the November marathon. Many of those who make the cut have had no prior running experience, and while Rob concedes that it would be great to one day discover a distance runner to take on the Africans' dominance, it's not the primary focus of the project. Rob is looking for individuals who are determined and resilient, both in their commitment to running, and in becoming positive role models in their communities.

Jesse Thompson - 2:45:48

On November 6, 2016, on the cold but sunny streets of New York, an unusual scene was taking place. A young man called Jesse Thompson from Mt Druitt in Western Sydney was using six months of hard training and commitment to push through the wall and become the fastest Indigenous Australian to cross the line of the New York City Marathon in a time of 2:45:48.

Jesse was one of a squad of 12 men and women from all around Australia – remote, regional and city communities – selected by former world champion runner Rob de Castella to train for the most famous marathon in the world.

Not only do those selected become runners, they also become leaders, learning skills that they can take back to their communities to drive change and improve health outcomes.

We all know the challenges that Indigenous Australians face – lower levels of education, higher rates of incarceration and myriad mental and physical health problems. What isn't so widely known is a program that gives young people the skills to reclaim their lives and address those issues through an inexpensive activity that instils pride, shows results fast and delivers a powerful natural high: distance running.



The IMP Crew of 2016 at the New York Marathon



Jesse Thompson with his New York Marathon 2016 finisher medal

SYDNEY STRIDERS BLISTER

Interview with Jesse

1. What's your never-fail pre-race breakfast?

Coffee with half a teaspoon of turmeric, a couple of peanut butter slices of toast with a few bananas cut up on top and an apple to tie me over.

2. What do you use to keep going when you hit the wall during the New York Marathon?

Not sure if I have 'hit the wall' but when it got hard in the New York Marathon, I started counting my breath as a distraction, then I got a cramp and that kind of distracted the whole breath thing so I just hobbled to the finish line.

3. What made you try out for IMP?

The Indigenous Marathon Project (IMP) is an incredible platform to promote and inspire health across Indigenous Australians. I want to step up and lead the next generation of indigenous Australians to excellence by building a sense of pride amongst my family, my mob and my community.

4. What's your favourite run in Sydney?

I can't go past the Centennial Parklands. It's always nice to see familiar faces running around the 3.5km white fence loop or running through the trails on the outer loops.

5. Do you have any plans to join a Sydney Striders run?

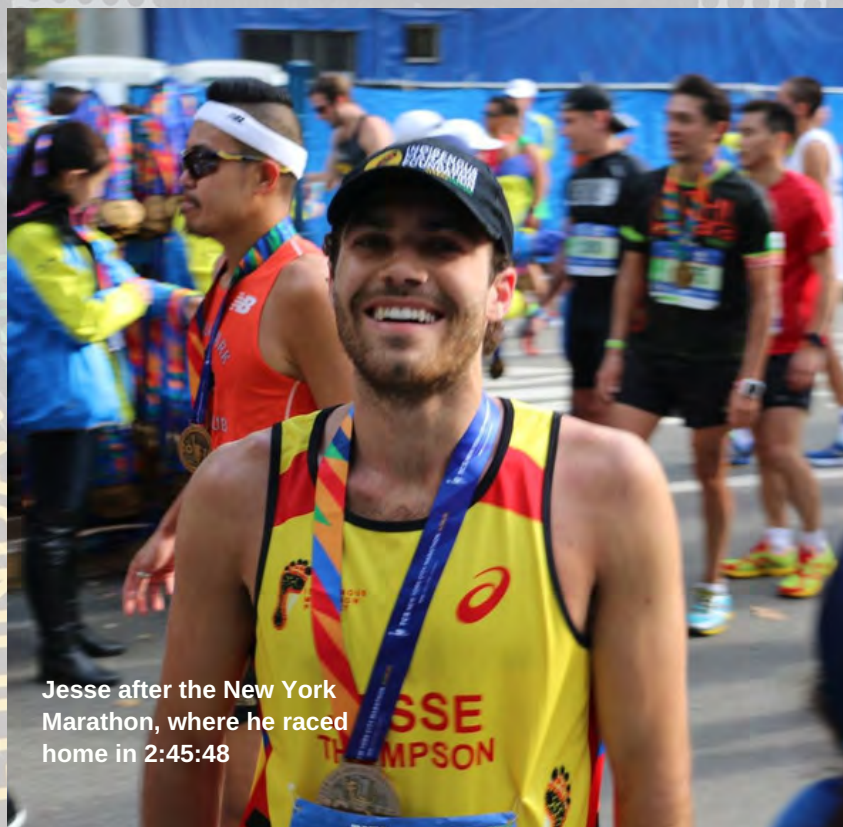
Definitely. I'm surprised I've gone this long without getting over for one!

6. What do you hope to achieve now in running? Do you have any more marathons planned?

At this stage, I don't have any marathons planned. I'm studying Physiotherapy and would like to put more time into helping other athletes reach their potential. I run on the soft sand for half a hour most mornings followed by a swim and might go for a paddle in the arvo. I try to squeeze in some yoga and cycling here and there for giggles.

7. What's the best running advice you have ever been given that you'd like to pass on?

"The harder the struggle, the greater the reward" - Rob De Castella.



Jesse after the New York Marathon, where he raced home in 2:45:48

8. What are your Personal Bests?

(42.2, 21.1, 10, 5...)

42.2km = 2:45:48 NYCM.

21.1km = 1:14:48 Gold Coast Half

10km = 33:10

5km = 15:47

9. ...and your favourite distance?

Marathon distance. Because you can't bluff that one.

10. What do you think running will bring to your community?

Belief, connection and pride.

11. Would you like to see yourself in the Olympics?

Definitely. Maybe as the team mascot or the physiotherapist.

12. What are your plans for the future? (e.g. any travelling plans, what you would like to focus your studies on etc....)

I'd like to spend more time seeing my own country. Maybe drive around Australia and offer free Physio for food and accommodation as I go.

And finally....

13. Who is your hero, fictional or otherwise?

Batman and Robin, but mostly Robin. Besides these fictional blokes, my Dad's a fair resemblance of a superhero, who saved my life in a few different ways. He also saved my sister Chelsea's life when she fell in the pool as a baby. I saw him pull her out by the ankle with one hand...



Jesse at his hometown of Mt Druitt, NSW

What isn't so widely known is a program that gives young people the skills to reclaim their lives and address those issues through an inexpensive activity that instils pride, shows results fast and delivers a powerful natural high: distance running.

