

A.U.R.A.

NEWSLETTER

Vol.1, No.2

October 1986

Well, here we go folks with our second A.U.R.A. Newsletter. Thanks a million to all those who have responded to Hookie's request and have sent me articles, letters and results. You've been great, and I've tried to use as many of them as I can. So far, we have twenty-seven financial members.

On page 2, we've put together a calendar of ultra-events that we are aware of. We'd be grateful if you'd send us details of any additional races that we've missed, or further information about those we've already listed. As you can see, interest in the sport is booming and we now have a fairly well-established calendar of ultra runs throughout Australia, which covers almost the full year.

We are fortunate in having Tony Rafferty on our committee, as he is on the executive council of the International Association of Ultra-runners (I.A.U.), and can inform us about races overseas. Tony's report on his International 1000 Mile Race in Hull, England is in this issue. Congratulations, from all of us, Tony on your superb efforts in this race.

The following A.U.R.A. members have agreed to be our interstate representatives:

N.S.W. Chris Stephenson, 30 Judd Street, Cronulla 2230 N.S.W.
W.A. Tony Tripp, Flat 100, "Lakeview", Davies Road, Claremont 6010
S.Aust Andy Docherty, 105 Adams Road, Trott Park 5158 S.Aust.
Q'ld Trevor Harris, 18 Hepburn Street, Stafford Heights 4053, Q'ld.
Tas No representative as yet.

Gerry Riley has suggested that we design a special A.U.R.A. certificate to present to those athletes who break existing Australian records. We think it's a good idea and are working on it.

Gerry reminds us that, according to I.A.U. Rules, a record can only be officially recognised if it is achieved in a bona-fide competition which fulfills certain specific criteria, and which involves other competitors.

We wish Alistair McManus all the best in his new job in Hong Kong. Sorry to lose you on the committee Al, but I guess you'll be back.

*Regards,
Det Browne*

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COMING EVENTS FOR ULTRA-RUNNERS

1986

- October 6th 50 Mile Road Race, Queensland, contact Andrew Semple (07) 354.1000 (W)
- October 12th 90km. Road Race, South Australia. Adelaide to Victor Harbour. Contact: Distance Runners Club of South Australia, P.O.Box 102, Goodwood 5034.
- October 18/19 24 Hour Race on 1km.track at McGillivray Oval, Brockway Road, Perth, 12 noon start conducted by The Centurion Runners' Club, c/- Tony Tripp, Flat 100, "Lakeview", Davies Road, Claremont 6010, or Ross Parker (09)4017797.
- November 1/2 24 Hour Track Race, Adelaide, Harriers Track, South Terrace, Adelaide City, 8am start, \$50 entry, contact Sri Chinmoy 24 Hour Run, P.O.Box 277, Unley, South Australia 5061. or phone (08)2240986.
- December 6/7 24 Hour Track Run: 1987 Westfield trial, Mentone Oval, 4pm. start on the Saturday. Contact John Dangar - (02) 3564333.
- 1987
- February 28/
March 1 24 Hour Track Race, Vic.Veterans, at Box Hill, Victoria, 12 noon start, \$15 entry, contact Dot Browne, 4 Victory Street, Mitcham 3132 for entry forms.
- March 7 12 Hour Peninsula Run on grass track at Village Green, Nepean Highway, Rosebud, Victoria, 8am start, \$20 entry, contact Terry Cox (059)864792 (H).
- March ? 6 Foot Track Run, N.S.W. Katoomba to Jenolan Caves, Blue Mountains - tough mountainous marathon!
- March 27 Westfield Run, Sydney to Melbourne, contact John Dangar (02) 3564333.
- April 18 100 Miler at Manly N.S.W. (Easter Saturday), contact Ian Hutchinson (02)195111 (W) or (047) 588050(H), track race.
- May or June 24 Hour Track Race, N.S.W. (more details when available)
- June 27 50 Mile Track Race (Australian Championship) at Box Hill, Victoria, 8am start, contact Geoff Hook, 42 Swayfield Road, Mount Waverley 3149 or phone (03) 2889739 for entry forms.
- June 28 50 Mile Road Race (Victorian Championship) at Carlton Victoria, 8am start, contact Geoff Hook, 42 Swayfield Road, Mount Waverley 3149 or phone (03) 2889739.
- August 50 Miler, Ballarat C.H.A.S.E. Carnival, contact Andrew Bush (053)321434.
- August 50 Miler, Sydney to Wollongong, Road race, contact Tom Gillis, 7 Wilmot Street, Sydney 2000.
- September 100km Track Race at Coburg, Victoria, contact Trevor Pettigrove, phone (03) 3545019.
- September 19 50 Mile Road Race at Bathurst, N.S.W., contact Ian Taylor, 206 Rankin Street, Bathurst 2795 or phone (063)313230.
- November 6 Day Race at Colac, Victoria

BARRACKING FOR THE ULTRA MEN

Dear Sir,

'The Westfield Run is also a major event of national—and international—interest.' 'We . . . are proud to be closely associated with the Westfield Run . . . It's hard work . . . as much . . . as what the runners themselves do. *But it's all worthwhile.*'

Does it surprise you to learn that these quotations lauding ultra-distance running are extracted from your editorial of April/May 1985?

How quickly the tide turns, for just five issues later (Feb/March 1986) we read, 'The only beneficiaries, if any, are the sponsors . . . and not the runners.'

Could this change of opinion be due to the fact that *Fun Runner* is no longer engaged to organise and administer the event? A few sour grapes perhaps?

Cliff Young is more than just 'a fine ultra-distance runner.' Although Brian Bloomer has now broken Cliff's Australian open 24-hour record, Cliff is still the world record holder (by a huge margin) for his age-group (M60). He retired from the Melbourne-Colac race simply to ensure that he suffered no permanent injury.

The lure (for ultra-distance runners) is *not* money as you claim, as most ultra-distance events offer *no appearance or prizemoney* at all.

Further, Ross Martin is not just another ultramarathoner 'of little renown'. He is in fact a world-class performer in his age-group (M55), having run just short of 195km during 24 hours of torrid heat at Adelaide last November. Ross is a dedicated athlete and a thorough gentleman, to whom

it would be a natural act to defend Cliffy.

Very few properly trained ultra runners experience any permanent problems. With adequate training, exhaustion and injury are generally only of a temporary nature. Cliffy proved this again by successfully completing the Victorian Veterans 24-hour run at Box Hill on 15/16 February.

How many sprinters and middle-distance runners suffer severe recurring or permanent injuries?

How many ill-trained 'fun' runners put their well-being at risk in the thousands of shorter events which are held? Are not the sponsors of these events also seeking only 'their own aggrandisement'?

I suggest that you have a good look at the condition of many of the fun run finishers (and non-finishers) before further criticising ultra-distance running. If *Fun Runner* then remains convinced that ultra-distance events are *more* harmful to the participants, you should cease to publish reports which may influence people to attempt such events. Those of us seeking these reports may then decide not to subscribe to your magazine.

STAN MISKIN
East Burwood, Vic.

Oh, the agony of it all!

Quotes from the 1984 Melbourne to Sydney Ultra, compiled by FRANK McCAFFREY (who has never run further than 30 miles himself)

■ This event really makes you appreciate life's simple things, like taking a shower. Right now I'd give the world just to clean my teeth.

■ It's three days since I've shaved. Normally I never go that long. I suppose I *could* shave, but I just don't have the energy.

■ What will I do when this is finished? I'm going to play with my kids, touch them, pick them up. Just seeing them will nearly make me weep with joy.

■ The highs and lows are hard to believe. Like running through Yass at twilight with everybody cheering and clapping—and then the realisation that there's still three days to go!

■ When I finish this, I promise I'm never *ever* going to complain about anything again. I'll just be real pleasant to everybody about everything. Nothing in life can be as hard as this.

■ I'm getting cravings. Yesterday I yearned for rice pudding; the day before I craved peaches and ice cream. And I never eat either of them!

■ When this is all over I'm going to sit in a bath up to my neck . . . and lie down on my bed.

■ I haven't heard an argument here for five days. Just the roar of semis. No problems, no bills. Just one foot in front of the other, and an occasional, 'Keep 'er going, mate!'

■ In running, in life, I've done everything that calls for endurance. But nothing has been as tough as this. It's the hardest thing I've ever done.

■ I loved it—but *no*, I'll never do it again!

