

# THEBLISTER

THE MAGAZINE FOR THE SYDNEY STRIDERS RUNNING CLUB ESTABLISHED 1980

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## Challenge Roth 2017

Steven Newman reviews one of the best long distance triathlons in the world in Roth, Germany

## 100 MARATHONS

Glenn Lockwood has completed his 100th marathon at Blackmores Sydney Running Festival

## From the Blue Mountains to North Carolina

Daniel Francken shares his first Year in the U.S.

## Never give up - ever!

Tim Austin shares his sub 3 marathon journey - a Blister article 21 years and 20 road marathons in the making

COVER PHOTO OF ANNA WHITE COURTESY OF TIM HORSBURGH

# BLISTER TEAM

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**SPECIAL PROJECTS** - Bruce Graham

**SOCIAL MEDIA** Gilbert Gaddi



## **President's Message**

*Hello Striders,*

*The last 3-4 months have been busy for the club. There have been so many events, activities and people running PBs, but I guess the one that stands out for me is David Criniti's Commonwealth Games Marathon Qualifying Run in Berlin. Not only does Dave teach, but, along with others, he organises the Run Beyond Project, plus he coaches other runners to achieve..... Some of you may not know that Dave had massive surgery less than 2 years ago so to come back from that and run this qualifying time is extraordinary. We look forward to an article in the next Blister, Dave!*

*I would also like to acknowledge Greg Churchill and his fantastic organisation of the pacers this year. He has also been relentless in designing our new pacer flags and each is handmade in its own way with special fillings in each bottle so the flags don't rock'n'roll. Greg, thank you so much. We really appreciate your work.*

*Lastly, thank you, as always for your support of Sydney Striders. You are the club and your enthusiasm for running and what we all do is amazing.*

**#GoStriders**

*Jo Cowan*



*Greg Churchill (right) pacing the 90 minute half marathon group with Alana Plymin at the Sydney Running Festival*

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Happy 60th Birthday Stephen Jackson!

# MEET OUR MEMBER - ANNA WHITE

**A Strider since:** 2005. Prior to this I had run for Sydney Pacific Athletics Club and had been a member of Manly Warringah Little Athletics Club. I was nineteen and ready to join a senior club that would give me the opportunity to participate in both road and cross country races. Shirley Rutter whom I knew at the time as my school canteen manager and as a netball club coach encouraged me to join.

**How I got into running:** In 1994 at the age of seven I had my first opportunity to compete in the school cross country. My school sports teacher informed us that the first five placegetters in each age group would be selected to run at the zone cross country. Unfortunately being seven and in the youngest age group I was going to be racing against third and fourth year students. I didn't let this put me off I needed to know what happened after zone, after regional and what was required to be selected to run at state level. From that point I think it was as Usain Bolt would say "eyes on the prize" - my heart was set on running at state level. In my first school cross country I finished second in hot pursuit of a long legged year four student. The following year I won the race and progressed to state level. Twenty one years and thousands of kilometres after achieving my very first running goal.

I don't remember life without running.

**Favourite distance:** I enjoy the challenge of 10km on the road, it is the right combination of speed and endurance for me. I have never run a half marathon and don't intend on making my debut over this distance in the near future. I have a 38 degree scoliosis which accounts for what some have described as a strange running style. I have been told by a physiotherapist that if I hadn't started building the strength to run at such a young age I probably wouldn't be able to run as I do now. I enjoy racing 10km and cross country so to risk injury over the half marathon distance doesn't seem worth it in the short term.

**Favourite running workout:** Mona Fartlek run out and back along the Manly beachfront. The path is 2.5km long measured with precision by our numbers man Ron Schwebel. I like to try and get to the 2.5km half way point by the 10min mark and return finishing beyond my start point. This means a negative split is needed and it is a great way of pushing yourself when training alone.

**Gear you can't do without:** On race day I can't do without my Striders Singlet - a "Go Striders" call from the sideline is always great to hear regardless of the race result. In winter I do make an exception to this rule but my Striders singlet is still always worn underneath.

I also can't do without my hair ribbon. Very early in my primary school running years my mum tied a ribbon in my hair on race day morning, this was a copy of Melinda Gainsford-Taylor's (Australian 100 and 200m champion at the time) race day ribbon. It quickly became apparent that a bright hair ribbon had an added advantage for my parents. The hair ribbon could be seen from a distance by spectators and used to determine my placing in a cross country race. I am pleased to hear that this is still effective as my hair ribbon was seen disappearing up the M7 bike path in the recent Blacktown 10km. I now consider my hair ribbon to be my race day good luck charm, but have recently had a request from Dave Criniti to please transition to a green ribbon for Striders events.

**Where are you most likely to be found running?**  
Along the Northern Beaches of Sydney.

**When not running most likely to be found:**  
Working as a Sonographer at The Mater Hospital in North Sydney, relaxing and soaking up the sunshine in Manly or playing with my nine month old niece Sienna.

**Role Model(s), Heroes & Heroines (fictional or otherwise):**  
Kerryn McCann, Craig Mottram and Kurt Fearnley.

**Finally...your favourite movie or TV show:**  
Anything sport related.



# MY JOURNEY TO 100 MARATHONS

Glenn "Horrie" Lockwood

As I approach my 100th marathon, I have been asked how I got here. I will attempt to answer this question succinctly so I do not bore you.

In 2003, as I was approaching my 40th birthday, a colleague of mine had a minor heart attack. This made me question my health seriously for the first time. Having led an active sporting life in my childhood years, I had let myself go, as you do when trying to raise a family and devote your life to your kids.

My weight had just ballooned over the 100kg mark and my waist line over 100cm. I decided to see a doctor to get a check-up. The doctor told me that unless I made some major change to my lifestyle, I would most likely develop Type 2 Diabetes, which could lead to more serious health issues such as stroke or heart problems.

So, with the help of Belinda, we decided to dramatically overhaul our diet, as well as introduce an exercise program to our daily routine. The doctor recommended walking for up to 30-40 minutes a day. I was pleasantly surprised as the weight started to drop off dramatically, and after a couple of months, my weight was already down to 87kg.

Work colleagues started to notice my weight loss and then I had to start buying a new wardrobe as my clothes started to look too big. I continued to walk daily and noticed how much easier this was becoming with less weight to carry. As I had run during my early adult years, I contemplated returning to running, but did not want to do this until my weight dropped below 80kg.

The reason I had set this limit was, whenever I had attempted to return to running, running at that weight was too hard and I felt like I was on the verge of a heart attack, as well as experiencing knee pain. When my weight got down to around 82kg, Belinda decided to go out and buy herself some running gear and told me she had been for a run that day. That was the final incentive I needed and I then went out and did the same that evening.

*My return to the City to Surf was amazing. As I ran and walked the famous stretch down to Bondi, I felt that I had been given a second chance of life. I decided that I would remain active for the rest of my life and would do whatever I could to maintain that ecstatic feeling.*

On that Saturday, we went out for a short run together and I could not contain my excitement. It was the day before the City to Surf and I decided spontaneously to enter race the following day. So off I drove into the city and obtained an entry into the world's biggest fun run. My return to the City to Surf was amazing.

As I ran and walked the famous stretch down to Bondi, I felt that I had been given a second chance of life. I decided that I would remain active for the rest of my life and would do whatever I could to maintain that ecstatic feeling.

I slowly started to build up my running and by the beginning of 2004 I had increased my long run up to 15-20km. I decided that I was going to run a marathon that year. I had followed Deek during the 80s and then Monners and had developed a strong interest in the distance and felt that it was something I just had to do. I told myself I only had to run one marathon and at least I would know what it felt like to emulate those great runners who we loved watching in the Olympic Games.

## SYDNEY STRIDERS BLISTER

In March 2004, I bought a Runner's World magazine and there was a feature article on the Gold Coast Marathon. I had been there a couple of times on trips away with my junior rugby league teams, and had holidayed there with the family when the kids were young, so I was very familiar with the area. When reading about running a marathon, the article suggested that you should join a running club as the long training runs of up to 35km were easier to do if you ran in a group. This same magazine also had a story on running information on the internet. The Cool Running website was mentioned so I looked up that website. It had a section on running clubs in Sydney. It had a short description of each club and what their training looked like.

*I found out Sydney Striders ran distances up to 30km every Sunday on different courses all around Sydney. I thought that was perfect...I joined that night and headed out to Middle Harbour Picnic STaR the next day for a 30km run with the MTG, led by Jim Moody, and have never looked back.*



Horrie and Belinda at the Blacktown M7 marathon 2017

I then found that Sydney Striders ran distances up to 30km every Sunday on different courses all around Sydney. I thought that was perfect for what I needed to do. So I joined Sydney Striders that Saturday night and headed out to Middle Harbour Picnic STaR the next day for a 30km run with the MTG, led by Jim Moody, and have never looked back.

With the help of Sydney Striders, I headed up to Gold Coast and ran my first marathon that year in a time of 3:41. I then read that to help avoid post marathon blues, you should pick another event soon after and always have something to train for. I have been doing that ever since and am now getting ready to run my 100th marathon in Sydney on 17 September 2017.

I hope to see many of you out there and at the Sydney Striders tent and the Orient Hotel afterwards.