"Running is accessible to anyone of any age and ability, anywhere in the world, and has the power to bring a sense of personal accomplishment when one achieves what was previously thought impossible," said Rob de Castella. To date, 65 Indigenous men and women have graduated from the program as accomplished marathoners. Some have been bitten with the running bug and gone on to race around the world: in Berlin, Tokyo, Boston, Paris, Athens, Rio, Frankfurt, Honolulu and Maui. Head coach Adrian Dodson-Shaw, a graduate of the 2014 program, is the first Indigenous Australian to have run the North Pole Marathon.

In addition to becoming accomplished athletes, all graduates leave the program with qualifications in health and fitness so they have the skills to develop running programs when they return home.

The New York City Marathon is not the end of the journey for the IMP runners, it's just the beginning.

IMF running events

The IMF has a presence at a number of events including Mt Stromlo Lightning Strike in Canberra, Gold Coast running festival and Sydney City to Surf. One of the biggest fundraisers and something we'd love to get Sydney Striders involved in is the annual **Father's Day Warrior Run at Centennial Park**. It's a family event with a kids' 2km dash, a 5km and 10km runs. Jesse Thompson used it as part of his marathon training... and won the 10km in a time of 34 minutes! Save the date for your running calendar – **Sunday, September 3, 2017**. Visit <http://www.warriorrun.com.au/> Perhaps drop by after the Sydney Striders Sunday run!

IMF contact details - Find out more via the website - imf.org.au or Facebook page www.facebook.com/TheMarathonProject/ or contact the team on 02 6162 4750.

The IMP is a program of the Indigenous Marathon Foundation (IMF), a not-for-profit foundation established in 2010 by world marathon champion Robert de Castella. Each year IMP selects a squad of young Indigenous men and women (aged 18 to 30 years), to train for the New York City Marathon, complete a compulsory education component – a Certificate III in Fitness – and through their achievements celebrate Indigenous resilience and success.

The IMF has a presence at a number of events including here at Mt Stromlo Lightning Strike in Canberra in November



For Mt Druitt's Jesse Thompson, being part of IMP was a chance to show people there's always a way out if you learn how to look beyond the boundaries and are prepared to tackle challenges head-on.

And while he may be the fastest marathon runner in IMP history, "times are irrelevant," says Jesse, who credits his family and friends at university for supporting him through a tough year.



SYDNEY STRIDERS BLISTER

THE BIG RED RUN

Ivan Calder

An Adventure in the Simpson Desert

In June 2015 Jen, Dave and I were reflecting on our recent Marathon running successes, over a glass of wine in the local pub. We were all in training for the Six Foot Track (wine is definitely a pre-requisite) and wanted to lock in another event to keep us focused and motivated.



Jen mentioned that she had heard of a run in the Simpson Desert, called the Big Red Run (BRR), which covered 250 km in six days. After the second glass of wine we were all keen, and after the third positively enthused. This enthusiasm led us to attend an 'open evening' where the founder of the BRR and fellow Sydney Strider, Greg Donovan, explained to us what was involved. The stunning slide show of red sand and beautiful dunes whetted our appetites, along with the challenge of effectively running the equivalent of six marathons in as many days, and having the opportunity to raise money for the Junior Diabetes Research Foundation. We signed up there and then in the comfort of knowing that we had a good six months to train for the event in June 2016.

Alongside our training (enough is never enough), we also tackled the challenging task of purchasing all the kit that we would need for a week in the desert and in organising travel in and out. We had an allocation of 13kgs of luggage including sleeping bag and all food/snacks, running gear, flashlights, compass, emergency whistle, and the blister packs! Despite the flavour, at least freeze dried food weighs next to nothing! We then booked flights through REX (Brisbane to Birdsville leg) – if you are interested get in early as they fill up fast – and planned a return trip back to Sydney via Adelaide for variety.

We are all set by February, and having completed the Six Foot Track and a few more glasses of wine we started our proper training in anticipation of our next challenge. I would like to tell you that we were disciplined and methodical in our approach, but essentially it was April by the time we really got a move on averaging about 40kms per week and then slowly increasing to 100kms by the start of June.

Needless to say, we had grossly underestimated the difference in running with muscle fatigue on the roads and trails around Sydney, in comparison to 30m high sand dunes!

Gradually the big day arrived, and we made our way to Birdsville, via State of Origin in Brisbane (lucky timing), and boarded our flight ready to head to a remote Queensland outpost. We had tracked the weather a few weeks in advance and had noted a fair amount of rainfall in the desert, but the forecast was now sunny and dry. As we bounced via country stops in Queensland dropping mail in remote locations, the land started to turn from a patchwork of green and red which was beautiful to see. Astoundingly, as much green as red all the way to Birdsville.

We arrived and walked the 50m from the airport runway to the Birdsville hotel and checked in, and then naturally sampled the wine. We noticed a few other runners around (we were a few days early) who we realised must look like us – nervous and excited in equal measure. What had we signed up for?! We checked our kit in (it gets weighed so that everyone is on a level playing field), and checked out the town which ordinarily has a population of a little over 100 people. This was set to double with the arrival of the 88 runners who had signed up and the support crew. We checked out the kangaroo pies at the local bakery; they are a treat and compliment red wine beautifully!

So race day(s) finally arrived. We were in the desert with 'Big Red', the name of the largest sand dune, on the horizon. We had what looked like meadows around us due to the rain, sand underfoot, and more flies than even the most robust fly net could contend with! Our pack on our backs, freeze dried food in our bellies, and lollies for fuel. We were ready. The format for the next six days was to run 42km for days 1 – 3, have a relatively cruisy day at 30 km for day 4, gulp at the feet of tackling 84km on day 5, and finish with an 8 km run on day 6 finishing at the Birdsville Pub for another vino!



Easy!! No! Fun.....most of the time!

Rather than give a blow by blow account of the trials and tribulations of the event, I would like to share with you those moments that most stand out. These were:

- Sharing a six day run with a group of like-minded people raising money for a great cause was an honour;
- Seeing the night sky in all its glory without light pollution was marvelous;
- Detoxing from the proliferation of technology was nourishing for the soul (limited reception was great);
- Experiencing the Simpson desert / meadow in all its beautiful glory is a spectacle that I will never forget, along with the challenge of running on gippa plains (you will come to love and loath them in equal measure);
- Knowing that we had the fortitude to complete one of the toughest challenges available in Australia;
- Finally, having a shower for the first time in six days was pure heaven, and yes you guessed it, that glass of red wine after a vino free week was unforgettable!!

This is not a challenge for the faint hearted, but it is a challenge that is accessible to all. There were many people with different experience and abilities who ran and walked the BRR and shared the joy of completing such an epic adventure.