Vic. Veterans 24 Hour Race Results

1. Brian Bloomer, 45	150.7 mi
2. Bob Bruner, 47	131.4
3. Jack McKellar, 45	129.8
4. John Bell, 41	129.4
5. Howard Ross, 40	127.7
6. Cliff Young, 64	126.2
7. Greg Wishart, 47	121.4
8. John Champness	119.9
9. Cynthia Cameron, 43	118.8
10. Chris Stephenson, 29	116.5
22. Geraldine Riley, 22	102.1

Victoria Veterans 24 Hour

Melbourne, Victoria, Australia
400 meter track Feb. 15-16, 1986

The race was billed as a veterans race, but it was open to all and about 1/3 of the starting field of 39 were under age 40. The heat was oppressive, about 100°, and I didn't look forward to running in that kind of weather, but I had come down from Sydney with a friend to run, and run we would. But I don't know why they hold events like these in the middle of summer.

A number of good runners were present, including Ashley Purcell, the former Australian 24 hour record holder, and Cliff Young, the current record holder at age 64 with 146+ miles. He must be the world's best ultrarunner for his age and he was the sentimental favorite to win. The pace was fast right from the start and it was obvious that Purcell and Young were going to have it out, once and for all. Within 3 hours Young had started to slip back and Jack McKellar moved into second behind Parcell with Brian Bloomer in third. Bloomer had finished third in last year's Sydney to Melbourne race, so he had to be reckoned with.

Six hours done and Parcell was still knocking off 8 miles an hour and had a commanding lead. Nine hours done and he was fading and Bloomer took the lead, for good as it turned out. By 1 AM Parcell was a sorry sight - he sat down for a while and could not get back up. After a massage he went back on the track for a few laps, but that was all he could manage. That seemed to revive Young. He moved into third and then a few hours later into second, but then he too was a spent force, although he managed to hang on and was not pushed out of the

top three until the last two hours.

31 of the 39 starters did over 100 km, with 24 surpassing 100 miles. I suffered from the heat and insufficient training and was one of the drop-outs; I then spent the early morning hours watching the runners go round and round. This was a very humbling experience. There were runners out there that were much slower than I at the marathon, yet they were beating me. Such is the nature of the 24 hour beast. One of them was Cynthia Cameron, a 43-year-old housewife who always had a smile handy when spoken to. Her 191.2 km (about 118.8 miles) was a new Australia record. Bloomer's 242.6 km was a men's Australian record.

A couple of footnotes: The first nine places were taken by veterans, all with excellent distances. And Brian Bloomer is a marine steward and does a lot of his training aboard ship. There's dedication for you.

Max Bogenhuber

WESTFIELD RUN 1985 RESULTS

PARRAMATTA, N.S.W. to DONCASTER, VICTORIA

KOUROS	17.4.85	3.38 PM	5 DAYS 5 HOURS 7 MINS
BAUER	18.4.85	4.17 PM	6 DAYS 5 HOURS 46 MINS
BLOOMER	19.4.85	5.51 AM	6 DAYS 17 HOURS 20 MINS
ZABALO	19.4.85	7.10 AM	6 DAYS 19 HOURS 39 MINS
RECORD	19.4.85	10.29 AM	6 DAYS 23 HOURS 58 MINS
RAFFERTY	20.4.85	2.33 AM	7 DAYS 16 HOURS 2 MINS
ADAMS	20.4.85	11.00 AM	8 DAYS 29 MINS
HUDSON	20.4.85	10.28 PM	8 DAYS 11 HOURS 57 MINS
SMITH	21.4.85	2.59 AM	8 DAYS 16 HOURS 28 MINS
PARKER	21.4.85	8.35 AM	8 DAYS 22 HOURS 4 MINS
BROWN	21.4.85	8.10 PM	9 DAYS 9 HOURS 39 MINS

THESE TIMES WERE CONFIRMED AND OFFICIALLY RECORDED AT THE FINISHING LINE BY EITHER CHRIS BATES - WESTFIELD, REG GOODES - WESTFIELD, DAVID DOUGLAS - MEDIA OR CHARLIE LYNN - RACE MANAGER.

WESTFIELD RUN 1986 RESULTS

1. Dusan Mravlje	6 days 12 hours 38 min.
2. Brian Bloomer	7 days 4 hours 53 min.
3. Patrick Macke	7 days 13 hours 2 min.
4. Eleanor Adams	7 days 17 hours 58 min.
5. Joe Record	8 days 1 hour 14 min.
6. Donna Hudson	8 days 6 hours 34 min.
7. Bertil Jarlaker	8 days 15 hours 13 min.
8. Ross Parker	8 days 17 hours 45 min.
9. Christine Barratt	8 days 22 hours 30 min.

The stage race was abandoned after the second stage. Frank Pearson finished the course.

WESTFIELD RUN 1987

The date for this race has been set tentatively at March 27th '87. The run will again go from Sydney to Melbourne and the trial for this event, as far as we know, is to be held as a 48 hour run, commencing from Airport West and going to Calder raceway where circuits of the raceway will make up the remainder of the race. Dates for this event are November 27th, 28th and 29th, 1986. Further details, consult John Dangar on (02) 356 4333.

GEORGE AUDLEY RUNS A BEST TIME FOR 100KMS.

At the McGillivray Oval, Perth on the 27th July, 50 year old George Audley from Albany W.A. successfully made a solo attempt on the 100kms. State record, set by Australian 50 mile champion, Alistair McManus on the same course last year. George's time of 8 hours 47 minutes was 6 minutes 32 seconds faster than McManus.

Congratulations, George on a wonderful run, a state best for 100km!

COLAC 6-DAY RACE

February 24 - March 2, 1986

by TONY MAHONEY (Fun Runner" magazine
June/July 1986 issue)



Every runner had their goal, and the pace was a stiff one from the start. Dusan Mraulje led to the marathon mark (3:19) followed by Joe Record (3:20) and Brian Bloomer (3:26). Brian had run 3:29 on the way to setting a new Australasian 24-hour record of 242.6km only eight days earlier. Siggie Bauer was putting on a great burst, and through the first night gradually pegged back the leaders. Veteran George Perdon kept with Bloomer so that at 6 am on the 25th it was Mraulje, Bauer and Perdon with 20km between them.

However, it was now that the first casualty became obvious. Bauer was in a lot of pain from spasms in his thighs, and quickly fell through the

'Cherchez les femmes!' might well apply here as Frenchman RAMON ZABALO hugs women's ultramarathon champion (with 11 new records to her credit; see list) ELEANOR ADAMS (right) and organising committee member JUDY DONALD after his long, long run. Ramon later encountered misfortune when he tripped and injured himself in the early stages of the 1986 Sydney-Melbourne Ultramarathon, which must remain one of his major goals here in Australia eventually.

field. At the same time Zabalo was moving up. He first hit the lead after 200km and led Mraulje by 3km at the 24-hour mark. Donna Hudson and Eleanor Adams were having a great

tussle with Hudson 5km ahead at this stage.

Siggie Bauer was unable to pick up, and after doctor's advice he retired from the race, switching roles to crew for Donna Hudson. Joe Record was the next to drop out due to stomach and leg pain; he also announced that his next race would be his last. Donna Hudson was finding shin splints an agonizing experience and spent a lot of time with Romney Smeeton, a Colac chiropractor rapidly gaining admiration by ultra runners.

At the 72-hour mark Zabalo looked to be in a class of his own 50km ahead of Perdon. Tony Rafferty had run personal bests for the 24-hour and 48-hour marks and was very happy with himself. In fact, all the runners still firing were in line for PB's.

This all changed during Day 4 as 34° heat with high humidity took its toll. Sponges, sprays and frequent stops were the order of the day. Zabalo could only manage 138km, and Donna Hudson was forced to withdraw. It was also a disastrous day for Brian Bloomer, whose 24-hour run must have been too much, too close.

Day 5 was Colac's Kana Festival day and thousands of people packed the Cliff Young Track for the float procession and carnival, which was a great boost to some of the weary runners.

The final day produced three place-changes. Mraulje moved into 2nd place as Perdon ran out of steam, falling just 11km short of his own age-group world best mark. Trishul Cherns produced his second-best day of 149km to pass Adams and gain 4th place. Tony Rafferty won his close battle with Gerry Riley and kept 7th place.

At cutoff time twelve of the fifteen runners had completed a very successful race, with Eleanor Adams breaking no less than 11 of her own women's world records, running 808.8km.

RESULTS

R. Zabalo (Fra) 876.8km; D. Mraulje (Yug) 838.4; G. Perdon 830.0; T. Cherns (Can) 818.8; E. Adams (UK) 808.8; B. Bloomer 763.6; T. Rafferty 735.2; G. Riley 724.0; Jarlaker (Swe) 642.4; B. Marden 604.8 G. Hook 603.2 D. Hudson (US) 490.4; P. Pfister 474.4 J. Record 354.8; S. Bauer (NZ) 302.4.