**\*\*Editor's note:** on 17 September 2017, Horrie completed his 100th marathon in 4:46:56. Lots of celebratory drinks followed. On 15 October 2017, Horrie completed his 101st marathon at the Melbourne Marathon in 03:59:34.

| Marathon # | Date       | Race                                        | Net time |
|------------|------------|---------------------------------------------|----------|
| 1          | 4/07/2004  | Gold Coast Airport Marathon                 | 3:41:54  |
| 2          | 10/04/2005 | Asics Canberra Marathon                     | 3:34:17  |
| 3          | 11/09/2005 | Blackmores Sydney Running Festival Marathon | 4:35:35  |
| 4          | 9/10/2005  | Asics Melbourne Marathon                    | 3:42:36  |
| 5          | 30/07/2006 | Westlink M7 Cities Marathon                 | 3:25:51  |
| 6          | 14/10/2006 | Fitzroy Falls Fire Trail Marathon           | 5:43:53  |
| 7          | 23/09/2007 | Blackmores Sydney Running Festival Marathon | 3:44:16  |
| 8          | 7/10/2007  | Samsung Melbourne Marathon                  | 3:58:34  |
| 9          | 13/10/2007 | Fitzroy Falls Fire Trail Marathon           | 4:52:10  |
| 10         | 6/07/2008  | Gold Coast Airport Marathon                 | 3:23:44  |
| 11         | 27/07/2008 | Westlink M7 Cities Marathon                 | 3:20:40  |
| 12         | 26/07/2009 | Westlink M7 Cities Marathon                 | 3:23:10  |
| 13         | 20/09/2009 | Blackmores Sydney Running Festival Marathon | 3:36:29  |
| 14         | 25/07/2010 | Westlink M7 Cities Marathon                 | 3:56:17  |
| 15         | 15/08/2010 | Wagga Wagga Trail Marathon                  | 3:58:04  |
| 16         | 19/09/2010 | Blackmores Sydney Running Festival Marathon | 3:59:22  |
| 17         | 9/10/2010  | Fitzroy Falls Fire Trail Marathon           | 3:47:40  |
| 18         | 27/11/2010 | Glenbrook Trail Marathon                    | 4:31:12  |
| 19         | 10/04/2011 | Canberra Times Marathon                     | 3:53:23  |
| 20         | 31/07/2011 | Westlink M7 Cities Marathon                 | 3:57:02  |



Horrie and fellow "Griffin" (10 Canberra Marathons) at Canberra Marathon 2017

| Marathon # | Date       | Race                                        | Net time |
|------------|------------|---------------------------------------------|----------|
| 21         | 18/09/2011 | Blackmores Sydney Running Festival Marathon | 4:28:41  |
| 22         | 8/10/2011  | Fitzroy Falls Fire Trail Marathon           | 4:11:10  |
| 23         | 15/04/2012 | Canberra Times Marathon                     | 3:58:52  |
| 24         | 29/07/2012 | Westlink M7 Cities Marathon                 | 4:31:06  |
| 25         | 19/08/2012 | Wagga Wagga Trail Marathon                  | 4:12:13  |
| 26         | 16/09/2012 | Blackmores Sydney Running Festival Marathon | 4:13:06  |
| 27         | 29/09/2012 | Lap The Lake Marathon                       | 3:55:32  |
| 28         | 14/10/2012 | Medibank Melbourne Marathon                 | 4:00:40  |
| 29         | 25/11/2012 | Glenbrook Trail Marathon                    | 6:05:18  |
| 30         | 13/01/2013 | Cadbury Marathon                            | 3:41:03  |
| 31         | 14/07/2013 | L.J. Hooker Broome Marathon                 | 4:55:17  |
| 32         | 28/07/2013 | Westlink M7 Cities Marathon                 | 4:54:58  |
| 33         | 18/08/2013 | Alice Springs Running Festival Marathon     | 3:49:45  |
| 34         | 25/08/2013 | Athletes Foot Adelaide Marathon             | 4:10:30  |
| 35         | 22/09/2013 | Blackmores Sydney Running Festival Marathon | 4:12:31  |
| 36         | 29/09/2013 | Glenbrook Trail Marathon                    | 5:00:28  |
| 37         | 5/10/2013  | TomTom Runner Western Sydney Marathon       | 4:23:46  |
| 38         | 13/10/2013 | Medibank Melbourne Marathon                 | 4:07:08  |
| 39         | 27/10/2013 | PaknSave Marlborough Marathon               | 4:14:59  |
| 40         | 3/11/2013  | Adidas Auckland Marathon                    | 4:00:42  |
| 41         | 2/03/2014  | Anton's Marathon                            | 3:51:38  |
| 42         | 6/04/2014  | Newcastle Marathon                          | 3:57:29  |
| 43         | 13/04/2014 | Virgin Money London Marathon                | 4:01:26  |
| 44         | 4/05/2014  | Marato D'Empuries                           | 5:21:38  |
| 45         | 27/07/2014 | Westlink M7 Cities Marathon                 | 4:07:49  |
| 46         | 24/08/2014 | Glenbrook Marathon                          | 4:55:42  |
| 47         | 21/09/2014 | Blackmores Sydney Running Festival Marathon | 4:32:49  |
| 48         | 4/10/2014  | Western Sydney Marathon                     | 4:14:47  |
| 49         | 12/10/2014 | Medibank Melbourne Marathon                 | 3:56:20  |
| 50         | 12/04/2015 | Canberra Marathon                           | 3:45:56  |
| 51         | 14/06/2015 | Glow Worm Tunnel Trail Marathon             | 5:52:18  |
| 52         | 5/07/2015  | Gold Coast Airport Marathon                 | 3:55:11  |
| 53         | 26/07/2015 | Westlink M7 Blacktown Marathon              | 3:52:23  |
| 54         | 2/08/2015  | Centennial Park Ultra Marathon              | 4:06:48  |
| 55         | 16/08/2015 | Glenbrook Trail Marathon                    | 5:22:22  |
| 56         | 20/09/2015 | Blackmores Sydney Running Festival Marathon | 4:22:56  |
| 57         | 3/10/2015  | Western Sydney Marathon                     | 4:24:57  |
| 58         | 18/10/2015 | Medibank Melbourne Marathon                 | 4:29:30  |
| 59         | 12/12/2015 | Canberra Summer Marathon                    | 3:52:02  |
| 60         | 3/01/2016  | Narrabeen Midnight Marathon                 | 4:23:03  |



Horrie and Belinda at the Australian Outback Marathon (left) and Marato D'Empuries (right)

| Marathon # | Date       | Race                                        | Net time |
|------------|------------|---------------------------------------------|----------|
| 61         | 10/01/2016 | Cadbury Marathon                            | 4:17:43  |
| 62         | 28/02/2016 | JP Hotel Brokers Marathon                   | 4:08:33  |
| 63         | 10/04/2016 | Canberra Times Marathon                     | 4:08:27  |
| 64         | 6/06/2016  | MAN BUMS Winter 2016 Day 1                  | 4:26:14  |
| 65         | 7/06/2016  | MAN BUMS Winter 2016 Day 2                  | 4:21:57  |
| 66         | 8/06/2016  | MAN BUMS Winter 2016 Day 3                  | 4:32:04  |
| 67         | 9/06/2016  | MAN BUMS Winter 2016 Day 4                  | 4:53:15  |
| 68         | 10/06/2016 | MAN BUMS Winter 2016 Day 5                  | 4:44:59  |
| 69         | 12/06/2016 | South West Rocks Running Festival Marathon  | 4:30:43  |
| 70         | 3/07/2016  | Gold Coast Airport Marathon                 | 3:53:29  |
| 71         | 10/07/2016 | Sri Chinmoy Dolls Point Marathon            | 3:55:57  |
| 72         | 17/07/2016 | Festival Of The Feet Marathon               | 4:28:47  |
| 73         | 24/07/2016 | Winery Running Festival Marathon            | 3:59:29  |
| 74         | 31/07/2016 | Westlink M7 Blacktown Marathon              | 3:58:59  |
| 75         | 7/08/2016  | Centennial Park Ultra Marathon              | 3:59:16  |
| 76         | 21/08/2016 | Glenbrook Marathon                          | 4:46:04  |
| 77         | 28/08/2016 | City to Surf Marathon                       | 4:37:31  |
| 78         | 18/09/2016 | Blackmores Sydney Running Festival Marathon | 4:33:04  |
| 79         | 24/09/2016 | BUMS Spring 2016 Day 5 (7am)                | 5:06:21  |
| 80         | 25/09/2016 | BUMS Hug The Harbour Trail Marathon         | 7:38:51  |
| 81         | 16/10/2016 | Medibank Melbourne Marathon                 | 4:26:06  |
| 82         | 6/11/2016  | TCS New York City Marathon                  | 4:42:28  |
| 83         | 11/12/2016 | Canberra Summer Marathon                    | 4:18:16  |
| 84         | 18/12/2016 | Port Loop Coastal Marathon                  | 4:58:02  |
| 85         | 31/12/2016 | Narrabeen Allnighter Last Marathon          | 5:20:12  |
| 86         | 14/01/2017 | BUMS January Harbour Marathon               | 7:39:06  |
| 87         | 18/02/2017 | BUMS Valentines Hug The Harbour Marathon    | 6:39:59  |
| 88         | 26/02/2017 | J.P. Hotel Brokers Marathon                 | 4:13:22  |
| 89         | 17/03/2017 | Kilted to Kick Cancer CBR48 Marathon        | 4:41:35  |
| 90         | 25/03/2017 | BUMS Manly's March Marathon                 | 6:41:00  |
| 91         | 9/04/2017  | Australian Running Festival Marathon        | 4:13:18  |
| 92         | 7/05/2017  | Sri Chinmoy Royal National Park Marathon    | 4:58:14  |
| 93         | 13/05/2017 | Air New Zealand Hawkes Bay Marathon         | 4:38:36  |
| 94         | 27/05/2017 | Manly's May Marathon                        | 6:05:18  |
| 95         | 4/06/2017  | Traralgon Marathon                          | 5:02:15  |
| 96         | 2/07/2017  | Gold Coast Airport Marathon                 | 3:54:07  |
| 97         | 16/07/2017 | Sri Chinmoy Dolls Point Marathon            | 4:22:18  |
| 98         | 29/07/2017 | Australian Outback Marathon                 | 5:10:04  |
| 99         | 20/08/2017 | Glenbrook Trail Marathon                    | 5:37:46  |
| 100        | 17/09/2017 | Blackmores Sydney Running Festival Marathon | 4:46:56  |



Horrie's surprise party to celebrate his 100 marathons achievement

A male athlete with dark hair, wearing a grey singlet with a white number '3' and a white stripe on the side, and dark shorts, is running on a green grass field. He is in the foreground, slightly to the right, with his left leg forward and arms pumping. In the background, another person in a grey shirt and blue shorts is running away from the camera. The background is slightly out of focus, showing a red track edge and some trees and a car in the distance.

# FROM THE BLUE MOUNTAINS TO NORTH CAROLINA - MY FIRST YEAR IN THE U.S.

**DANIEL FRANCKEN**

***This American Life (for an Aussie)***

**Daniel Francken joined Sydney Striders in 2010 aged 12. He is now 20 and has just started his second year at a US College on a full track scholarship. Striders Junior Coach Tony Wong would like to share his recent interview with Daniel.**

## College Life

### Which college are you attending?

I attend the University of Mount Olive in North Carolina. It is located in the small city of Mount Olive, just over an hour away from Raleigh. The city itself is located in a rural area, where it is known for producing pickles.

### What are you studying?

I'm studying Exercise Science and it is a four-year course.

### What type of scholarship do you have?

I have a full-ride scholarship, where both tuition and accommodation are covered.

Are you living on campus?

Yes, I'm living on campus. During my first year I roomed with an American, and this second year I'm rooming with a French guy, both of whom are on my cross-country team.

## Training and racing

### How big is the squad in the College?

The cross-country squad consists of about 20 guys and 12 girls; however only the fastest 10 usually get to compete in races. 7 people get to compete in regional and national championships, so it does get quite competitive within the team to earn a spot. The track team consists of sprinters, throwers, and jumpers, and a distance squad of over 100 athletes.