If you fancy a challenge and a treat check out the BRR at: <http://www.bigredrun.com.au/bigredrun/index>. The race runs from June 24th – June 29th 2017 and is one of the most amazing experiences you will ever have!

Good luck! #gostriders



from top: Ivan running down a sand dune; at one of the finishes of the BRR; the crew with their finisher medals and beer

Happy New Year from the Sydney Running Centre

With another year almost in the books I am going to take this opportunity to talk candidly about what's happening in the world of running shoes.

It's always been our goal at Sydney Running Centre to provide honest advice and that means talking about the good and the bad.



Julian Roux
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THE BAD....

I've been in this business for a good while now and whilst I have witnessed massive improvements in the performance of running shoes I must say that over the last 12 months I have been a little disappointed with the durability of quite a few key styles from well-known brands. The main issues seem to be with the upper materials splitting or tearing well before the overall cushioning and structure has done its dash. The movement towards lighter weight shoes has been largely responsible for this but in my view, the footwear brands need to find a balance between performance and durability. That is my mantra as I look towards selecting the best shoes available to runners for 2017. I have given this feedback to all our suppliers.

THE GOOD....

There has undoubtedly been a shift away from "minimalism" towards "maximalism" – I think the success of HOKA has had a fair bit to do with this and the more traditional brands are all offering more cushioned/supportive shoes once again. Brands are also starting to think about pronation support differently; the BROOKS Transcend is a fine example of this. Instead of a harder section under the heel and arch the Transcend has "guide rails" (think bumper bowling) to control excess rolling in or out. I consider all this a GOOD thing because I think for a large percentage of runners, minimal cushioning and support has not worked particularly well (I understand there are always exceptions). Runners need to think about protecting their bodies so that running can be a lifelong endeavour and this means having appropriate footwear. I think the easiest way to think about it is: **have slow shoes for the slow days** (plenty of support and comfort for the long slow runs) and **fast shoes for the fast days** (something lighter, firmer and closer to the ground for tempo running and racing).

After years of selling and wearing running shoes I still think this theory is very sound.

WHAT TO LOOK OUT FOR IN 2017.....

I have seen quite a lot of next year's offerings and I'm pleased to say there are a lot of positives. MIZUNO and SAUCONY are offering some nice updates to their ranges and HOKA have a new range on the way (they look bigger and lighter if you can believe that)

My goals for 2017 are:

1. To offer Striders a broader range of footwear to road test at the 10k series races in 2017. With so much choice and so much marketing, I think the opportunity to take shoes for a "test drive" is a wonderful initiative.
2. To take the guesswork out of buying running shoes by selecting the best value for money shoes on the market (shoes that are comfortable, durable and affordable) and to continue to provide honest and reliable advice to runners of all abilities.

Thanks for another great year as 10k series sponsor and I'm looking forward to seeing you all in 2017.

New to the 2017 lineup

From left: Mizuno Wave Horizon,
Saucony Triumph ISO 3, Brooks
Adrenaline 17



10 K Series

Paul Hannell

Well what a red hot 10K Series it has been this year. We've introduced a new timing system. The days of complicated and sometimes unreliable radio aerial and excel spreadsheets are gone. We need your feedback on what we can add to ensure we are catering for as many Striders as possible. We introduced early start times for our legends so they could be back at the finish line in time to see the fast end of the field get their awards and be in the prize draws.

On that note we must thanks our wonderful sponsor the Sydney Running Centre at Edgecliff. Julian has been a great supporter of the series for years now. You may have noticed that there are more prizes than ever this year, so it doesn't pay to leave the presentation early!

So, how did the Series go? We had more than 2000 runners this year and we expect to see even more in 2017. Here are the winners.

Fastest Male

Winner

Ruairidh MacDonald 31:35.0

R/UP

Tom Highnam 32:26.9

Fastest Female

Winner

Anna White 35:49.0

R/UP

Fiona Yates 36:51.0

Male Age Group Winners

M14-15 1st Erik Frykberg, 2nd Peter Gardiner
 M16-17 1st Kyle Wong, 2nd Luke Simson
 M18-34 1st Robin Vonk, 2nd Thien Vuong
 M35-39 1st Chris Wong, 2nd Stuart Spencer
 M40-44 1st Neil Pearson, Ben Streckeisen
 M45-49 1st Tim Austin, Shaun Atchison
 M50-54 1st David Carey, 2nd Ben Reeves
 M55-59 1st Mike Hansen, 2nd Richard Willcock
 M60-64 1st Eric Schmierer, Peter Woods
 M65-69 1st Darryl Chrisp, 2nd Ben Dall'Amico
 M70-74 1st Luigi Criniti, 2nd Ted Brailey
 M75-79 1st Alan Wareham, 2nd Heiko Schaefer

So let's get ready for next season which kicks off sooner than you expect on 4 February 2017 at Homebush. Please make sure you take a moment to thank our fabulous volunteers who are the people that make these races possible.

One foot in front of the other till tired.



Female Age Group Winners

F18-34 1st Leigh MacRitchie, 2nd Amy Cheung
 F35-39 1st Lisa Wynan, 2nd Samantha Isbel
 F40-44 1st Manal Garcia, 2nd Alice Priest
 F45-49 1st Nicole Frykberg, 2nd Ruth Dentice
 F50-54 1st Lynn Harrison, 2nd Caroline Yarnell
 F55-59 1st Ingrid Grae, 2nd Silvia Lee
 F60-64 1st Joanne Cowan, 2nd Ginta Viliunas
 F65-69 1st Linda Hayes, 2nd Antoinette Baron
 F70-75 1st Anne Boyd



Mindful Eating in the Party Season

Nicole Dynan (APD/SD)

Nicole Dynan is the principal dietitian at The Good Nutrition Company and an Accredited Practising Dietitian & Accredited Sports Dietitian based in Leichhardt, Balmain and Neutral Bay in Sydney.
www.goodnutritionco.com



THE GOOD NUTRITION co.



There used to be a time when the Christmas season stood out as a highlight on the annual food calendar. But today, having access to all sorts of treats, all year around, it's as if the Christmas season has upped the ante. As a result, the party-season festivities can feel like one opportunity after another to overindulge on less-than-healthy foods and it goes on until early January, often with vows to start a new diet and lose weight. Sound familiar?

Learning mindful eating skills can help you reach balance during the party season while increasing your enjoyment of holiday foods. As you know what they say, "You can't out-run a bad diet!"

What is Mindful Eating?

Almost one quarter of all the food we eat is forgotten almost in an instant. This is usually because we are doing something else why we are eating. Whether we're racing between office appointments, working furiously on our computer to meet a deadline, managing a complex family schedule or just sitting in front of the TV, for many of us food is just fuel and it disappears without us knowing.