Eleanor Adams' World Records, Colac 1986: 400k-66.37.02; 500k-86.26.02; 600k-105.36.35; 700k-123.43.53; 800k-142.33.35; 300mls-83.08.31 500mls-143.05.40; 72hr-424.70k; 96hr-553.48k; 120hr-684.28k 144hr-808.8k.

The Ageless Wonders From Down Under by Trishul Cherns

Cliff Young, 64, and George Perdon, 61, are Australian ultrarunners and world-class athletes at ages that most men would call their "retirement years". Both hold numerous world age-group records.

George Perdon pioneered Australian ultrarunning in the late '60's and early '70's. This 2:19 marathoner (1967) set the world best 100 mile track best of 12:25:09 in Olympic Park, Melbourne on May 29, 1970. Perdon also has a 50-mile best of 5:22:55 (1968) and

a 24-hour best of 150 miles, 704 yards (1972). Perdon was the first man to traverse the Australian continent (2,897 miles) in 1973, in 47 days, 1 hour and 54 minutes. He has done many interstate, solo runs of over 1000 kilometers in the late 1970's. In 1983, Perdon was second to Cliff Young in the first Sydney to Melbourne road race; he averaged 90 miles a day. In six-day racing he holds the Over-45 world age group record with 522.9 miles. This year he was third overall at age 61 in the

Colac Six-Day Race with 515 miles.

Cliff Young captured Australia's heart and imagination in the inaugural Sydney to Melbourne 875 kilometer road race. This potato farmer became a national hero and instant celebrity with his victory in a time of 5 days and 15 hours. His hometown named a track after him in Memorial Square; it is now the site for the Colac Six-Day Race. In 1982, at the age of 60, he won the Manly 100 Miler in 14:47; the next year he won again with 14:37. At age 63, Young set the Australian

Eleanor Adams Sets 11 Records in Colac 6-Day - 24th March, 1986.

The superstar of this year's edition of the Colac Six-Day Race was Eleanor Adams of England. She set eleven new women's world bests. They were records for 400, 500, 600, 700 and 800 kilometers, 300 miles and for the distance she covered in 72, 96, 120 and 144 hours. Her final total of 502.59 miles easily secured her claim to being the best female ultrarunner in the world. This was the second time she had gone 500 miles; at last year's race she had also set 13 world records while reaching the 500 mile mark also.

For the men, Ramon Zabalo, of France, easily outclassed the field with 544.84 miles. He was unchallenged after the first day and ran a superbly controlled race.

He could have gone farther if pressed, but no one had the capacity to do so. Zabalo actually took the sixth day as a rest day in preparation for the upcoming Westfield Sydney to Melbourne Race.

Yugoslavian Dusan Mravilje, and 61-year old Australian George Perdon battled for second and third places throughout the race until the final 36 hours when Mravilje forged ahead. The youngest runner in the race, 28-year old Canadian Trishul Cherns, passed Eleanor Adams with 18 hours to go to claim fourth place with 508.80 miles.

Australian Brian Bloomer showed why he was able to place third in last year's Sydney to Melbourne road race; the week before this

race he had set a new Australasian 24-hour record of 150.78 miles, and yet, he still managed to cover 474 1.2 miles for sixth place! Bloomer's 48 hour mark was 196.65 miles, also a tremendous accomplishment.

There were three runners who encountered major problems this year: Sigi Bauer retired on the third day because of medical problems, American Donna Hudson retired on day four with severe shin splints and Australian Joe Record had problems after the second day.

This year's race saw the introduction of drug testing to the world of ultrarunning. The top five runners were each checked twice. And for good reason: there was prize money for each contestant over 500 kilometers. The amount varied according to finishing position. The race organizers were quite enthusiastic and dutifully precise in disseminating lap counts.

Contestants were given caravans for housing and local residents acted as handlers. Spectator support was excellent at all times; some 4000 people would be on hand at times. The tree-lined grass track offered shade and a soft surface, although some runners complained of the uneven footing and the dust that arose near the end of the race.

Trishul Cherns

12TH ANNUAL 50 MILE ROAD RUNNING RACE Sydney to Wollongong Sunday 24th August 1986

RESULTS

<u>Name</u>	<u>Time</u>
1. Richard Tout, NZ	5.55.16
2. Don Mitchell, NZ	6.15.09
3. Barry Coates	6.48.06
4. Chilla Nasmyth	7.01.39
5. Greg Love	7.20.35
6. Kerry Heinecke	7.21.30
7. Philip Clarke	7.23.26
8. George McGrath	7.29.51
9. Cedric Sidebottom	7.32.47
10. Danny Gray	7.48.25
11. Dowe Vorst	7.52.58
12. Dave Girvan	8.18.17
13. Peter Manning	8.22.21
14. Grahame Drever	8.28.30
15. Grahame Furkin	8.32.11
16. Robert Simms	8.34.42
17. Steve Talbot	8.35.24
17. Greg Reid	8.35.24
19. Sony Bullen	8.42.36
20. Alan Staples	8.47.03
21. Brian Tayford	8.51.38
22. Ian Taylor	8.52.28
22. Bill Bailler	8.52.28
22. Ian Hutchinson	8.52.28
25. Geoff Hain	8.52.41
26. Georgina McConnell	8.54.20
27. Peter Muir	8.56.41
28. Keith O'Connell	9.01.37
29. Grahame Kerruish	9.08.06
29. John Fletcher	9.08.06
31. Steve Cornelius	9.50.00

Georgina McConnell in 26th place overall was the first and only woman to finish.

ULTRA-RACE organiser's checklist.

Dot Browne, 4 Victory St, Mitcham 3132, Victoria has put together two checklists to assist race organisers who are planning an ultra track or road event and would be happy to supply copies on request.



Finishing 2nd, 3rd, and 4th at Colac were (from left) Dusan Mravilje, George Perdon, and Trishul Cherns.

'Avagoodweekend?'

by COLIN BROWNE



Popular Vic Vets president LEO JONES battled it out with the rest, placing 2nd in Sunday's road race.

On June 28 and 29, the VMC Road Runners Club organised two divisions of their 50-mile race, one at the track at Box Hill and the other around the outside of Princes Park, Carlton.

The events started (for the runners anyway) at 8 am on Saturday morning at Box Hill track. The 26 starters, of whom two were ladies—Dawn Parris, 33, and Cynthia Cameron, 44—faced a total of 201 laps (plus 64 yards). Ultra-running seems to be largely a

veteran sport, 17 of the runners being over 35.

The weather angel must have been looking after us, because it rained all around the oval but not on us. By 11 am there was even a little pale sun.

At this stage Al McManus was leading. He went through the marathon in 2:53.10, a very good effort in a 50-miler.

Between the fourth and fifth hour the big move came from Barry Brooks, who improved three laps on the leader and moved up from 6th to 2nd. But after a rather quiet period McManus came to life again in the sixth hour and finished strongly in 5:55.58.

Unfortunately the electronic clock gave up the ghost at about 5½ hours, leaving Klaus Schnibbe with the unenviable job of trying to shout the times over the crowd noise as the finishers did their last laps. When Murray Dickinson set about reviving it with a new fuse he had the notable success of blowing it up. Smoke came pouring out of its earholes until Bob Tait quickly pulled the plug and put it out of its misery.

The runners came in with quite a rush between hours 5 and 6. In fact, 15 runners broke the 7-hour barrier, a very solid field indeed. A few were doing their first ultra; they included Peter Milne and Frank Prowse, 3rd and 5th.

RESULTS

A. McManus 5.55.58; B. Brooks 6.02.39; P. Milne 6.11.32; L. Michelsson 6.19.29; F. Prowse 6.30.31; G. Hook 6.35.54; B. Marden 6.36.23; T. Cox 6.47.39; R. Hill 6.49.16; P. Logan 6.49.47. Female—C. Cameron 6.52.42; D. Parris 7.27.11.

Between the two runs there was a bit of a party at the Brownes' for those mad enough to turn up. Keith Fisher (11th) and his great support crew went a step further. After our party they went on to a disco and kicked on until 3 am, and then turned up at Carlton early the next day—after running 50 miles. Energy! Keith is a gear freak. He had done specially screen-printed windcheaters for his crew, and had

logos of all sorts over everything (what the best-dressed ultra runner must wear).

The Carlton division of the 50-miler began in very cold but clear conditions. Feet and fingers were frigid. Another drive in the dark to get the thing started. How is it that every time we get involved with one of these ultra events it turns into an endurance epic of some sort? And I don't mean the distance. For lapscorers and assorted hangers-on too it always seems to generate some drama, whether it's a heatwave or Antarctic blasts.

Why do we do these things? To prove that we can, I suppose. Prove it to whom? To ourselves mainly. Why? Well, it does demonstrate that we are alive and kicking, and so many people in this urban society can't prove that to themselves, and fall in a deep hole. Certainly none of us went to work on Monday having to answer the old question, 'Avagoodweekend?' with, 'Arnothingmuch.' One typical case was Sandra Kerr, who lapscored all day Saturday and all day Sunday. She must have been absolutely frozen anchored to a chair for all that time.