### How many coaches are there and what is the coach/athlete ratio?

I have two coaches: the head coach and the assistant coach, who work with the cross country and distance track team. For cross country, there are around 20 guys and 12 girls, so you could say 1 to 16

### Do you have a program just for you or is there a general program for everyone?

The cross country and track program is usually provided for everyone to follow, and is issued on a Sunday evening outlining the weekly schedule. If required, our coach will tailor a program for individuals, for example if you're coming back from injury or you want to increase your workload.

### What are the training facilities like?

The facilities at UMO are fairly decent; we have a very new track that is just a short distance from our dorms, a gym, lockers, and a sports medicine room.

### What about support?

We have a team athletic trainer who takes care of us when needed. Treatment and rehabilitation of injuries are taken care of in the athletics training room where there are massage beds, ice baths, and a wide variety of strength and rehab equipment.

### How long did it take you to adjust to training in a college squad?

It really took me quite a while to get up to speed with the training. I arrived at UMO coming back from a nagging injury and taking a month off running, so I was not in ideal shape. Due to this I really struggled the whole cross-country season, trying to adapt to the increased workload. I can't really say I found my feet my whole first year of being there, I just couldn't post a good performance, but I was able to complete all the training.

### How did you do in your first season?

For the cross country season I raced about four times, and all were below average and very disappointing - even embarrassing. Because of my poor performances in these early races, I wasn't able to make the top seven who would get to compete at the Regional and National Cross-Country Championships. My track season, which includes both indoor and outdoor track, were slightly better, but nothing that I was overly happy with. I didn't manage to run any PB's in my main events, which was a bit disheartening, but I did manage to run a decent 10k time of 31:16. I found it just too difficult to train hard and back up and race; this is something that I should manage a lot better this coming second year.

**What is your average weekly program like?**

During cross country season our program typically includes a long run, longer intervals and shorter intervals, and tempo runs.

An example of one session we did was 6 x mile on a grass loop with 400m jog recovery. By sticking to the assigned weekly schedule, you'd hit around 112 – 120km a week.

Track season is fairly similar, although faster sessions are done on the track and overall mileage is slightly less. This year for cross country season I plan to stay at around 130km, after a big winter of training where I maxed-out at 154km.

We would also do strength work two days a week where we could focus on both the core and legs.

***By the end of my first year I was dying to go home. Although it was tough at times, the experiences and the people I met made it all worth it...it's just a matter of waiting for the hard work to kick in and really show in my performances...My main advice would be to take a risk and give it a go!***

## **General**

**How did you find the transition from living at home to attending college overseas?**

The transition at first was not easy. It was difficult initially to adjust to the time zone and also the summer heat of North Carolina. It was also a challenge to get used to living with a roommate and juggling classes and training.

I had a bit of culture shock at first too, and there were stints of time where I was very homesick and dreamt of being home with my family. By the second semester I had somewhat gotten used to the college life and all it entails, but by the end of my first year I was dying to go home.

Although it was tough at times, the experiences and the people I met made it all worth it, and although I didn't perform as well as I would have liked, I trained far better than I would have if I had chosen to stay at home. At this point it's just a matter of waiting for the hard work to kick in and really show in my performances.

**What advice do you have for others who are planning to follow in your footsteps?**

My advice would be to do some research and have a look around at different colleges online and see where your times fit into the scheme of things - you don't have to be winning medals at nationals to be good enough to be wanted in the US.

There are three divisions of the NCAA, and all have a lot to offer. For me, a division 2 school was best, as they offered me a lot in terms of a scholarship and my times were not quite up to scratch to get a good offer from a competitive division 1 team.

From here it's important to plan early - years 10 and 11 – and get everything in order, such as school transcripts, SAT tests, immunisation records, and other requirements needed to make the move.

My main and final piece of advice would be to take a risk and give it a go! I am very grateful that I chose to make this move; it's really an opportunity that so many young athletes in Australia overlook.

# NEVER GIVE UP!



There were no great expectations as to what was going to happen in the marathon. I just wanted to successfully complete it (and not end up in hospital), and did so in just under three hours 20 minutes. Old timers will remember that the finish of those early Sydney marathons was in the current SOPAC.

From then on, breaking three hours was my target. Over the next four years, I did six marathons, my PB dropped to 3:04 in Canberra, and I would always go out on pace for a sub three. Success should not have been a problem as my half marathon and 10 km times in the late 90s suggested that I could quite easily break three hours. But from one race to the next, and for a variety of reasons, cracking the three-hour mark proved elusive.

A six year break from the road marathon led to my return to chase my goal. Four attempts at the original M7 marathon course, and a boiling hot day in Melbourne, added to the list of "non-successes" (rather than failures).

Then, in 2012, after a perfect preparation, a "dislocated collarbone" prevented a Gold Coast marathon assault; the champagne still on ice. Another attempt at Canberra in 2013 got me back to 3:05 (on track to break 3 hours until the last six kilometres). Last year at the M7, after the best 6 months' preparation, a 3:07 finish gave me hope but also fed that pang of despair that maybe I could never do it.

# ...EVER!

*Tim Austin*

**This is a Blister article 21 years and 20 road marathons in the making! And it is appropriately titled "Never Give Up...Ever".**

Mine was a crazy journey into marathon running. My high school years involved City to Surf attempts at the end of Cross Country season. Then, having done a couple (literally, two) half marathons in the mid 90s, I decided to do the Six Foot Track. A few hours on a rehydration drip in Oberon Hospital was testament to the excellent reason that the Six Foot entry criteria now requires you to have done a more suitably challenging event as a qualifier! Anyway, I recovered from that (as we all do recover from the memory of running ordeals), and soon after, courtesy of a road-side conversation with Neil McGill (ex-Strider) at Prince Alfred Hospital, joined the Striders.

Almost immediately, I entered the 1996 Sydney Marathon – my first road marathon. 1996 How long ago is that!! - Soon after, Sydney was announced as the 2000 Olympic City! The number one song on the hit list was the Macarena! Boris Becker won the Aussie Open! And I had a bit more hair!

The title of this article is "Never Ever Give Up" as there was finally success at the Gold Coast Marathon this year, breaking three hours with a grand total of 48 seconds to spare. Yeeehaaaaa!! Woop, woop!! Yooo little beauty!!

In contrast to many of the previous marathon attempts, this year was the one that everything went right. A great training programme over the previous four months, and a week's holiday on the balmy Sunshine Coast the week before the marathon, were both very effective.

On race day, good weather, a well-thought-out plan, and my kids collecting and handing over drink bottles so I didn't have to break stride for the whole race, were crucial. It makes you realise that there are so many things that can go wrong!

Apart from these things that all went to plan, the ability to put quality training together over a decent stretch of time was really important. Last year, the Sydney Striders Sub 3 Training Cheetahs Facebook group got up and running (!). Training with that group was most helpful, and it further reinforced to me how beneficial our running club is.

Being a big club, there is always someone out there who is more experienced, faster, or in better form than you are. In the Striders, we have so much to learn from each other: make the most of it! Last year, a number of the Sub 3 training group successfully graduated to "full membership", and it is a pleasure to join them.

Apart from the Sub3 Striders group, I did most of my training this year with fellow Strider, Dave Hazlewood, doing a speed session on Tuesday, and often thumping out the long run together on the weekend. I also trained with my Thursday running buddies; who have been doing various sessions around the Bay for 15 years. These regular motivations to get out of bed and run have been critical.

Over the years, I asked lots of people what their secret was in breaking three hours, and now people are asking me. Here is my list of what to do:

Firstly, mileage and speed are both important, but mileage is probably more important. I read something a few years ago that stressed the importance of 100km a week for 6-8 weeks until the taper. Don't shirk it; just do it!

Secondly, don't do speed sessions at flat-out pace. Do intervals a little quicker than marathon pace, but not too fast. Getting closer to the marathon, do progressively more of your long training run at marathon pace. I knew I was on track when three weeks before the marathon I could run 30k at race pace.

***This article and a successful marathon achievement are dedicated to "yous all" in Sydney Striders, and especially to my running buddies (you know who you are!).***

***There were plenty of "Go Striders" exhortations from the sidelines up at the Gold Coast this year, as there are for almost any race that you do.***

***Be assured that when you are running, you do hear those cheers and they do work***

Finally, my little secret is to work hard on what you know is your weakest link. For some people it is distance, for some it is speed. I'd had a least 10 marathons where I had been on track for a sub three hour marathon at 30 to 35ks and then fallen off the wagon. That reinforced to me that I needed to prioritise those long tempo runs, and do a few training runs of 37-40kms. So, look carefully at your running results, and be honest about what you are not so good at, and try your hardest to train that problem away.

So, this article has had 20 years of dust removed from it. I was always going to write a Blister article for this reason; I just wanted it to be a long time ago. The article and a successful marathon achievement are dedicated to "yous all" in the Striders, and especially to my running buddies (you know who you are!). There were plenty of "Go Striders" exhortations from the sidelines up at the Gold Coast this year, as there are for almost any race that you do. Be assured that when you are running, you do hear those cheers and they do work.

Also dusted off was a bottle of 1989 Penfolds Grange that had been saved especially to celebrate this occasion. My fear was that the wine might have "turned" before I was successful. Thankfully, it drank very well, accompanied with Grandma's classic recipe pasties!

Here's cheers!