Things like stress, distractions and 'head hunger' are all cues to your body that you want food – and they usually tell you that you want it now. Mindful eating helps put your body back in charge and it gets you back in touch with your 'tummy hunger'.

Eating mindfully is when a person stops and gives the majority of their thoughts and time to eating. This thinking and time-giving process requires mindful attention. It requires habits that break up the continued stresses and distractions in our day, and it requires taking time out to stop and purposefully eat. Mindful eating requires decisions and habits to be formed about when to eat, what to eat and how it might be prepared. Avoiding situations that promote 'mindless' eating makes it easier to eat mindfully.

Mindful Eating in Action

Mindful eating can best be described with a short story. The story involves a research group observing a group of customers who arrived to see a new Mel Gibson film (Yes, this was a while ago!) To the surprise of the customers, they got a free soft drink and popcorn to celebrate the theatre's one-year anniversary, or so they were told.

The habit of eating during movies was so strong for them that most people overlooked a serious problem: the popcorn was 5 days old. People ate slowly, taking a handful or two then pausing. Still they kept reaching into the bucket over and over again.



SYDNEYSTRIDERS BLISTER

But the popcorn came with an ulterior motive. The research group provided it as part of study on the effects of serving size on eating. As the customers left, they were asked to fill out a questionnaire, and the remaining popcorn in their medium or large buckets was weighed.

Most people who received large containers denied that they had eaten more popcorn as a result, but they actually put away 173 more calories on average than people with medium containers. This tells us that no one was eating for the taste of the popcorn, as it was terrible. They also probably weren't hungry, as the movie started right after lunch. Instead they were likely eating out of habit; **mindlessly**.



- **Mindful Eating Activity**

- If you would like to try mindful eating for yourself, take a minute to get some food that you enjoy and take a seat.
-
- **(a)** I want you to notice the food on your plate or the food you have front of you; even if it is your glass of water.
- **(b)** Pay attention to its colour, shape, texture and smell.
- **(c)** Bring awareness to the sensation of the food as you put it in your mouth for the first time. Notice the initial feeling.
- **(d)** Our goal here is to take the longest time possible to eat this food.
- **(e)** Notice the changes as you start chew or break down the food.
- **(f)** Notice the flavours, the textures and temperature changes in your mouth.
- **(g)** Notice any urge to eat quickly or swallow your food before it is chewed completely; ideally chew to it to pulp
- Your mouth is the first physical stage in the digestive process - the better you utilise it, the better your digestion will be.
- **(h)** Be aware of your thoughts and distractions that arise from the experience of eating and gently bring your thoughts back to the food.
- **(i)** Slowing down your eating can really help you experience the flavours, textures, sensations and joy of food.
-
- **This is mindful eating.** Hopefully you enjoyed eating that food more this time than you have before.

Tips for helping you to eat more mindfully and make more mindful meals

- Avoid mindless shopping. Once food comes into the house, we are more likely to eat it.
- Avoid eating excessive amounts of energy dense foods like sweets or even meats by eating slowly to give the brain's fullness sensors a chance to keep up.
- Start the meal with a soup or salad or even a drink of water and save the energy dense food like steak for last. This can help you consume less calories.
- Use smaller plates just like your great-grandparents did when they ate from dinner plates the size of today's bread and butter plates; this can help you eat less.
- Keep second helpings in the kitchen and not on the table and wait at least 10 minutes before getting another serving. This can help you eat to your tummy hunger and not your head hunger.
- Modify the effort required to obtain food – even by just a little bit. Research has shown for example that people who needed to shell nuts, ate less than those who received nuts already shelled.
- Cut up vegetables so that they are convenient as a snack
- Make healthy snacks like nuts and fruit easy to find and unhealthy snacks like sweet and fatty foods more difficult to get (e.g. store in the basement laundry)
- Minimise distractions like watching television while eating. This can make it easier for us to notice internal cues and thus be less responsive to external cues
- Never eating snacks directly from large packets, especially while your distracted
- For the biggest decrease in mindless eating, try not to multi task while eating at all

The challenge of finding ways to pay attention to food during our busy lives is a practice. If we teach ourselves to eat in a way that's relaxed and satisfying, our weight will stabilise within the range that the brain's energy-balance system defends and stay there for as long as we continue to work with the brain instead of fighting against it. Use the holidays as a catalyst for change. If you practice setting boundaries, prioritising self-care, and making room for your favourite foods it can help set the stage for further cultivation of mindful and intuitive eating skills after the holidays. If you work on being mindful all year around, the holidays and unfamiliar situations can end up being a lot more doable and the occasional indulgence will be nothing more than a fond memory.

MARATHON TRAINING GROUP

Phil Skurrie

We would like to extend very big congratulations to Peter Bierne and Andrew Galvin on completing the Sydney Marathon in September 18 2016. Their excellent MTG training paid off, and both boys finished this demanding run.

Meanwhile, on the other side of the world, Madeline Gill and Marius Buitendag were racing each other in the Berlin Marathon. The winner was irrelevant as they both finished an amazing marathon race. We think that it might also have had something to do with the great training they got over the past 20 weeks!

But it's that time of year again. As surely as the jacaranda flowers fall, November also sees the **Canberra Marathon Training Group** start up!

The program commenced Sunday 20th November with the first group run, and continues through to the Canberra Marathon coming soon in 9 April 2017.

We have welcomed a few new marathoners and a few new Striders to the fold and look forward to a summer of training together. Thank you once again to all of the Striders that regularly run with us and always offer support to the group. We look forward to running with you.

MTG Information:

If you want to receive weekly updates on the MTG, and to be informed of future MTG events, please send an email to mtg@sydneystriders.org.au.

Alternatively you can request access to our Facebook site "**Sydney Striders Marathon Training Group**".



MTG Leaders are back in action for the Canberra 2017
MTG: Phil Skurrie, Shika Raju & Tony Kellner

BRONZE MEDAL TO COACH OF SYDNEY STRIDERS JUNIORS AT WORLD MASTERS ATHLETIC CHAMPIONSHIPS

Caroline Yarnell

In 2015 I was genuinely surprised to find out that I was ranked first in the world for the 55-59 Women's 2K steeplechase with the time of 8:49:22. I ran this at the Australian Nationals, but did not make an appearance at the World Masters Athletics Championships held in Lyon that year. However, as soon as I realised I was a genuine contender, I bought all the Australian kit with gusto and decided to make the not-quite-so-long journey to Perth for the 2016 Championships. I was really eager and curious to meet my counterparts from all over the world. I entered early, and had about 7 months to get through with the event looming large.