Early leader Peter Gray had a real battle keeping going when he hit the depths, but he showed a lot of determination. The fifth hour saw Leo Jones, 'pres' of the Vic Vets, overtaken by John Sumner, a food technologist from RMIT. He must have had the recipe right today because he went through systematically all day, walking the 100 yards of straight and drinking the magic fluid. His attractive handler might have contributed just a bit too.

In fact, in the end it was the ones who had started conservatively who came through into the top placings. Leo Jones, in his first ultra, did incredibly well, while Tony Doyle, stone motherless last in the first few laps, came right up to 4th.

RESULTS

J. Sumner 6.21.46; L. Jones 6.34.23; K. Schnibbe 7.10.37; T. Doyle 7.27.13; K. Alexander 7.34.46; J. Anderson 7.35.16; C. Woolgar 7.36.55; I. Stansfield 7.47.59; M. Hoffman 7.49.31; G. Huggins 8.03.25.

V.M.C. ROADRUNNERS - 50 MILE TRACK CHAMPIONSHIP - BOX HILL - 28/6/1986RESULTS

1. Alex McManus, 35 years from Carlton	5h. 55m. 58s.
2. Barry Brooks, 46 years from Ballarat	6h. 02m. 39s.
3. Peter Milne, 31 years from Wantirna	6h. 11m. 32s.
4. Leif Michelsson, 44 years from Wallan	6h. 19m. 29s.
5. Frank Prowse, 34 years from Malvern	6h. 30m. 31s.
6. Geoff Hook, 41 years from Mt.Waverley	6h. 35m. 54s.
7. Bob Marden, 33 years from Kenthurst, NSW	6h. 36m. 23s.
8. Terry Cox, 49 years from Rosebud	6h. 47m. 39s.
9. Ron Hill, 46 years from Dromana	6h. 49m. 16s.
10. Peter Logan, 38 years from South Melbourne	6h. 49m. 47s.
11. Keith Fisher, 21 years from Geelong West	6h. 50m. 44s.
12. Ken Walters, 53 years from Upwey	6h. 50m. 48s.
13. Cliff Young, 64 years from Colac	6h. 51m. 39s.
** 14. Cynthia Cameron, 44 years from Mt.Waverley	6h. 52m. 42s.
15. Bill Beauchamp, 41 years from South Yarra	6h. 59m. 42s.
16. Peter Richardson, 22 years from Woori Yallock	7h. 07m. 40s.
17. Claude Martin, 50 years, from Ballarat	7h. 10m. 39s.
18. Les Bradd, 34 years from Watsonia	7h. 12m. 05s.
19. Gerry Riley, 55 years from Werribee	7h. 18m. 29s.
20. Greg Wishart, 47 years from St.Kilda	7h. 20m. 16s.
21. Barry Allen, 29 years from North Fitzroy	7h. 24m. 19s.
22. Peter Manning, 33 years from Longueville NSW	7h. 26m. 35s.
23. Dawn Parris, 33 years from Greensborough	7h. 27m. 11s.
24. Ken Hough, 41 years from Noble Park	8h. 41m. 04s.
25. Stephen Roulkes, 32 years from Carlton	8h. 46m. 06s.

Peter Moore retired after 43 miles 5h. 34m. 50s.

** New Australian Women's 50 Mile Track Record (previous record 7h.04m.34s.)

V.M.C. ROADRUNNERS - 50 MILE ROAD RACE - PRINCES PARK, CARLTON - 29/6/86

1. John Sumner, 45 years from Melbourne	6h. 21m. 46s.
2. Leo Jones, 45 years, from Essendon	6h. 34m. 23s.
3. Klaus Schnibbe, 42 years from East Burwood	7h. 10m. 37s.
4. Tony Doyle, 42 years, from Pascoe Vale	7h. 27m. 13s.
5. Keith Alexander, 35 years from Ascot Vale	7h. 34m. 46s.
6. John Anderson, 47 years from Wheelers Hill	7h. 35m. 16s.
7. Chris Woolgar, 42 years from Wheelers Hill	7h. 36m. 55s.
8. Ian Stansfield, 42 years from Balmoral	7h. 47m. 59s.
9. Michael Hoffman, 33 years from Melbourne	7h. 49m. 31s.
10. Graeme Huggins, 20 years from Kensington	8h. 03m. 25s.
11. Peter Gray, 21 years from Geelong.	8h. 09m. 35s.
12. Keith Crowle, 47 years from Camberwell	8h. 21m. 43s.
13. Graham Light, 38 years, from Melton.	9h. 03m. 41s.
Ken Butko retired after 36 miles	4h. 33m. 29s.
Bob Bruner retired after 34 miles	4h. 21m. 04s.
Mark Jewell retired after 34 miles	6h. 18m. 55s.
Peter Pfister retired after 26 miles	4h. 38m. 52s.

24th August 1986

BALLARAT CHASE 50 MILER

by Geoff Hook

The low temperature and biting wind of last year's inaugural 50 mile road race as part of Ballarat's CHASE Carnival (in aid of the Ballarat Childrens Home) were fortunately not present this year. Conditions were cold and overcast with some light rain on and off throughout the event. Therefore it was a good day for running and it was left up to officials and supporters to keep warm and dry as best they could.

Once again, the organisers produced a successful, as well as interesting and diverse tri-event carnival, namely an 11km fun run and a marathon both around Lake Wendouree, and a 50 miler on a relatively flat 1 mile circuit adjacent to the lake. The fun run finished early but the marathon and 50 miler were planned to finish at roughly the same time. Therefore, at one stage, there were runners everywhere, vying for positions in 1 of 3 events. A great spectacle and the organisers are to be congratulated on their planning and execution of the carnival.

Michael Walsh, 3rd last year, set a blistering pace and was well clear of the rest of the field in the early stages. In fact, he was only slightly slower than last year's winner, Laurie Brimacombe (who finished last year in a very fast 5:33). Unfortunately, Michael blew-up with sciatic problems and was forced to withdraw. It was obvious that he had set himself for a win in this year's event and so his disappointment was manifest.

This left Ray Ramelli and Barry Brooks (2nd in the VMC 50 Mile Track Race, 1986) running shoulder to shoulder for many laps. At the 40 mile mark, Ray proved to be too strong as he slowly pulled away from Barry to win in the good time of 5:50:57. Poor old (?) Barry, 2nd again just over a minute behind. Max Carson ran steadily for most of the race and finished strongly in 6:01:37. Alastair McManus, winner of the VMC 50 Mile Track Race, 1986, had a training run for his coming participation in the Spartathon in Greece and still finished in 4th position in an excellent time of 6:23:07. Retired (?) runner Cliff Young, Bill Beauchamp, Les Bradd, Kevin Cassidy, Klaus Schnibbe and Greg Wishart all achieved personal bests. Leo Jones, 2nd in the VMC 50 Mile Road Race, 1986, was disgusted with his performance but still finished with a good time. George Perdon did not have a good day but never gave up. Peter Logan blamed undertraining due to being trapped into this year's wildtrek as the reason for his d.n.f. Keith Alexander stopped with groin troubles and was talked into starting up again just as in his great effort in the VMC 50 Mile Road Race this year. However, whereas he finished the VMC race, he was unable to complete this one.

Over half of the finishers completed the race in under 7 hours - a great set of performances.

RESULTS

1. Ray Ramelli, 40	5:50:07	14. Peter Richardson, 22	?
2. Barry Brooks, 46	5:51:16	15. Ron King, 32	7:10:17
3. Max Carson, 37	6:01:37	16. Klaus Schnibbe, 43	7:12:12
4. Alex McManus, 35	6:23:07	17. Greg Wishart, 48	7:12:37
5. Stewart Pike, 32	6:26:24	18. Trevor Pleydell, 25	7:16:42
6. Ernie Cattle, 36	6:32:46	19. George Perdon, 62	7:24:26
7. Brian Smith, 42	6:33:22	20. Frank Biviano, 42	7:29:19
8. Cliff Young, 64	6:33:46	21. Chris Stephenson, 30	7:42:30
9. Bill Beauchamp, 40	6:40:25	22. Andy Docherty, 55	7:50:54
10. Leo Jones, 45	6:42:16	23. Michael Hoffman, 33	8:04:14
11. Ron Hill, 46	6:56:13	24. Stan Miskin, 61	8:09:53
12. Les Bradd, 34	6:56:29	25. Peter Gray, 21	8:29:22
13. Kevin Cassidy, 26	6:57:36		

Veterans triumph in 50 mile Chase Carnival

BALLARAT — AUGUST 24TH, 1986.

