

ULTRAMAG

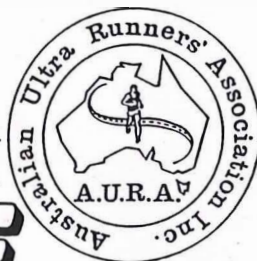
Vol. 10 No.1

March, 1995



Safet Badic (left) and Don Wallace vie for the lead at the 80km point in "That Dam Run" on the 31st December, 1994 in New Zealand. Don went on for a fine win in 6:44:18 with Safet second in 7:01:31.

 **A.U.R.A.**
MAGAZINE



Official publication of
the Australian Ultra
Runners' Association
Inc. (Incorporated in
Victoria).

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Dear Members,

Our humble apologies are extended to friends of Craig Rowe. We inadvertently omitted to mention his untimely death in our previous issue (not only that, but we re-ran an advertisement for the Sydney - Melbourne - Sydney Run which still had Craig's name on it as a starter.) The omission is corrected in this issue, in which we have an obituary to Craig, written by his mate, Dave Taylor.

It is probably appropriate to mention here that as editors of this magazine, Dot and I are unable to always remember to include everything that ought to be included in each issue. We try very hard not to miss anything. It is YOUR magazine, supported largely by material you send in. Please don't expect us to cover everything you want included - take the responsibility upon yourself to send information and material to us for publication. Thanks!

Our Annual General Meeting is to be held in July this year. There is a call for nominations and items of general business in this issue. The notice of meeting will be published in our next issue.

I remind all runners aspiring to compete for Australia in the IAU 100km World Challenge (to be held in Holland on 16th September, 1995) to register their interest with Trevor Jacobs, 7 Dovey Place, Latham ACT 2615, as soon as possible. Up to 6 men and 6 women plus reserves can be endorsed by Athletics Australia to represent our country. Apart from being reasonably fast over 100km, aspirants must be Australian citizens and have done an acceptable performance over the last 18 months.

Don Wallace won the That Dam Run race again for the third consecutive year. Congratulations Don! Safet Badic was second, Mary Morgan and Linda Meadows were first and second respectively in the ladies' section. Well done to you both! Mary deserves special commendation because she also set an Australasian record a few months earlier in an International race in Canada. Both Mary and Linda have shown that they are capable of world class times, well under 8 hours. What of the future? We'll just have to wait and see.

Speaking of 100km, it is time we had a 100km National Championship with endorsement from Athletics Australia, so we are looking for a good, reasonably flat and fast course with a director who knows how to look after a high profile race, and who has access to sufficient volunteers. Any takers?

Committee members Mike Grayling is close to finalising new record plaques for road races, so we expect to be able to issue these soon. Thanks for your work, Mike!

Ian Javes and Dave Holleran have both suggested an Australian Ultra Series Award. As this is a good idea, the committee has decided to implement it immediately and see how it performs over the current calendar year.

Tony Rafferty has offered to do a series of personality profiles for the magazine, and these should appear over the next four issues. Probably, Tony's new baby boy Kieran is keeping him up late at night, so he has nothing better to do with his enforced sleeplessness,

The administration of the New Zealand Ultrarunners Association has been through an upheaval phase and is now settling down under the stewardship of Dick Tout. We wish Dick and his committee well in galvanising the ultra-running community in New Zealand.

The Queenslanders have formed their own Association and have become incorporated. Well done! They even have their own 26 page newsletter. Obviously, they are the strongest and most active state at the moment. Good luck for your future efforts. It is noteworthy that they are the second state to form an incorporated association, Tasmania being the first.

Most computer buffs may already know that ultrarunning is on Internet. For those that don't, details of how to make contact are in this issue.

Public Liability insurance premiums are going through the roof and the committee want to remain responsible by continuing to hold such insurance. It has been decided that AURA races gaining benefit from the insurance cover pay a nominal contribution towards the premium, with AURA paying the balance.

Not all new trail races go off smoothly the first time around. Yours truly put on what I thought was going to be a flawless effort around Maroondah Dam, Victoria, but gremlins made sure it was flawed. Read all about it in this issue.

Regards,



Geoff Hook

1995 ULTRA CALENDAR

- April 22** **BRISBANE WATERS BUSH BASH**, NSW, 47km trail run. start at 6am at Gosford Olympic Pool, finish Gosford Sailing Club, Time limit 9 hours, \$30 entry, Entries to Robert Carleton, 51 The Rampart, Umina 2257, Ph. (043) 418712
- April** **ROSS TO RICHMOND ROAD RACE**, TAS. 100km, between the two oldest bridges in Australia, 7am start, Need support vehicle and helper, contact Tallays Running Shop, phone (002) 34 9566 or Therese March (002) 391432 or Alan Rider, Dept of Tourism, Sport & Recreation, GPO Box 501, Hobart 7001.
- April 30** **KING & QUEEN OF MT.MEE 50KM & 25KM**, Q'LD, out and back course (twice for 50km) on bitumen and dirt roads; 50km start 6.30am, 25km start 7.30am. Sealed Handicap.\$20 entry for both events. Entries close 16th April, 1995. Presentations and light lunch at Mt.Mee Hall after race at 1.30pm. Contact: Gary Parsons P.O. Box 462, Caboolture 4510, Ph. (074) 957208
- May 7** **AURA 12 HOUR TRACK RACE**, KNOX, VIC. (formerly at Tootgarook) new 400m track, \$25 entry, Percy Cerutti Memorial Race, 7am start, Race Director: Dot Browne. 4 Victory Street Mitcham 3132, phone (03) 874 2501 (H) or FAX (03)873-3223 for entry form.
- May 7** **BANANA COAST ULTRA MARATHON**, NSW. 85km. Grafton to Coff's Harbour 6am start, Entry fee \$5, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire 2450, NSW, phone (066) 536831
- May 27/28** **TAMWORTH 24 HOUR CHARITY RUN**, NSW, Viaduct Park, Tamworth, 10am start. \$35 entry, 10am start on Saturday, Contact Dallas Earsman, 143 Bridge Street. Tamworth 2340, Ph. 657216 (H) or 653511 (W)
- June 1-3** **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS**, QLD. 400m grass track, Lota Park, The Esplanade, Lota. 3pm start for both events. Entry fee: \$50 for 48 Hour, \$40 for 24 Hour, both include Tee-shirts. Closing date Friday 19th May, 1995. Contact Dave Holleran (07) 3934007 or Ray Chatterton P.O. Box 589 Toowong, 4066 Qld, Ph. (07)376 2548 (H) or (07) 271 8645 (W) .
- June 18** **SHOALHAVEN 45KM & 32KM KING OF THE MOUNTAIN**, NSW, Start Cambewarra Public School, finish Kangaroo Valley Showground, 32km start 9am, 45km start 8am, Entries \$15 to P.O. Box 258 Nowra NSW 2541, Enquiries for 32km event Kevyn Davis (044)218811 (W) or (044) 478309 (H) or 45km event Rick Foster (044) 215339
- June 18** **GLASSHOUSE TRAIL RUN**, QLD (33km,55km, 80km) Caboolture, Q'ld, Start and finish at the lookout. 80k (if 10 entries) 6.00am start, 55k - 6.00am, 35k - 7.30am, 20k - 8.30am start. Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld 4510 . Ph. (074) 95-4334.
- July 29** **AURA 50 MILE TRACK RACE**, VIC. (Australian Championship) at East Burwood (Bill Sewart Athletic Track), Burwood Highway, East Burwood, 400m track, 8am start, \$26 entry (AURA members), \$30 others; contact Geoff Hook, 42 Swayfield Road, Mt.Waverley, 3149 or phone (03) 808-9739.
- Aug 6** **TAMBORINE TREK, GOLD COAST**, 68kms. Road Race, Contact Ian Cornelius (075) 922349
- Aug** **TASMANIA RUN - STAGED ROAD RACE - 700KM IN 7 DAYS** (with 2 rest days built in!) Fastest times and handicap placings all attract substantial prize money. For further information, contact Alan Rider, Dept of Tourism Sport & Recreation, G.P.O. Box 501, Hobart 7001, Ph. (61) 02 30 8142 or Fax (61) 02 23 8936

1995 ULTRA CALENDAR

- Sep 4 - 8 **FIVE DAY STAGED FOOT RACE, Q'LD** (Start & finish at Nanango, South Burnett, 180km north of Brisbane), approx. 330km with an average daily distance of 66km per day, handicap start. Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld. Ph (071) 63-1645
- Sept 16 **100KM ROAD RACE, NSW.** Bathurst, 6am start at the Courthouse, Russell Street, Bathurst, time limit 11 hours. Contact Big Chris Stephenson, GPO Box 1041, Sydney, 2001, phone (02) 259 3981 (W)
- Sept 17 **SHEPPARTON RUNNERS' CLUB 50KM ROAD RACE**, start & finish at Violet Town football ground, \$15 entry, good road surface, every km marked, shady course, and little traffic, 7am start, contact Brian Gawne, 11 Morrish Street, Shepparton 3630 Ph. (058) 211693
- Sept 21/23 **CABOOLTURE MULTI-DAY - 48, 24, 12 HOURS, Q'LD**, (also relays with varying participation possibilities). Must be at least 5 starters in each event .4.00am start, 1km circuit, Contact Ian Javes, 25 Fortune Esplanade, Caboolture, Q'ld, phone (074)95 4334
- Oct **QUEENSLAND 24/48 HOUR ROAD**, Details to be announced. Contact Ron Grant: (071) 631645
- Oct 1 **12 & 6 HOUR TRACK RACE, NSW** at Woolongong Athletic Track, 4am start for both events. Entry \$10 for 6 Hour event, \$15 for \$12 Hour. Expressions of interest to Steel Beveridge, 2 Lakeside Drive, Nth. Sapphire 2450, or by phone (066) 53 6831
- Oct **NSW 24 HOUR TRACK RACE**, Details to be finalised, Contact Dave Taylor, (042) 74 0576
- Oct 2 **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE, SA**, 6am start, Adelaide Town Hall,, finish Advance Recreation, Victor Harbour, \$20 entry contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood. SA 5034
- Oct **TASMANIAN 12 HOUR TRACK CHAMPIONSHIP**, Hobart, Tasmania, 8am start Athletic Domain Centre, (rekortan surface) Contact Kerri Law, 67 Gormanston Road, Moonah, Tas. 7009, phone (002) 72 5170 (H)
- Oct **SRI CHINMOY 24 HOUR TRACK RACE, SA.**(Australian Championship) Starts 8am on Saturday 24th at Adelaide Harriers Track, \$75 entry, Contact Sipra Lloyd, Sri Chinmoy 24 Hour Track Race, P.O. Box 554, North Adelaide, 5006, phone (08) 239-069 (AH) or (08) 267 1675 (AH) Send a large stamped self-addressed envelope with cheque and application form.
- Oct **ALBANY TO PERTH 560KM ROAD RACE, WA.** Contact Ross Parker, 33 Burradine Way, Craigie 6025 W.A., ph. (09)401 7797 to apply for invitation to run.
- Oct 29 **GEORGE PERDON MEMORIAL 6 HOUR TRACK RACE, VIC.**, Knox Athletic Track, Vic., new 400m track, 9am start, \$20 entry, entry forms - Dot Browne, 4 Victory Street, Mitcham 3132 phone (03)874 2501 (H) or FAX (030)873-3223 for entry form.
- Nov **RAINBOW BEACH TRAIL RUN, Q'LD** (beach and forest trails) 10,33,50km Rainbow Beach, near Gympie, QMRRC event, contact races organiser Dennis Parton, c/- P.O. Rainbow Beach 4581, phone (074) 86 3217
- Nov **BRINDABELLA CLASSIC, ACT** organised by the ACT Cross Country Club, 53km trail run over the Brindabella mountains, just south of Canberra. Contact Trevor Jacobs on (06) 254 7177 (H) or (06) 279 0134 (W). or ACT C.C. Club, GPO Box 252, Canberra 2601

1995/6 ULTRA CALENDAR

- Nov 19-25 **10TH AUSTRALIAN 6 DAY RACE, COLAC, VIC.** Memorial Park, 3pm start - and finish on Saturday 25th November, handicap section also. Enquiries and entry forms to: P.O. Box 163, Colac 3250. Vic. or phone President (052)321816 Secretary (052)312682 or Treasurer (052) 321406 or Cliff McAlicee, Publicity Officer (052) 321 406, Application form must be ledged by 30th June, 1995
- Dec 2 **BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE, TAS.** 64km (Australia's or the world' (?) southernmost ultra race). Course takes in the length of Bruny Island. Support vehicle and helper required. Contact Mike Maddock (002)720632 (W) or (002) 722887 (H), Alan Rider, (002)349945 (W) or (002)486229 (H) or Kerri Law (002) 72 5170 (H) for entry form
- Dec 3 **NANANGO FOREST FOOTRACE, Q'LD** 52km, an out and back trail run through State Forest (3 times) on formed roads. Estimated own time event; finisher who finishes closest to noon wins! Graduated start. Meal & social evening the night before. BBQ afterwards. Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld for entry forms. Ph. (071) 63 1645
- Dec **AUSTRALASIAN 100KM ROAD CHAMPIONSHIPS**, Waitaki District of North Otago, New Zealand, 6.00am start, 12 hours time limit, Closing date Nov. 27, Entry fee NZ\$50.00, Contact: Scott Leonard, (Race Director), 14 Marshall Laing Avenue, Mt.Roskill, Auckland, New Zealand. Ph. 64-9-627-8874 "That Dam Run".
- 1996
Jan **CENTENARY LAKES 50KM & 6 HOUR TRACK RACE, Q'LD,** Caboolture. Certified grass track. Need own lapscorer, 6pm start. Contact Gary Parsons (074) 957208
- Jan 7 **AURA BOGONG TO HOTHAM, VIC.** 60km mountain trail run, 6.15am start at Mountain Creek Picnic Ground. 3,000m climb! Phone Geoff Hook, (03)808 9739, entries close 21st Dec, 1995. No entries on the day.
- Jan **TOUKLEY ROTARY 12 HOUR TRACK RACE, NSW,** starts Tacoma Oval, Tuggerawong Road, Wyong, NSW, 7pm Saturday start, \$36 entry (includes T-shirt), 400m grass track, Entries to : Race Director: Tony Collins, 36 Bungary Road, Norah Head 2263 Ph. (043) 963281.
- Jan 29 **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$15 entry, 7am start. Closing date: 14th January, 1995. Entry forms available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 781 4305 or Dot Browne, 4 Victory Street, Mitcham 3132 (03)874-2501(H) or FAX (03)873-3223
- Feb 4/5 **LIVERPOOL LEADER SAUCONY 100KM TRACK RACE , NSW,** at the Whitlam Centre, Liverpool, 13 hour time limit , 400m. track, start time 10pm Saturday, 13 Hour Limit, entry fee \$30.00, Entries to: Dave Taylor, 56 Grandview Parade, Lake Heights 2502 NSW Ph. (042) 74 0576. Age limit 18 years.
- Feb 4 **CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston, Tas 7250, phone (003)95-4294 Entries close: 21st January, 1995
- Feb **HOBART TO CYGNET ROAD RACE, TAS.** 54km, 7am start from Talay's, The Running Shop, Liverpool Street, Need support vehicle and helper. Contact Talays, The Running Shop, phone (002) 34 9566 or Kerri Law (002) 72 5170 (H)
- Feb **6 or 12 HOUR + 50K, 50 MILE, 100KM,** Caboolture, Q'ld
- Feb **50 MILE Toowoomba, Queensland.**

TO MY MATE A TRIBUTE TO CRAIG ROWE

by Dave Taylor

I would just like to say concerning my close mate Craig Rowe, that your death was a great loss and many of us were deeply shocked. I thank those people who turned up at Craig's funeral. I also think my mate knew we were there. I thank Tony Collins, Maurie Taylor, Jimmy from Saucony, Mark Gladwell and Peter for all carrying Craig's coffin along with myself. I must say that his parents and wife were very strong, and I feel, having Craig dressed in his Saucony track suit is the way Craig would have liked it. He looked at peace and even had a smile on his face. His mother said, with a little laugh, "Look Dave, he's still got the cheeky little grin" And that's how I will remember Craig, who is now in the Guinness Book of Records for his great 1000 Hours non stop World Record.

Craig spoke to me every second day by phone. We went out together. We were good friends and had never had one cross word with each other. Craig also in the last 12 months had great support from Mark Gladwell, who is simply a great human being. Craig did many things for charity and tried hard. Like all of us, he had his problems but was prepared to give it a great go.

After his 1000 Hour non-stop record, he gave me the shoes he ran in to break the record on the last day. He used to throw his old ones away. I have the only ones left. Craig's father has asked me to wear them in the 100km track during the last hour, which I did. Also, Craig wanted to be in the Sydney to Melbourne and back, so on his Dad's request, I will wear them at half-way and at the finish. He will be there in some way.

We had a special moment at the 100km track presentation. Glen Jarvis won the Craig Rowe Memorial Medal, which is to be an annual award. What was special was that Craig's young son, along with Craig's Dad put the medal on Glen's neck. Craig's mum said it was special to her at the time.

To end my letter, all I want to say is that you might be gone Rowie, but I will not let you be forgotten, Champ!

Your mate,

Dave.



Drew, David Taylor and Craig Rowe in the front straight, 1993.

FORTHCOMING 1995 A.G.M. CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 9th Annual General Meeting in July, at which a new Committee of Management must be elected.

Nominations for elected Committee positions will close in June 15, 1995. Positions open for nomination and election by ALL members of AURA are the Officers of the Association, namely: President, Vice President, Secretary, Assistant Secretary, Treasurer.. For the sake of reasonable management of committee meetings, filling these positions are open only to members living in or near Melbourne, except the position of President. The position of President is open to all AURA members; however, the person so nominated must undertake to personally guarantee to attend all Committee and General Meetings of the Association (sickness or illness excepted) at no cost to the Association, otherwise the nomination is invalid. All meetings will be held in Melbourne.

Positions open for nomination and election by members of Victoria only are for 2 Ordinary Members of Committee (maximum entitlement).

Ordinary members (representatives) from other states or territories are appointed by the incoming committee. However, any member may nominate himself/herself for consideration. If more than the entitlement nominate, a separate ballot within the state or territory can be held.

Positions available are:

NSW Entitlement	2 Ordinary Members of Committee	}	Note: You do not need a formal nomination for these positions; you only need to indicate your willingness to stand.
Q'LD Entitlement	2 Ordinary Members of Committee		
S.A. Entitlement	2 Ordinary Members of Committee		
W.A. Entitlement	2 Ordinary Members of Committee		
A.C.T. Entitlement	2 Ordinary Members of Committee		
TAS. Entitlement	2 Ordinary Members of Committee		

Retiring Committee Members may stand again for their old or new positions.

Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business, please notify the Secretary by the 15th June, 1995

In summary then, if you are interested, we require from you by the 15th June, 1995, the following:

1. Your nomination for the elected positions of Committee of Management.
2. If you are an interstate or territorian member, the Secretary needs to know whether you wish to be considered for the position of appointed representative.
3. If you have any General Business.

Example of Form of Nomination:

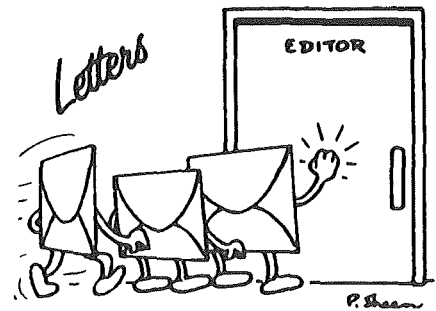
I nominatebeing a member of AURA
for the position of
to be decided at the Annual General Meeting of the Association to be held in 1995.

Name of Proposer:SignatureDate

Name of SeconderSignature.....Date

Nominee's acceptance signature Date

LETTERS TO THE EDITOR



Dot,

just a note to let your readers know progress with this year's COBURG 24HR CARNIVAL (8/9 April). Hopefully this will make an ULTRAMAG issue before the end of March & stir up a few who might be thinking of entering.

THE VICTORIAN 24HR CHAMPIONSHIP

Entries look to be dominated by our cousins across Bass Strait at present, but more inquiries from the mainland island are coming in each day. Alan Rider has confirmed that the Vic Championship will be regarded as a qualifying event for '95 AROUND TASMANIA run - distance required 200K. There is a possibility of some co-sponsorship. Alan is keen to arrange as association of co-operating Ultra runs.

24HR RELAY CHALLENGE

Your readers will remember that this section was introduced in 1993 to support & keep alive the Ultra event. It has proved immensely popular and we expect 20 teams this year with 10 firm at this stage already. An association has been forged with the new Olympic Federation 24HR Relay (Showgrounds 6/7 May, 20 runners per team, 3.8K road circuit, no required sequence of running) which will see the first 2 teams in the COBURG 24Hr receive free entry as a combined team for the Olympic 24Hr team relay.

This year our relay section has an OPEN section as well as a VETS section & we are receiving inquiries from community groups, schools, corporations & athletic clubs. We confidently expect to see the 400K (1000 laps) barrier broken this year. This will be a world first with this format of relay running. (10 runners in strict nominated sequence, 30 minute legs).

I will forward results & a report for your next issue of ULTRAMAG.

Gordon R Burrowes
14 February 1995

Nanango South
Burnett Pioneer
Foot Race.
"So that's how
ou got over those
grids?"
Race winner Greg
Barton (right)
accompanied
by crew person
Nicole Carroll.



Dear Dot,

I would like to congratulate all runners who participated in last year's 6 Day Colac Run. A fine performance by Anatoly Kruglikov. He had the field covered throughout the race. Special mention to Sandra Kerr for an excellent performance in her first 6 Day event.