**Tim celebrated his achievement with a bottle of 1989 Penfolds Grange, accompanied with Grandma's classic recipe pasties!**

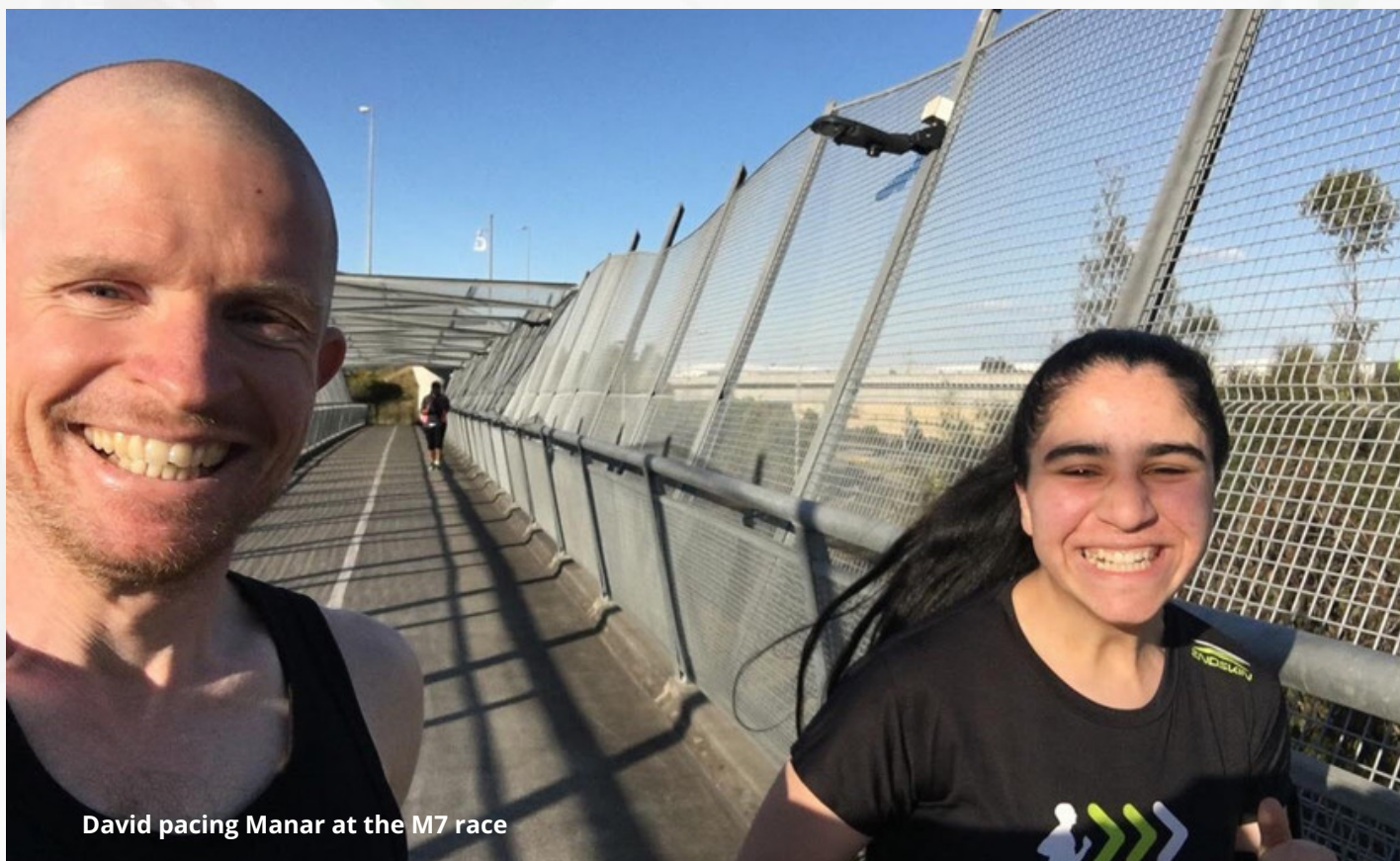
# THE RUN BEYOND PROJECT UPDATE

*David Criniti*

The Run Beyond Project is continuing to help more students in more schools thanks to our wonderful supporters including the Sydney Striders, and the dedication of hard-working teachers such as our own Amanda Shannon! Amanda's school, Evans High, was the first to commence the project in 2017, with 6 young people from diverse backgrounds making amazing progress to complete the 10km event at the M7 Westlink Blacktown Running Festival.



The opportunity to pace Manar is one which I'll always be grateful for. Having never been involved in any organised sporting activities previously, the Iranian refugee nevertheless took to the project with a gusto, demonstrating a steely determination from the onset. She never let her lack of sporting pedigree dissuade her, and embraced the project and the goal event with a hearty smile. Setting off towards the back of the pack, she maintained a sensible, even pace, which she maintained as the kilometres mounted and the degree of difficulty climbed. Perspiration started to flow, and teeth started to clench as we turned for home at the 5km mark, but the positive attitude never wavered. Crossing the line in 80 minutes, she was elated and deservedly proud of her outstanding accomplishment.



David pacing Manar at the M7 race

Not content with the 10km, many of the students are now continuing to work towards a new goal of completing a half-marathon at the Central Coast Half Marathon in November. Meanwhile, the Chifley College Shalvey Campus crew have commenced their training, and have built the miles steadily under the watchful eyes of coaches Ben Berriman and Melissa Shaw. With a couple parkruns under their belt, the students will have a lot of confidence going in to their 9km goal event at Lawson on September 24.

Chester Hill High School commenced training in July, with 5 year 10 students taking on the challenge and progressing well to currently have a maximum long run distance of 10.5km under their belts...almost halfway to the 21.1km needed to complete the Cadbury Hobart Half Marathon on January 14, 2018. Some will find this easier than others, and pacers are always welcome. If you're coming down, feel free to get in touch!

## SYDNEY STRIDERS BLISTER

The newest school on the Run Beyond block is Westfield Sports High, who commenced training in late August, with 5 students looking to complete the 10km Balmain Fun Run in November. We wish them all the best.

As we continue to reach out to more schools, funding is increasingly important to cover costs such as apparel, shoes, travel and the printing of curriculum materials. Joining our key supporters at Running Science and 2nd Skin, Financial planning firm Knightswood House has recently come on board as a supporter thanks to Strider, David Hazlewood. We're looking forward to working more closely with Dave as he seeks to develop some new curriculum resources aimed at helping our students set and achieve goals related to finances. If you're need of financial advice Dave is the person to ask!

Many Striders have expressed a desire to contribute personally. You now have the opportunity to sponsor a student to fund the cost of a single participant completing the program. \$40 a month will cover expenses such as shoes, apparel, travel and printing, and will ensure we can empower as many students in need to use the skills they acquire as they more towards their running goals, to take on the world! Please see:  
[http://www.therunbeyondproject.com/sponsor\\_a\\_student.php](http://www.therunbeyondproject.com/sponsor_a_student.php)



The Run Beyond Crew, from left: Hayley, Wade, Corey, Keiren and Manar

Contact us at:

**[contact@therunbeyondproject.com](mailto:contact@therunbeyondproject.com)** to lend your support, or make a donation through the website at  
**[www.therunbeyondproject.com/donate.php](http://www.therunbeyondproject.com/donate.php)**

Until the next update!



The Run Beyond Crew, from left: Mandy Shannon, Thanusraj, Michelle, Manar, Kieren, Hayley, Corey, Grace and Wade.

## Run Beyond Profile: Manar

My name is Manar AL-Shibly, I am 15 years old. My family is originally from Iraq. But in 2006, my family escaped from an ugly war and we went to Syria where we applied for a visa to come to Australia. Within 5 years things became very difficult in Syria in 2011, war erupted there too. We experience 2 years of war in Syria before we received our visa to come to Australia. This was in June 2013.

I consider myself to be one of the lucky ones because my family left before things got worse and while it was still safe for us to leave. Even though my village was one of the safer places in Syria, I experienced many dangerous situations that, at the time, I didn't recognize to be bad. I remember one afternoon in 2012, I was at school, it was the last period of the day and we suddenly heard a voice from the mosque calling out to the parents to collect their children from school. Unidentified men kicked the classroom door open and came in with guns that they held to our heads. Parents came to collect their children, but my parents didn't show up, I was really scared. There were about 6 men standing in front of me with guns in their hands pointed at me. At one point some of them looked away so I took the opportunity to escape, I ran out of the classroom, but I only made it to the school gate before a masked man grabbed me. I don't know how I managed to pull away, I remember he was holding my arm so tightly, but before I knew it, I had pulled away from him and started running. I didn't really know what direction I was going in, my legs were just running. The man called out that he would shoot me if I didn't stop, but I just knew I had to run...

I came to Evans in July 2013 and began in the IEC (Intensive English Centre), before moving to the high school in term 2 of year 7. The transition from Syria to Australia was really hard, everything was different, the main difference was the school, schools here are so much bigger, they offer a lot of subjects, class work is not as hard and there is no homework everyday like school in Syria. Even though it's way safer here than in Syria and we have a better life here, things initially were very strange and it took us couple of years to adapt to Australia's culture and environment. The hardest part about moving to the complete opposite side of the world is the feeling of being so far from what you know and the absence of all your friends and family. Just thinking of it now makes my heart ache.

I've always been a fan of sport and I like being active, but I only ever ran short distances (not longer than 300 metres), because I have asthma and I believed that I wasn't capable of running long distances. When "The Run Beyond Project" started at Evans High School in 2016, I was really influenced by the girls who completed it, it looked like a really good way to keep yourself active. What motivated me to join "Run Club" is that I wanted to be more active and keep my body balanced, just like the RPB girls, and I figured that having asthma shouldn't stop me from that because I will never know how much I can achieve unless I try.



Manar chilling out



Manar posing with medal and Dave



Manar interviewed by Jase Kerr of the 2RDJ-FM88 Star of Tomorrow radio show

## SYDNEY STRIDERS BLISTER

This year when Ms Shannon decided to run "The Run Beyond project" again, I was really excited to apply for it, because I wanted to run longer distances and I wanted to set new goals for myself and be committed to something I really enjoy doing. Being physically and mentally challenged by things you love doing is the best way to stay motivated and set new goals for yourself.

I have found the mental challenge of running more difficult to conquer. It's really hard to push your legs and body harder even when your mind is screaming at you to stop. At the beginning of RBP it was Ramadan which is the month where we don't eat or drink anything from sunrise until sunset. It was really challenging to train while not being able to drink water or eat, but the support I received from the people around me really motivated me.

During our training at the "Bayrun" after we had been fitted for shoes by Running Science, I faced a really hard time because I had a really bad cramps. They were so bad that I got really upset and stopped running. I just couldn't handle the pain. It was the worst thing that I've ever experienced throughout my running journey. I was running with Ms Moring at that time and she was encouraging me to keep going no matter how bad my cramps were. After a short while, I made the decision to continue my run. I admit it wasn't easy. I felt like my legs were going to break!

On reflection, that run taught me a lot. I now understand that every run is different, some are horrendous and debilitating, but that doesn't mean it should be avoided. It is totally okay to have a bad run, they are the runs that build resilience. We recently went back to the Bayrun to complete the BayRun2017 race event. This time I felt so much better, my feet were relaxed and I was super excited to finish it and to create great memories that show me how far I've come.

The best thing about joining RBP is that I now understand the value of setting goals for myself. Every time I run I am always excited to do better the next time. The feeling after a race or training is priceless, I feel so energetic and happy. Another aspect of RBP that I like is that I've become close with the people in my team. I never thought I would ever interact with some of them and it's amazing, having a team by my side to support me and cheer for me at the finish line. It really is a wonderful feeling.