Annoyingly, during the 7 months, I had all sorts of issues with my right leg, and my running took a bit of a plummet to say the least. However, my hurdling and water-jumping improved immensely due to training with the Striders Juniors from September, coached by hubby and fellow Junior's coach Tony Wong. The Juniors always joked that this training for me was 'the road to World's', which tickled me. It was quite a sight for the general public going about their business, walking their dogs and the like, to see a woman my age and a group of young people throwing themselves over hurdles and barriers. Some of the Juniors have gone on to be state champions or qualified for Nationals this year as a result of the training, and Jason Macintosh, who trained with us at a 'masterclass', came 4th in the Men's 45-49 3K Steeplechase in Perth.



Carolyn at the 2K steeplechase, Perth 2016

So, I flew off with son Kyle for support, 3 days before the race. I was entered in the 1500m too, but decided not to bother, as wanted to save myself for the race I had a good chance in. It turned out I would probably have made the final in the 1500m, but I would much prefer a medal in the steeplechase. I registered on the Friday and watched all the 1500m races, including Jason McIntosh's excellent 4:39. There were other Striders there, such as EJ Davis and Ron Schwebel, but their events were not in the same stadium as mine, so we rarely see each other. For the next World's in 2018, in Malaga, Spain, we will have to be more organised and sociable. I met up with a non-running friend from Sydney, who now lives in Perth, and toured the beaches and surrounds, trying to be casual and forget the race coming up on Sunday morning.

Race day was actually very pleasant. I arrived to the stadium early, and there was not too many people there. I warmed up watching the age 80+ steeplechase races and had a massage. Then another warm up, and before I knew it I was in the call room with all the other 55-59 steeplechasers from the USA, Netherlands, Sweden, Sri Lanka, South Africa, China, Germany and everywhere! We would have been busy googling and stalking each other all year, so there were no surprises, and it was quite weird to finally be here, all together and face to face. We were friendly, but very nervous. I'm friends on Face book with a couple of 'the girls' now – how cool is that?

SYDNEYSTRIDERS BLISTER

The race itself seemed to be over in the blink of an eye. I led 2/3 of the way as I refused to accept that my running strength just wasn't up to the required standard. It felt pretty good while I was leading though. However, later The Netherlands and USA overtook me. I tried to hang on, but my legs had turned to lead. I finished with a bronze. I still felt wonderful - believe me! I stood there after the finish and could hardly believe it was all over, and I came third in the world. I was on cloud nine, and stayed there for days.

I feel like I am there again at the podium as I am writing this.

They have a medal ceremony with your flags behind you and it was all very exciting. The USA national anthem was played on this occasion.



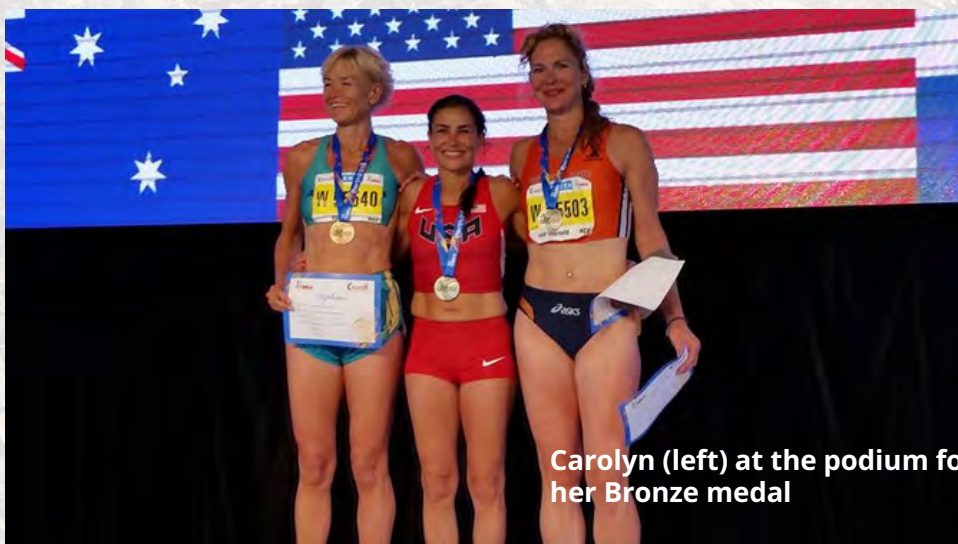
Carolyn at the 2K Steeplechase event at Perth 2016

In 2 years' time, I plan to compete in the World Championships again.

Anyone else feel inclined?

Yes, I will be even older by then, yet in the same age group, so the odds of a medal are considerably worse. However, I am inspired now, and it gives me a goal and a reason to keep all round fit. I feel that if I trained hard and got my running speed back then I could still be up there. If not, I'll just wait until I'm over 60 to have a chance at being a medal-contender again.

If you are interested you can watch any event at the World Master's Championship, please visit www.perth2016.com. The site contains all events from the 80+ Men's 2K steeplechase to the marathon for your entertainment delight.



Carolyn (left) at the podium for her Bronze medal

WORLD MASTERS RESULTS PERTH

OCTOBER 26 - NOVEMBER 6

Ron Schwebel



From left: Ron Schwebel, Heiko Schaefer, Anna Fitzgerald

In a rare opportunity to compete on home soil in a World Championship for Masters athletes, nine Sydney Striders flew to Perth. Conditions were good, except for the 10000m which was blessed with plenty of wind. Anna Fitzgerald won two Gold medals; Andrew Heyden picked up a Team Gold medal in the half marathon; Bronze medals were won by Caroline Yarnell, Heiko Schaefer and Chris Maher. I am sure we all enjoyed the experience. The next Worlds will be in Malaga, Spain, on the Mediterranean Sea. See you there Master Striders!

ATHLETE	AGE GROUP	EVENT	PLACING	TIME
Caroline Yarnell	W55-59	2000m	3rd BRONZE	09:12.8
Anna Fitzgerald	W35-39	5000m	1st GOLD	18:06.1
Anna Fitzgerald	W35-39	10000m	1st GOLD	37:45.4
Heiko Schaefer	M75-79	8km Cross Country	7th	41:03.9
Heiko Schaefer	M75-79	Marathon	3rd BRONZE	5:05:59
Ron Schwebel	M65-69	8km Cross Country	14th	34:16.6
Ron Schwebel	M65-69	5000m	11th	19:51.0
Ron Schwebel	M65-69	1500m	13th	05:29.8
Ron Schwebel	M65-69	2000m Steeple	7th	08:58.9
Rod Bennett	M60-65	20km Walk	9th TEAM BRONZE	2:46:06
Chris Maher	M55-59	5000m	7th	17:14.6
Chris Maher	M55-59	10000m	3rd BRONZE	35:44.1
Jason McIntosh	M45-49	1500m	1st heat DNS Final	04:39.9
Jason McIntosh	M45-49	3000m Steeple	4th	11:26.1
E J Davie	M45-49	3000m Steeple	10th	15:58.6
E J Davie	M45-49	THROWS PENTATHLON	12th	
Andrew Heyden	M40-49	Half Marathon	16th TEAM GOLD	1:19:07

Epilogue "Striders can Walk!"