To all runners, a fantastic run, and the organisation at Colac from Pat's "Food Van" to Race Referees. was excellent! Not forgetting the dedicated lap-scorers, Race Director, massage crew and Cliff McAleice and his happy band of helpers. It was great to see Raymond Carroll and staff at Colac. His expertise was greatly appreciated.

For myself, I had a trouble-free run and a P.B. Credit for this goes to Cliff Ryan for keeping my feet blister free, and to my wife Pat, for keeping food and drink supplies at the ready day and night. To my crew - Cliff, Gino, Lorna and Pat, my many thanks.

Thanks, Dave Taylor for your support throughout the race per telephone.

We have adopted Anatoly Kruglikov as a Victorian runner.

To Dave Taylor, Tony Collins and Bill Joannou, thanks for entries to your events. I hope to be able to compete in your events before this kamikaze trip I am on ends.

Godfrey Pollard.

Dear Dot,

Just a few lines on Colac '94. My grateful thanks to Ros & Brian Ritchie and family, who put me up. They also found a room for my main helper, Charlie Pye. My other crew-member, Craig came later.

Being early, we helped put up tents etc. It was quite an eye-opener to see how much work was needed to put a 6 Day Race together. Thank to Colac Council for a great track, as we had firm footing all week.

To all my fellow runners, thanks for your company and friendship day and night. I do hope to do better than fifth in 1995, if I run.

Coburg 24 Hour Race is my next start. I'm hoping 200km will be within my grasp. To all the people who write and send invitations to run in ultras, my thanks. One day, moneywise, I'll be able to come and compete. Special thanks to Tony Collins for thinking of me. I'll close now.

Your friend,

Ron Hill (Dromana, Vic)

Dear Colin, Dot & Family,

I hope you are all fit and well as I am - still running everywhere. I'm off to Liverpool tomorrow to run in a 100km race. I ran in the Wyong 12 Hour a couple of weeks ago and finished with 84km, which should have been better, but I got side-tracked by a bird! I also ran in the Australia Day Fun Run in Melbourne. The 7.3km took me 37.44, but I'm not a sprinter.

It's still hot and humid here, phew! I'm flat out watering but it's a losing battle. I must close now and wash my holey pants.

Regards to everyone,

Cliff Young.

10.

Dear Dot,

My AURA renewal is enclosed. Sorry it's late, but I've moved and the hassles that go with moving have put everything else on hold, even running! So far, I've held with my decision to retire from ultras. I'm intending to concentrate on 10km to Half marathon races to see if the legs have any speed left in them.

I'll certainly miss the camaraderie and toughness associated with ultra running, the degree of which I've never experienced before, not even in the Otway Classic and Pro. days.

Thanks for my farewell ultra at the Knox 6 Hour. Couldn't you have found any tougher opposition ?? Safet Badic, claiming a new Australian 6 Hour record!

Kindest regards,

Geoff Boase.

Dear Dot & Geoff,

Thanks for all the publicity you gave in the December ULTRAMAG to our new event (the ultra in conjunction with our annual King of the Mountain) to be held on 16th June, 1995.

Rick Foster and I have now accurately measured the course - it is exactly 46km. This effort also reminded us that there are enough ups and downs and rough spots in the bush section of the course to satisfy the most dedicated trail runner.!

Here's hoping that a contingent of that dedicated band of Victorian ultra runners might take the trip to try out our course. We are not that far north of the border! Rick and I can manage to provide a dozen billets between us: You would be made most welcome.

Give Rick a call (044 - 215 339) or drop me a line at the following address :
P.O. Box 258, Nowra 2541 NSW , Ph. (018) 603 831

Hoping to meet many fellow AURA members on 18th June.

Yours in running,

Terry Threlfall (Secretary, Nowra Roadrunners' Club)

Dear Dot,

Well thanks for the encouragement. I had a go at the 100km track run at Liverpool on the weekend and finished! Huge thanks must go to my support crew, Amy and Peter (and "Uncle Bob" who always seems to be there to pick up the pieces) ... Thanks guys.. I could not have even started without you; and my wife Jo and kids, Ben, Andrew, David, Tim and Jessica, for allowing me the time out. Big effort by all!

Thanks also to Dave Taylor for organising the race and encouraging me to give it a go, and of course, thanks to all sponsors... The Liverpool Leader, the Whitlam Leisure Centre and of course, Creative Trophies of Liverpool.

As it was my first run of this kind, I wasn't aware of the correct protocol and didn't say "G'day" to my lap-scorer (Margaret) before the event, and managed to forget her on several laps during the race as well. Thanks Margaret, well done! I'm sure you have other things to do with your weekends.

I had a mental picture of a 100km run which was really, really ugly. The event itself was tremendous and I'm already planning my preparations for the next one. Anyone who is uncertain, give it a go!

I was awe-struck before the start to see Helen Stanger and Cliff Young setting up beside the track. My only previous claim to fame had been a pre-marathon pee in the cubicle next to Cliff; so I was off to a very apprehensive start, feeling a bit pretentious and very inferior. As it turned out, I did okay, at 12 Hours 05 mins. I sort of passed out for most of the presentations, but will work on that for next time. Perhaps I can now wear my AURA tee-shirt, which I haven't felt I deserved before now?

Thank to all the other runners who were only too willing to encourage during the race and congratulate afterwards. The spirit of running is something that I'm sure most non-runners would have difficulty comprehending. A very special thank you to Helen Stanger who encouraged me throughout those last laps.. it meant a lot and brought a tear....

'Til the next one,
Nick Drayton.

Dear Dot,

Please find enclosed a cheque for 1995 AURA subs. I'd love to do another ultra soon, but I'm still recovering from the first one (sore heels!) and am preparing for a different ultra - an April 9th wedding day! (+ afters)

Do you think I could do the 24 Hour Championship at Coburg, April 8/9 and front up for the wedding in Essendon at 4pm??? Well, I thought it sounded quite reasonable, but Helen was not amused.

Best wishes,
John Duck (Trafalgar)

Ed's note: Sorry that 6 Hour stuffed you up so badly John. Perhaps you should have taken it a bit easier and not tried to break the world record on your first attempt. However, I feel Helen is being most unreasonable, and I'll have to have a quiet word to her about your proposal. She really needs to get her priorities in the correct order.

Dear Dot,

Please find enclosed my cheque for my second year as an AURA member. I joined after I ran the "Six Foot Track" in 1994. I have just completed the same run this year. Last year was my first ever competition run of any kind and I enjoyed it so much that I did two more runs which I read about in the AURA magazine last year.

I enjoy reading and re-reading the magazine and find all the race reports not only interesting but also inspiring. The reason for this letter is that I would love to see some of these good runners we read about, share some of their knowledge and experience in the form of training tips and dietary suggestions. I intend to continue in this new-found sport, but would dearly love some guidance in my training - be it type, distance etc. and how to "carbo-load" prior to events and how to best conserve energy during events.

Perhaps if a regular feature on each topic would encourage people to contribute with what has worked for them. If this is not possible, does AURA have any literature on these aspects of ultra running or could they at least point me in the right direction.

Thanks again for a great magazine,

David Clear (West Ryde, NSW)

Dear Dot,

The Australian team that competed at the Australasian 100km Championship "That Dam Run" in New Zealand, were again very successful. I won the race for the third year, in a time of 6:44:18.

Conditions were not good and we ran into a very strong headwind for the first 35km and last 15km. Safet Badic was second and a Russian Leonid Krupsky third, Kojima, the former Japanese record-holder, who was with the early leaders, retired at 70km.

The Australian men's team soundly defeated the NZ team. Beside myself, it was the first 100km race for the other team members. Greg Barton performed extremely well, finishing 6th, while Tony Kleiner experienced some difficulties, but managed to finish in a creditable time in 9th spot. Our team finished well ahead of the Kiwis, who were all novices at 100km. Peter Spehr was obliged to retire from the race, so we only had 3 of the 4 finish.

The women's race was totally dominated by the Australians. Mary Morgan, Linda Meadows and Nicole Carroll were all out in front from the gun. Nicole unfortunately was forced to retire with an injury. A close race between Mary Morgan and Linda continued. Mary was too strong in the finish. She again broke the Australasian record in a time of 7:45:04. Linda was not far behind in 7:51:58. A superb performance by both Mary and Linda in the conditions, showing that they are up with the best woman 100km runners in the world. I will most probably send some more information later on,. All the best to you and the rest of AURA for 1995.

Cheers,

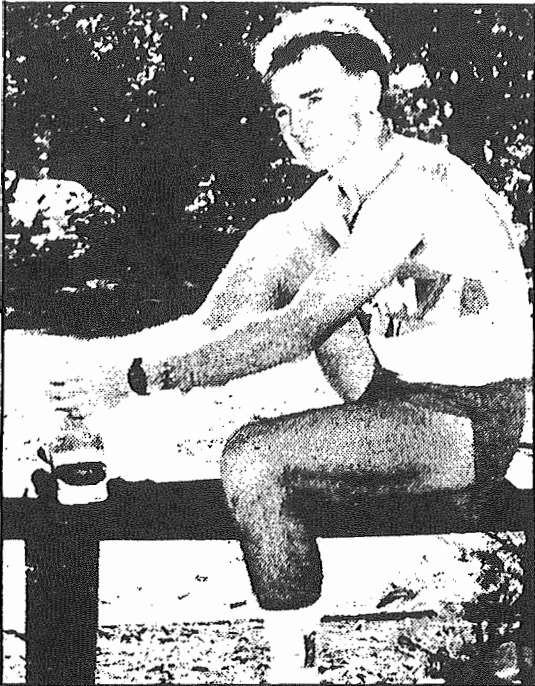
12. Don Wallace.

'Terrible' coach spurs Boase to record win

By GORDON DEXTER

BUDERIM'S Geoff Boase said verbal abuse from coach Ivan McLaughlan during his farewell appearance in the annual Bathurst 100km Continental Cup on the weekend spurred him to a record victory.

"Ivan The Terrible", as the 43-year-old likes to



● Geoff Boase . . . coach stirred his emotions to spur Boase to record Bathurst 100km victory.

call his long-time coach, stirred Boase's emotions throughout the day-long race to keep his concentration firmly on the tough task at hand.

It handed the ultra-marathon runner a record three wins at Bathurst in a personal best time of eight hours 14 minutes. He was 27 seconds ahead of runner-up Brian Smith, a man who finished third behind the brilliant Greek ultra-marathon runner Yannis Kouros in last month's Tasmanian seven-day event.

Boase said his win wouldn't have been possible without McLaughlan's help.

"Most coaches just give out drinks every couple of kilometres, but Ivan would jump out of the car in front of me every few minutes to stir me up with comments like 'you don't want to let the side down now'," Boase said.

"It's our win, he's relentless with his talk and knows the right thing to say at the right time. It was mainly abuse for the first three-quarters of the race and encouragement for the last part of the run."

Boase, who won the 1990 and 1992 road race in his only previous appearances at Bathurst, took over the lead at 60km and never relinquished it, despite a bad five kilometre patch at the 70km mark when Smith put him under intense pressure.

Boase held a 100m lead at the 90km mark on the predominantly hilly course, but had it drastically cut to 40m just 2km from the finish line in the town centre. However, a late burst on the flat from Boase stretched the lead to 100m at the finish.

"The last 10km came down to a mind game," Boase said.

"Ivan's philosophy is 'winners are grinners and the rest can please themselves' . . . he's installed that into me over the past eight years."

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BATHURST 100KM 1994

by Geoff Boase

A very cold morning saw most of the runners wearing track pants, beanies, jackets and gloves. The field of 12 gutsy starters boasted three previous winners, Robert Herd, Bryan Smith and myself.

Ten kilometres into the race, Bryan and I had set up a lead over the field and it developed into the toughest, nerve-wracking race I'd ever run at Bathurst. Bryan pulled in the slender lead I held at 40km. We ran together or thereabouts for the next 15km, but Bryan had the edge.

We peeled off clothing as the day warmed. I made a push around the start of Hen and Chicken Lane (57km), hoping Bryan might fade. Silly me! Bryan was soon at my heels and said, "Fancy seeing you out here!"

If you haven't run Bathurst, you haven't run. Big Chris says it's the Mother of all 100s and rightly so. Hills, hills, relentless hills: some big, some small, but always there until the 70km mark. I made another push amongst the hills to 70km and crept a whole 200 metres ahead. Was Bryan finished? I had learnt from 1990 and 1992 that Bryan is never finished. Bryan came back on the flat section to 80km, only 100metres behind.

We both began to overheat, but neither of us could afford to stop to remove our track pants. Talk about not giving any quarter!

By 80km, you're back in the hills and they don't stop until 95km. My crew (Ivan and Elizabeth) were working overtime as was Jan Smith. I know I'm in trouble when Ivan starts talking in a "pleasant" manner. He was very worried.

Bryan had reduced my lead to 40 metres. I was disoriented around 95km, but Ivan was yelling instructions (as usual) to keep me on track. The last 2km seemed more like 10km. I "sprinted" the last 200 metres (uphill) to the Courthouse finish line, dodging cars and running red lights, recording a p.b. time of 8:14:29, a mere 27 seconds ahead of Bryan Smith. Robert Herd was third in 9:02:29.

I've now won three Bathurst 100s from three starts in 1990, 1992 & 1994. It's probably time to quit while I'm ahead. The Bathurst course record of 8:12:26 set by Bill Clingan (NSW) in 1991 may not seem fast by standards set by Australians in recent world 100km events, but don't pass judgement until you've run Bathurst. I estimate that the Bathurst hills are worth at least 45 minutes, compared to a flat course.

Yours in the long run,

Geoff Boase.

+++++

CENTENARY LAKES 50KM & 6 HOUR TRACK EVENT CABOOLTURE - 7/1/95

By Sharon Parsons

Dear Dot,

Just a brief note to put in with Gary's results of his 50km and 6 Hour track event that he held at Centenary Lakes, Caboolture on 7th January, 1995.

Gary and his right-hand man, Ian McCloskey, had the track in perfect condition, and everything else organised so there was no excuse for me not to enter the 6 Hour event. Entrants started turning up from 5pm onwards for the 6pm start; friends meeting up again; some who don't compete seriously any more but come to say hello and run a few laps with old rivals, including Win Foster and Jack Weeks. Their cheery faces relaxed the atmosphere, and were a big bonus, offering advice and encouragement to novices and less experienced runners like myself.

The spectators created a festive feeling, with cheerful support for all competitors, and the faithful lap-scorers, sitting under the Christmas lights, making sure they didn't miss a lap.

There were 8 entrants in the 50km event, including 3 women. First in the Male Section was Steve (Crusher) Evans. We didn't know too much about his form, as it was his first ultra, but just knowing he does his training with Don Wallace, we knew he would be hard to beat. He seemed to breeze around the track, finishing in 3hr.32 min.35 s and will slot into 18th position in the Australian track rankings.

Second to finish was Lyn Gordon in a time of 4hours 19 min.56s. Good run Lyn. These boys you race up Mt.Mee on a Sunday morning will have to live this one down. Lyn will now be ranked 5th in the Australian 6 Hour rankings.

Glen Matinca, a policeman who keeps fit to compete in the Police Games, was in 3rd position, with a time of 4hr.28min.57 sec. This was Glen's second attempt at an ultra run, and he is improving all the time.

In the 6 Hour event, Dell Grant was running with an old injury, and about 4 hours into the race, I decided that this would probably be my one and only chance to beat her, but she had been around running tracks too long to let me finish in front of her. She didn't even stop to remove a stone from her shoe. For the last 15 minutes, she kept me at bay. I had my chance to beat Dell Grant and I blew it. Close behind, Lorna Hill was threatening to overtake me as she finished strongly, but the 6 hours clicked over and I saved my second position.

Just looking at the results of the 6 Hour event, makes you realize just how close all the field was. There were many runners running in a race within a race, only metres apart, which made the event electric.

They say "Too many cooks spoil the broth", but they didn't at this race. John Cook, a local member of Council started the race in high spirits, and Bruce Cook, the current Australian 50km track record holder, was an official, lap-scorer and helper for Steve Evans and presented the winners; trophies.

Gary wishes to thank all the sponsors who supported him, and all those people who stepped in to help, including all the other members of the Queensland Ultra Runners' Club, and just good friends who were on hand to help make the night a great success.

Sharon Parsons.

CENTENARY LAKES 50K & 6 HOUR ULTRA

from a non-runner's point of view

by Laura McCloskey

After months of talk and preparation for the Centenary Lakes Ultra, the big day had arrived! Gary Parsons had been on the phone nearly every night to Ian or they had had meetings at Gary's house. The feeling was positive but there had only been 18 entries received by race day. Would people turn up, or would it be too hot and humid as so many people had said?

Up early with our boys, we hurried to set up the course. Gary and Ian had been there since 6 in the morning, marking out the course and having fun with the lap-scorers' tent. When we arrived, Dale, my oldest son, came to their rescue with a few tips and we had the tents up in no time. Lights were put up, tables and chairs were ready; everything was going according to plan. The support of the community and local runners was fantastic, so with the day getting hotter, it was off for a rest for my husband Ian and off to work for me.

My 6 hour shift in the War Veterans' Home was the longest in my life! "Why do you keep looking at your watch?" was the most frequent question I heard asked all afternoon. At 6 o'clock, I was still on duty and the race started. I hoped and prayed that everything was going well. I wondered whether more people turned up to start, whether they got the lights turned on, whether there were enough lap-scorers. And on a more personal note, I worried whether Ian was drinking enough, resting enough and whether our boys were looking after him with the right drinks etc.

By the time 8.30 came and I could go to the race, lightning had been on the horizon for an hour. It was hot and humid. "There's a big storm on the way; the race will have to be cancelled" the male nurse who took over stated. Driving down to the track, I prayed that he would be wrong.

Turning into the Lakes area, I wanted to cry. All those lovely runners and walkers on the track! A **RECORD OF 40 PEOPLE**. Gary would be so pleased! The first person I heard was Dave Holleran joking and laughing and wearing his funny hats. This set the scene for a wonderful friendly race.

Ray Chatterton, as AURA rep. was there, all smiles. Bruce Cook was helping with marathon times etc. as was Phil McClure, and there was Gary Parsons, all smiles as usual, having a great time cheering and encouraging his competitors.

It was great to see so many first time runners and walkers. Special mention must go to **STEVE EVANS**, who won the 50K event in his first-ever ultra. Also to Betty Williams and her friend Maureen Dawson and Debbie White who all walked and did a great job.

Congratulations must go to all those runners and walkers who competed in this event, as it is their efforts that make a race a good one. Ian came third in the 6 hour event, so it was happy house indeed, as he had set his sights on third place.

CONGRATULATIONS GARY! for a well-organised run. All the comments I heard throughout the race were all how well-organised it was and how great the facilities were and how friendly it was!

The run will be on again next year, so we all hope to see you there!

THE STORM NEVER DID EVENTUATE!

Laura McCloskey

Ed's note. Thank you for your enthusiastic report Laura. Your obvious support of Ian and the ultra-running scene is fantastic!

Centenary Lakes 50klm and 6Hr Track Event
Broke the Queensland Record for
Starters with 40 Entrants.
 (previous record 36 starters)

In the 50 (klm) Event

Brisbane's "**Steve Evans**" known by his nickname '*Crusher*' ran the 50k in a time of 3hrs 32min 35sec which ranks him 18th in the Australian track rankings. "**Lyn Gordon**" from Wamuran was 2nd outright in a time of 4hrs 19min 56sec which places her 5th in the Australian track rankings for women and Caboolture's "**Glen Matinca**" 3rd in a time of 4hrs 28min 57sec, in his 2nd Ultra event.

Results of the Centenary Lakes 50kl Track Event

January 7th (6pm - Midnight)

Name		<u>Marathon</u>			<u>50klm</u>		
Steve Evans	Qld	2	58	50	3	32	35
Lyn Gordon (F)	Qld	3	34	35	4	19	56
Glen Matinca	Qld	3	34	33	4	28	57
Geoff Williams	Qld	4	02	58	4	46	39
Geno Evangleista	Qld	3	58	55	4	47	39
Jan Collins (F)	Qld	4	59	20	5	58	16
Edward Hayes	Qld	Covered (36.12klm)			D.N.F		
Carol Street (F)	Qld	Covered (28.92klm)			D.N.F		

In the 6Hr Event

Male	1st	Peter Gibson (Gold Coast)		65.1 (klm)
	2nd	Cliff French (Caboolture)		63.0 (klm)
	3rd	Ian McCloskey (Caboolture)		57.8 (klm)
Female	1st	Dell Grant (Nanango)		52.07 (klm)
	2nd	Sharon Parsons (Caboolture)		51.89 (klm)
	3rd	Lorna Hill (Wamuran)		51.09 (klm)
Walkers	1st	Female	Kerrie Hall (Caboolture)	43.04 (klm)
	2nd	Female	Sue Christie (Rothwell)	38.84 (klm)
	3rd	Female	Gina Kondi (Caboolture)	38.00 (klm)
	1st	Male	Wiebe Vanderveen (Caboolture)	38.42 (klm)

There were many great efforts and stories in both events. Novice awards went to Steve Evans - "Crusher" in his first Ultra, a win and a good Australian ranking. The Female Novice award went to Veronica Mitchell with 44.55 klms in the 6Hr event.

Race Director **Gary Parsons** wishes to thank all sponsors for their support and believes the event will be bigger next year.

16.

Thanks.....