Joining RBP changed me in so many ways, the main one is dealing with stress and getting through it calmly. I'm a person who would freak out about anything, but after joining RBP I started to manage my stress in a more positive way. I have learnt that committing to something that requires a lot of effort is not easy, but on the days that I have a bad run I am always proud when I get through it. There has never been a day where I've come back from a run and regretted getting out there. Our team is now in training for the Cantral Coast Running Festival in November. After we have completed that event, I will definitely keep running.

Thank you to everyone that has supported us in our journey, thank you to Sydney Striders, Athletics NSW, Knightswood House, Running Science, Bio Athletic, Cadbury Marathon and 2ndskin.



Cross Training Time



Manar, Thanusraj Wade and Kieren



Manar getting fitted for shoes at Running Science, Drummoyne

# It's not impossible to run in Vietnam

Amy Lam

People told me 'it's impossible to run in Vietnam'.

Look, if there is one thing that motivates me, it is when people tell me I cannot do something.

Last year, my husband and I were given the once-in-a-lifetime opportunity to travel to Vietnam and give lectures for the World Small Animal Veterinary Association (it's a big deal for small fish like us). We jumped at the opportunity. We had wanted to holiday in Vietnam for some time, and to mix work and play and have the trip paid for, it was a win-win situation. So we booked in. When we were told the dates were in July, I thought nothing of it until I started to plan the trip: July is the peak of the wet season in the south, and summer in the north. Our trip was highly organised and arranged around visits to Ho Chi Minh and Hanoi for lectures at the hottest time of year. I started to research where I could run. The news wasn't good. In fact it was terrifying. Heat. Humidity. Pollution. Scooters. People. I was told I could not run there. Treadmills would be the only way I could ever attempt this. Wrong answer.



Amy finds it possible to run in Vietnam

## Day 1: Ho Chi Minh City: Population 30 million. Location: City Centre

After nine hours on an EasyJet flight, we landed in Ho Chi Minh city at 10pm into 30 degree Celsius heat. I was glad I had done a long run before getting on the plane in Sydney. I went to find the hotel treadmill. The advertised gym wasn't there! So out onto the streets I went. Even at 6am, it was a little crazy. To cross a street in Vietnam, you just walk at a consistent pace through the traffic. I was told they would avoid you as long as you didn't step back or stop. Terrifying concept. I started to appreciate the idea of pedestrian crossings and traffic lights. I craved them. They weren't there. I found the polluted river bank, ran about 500m before the path suddenly stopped, and I just had to go into traffic to get anywhere. It was going to be 'one of those runs'. I ran-walked and sweated about 3 litres, and after an hour and a half of this, I'd had enough and returned to the hotel. I was proud I hadn't given up but frustrated.



Amy running through the markets and towns in HoiAn



Amy and her husband celebrating the completion of another hot and humid workout

### Day 2: Ho Chi Minh: Speed session

In most places, the Botanical Gardens are an oasis of tranquility and green space. Ho Chi Minh City is different. I arrived at the gardens at 6:30am and was allowed to enter. There were soldiers milling around, and people were walking inside. I thought, great, I can get away from the traffic and carbon monoxide in here. So I started warming up. There were strange looks from many people, especially the guards, but I didn't care. I set my Garmin 7 x 1k. I did three repetitions, all about 30sec/km slower than I had run them in Sydney the week before. I was sweating my tits off. Suddenly the guards started to bark at me in Vietnamese. I had no idea what was happening, but it was pretty clear that I wasn't supposed to be in there anymore, so I left, four reps to go. The footpaths outside were lined with food stalls, the roads mostly had scooters.... road it was. Somehow I survived. The guards watched me running with the traffic. They had closed the gates and I suspect they had illegally opened the gardens to locals wanting some fresh air. I was grateful they had let me in... even if it was only for three reps. Next time I'll go there earlier.

### Day 3: Ho Chi Minh: Recovery run

The park behind the Reunification Palace seemed to be where everyone who wanted to exercise in Ho Chi Minh City went. It was an eclectic mix of Asian Body Pump, Vietnamese-styled Tai Chi, Salsa dancing, fellow runners, sitters (those watching others exercise whilst still wearing active wear), and Badminton players. One of Vietnam's favourite activities appears to be badminton. If they didn't use the limited footpaths for badminton, I would have been more amused. There was a 500m 'running track' which I joined at 5:30am - it was already pumping - all flowing in one direction. By 6:30am it was like City to Surf - or for me, more like trying to dodge the half backs in the rugby. It was time to leave Ho Chi Minh City.

### Day 4: Mekong Delta: Short fun run

We were getting up at 5am to see the floating markets, so running was always going to be a challenge. Can Tho is a great city on the Mekong River (not as visually polluted as I expected). It was a little cooler, and there was a beautiful run along the riverbank. It was a perfect place to see the sunrise.

### Day 5: Hoi An: Mid-week long run

For many, Hoi An is the highlight of their trip to Vietnam. We had arrived at 2am after a delayed flight from Ho Chi Minh City. Our hotel was an oasis. I thought I don't have to run but remembering those people who told me I couldn't run, and the unexplored paradise, it was too tempting to run. I woke at 6am and this time, I wasn't suffocating in the humidity. I headed out of town towards the tiny villages, along the rice paddy walls, and observed the locals going about their business. The parents on their scooters with two children on their way to school, the fishermen in the rice paddy waters, the women ensuring the front of their house was meticulously clean, and the farmer tending to his water buffalo. It was blissful. I found a 6km trail running along the rice paddy, lined by palm trees. I was in paradise.

### Day 6: Hoi An: Speed Session 7 x 800m.

I headed back to a portion of the trail from the day before that had a great flat, even surface that was perfect for speed work. Getting there was a little hectic - avoiding the morning scooters, trucks and cars along the tiny roads. It was great to get off road and onto the trail. The fishermen were highly bemused by the white foreigner speeding along next to them. One of them offered me a bottle of water with a beaming smile at the end. I ran back to the hotel and dived into the pool for a cool down.

### Day 7: Hoi An: Long Run 2 hours

Knowing how much I had depleted my electrolyte and water stores from the last couple of runs, there was no way I could complete a long run without at least a water stop. Tap water in Vietnam is not to be trusted unless you have guts of steel. My husband was 'very happy' to join me, after I had been gloating about my experiences in the past two runs. He placed his camera, 2 litres of water and Hydralyte tablets in his backpack and off we went. We stopped every half an hour for photos, water, electrolytes and a pow-wow. It was one of the hardest but most beautiful runs I have done. We went through tiny towns and along the beach. As we head back to town, the honking traffic and crazy scooters felt too much.

*The fishermen were highly bemused by the white foreigner speeding along next to them. One of them offered me a bottle of water with a beaming smile at the end.*

After a close call with a road truck, I had to pull over and burst into tears from exhaustion and depletion. My husband had a gel, a voice of reason, and reminded me about my big goal (and also the impossibility of getting home in any other way than on my legs). I went straight to the pool and breakfast after my 2 hour run.

### Day 8: Hanoi: Easy 8km run

Our hotel was situated in the middle of the city, next to the main lake, Hoan Kiem. This is the ultimate place to run and exercise here. Despite being in the middle of a heatwave, there were many local Vietnamese runners, joggers, walkers, plodders, cyclists, all circling the 1.6km loop. The loop was interrupted by some Asian outdoor fitness pop classes, and a large stage being set up for a kid's outdoor festival. The roads were closed off on the weekend. It would have been traffic free bliss if it wasn't for the 34 degree heat at 6am and air pollution - every breathe hit me like acid at the back of my throat. Still, better than the treadmill.

### Day 9: Hanoi: Speed run - 4 x 1.6km around the lake

I wanted to head out to West Lake, but needed to be near the hotel to ensure I could access water, electrolytes and head to the bathroom easily. (The outdoor toilets are closed before 8am.). I had no energy for a 'cool down'. The thermometer had hit 36 degrees, and my iPhone told me it 'felt like' 48 degrees.

Mission accomplished. I had run every day and had not used a single treadmill. I had enjoyed most runs, pushed through some others, and had an experience that would fuel my passion for running. As I ran the recent City to Surf, it was much easier to push on, remembering how hard I had trained in Vietnam.

# THE INDIGENOUS MARATHON PROJECT

Lucy Campbell

## Stories of culture shared and celebrated through message stick relay run

Friendships were forged, records were made and Indigenous achievement celebrated in the shadow of Uluru during the National Deadly Fun Run Championships on the weekend.

In a program that brought together 125 runners from 19 communities, a huge cross-section of Aboriginal and Torres Strait cultures were represented at the sixth annual event on Saturday, which featured 3km and 5km fun runs at Yulara in the morning and a relay race around Uluru in the afternoon.

Indigenous Marathon Foundation director Rob de Castella said the level of energy and enthusiasm among participants of all ages was testament to the growing popularity of walking and running groups in Indigenous communities right across the country.

"This weekend has been an amazing celebration of our country's rich and diverse Aboriginal and Torres Strait Island cultures and spirit, held at the symbolic heart of our country. It's also a powerful acknowledgement of the 125 community champions selected from the thousands of Indigenous runners participating in our IMF Deadly Fun Run series across the country," Rob said.



"With teams made up of four champions from each community, who have all demonstrated commitment, effort, contribution and school attendance, this event has grown from a handful of teams and runners in 2012 to this massive celebration and festival. What a great weekend!"

The event's popularity has seen new categories added this year, with ages of participants ranging from 62-year-old John Rankine of the Southern SA Deadly Runners, to eight-year-old age-group champion Keira Manning of Kakadu.

The team from Port Macquarie, established this year by the Indigenous Marathon Project's first-ever graduate, Charlie Maher, took out the title of community champions, with a strong effort from Zane Sparke, who was selected for the championships before discovering he'd also been chosen for the 2017 IMP squad.

Tennant Creek came in second place, while the young team from Mimili, SA, ran a close third.