Veteran athletes performed superbly to dominate the Central Highlands Athletic Special Endurance fifty mile race, held at Ballarat on Sunday, 24th August.

Ray Ramelli, 40, who competes at the Collingwood venue, won a thrilling race by the narrowest of margins, in 5 hours 50.07 from Ballarat Veteran Barry Brooks, with Max Carson, 37, third.

Fourth place went to the ever consistent Alastair McManus. The evergreen Cliff Young, now sixty four, from Colac, finished in eighth position.

Leo Jones, recent runner-up in the VMC 50 mile at Princes Park, and president of the Victorian Veterans, took tenth place in the field of thirty three.

Sixty two year old George Perdon ran the distance comfortably to finish nineteenth and popular Stan Miskin, 61 continues to amaze by completing his seventeenth ultra-marathon.

The typical good humoured banter was as usual evident, as the large field prepared to get under way from the edge of lake Wendouree. Conditions at the start, to say the least were dismal; a grey sky, persistent rain and very cold. The rain was to continue for most of the race.

The total organisation was excellent and included a clearly visible electronic clock, a well-maintained order-board, non-stop professional commentary on an extremely audible public address system and large army-style tents for runners and their handlers. Also a computerised recording system of results and a continuous video filming of the race from the viewpoint of the starting line. All this adds up to a considerable logistical exercise for the organisers. They deserve to be commended!

From the start, thirty five year old Michael Walsh from Ballarat, who was placed well in this event last year, (won by Laurie Brimacombe, who incidentally set an Australian record for the fifty mile distance), showed that he viewed this event as a race, and not just a matter of completing the distance. His devastating pace of six minutes per mile, soon distanced him from the rest of the field.

Trailing behind him was a group of runners who were lapping at a steady seven minute mile pace. These included Barry Brooks, Ray Ramelli, Max Carson and Alastair McManus, all of whom on past performances, were capable of challenging the leader at some stage in the race.

With Keith Alexander, another veteran from the Collingwood venue, still in contention and the usual consistent Ron Hill also looking strong in the early stages, it was still anyone's race at the twenty mile mark.

Cliff Young, in his familiar wet weather pants and Leo Jones, one of a number of runners who wore beanies and gloves, were laying the foundation of fine performances.

The leader, Michael Walsh, very quickly put a serious question to his main opposition by lapping them, along with the rest of the field, on the one mile circuit. He moved away from the main group looking determined and aggressive.

Keith Alexander had now also passed several of the front runners to move into second place. The group of Ramelli, Brooks, Carson and McManus continued to work together, patiently waiting for things to happen, and they didn't have to wait long; as a series of events soon after, justified their strategy.

(Reprinted from Mike Hall's newspaper, "The Veteran Athlete", October 1986, Vol.1 No.5)

The distance of fifty miles makes no concession to the runner who has not thought out his race

plan. Keith Alexander announced withdrawal at twenty three miles. Michael Walsh could not continue beyond thirty-three, even though still holding a large lead at that point.

At the thirty-five mile mark, the event as a race took on a whole new dimension as Ray Ramelli caused the leading group to disintegrate by applying the pressure and opening up a lead. Only fellow veteran runner Barry Brooks was in possession of the resources necessary to respond to the challenge.

Now began a two man contest which made this event totally absorbing for spectators over the next fifteen miles. The depth of this two-man battle for the lead was underlined by the remainder of the field who each continued after their individual goals.

Between thirty-five and forty-seven miles, the two veterans pursued each other relentlessly. The lead changed several times with gaps of up to sixty yards being lost and recovered. The struggle for supremacy was awe inspiring as forty miles came and went; forty five and still the relentless pace never slackened, as the two rivals searched mind and body for the inner reserves to keep going.

After looking the winner at many stages Barry Brooks was forced to lull temporarily at the forty seven mile mark. Ray Ramelli who had clung on tenaciously during some tough periods, suddenly found himself in the lead once again and this time he was going to keep it, sprinting to the line for a magnificent win in five hours, fifty minutes and seven seconds.

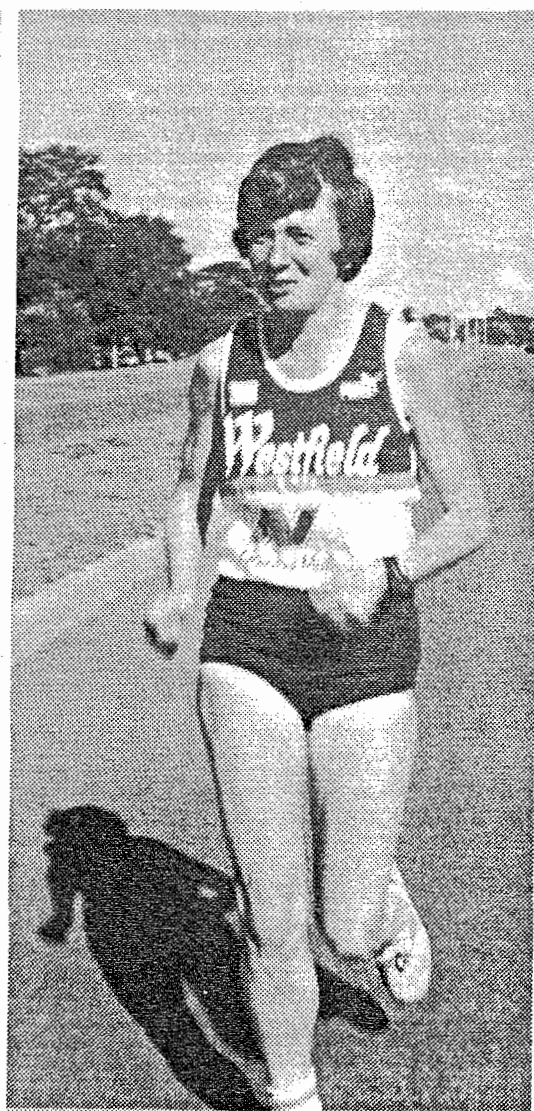
Barry Brooks, less than two minutes away, was a gallant second. Both veterans broke the six hour barrier, a feat equalled by few ultra distance runners.

Congratulations must go to all the twenty-five competitors who braved the conditions and completed the course. The race

atmosphere was one of mutual support and respect, as is fitting for anyone who undertakes endurance running. Also plenty of humour and a groundswell of feeling among competitors and spectators alike.

Once again the performance of the large veteran contingent illustrates the great depth of talent in the older age groups, as veterans continue to dominate the ultra distance scene in Australia.

— By Tony Doyle



Above: Cynthia Cameron, 44, (Vic.), established yet another National Ultra Distance Record for 100k., in 9 hrs. 15 mins. 26 secs., at the Harold Stevens Athletic Track, Coburg, on 14 September.

REPORT ON THE INTERNATIONAL 1000 MILE RACE IN HULL, ENGLAND

by Tony Rafferty

There was a 15 day cut-off point in this race. The weather was atrocious for the first 7 days and the milages were well down on what we had hoped. Colin Dixon led the field into the sixth day and then weakened to allow John Dowling to take the lead, which lasted only a short period, when I got to the front and fought hard from this point onwards to stay in front.

I lost this placing on a few occasions for a couple of days to Dowling and his wonderful tenacity under stressful conditions, at times with howling, gale-force winds and driving rain.

For over a day there was only two miles between the two of us. I got the better of him on the fourteenth day and stayed in front to win by seven hours.

Malcolm Campbell was consistent but didn't have the miles, and Colin Dixon, the favourite, suffered badly from blisters. Dan Coffee had groin trouble for most of the first day and retired on the second.

RESULTS:

1. Tony Rafferty	14 days 16 hours 45 minutes 11 seconds (Australian and British road record)
2. John Dowling	14 days 23 hours 41 minutes 20 secs.
Malcolm Campbell	750 miles
Colin Dixon	528 miles
Dan Coffee	85 miles

Ed.'s note: Thanks Tony. Sounds like horrific conditions! The best of luck in the World Six Day Championships at La Rochelle commencing the 29th September. Hope you go really well. Congrats. again on your 1000 mile race in Hull. Fantastic effort!