Results of Centenary Lakes 6 Hr Track Event

January 7th (6pm - Midnight)

Name		<u>Marathon</u>			50km			<u>6Hr (klm)</u>
Peter Gibson	Qld	3	48	20	4	32	39	65.160
Cliff French	Qld	3	52	00	4	41	14	63.029
Ian McCloskey	Qld	4	18	08	5	09	57	57.817
Gavin Bazeley	Qld	4	08	00	5	22	13	56.762
Johm Carrigan	NSW	4	27	07	5	29	34	54.031
David Holleran	Qld	4	43	12	5	34	37	53.784
Jim Plant	Qld	4	35	37	5	40	24	53.058
Brian Evans	Qld	4	45	18	5	45	56	52.718
Don Worger	Qld	4	36	43	5	42	46	52.373
Bob Burns	Qld	4	44	10	5	44	16	52.110
Ron Grant	Qld	4	39	08	5	42	15	52.101
Dell Grant (F)	Qld	4	45	18	5	46	06	52.065
Sharon Parsons (F)	Qld	4	47	28	5	46	54	51.891
Rod Morgan	Qld	4	39	59	5	50	05	51.317
Lorna Hill (F)	Qld	4	51	15	5	49	58	51.092
Angela Clark (F)	Qld	5	11	40		-		48.690
Veronica Mitchell (F)	Qld	5	38	37		-		44.554
Cathy Caton (F)	Qld	5	38	37		-		44.554
Sandra Cox (F)	Qld	5	49	32		-		43.240
Kerry Hall (F)	Qld	5	53	30		(walker)		43.035
B.T. (Baldy) Chalmers	Qld	5	57	05		-		42.675
Rudy Meyer	Qld		-			-		40.600
Shelly Smith (F)	Qld		-			-		39.653
Sue Christie (F)	Qld		-			(walker)		38.837
Wiebe Vander Veen	Qld		-			(walker)		38.416
Judy Buckan (F)	Qld		-			-		38.244
Gina Kondi (F)	Qld		-			(walker)		37.996
Karen Davies (F)	Qld		-			(walker)		36.123
Debbie White (F)	Qld		-			(walker)		33.734
Rhonda Foreman (F)	Qld		-			(walker)		31.143
Maureen Dawson (F)	Qld		-			(walker)		25.649
Betty Williams (F)	Qld		-			(walker)		25.649

KRUGLIKOV TAMED BY COLAC TRACK

BY
TONY RAFFERTY

The erratic state of the surface of the 400 metre track for the Australian Six Day Race at Memorial Square, Colac, has, for many years, been a topic of discussion among runners. After the 1987 race Siggy Bauer said that unless a proper track were laid he would boycott the event. More than once, Joe Record has criticised it. Another critic, after his win in 1984, was Yiannas Kouros. Two years ago, in a quagmire for most of the race, runners competed with dollops of mud clinging to their shoes. This year some time before the event sand was poured and the grass allowed to grow. With only 12 hours into the race the grass had worn to small tufts. Small bumps and depressions appeared and the surface was hard as concrete.

Later the track flattened but not before Kruglikov dropped to fourth place. With a lined craggy face and knees taped he searched for a flat green section on the outside lane to relieve leg pain. It seemed his thoughts were at his home in Smolensk, 300 kilometres from Moscow...He shook his head, shrugged his shoulders, showed his palms to the sky and walked off the track for a massage and a sleep.

Meanwhile, Tony Collins with green zinc cream on his nose, Peter Gray with aspirations of gaining first place and Bill Beauchamp refusing to sleep, swapped turns in the top three positions. One taking the advantage while the others were off the track.

As time passed a groove formed and despite the track's earlier rugged condition the runners settled in to concentrated running. When Kruglikov suffered from aching limbs, Tony Collins had no time for small talk. In tracksuit top and tights and wired for sound, he trundled through the night. The doctor of dentistry was running in his first race at Colac. He was determined to place in the top three.

Talking to himself, his eyes zeroed on the dusty groove, Peter Gray toiled like a troglodyte. Clouds of dust clogged noses and throats as runners followed Gray's footsteps. "Tracking Peter Gray was like following a roadtrain in the outback in a duststorm," Shaun Scanlon said with a wry smile.

Scanlon's blistered and bloodied feet caused him to walk most of the race. With his legs in a bucket of ice and sleep deprivation causing a slur in his speech, he said: "Why become a hero mate. I'm goin' to sleep." Later with autographed tee shirts bundled under his arm he limped across the park to the disco and handed them to the kids. With Guns and Roses', Knockin On Heaven's Door, wafting through the airwaves he said, "I'll have to run through the night."

Wearing a pink hat, red skivvy, acqua bike pants and lime-green shorts, the joker of the pack, John Timms, unlike previous years, seemed intent on striving for a credible six day total. His natural athletic talent is more suited to six and 12 hour races than multi-day affairs. (Timms reminds me of Mirosvav Stuchlik at the 1986 World Six Day Championships at La Rochelle: Lap after lap he sprinted round the track and then spent hours in the masseur's booth.) Like Stuchlik, Timms needs to harness his energy, set goals and study time management. A close observation of Sandra Kerr's disciplined performance would enhance his six day aspirations.

In last year's race Ron Hill placed sixth with 662 kilometres. This time, well-trained and focussed with a passion to go one better, succeeded with 681 kilometres - fifth place and a personal best.

Dressed in white, the light-footed David Sill was the quiet achiever. He worked his way in to the top six positions almost unnoticed after the second day. Obviously inspired by his favourite movie, Dead Poet's Society, his discipline, like that of Keating, the movie's protagonist, earned him the just reward of seventh place.

Kevin Mansell, "overweight" and "under-done" was courageous. "I didn't train for this race," he said. "I got on the road about two weeks ago. And I'm suffering right now." (Mansell placed third in two Sydney to Melbourne classics) Yiannas Kouros said that Mansell had an attitude of mind more focussed than most and with his (Kouros') physical attributes would rank with the best. That quality enabled him to struggle with blistered feet, swollen ankles and sore knees to eighth position.

It appeared committee man, Cliff McAliece, took great joy in a letter of reprimand to race referee, Stuart Beasley, when I walked two laps with Geoff Hook. Was I paced? was the complaint. Yes, I inadvertently "sinned" while deprived of sleep during my two slowest laps of the entire event. Meanwhile every day and night a number of runners were "assisted" in their performances when support crew personnel walked or ran outside the roped-off area. Why the prejudice? Would the constructive criticism by me and Joe Record in an ULTRAMAG article be the reason for this petty act?

With one arm in a sling supporting an injured shoulder joint, Cliff Young and his familiar trade-mark shuffle finished in 10th place. He said the last half of the race was easier. "You get very tired but by the third day you get hardened to it."

Before the race Drew Kettle fell out of a boat and injured his knee. Undeterred, and with a 2,800 kilometre trek from Port Lincoln to Burketown a few months earlier, he courageously ran, jogged, walked and even trundled backwards now and again to achieve 444.8 kilometres.

A family illness caused Maurice Taylor, earlier in the race, to return to Sydney.

Double disability athlete, Barry Stewart, competing with calipers, kept to the outside lane and performed a personal best - 304 kilometres.

Anatoli Kruglikov ran the last two nights without sleep. He demonstrated a grand performance, a tour de force, when he conquered time and distance to take out the \$2,000 first prize with a 750 kilometre total - the lowest in the history of the Colac race. Peter Gray placed second with 741 kilometres. And in third place keeping the other two highly concentrated on the job, Tony Collins with 738 kilometres.

John Timms and Sandra Kerr appeared to manage the rough track better than most of the other competitors. Kerr, the only female in the race and competing in her first six day event finished with 580 kilometres in 11th place. She had enough strength and energy in reserve to do a double-take. "It's been really great," she said. "I love the company and the people."

With long rest breaks, Godfrey Pollard, totalled 504.8 kilometres.

Next year is the 10th six day race at Colac. It ought to be a time to celebrate a new track for the people of the district and a time to invite the best ultra-marathon runners in the world to compete. "I'd come down," said Don Choi.

Kruglikov wins Australian Six Day Race

Russian Anatoli Kruglikov confirmed his reputation as one of the best ultra marathon runners in the world when he won the Australian Six Day Race in Colac on Saturday.

In temperatures hovering around the 30 degree mark, the 15 runners banded together to cross over the finishing line together to signal the end of the gruelling event.

By the finish of the race at 3 pm on Saturday, Kruglikov had run 750 kilometres, a total of 1875 laps of the Memorial Square.

Peter Gray finished second on 741.6 kilometres (1854 laps) with third placed Tony Collins completing 738 kilometres (1845 laps).

Bill Beauchamp finished a creditable fourth with 728 kilometres (1820 laps).

By finishing first, Kruglikov collects \$2000 in prize money and the Six Day Race trophy.

The high temperatures on Saturday were a far cry to what Kruglikov is used to in Russia where it was a chilly minus 12 degrees the day he left.

Kruglikov's final distance of 750 kilometres in the Six Day Race is the lowest winning total ever recorded in the 10 year history of the event in Colac, a point not lost on the Russian athlete.

Speaking through an interpreter after the race, Kruglikov said he was not happy with the distance he ran to win the big event.

He said he can do much better and believed his final total should have been around the 1000 kilometre mark.

Many of the runners put the low kilometre total down to the rough surface of the track.

But despite the shorter distances this year, the race will be well remembered, even if it is only for the performance of the powerful 37 year-old Russian athlete.

"It's not easy. I only make it look easy."
— Cliff Young.

At one stage in the race, Kruglikov was 45 laps behind and languishing in fourth spot.

But in the space of only four hours he had regained the lead and held it right until the end of the race at 3 pm on Saturday.

Kruglikov ran for two nights without sleep and by midday on Saturday was some 20 kilometres ahead of his nearest rival.

Kruglikov could afford a lie down with such a big lead but came back on the track to cross the finish line.

Kruglikov said the Six Day Race in Colac was the hardest race he has ever competed in.

Kruglikov said he enjoyed his time in Colac immensely. "He says the people in Colac are good and the other runners are friendly," interpreter Carl Kowalczyk said.

Kruglikov indicated that he would be back next year to defend his title of Australian Six Day Race champion.

The Six Day Race win adds to Kruglikov's other Australian victory in the Round Tasmania Stage Race earlier this year.

Kruglikov has been staying with another of the Six Day Runners, Godfrey Pollard, in Geelong during this latest visit to Australia.

Pollard finished 13th in this year's event and recorded a personal best of 504.8 kilometres.

But instead of singing his own praises, Pollard paid tribute to his soul mate of the past two weeks.

"It's not often you see a gentleman and a sportsman combined in the one person but that's what Anatoli is," Pollard said.

"The courtesy of the man is just fantastic and he is a great athlete as well."

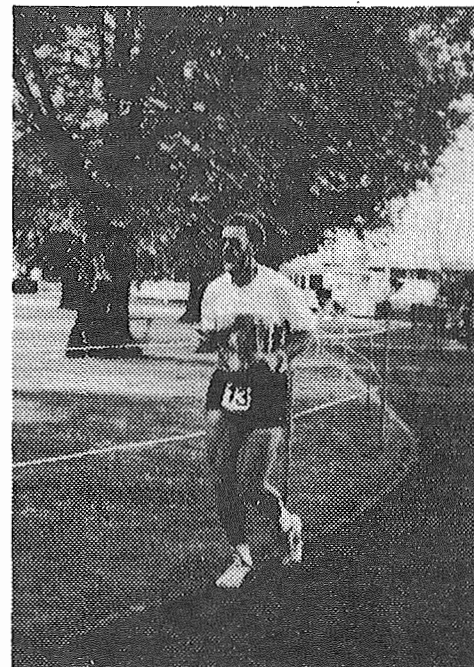
Pollard said Kruglikov now wants to run up the You Yangs. "Every time we pass a hill or a mountain range he wants to run up it because it reminds him of home," Pollard said.

Kruglikov is from the city of Smolensk, about 300 kilometres west of Moscow.

He is a Nordic skiing instructor and runs 500 kilometres a week up the mountains near Smolensk.

Kruglikov will fly back to Russia on Sunday, leaving behind many friends and a race he hopes to return to in 1995.

"The run has been a great success and it's really got to stay here in Colac. It's a carnival atmosphere," Pollard said.



Maurice Taylor, 1993.

A happy end to the road



IT'S all over ... winner of the Colac Six Day race, Anatoli Kruglikov, embraces fellow runner and Australian host Godfrey Pollard on Saturday.

That drink is sure to have gone down well after runners completed the last of the six days on the track in 30 degree plus heat.

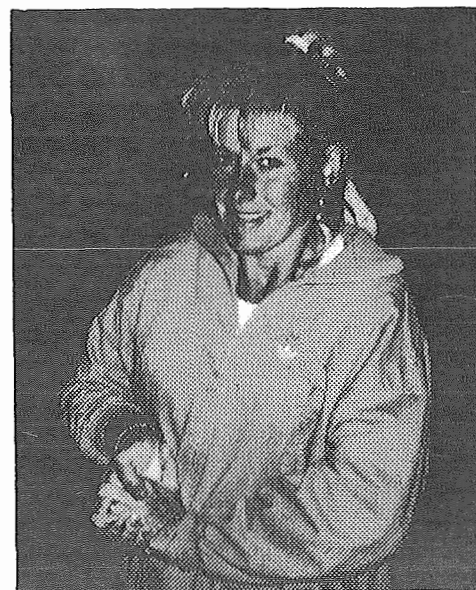
A total of 15 runners clocked up thousands of kilometres between

them, including shuffling legend Cliff Young, who completed 596 km and Barry Stewart, who despite several disabilities completed 304 km.

The sole woman in the race, Sandra Kerr, completed 580 km.

But the Russian out-gunned them all to clock up a mighty tally of 750 km to win \$2000.

• Full story on page 18.



Dawn Parris still as cheerful as ever on a cold night during the 1992 race.

20. Reprinted from "Colac Herald" 21/11/94

AUSTRALIAN 6 Day RACE

START COLAC



A big crowd of spectators lined the track to cheer the runners home as they crossed the line simultaneously at 3 pm on Saturday.

Rafferty finished ninth in this year's event, running 1522 laps for a total of 608.8 kilometres.

After the race on Saturday, Rafferty said he was "stiff and sore with bruised feet" and laid the blame on the condition of the track.

"I would say it was the roughest track they've ever had here," Rafferty said.

"It levelled out a bit after the first two days because of all the runners running on it but it was still bumpy and had little depressions which is why there was

such a low kilometre total."

Rafferty said he was quite happy with his run through the middle of the race, although he did fall short of his personal target of 750 kilometres for this year's event.

Rafferty will now compete in a seven day race in New York next May which would see him clock up 25 years in ultramarathon running.

That race could signal the end of a great running career but Rafferty said the door is still open for a return to Colac next year.

"I'd hate to say again but you've got to call it a day at some stage. The trouble is that these ultra-marathon events can become addictive."

Local hero Cliff Young finished 10th with 596 kilometres a total of 1490 laps.

Cliff maintained a steady pace over the six days of the event, averaging 99.3 kilometres a day.

It was this performance that led many people to overhear him quip on the Saturday: "It's not easy. I only make it look easy."

The other local runner in the race, Drew Kettle, finished 14th with 444.8 kilometres or 1112 laps.

It was an amazing effort from Drew who injured his knee a few days before the race was to begin.

Drew was cleaning the rigging on his boat when he slipped and hit his knee on the mudguard of the trailer it was hooked up to.

Drew was struggling to walk around on the Friday night but still made it to the starting line on Sunday.

"The runners are a tremendous bunch and it's great to part of that. I would hate to have given up the opportunity of running with them."

Sandra Kerr, the only woman running in the race, finished 11th with 580 kilometres (1450 laps).

Although finishing second last, double disability runner Barry Stewart achieved a personal milestone of 304.8 kilometres (762 laps).

Maurice Taylor was the only runner to withdraw from the

event due to an illness in the family.

Final positions:

1. A. Kruglikov 1875 (laps), 750.0 kms; 2. P. Gray 1854, 741.6; 3. T. Collins 1845, 738.0 kms; 4. B. Beauchamp 1820, 728.0; 5. R. Hill 1703, 681.2; 6. J. Timms 1658, 663.2; 7. D. Sill 1637, 654.8 kms; 8. K. Mansell 1557, 622.8; 9. T. Rafferty 1522, 608.8; 10. C. Young 1490, 596.0; 11. S. Kerr 1450, 580.0; 12. S. Scanlon 1286, 514.4; 13. G. Pollard 1262, 504.8; 14. D. Kettle 1112, 444.8; 15. B. Stewart 762, 304.8; 16. M. Taylor 311, 304.8.

Year	Runners Name	Total kms	Distance run each day (km)					
			Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
1984	KOUROS	1023.2	248.0	174.0	169.0	160.0	152.0	119.0
1986	ZABALO	876.8	207.2	152.0	153.2	138.8	144.8	80.8
1987	RECORD	890.8	203.6	141.6	155.6	150.8	129.6	109.6
1988	MAINIX	963.2	210.4	154.0	152.4	156.4	156.4	133.6
1989	SMITH	1002.0	220.8	165.6	156.4	149.2	150.0	160.0
1991	SMITH	878.4	197.6	146.4	145.6	138.0	122.0	128.8
1992	SMITH	904.8	211.2	146.0	149.2	151.6	156.0	90.8
1993	RECORD	774.4	202.4	129.6	138.8	127.2	102.2	74.0

Australian 6 Day Race at Colac -

History of Results since its inception in the year 1984.

"THAT DAM RUN "

IAU Australasian 100 km Road Championships 1994

On the 31st December 1994 the a team of 4 men and 3 women representing Australia took on the New Zealand and a international field of ultra runners in the Australasian 100km Road Championship at "THAT DAM RUN". Australia had a team at the inargural Australasian 100km Road Championship, held in 1992, but in 1993 Don Wallace was the only Aussie to return, successfully defending his title.

The 1994 Australian team had a distinctive Queensland flavour with Wallace and his Ashgrove Rangers team mates Tony Kleiner and Greg Barton. Peter Sphers of Sydney, previously lived and competed in Queensland. Tony, Greg and Peter were competing in their first 100km road race. All are accomplished marathon runners, and Tony and Greg have competed over a number of short ultras. The womens team consisted of Mary Morgan WA, Linda Meadows VIC and Nicole Carroll QLD. Mary had set an Australasian record in winning the Harriers 100km Challenge in Canada. While Linda had set a World 50mile record in June, and Nicole holds the Australian 50km record set in March. Also competing in the race was Sani Badic of Melbounre though he was not eligble to compete in the Australian team due to an AURA ban.

The race organiser had assembled a truely international field for the race. The New Zealand mens team were all novices at 100km but the women Margret Hazelwood and Caroline Andrews had both run under 9 hours. A Russian, Leonid Krupsky who had run 6:31 early in the year was invited to compete. Interest in "That Dam Run" had also been generated in Japan with 5 men competing. This included former Japanese record holder Narihisa Kojima who run 6:37 in Japan this year. The womens race had also attracted Sigrid Lomsky of Germany the World 24 Hour record holder. Two Americans and a Scotsman also made up the field.

"THAT DAM RUN" is run in the Waitaki Valley of North Otago, on the South Island of New Zealand. The race starts and finishes in the small rural town of Kurow. The race is all on sealed road, heading up the picturesque river valley. It passes the Waitaki hydro-dam and then Lake Avimore. The first 30km has serveral sections of rolling hills, with an overall rise in elevation. There is a flat section for 5km from Otetamata as the Benmore Dam is approached. The climb to the top of the large hydro-dam is the largest hill in the course climbing 100m in 800m. However the best panoramic views of the Waitaki valley are obtained from this huge dam that holds back the enormous volume of Lake Benmore. There is an equally steep decent of the dam, then from 40 to 55km the road is flat as it returns along the opposite side of Lake Avimore. Crossing the Avimore dam the race the returns on the same road to Kurow as was run out at the start, thus 55 to 70km as some small rolling hills with a drop in elevation. Back at Kurow at 70km the business part of the race commences, crossing the Waitaki river, out 15km and then back on a flat road heading down the valley.

Hot weather had bee experienced in the Waitaki valley in the days prior to the race. Though on race day a cold front was moving up the South Island and this brought cold strong winds and isolated showers. From the start of the race the runners where pitted against the elements. A very strong wind was blowing down the valley creating difficult headwinds for the first 35km. The runners broke into several small packs early on in the race. Krupsky, Badic, Kojima and Wallace formed a lead pack with Watanabe from Japan hanging on for about 10km. Kleiner, Sphers and Barton followed, then the three Australian women. The wind became stronger and by 20km the runners were struck by rain with some sleet and hail. By 30 km the rain cleared. The runners then approached the climb up onto the Benmore dam. The lead pack was still intact with Watanabe following and the other three Aussie men a little futher back. Mary Morgan had a made a break on Linda and Nicole and all were in no danger from the New Zealanders.

Returning back around Lake Avimore the wind was now behind the runners. However the headwind had slowed the runners. The lead men reach 50km in a relatively slow 3:21, with the other Aussie men though in 3:33. Mary Morgan past the 50 km in 3:43 with Linda Meadows only a couple of minutes behind. Unfortunately an injury had forced Nicole Carroll to withdraw by 50km.

Badic and Wallace now took the front running in the lead pack. They both pushed the pace and when they reached the Avimore dam at 55 km Krupsky had lost contact with the pack. In the next 5 km Kojima also lost contact with the leaders and was forced to retire at 70 km with a hip injury. Shortly after 50 km Kleiner and Sphers pulled away from Barton. However by 65 km both struggled to maintain they pace. Unfortunately Peter Sphers was forced to retire at 67 kms. Tony Kleiner was to drop back and was past by Greg Barton who maintained a steady pace.