Each community brought with them a unique, handmade message stick to use as a baton in the relay run, which was then presented to the elders of the Mutitjulu community as a symbol of respect and appreciation for the traditional owners of the sacred site. The communities involved in the weekend's events were:

Qld - Cairns, Thursday Island, Mornington Island  
 NSW - Queanbeyan, Port Macquarie, Sydney, Western Sydney  
 ACT - Canberra  
 SA - Amata, Mimili, Aldinga/Southern SA, Murraylands  
 Vic - Heywood  
 WA - Broome  
 NT - Galiwinku, Tennant Creek, Yipirinya, Alkamilya, Yulara, Kakadu

## 2017 National Deadly Fun Run Championships results:

| Distance: 5km | Senior female - Elder (over 55) | Team                | Time     |
|---------------|---------------------------------|---------------------|----------|
| 1st           | Lynn Leon                       | Canberra, ACT       | 00:32:55 |
| 5km           | Senior male – Elder             |                     |          |
| 1st           | Peter Hippi                     | Tennant Creek, NT   | 00:28:45 |
| 5km           | Senior female                   |                     |          |
| 1st           | Lisa Fensom                     | Queanbeyan, NSW     | 00:27:10 |
| 5km           | Senior male                     |                     |          |
| 1st           | Zane Sparke                     | Port Macquarie, NSW | 00:21:06 |
| 3km           | Junior female                   |                     |          |
| 1st           | Bella Cutchie                   | Heywood, Vic        | 00:17:45 |
| 3km           | Junior male                     |                     |          |
| 1st           | Jordan Tabe                     | Murraylands, SA     | 00:12:28 |
| 3km           | Junior kids, female (under 10s) |                     |          |
| 1st           | Kiera Manning                   | Kakadu, NT          | 00:16:23 |
| 3km           | Junior kids, male               |                     |          |
| 1st           | Tahlan Toomey                   | Western Sydney, NSW | 00:13:58 |

For a full list of results, go to [www.imf.org.au](http://www.imf.org.au).

In 2012, IMF launched the Deadly Fun Run Series, a community-based series of running and walking events and training groups coordinated by IMP graduates for their communities.

The series consists of at least four monthly fun runs or walks, which aim to reintroduce the sport to Indigenous culture.

The IMF is a charity organisation established in 2009 by world champion marathon runner Robert de Castella that uses running to drive change and celebrate Indigenous culture, resilience and achievement.



Uluru – Runners gather, ready to run in the red dust of Uluru. [WWW.IMP.ORG.AU](http://WWW.IMP.ORG.AU)



Mornington IS2 – Mornington Island Deadly Runners with coach 2013 IMP graduate Tali Tabuai (far left) and supporter Scott White (far right).

For more information please contact Media Manager Lucy Campbell on (02) 6162 4750 or 0419 483 303. More information can be found at [www.imf.org.au](http://www.imf.org.au) or visit our Facebook page, **The Marathon Project**.

SYDNEY STRIDERS BLISTER

# CHALLENGE ROTH 9 JULY 2017

*Steven Newman*

The road to Challenge Roth started in May 2016, with many friends suggesting that ticking off one of the best long distance triathlons in the world, and a European trip, may be a nice idea. The addition of the start of the 2017 Tour de France in Dusseldorf just one week before race day cemented the start of our trip, along with another 20 friends that both Sue and I knew.

The party atmosphere of Tour de France start in Dusseldorf, and the love of food and beer, had my first week in Germany being a tester for pork, sausages and Alt style Beer! Fantastic if you're on a buck's weekend, but not the best preparation for a fast race attempt.

With beer consumption averaging around one litre per day, with a variety of Alt style beers being consumed, the race day could not have arrived soon enough, as I think I was at least 3kg heavier due to the lavish German lifestyle I was living pre-race.

Preparation for the race day began with Sue and Oliver creating a great sign and all my gear being laid out in the days prior. Note the lack of a wetsuit which I nearly forgot on race morning!!! Now that would have been a disaster.



### 3.8km SWIM 1:07:02

The swim took place in a shipping canal that was shut down just for the race; the water was not as clean as I expected and being fresh water it was fairly slow. I started in the same wave as the Professionals and it was a chaotic start where I unfortunately sampled some of the lovely canal water. It was cool to have spectators lining both sides of the course, with many walking the length as we swam. I started strong but dropped off the 1 hour group at around 1km into the swim, meaning the remaining swim was solo.

Trying to make up time during transition 1, I got my wetsuit off quickly and bolted through transition, turning a 90 degree corner on wet grass and ended up on my back, sliding past the corner. What a start I thought!!!! My T1 time of 2:06 was not too bad given my acrobatic moves.



### 180km Bike 5:00:52 (207wAP 220wNP IF0.73 VI1.06 148AHR)

Once the sun was out, it turned into a lovely, but very warm and windy day. The bike course was a tough 2 lap course that we needed to ride smartly and with good power to obtain a fast time. The road surface was impeccable, but the hills (with 1400m of elevation gain) made up for its silky smooth surface. The highlight of the course was riding through 16 little villages each lap with everyone coming out to cheer us on. Some villages were having their own fantastic party, with food and beer halls spread on the side of the road as we progressed through the town.



The famous Solar hill which we ascended at 75km and 160km was just awesome!!! Turning a 90 degree corner, we were faced with a 1km long 5% hill that was so full of spectators it was hard to see the road ahead. It was daunting to ride into a massive crowd and hope that they would part in time.

As I progressed, watching the centre line, they parted just enough for me to get through. My heart rate was racing and power well to high as I ascended the first time. The ride was solid and as always the last 20km was a bit of a mental struggle to ensure that I held a good pace and power to maintain a solid time. I slowed a little but was happy with a ride of 5:00:52.



**Transition 2 - In and out like a flash (2:01)**

**42.2km RUN 3:28:47 (IF0.74 EF1.36 147AHR)**

This year Challenge Roth used a new run course for the very first time in 30 years. They said it would be a bit harder but it would provide better spectator opportunities, and it was exactly that, HARDER with over 220m of elevation gain.

It felt very hot off the bike for the first lap with temperatures around 28 degrees C. The run basically climbed out of a valley for 5km then returned and repeated in the opposite direction, with some decent elevation gained.

The crowds were huge with lots of beer zones and people getting right into it, cooking ham and sausages on the road side and some significant beer consumption was well under way!!!! I ran a solid 1:40 for the first half and then it all went to pieces.

*With beer consumption averaging around one litre per day...I think I was at least 3kg heavier due to the lavish German lifestyle I was living pre-race!*





At 22km I had huge stomach issues that needed an emergency stop, full race suit removal and an "EXIT PLAN". Getting a wet and very snug race suit off and back on was difficult and time consuming. Another semi-planned emergency stop at 30km had me run a 1:48 second half with 6 minutes of that actually stationary.

I saw Sue and Oliver and many of our mates several times during the run which was fantastic, but the highlight was running the huge grandstand finish loop with Oliver; he absolutely loved the 200m of intensity and I was glad to cross the line in an eventful 9:40:47 finish time.

Like most competitive people I would have liked to be quicker on the day, but my stomach said "No". It was unfortunate but I was happy that I pushed on to the end rather than turning off, sitting down and having a stein!! Umm, now that may have actually been ok!

It was a fantastic experience and one that I will treasure forever. A special call out to Sue and Oliver for always being there and providing constant support; to Nicole for coming to spectate, and Anne Maria for making the trip over to Munich during our travels. Many thanks to all our friends who supported and cheered us on during the race, either in Roth or behind a computer late into the night.

Till next time!



# Sub 3! Now what?

Simon Wolnizer



Perhaps like many striders you were never going to be happy unless “you’re going Mach 2 with your hair on fire” or in other words finally running the elusive 2:5X marathon. Likely you “buzzed the tower” a couple of times ending in your coach consoling you afterwards saying something like “that was some of the best [running] I’ve seen to date, right up to the part where you [blew up]” or a running mate quipping a less than helpful remark of “crashed and burned, huh Mav” or “remember boys, no points for second place”. Maybe your “fitness report says it all, flies by the seat of his pants, totally unpredictable” and your report card is littered with attempts where you recklessly went out way to fast to calls of “Maverick, you just did an incredibly brave thing... what you should’ve done... Son, your ego is writing checks your body can’t cash”.

However you did it, “great balls of fire!”, you finally got your name on the plaque but now “you’ve lost that lovin’ feeling” and don’t quite know where to from here. Your running buddies are saying “he can’t get back in the saddle, won’t engage”. Maybe you have tried and tried again and are still yet to get there and now “you have a confidence problem”.

“Now I’m not gonna sit here and blow sunshine up your a\*\*, Lieutenant. A good [runner] is compelled to evaluate what’s happened, so he can apply what he’s learned. Up there, we got push it. That’s our job. It’s your option Lieutenant, all yours”. Luckily, as you might have figured out by now, ‘Top Gun’ has all the answers we need. Let me offer a few suggestions of what you might do now that you are a ‘Top Gun’.



After a big success in the marathon, it is certainly tempting to want to start hunting for the next big time barrier by using your newly developed base to train through for the next favourable race/course. But, “No, No Mav, this is not a good idea”. As appealing as this may be the “Top Gun rules of engagement are written for your safety and for that of your team.

They are not flexible, nor am I. Either obey them or you are history. Is that clear?”. Anyone who knows their way around a gym will be fairly familiar with the idea that your body adapts to exercise pretty quickly and in order to seek improvement, periodically changing up your training is the best way to avoid a whole squadron of issues. The marathon “wears you down, you get bored, frustrated, do something stupid and [it’s] got ya”, you get injured and you are out of action. Change it up to avoid frustration, injury and boredom.



## “I feel the need... the need for speed”

What better way to get back into your running other than to “kick the tyres and light the fires”, focus on some shorter distances and ramp up the speed. While the marathon may be the PB that counts, improving your 10k speed will pay dividends for the next marathon. No doubt, your mileage was higher than it had ever been to get you to sub 3, and you probably even nailed some PBs over shorter races along the way. “This is what I call a target rich environment”. Now is the perfect time to cut back a little on the mileage and ramp up the speed work.

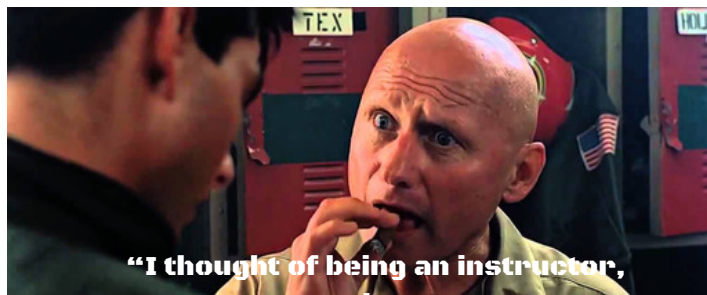
# Sub 3! Now what?

Simon Wolnizer



**"What are you doing? You're slowing down, you're slowing down!"**

For some, sub 3 was "the last hop" before hitting the trails and "going ballistic" running ultras. I guess we all know that if "you [run for] long enough, something like this happens". Personally I feel like hitting the trails is akin to "flying a cargo plane full of rubber dog [shoes] out of Hong Kong", others may see it as being "a natural heroic son of a b\*\*\*\*\*". Whatever your position on the matter, trails will offer a nice change of pace and get you using some different muscles that will benefit the marathon when your return. The last thing I would say on this is "watch the mountains!"