"Big Chris" (you know, Chris Stephenson (NSW)) has sent us a letter from a mate of his, Barry Hawley of San Clemente, California. Barry writes, " One of my associates, Dan Brannen and I have some ideas for new ultras over here. He pulled out of the Sydney to Melbourne after three days (253 miles), lying fifth at the time. Anyway, speaking with John Dangar, I was hoping to get them interested in sponsoring a 'Western States - 100' - type event." (Chris and Max Bogenhuber competed in this event earlier this year. Where's your race report you pair of bludgers?) "But I know the Sydney to Melbourne is a biggy for Westfield. My plan was to make it a tough 100-150 mile course, any state really, as long as the terrain is spectacular. Make it an invitational race - USA, Eng, NZ etc., maybe a team challenge event. I have all the contacts and know how to put on an event. I have a big 50 Miler in Southern California, off road and tough - in the top three ultras over here. My thoughts are putting on a series of ultras around the world. The sport is growing world-wide and with the right sponsor backing, we could really promote the shit out of it. I would like your feed-back - any suggestions. I'm sure the TV people would love it. I do know Tony Rafferty and Ron Grant but I think they would prefer roads. Hope to hear from you soon,

Your mate in Southern Cal.,

Any comments?

Barry Hawley."

1986 COBURG 100KM TRACK CHAMPIONSHIP

Dawn broke on the morning of Sunday 14th September, cold and with threatening clouds hovering menacingly above the Harold Stevens Athletic track in Coburg. The sombre grey walls of the nearby Pentridge Prison did little to inspire even the most ardent supporter of ultra distance running.

The occasion, the annual staging of the Coburg 100K. Track Championship, presenting 21 hardy souls with the daunting prospect of completing 250 laps of the 400 metre circuit. The 7am start saw the field including the legendary Tony Rafferty, and the only female entrant, 44 year old Cynthia Cameron, with her sights firmly set on breaking her own national 100km. record established on this same track last year, get off to a rousing start, with a small army of supporters, handlers and officials.

After the usual spate of over-ambitious leaders who invariably fall by the wayside after their enthusiasm has eroded their intestinal fortitude, pre-race favourite, 30 year-old Bruce Cook from A.C.T., took control of the proceedings, leaving the rest of the field in his wake. He went on to win comfortably in 7 hours 32 minutes 41 seconds.

Veterans once again figured prominently in this event, filling six out of the first ten placings. Ron Hill, 46 years, continued his recent good form by just beating his friend and training partner, Terry Cox, 50 years, for second spot in 8 hours 58 minutes 5 seconds. Consistent Bill Beauchamp, runner-up in this race last year, was fourth in 9.15.17, just holding off Cynthia Cameron, whose time of 9.15.26 set yet another Australian record, an improvement of 44 minutes 38 seconds on her time last year.

Injuries forced the withdrawal of several runners, including Kon Butko (164 laps), Tony Rafferty (125 laps), Wal McCrorie (142 laps) and Reg Williams (104 laps). Other notable performances from the veteran contingent were: Klaus Schnibbe 9.41.09, Gerry Riley 10.02.36, Frank Biviano 11.27.25 and Stan McCartney (S.A.) 11.51.24.

Congratulations to the ever-efficient organisation of the Coburg Track Management Committee, headed by Race Director, Trevor Pettigrove and his team of hard-working officials, Kevin and Pauline Nippard, Harold Stevens and many others who once again, made this event (now a permanent fixture on the ultra-distance calendar) such a complete success.

RESULTS:

1. Bruce Cook (A.C.T.)	7.32.41	8. Barry Allen	9.55.29
2. Ron Hill	8.58.05	9. Gerry Riley	10.02.36
3. Terry Cox	9.08.10	10. Keith Fisher	10.03.53
4. Bill Beauchamp	9.15.17	11. Keith Crowle	10.15.59
5. Cynthia Cameron	9.15.26	12. Frank Biviano	11.27.25
6. Klaus Schnibbe	9.41.09	13. Peter Gray	11.40.31
7. Kevin Cassidy	9.44.06	14. Stan McCartney (S.A.)	11.51.24

SYDNEY STRIDERS' 24 HOUR TRACK RACE - 19/20 JULY '86

RESULTS

Name	No. of laps	Km.	Miles/yards
1. Dan Gray	456	182.400km.	113m.595yds.
2. Ian Hutchison	428	171.200km.	106m.667yds.
3. Alan Staples	404	161.600km.	100m.728yds.
4. Bob Marden	378	151.200km.	93m.1674yds.
5. Graham Firkin	334	133.600km.	83m.27yds.
6. Grahame Deacon	308	123.200km.	76m.973yds.
7. Mathew Kaley	281	112.400km.	69m.1482yds.
8. Dave Taylor	262	105.050km	65m.484yds.

BATHURST 50 MILER

27th September, 1986

by Geoff Hook

A very close finish was the highlight to another (3rd) successful 50 mile race around the beautiful countryside of Bathurst, N.S.W. Max Bogenhuber held off a strong challenge from Maurice Taylor to win by 18 seconds in a time of 6:37:11. Over the last few hundred metres, Maurice was able to close the gap to just a few seconds, however 2nd time winner Max wasn't going to be "pipped-to-the-post".

Max, fresh from his great performance in the Western States 100 (an extremely rugged and tough 100 mile race in America at high altitudes, through hot valleys and across snow capped mountain peaks) ran a very steady race. (Incidentally, Max completed the 100 in well under 23 hours to qualify himself to receive one of the coveted sterling silver belt buckles given only to sub 24 hour finishers). Running 2nd from the start, he passed the tiring Geoff Hook at 38km and was never headed again. At 60km he was told he had about 20 minutes on the next runner so he started to take it easy and walk uphill like the rest. When Maurice came into sight he got a shock and had to dig-in with guts and determination, never looking back, to finish just a few minutes outside his course best time set in 1984.

While the winning time may appear soft, it must be pointed out that the course is demanding and tough. One lap of the Mount Panorama car race track is completed prior to setting off along the switchback country lanes around Bathurst. The views, at different stages, are breathtaking if you dare to look at them. Another difficulty experienced by the runners was the very hot and cloudless day. Very difficult to keep enough fluids up and to ward off creeping sunburn and sunstroke.

Maurice ran a dazzling race in which he stayed in the middle of the field until about half way and then made his attack. The speed with which he moved through the field was astounding considering the hot day and the distance already covered. Surprisingly, he looked so fresh as he passed each runner moving into 2nd place at about 68km. After the race, Maurice did concede that he "felt in his bones" he wouldn't be able to catch Max, but this did not deter his valiant effort.

Brian Smith initially ran steadily and, after finding the hills tough after 40km, starting waning after 60km. He had the added problem of not having a support vehicle, and had to rely on a couple of other support crews to assist when they could. Geoff Hook typically went out too fast, pulled 1 mile on the field by 20km but then started the long process of dying under the hot sun. Max, Brian and Maurice cruised steadily by at 38, 55 and 62kms respectively. The 2 Westfield aspirants, Dave Taylor and Graeme Wilkinson ran side-by-side the whole way and achieved their goal of a sub-8 hour race. Creese Syred wasn't given much of a chance, by speculators, in the harsh conditions but successfully completed his 1st ultra in a credible time. Creese may be the youngest person in Australia to successfully complete a 50 mile race - well done Creese.

Wanda Foley, running in her 1st ultra, finished well within the 10 hour cut-off time. Wanda only started running marathons last year so that she could run beyond 40kms before turning 40. Congratulations Wanda.

In his vote of thanks at the end of the presentation, in which all finishers received a silver liqueur goblet, Peter Manning summed-up the appreciation of all runners for the superb organisation by Ian Taylor and his helpers. Appreciation to all support crews was also warmly registered.

As a measure of his superb fitness and powers of recovery, the worthy champion Max Bogenhuber turned up the next day for a run in the Bathurst 8km fun run. Max completed this hilly course in a scintillating 28:10 making it look as though he had not raced 50 miles the previous day. About $\frac{1}{2}$ dozen other 50 mile competitors from the previous day ran the fun run but were substantially slower than Max.

RESULTS

1.	Max Bogenhuber, 44 from Sydney	6:37:11
2.	Maurice Taylor, 38 from Sydney	6:37:29
3.	Brian Smith, 42 from Melton, Victoria	7:13:47
4.	Geoff Hook, 41 from Melbourne	7:25:31
5.	Dave Taylor, 34 from Appin)
6.	Graeme Wilkinson, 40 from Gunnedah) 7:53:11
7.	Gary Collins 26 from Gosford	8:04:00
8.	Peter Manning, 33 from Sydney	8:17:41
9.	Creese Syred, 15 from the Blue Mountains	8:21:37
10.	* Wanda Foley, 40 from Sydney	9:15:45
11.	Graeme Kerriush, 51 from Sydney	9:20:14

DNF Jeff Martin, 33 from Camden
 DNF Bill Miller, 34 from Bathurst
 DNF Lenny Moore, 51 from Sydney
 DNF Maurice Wild, 61 from Condobolin
 DNF Sonny Bullen, 38 from Picton

* 1st Woman to enter this race.

INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

IAU NEWS
Vol. 2, #2

The big news for this quarter concerns a pair of multi-day events. The biggest news is the 1,000 Mile World Record of 11 days, 20 hours, 36 minutes, 50 seconds by Stu Mittleman (USA) at the Sri Chinmoy 1,000 Mile Road Race (Queens, April 26-May 11, 1986). Meanwhile, on the other side of the world, the Westfield Sydney-Melbourne Run (1,006 kilometers, May 2-11, 1986) was being held. The Sri Chinmoy race had no women finishers, but the Westfield Run was highlighted by a 75% finishing rate among women, with the first two, Eleanor Adams (GBR) and Donna Hudson (USA), finishing 4th and 6th overall, respectively. The Sri Chinmoy race was held on a certified road circuit of exactly 1 mile, and was free of automobile traffic. The Westfield Run, in contrast, was held on the open roads with automobile traffic. During the third day of the race, the leader, Geoff Kirkman (AUS), was struck and seriously injured by a passing car. Kirkman suffered a fractured pelvis and severe blood loss, but was soon out of danger and recovering well. Fortunately, the Australian police exonerated the race administration and allowed the run to continue. However, the incident may have a serious impact on the future of multi-day running on the open roads. We are happy to note that the Westfield Run provided a total prize purse of \$60,000 (Australian), and that doping tests were mandatory.

All-Time Performance Lists: The second of these is included. It covers the 50 Kilometer event in 3 categories (Track, road, and indoor track). Please note that only marks made in bona-fide competition are listed. In keeping with IAU policy, we will not include solo marks on this or any performance list. This list is intended to be complete and exhaustive on a global scale. Suggestions for amendments, additions, or deletions should be directed to IAU Statistician Andy Milroy (address is on the list).

IAU Network Personnel: In keeping with our stated primary goal of fostering communication and cooperation on an international scale for the benefit of the sport of ultrarunning, we are publishing for the first time with this issue a full, updated list of IAU representatives. Hopefully, each of these individuals will keep close watch over the ultramarathon scene in his/her local region, and will report all events of note to either the Secretary-General, the Statistician, or the President. By the same token, it is hoped that each of these representatives will disseminate IAU NEWS to the running publications, ultramarathon directors, and key ultrarunning personnel in his/her local region. Note that we are still very much in need of reliable representatives in South America, Africa, and parts of Asia.

Please send all news, comments, suggestions, and questions for future issues of IAU News to:

Dan Brannen
IAU Secretary-General
3533 Stevens Road
Wallington, NJ 07057,
USA

Please send all ultramarathon results to:

Andy Milroy
IAU Statistician
3, Bellefield Crescent
Trowbridge, Wiltshire BA14 8SR
UNITED KINGDOM

RECENT RESULTS FROM AROUND THE WORLD:

JANUARY: Jeff Norman (GBR) won the Douglas 50 Kilometer road race with 2:53:26 over Peter Sugden (GBR) in 2:57:41.

In Dallas, Barney Klecker (USA) won the 50 mile race with 5:10:47 over Robert Perez (USA) in 5:17:28. In the 100 kilometer, held simultaneously, Tom Zimmerman (USA) ran 6:45:46 to win over Stefan Fekner (CAN) in 6:47:20.

The "Grande Course du Hoggar" (Tamanrasset, ALGERIA: 563 Km in 13 daily stages) was won by Gerard Jacquaniello (FRA) with a total aggregate time of 41:20:17.

FEBRUARY: In Victoria, Brian Bloomer (AUS) won a 24 hour track race with 242.528 Km/150.7m.

Ramon Zabalo (FRA) won the Colac 6-Day track race with 876.8349 Km/544.84m. Eleanor Adams (GBR) won the women's division with 808.84 Km/502.59m. Pending review of the lap sheets, Adams' performance should be a new World Record, breaking her own previous record by 2.5 km.

MARCH: Rae Clark (USA) won the Santa Rosa 24 Hour track race with 245.0263 Km/152m, 444y. Georgette Cooper (USA) won the women's division with 185.8179 Km/115m, 813y.

Jean-Gilles Boussiquet (FRA) won the Montauban 48 Hour Track race with 410.5491 Km/255m, 182y. Gilbert Mainix (FRA) finished second with 395.599 Km/245m, 1333y. In the women's division, Arlette Touchard (FRA) won with 347.4198 Km/215m, 1543y. Lap sheets for this run have been favorably reviewed, making this a new World Record, breaking the former record of Eleanor Adams by over 13 km.

APRIL: Kay Moore (USA) won the women's division of the Sri Chinmoy 24 Hour (Queens) with 194.0228 Km/120m, 986y over Pippa Davis (GBR/USA), who covered 185.0745 Km/115 m.

Angela Mertens (BEL) won the women's division of the Ransart 100 Km with 8:59:15.

Vaclav Kamenik (CSR) won the Rodenbach 100 Km with 6:37:10 over Rune Larsson (SWE) in 6:53:01, Hans Reich (FRG) in 6:53:54, Peter Mann (FRG) in 6:55:44, and Werner Endrowait (FRG) in 6:56:25. Agnes Eberle (SWI) won the women's division with 7:58:22.

MAY: Stu Mittleman (USA) won the Sri Chinmoy 1000 Mile Road Race (Queens) with a new World Record of 11 days, 20 hours, 36 minutes, 50 seconds, breaking the previous world best of Siegfried Bauer (NZL) by over 14 hours. Bauer finished second in this race.

Dusan Mraulje (YUG) won the Westfield Sydney-Melbourne road race (1,006 Km) in Australia with 6 days, 12 hours, 38 minutes, 30 seconds. Brian Bloomer (AUS) was second in 7 days, 4 hours, 53 minutes, 47 seconds. Eleanor Adams (GBR) won the women's division with 7 days, 17 hours, 58 minutes, 56 seconds, over Donna Hudson (USA) in 8 days, 6 hours, 15 minutes, 37 seconds.

SILVER JUBILEE 50 MILE ROAD RACE - CHRISTCHURCH, NEW ZEALAND

4TH APRIL, 1987

The Canterbury Road Running Committee is celebrating 25 years of New Zealand's premier Ultra Distance Road Race by organising 2 weeks of socialising and running centered on this Great Race.

So we issue a **CHALLENGE**
to all former competitors,
current Ultra Distance Runners
and those who have not yet tried it:

JOIN US

April 4th, 1987.

The Brighton Pier 50 has been run continuously for 25 years and many of the runners who have competed in the past are coming back to run it again. We have already had great interest from runners both in New Zealand and Overseas and a record entry is expected.

**FOR ADDITIONAL INFORMATION
CONTACT:**

BOB DICKISON
138 AVONDALE ROAD
CHRISTCHURCH, 6.
NEW ZEALAND
PHONE: 881-821

OR

MARTIN HAWES
P.O. BOX 18564
CHRISTCHURCH
NEW ZEALAND
PHONE: 884-503

TELEX: NZ4586 CANTCOM ATTENTION: PASAR

ORGANISING COMMITTEE:

Deborah Rhode
Martin Hawes

David Tanner
Bob Dickison

All Runners

If you participate in the Brighton Pier 50 in 1987 you will receive:

A RACE T SHIRT

A COPY OF THE BOOK OF 25 YEARS OF ULTRA RUNNING

All finishers will also receive

A FINISHERS CERTIFICATE

A JUBILEE MEDALLION SPECIALLY STRUCK FOR THE EVENT.

Visiting Runners

It is our intention that this will be an event to remember so you will be introduced to a local runner who will assist and advise as required.

We can help with accommodation, transports, seconds, etc.

COURSE:

The course is a fast flat scenic loop around the perimeter of the City with start-finish outside the Brighton Pier Mall in the Seaside Suburb of New Brighton.

Times are called and recorded every 5 miles and at the finish. Radio car back up is provided every 5 miles.

A second (handler) is required to provide refreshments and additional assistance if necessary during the race.

COURSE RECORDS

Men 5.18 (R. Alcorn). Women 7.15 (H. Grant)

PRIZES:

Because of the Brighton Pier 50's association with the London to Brighton Ultra Marathon, the winner of this year's race will receive an Air Ticket to run the London to Brighton in October, 1987.

Many other great trophies and prizes will be awarded covering the full list of Grades and Places.

HISTORY OF THE RACE

The Brighton Pier 50 was the first Ultra Distance race in N.Z. First organised in 1962 by Bill Hobbs, the race was inspired by the enthusiasm and challenge of that Great English Race, the London to Brighton.

The first race was run from Hawarden to Christchurch and was won by Olympian Jeff Julian in 5 hrs 41 minutes. In 1966 the race was moved to its present course around Christchurch with the start and finish in New Brighton.

The winner of the 1967 race, Roger Alcorn, was sent to run the London to Brighton and finished a very creditable second. Alcorn has left his mark on the Brighton Pier 50 having won the race 5 times. He still holds the race record of 5 hrs 18 minutes. Alcorn is expected to try for a sixth win in 1987.