Between 60 and 80 km Badic and Wallace ran side by side maintaining a 3:50 km pace reaching 80 km in 5:17. Badic was beginning to experience cramping in the calve muscle and Wallace opened up a 1:40 lead by the turn around at the 85 km mark. At the 85 km mark the runners turned around into the wind to run the last 15 km to the finish at Kurow. The last 15 km was to see all the top runners been buffed by the strong headwinds. Krupsky was still in third place, followed by Watanabe. Barton was now in 5th place followed by John Thorne NZ, Graeme Everett NZ, Kleiner, Morgan and Meadows.

Although the strong winds slowed his pace Wallace was able to pull away from Badic and Krupsky over the last 15 km to record a comfortable win, for the third year running. Sani Badic had run a strong race for second, with Leonid Krupsky third. The Japanese runner Fukuyohi Watanabe had run most of the race alone putting in a brave effort for 4th. John Thorn from Wellington NZ came through to take 5th, leaving Greg Barton 6th. Tony Kleiner stuck in there to finish 9th overall. Both Greg's and Tony's times are very creditable performances, and excellent under such conditions in their first race.

Mary Morgan was very strong in the finish to win the womens race with Linda not far behind in second. They finished 8th and 9th in the field respectively. Both Mary and Linda's performances were outstanding. Mary set a new Australian record of 7:45:04, 3 minutes better than she previously ran in Canada.

The New Zealand team also had mainly novices, which shows an increase in interest in the event. The weather conditions for the race were very tough, with very strong headwind for the first 35km and last 15km. The results by these two women give Australia a promising future in the 100 km race.

There were 34 starters in the race with 11 runners under 8 hours. Race director Scott Leonard once again did a fantastic job of organising "That Dam Run". The race offers a great opportunity for Aussie and Kiwi ultra-runners to take on the challenge of an international class race, on one of the worlds most most scenic islands.

"THAT DAM RUN"

NORTH OTAGO.

NEW ZEALAND.

DEC 31st 1994

Reprinted from the IAU Newsletter, March, 1995

The middle word of the race title refers to three major Dams located on this testing course through the beautiful Waitaki River Valley in North Otago, New Zealand. To many English speaking competitors "That Damn Run" might be considered more suitable. One definition of "damn" is "to consign to everlasting punishment" and Australian runner, Don Wallace, has ensured that everyone in the event since the inaugural race in 1992 has been obliged to finish behind him.

Wallace competed well internationally in 1994 and reports indicated that, subject to suitable weather conditions, he would beat his own national record of 6.39.26 by a considerable margin. Few of the New Zealand leading runners expressed a wish for more (if not everlasting) punishment. There were, however, some talented foreign entries and the main challenge seemed likely to come from Narisha Kojima (JPN) who has a personal best time for 100kms of 6.36.34 and Leonid Krupsky (RUS) with a best time of 6.31.38.

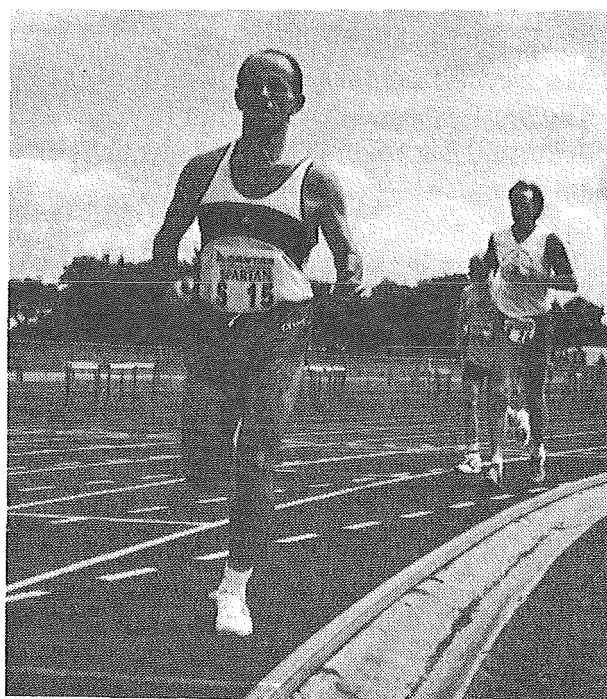
Weather conditions were terrible with gale force winds and intermittent rain and hail. A number of Japanese runners had entered the event and Kojima was soon amongst the early leaders looking very dangerous. At the 50km point Kojima lead and looked reasonably comfortable although sadly he was obliged to retire shortly after the 60km point. Wallace gradually pulled ahead with another Australian, Safet Badic, who was running well.

Somewhere near the 85km point Wallace found that little extra pace and gradually drew away from Badic to win comfortably with 6.44.18-only four seconds slower than his winning time of the previous year.

The extreme weather conditions prevented any chance of the course record being broken in the men's race and in the circumstances the winning time was exceptionally but if that be the case what can be said of the women's race - the first two women beat the old course record by a huge margin and Mary Morgan the winner set a new Australian and Australasian record of 7.45.04. The second position was secured by Linda Meadows, another Australian, who had set a world 50 mile track record in June 1994.

The international interest in this event increases and one has to remark that Don Wallace has proved himself to be an outstanding competitor. It seems reasonably certain that he will be at the starting line on December 31st 1995 for That Dam Run - it will be interesting to speculate who will be the first person to beat him. 100km Results

PLACE		NAME	TIME	AGE
1		Don Wallace (Aus)	6.44.18	33
2		Safet Badic (Aus)	7.01.31	34
3		Leonid Kroupski (Rus)	7.12.04	vet 42
4		Fukuyoshi Watanabe (Jap)	7.19.58	28
5		John Thorn (NZ)	7.28.50	vet 42
6		Greg Barton (Aus)	7.32.05	27
7		Graeme Everett (NZ)	7.44.45	31
8*	W	Mary Morgan (Aus)	7.45.04	37
9		Tony Kliener (Aus)	7.47.00	30
10	W	Linda Meadows (Aus)	7.51.58	35
11		Mick Francis (Scotld)	7.56.18	36
12		Shukichi Kobayashi (Jap)	8.44.52	39
13		Bill Menard (USA)	8.49.40	vet 43
14		Michael Simons (NZ)	8.49.40	37
15		Katshuhiro Tanaka (Jap)	8.59.13	23
16	W	Margaret Hazelwood (NZ)	9.18.36	vet 44
17		John Fry (NZ)	9.24.11	30
18		Joseph Keufmann (Ger)	10.00.54	vet 58
19	W	Sigrid Lomsky (Ger)	10.06.57	vet 52
20 equal	W	Caroline Andrew (NZ)	10.12.45	vet 47
	W	Jenny Howe (NZ)	10.12.45	
22		Heinz Wieser (NZ)	10.14.00	vet 42
23		Motosugu Yoshinaga (Jap)	10.29.34	34
24		Akio Tsutsumi (Jap)	10.37.41	vet 42
25		Erick Solof (USA)	10.48.44	27
26		Russell Shannon (NZ)	10.51.43	vet 49
27		Robert Scott (NZ)	11.11.40	29
28		Yasuo Kanai (Jap)	11.16.41	vet 55
29		Kym McConnell (NZ)	12.50.31	27
30	W	Anne McDonald (NZ)	13.36.27	vet 58
31	W	Margarette Sutton (NZ)	13.55.44	vet 61



Safet Badic, winner of the 1994 Six Hour Run at Knox, Victoria, closely followed by Geoff Hook and Mike Grayling (many laps behind!)

THAT DAM RUN

The Australasian 100km Championships in New Zealand 31 December 1994

by Mary Morgan

This run is not only for those crazy 100km guys but a half and full marathon is also held at the same time. I thoroughly recommend this scenic course even though the weather at times has something to be desired. And what a beautiful country to play tourist in!

I left Perth on Boxing day after a pipe opener at Hyde Park Parlour relay. Arrived in Christchurch met a mate and drove our baggage trolleys down the road to the rent-a-car Maui depot. Into town to see the sites. The city was dead!! not a soul in sight. The country comes to a halt over Christmas/ New Year. We wandered off home and crashed early having missed a night's sleep.

Up early next morning for an easy 10km around the beautiful Botanical Gardens and Parks. With training out of the way we were off to Methven to sample the amber liquor and then to Raiki Gorge for a cruise up the river in a jet ski boat. Oh boy!! The ride was anything but tame and Mick even took a photo of my white knuckles! At one stage I nearly catapulted into the drink during a 360. I really cracked my knee and Mick smashed his hip and ankle against the edge of the boat. All battered and bruised we hobbled off to the Brydone Hotel in Oamaru to meet the rest of the Aussie crew.

On Thursday we all cruised out to Kurow to check out the course in the Aussie 100km team bus which was well marked with the team logos. The course was terrific - magnificent scenery and a great undulating course. It consisted of a 70km loop around the Aviemore and Benmore Dams returning to Kurow before going out on a 15km out and back. My only complaint was it was 43 degrees in the waterbag! We returned to the Brydone to relax and sample a few more Kiwi beers.

Then help!!! I had been promised a crew but none available for anyone. What horror!! We made many phone calls but no luck. I finally resigned myself to the fact that I would have to manage on my own. Then a call from reception and Trish Spain, WAMC member who was holidaying in NZ, had found someone. Unfortunately he could help any day except Saturday morning! Next morning I woke to find a welcome note under the door from John, another Scot who had decided he would crew instead of running the marathon. Hooray!! We spent the rest of the day shopping for post race supplies, as the shops would be shut for the next four days, mixing race drinks, loading and resting.

What a taper - one 10km run since Boxing day! However our jet boat injuries were greatly improved! and we were pretty relaxed about the race-most important. The carbo loading meal that evening was top class and washed down with a couple of pints of speights old. I finally met my team mate Linda Meadows. She also had arrived to find no crew. However she had her handler with her and a bicycle was found for him.

Race day and up at 3.00am for a big bowl of porridge and bananas, and a long hot shower. We packed the car and squeezed in another Aussie Peter, or 67 as he was to be named (two short of 69) and off to Kurow. As the day dawned an unbelievable wind came up. 6.00am and we were off. A maximum effort was needed just to make any headway against the wind. Linda, Mick and myself worked together to try and break the wind, however we could only manage a 45 minute 10km. Into the bargain we had blinding freezing sleet. Nikki our other team mate dropped off the back. At 20km the wind dropped a lot and we took off down hill and lost Linda (unintentionally). Three aussies Greg, Tony and 67 were about a km up ahead. Way up front our team manager and number one Aussie Don, was just cruising easily. Along with him was Safet Badic, Leonid Kroupski of Russia (bronze medallist 1980 Olympic Marathon), and Narihisa Kojima (8th 100km world champs 1994). Inbetween were a couple more Kiwis and Japs.

At the 20km I felt totally stuffed with the effort. I didn't know how I was going to manage another 80km. I wasn't going to let Mick drop me and I suggested that we were pushing the pace a bit. He replied that we had lost enough time and that it's not meant to be easy. Also that we weren't out for a Sunday stroll!! I realised that it was going to be a very long haul that day. We turned towards Benmore dam and climbed the long steep hill to the top of the dam. Mick's words "it's not meant to be easy" kept churning over in my mind, and all I could think of was how and how can I get through this race.

Once on top of the dam I recovered a little and pulled myself together and prepared for some down hill work. In the mean time John was doing a marvellous job juggling a choice of drinks, bananas, sponges and cameras at the aid stations, also hats, toilet paper, and cleaning sun glasses and responding quickly to all other demands yelled at him. He was probably cursing us for running so closely together.

During the next 20km Mick and I kept swapping the lead as we had bad and worse patches. We went through the marathon in our slowest ever time of 3:14. We hadn't planned for such a disaster. Up at the front Don, Leonid, Safet Badic (Sani) and Narihisa Kojima had run their slowest ever 50km. The other three aussies Greg, Tony and 67 were still pushing along up ahead.

By 50km I had pulled myself together mentally and got on with the job. By this time the sun was blazing down, horrific, especially for Leonid and Mick who had been training in the snow the week before.

I wasn't doing too badly as I approached the start line (70km down the track), in fact I was on track for a PB, and headed off on the out and back in a very positive frame of mind. I was looking forward to seeing the rest of the field. As I approached the 80km mark Don came streaming past in the opposite direction. What an effortless picture, a breath of fresh air, totally inspiring!! A few minutes later Sani and then Leonid came into view but looking a bit stressed. Kojima had pulled out at 70km. Later on a couple more runners past and also Greg who was looking great. I was creeping up on Tony, and 67 had pulled out at 67km. His quads had totally seized and he could only walk with two feet firmly on the ground!

I managed about 3:10 for the second marathon. I rounded the 85km mark and crashed into that brick wall of a wind again. I was very surprised to find Linda only 400m behind me. The race was on. I gave it my all for the last 15km. I picked up Tony and got a free ride for a km, then when I took my turn to break the wind Tony dropped off. I pushed with all I had and realised my legs were fine. I was just mentally exhausted.

Between the 90km mark and home a lot more runners were heading out. One runner really caught my eye, he was really enjoying himself. This was Bill Menard from Florida. He has run many ultras including The Death Valley run last year in which Ross Parker competed. Bill hopes to run in the Bunbury track race in March.

I managed to come home in 8th place in 7:45:05 just behind John Thorn, a kiwi, who pipped me on the post. Tony came in just behind me and Linda nearly 7 minutes behind me in 7:51:58. Mick followed Linda. That was 11 runners home in under 8 hours, a great result for the race.

Don Wallace ran a terrific race as usual to take line honours for the third successive year, although in his slowest time. Sani was second and Leonid third in over 7 hours (both being 6:30 hour runners). Greg was home in 7:30. Sani, Greg, Mick and Narihisa also hope to come to Bunbury for the track race.

The Aussie mens team of course won the mens teams event and the kiwi ladies took out the ladies teams with Margaret Hazelwood their leading lady, and third lady overall in 9:18:36. It was a long day for many runners. Although the cut off time was 12 hours, 3 runners battled on to finish in 13 hours. There were only 3 dnfs. A terrific result for such tough conditions.

Kelvin and Derek did the Aussies proud in the marathon coming home in first and second place. Scot and Michelle did a wonderful job of organising the race. It was just bad luck and out of their control that there was a mix up with the support crews initially. John our handler did a mighty job of crewing. He was so inspired by the race that he also is coming to Bunbury to run his first ultra. I am also very grateful to Linda's handler Paul who was continually offering encouragement during the race.

The masseurs at the finish did a great job and so did the locals who put on a wonderful BBQ and liquid refreshments.

The wind up on New Years Eve was nothing short of fantastic and we saw the New Year in with great style including sculling vast quantities of vodka compliments of Leonid!!!

New Years day was fairly quiet as we recovered. The main ordeal for me was to remove the excruciatingly painful toe nails. With that done we went for a short run before seriously testing more kiwi beer.

On Monday we met up with the Russis at Mt Cook and went for a hike. Following that Mick, John and myself went for a longer hike up Hooker Valley. I thought a hike was a long fast walk over rough terrain with a back pack, but I was soon to find out that a hike to a Scottish highland farmer is a run with a back pack!!! After 3 hours the weather turned really foul and we decided to turn for home, they ran flat tack all the way back in torrential rain and wind. What fun and what a great recovery run!!! Back at the car we grabbed dry clothes and dived into the shelter. The warm carton of beer from the car boot went down really well!!! After the first couple Mick was elected driver (much to his dislike) and we headed off to Cronwell to an unsuspecting Trish Spain. After a lovely bottle of champagne Trish and Ann turned over their kitchen and lounge room floor to us. Next time we promise not to rock in homeless at midnight, and we learned not to leave it until midnight to try and book into a back packers!!

There are so many lovely places to visit, run and hike around in New Zealand that I couldnt tell you about them here, but I recommend you go to That Dam Run next year and check the place out. Go for it, marathon, half or the lot!!

SPORT

Strong winds fail to stop an Aussie win

AUSTRALIAN ultra-distance runner Don Wallace defeated a top-class international field to win his third consecutive 100km road race around New Zealand's Waitaki hydro-lakes in North Otago yesterday.

In a gutsy performance, the 33-year-old Queenslander battled strong head winds for the first 25 kilometres and final 15 kilometres to claim victory in a fast time of six hours, 44 minutes and 18 seconds.

Although Wallace's time was just over five minutes outside his own race record set in 1992, it was



probably a superior performance considering the adverse weather conditions.

"I was looking forward to a fast time, but when we went uphill into that gale I knew the record was safe," Wallace said of the strong north-westerly wind that battered the 33 runners.

"It was one hell of a wind."

A leading bunch of five runners set the early pace and the race looked wide open when Wallace and his compatriot, Safet Badic of

Melbourne, were locked together at the 75km mark.

Wallace, however, produced a sustained surge between the 80km and 90km marks leaving Badic struggling with severe leg cramps.

"It was always going to be my tactic to put pressure on the other runners going downhill from Aviemore but Sadic did most of the work for me," Wallace said.

"When we dropped the last runner (Japan's Fukuyoshi Watanabe) I was confident I could win because the last 20km is usually the strongest part of my races."

Badic did well to hold on for second recording a time of 7:01:31 while Russian runner, Leonid Kroupski finished strongly for third in a time of 7:12:04. Fukuyoshi was 18 minutes and 54 seconds behind in fourth.

The first New Zealander home was John Thorn, who finished fifth in 7:28:50 in his first 100km event.

Hot favorite for the women's section, Mary Morgan of Australian, recorded 7:45:04 to win the race and break her own Australasian record by three minutes.

The mother of two ran powerful-

ly into the wind over the final 15km to repel a fast-finishing challenge from fellow Australian Linda Meadows who posted 7:51:58.

New Zealand's Margaret Hazelwood was third in 9:18:36.

RESULTS

Men: D Wallace (Aust) 6:44:18 1; S Badic (Aust) 7:01:31 2; L Kroupski (Russia) 7:12:04 3; F Watanabe (Japan) 7:19:58 4; J Thorn (NZ) 7:28:50 5; Greg Barton (Aust) 7:32:05 6; Graham Everett (NZ) 7:44:45 7; Tony Kilener (Aust) 7:47:00 8; Mick Francis (Scotland) 7:56:18 9; Shukichi Kobayashi (Japan) 8:44:52 10.

Women: M Morgan (Aust) 7:45:04 1; L Meadows (Aust) 7:51:58 2; M Hazelwood (NZ) 9:18:36 3; Sigrid Lomsky (Germany) 10:00:54 4; Carolee Andrew (NZ) 10:12:45 5; Jenny Nelson (NZ) 10:12:45 6.

AURA "BOGONG TO HOTHAM" TRAIL RUN 8/1/1995

The 10th edition of this event produced good results from a strong field of competitors. 11 completed the full distance with a further 5 completing the 1st half within the allowable time but electing not to carry on to the finish. So with 5 competitors intending to complete one half or the other, only 4 competitors did not achieve the half way cut-off. These figures reinforce the recent trend towards a better quality and stronger field of competitors entering this event.

Jonathan Worswick ran both halves consistently to register an easy win from a tiring Kelvin Marshall (2nd again) and the steady Clive Davies (intent on only beating my P.B. for the event, which he did - bad show Clive!). Dawn Tiller improved her previous record time again by over 1 hour for 4th place overall and just squeaked under 8½ hours. A fantastic run Dawn and the course records you have set will be very difficult to better - well done!

Kevin Cassidy was again foiled for the 3rd straight year in a row (with regard to his transport surcharge contribution). Two year's ago he had to drive himself back, last year his wife was reimbursed for driving him back in his own car and this year he stayed back with friends at Mt. Hotham so he hasn't been lucky in getting value from the transport surcharge he's paid. Like I've already said, you're a born loser in the transport stakes, Kev! Do you want to have a guess at what will happen next year?

Following on from what I said at the start, the prohibitive cost of insurance could knock this race off the calendar. I was lucky to get a waiver on the cross liability clauses just for this year, even so the basic Public Liability insurance still costed \$400 and will be much more next year. Cross liability clauses will cost well over \$1000. I have a couple of ideas to follow up on to keep the race on next year and I will be trying my best. If you have any suggestions, please let me know because it would be a shame to see this event disappear due only to the prohibitive cost of Public Liability insurance.

If the event is on next year, it will be scheduled for Sunday 7th January, 1996. There may be a slight course change in the middle to realign with the numbered snow poles and get off the Omeo road. This won't change the overall time or distance but would shift the ½ way point about 2km further down the track.

Finally, the honour roll for the large band of helpers who generously gave a lot of their time, effort and expense to assist you runners in the tough Bogong to Hotham event. On behalf of all the runners, a very give thank you to you all:-

	WICEN Radio Operators	Race Marshalls
Mountain Creek	Bob Tait (VK3UI)	Geoff Hook/Laurie Black
Bivouac Hut	Damien Hough (VK3FCA)	Tony Mandile
Bogong Summit		Greg Mandile
Cleve Cole Hut	Grant Jeffery (VK3KGM)	
Madison Hut Site	Ian Boehm (VK3XCD)	Gerry Van Der Ploeg
Roper Hut	Roy Veith (VK3TMJ)	Reg & Elaine Splatt
Watchbed Creek	(Alan Bengston (VK3ABB)	(Geoff Hook/Laurie Black
	(Phil Longworth (VK3XQD)	(Peter Logan/Brian Flynn
Cope Turn Off	Len Greaves (VK3BGM)	
Aqueduct Junction	Neil Banks (VK3XJH)	Robin Anderson
Pole 333	Col Finnie (VK3VCF)	Alan & Nola Chicero
Dibbens Hut	Jack Bramham (VK3WWW)	Peter Shannon
Derrick Hut	(Ian Dyson (VK3MDG)	Len & Faith Lammin
	(Richard Hoskins (VK3JFK)	
Mt. Hotham Summit	(Alan Burgess (VK3QL)	(Pat Pelly/Geoff Hook
	(Gavin Hobbs (VK3TLN)	(George Christodoulou
		(Laurie Black/Brian Flynn
Mobile	Clever Duell (VK2MUA)	Geoff Hook/Laurie Black
Bus Driver		Lindsay Clapperton

In total, 16 WICEN Operators and 17 Race Marshalls.