So "they gave you your choice of duty son, anything anywhere". "Who's but did you kiss to get here?". Coaching isn't for everyone but perhaps you are thinking of giving it a go now that you are sub 3 marathoner. "Can I ask you a personal question?... are you a good [insert job here]?... Great, then I won't have to worry about you making a living as a [coach]". There is more than one way to pay it forward and unless you are on par with Jester and Viper you may just find yourself asking "have any of you boys seen an [athletics track] around here". Grab a pacing flag and be someone's wingman instead.

Whichever path you choose just remember, **"you never, never leave your wingman!"**.



**NEVER. EVER.**

\*all images are not copyrighted.

## EXPLORING OPTIMAL EXPERIENCES IN RUNNERS



Seeking volunteer runners / joggers for an online study  
I am a UNE psychology honours (4th year) student, and am researching factors that may contribute to optimal experiences in runners/joggers.

This research project has been approved by the Human Research Ethics Committee of the University of New England (Approval No. HE17-111, Valid to 3/5/2018).

The survey will take approx 12 minutes, and you must be 16+ years to participate.  
Participants have the opportunity to win a \$100 gift voucher.

Interested? Check out study details and survey link at [www.runners-study.com](http://www.runners-study.com)

# The Benefits of Magnesium

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.



Talk to any runner and they will no doubt recommend magnesium for muscle recovery or cramps. **But what does the science have to say?** A recent systematic review of seven trials evaluating the effect of magnesium versus placebo for the treatment of night-time leg cramps found the overall effect of magnesium to be insignificant in the general population. Interestingly, however, there is some evidence for the benefits of magnesium supplementation in treatment of leg cramps in pregnant women! Its effectiveness has also been established in the treatment of eclampsia and pre-eclampsia, arrhythmia, severe asthma, and migraine.

## What are its other benefits?

Growing evidence shows us that this magnificent mineral may be more important than we previously thought in other ways. Our bodies need it to maintain optimal health, regulate hundreds of bodily processes, including metabolism and heart health. Magnesium also gives strength to bones and is found in our soft tissues like muscle, kidneys and liver and intracellular fluid as well. It helps regulate blood glucose and supports immunity.

## How to get it?

Thankfully, getting enough through a healthy diet is relatively easy, in foods such as whole grains, leafy green vegetables and nuts. Our average requirements are around 400mg per day for men and 300mg per day for women.

| Food            | Quantity      | Magnesium (mg) |
|-----------------|---------------|----------------|
| Chia            | 30g           | 100            |
| Cocoa nibs      | 30g           | 90             |
| Almonds         | 30g           | 80             |
| Spinach         | 1/2 cup       | 78             |
| Cashews         | 30g           | 74             |
| Quinoa          | 100g          | 64             |
| Peanuts         | 30g           | 63             |
| Weetbix         | 2             | 61             |
| Soymilk         | 1 cup         | 61             |
| Black beans     | 1/2 cup       | 60             |
| Edamame         | 1/2 cup       | 50             |
| Peanut butter   | 2 TBSPNS      | 49             |
| Wholemeal bread | 2             | 46             |
| Avocado         | 1 cup chopped | 44             |
| Potato          | 75g           | 43             |
| Brown rice      | 1/2 cup       | 42             |
| Plain yoghurt   | 200g          | 42             |
| Banana          | 1             | 32             |
| Salmon          | 100g          | 27             |

## Mega Magnesium Breakfast Power Bowl

### INGREDIENTS

2/3 cup cooked quinoa  
2-3 tbsp chia  
150ml coconut or almond milk  
3 tbsp slivered almonds  
1 tbsp cocoa nibs  
2 tspn blueberries  
½ chopped banana  
1 tbsp agave nectar (or honey)  
dash or lemon juice  
1/4 tsp vanilla extract  
Optional add in – 1 tbsp melted nut butter. More fruit like pomegranate seeds

### METHOD

1. Combine your chia seed and quinoa side by side in a serving bowl.
2. Drizzle with honey and nut butter and cover with milk and vanilla extract.
3. Mix or keep them separate as preferred.
4. Add a dash of the lemon juice then top your bowl with your nuts, cocoa, and blueberries.
5. Save the sliced banana until the morning. Store in fridge overnight. Once ready to eat, drizzle more milk or honey on top, as desired.



### Deficiency is uncommon

Getting enough magnesium through our diet is important for optimal health, but in healthy individuals, magnesium deficiency is uncommon. Chronic illnesses like cardiovascular and kidney disease, diabetes and high blood pressure can however, contribute to low magnesium levels, and excessive alcohol or caffeine consumption can increase the amount we lose through our urine.

### Signs of deficiency range from relatively minor effects such as,

- loss of appetite
- nausea
- fatigue
- numbness & tingling
- muscle soreness and cramps, to more severe cardiac problems.

Testing for magnesium deficiency through a blood test can be unreliable as most magnesium (50-60%) is stored in the bone.

Unexplained cravings for coffee or chocolate, a natural source of magnesium, can occur when our magnesium levels are low. Including magnesium-rich foods at every meal can help to boost our magnesium levels.

### Do I need to take a supplement?

Eating a balanced healthy diet with plenty of vegetables should be all that is needed to get enough magnesium for your body.

Individuals choosing to take a magnesium supplement should avoid taking it with a multivitamin that contains other minerals, such as iron, calcium, phosphorous, or potassium, as this may result in decreased absorption and effectiveness. Similarly, consuming high levels of fibre rich foods containing phytates may also effect magnesium absorption.

### Can I have too much of a good thing?

The body is very effective at removing excess magnesium via the kidneys and toxicity is unlikely to occur except in individuals with underlying kidney disease.

If you are unsure as to whether you need a supplement, talk with your GP or Dietitian as excessive consumption may cause diarrhoea, dehydration, nausea and weakness.

### The bottom line

Anecdotally, we hear a lot about the benefits of magnesium for recovery but the evidence around magnesium and cramping is clear. Eating a well-balanced diet is likely to do you more good than a cupboard full of supplements.



# THE IMPACT OF STRENGTH DEFICITS ON PAIN AND PERFORMANCE

**Owen Hynes**

Physiotherapist, Kieser, Pymble

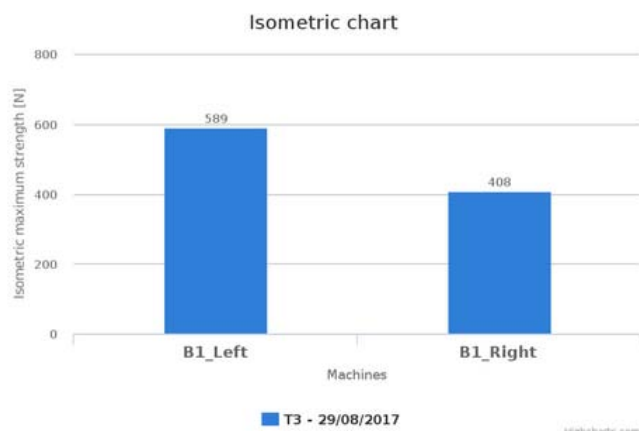
[www.kieser.com.au](http://www.kieser.com.au)

Strength training is an important tool for runners to help improve performance and decrease the chance of injury. A recent study has shown that specific strength training can reduce the risk of exercise-related injuries by 50%. At Kieser, we combine physiotherapy, strength assessments and strength training. We work with many elite AFL, rugby and soccer teams as well as runners and triathletes.

Our equipment allows us to strength test individual muscle groups such as the quadriceps, hamstrings and the lower back. We then compare people's strength test results against what's average for that person's age, weight and gender and give the client a percentile ranking of where they rank in comparison to the norm.

What has become apparent in many acute and overuse running injuries, is that there is often an underlying strength deficit. These strength deficits can be local to the site of pain or further up or down the chain. A good example is a runner who is experiencing knee pain. They may have reduced strength in their quadricep muscle on the same side as their pain or even weakness in the gluteal region, both of which will increase the load on the knee joint.

The below graph shows the results of a strength test conducted on a patient experiencing chronic right knee pain. B1 measures the strength of the quadricep muscles. As you can see, their right quadricep was measured to be 30% weaker than their left. The quads, in particular VMO, provide stability to the knee joint. Therefore, when one side is considerably weaker, there is greater stress to the joint and a higher chance of developing knee pain.



When combined with a thorough history and biomechanical analysis, these objective strength measurements provide a comprehensive understanding of the underlying cause of pain. Addressing these strength deficits allows a runner to return to running/ continue running rather than avoid it for fear of pain.

**KIESER**

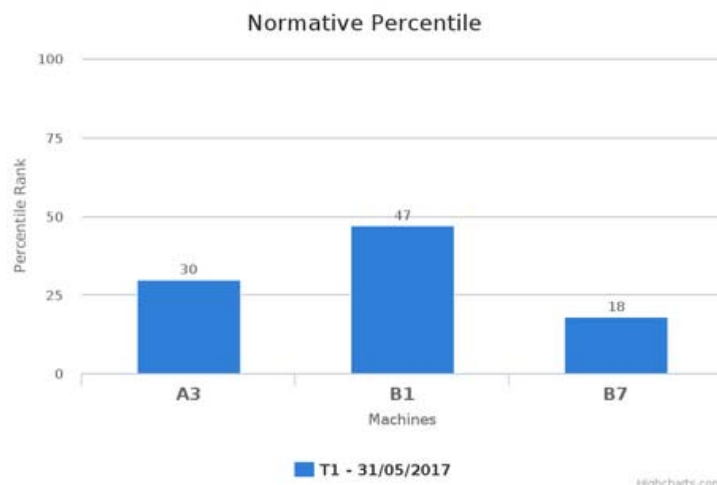
BE STRONG, STAY STRONG

The below graph shows the strength tests results of a social runner whose goal was to improve their running times. In this graph, the 1st percentile is the lowest rank whereas the 100th is the highest.

◆ A3: glute medius- a muscle in the gluteal region important for lower limb biomechanics

◆ B1: quadriceps

◆ B7: hamstrings

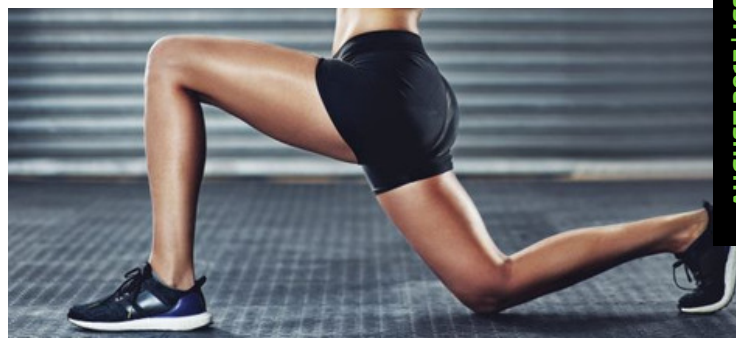


As you can see, this patient was ranked in the 30th percentile for glute medius. Given that this muscle plays a very important role in controlling joint forces further down the leg, weakness in this muscle leads to a reduction in running efficiency and premature fatigue.