Rod Bennett

I cannot thank Sydney Striders enough for getting me to run again and go outside my comfort zone. I went to Perth and competed in the M60-64 age group 20km race walk at the World Masters event. It was hot and dry and for me a very tough race. I did a PB by 8 minutes 16 seconds, finishing in 2 hours 46minutes 6 seconds. I have achieved my goal in that I will now have an Australian ranking. I had the medics sit me down at the end trying to get my sugar levels up.

I had given everything for Australia. I received an email to say that I had a bronze medal as our team finished with bronze, with New Zealand a gold and Italy a silver. I am overwhelmed by it all.

At the end of the day I am so grateful to Striders for giving me this goal. I gave it all and I had nothing in the tank. It is very humbling to wear the green and gold – that was the best feeling.

Go Strider!



Rod at Perth, competed in the M60-64 age group 20km race walk at the World Masters



Race day was hot and dry and it was a tough day for Rod (right)



Rod's bronze medal

Super Series

Chris Jackson



Sydney Striders Super Series Competition

The Super Series is designed to recognise and reward consistent performance of members, across a range of distance events (10kms+) through the year, relative to other Sydney Striders members in age and gender categories.

We have a range of events listed throughout the year, with 10kms, halves, marathons, ultras and trails. Runners are also able to submit a 'Wild Cheetah' half or full marathon which can be any race from across the world.

Points (see the Rules on the website) are awarded on the basis of distance and Strider participation. You can participate in as many races as you choose but you are only awarded for your best 8 events. To be eligible for any awards at the end of the season, you must have officially volunteered (and have it recorded) for the club during that year.

2016 winners

2016 saw a huge Strider participation across the series with 1,704 Striders competing across variety of races. Category qualified winners & runners up are:-

Age	Female Winner	Female Runner Up	Male Winner	Male Runner Up
18-34	Maria Yiasemides	Leigh MacRitchie	Mike Lichtwark	Chris Jackson
35-39	Sonia Geerlings	Emma Brown	Brendan Davies	Eoin Reville
40-44	Fran Boorer	Julia Wenner	James Watson	Marcus Hooke
45-49	Jacqueline Ramsay	Sarah Robinson	Mike Turner	Luke Porter
50-54	Silvia Lee	Belinda Lockwood	Glenn Lockwood	Radoslav Stojanovik
55-59	Jane Trumper	Ingrid Grace	Mike Hansen	Iaen Paul
60-64	Ginta Viliunas	Joanne Cowan	Victor Correa	Joe Degabriele
65-69	Linda Hayes	Antoinette Baron	Graham Osborn	Ben Dall'Amico
70-74	Anne Boyd	Brenda Hamill	Luigi Criniti	Rick Collins
75-79	-----	-----	Heiko Schaefer	Allan Wareham

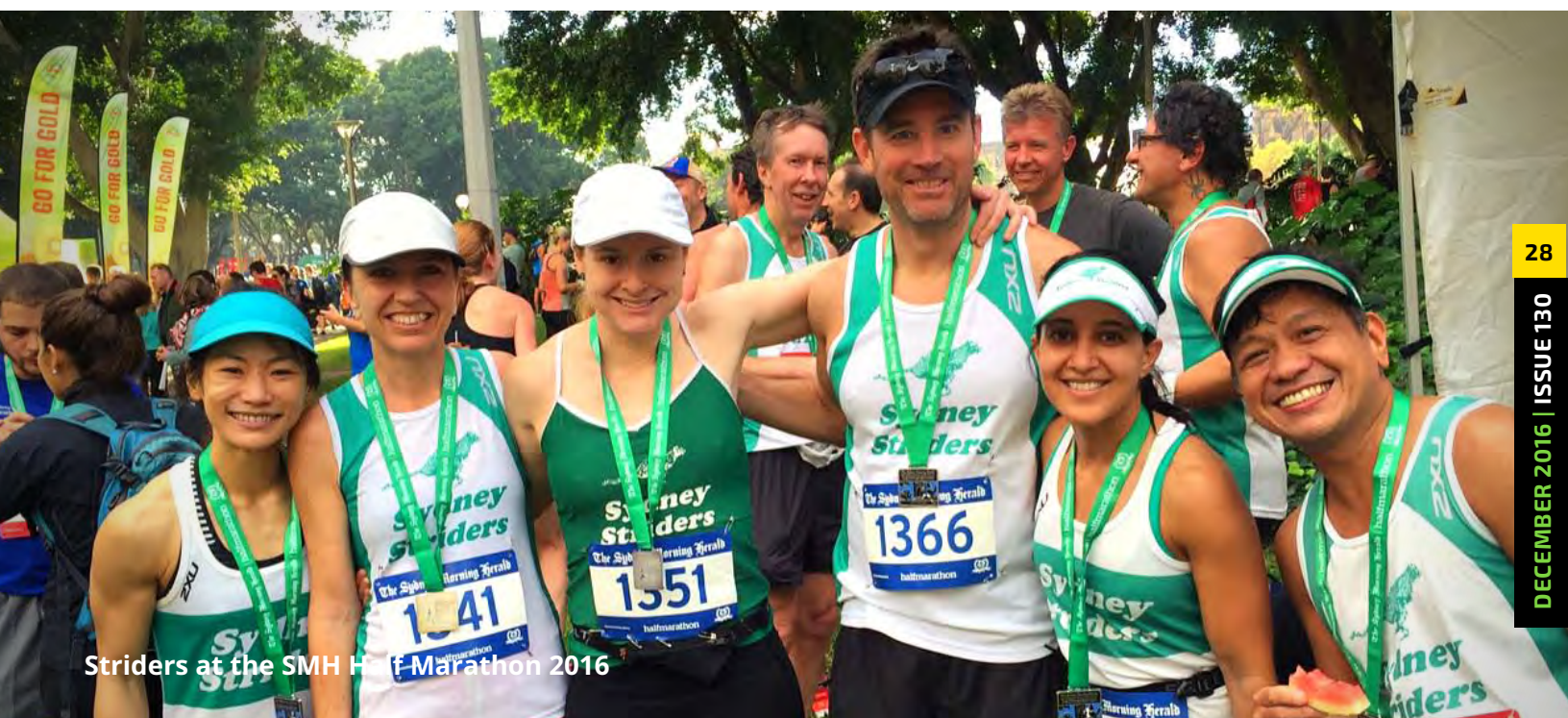
After gathering feedback and looking at this year participation rate in many events we've made some modifications to the race list in the next page. We hope to see even more people targeting the top of their age group and some close battles as the year progresses.