Until (hopefully) next year's event, stay fit and healthy.

AURA

BOGONG TO HOTHAM RUN 1995

RESULTS - BOGONG TO HOTHAM RUN 8/1/1995

1	Jonathan WORSWICK, 31, NSW	8:03:00
2	Kelvin MARSHALL, 30, NSW	8:14:30
3	Clive DAVIES, 53, VIC	8:24:07
4	Dawn TILLER, 29, NSW - 1st Female	8:29:38*
5	Peter ARMISTEAD, 47, VIC	8:42:26
6	Kevin CASSIDY, 34, VIC	9:33:37
=7	Philip HUGILL, 36, NSW	9:51:28
=7	Tony PERROTT, 39, NSW	9:51:28
=7	John SUTHERLAND, 40, NSW	9:51:28
=7	Kevin TILLER, 28, NSW	9:51:28
11	Max SCHERLEITNER, 64, NSW	10:24:13

MOUNTAIN CREEK - WATCHBED CREEK

1	Andrew KROMAR, 28 VIC	3:26:07*
2	Bob FLOWER, 42, VIC	4:07:40
3	Kelvin MARSHALL, 30, NSW	4:20:10
4	Jonathan WORSWICK, 31, NSW	4:27:35
5	Clive DAVIES, 53, VIC	4:32:40
6	Andrew McKENZIE-HICKS, 36, NSW	4:34:36
7	Dawn TILLER, 29, NSW	4:35:43*
8	Peter ARMISTEAD, 47, VIC	4:35:57
9	Kevin TILLER, 28, NSW	4:45:11
10	John SUTHERLAND, 40, NSW	4:46:36
11	Tony PERROTT, 39, NSW	4:47:14
12	Kevin CASSIDY, 34, VIC	4:51:35
= 13	Philip HUGILL, 36, NSW	4:52:30
= 13	Murray TOWN, 49, NSW	4:52:30
15	Phillip RUMPF, 40, VIC	4:58:43
= 16	Ross SHILSTON, 41, VIC	5:06:40
= 16	Mike WARD, 42, NSW	5:06:40
18	Leigh PRIVETT, 49, NSW	5:08:23
19	Max SCHERLEITNER, 64 NSW	5:19:53 ^Δ
20	Russell HODGE, 23, VIC	5:25:16
21	Bob SAYERS, 52, VIC	5:30:34
22	Len BUDGE, 43, VIC	5:31:19
23	Alan KAY, 39, VIC	5:34:06

WATCHBED CREEK - MT. HOTHAM

1	Peter NELSON, 54, VIC	3:48:25
2	David PINDER, 34, VIC	4:06:38
<u>Order of Second Half</u>		
	Jonathan WORSWICK	3:35:25
	Peter NELSON	3:48:25
	Clive DAVIES	3:51:27
	Dawn TILLER	3:53:55*
	Kelvin MARSHALL	3:54:20
	Peter ARMISTEAD	4:06:29
	David PINDER	4:06:38
	Kevin CASSIDY	4:42:02
	Philip HUGILL	4:58:58
	Murray TOWN	4:58:58
	Max SCHERLEITNER	5:04:20
	John SUTHERLAND	5:04:52
	Kevin TILLER	5:06:17

- * = course record.
^Δ = Max qualified for an early start and reached Watchbed Creek within the 5 hour cut-off time from the commencement of the main race.

Weather conditions: very good for the event. Cool to warm with broken cloud and light to moderate wind.
 Only the extreme peak of Mt. Bogong was under cloud, spoiling the potential views.

AURA BOGONG TO HOTHAM RUN 8/1/95

CHECK POINT TIMES

Max Scherleitner

Full Distance

Second Half

Start Time = 6:55 am

Start Time = 6:22am

Start Time = 11:00am

Race No.	Competitor	Bivouac Hut	Bogong Summit	Cleve Cole Hut	Madison Hut Site	Roper Hut	Watchbed Creek		Cope Turnoff	Aqueduct Junction	Pole 333	Dibbens Hut	Derrick Hut	Mt Hotham Summit
							In	Out						
3	Andrew KROMER	0:42	1:17	1:30	1:38	2:45	3:26:07	-						
5	Mike WARD	1:01	1:47	2:05	2:17	4:08	5:06:40	-						
9	Clive DAVIES	0:58	1:41	1:59	2:09	3:46	4:32:40	4:36:20	5:17	5:37	6:18	7:01	7:48	8:24:07
12	Peter ARMISTEAD	0:58	1:39	2:00	2:11	3:45	4:35:57	4:39:07	5:22	5:42	6:22	7:05	7:59	8:42:26
17	Kelvin MARSHALL	0:52	1:31	1:47	1:58	3:24	4:20:10	4:25:15	5:07	5:28	6:03	6:50	7:39	8:14:30
22	Kevin TILLER	0:58	1:41	1:59	2:09	3:48	4:45:11	4:51:18	5:48	6:14	7:00	7:59	9:01	9:51:28
26	Ross SHILSTON	0:57	1:39	1:59	2:09	3:47	5:06:40	-						
29	Kevin CASSIDY	1:02	1:46	2:04	2:14	3:53	4:51:35	4:55:16	5:48	6:13	6:55	7:48	8:49	9:33:37
30	Phillip RUMPF	0:59	1:42	2:03	2:14	3:53	4:58:43	-						
31	Dawn TILLER	0:57	1:40	1:59	2:09	3:47	4:35:43	4:39:07	5:22	5:43	6:22	7:05	7:53	8:29:38
32	Alan KAY	0:57	1:42	2:05	2:17	4:17	5:34:06	-						
33	Bob FLOWER	0:52	1:31	1:47	1:58	3:23	4:07:40	-						
36	John SUTHERLAND	0:58	1:40	1:59	2:09	3:47	4:46:36	4:51:18	5:52	6:18	7:04	8:03	9:01	9:51:28
37	Leigh PRIVETT	1:01	1:47	2:03	2:13	4:07	5:08:23							
38	Andrew MCKENZIE-HICKS	0:57	1:39	1:57	2:07	3:39	4:34:36	-						
40	Tony PERROTT	0:59	1:42	2:00	2:09	3:47	4:47:14	-						
41	Philip HUGILL	0:57	1:40	1:59	2:09	3:52	4:52:30	4:57:55	5:51	6:14	7:00	7:59	9:01	9:51:28
42	Murray TOWN	1:01	1:43	2:03	2:13	3:55	4:52:30	4:57:55	5:51	6:14	7:00	8:02	9:01	9:51:28
44	Max SCHERLEITNER	1:04	1:50	2:13	2:28	3:46	5:19:53	5:22:31	5:53	6:20	7:06	8:30	9:04	10:24:13
45	Jonathan WORSWICK	0:57	1:40	1:57	2:07	3:37	4:27:35	4:30:22	5:10	5:29	6:01	6:38	7:28	8:03:00
50	Russell HODGE	0:59	1:46	2:04	2:13	4:24	5:25:16							
51	Len BUDGE	1:02	1:52	2:15	2:27	4:28	5:31:19							
52	Bob SAYERS	1:02	1:49	2:10	2:22	4:24	5:30:34							
55	David PINDER							0	0:39	0:58	1:32	2:23	3:19	4:06:38
56	Peter NELSON							0	0:44	1:05	1:42	2:27	3:11	3:48:25

584 Welsh Street,
Lavington, 2641.
via Albury, N.S.W.
19. January, 1995.

Dear Geoff,

I would like to thank you and A.U.R.A. and all the helpers, for organising that great Bogong To Hotham Run again. I was very pleased to be given the opportunity to make it through to Hotham. Bogong was again magnificent, with all the fields of wildflowers shimmering through the fog, almost like a snowfield in winter. I'm enclosing my runners number which I forgot to hand in after the run.

Best Regards,

TOUKLEY ROTARY - WYONG SHIRE

'TOUKLEY 12 HOUR'

JANUARY 21/22, 1995

RACE REPORT.

Who needs the Pope? Just organise a track ultra in Wyong Shire and the drought will be broken. This year, we had 2 days continuous, heavy rain leading up to the 21st January, leaving part of the Tacoma track somewhat soft. The first 6 hours of the race were dry, but then for 3 hours the heavens opened (no doubt, in retribution for my irreverent chatter about His Infallibleness). From a field of 21 runners, 6 withdrew by the 6 hour mark, either by design or by default. One of those who withdrew was Lou Gladwell, and her early retirement (accompanied by her altar ego, Mark) means she will have to wait till the next race before I tell her any of the dirty jokes she enjoys.

The race was won by James Rooney, who ran a controlled race, taking the lead from Bill Joannou in the third hour. A strong challenge from Maurice Taylor (which saw him in the lead at the 8th hour) was resisted and James went on to a comfortable win by 5 km from Maurie. Helen Stanger once again showed what a powerful force she is by sitting in third spot for the final 9 hours, to finish third with 114.44 km. This is not her best over 12 hours but she, like all the runners had to contend with much rain and a soft track that increased the workload significantly.

The perennial Peter Gray turned in another of this consistently strong performances to take 4th spot, with 104.76 km.

It was pleasing to see some enthusiastic new talent. Bill Hick should feel pleased with his 104.21 km. debut, Geoff Goon Pan clocked up 86.59, Patricia Hucker 79.19 and Peter Henry 52.80 (for 6 hours). Old friend and crowd pleaser Cliff Young ran an easy 84.32, showing the sort of form that will surely see him mop up all the world over 70 records before he starts on the over 80's in 2002AD.

Dave Taylor, Cliff Young, Shaun Scanlon and yours truly used the race as training for the March 4th journey from Sydney to Melbourne and back, in which race, we 4 hopefuls are challenging Dave for his 19 days 6 hour record from 1993.

Along with 2 km. and 5 km. bush fun runs and novelty events (gumboot and thong throwing), the Toukley Rotary Club raised some \$3,500 for charity on the day, and a good time was had by all.

Tony Collins.

TOUKLEY ROTARY - WYONG SHIRE

TOUKLEY 12.

RESULTS:

1. JAMES ROONEY	120.90 KM.
2. MAURICE TAYLOR	115.60 KM.
3. HELEN STANGER	114.44 KM. (FIRST FEMALE).
4. PETER GRAY	104.76 KM.
5. BILL HICK	104.21 KM.
6. TONY COLLINS	100.76 KM.
7. TONY FARNHAM	93.67 KM.
8. BILL JOANNOU	91.26 KM.
9. SHAUN SCANLON	90.55 KM.
10. GEOFF GOON PAN	86.59 KM.
11. CLIFF YOUNG	84.32 KM.
12. DAVE TAYLOR	81.00 KM.
13. PATRICIA HUCKER	79.19 KM. (2ND FEMALE)
14. VAL WARREN	76.85 KM. (3RD FEMALE)
15. ISOBEL BUCKLAND	64.87 KM.
16. STEEL BEVERIDGE	52.80 KM. WITHDRAWN AT 6 HOURS
17. PETER HENRY	50.40 KM. WITHDRAWN " " "
18. JOHN TIMMS	47.20 KM. WITHDRAWN
19. LOU GLADWELL	31.60 KM. WITHDRAWN
20. MARK GLADWELL	31.60 KM. WITHDRAWN
21. BOB CHANNELLS	27.20 KM. WITHDRAWN

1995 HERITAGE DUSK TO DAWN ROAD RACE
25 FEBRUARY 1995
CABOOLTURE - QUEENSLAND

The Heritage Village at Caboolture in Queensland looked like it was abandoned years ago. Buildings, deserted in the fading light, the wind moved through the streets, gently disturbing the leaves as the night moved in to reclaim it. Slowly at first, the night began to loose its overpowering grip as small groups of people moved in, settling in shop verandahs or setting table, chairs and tents in the open spaces between the buildings. The flow of people increased until the main street resembled its yesteryear in activity. This was not the local population coming to shop or socialise after a day on the farm. These people come to challenge their minds and bodies. This was the Heritage Dusk to Dawn Road Race.

By 6pm on a cool dark evening 36 combatants assembled at the starting line to begin their journey into the night. The course was 1 kilometre out and back, winding through the streets of this very picturesque display village. There were four events being held simultaneously. A 12 hour run, 100k state championships, 50k run and a 6 hour run. People running in the 12 hour event were also eligible for inclusion in the 100k run. All results are included with this report.

It is always very difficult when writing a race report to focus on "the rest of the field" when most interest is on the first three placegetters. But as my normal place is at the back of the field I know that as much effort is put in by the person that comes last as by the person that comes first. I feel I need to comment on some of the "rest of the field" performances in this event. Shellie Smith covered 66.164k in 12 hours, she has an ultrarunners mind that puts her up there with the best. John Petersen, who's age has been well commented on has been off running with Ross River Fever for nearly a year now came to the event to catch up with a few people and have a little training run, kept going for 12 hours and covered 58k. The Nanango group get stronger. Angela and Cathy look like professionals. Ron Grant is getting a fire back in his eyes. Sue Christie and Reg Campbell got caught up in the atmosphere and put in a great effort. Nicolle Carol put in a 2.45.35 marathon on a course that was NOT a marathon course by any definition. Two very sharp turn round points would have added minutes to her time. Andrew French's total does not reflect the effort and pain that went into his run. Gary Parsons will be crewing for Sharon in the next 1000 mile if she continues to improve at the rate she does. Lorna Hill will also be a serious contender along side Sharon. If there was a prize for the "I Hate Running" look, Rod Morgan would win first prize every time. This is a man into self infliction of pain, 55.629k in 6 hours and hated (loved) every second of it.

This was another very well organised event which adds to the depth of ultra running in Queensland. It was professionally directed by David and Pauline Barwick. Thirty-six runners are very good numbers for an event that was organised in only a matter of months. Its a perfect venue for an ultra event as it is all on private roads through a private historical village. This is only one of a number of excellent runs organised in Queensland. Options now range from 50k to 1000 miles, including a number of state and national championships. Further information on all Queensland events can be had from Ian Cornelius, P.O. Box 469 Broadbeach Q 4218. Ph (075) 92 2349.

Ray Chatterton

1995 HERITAGE DUSK TO DAWN ROAD RACE

25 FEBRUARY 1995

CABOOLTURE - QUEENSLAND

12 hour and 100k State Championships

NAME		12 HOUR	100k STATE CHAMPIONSHIP	
1	Brian Evans	Qld 104.00	2	11h.30.58mins
2	Ron Grant	Qld 102.00	3	11h.41.20mins
3	Gavin Bazeley	Qld 100.00	1	10h.39.39mins
4	Geoff Williams	Qld 100.00	4	11h.56.56mins
5	Cathy Caton	Qld 98.704	1	12h.08.02mins 1st Female
6	Bob Burns	Qld 93.000		
7	Sharon Parsons	Qld 85.255		1st Female
8	Kerri Hall	Qld 75.797		2nd Female (Walker)
9	Shelly Smith	Qld 66.164		3rd Female
10	John Petersen	Qld 58.000		
11	Garry Parsons	Qld 43.000		Retired after 4h.07 mins
12	Dell Grant	Qld 42.000		Retired after 5h.19 mins

Cathy Caton 1st female in the 100k state championships.

Sharon Parsons 1st female in the 12 hour event.

50k EVENT

NAME	MARATHON	50k
1 Gino Evangelista	Qld 3.46.21	4.30.19
2 Ian Cornelius	Qld 3.58.51	4.51.32
3 John Fowler	Qld 4.26.27	5.21.02
4 Nicolle Carrol	Qld 2.45.35	D.N.F.
5 Tony McCall	Qld 38 k	D.N.F.
6 Asim Mesalic	Qld 24 k	D.N.F.

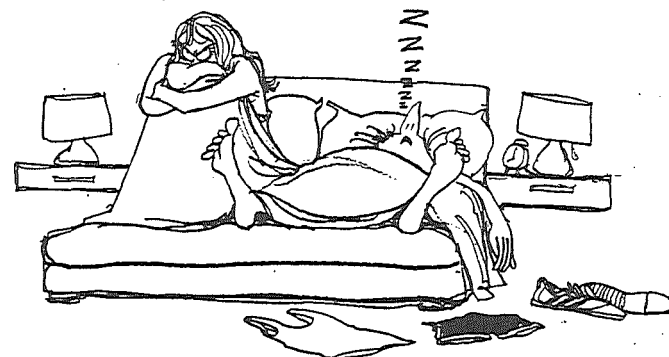
1995 HERITAGE DUSK TO DAWN ROAD RACE

25 FEBRUARY 1995

CABOOLTURE - QUEENSLAND

6 HOUR EVENT

NAME	6 HOUR	
1 Peter Gibson	Qld 68.413	
2 Lyn Gordon	Qld 64.378	1st female
3 Cliff French	Qld 59.00	
4 Andrew French	Qld 58.337	
5 Lorna Hill	Qld 56.965	2nd female
6 Rod Morgan	Qld 55.629	
7 Dave Holleran	Qld 55.174	
8 Steel Beveridge	NSW 54.100	
9 Angela Clarke	Qld 53.557	3rd female
10 Rudy Meyer	Qld 51.703	
11 Ian McCloskey	Qld 51.633	
12 Bob Clarke	Qld 51.266	
13 Veronica Mitchell	Qld 46.239	4th female
14 Sandra Cox	Qld 44.775	5th female
15 Terry Sloan	Qld 42.620	
16 Steven Roach	Qld 38.000	D.N.F. (3h.13mins)
17 Sue Christie	Qld 37.239	6th female (Walker)
18 Reg Campbell	Qld 35.916	(Walker)



MATRIMONIAL BLISS ...

Dear friend!

We invite you to take part in our Ultra-Running Race. Please, inform your colleagues, athletes and tourists about this event.

Yours sincerely, Igor Streltsov — Race Director.



Ultra-Marathon Race "The Hell over the clouds". 200 km around Kamchatka (Russia) august 2-11, 1995.

Kamchatka is a peninsula in the far east of Russia. The largest earth-crust break along the Pacific Ocean coast made in to be a zone of active volcanoes, it became a part of the Earth fire ring. During the ages volcanoes frightened and attracted people by their magnificence and mighty. Not many people managed to look into the volcano crater, the depth of the Earth. Those who did, were hypnotised by the frightening beauty, by the power of nature. Here a person feels like a grain of sand in terrible nature surrounding. Everything seems unreal, mysterious, unstable. This place might possibly be a prototype of the hell.

Exotic character of Kamchatka invariable attracts a great number of people, feeling satisfaction from visiting places where the foot of man never trod. Many natural resources of Kamchatka are of practical character: hot springs are among them. The best European resorts may envy the medical qualities of the water a person who once have bathed in the hot water of the spring, or have seen the Kuril lake would strive to come here again. Kamchatka is really worth meeting with, because it is difficult to find a pure and virgin piece of nature like this.

Those who are fond of overcome difficulties are invited to take part in ultra-marathon race:

"The Hell over the clouds"

1. The purposes of the Race:

- popularisation of ultra-running in Kamchatka;
- establishment of friendly ties with foreign athletes;
- acknowledgement with unique nature of Kamchatka.

2. Course:

- Pinachevo settlement — Nalychevskaya Valley — Talovsky hot spring — Dzendzur Volcano — Nalychevskaya Valley — Aagsky mineral springs — Nalychevskaya Valley — Pinachevo settlement — Avachinsky volcano — Petropavlovsk-Kamchatsky.

The length - 200 km, altitude - 9800 m (rise - 4900 m, descent - 4900 m).

2.1. Dates:

start - Monday, august 2, 1995;

finish - Wednesday, august 11, 1995.

3. Organisers:

Tourists and Travellers clubs of Kamchatka the preparation of the rout and service during the race (medical service, cooking, setting of tents, etc...). General guidance of competitions is provided by ultra-running development Committee in all Russia. Track and field Federation.

4. Participants and eligibility:

Open to all runners with corresponding grounding. Registration can be accepted by entirely completed entry form to fax or address of Race Director. Closing date for entries is June 15, 1995.

Igor Streltsov - Race Director box 65, Michurin str., Kaliningrad-6, Moscow region, PO 141070 Russia
Tel. (095) 328-99-38 Alla Duka Fax (095) 328-99-38 Alla Duka

5. Awards:

All runners who complete the race will get medals, pins. Awards will be given to the first foreign runner, special awards will be given to the winners of 2 mountain stages on Avacha and Dzendzur volcanoes. Prize money (rubles).

6. Programme:

- DAY 1** (31.07.95). Arrival to Petropavlovsk. Lodging at sanatorium or hotel.
- DAY 2** (01.08.95). Arrival to Petropavlovsk. Lodging at sanatorium or hotel. After lunch excursion to Paratunka settlement. Bathing in worm springs. Picnic with fish-soup.
- DAY 3** (02.08.95). A tour of Petropavlovsk, visiting museum and the Pacific Ocean coast. Bathing in worm springs. Picnic with fish-soup.
- DAY 4** (03.08.95). Start. 46 km from Pinachevo settlement along the tourist path through the Pinachevsky pass 1230 m to Nalychevsky hot springs.
- DAY 5** (04.08.95). Start. 12 km tourist path till Aagsky mineral springs. Time stop. Watching the hot springs, waterfall on Shumnaya river. Start. 12 km along tourist path, return to Nalychevsky hot springs.
- DAY 6** (05.08.95). Start. 12 km run along the tourist path to Talovsky hot springs. Time stop. Start. 17 km along tourist path, up along the Zhelov stream canyon till Dzendzur volcano. Time stop. Start. 28 km seeing the pass, descending along the glacier, then tourist path till Nalychevsky hot springs.
- DAY 7** (06.08.95). Start. Along the tourist path the Pinachevsky pass, 1230 m to Pinachevo settlement 46 km.
- DAY 8** (07.08.95). Start. 7 km run up along the crest of Avachinsky volcano, 15-20 steepness, 2100 m above the sea level. Time stop. Excursion: ascent of the volcano cone, 30 steepness. Descent from the volcano.
- DAY 9** (08.08.95). Start. 20 km along the tourist path through the Petropavlovsk.
- DAY 10** (09.08.95). Rest. Bathing in worm springs. Picnic with fish-soup. Russian Bath (Baniya), awarding ceremony, banquet. Lodging in a hotel.
- DAY 11-12** (10-11.08.95). Departure from Petropavlovsk.