When a runner's prime moving muscles such as the quadriceps and hamstrings are weak (such as in the example above), there is a reduced capacity to generate forward propulsion. i.e. a decreased capacity to run as fast for as long. In long distance running, which predominantly relies on the aerobic energy system, a muscle that does not have the strength to repetitively contract over 5, 10, 42 kilometers will fatigue faster and will limit the intensity at which a person can run. Identifying weak muscle groups and engaging in a strengthening program to address this can lead to improved running efficiency and faster times.

For our runners at Kieser, we perform a 1-hour assessment. This involves a thorough history, biomechanical analysis and strength testing relevant to the condition/ patients' goals.

**If you would like to book in for an assessment, mention that you are a Sydney Striders and receive 20% off your consultation.**



# Juniors' Corner

*Tony Wong with additional photos from Dwight Lovlin*

**Membership** 99 members, 14 fewer than same time last year  
Anyone interested in training with us please contact [juniorinfo@sydneystriders.org.au](mailto:juniorinfo@sydneystriders.org.au).

## Easter Handicaps

The Easter mile handicap race must be up there as one of the best in living memory. We had 19 runners, and 11 improved, with 4 being scratch (first timers). The prizes were incredible - thanks very much indeed to the Keeps for all those Lindt bunnies and eggs - they must have really inspired the runners! Charlie Arnott won, improving by 38 seconds.

## ANSW Winter Competition

Of the 99 members, 59 competed in the ANSW Winter Series, and 39 competed in 3 or more events. Charlie Arnott of the under 14 girls was the only one who ran in all 7 events.

## Overall Results

Of the 9 age groups we competed in, for the season we were:

- First in the Under 14 Girls, Under 16 Girls, Under 18 Boys and Under 20 Boys
- Second in the Under 14 Boys and Under 16 Boys
- Third in the Under 18 Girls.

The Under 12 Boys and Under 12 Girls were fourth and fifth respectively which was very good considering they were at the younger end of their age groups.



All smiles at the end of the Easter Bunny Handicap Mile



Start of the 4k at Scarborough Park



The Under 20 boys competing at the NSW Novice Championship 10k

## Highlights:

The season opener at Ramsgate, with only team points at stake, saw us laying the groundwork with a solid turnout of 33 across the age groups.

In the Men's 10k, Dave Criniti proved a little too strong for our 4 under 20 boys. In the Women's 7k, honorable junior, Emma Jeffcoat led home the three mums Lindsay Norton, Caroline Yarnell and Nicky Solomon for a well-deserved bronze in the team event.

At the Road Race, Kieren Tall won the Under 20 Boys 10k with Harlan Mulherin not far behind in second.

In the 5k, for the first time, we had 3 girls running under 20 minutes: Ciara Sinclair, Mia Hinchliffe and Hannah Lovlin. In the 2.5k, Ingrid Kingsmill won the Under 12 Girls event while Rafi Gordon was second in the Under 14 boys event.

The Cross-Country Relays at Miranda has always been the most competitive event of the season. Of the 13 teams who took part on the day, two medals were won and there were a few close 4th places. The under 20 boys won silver and the under 16 girls won bronze.



Kieren Tall on his way to first place in the Under 20 Men's title at the Sydney 10



Rafi Gordon, 3rd in the Under 14 Boys' 2.5k in the NSW Road Running Championship

## SYDNEYSTRIDERS BLISTER

At the NSW Cross Country Championship at Nowra, Sara Baker and Ingrid Kingsmill won silver and bronze in the Under 12 Girls while Josh Phillips won silver in the Under 20 Boys. Josh went on to win the Short Course Cross Country title at Rydalmere a few weeks later. The final event, the Road Relays at Ourimbah saw 7 of the 8 teams finishing on the podium.



Final sprint, from left Alexandra Sinclair, Alara Sheather and Rebecca Solomon



Ingrid Kingsmill, winner of the Under 12 Girls' 2.5k in the NSW Road Running Championship



All smiles at the Cross-Country Relays at Miranda

## SYDNEYSTRIDERS BLISTER

### Australian Cross-Country Championships Selection

Congratulations to the following who were selected to compete for NSW in the Australian Cross-Country Championship at Dapto on 26 August: Jessica Gocher, Holly Wickham, Rafi Gordon, Ciara Sinclair, Hannah Lovlin, Olivia Hogg, Bryn Lynch, Thomas Davies and Josh Phillips.

### And finally...

Away from Cross Country, Haydon Blaskett won silver in the Under 16 boys NSW Short Walks event.



Start of the 4x2k Relays at Miranda

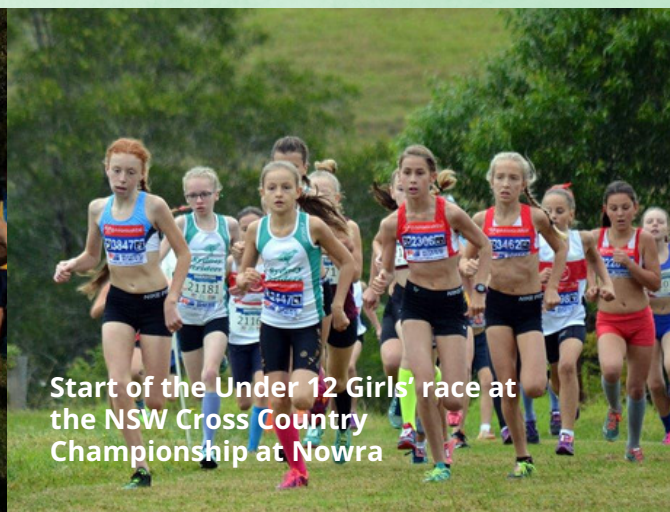


Changedover, Ingrid Kingsmill releasing Millie Hole at the Cross-Country Relays

The happy under 12 boys' team



A hard-fought silver for the Under 20 boys at the Cross-Country Relays



Start of the Under 12 Girls' race at the NSW Cross Country Championship at Nowra

## SYDNEY STRIDERS BLISTER



Sara Baker and Ingrid Kingsmill were 2nd and 3rd in the Under 12 Girls' race at Nowra



Jessica Gocher attacking one of the hills at Nowra

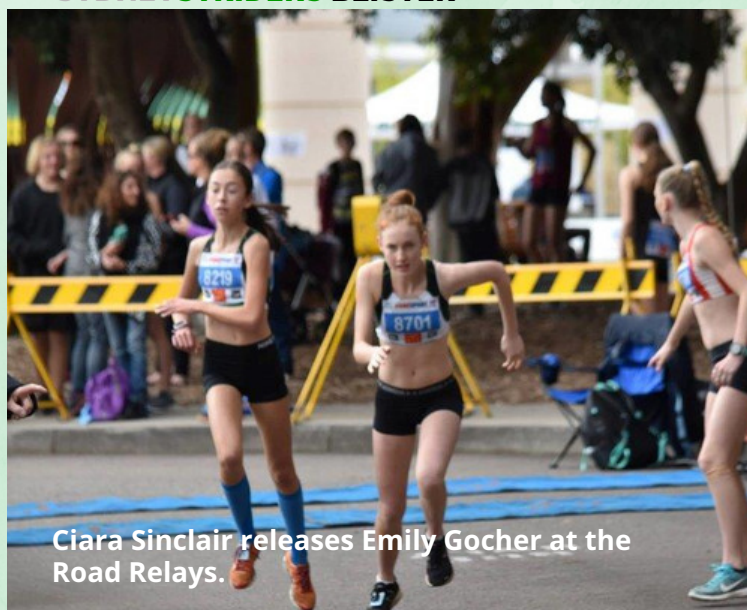


Under 16 girls won silver at Nowra



The under 12 girls team won bronze at the Road Relays at Ourimbah

## SYDNEY STRIDERS BLISTER



Ciara Sinclair releases Emily Gocher at the Road Relays.



Ewan Keep handing over to his brother Liam at the Road Relay



Olivia Hogg handing over to Hannah Lovlin at the Road Relay.



Silver for the under 14 boys at the Road Relays



Bronze for the under 16 boys at the Road Relay.



Happy crew at Ourimbah



Kieran Gorman in the under 16 boys' race at Rydalmere



Start of the Under 20 Men's race at Rydalmere



Tom Davies leading Ben Jagger at Rydalmere

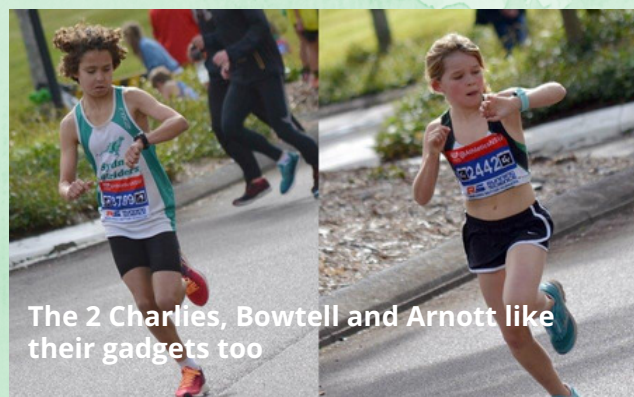


Fergus Cole and Peter Gardiner in the under 18 men's race at Rydalmere

## SYDNEYSTRIDERS BLISTER



Hayden Blaskett on his way to a podium finish at the NSW Short Walks



The 2 Charlies, Bowtell and Arnott like their gadgets too



Josh Phillips won the under 20 men's title at the NSW Short Course Cross Country Championship



Hannah Lovlin, training on Mount Cook, NZ



# THE LAST WORD

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

What an action packed running season for the Club!

Yours truly enjoyed organising the teams for City2Surf. It's great to be able to support all you speedsters and be in direct competition with other community clubs out there. That was good fun.

Have you seen our brand spanking new pacer flags? Give it up for our pacer coordinator extraordinaire - Greg Churchill and his team of helpers! They made us all look good and that's half the battle won when you're pacing and running and cheering on other runners during the Blackmores Sydney Running Festival! We've received so much positive feedback on that one thanks to all of our volunteer pacers. You guys rock!

As usual for social media stuff, tag us on twitter, instagram or facebook using the hashtag #SydneyStriders or #GoStriders! Feel free to post pics on the facebook page too! Here's a list of our social media channels...

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 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!**