Special thanks to Simon Wolnizer for all his 'behind the scenes' work with continuous results updating. Thanks you for a great year and looking forward to the new 2017 competition!!

Super Series Race List 2017

Do you have what it takes to get on the winners list next year?

Race	Date	Name	Distance	Bonus	Notes
1	04/02/17	Striders - Sydney Olympic Park	10 km	0	Road
2	26/02/17	The Equaliser (members only)	14 km	1	Trail
3	11/03/17	Six Foot Track Marathon	45 km	6	Trail
4	02/04/17	TBC Lindfield Rotary Fun Run	10 km	0	Road
5	09/04/17	Australian running festival (Canberra) Half marathon	21.1 km	2	Road
6	09/04/17	Australian running festival (Canberra) Marathon	42.2 km	5	Road
7	29/04/17	Internal 10k Points on race time	10 km	0	Road
8	19/05/17	Ultra Trail Australia 22	22 km	3	Trail
9	20/05/17	Ultra Trail Australia 50	50 km	6	Trail
10	20/05/17	Ultra Trail Australia 100	100 km	7	Trail
11	21/05/17	SMH Half Marathon	21.1 km	2	Road
12	04/06/17	TBC The Great Nosh	15.25 km	1	Trail
13	25/06/17	TBC Woodford to Glenbrook	25 km	3	Trail
14	02/07/17	Gold Coast Half Marathon	21.1 km	2	Road
15	02/07/17	Gold Coast Marathon	42.2 km	5	Road
16	16/07/17	TBC Sydney Harbour 10	10 km	0	Road
17	23/07/17	Sutherland to Surf	11.2 km	0	Road
18	30/07/17	TBC Westlink M7 Cities Half Marathon	21.1 km	2	Road
19	30/07/17	TBC Westlink M7 Cities Marathon	42.2 km	5	Road
20	06/08/17	TBC Centennial Park Ultra - Solo 50	50 km	6	Trail
21	13/08/17	City2Surf	14 km	1	Road
22	20/08/17	Running Wild Glenbrook 25	25 km	3	Trail
23	20/08/17	Running Wild Glenbrook Marathon	42.2 km	5	Trail
24	02/09/17	Coastal Classic	29 km	3	Trail
25	17/09/17	Sydney Half Marathon	21.1 km	2	Road
26	17/09/17	Sydney Marathon	42.2 km	5	Road
27	08/10/17	Internal Handicap Half, Points on race time	21.1 km	2	Road
28	19/11/17	TBC Balmain Fun Run	10 km	0	Road
29	20/11/17	"Wild Cheetah" Half Marathon	21.1 km	2	Submit results
30	20/11/17	"Wild Cheetah" Marathon	42.2 km	5	Submit results



Striders at the SMH Half Marathon 2016

SYDNEY STRIDERS BLISTER



Collage of active members since 2007

Juniors Corner

Juniors Corner

Tony Wong with additional photos from Wally Phillips, Sarah Cole and David Tarbottom (ANSW)

Membership Membership currently stands at 116.
Anyone interested in training with us please contact juniorinfo@sydneystriders.org.au.

10th Anniversary Party

We celebrated the end of our tenth season in style with the Nortons who kindly hosted the festivities. Have a look at the picture above for the collage of the active members from the past 10 years.

Around the track

NSW 3000m Championship – 12 November 2016

We had a phenomenal night of racing at the NSW 3000m Championship at SOPAC. In the Men's A race Josh Phillips smashed his own club record by 30 seconds with 8.17.96. Sophie Gocher (10.38.64), Astrid Kingsmill (10.56.65) and Ciara Sinclair (10.59.64) all ran inside the National Qualifiers for their age groups. The other big improvers of the night were Benjamin Jagger who improved from 9.28.11 to 9.12.90 and Cameron Gorman, whose 10.24.85 was a 15 second improvement.

NSW Relays Championship – 26/27 November 2016

A new under 14 girls' 4x800m state record was set by the quartet of Emma O'Reilly, Emma Mahon, Ciara Sinclair and Nicola Hogg. Two more gold medals were won by the under 16 girls' team of Sophie Gocher, Astrid Kingsmill, Hannah Lovlin and Olivia Hogg, and the under 18 boys team of Josh Phillips, Bryn Lynch, Max Mahon and Luke Simson in their respective 4x1500m. The under 16 boys won silver and bronze in their 4x1500m and 4x800m.



Australian All Schools Athletics Championship – 2 to 4 December 2016

It was quite a weekend for our three NSW representatives in the Australian All Schools Championship in Canberra. Nicola Hogg won double gold in the Under 14 Girls' 800m and 1500m. She also beat Edita Grinbergs and Hannah Gibson's club records with 2.11.87 for 800m and 4.28.34 for 1500m. Emma O'Reilly narrowly missed out on gold in the Under 14 Girls 400m. Her time of 57.93 moved her up to second in the club all-time list. Finally Sophie Gocher ran a gallant 4th in the Under 16 Girls' 2000m steeplechase in a time of 7.12.66 seconds. Sophie went on to finish 11th in the Under 16 Girls 3000m.



Josh Phillips on his way to his 8.17 3k.



"We won!"



Ben Jagger on his way to a massive PB.



Under 14 girls' 4x800m relay, Emma Mahon releasing Ciara Sinclair



The under 14 girls' 800m relay teams.



The race begins. Olivia Hogg in the under U16 girls went on to finish ahead of the Ryde under 20s team and in the 4x1500m.



Race plan. "Look boys, the girls got two golds and boys have none so far. We need to get our acts together."