7. Arrival to Petropavlovsk.

From Moscow, Russia —> Petropavlovsk, Russia.
From Khabarovsk, Russia —> Petropavlovsk, Russia.
From Seoul, Republic of Korea —> Khabarovsk, Russia.
From Seattle, Washington, USA —> Khabarovsk, Russia.
From San Francisco, California, USA —> Khabarovsk, Russia.
From Niigata, Japan —> Khabarovsk, Russia.

The entry fee is \$590 (including accommodation, food, excursions during 10 days).
Accompanying persons pay the same entry fee. Paying by cash after arrival.

I make programme at 1995 following:

- * The Race "The Hell over the clouds" (with 2 Volcanoes) — 10 days.
- * The tourism campaign to the valley of hot springs — 4-5 days.

IF ANY REFERRAL OR ENLIGHTENMENT IS REQUIRED
LEIGH PAVETT (060) 254959 HAS BEEN TO THIS EVENT

JAGUNGAL WILDERNESS TRAIL RUN

RESULTS - 1995

	H Jack Road 22km	Round Mt Turnoff 50km	Grey Mare 57km	Valentine Hut 62km	Finish 80km
1.ANDREW KROMAR	1.52	4.20	5.10	5.57	7.40.05
2.JOHN JACOBY	2.07	4.56	5.44	6.36	8.31.45
3.MARTIN THOMPSON	2.16	5.17	6.09	7.04	9.03.18
4.ROSS BILL	2.19	5.32	6.29	7.26	9.32.24
5.MURRAY TOWN	2.32	6.05	7.05	8.11	10.30.54
6.KEVIN CASSIDY	2.46	6.39	7.49	9.16	12.12.40
6.ROSS SHILSTON	2.46	6.39	7.49	9.16	12.12.40
MAX SCHERLEITNER	3.42	8.31	9.55	11.25	DNF
MICHAEL BURTON	2.43	DNF			

9 RUNNERS STARTED, 7 FINISHED

FINE & COOL WEATHER.

DRY TRACK.

LAST YEAR .eq.1st - 2 Russians in 8 58.00

Unbelievable run by Andy. At every checkpoint it was said ' Could he keep it up ' -- he did and beat Australian multisport champion John Jacoby by an amazing 51 minutes.

Many helpers,an enjoyable weekend,topped by a sociable get together after at Perisher.

I trust one of the participating runners will give an account of the run elsewhere in the mag.

I'm afraid that if there isn't more promised participation support there's no run next year- which is a pity.

JAGUNGAL WILDERNESS TRAIL RUN, NSW -25/3/95

by Kevin Cassidy

The one word to describe this event is "unique". A distance of "80 or a bit more" kilometres through remote and breathtaking wilderness at an altitude of between 5,000 feet and 5,900 feet.

It was icy cold at the start, which had been delayed by about 20 minutes due to Ross Shilston having trouble with his contact lenses, but we finally got underway. The sun rose to a comfortable warm day and Ross and I were in cruise mode and going comfortably as we approached Valentine Falls at 60km. Our projected finishing time was about 11 hours, when we suddenly lost the trail and lost considerable time and energy bush-bashing up and down a mountain before regaining the trail. We got going again until Ross decided to become rather ill at about 65km before throwing up and depleting himself of any energy. I had three options at this stage - shoot him (I didn't have a gun), stay with him or run on and let him die on the trail. Running on and leaving him was the option I would have taken except for the fact that a death notice would cost me \$20 and we had travelled up in Ross's car and I didn't know where the keys were. So I stayed put.

At this point, the run had turned into a survival stagger, and with the sun fading and temperatures quickly dropping to zero, it was a long cold walk to the finish where we finally arrived in a shade over 12 hours and both in the early stages of hypothermia, a problem that was solved with a long hot shower.

Race organiser, Leigh Privett has put a lot of work into staging this race, so it was disappointing to see only 9 starters in its second year. This race dishes up a bit of everything, so if you are a fair dinkum trail runner (There are plenty of you in Melbourne and Sydney), you will be doing yourself a big favour by making this event a priority on your 1966 calendar

MANSFIELD TO MT.BULLER - 50 KM ROAD RACE

29TH JANUARY, 1995

Report by Dot Browne

It was 6.30am on a perfect, cool, still morning out on the picturesque country road to Mt.Buller and the runners started arriving and checking in with their support crews. The Shepparton mob had a couple of extras this year, Garrie Scott and Brian O'Farrell to join the regular Brian Gawne, plus a great support crew complete with van.

By 6.50am we had 17 runners but still no Billy Beauchamp. We knew he was in town because we'd chatted him up outside the Mansfield pub the night before. But, never fear, with 2 minutes to start time, we saw a car approaching full speed in a cloud of dust. It was Billy, all right, with his tape of Herman's Hermits blasting "Mrs Browne You've Got a Lovely Daughter" for the Race Director's benefit. Thanks Bill! He only ever saw my daughter once and that was 10 years ago, and he's never forgotten her. I've been doing my best to keep her away from him ever since.

Anyhow, back to the race. We started them running right on 7am with Billy dragging his track suit off and shouting instructions over his shoulder. It is exquisite country around Mansfield. Rolling brown hills surrounded us, broken up with lines of willows following the path of the river and banks of cypress and poplars concentrated around the odd farmhouse. Mt.Buller, our destination, nestled high in a range of purple mountains in the distance on the skyline. The quietness was broken by the constant calling of birds echoing and answering each other over the valley and the sheep grazed, well camouflaged on the dry grassy hillsides. A patterned hot-air balloon silently drifted above us and landed at a nearby winery for breakfast around 8.30am.

Kelvin Marshall took off fast, putting a wide gap in the field for the first 10km. We cautioned him at the drink station "Take it easy Kelvin; you're going too fast!" "Well someone has to do it!" was his strange reply. But by 20km, he had almost been caught by top runner from NSW, Greg Love ("Romeo"), supported by his family in the car and looking as fresh as a daisy.

Geoff Hook, suffering from a recent bout of bronchitis, was having breathing troubles towards the back, while Peter Nelson was comfortably bringing up the rear, confident of reeling in a few scalps by the end of the run.

By 25km, Greg Love ("Romeo") had hit the front, moving well. Peter Armistead, originator of this event, was starting to fire after a conservative start, and was picking up a few placings. Also Rima McAvoy, sole female entrant, was looking comfortable. The cloudy overcast conditions kept the temperatures relatively cool, perfect for running, around 18 degrees.

By 35km, having started up the mountain, Greg Love had a 7 minute lead over Dennis Clark, who was the only competitor who stated that he "enjoyed the hills". But "Romeo" was impossible to overtake. He was so bloody strong up the mountain. Pete Armistead had stopped cracking jokes and was looking very serious and determined, plugging away up the slope. Keith Alexander was walking up the mountain, suffering from hip soreness. George Wilson and Kevin Browne was keeping each other company towards the back of the field, but with Geoff Hook and Peter Nelson still behind them.

Meanwhile the drink station attendants, Col Browne, Robin Anderson (sponsor), Clive Davies (previous winner) and Kevin Cassidy (trail run fanatic) were getting eaten alive every 5km by the man-eating march flies constantly stinging and keeping them jumping while they waited for the runners to stagger around the mountain road curves. They supplied drinks, fruit, sultanas and jelly beans for desperate runners. Ross Shilston and Lawrie Black were driving the lead and back-up cars.

They all finally made it up to the summit of that rotten mountain, over the less than enjoyable 800 metres of jagged rocks which surround the cairn, and then 2km down again to the Ahlberg Pub for the finish, with Shep. boy, Brian O'Farrell shrieking, "I'm NEVER doing this again!!" and we all went inside for a few quiet ales and some baskets of chips. The management supplied a large fruit cake for us which disappeared fast. The presentations were held soon after and the Perpetual Trophy was presented to Greg Love for his fantastic run, second place to Dennis Clark (an ex-Otway Classic competitor) and Kelvin Marshall, who hung on for third. Merricks Nursery again sponsored the event and supplied three lovely native plants and a bottle of port to be added to the AURA tee-shirts and singlets which were presented to the other competitors. Rima McAvoy, in her second 50km run (the last one was in Italy), collected First Lady trophy. Congratulations to all competitors who completed the tough event, and to the helpers and sponsors who made this whole thing possible. A very successful fifth running of the event.

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1995 MANSFIELD TO MT. BULLER - 29 January, 1995

50KM ROAD RACE - RESULTS

Name	10km	15km	20km	25km	30km	35km	40km	45km	50km.
1. Greg LOVE	44.00	1:04:29	1:22:00	1:44:48	2:08:50	2:30:47	2:55:00	3:18:00	3:57:45
2. Dennis CLARK	44.00	1:05.24	1:24.00	1:47.07	2:12.30	2:37.43	3:05.00	3:32.30	4:24.21
3. Kelvin MARSHALL	42.25	1:03.20	1:22.00	1:45.39	2:12.20	2:40.03	3:13.00	3:46.50	4:36.39
4. Max BOGENHUBER	49.40	1:13.49	1:35.00	2:02.06	2:30.30	2:51.50	3:25.00	3:52.58	4:41.35
5. Geoff DUFFELL	51.20	1:16.48	1:39.00	2:06.45	2:34.50	3:03.40	3:33.00	4:01.40	4:49.51
6. Mike McAVOY	43.50	1:05.15	1:26.00	1:51.30	2:20.05	2:52.30	3:29.00	4:03.30	4:50.39
7. Brian O'FARRELL	49.10	1:12.02	1:33.00	1:59.30	2:30.00	3:00.05	3:33.00	4:05.00	4:57.53
8. Garrie SCOTT	48.30	1:11.25	1:31.00	1:56.14	2:24.50	2:57.15	3:34.00	4:07.18	4:58.52
9. Peter ARMISTEAD	49.10	1:13.35	1:35.00	2:01.00	2:26.40	2:52.35	3:23.00	4:01.40	5:00.19
10. Brian GAWNE	46.10	1:09.07	1:29.00	1:55.46	2:24.50	2:57.15	3:35.00	4:09.00	5:20.25
11. Roger WEINSTEIN	48.20	1:11.25	1:31.00	1:57.07	2:27.40	3:00.30	3:39.00	4:15.00	5:19.08
12. Rima McAVOY (1st F)	51.00	1:16.46	1:40.00	2:08.49	2:40.40	3:14.50	3:52.00	4:27.00	5:28.25
13. Bill BEAUCHAMP	51.30	1:16.44	1:40.00	2:09.06	2:40.10	3:14.30	3:55.00	4:33.40	5:37.56
14. Keith ALEXANDER	48.50	1:12.37	1:32.00	1:57.07	2:34.50	3:26.06	4:11.00	4:55.00	5:59.50
15. Peter NELSON	1:03.20	1:34.50	2:03.00	2:37.10	3:13.55	3:53.10	4:38.00	5:19.40	6:24.29
16. Geoff HOOK	59.40	1:30.48	1:58.00	2:33.52	3:10.20	3:57.40	4:46.00	5:32.15	6:41.22
17. George WILSON	57.26	1:24.50	1:50.00	2:23.52	3:01.00	3:43.55	4:34.00	5:22.10	6:42.20
18. Kevin BROWNE	57.20	1:24.50	1:50.00	2:23.52	3:01.00	3:43.50	4:34.00	5:22.10	6:42.26

100KM LIVERPOOL TRACK RACE - 4/5TH FEB, 1995

RESULTS

1.	Ian Clark	8hrs 37mins 55secs	Vic
2.	Brian Smith	9hrs 11mins 31secs	Vic
3.	Helen Stanger	9hrs 36mins 58secs	1st female
4.	James Rooney	9hrs 50mins 07secs	
5.	Maurice Taylor	9hrs 57mins 51secs	
6.	George McCormack	10hrs 01mins 54secs	Vic
7.	Tony Collins	10hrs 38mins 16secs	
8.	Brad Boyle	10hrs 50mins 09secs	
9.	David Sill	11hrs 18mins 14secs	
10.	Georgina McConnell	11hrs 45mins 44secs	2 nd Female
11.	Ralph Bristow	11hrs 50mins 01secs	
12.	Tony Farnham	11hrs 55mins 28secs	
13.	Nick Drayton	12hrs 05mins 18secs	
14.	Shaun Scanlon	12hrs 34mins 12secs	
15.	Bill Joannu	12hrs 53mins 43secs	
16.	Edvardo Vega	13hrs. 95.2kms	
17.	David Taylor	13hrs. 90.8kms	
18.	Val Warren	13hrs. 85.6kms	3 rd Female
19.	Cliff Young	13hrs. 82.4kms	
20.	Chris Varley	13hrs. 79.2kms	
21.	Larry Smith	13hrs. 78.4kms	
22.	Steve Bryce	13hrs. 72.4kms	
23.	Isobel Buckland	13hrs. 66.8kms	
24.	Jim Holmes	13hrs. 62.4kms	Encouragement Award
25.	Jason Smith	13hrs. 60.4kms	
26.	Glen Jarvis	13hrs. 44.8kms	Craig Rowe Memorial Award
27.	Alan Staples	Retired. 11hrs 59mins. 69.2kms	
28.	Keith O'Connell	Retired. 4hrs 59mins. 41.2kms	
29.	Chau Lee	Retired. 4hrs 40mins. 42.8kms	

TEAM WINNERS

THE 1995 SIX FOOT TRACK MARATHON RESULTS

Place	RUNNER	X	SUBURB	TIME	Place	RUNNER	X	SUBURB	TIME
=====	=====	=	=====	=====	=====	=====	=	=====	=====
1	LOVE GREG	M	UMINA	3,32.12	58	COATES BARRY	M	LOFTUS	4,52.17
2	BURTON MICHAEL	M	COOGEE	3,42.36	59	COULL PAUL	M	HEATHCOTE	4,53.44
3	CLINGAN BILL	M	GEORGES HALL	3,46.38	60	BENNETT PETER	M	SANS SOUCI	4,53.46
4	THOMAS KEITH	M	MORISSET	3,50.47	61	DOWLING KERRY	M	BASS HILL	4,53.56
5	INGLIS BRUCE	M	BEROWRA HEIGHTS	3,57.07	62	LONDON MICHAEL	M	YARRAWARRAH	4,54.15
6	MARSHALL KELVIN	M	LANE COVE	3,57.21	63	THOMPSON NOVAK	M	BALMAIN	4,54.26
7	VELLA SAM	M	MAROUBRA	3,57.50	64	TILLER KEVIN	M	BEROWRA	4,56.00
8	HICKS ANDREW	M	BEXLEY	4,01.41	65	STURGESS PAUL	M	CHESTER HILL	4,56.28
9	WORSWICK JOHN	M	ERSKINEVILLE	4,01.42	66	TAYLOR ANDREW	M	KATOOMBA	4,56.49
10	FOLEY TIM	M	RANDWICK	4,02.25	67	CROUCHER DON	M	SUTHERLAND	4,56.56
11	URWIN STEPHEN	M	NEUTRAL BAY	4,03.17	68	LAW KEITH	M	CAMBRIDGE PARK	4,57.22
12	BRIGHT BEN	M	RANDWICK	4,03.55	69	MARTIN MIKE	M	FRENCHS FOREST	4,57.24
13	WALKER DERRICK	M	KENSINGTON	4,03.56	70	PATTERSON GRAEME	M	LILLI PILLI	4,57.25
14	HUGILL PHILIP	M	MOSMAN	4,04.32	71	SMITH DEREK	M	MILSONS POINT	4,57.28
15	HANNA BASIL	M	MOUNT PLEASANT	4,09.53	72	JACKSON STEPHEN	M	WYOMING	4,58.49
16	RAUPACH KEN	M	BLACKHEATH	4,10.01	73	KIMBREY BOB	M	APPIN	4,58.55
17	OWENS JAMES	M	OATLEY	4,10.27	74	AITKEN CHARLES	M	ALBURY	4,59.07
18	BILL ROSS	M	NEUTRAL BAY	4,10.37	75	WATKINS GREG	M	CRONULLA	4,59.18
19	TILLER DAWN	F	BEROWRA	4,10.51	76	COLWELL BRIAN	M	BONDI	4,59.26
20	EVERY PAUL	M	NORTH EPPING	4,15.29	77	BUTLIN PHILLIP	M	MCMAHONS POINT	4,59.39
21	SHILSTON ROSS	M	FRANKSTON	4,15.31	78	BARNES PETER	M	WENTWORTH FALLS	5,00.07
22	HARDAKER KEVIN	M	BRADBURY	4,19.07	79	BROADBENT WARREN	M	TORONTO	5,00.26
23	GOODALL CRAIG	M	HEATHCOTE	4,20.23	80	OLOVICH FRED	M	MENAI	5,00.27
24	MCLEAN CHRIS	M	EAST RYDE	4,21.25	81	HUNT LES	M	GEORGES HALL	5,02.38
25	SMART MICHAEL	M	ARMIDALE	4,21.43	82	MOLLOY BRETT	M	PADSTOW	5,02.46
26	TOWN MURRAY	M	WAHROONGA	4,25.42	83	MORGAN IAN	M	ST CLAIR	5,02.51
27	SEIB DAVID	M	GLADESVILLE	4,28.31	84	MONTGOMERY BOB	M	WENTWORTHEVILLE	5,02.52
28	GRAY STEPHEN	M	CRONULLA	4,31.13	85	HARPER NEIL	M	MANGERTON	5,02.53
29	WARD MIKE	M	BALMAIN	4,32.18	86	TAYLOR STEVE	M	GLEN INNES	5,02.59
30	TAYLOR GEOFF	M	ROSEVILLE	4,34.19	87	BURRELL GRANT	M	GLENBROOK	5,03.11
31	GREEN IAN	M	EAST HILLS	4,34.31	88	FIELD ALF	M	KILLARA	5,03.49
32	ROBERTSON JACK	M	ULLADULLA	4,36.28	89	WHITE KEITH	M	WILLOUGHBY	5,05.05
33	EISENHUTH PAUL	M	GEORGES HALL	4,38.05	90	ROYAL MICHAEL	M	ROSEVILLE	5,06.10
34	JOHNSON GRAHAM	M	QUAKERS HILL	4,41.27	91	THOMAS VIC	M	MORRISSET	5,06.48
35	CLEAR DAVID	M	WEST RYDE	4,42.01	92	HARDAKER BRIAN	M	BONDI BEACH	5,06.49
36	GLEN JOHN	M	LEURA	4,43.00	93	MEZZINO PHIL	M	ENGADINE	5,06.50
37	BRIDGE COLIN	M	ISAACS	4,43.01	94	MURPHY GRAHAME	M	CASTLE HILL	5,08.09
38	CLARKE PHIL	M	CASULA	4,43.16	95	COLDRICK NIGEL	M	SCULLIN	5,08.21
39	ABOUD NICHOLAS	M	DOUBLE BAY	4,43.24	96	BYRNES JOHN	M	ENGADINE	5,08.22
40	BALMER ROBERT	M	ENGADINE	4,43.46	97	MELNYCZENKO JOHN	M	MINCHINBURY	5,10.15
41	GRACE DIEDRE	F	KENSINGTON	4,44.20	98	LAILAW DEBORAH	F	WAVERTON	5,10.16
42	POTTER LES	M	MOUNT DRUITT	4,44.22	99	MIFSUD STEPHEN	M	WERRINGTON DOWNS	5,10.17
43	SHARP ROBERT	M	MARAYONG	4,44.47	100	STREET ALEX	M	ROSE BAY	5,11.37
44	JENKINS DAVID	M	SYDNEY	4,45.04	101	STURMAN MARK	M	WELLINGTON	5,13.26
45	STEMP BEN	M	FAIRFIELD	4,47.45	102	GOYMER RAY	M	MENAI	5,14.15
46	STEPHENS ROGER	M	LINDFIELD	4,47.58	103	BEAK DAVID	M	BONDI JUNCTION	5,14.41
47	POTTER RAYMOND	M	HORNSBY HEIGHTS	4,48.19	104	GOLDEN TONY	M	MAROUBRA	5,14.56
48	BOGENHUBER MAX	M	EPPING	4,49.28	105	DOMIS JACK	M	WALLERAWANG	5,15.00
49	SMITH JOHN	M	KIRRAWEE	4,49.35	106	BUNN THOMAS	M	ERARING	5,16.51
50	LUCKHAM BRUCE	M	MANLY	4,49.36	107	WHITTON BARRY	M	ILLAWONG	5,17.19
51	FICKEL BOB	M	CRONULLA	4,50.06	108	GOONPAN GEOFF	M	ENGADINE	5,17.24
52	WINCHESTER RICHARD	M	NOBBY	4,50.46	109	LACEY WARWICK	M	GYMEA	5,18.08
53	SWAIN GARY	M	WILLOUGHBY	4,50.47	110	SMITH JOHN	M	GREYSTANES	5,19.10
54	GABRIO ANTHONY	M	LEUMEAL	4,51.10	111	MILLETT BRIAN	M	ENGADINE	5,19.43
55	CLAUSEN BRUCE	M	MOSMAN	4,51.18	112	SPINNEY JOHN	M	FAULCONBRIDGE	5,19.44
56	RUSSELL PAUL	M	CAMMERAY	4,51.37	113	HANNAN ANDREW	M	BANGOR	5,19.56
57	MATLEY STEWART	M	BROKE	4,51.57	114	STEWART NIGEL	M	VAUCLUSE	5,19.57