Dianne Dixey became the first women to finish in 1969, at a time when women were forbidden to run marathons. The current women's course record of 7 hrs 15 minutes was set by local runner Helen Grant in 1986.

Over the years, the race has attracted N.Z.'s best Ultra Runners: Lionel Fox, Siggy Bauer, Alcorn, Julian, Don Cameron, Gary Regtien, Richard Tout, Max Telford and John Souter have all competed. It hasn't always been easy for the organisers; in 1965 no entries were received at all, so to keep the race going the organising committee entered en mass.

In 1984 Brighton Pier Mall took up the sponsorship of the race. Their help has been invaluable and the race has grown steadily in both numbers and quality so that we can now look to the future with confidence.

INFORMATION FOR NOVICE ULTRA RUNNERS

By Geoff Hook

The following article is an extract from a letter sent to a friend who wanted to know how to run his first ultra, (training, food, preparation, etc.) This dissertation is not claimed to be an ultimate reference, just one person's views on ultra running intended to assist a novice ultra runner. It is hoped this will elicit articles from other ultra runners so we can publish diverse views on this subject. Not only will this benefit novice ultra runners but could be of enormous benefit to established ultra runners also.

TRAINING

The type of training you need to do does not necessarily depend on the distance of the race. This needs qualification: I have found that running 16-20 miles in one hit every day for 6-10 days in a row is a suitable peak for an ultra. Of course a slow build up over many weeks and a fast taper off over one week to freshen up is required. (You'll note that this could be considered just marathon training - or just above marathon training - by some runners). Other ultra runners would disagree with my method and reckon you need to do some really long runs 2 or 3 times per week. Distances up to 40 miles, or time up to 4 hours, are considered necessary. Note that they all don't have to be that long, i.e. 2 x 20 miles and 1 x 35 miles with normal marathon type training in between time.

Any of the above would be suitable for ultra races up to 24hr. Multi-day racing greats do much more, e.g. Geoff Molloy builds up to run 3 or 4 x 20 milers with a 10-15 minute food break in between each one. Brian Bloomer runs by time, i.e. 4, 5 or 6 hours at a time. Cliff Young trains by time also.

Note that there are many runners who successfully complete, in good times, ultra races from straight marathon training. Not anywhere near as heavy as described above. The secret is to try various formulas and find out what is right for you. And you'll find that what is right for you may not necessarily suit other runners because we are all individuals and different.

Listen to your body in training. Proneness to injury, niggles, excessive lethargy and/or tiredness are all signals to ease up on training or to take a rest day. The only time you ignore the above signals is during the actual race where you would normally push through problems, within reason; with the comfort of a well earned rest, at the end of the race, to bear in mind.

Just a word here about mental attitude. It is my belief that the longer the race, the more the effort switches from mostly physical and a little bit of mental effort to an increasing proportion of mental effort and application. It is for this reason why I say you don't have to train really long runs in preparation for an ultra. For example, if it is universally accepted that a couple of 20 mile training runs are a must for a marathoner looking for a good time, then it could be argued that an ultra runner looking for a good time (in the race that is) would need to do a couple of 40 mile training runs amongst his/her normal training.

Well, I don't think this relationship holds. Sure, a couple of 40 mile training runs would be beneficial to most ultra runners if no injury results. The contention I have is this: If we had 2 runners of roughly equal ability over a marathon and one has training runs up to 40 miles and the other only to 20 miles but the 20 miler has a stronger mental application to his running, the I believe it will be he that triumphs over the 40 miler in a 50 mile race. How do you condition yourself to be race mentally tough? There is no easy answer or solution to this. Part of the answer may be in it being a trait inherent or derived from very early childhood. If you didn't have or get it to a high degree then, it certainly won't come magically now.

However, I believe a certain amount of conditioning can be done in conjunction with your physical training. Be positive and strong at all times, don't let a challenge go by. Strive to complete seemingly impossible tasks, i.e. purely mental, purely physical or a combination of the two. If you have the time, always take the most difficult path and guts it through to the end. This does not mean you become a monster to your friends and loved ones. The challenge is to remain outwardly calm and relaxed while inwardly striving to achieve and conquer a multitude of mainly mentally taxing tasks. This in itself will tend to make you tired so a balance is required between mental and physical training such as to leave you pleasantly tired but not exhausted.

FOOD

There are no easy formulas for the right food to have for ultra running. Just like the training, it is a matter of determining what is right for you, what your body responds to at different stages of training or racing. Unfortunately, it is not a simple matter to determine your exact requirements. The vagaries of our physiological systems see to that. What appears to be working well (in the food line) at one time may not work on another occasion. It is a good idea to practise eating different foods and consuming different drinks during training runs. Remember small but frequent quantities are much better than large infrequent ones. The big problem I experience, and this doesn't apply to all ultra runners, is that food becomes very unattractive under race conditions. I would prefer not to eat but my body needs sustenance to survive the race. I therefore select food and drink that will appear most attractive under race conditions. I normally find most foods attractive but unfortunately there are very few that I can face or stomach with enthusiasm during a race. So it is important to have food and drink which you are going to enjoy most (relatively speaking).

What to have prior to a race? The last couple of meals should be large and comprise a high quantity of complex carbohydrates. Avoid sweet foods of any description and that includes fruit. Don't stick to large quantities of a single good type - the larger the variety the better. A small amount of protein will probably do more good than harm. Small quantities of fried or fatty foods will not do any harm as they tend to slow down the digestion process and therefore will string out your sustenance through the early stages of the race. Don't have any fried or fatty foods during the race as you will be looking for rapid food - energy conversion. Don't have any food combinations that tend to lead to wind or diarrhoea. The last meal can be eaten close to the start of a race if you intend not to start too quickly and you are happy about running on a reasonably full stomach. This will tend to make your energy reserve last longer into the race but try to start eating and drinking in the early stages of a race.

Some people, in a 50 mile race, do not eat at all but rely on a weak glucose solution and they drink copious quantities. This is not recommended unless your body is conditioned over a long period of time to accepting sustenance in this way. During a race, anything that will go down your throat is better than nothing. I try to concentrate on simple carbohydrates and things that require little or no mastication because one's saliva tends to dry up and make chewing laborious. I tend to favour a not-too-sloppy, not-too-thick soup with sandwiches of choice, wholemeal cakes and water. However, all ultra runners will eventually develop their own special food and drink choices.

A word about fluids. It is difficult to have too much and easy to have too little. So attempt to overdo it and it will probably turn out alright.

I tend to avoid sweet foods during the early stages of a race, relying on simple carbohydrates for energy (I also attempt to have small quantities of salad or vegetables in the belief that balance and minerals, vitamins and trace elements are just as important during a race as they are for normal (?) living). In the latter stages, tins of creamed rice and tinned fruit sometimes are the only attractive foods left to eat compared with the plain foods eaten during the earlier stages of the race. If you are feeling washed out in the latter stages of the race, glucose solution or jelly beans can provide a magical lift in spirits but it is usually not long lasting and is a once off effect that won't repeat itself during the life of the race; but it may be enough to see you through to the end, finishing strongly.

Many people swear by flat coke cola, tea and/or coffer as essential fluids during ultra races.

I don't believe electrolytes are necessary for ultra races up to 24 hours, but they could be necessary for some multi-day runners. The criteria for determining whether you need electrolytes is whether you experience a noticeable emotional low. The use of these fluids in marathons and other shorter races seems to be quite unnecessary.

THE RACE

There is not much left to be said. Start slowly and stay relaxed - there is plenty of time. It is usually better to finish, no matter what the time, than not to finish because you tried too hard.

A good support crew is a decided advantage and it is a bonus to have someone who understands what you are going through and is able to determine what you need, or what you need to do, at any particular stage of a race. It allows you to mentally concentrate of the race and not have to worry about food, when and what to eat or drink next. Also, we are all modest people and encouragement gives one a great lift at any stage during a race. Also, to know your position in a race and whether it is possible to pick-up the next runner, or to stave off the proceeding runner is a great help.

Listen to your body and try and work out its demands. It is up to you whether you try and run through injury - it can be done. It can also lead to more serious damage.

Watch out for hypo and hyperthermia. Take all the necessary precautions in the cold and hot since you will be exposed for long periods of time and the last thing you will want is a collapse which will wreck your chances of finishing.

Don't forget to thank your helpers, they often just about run the race with you (metaphorically). A 50 miler is a good ultra to try for your first one because it is not too far. However, a 12 or 24 hour race could also be a good choice since you are assured of finishing. Therefore the pressure to complete a certain distance doesn't have to be present and you can just concentrate on feeling what it is like to go beyond the marathon distance.

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