The under 16 boys' 800m relay teams



Double Australian All Schools under 14s gold medalist, Nicola Hogg

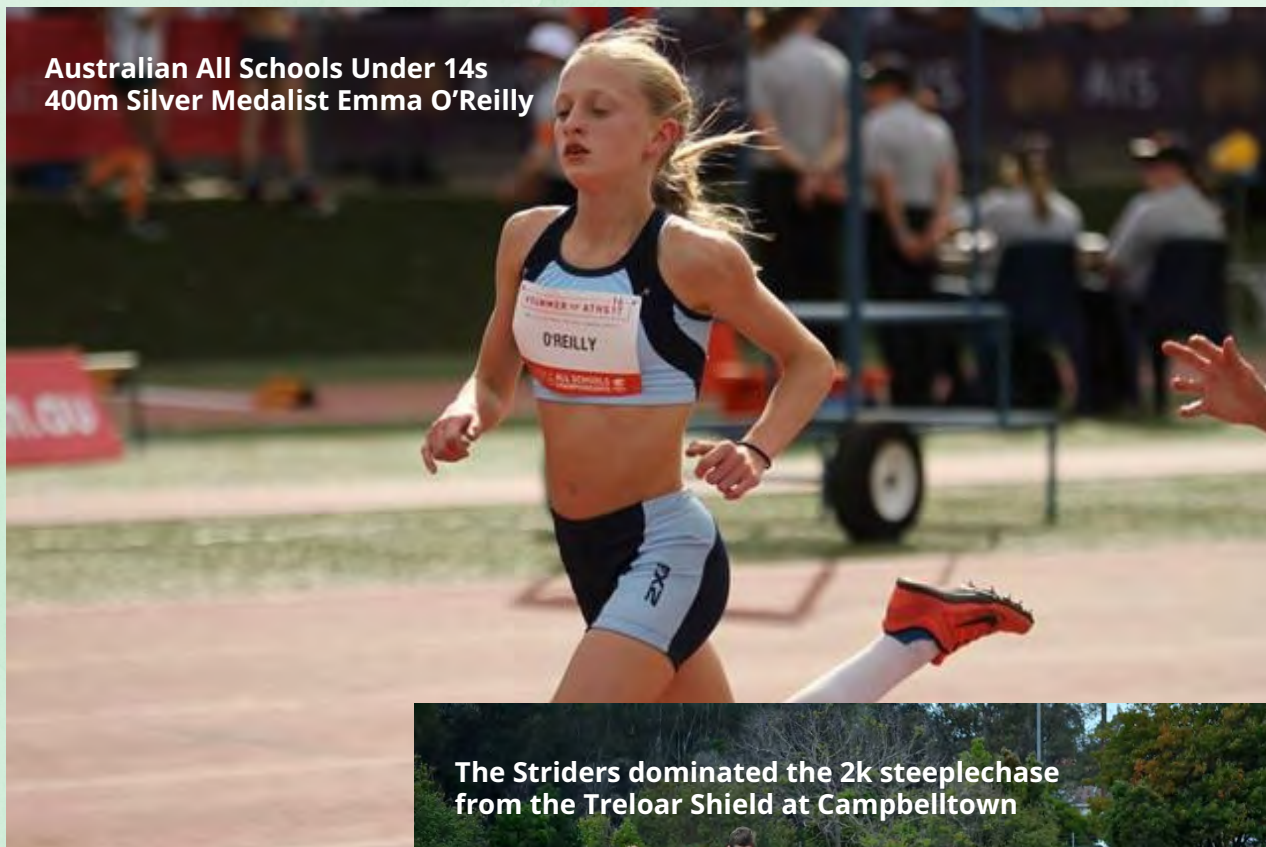


Kieran Gorman passing the baton to Curtis Kingmill in the 4x800m

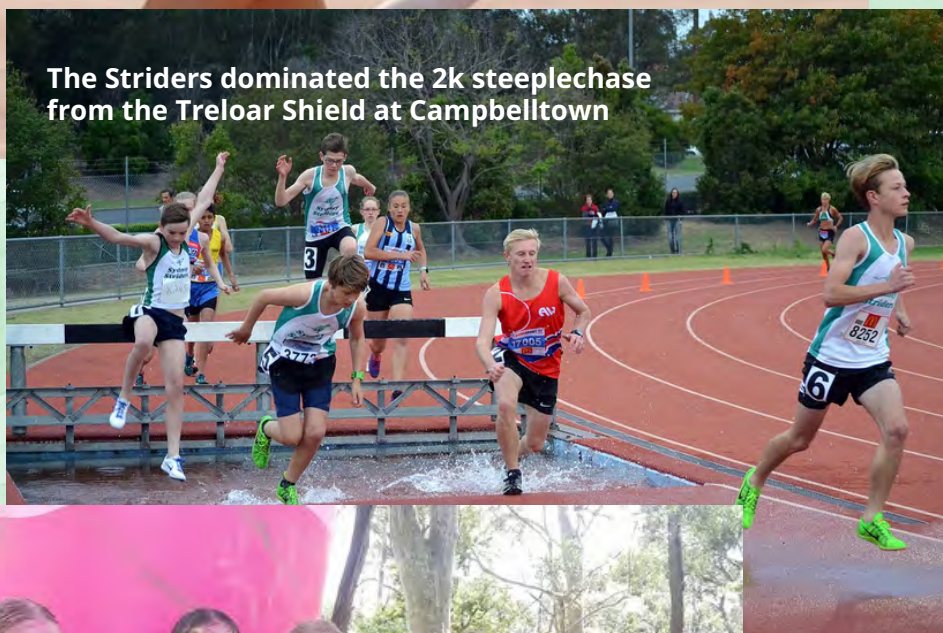


The cheer squad was getting stressed

Australian All Schools Under 14s
400m Silver Medalist Emma O'Reilly



The Striders dominated the 2k steeplechase
from the Treloar Shield at Campbelltown



Away from the track, enough said...





THE LAST WORD

By yer Social Media Admin
Gilbert D'Awesome (find me on Strava)

So it's been an awesome year right? Right?

The photos above are from our Instagram account where for 2016, we have accumulated 10,417 likes to 205 posts just for last year! Thanks very much for the comments, likes and follows and we really do welcome feedback so if there's anything you want featured, just ping me via Insta, Twitter or Facebook.

Our website is also looking very fresh as of the moment, thanks to our very excellent webmaster Bruce! You can also create a shortcut to get to it via your mobile phone – so, what are you waiting for? Just do it! :D

In the meantime, do like our Facebook Page:

<https://www.facebook.com/SydneyStriders?fref=ts>

Join the Members only group:

<https://www.facebook.com/groups/SydneyStriders/?fref=ts>

Or the Marathon Training Group:

<https://www.facebook.com/groups/115776728632956/?fref=ts>

And the Race Pacers Group:

<https://www.facebook.com/groups/520230171443125/?fref=ts>

We are also on Instagram: @sydney_striders, Twitter:

@sydneystriders and you can browse our blog on Tumblr too:

<http://sydney-striders.tumblr.com/>

Be seeing you on the road, on trail, and during the STaRs.

#GoStriders!