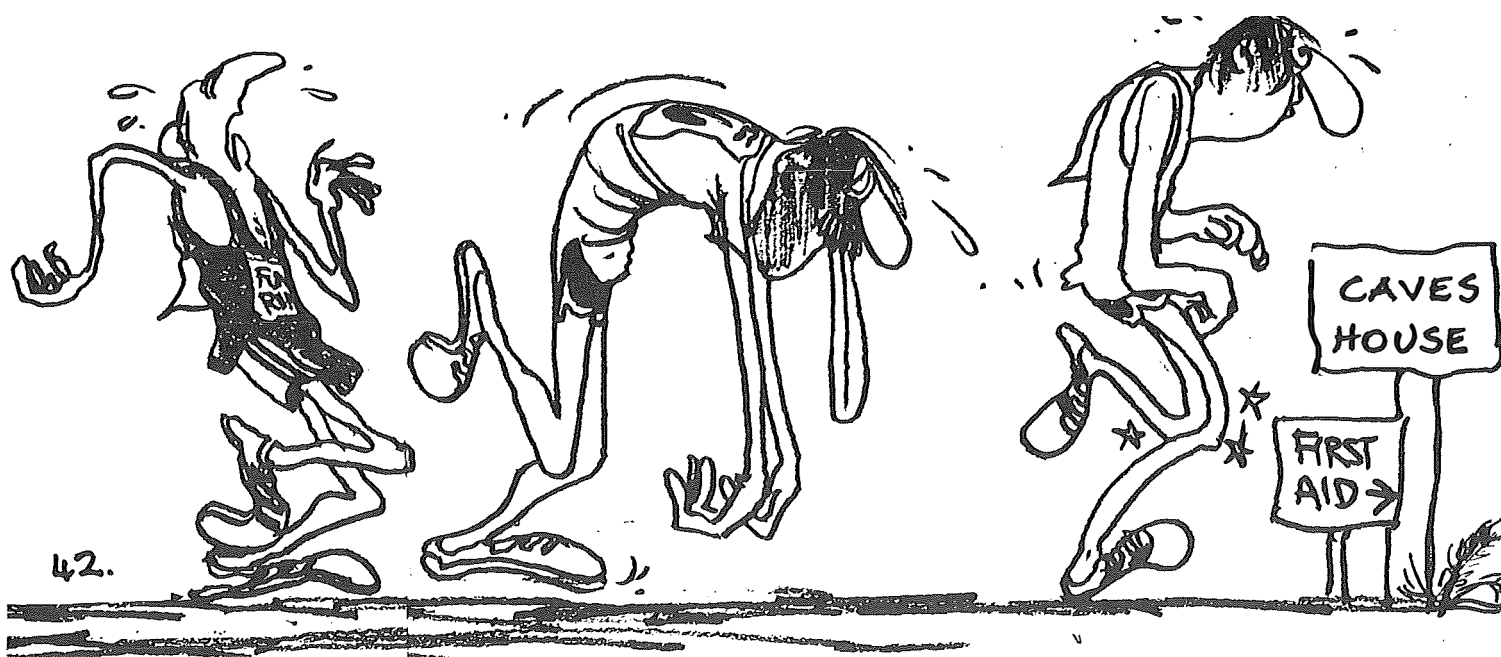
THE 1995 SIX FOOT TRACK MARATHON RESULTS

				FINISH TIMES				Saturday, 4th March			
Place	RUNNER	X	SUBURB	TIME	Place	RUNNER	X	SUBURB	TIME		
115	RIGBY ROGER	M	WAHROONGA	5,20.02	172	TURNER JOHN	M	PADDINGTON	5,50.43		
116	PETERS STANLEY	M	BONDI	5,20.12	173	REID GREG	M	BOSSLEY PARK	5,50.46		
117	KILHAM MICK	M	GUILDFORD	5,20.15	174	ARMSTRONG ANGUS	M	QUEENS PARK	5,51.05		
118	ZAEN AMY	F	PADDINGTON	5,20.20	175	GRIFFITH SUSAN	F	CASTLE COVE	5,51.42		
119	HEWSON BRIAN	M	CHATSWOOD	5,20.31	176	MARSDEN TONY	M	CONCORD	5,51.54		
120	EISENHUTH JOAN	F	GEORGES HALL	5,21.34	177	BURGESS KEITH	M	SEVEN HILLS	5,51.55		
121	VINEBURG TERRY	M	GEORGES HALL	5,21.35	178	STOREY JOHN	M	NORTH ROCKS	5,52.15		
122	DIGGLEMAN PETER	M	MEEKATHARRA	5,22.00	179	CLIFTON PHILIP	M	BRONTE	5,52.16		
123	CUNNIFFE DENNIS	M	MORTDALE	5,22.11	180	THOMPSON CAROL	F	MOSMAN	5,52.40		
124	STANTON GEOFF	M	HOME BUSH	5,24.29	181	BERGKVIST KATH	F	GARDEN SUBURB	5,52.42		
125	MESBITT DON	M	PEARL BEACH	5,24.30	182	KEITH STEPHEN	M	BONDI JUNCTION	5,53.36		
126	WILLIAMSON BOB	M	POINT CLARE	5,25.50	183	O'KANE KEVIN	M	TURRAMURRA	5,54.06		
127	HOOKER BOB	M	CAMBRIDGE PARK	5,25.52	184	WHITEHOUSE PAULA	F	ELANORA	5,55.03		
128	CLEMENS KEVIN	M	LALOR PARK	5,26.14	185	RAE TRUDY	F	GREEN POINT	5,57.58		
129	MUMDT ANTONIA	F	LILLI PILLI	5,26.51	186	KERRUSH GRAHAME	M	RIVERWOOD	5,57.59		
130	HERD ROBERT	M	ARMIDALE	5,26.52	187	RAMNARD BILL	M	GEORGES HALL	5,58.26		
131	HENRY RAY	M	TRANGIE	5,26.53	188	MCKAY MARION	F	FAIRLIGHT	5,59.11		
132	ELEY KEVIN	M	CASTLE COVE	5,27.31	189	SHARROCK PETER	M	RATHMINES	6,00.18		
133	HAYWARD GLENN	M	TOWRADGI	5,27.47	190	HILL SUE	F	LANE COVE	6,01.32		
134	FLEIG KARL	M	PADDINGTON	5,30.40	191	PARLEVLIET GERRY	M	SEVEN HILLS	6,01.57		
135	TRESIDDER MICHAEL	M	ROSEVILLE	5,30.59	192	GILPIN MARK	M	BLACKHEATH	6,02.22		
136	BUNDOCK GRAHAM	M	TERRIGAL	5,31.47	193	SCREEN JIM	M	ST IVES	6,02.28		
137	SAVILLE COLIN	M	MOUNT RIVERVIEW	5,31.50	194	CROSBY TONY	M	MOSMAN	6,05.09		
138	CRESWICK RICHARD	M	BATEAU BAY	5,32.12	195	DOBBIN DAVID	M	KILLARA	6,05.10		
139	HAMILL BRENDA	F	LONGUEVILLE	5,33.21	196	FRANCIS COLIN	M	GREYSTANES	6,06.37		
140	NORDISH STEVE	M	CANTERBURY	5,33.40	197	FRERCK BARBARA	F	CREMORNE	6,06.38		
141	ONEILL BARRY	M	BASS HILL	5,33.44	198	SAGUD STEVE	M	DEARRUK	6,06.47		
142	MCINTYRE ALAN	M	EMU PLAINS	5,34.20	199	GARDINER SANDY	F	BELMONT	6,07.01		
143	GOOD PETER	M	DARLINGHURST	5,34.50	200	SWAIN SHARYN	F	WILLOUGHBY	6,07.19		
144	CROFT ROGER	M	MILTON	5,34.57	201	DRAYTON MICK	M	WAHROONGA	6,07.20		
145	BARRETT JAMES	M	MOSMAN	5,35.31	202	TUXFORD MARK	M	BLUE HAVEN	6,08.09		
146	PAUL LEO	M	MENAI	5,38.51	203	ROBINSON MARGARET	F	CANTERBURY	6,08.35		
147	BOWMER JOHN	M	ORANGE	5,39.09	204	MACAULEY JOHN	M	LILLI PILLI (CAR	6,09.24		
148	NAGY ALEX	M	BONDI BEACH	5,39.44	205	ONEILL MARK	M	KALEEN	6,09.31		
149	TILNEY PETER	M	BLAYNEY	5,40.02	206	KNIGHT PAUL	M	WAHROONGA	6,09.38		
150	CLAYTON TED	M	GWANDALAN	5,42.03	207	FULLER YVONNE	F	ARCADIA VALE	6,09.59		
151	MARCH GREG	M	TURRAMURRA	5,42.08	208	LONG MIKE	M	NIAGARA PARK	6,12.34		
152	BEVERLEY PETER	M	FAIRLIGHT	5,42.23	209	VINEBERG KAY	F	GEORGES HALL	6,12.36		
153	HASTINGS PETER	M	TURRAMURRA	5,42.42	210	GAGEN TERRY	M	TURRAMURRA	6,15.19		
154	BEDFORD DENNIS	M	RAZORBACK	5,42.50	211	WITT ALAN	M	FRANKSTON	6,16.20		
155	GOODALL PAULINE	F	HEATHCOTE	5,43.06	212	MAYLOR FRED	M	GEORGES HALL	6,16.22		
156	MCREYNOLDS JULIE	F	ENGADINE	5,43.07	213	WARR KEN	M	CARINGBAH	6,16.27		
157	SCHERLEITNER MAX	M	LAVINGTON	5,43.21	214	BOOTH DIEDRE	F	HEATHCOTE	6,16.30		
158	MCCARTHY WAYNE	M	LONGUEVILLE	5,44.28	215	HUCKER PATRICIA	F	ILLAWONG (MENAI)	6,16.31		
159	BEVAN GORDON	M	TURRAMURRA	5,44.33	216	LIGHT IRWIN	M	SYDNEY	6,16.39		
160	WAY GREG	M	HARRABEEN	5,44.37	217	SINCLAIR DALE	M	NOBBY	6,17.17		
161	IRVIN EUGENE	M	CARLINGFORD	5,45.27	218	LOVE GRAHAM	M	WOOLLOOMOOLOO	6,18.18		
162	MCILHONEY RAYMOND	M	MENAI	5,45.28	219	HENDERSON JOHN	M	MOREE	6,18.20		
163	KNOWLES BRENT	M	ST ANDREWS	5,46.29	220	DEARNLEY MARTIN	M	HORNSBY HEIGHTS	6,18.40		
164	CARRIGAN JOHN	M	MOREE	5,46.48	221	SOTIROPOULOS KON	M	LATHAM	6,21.04		
165	ANDERSON VIC	M	INGLEBURN	5,48.30	222	DUCKWORTH BOB	M	EARLWOOD	6,21.05		
166	BOUSFIELD ANTHONY	M	ST MARYS	5,48.31	223	HOOK GEOFF	M	MOUNT WAVERLEY	6,21.45		
167	LILLEY DAVID	M	GLEN INNES	5,49.08	224	TEGART GREGORY	M	BENSVILLE	6,23.33		
168	REEVES JOHN	M	GLADESVILLE	5,49.36	225	HOBBS TOM	M	TOUKLEY	6,24.54		
169	LEPMANN MARTIN	M	ST IVES	5,49.55	226	RUSSELL ROBI	F	CAMMERAY	6,25.11		
170	BROWN NOEL	M	EPPING	5,50.27	227	CALLAN ANDREW	M	SUMMER HILL	6,25.18		
171	FLAHAGAN JOHN	M	MOOREBANK	5,50.41	228	BOIDIN DOMINIC	M	PAULCONBRIDGE	6,26.00		

THE 1995 SIX FOOT TRACK MARATHON RESULTS

Place	RUNNER		X	SUBURB	TIME					
-----	-----	-----	-	-----	-----					
229	MANSON	RICHARD	M	LANE COVE	6,26.01	256	OCONNOR	DAVID	M	EAGLE VALE 7,03.11
230	BOIDIN	BENEDICT	M	BLACKTOWN	6,26.02	257	WISE	PETER	M	GREYSTANES 7,03.44
231	BOIDIN	DAMIEN	M	WENTWORTHVILLE	6,26.03	258	CATCHLOVE	ROGER	M	LANE COVE 7,04.44
232	ANDERSON	DAVID	M	ELERMORE VALE	6,26.12	259	DREDGE	MARK	M	AVOCA NORTH 7,07.53
233	GORDON	JOHN	M	CLOVELLY	6,28.58	260	DIMITRIOU	JOHN	M	CAMBERRA 7,07.55
234	LYONS	ALISON	F	FIVE DOCK	6,29.22	261	COURTNEY	BILL	M	GREYSTANES 7,08.12
235	SIMPSON	CARL	M	PADSTOW	6,29.23	262	MCLEISH	JOHN	M	VAUCLUSE 7,08.18
236	MCDONALD	MALCOLM	M	PYMBLE	6,31.10	263	CHAPPELL	NEIL	M	FISHING POINT 7,11.49
237	STOREY	ROBERT	M	CHIPPING NORTON	6,33.38	264	CRIBB	LYN	F	WOY WOI 7,24.07
238	BRETT	JOHN	M	MIRANDA	6,35.44	265	BEARD	DANNY	M	GOSFORD 7,24.43
239	EVENDEN	PHILLIP	M	WINSTON HILLS	6,38.33	266	SMITH	MICHAEL	M	GREYSTANES 7,27.49
240	HILL	MARK	M	CARINGBAH	6,38.34	267	SMITH	RON	M	GREYSTANES 7,29.22
241	CLANCY	JOHN	M	GREENWICH	6,42.50	268	VISIONE	JAMES	M	ANNANGROVE 7,31.04
242	ALLEN	BARBARA	F	RABY	6,44.24	269	DIPPERT	PHILLIP	M	REVESBY 7,49.32
243	ALLEN	PETER	M	RABY	6,46.18	270	JAMES	FRANK	M	CAVES BEACH 7,49.33
244	STOREY	DON	M	NORTH RYDE	6,47.13	271	ENGLISH	PAT	M	WARRIMOO 7,49.34
245	LILLIS	TED	M	BASS HILL	6,49.39	272	HOWARD	GAVIN	M	WYEE 7,49.34
246	BEARD	GREG	M	SYDNEY	6,49.54	273	MONTGOMERY	STEPHEN	M	KILLARNEY VALE 7,49.38
247	SINGLETON	JOHN	M	SYDNEY	6,49.56	274	HAYWARD	JAMES	M	FAULCONBRIDGE dnf.
248	MANLEY	PAUL	M	NORTH RYDE	6,49.57	275	BONNING	JOHN	M	BOOKER BAY dnf.
249	HALL	BRUCE	M	ABBOTSFORD	6,49.58	276	BUTLER	GRAHAM	M	MOSMAN dnf.
250	LOWRY	DAVID	M	NOBBY	6,51.55	277	PRATT	BRIAN	M	COWAN dnf.
251	TROTTER	JOHN	M	WINMALEE	6,52.31	278	HAYES	CARL	M	WEST PENHANT HIL dnf.
252	LITTLETON	JOHN	M	NORTH BONDI	6,56.42	279	MANSON	SIMON	M	CREMORNE dnf.
253	MASON	JUNE	F	WTH EPPING	6,57.40	280	SHARPE	BRIAN	M	MALLABULA dnf.
254	SIMON	JOHN	M	PENSHURST	6,57.56	281	GRAHAM	CHRIS	M	PYMBLE dnf.
255	PARKER	GRAHAM	M	TERRIGAL	7,00.37	* * * END OF REPORT * * *				

First three finishers in this year's Six Foot Track Marathon, Greg Love, Michael Burton and Bill Clingan, all from NSW, finishing strongly and looking fresher than usual.



THE CRADLE MOUNTAIN RUN - 1995

by Max Scherleitner

Waldheim: February 4. 6a.m. Mist and cloud were still shrouding the majestic mountains, and a cool breeze made us anxious to start. We were advised to take the Horse Trail to Kitchen Hut, a fraction higher, longer, and as it turned out, a lot wetter.

Over 40 runners were on their way to Cynthia Bay, among them a contingent of five runners from Albury, Leigh Privett competing for the 4th year, myself for the 2nd time, and Jim Hyman, Rob Simmons and Keith Wiencke, tackling the very demanding course for the first time. In our haste to depart, we had momentarily forgotten the words of Waldheim's founder, Gustav Weindorfer, "There is no time, and nothing matters".

The clouds gradually lifted to reveal a glorious day, and the veils of mist cleared from Barn Bluff - what a fantastic view! From here on, the terrain is constantly changing, down the other side, over rocks, sticks and stones, along the boardwalk, through puddles, swamps and moors, in and out of forests of beech trees with their gnarled roots, past lakes, tarns, creeks, sometimes up to your ankles, knees, (and occasionally your waist), in mud. The views are constantly changing, mountains appear and disappear on the horizon.

A friendly welcome from the controller at Pelion Hut with sliced peaches, then it was on to Pelion Gap (1160m), where another great view greeted the runners. To the right, Mt. Ossa still retained a few patches of snow on its rocky crags, the rugged Du Cane Range lay ahead, and to the left, rose the East Pelion outcrop. From now on, it was gradually downwards to Kiaora Hut. A cuddly brown wombat ran ahead for awhile, then disappeared into the bushes, obviously deciding that this running business was only for the foolish.

From Kiaora Hut, it was on to Du Cane Hut, then over many, many more, beech tree roots to Windy Reach Hut. Here again, were more snow patches on the shadier cliffsides of the Du Cane Range. Down through the undulating eucalypt forest, and I crossed the hanging bridge at 4.45, to make it before the cut-off time at Narcissus Hut. Completely revived by a refreshing cup of tea and biscuits from the friendly control lady, and I was on my way to Cynthia Bay. Shortly after, I caught up with Jim Hyman, and we both battled it out to the very finish.

An amazing run, amazing terrain, and amazing views.

Thank you Richard, and all your helpers for organizing this great run.

As Gustav would have said (in Austrian dialect)

"Vor Freud tuat mirs Herz uberquellen
Da tua i an juchschroa anhellen..."

P.S. Perhaps you could start us with a blast from a Waldhorn (bugle) from Waldheim next year.

BUNBURY 6 & 12 HOUR TRACK RACE

4/5 March 1995

Once again Brian Kennedy did a superb job of creating a top track.

The cobwebs were again dusted from the old Victor, and Brian spent many days and hours mowing and rolling. Just to see the even, firm track surface surrounded by fluoro lights and tiger tape provided all necessary motivation and inspiration that would be required to run in such an event.

We had a couple of disappointments when two runners from the east were unable to take their free air tickets at the last minute. This left a small gap in the 12 hour event. At this stage I give my sincere apologies to Brian Smith who dropped everything at the 11th hour in order to fill the gap for us - only to find the tickets were not transferable. Sorry Brian - I know this left you in the lurch.

Despite this, we ended up with a great field of 18 cheerful runners, most of whom fulfilled their goals. We were pleased to see two new guys from Corrigin take part. We hope Gary and Doug have caught the ultra bug and will drag more country guys into the scene.

Some people mentioned the very windy conditions - perhaps it was, but after 'That Dam Run' in New Zealand, I don't think I could ever call our weather windy!!

We set off at a steady pace for the first hour. The cold wind seemed to cause multiple pit stops for many of the guys. Mick got jack of stopping and thought it was time to perfect the art of doing it on the run! This apparently required practise. I grabbed a sponge from him to clean up the sticky Exceed and banana from my face and hands (I must be a messy eater!). He cracked up. I didn't realise until it was too late that he'd already used it to mop up a failed attempt!!

As for myself, I knew I was doomed when I didn't shake off severe lower back pains in the first 5 km. However, with all the wonderful support from Bunbury Runners Club (BRC), Perth Marathon Club and the migration of half the population of Pingaring to Bunbury, I had to try and put something together. I pushed through 50 km in the best possible way before accepting an offer from Joe Record to try and fix my back. Unsuccessful, I hobbled on for a few more km before going for a massage. Back to the track and I knew that was it. I would already be out of the Comrades and I wasn't going to jeopardise the World Champs. I had never pulled out of an event before, but perhaps there was a streak of sanity remaining!!

Mick ran into trouble with his new feeding regime. Doug Wright was in all sorts of trouble with his new orthotic; and Brendon Gaynor had been fighting with a respiratory wog, with which he had become friendly in Sydney, and decided to bring home a few days earlier. His crew restricted him to one handful of tissues per lap! Everyone else seemed to be circulating and enjoying themselves. Carolyn and Nikki didn't stop chatting for the full six hours.

I had a long hot shower, shuffled back for another massage and promptly nodded off. A long time later I woke - Oh, hell! I could see the clock 9:40 into the race and I hadn't been any support to anyone. I eventually managed to get off the massage table and hobble out to find a few more layers of clothes. Joe and John had retired, leaving just Mick and Phil out in the cold.

Mick had decided that something had to be salvaged for the sake of the 12 hour event, and had switched to his 24 hour regime. He was now looking strong, but needed humouring on that lonely track. Madge, our marvellous lap scorer, chucked me a clear plastic wet suit - complete with hood - to put over my multiple layers of clothes - perfect! It was suggested that

I now resembled a condom ... even up to the hood! With this, I shuffled off in reverse direction to Mick and Phil to provide what support I could. As Mick approached, looking rather miserable and dejected, I announced the arrival of the 'giant condom'. That was it - he lost it totally!! I hate to think what was running through his mind, but every lap, as he passed, he cracked up. I took me a whole 1/2 hour to shuffle a 500 m lap.

When things go against you, they really do. On completion of my lap, Mick reminded me of our initial agreement. We were both going to go for a top score of km's that night, and so we put a S--- bucket on the back straight to save the 3 - 4 minutes it cost me last year on every trip through the club rooms. It was up to the loser to clean up!! (I hadn't been out there long enough to use it, this didn't seem fair!) Off I went to do my duty before anymore was added. As all hope of a top score for Mick was left on the track, I figured he could use the club rooms for any further stops.

To rub salt into the wound, we had a competition of team Scotland vs Australia with a 12 hour and 6 hour score for each team. With Doug and I with injury problems, we clocked up less than Micks 134 km's without adding Scottish John's score!! Yes, I have to roll up in Scotland with a few bottles. It will be after the Pre-World Champs and not before!!

Mick ended up breaking the Bunbury track record by a few km, and was looking strong. It was unfortunate for him that it wasn't a 24 hr event. Phil also completed the 12 hours looking good all the way through.

The Bunbury Runners Club is a great supportive, and always a very entertaining club. I hope we see a couple of Eastern Staters over here next year. It really is fun here, even if side bred!! The weather was a little unfortunate (except for the Scots) as it hadn't quite settled down following cyclone Bobbie.

And Linda - you won't have to work too hard to regain your 30 mile and 50 km records. However, look out next year!! You better come and defend them - and then to celebrate. This year they began with breakfast at the Extensions on the beach next to our club. By this time the weather was perfect - as was the crystal blue water and yellow sandy beach.

Not only a big thanks to the runners and crews from Perth Marathon Club, especially JP and Madge, BRC and Pingaring, but also to Winnie Vogel. He arrived from Perth with computers and programmes he'd devised to record and double check the lap times of up to 20 runners - and also have at his finger tips any info required for projected times distances etc. A great job!

Mary Morgan

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Order Form in last issue. Send orders to: Kevin Cassidy (the trail race fanatic!)
4 Grandview Road, Preston 3072

**ADT50
AURA DAM TRAIL 50+ 12 MARCH 1995
OFFICIAL RACE REPORT**

In spite of the reports I'm expecting some competitors to write, I want to present the true facts about this inaugural race.

Now! I know Rob Anderson couldn't find the 5.5km checkpoint and ended up down the wrong track by about 1km but I think it most unsportsmanlike that the runners didn't turn right and go the extra distance just to make Rob feel useful in his duty. Then Barry Moore inadvertently sent the runners along the Hermitage Walking Track adding only about 3km so why grumble? The only intersection I didn't tag with ribbons was the one where everyone went astray, some even going so far as to return to the start at Fernshaw Reserve. I've readjusted the advertised distance to 50+ km so you go as far as you like. All you runners should thank me for the extra distance you can write up in your diaries. Also, you had the chance to see more of the beautiful Maroondah catchment area than planned so you should be pleased about that.

Wow! What a day! Four runners on track and six lost by ½ way. One runner on track and nine lost by ¾ way. Nevertheless, they all dribbled in to the finish over the ensuing hours, some shattered, some bubbling with excitement to tell their stories. I'm so glad the day finished alright with no one lost or injured. I know I'm going to have this day thrown up at me for many, many years to come. Goodness knows what distances were run on the day (so the results are not exactly meaningful). Brian Simmons calculates he ran at least 65km - silly boy, he should know the area better since he lives just a few kilometres from the start. The great thing about the event was that it turned out a very memorable day for all concerned.

Thank you to all the helpers who did great jobs as Race Marshalls, despite the runners not playing fair with your great efforts.

Dot Browne and Becky Feldman at the start, Dom Dom Saddle and the finish.

Robin Anderson at 5.5km (+ 1km), Dom Dom Saddle and the finish.

Peter Feldman at 10km, Dom Dom Saddle and the finish.

Colin Browne and Barry Moore at the Black Spur and the finish.

Brian Flynn at Mt. St. Leonard.

Ross Shilston, George and Arthur Christodoulou at Donellys Weir.

Sandy Wilson at 30 km

Thanks also to Brian Simmons for organising the showers and the pub. And a big thanks to Laurie Black and Brian Flynn who made the great signs around the course. Maybe Laurie put a mozzly on the race by foolingly making up the following sign as a bit of fun:-

TAD 70
DAM SPUR
101kms

O SHIT!!

so don't pelt rotten tomatoes at me, it's Laurie you should go after.

I can assure you that next year the race will be absolutely **BORING** because everything will go smoothly, that is it will be perfect. The potential is there for this race to develop into a premier trail event in the future. The great attractions are the beautiful course and its closeness to Melbourne. All you have to do is to find a new Race Organiser who doesn't stuff things up.

Yours truly,

Geoff Kunk

GEOFF HOOK

Your Unscrupulous Race Organiser

46.

ADT50

AURA DAM TRAIL 50 + 12 MARCH 1995

RESULTS

		DOM DOM 1	BLACK SPUR	DOM DOM 2	MT. ST. LEONARD	FINISH DAM WALL
1	Safet BADIC, 34	0:52	1:24:00	1:51		4:42:40
2	Clive DAVIES, 53	1:02	1:33:00	2:03		5:03:30
3	Greg WILSON, 42	1:00	1:33:30	2:03	3:54	5:05:12
4=	Kevin CASSIDY, 34	1:09	1:46:05	2:24	4:56	6:40:40
4=	Brian SIMMONS, 39	0:58	1:30:00	1:58	4:56	6:40:40
6	Kelvin MARSHALL, 30	0:59	1:30:45	2:00	5:14	6:41:42
7	Peter ARMISTEAD, 48	1:09	1:46:05	2:24	5:14	7:18:02
8	Bob SAYERS, 53	1:18	1:56:25	2:35	5:19	7:24:50
DNF	Ian CLARKE, 40	1:01	1:33:30	2:03	retired @ 30 + km	
DNF	Peter NELSON, 54	1:24	2:12:20	2:58	5:24	retired @ 37 + km

1995 AURA DAMN TRAIL RUN 12th March, 1995 by Greg Wilson

I am getting my telephone disconnected. Just as I am happily settled into an injury-induced semi-retirement, Hookie rings. No doubt he is aware I haven't raced since this time last year, when I tried to do two 24 Hour races in a fortnight. Oh yes, with the Canberra 50km in between! I still can't work out why I got injured.

What a sneak! Geoff says he is holding a trail race in three weeks around the Healesville area. As I live within 15km of the course, I agreed to run. Those familiar with my reports will not be surprised at my arduous training regime: Week 1 - 50km, Week 2 - 70km, Week 3 - 90km, Week 4 - nil, injured. The day prior to race day, I ran 4km pain-free and so fronted the start line.

Now I promised I would never criticize those hard-working, dedicated, unpaid race organisers. So I will finish this report now.

No, hang it all! Hookie said Kevin Cassidy would give him heaps, and why should he have all the fun!

To set the scene, I must describe the idyllic setting. The start is at Fernshaw Reserve, at the junction of Maroondah Highway and the Watts River, just north of Healesville, Victoria, a beautiful spot. A flat, grassed area, surrounded by tree ferns, a trickling creek and majestic Mountain Ash.

At 7.30am, ten starters set off for 5km flat, on a winding track along the river. Safet Badic soon had the field strung out, with Kelvin Marshall chasing and a bunch of Greg Wilson, Brian Simmons and Ian Clarke following. The others were behind me so I couldn't see them, and later they were somewhere else!

I think the first 5km was the only flat land on the course. A very steep goat track brought us up to the road at Dom Dom Saddle. I surged through to second place in this section, but was so tired that I stopped to check with the guys behind, that I hadn't missed a turn-off - a poor excuse (I had already dropped my map)

Once we got off the goat track, Brian Simmons and Kelvin Marshall took off, and Ian Clarke joined me at a less spectacular pace. After some refreshments with Dot at the Dom Dom Saddle, we set off on an anti-clockwise loop of Mt. Dom Dom, to Narbethong and back. Clive Davies whizzed past as if he expected something good at the "Narby" refreshment stand. Brian and Kelvin were heading back up to Dom Dom, but we never saw Safet, so he was over 2kms in front after 1 km.

Colin Browne fed and watered us, before Ian and I set off to complete the loop. Heavy drizzle set in, causing my glasses to fog up, which in turn caused me to go over on my sore ankle a couple of times. I showed off my local knowledge by letting Ian know about the steady climb up to the saddle.

But unfortunately, the yellow ribbons turned us right on a rough, flat downhill track! Ian must have thought I was a real goose! A bit of a climb brought us out on the Maroondah Highway nowhere near Dom Dom Saddle, where we were supposed to be.

I left Ian and chased Clive south up the highway, as a run official jogged by, letting us know of a course change. Clive and I reached the 20km aid station at Dom Dom Saddle, from where we had to run west, up to the highest point of the range (Mt. Monda & Mt. St. Leonard).

The officials at this aid station will remain anonymous to protest Dot and Robin's reputations. As we set off, I heard the fateful words "Over the gate and veer left". I repeated these instructions back and was glad to be able to run fast on the old bitumen surface. I had built up a lead on Clive after the gate and was away, loping gently down through the majestic forest.

Slower and slower I surged, as the road meandered down and the alarm bells rang louder and louder. The realization that I was on the old highway, which led down to the starting point at Fernshaw, coincided with Clive calling out, "This is wrong!"

Having lost over a kilometre, we U-turned and Ian Clarke ran into us, said something like, "Oh bother" and joined us. A few metres further on, confusion reigned. Safet Badic came flying down towards us, saying he had run 4km or so on the wrong track, before asking a ranger the correct way to Maroondah Dam.

I told Safet emphatically that he had been on the correct track. He said, "But it was all steep up hill", to which I replied that, as we had to go to Maroondah Dam via the highest mountains around, the terrain proved my point. Frustrated but convinced, he turned around and was soon out of sight.

Up and up we went, and I was gone! Hookie drove past and called out that it was supposed to be a running event. Presuming that Brian, Kelvin and probably everybody else were heading down to Fernshaw and who knows where else, I was now walking in second place. Just over half-way and anything more vertical than flat, I couldn't run up.

Clive ran past strongly and then I finally arrived at the 30km aid station. My wife Sandy was there and sympathised when I pointed out that I was stuffed and had taken over 3 hours for a supposed 30km. I showed great will power in resisting her offered car ride back home to the lounge room recliner.

A few minutes later, Sandy drove off, heading for work. Little did I realize that Hookie had told her that the other runners would not be along, as they had lost their way. I also didn't notice Ian Clarke sitting beside her instead of chasing me. On and up I plodded, alone in the beautiful forest and too buggered to appreciate it.

At Mt. St. Leonard, there was a choice of around the road or up the goat track. When walking, a straight line is an easy choice! Half-way up, I met Hookie and another race official and they asked if I had seen Safet recently. As they hadn't seen him on Mt. St. Leonard, they were going to search down toward the main Healesville-Toolangi Road, in case he had missed the mountain turn-off, which wouldn't be hard. Upon scrambling over the rocks to the peak, I came across Clive Davies, but no drinks or officials. I soon passed Clive down the steep track and the fact that I was in front (I thought) kept me running. I knew that after the 7kms downhill run, I would have to walk the last steep hill, as I was very fragile. I pushed as hard as I could, but Clive kept in touch.

In the last kilometre before bottoming out at Donnolly's Weir, he flew past. Through the weir picnic ground and he found a longer route, so we were together through the final drink station, with just 3kms to go. Clive pulled away on the flat beside the Maroondah Aqueduct and then ran away up the final hill. Ah! The hills are a problem if unfit.

Local knowledge let me down, plus no yellow ribbons! and I took the long low road around below the dam, instead of the hidden one across the wall. I reached the finish below the dam wall and no-one was there! I stopped my watch and walked aimlessly around the grounds, until Hookie drove in and gave me a 100m. ride to the other finish line, at the car park.

Thus ended my experience of my first trail run. I explained to the race officials that appearances can be deceptive. Even though I was in Hookie's car, I really was a finisher. Officially third in 5 hours 5 min 12s. by my watch. Clive had located the finish a couple of minutes earlier.

That "will of the wisp", Safet Badic, had overshot the Mt. St. Leonard checkpoint before it had arrived on site. He won easily and should obviously have won by a lot more. Perhaps I should have encouraged him to the depths of Fernshaw also.

I was exhausted and went home half an hour later. Driving up the Myers Creek Road towards Toolangi, I stopped for a chat with Kelvin Marshall, whom I had last seen near Narbethong over four hours earlier. Poor Kelvin had run right down to Fernshaw, then retraced his steps up the range. He had also done a Safet, without the car-ride. After missing the turn, he ran to the main road and then down the bitumen, to where he met me on the outskirts of Healesville. He wanted to run to the finish, so I gave him directions and off he went, still in good spirits, after some 70-75kms!

His was one of the many inspiring performances. Brian Simmons, I didn't see until work on the Tuesday following. It seems he beat Kelvin down to Fernshaw and then used local knowledge to follow a different route, directly back up to rejoin the course. Of the remaining four starters, a formerly reliable source (Hookie!) informed me that two finished. I don't know where they went and I am almost sure that they don't either. Last reported, passing through the Bermuda Triangle (formerly known as Dot & Robin's Dom Dom Saddle Aid Station). I am sure they visited the lovely Fernshaw a few times!

SUMMARY:

A challenging run over tough but beautiful mountain country, in the company of an extremely determined and confused bunch of ultra runners. Due to limited notice, there may have been a few teething problems. I believe Hookie is still picking his up after the runners finished with him! So long as one doesn't care too much about the course, your time or the distance covered, it was a most enjoyable experience.

But come on Hookie, we Victorians are not keeping this one to ourselves. Come on you interstaters, send a team down and finish if you dare! Do Hookie and his mob have a few surprises for YOU!!!

Actually, next year will be great. All ten of this year's field will do personal bests. Look out for the run in the fixture list and if you can't think of a good reason to avoid it, ring me on (059) 629467. I live nearby and will be happy to put up the odd interstate visitor. If you are not odd, I will not expect you to enter the 1996 AURA Dam Trail 50km.

Ed's note: Greg Wilson mentions that Robin Anderson and I were managers of the 10km and 20km drink station after which absolutely every runner went the wrong way. While this may seem a significant fact to many readers, Rob and I absolutely abdicate responsibility for any disasters which may have occurred to runners on leaving our well-manned table. After 20km, we simply told them "Jump the gate. Keep to the left!" We meant "Keep to the left 50 metres from leaving us, in order to find the gate, not keep to the left another few kilometres down the track", which sent everybody back to the start. Anyway, you woosie runners, serves you right for not taking your issued maps with you! Just look on the fact that you ran 70kms instead of 50kms as a WONDERFUL EXPERIENCE with HEAPS of extra BONUS training that you weren't expecting to have under your belt. It's going to look most impressive in your training diary! And IMAGINE how it's going to sound to the blokes at work on Monday. "Watcha do at the weekend?" "Oh... bit of a run" "Oh yeah, how far ja go?" " 'Bout 70K" .. as nonchalant as you like. Should earn you a few brownie points.

A SPECIAL NOTE TO NSW RUNNERS!!

What we really need is for you to take Greg Wilson's advice and enter this wonderful event next year. Rob and I have some more lovely directions in mind for YOU!

Anyway, you runners may have had a few problems with the course, but it wasn't all roses for us as top aid-station operators either. Rob and I went to remarkable lengths to provide incredible comforts at the 10km aid station. We wanted to be the best aid-station operators ever experienced by any runner. In fact, we wanted to go down in the annals of ultra running history for decades to come; "You remember that 10km aid-station in the AURA Dam Run 50km back in 1995?"... sort of thing. Not just your ordinary old water and jelly-beans caper. We had wall-to-wall hot and cold foods, an enormous variety of drinks from mineral water to champagne, double-bed mattresses, topless masseurs, spas, liniments, hot showers, dancing girls, jazz bands.... to name a few. After the 10km, the runners were SUPPOSED to do a loop of Mt. Dom Dom through the forest and come back to us at 20km to experience yet again the wonderful delights provided by Rob and myself. Imagine our shock and horror, when, with 2 minutes to go to Safet Badic being expected after 20km, we were told by a panting official who came thundering up the road "You'll have to change the location of the drink station. I've just tied the yellow ribbons up the wrong track! They'll be comin' up the road". We had to literally RUN with all our creature-comforts to another spot up on the highway 400 metres away, instead of the idyllic location under the trees in a car-park, where we had originally set up. We were just in time to see Safet sprinting up the road looking very confused. We had expected him to come from the bush! I tell you, it's not easy being a top aid-station operator. You have to be VERY flexible.... and very good at carrying things ... in a hurry.

Dot Browne

MAROONDAH DAM TRAIL 50KM - 12/3/95

by Kevin Cassidy

And so it came to be, a new trail race on the calendar hastily organised by the incomparable Geoff Hook, and only 80 minutes drive from Melbourne.

Ten runners mustered at the start as Hookie gave us our pre-race instructions. He wished us luck (not realizing just how much we were going to need it !) and informed us that we would not lose the trail. Ha Ha Ha Ha!!!

We set off on a fairly difficult course and things went well for the first 17km. I was running with Peter Armistead and I informed him that we were about to start a long climb up to Dom Dom Saddle, when suddenly, the yellow ribbons took us down a side track. It turned out that the corner was wrongly marked so we then had to run up the highway back to Dom Dom Saddle, adding several kilometres to the course. As all runners went the same way, it didn't matter much. But the real fun was yet to come, after leaving Dom Dom Saddle at the supposed 20km mark. A major corner without ribbons lay ahead and Murphy's Law decreed that everyone went the wrong way. What happened from this point on is anybody's guess, but eventually, everyone got back to the finish at the Maroondah Dam wall in various states of disrepair, with a variety of stories of where they'd been.

Peter and I finally got back on the right trail only to find Brian Simmons running towards us looking totally bewildered and telling an incredible story of bush-bashing. When we finally reached the summit of Mt. Saint Leonard, we were told that only Greg Wilson had gone through ahead of us. (Where was everyone else???) Brian and I took another wrong turn at another unmarked corner before eventually finishing, having covered who knows how many kilometres. Safet Badic was first home and was declared the winner although no marshalls saw him come down the Mt. Saint Leonard trail. Poor Kelvin Marshall came back covered in scratches, looking like he'd done 10 rounds with a Bengal tiger, hours later than he had expected. He had to immediately jump in his car and drive to Sydney, to get back in time for work Monday morning.

Make what you like of the results, as they have little relevance. However, at least everyone could eventually see the funny side of things. As a famous American President once said after the bombing of Pearl Harbour, "This will be a day that will live in infamy"

DONATIONS ACKNOWLEDGEMENT

The AURA Committee (and other members) can't thank the following people enough for adding a donation to their 1994 and 1995 subs. Their generosity has enabled us to keep the subscription rate at \$25.00 for another year. What treasures they are! Sorry I haven't acknowledged many of their donations earlier. We've been really pushed for space in the last 3 issues.

Bruce Donnelly \$5, Barry Coates \$15, Ross Parker \$5, Kevin Mansell \$5, David Clear \$25!!, Alistair Wallace \$5, Godfrey Pollard \$10, Joe Skrobalak \$5, Mark Steinberg \$25!!, Charlie Spare \$5, Andrew and Kerrie Law \$10, Nigel Bilton \$5, Elvira Janosi \$6, John Harper \$25!!, Bob Burns \$5, Bob Sayers \$5, Graham Firkin \$10, David Standeven \$5, Bob Fickel \$15, Stephen Dunn \$5, Ian Javes \$15, Nobby Young \$15, Errol Smith \$5, Jan Collins \$5, Randall Hughes \$5, Peter Brett \$25, John Henderson \$15, George Cormack \$5, Ron Young \$5, Ron Wigger \$5, Bill Ranse \$25!!, Australian 6 Day Race Committee \$50!!, Brad Boyle \$5, James Cronk \$5, Geoff Boase \$10, Alan Thurlow \$10, Peter Sinfield \$5, Matt Eggins \$5, Brian Kennedy \$15, George Audley \$5, Peter Nelson \$10, Grahame Kerruish \$5, Harry Clements \$10, Goerge Audley \$5, Stephen Grant \$5, Ken Matchett \$10, Warren Costello \$5, Helen Stanger \$5, Dave Holleran \$5, Greg Love \$15, Max Carson \$5, Isobel Buckland \$5, Wanda Foley \$5, Dennis Clark \$5, Jean-Claude Morre \$5, Bruce Chalmers \$20, Gary Patrick \$5, Murray Fleming \$5, Bob Petrie \$10, Bob Sayers \$5, Tony Kleiner \$10, Sandy Kerr \$5, Gerard Fay \$5, Cliff Young \$5, Oliver Williams \$5, Mary Morgan \$5, Brickley Hepburn \$5, Bob Channels \$5, Adam Hillbrick \$11, Greg Reid \$5, Tom Clarke \$5, Don Nesbitt \$5, Ron Hill \$10, Bill Beauchamp \$5, Linda Meadows \$25!!, Georgina McConnell \$5, Paul Sturgess \$10, Julius Horvath \$10, Peter Spehr \$25!!, Andrew McComb \$25!!, Jim Clarke \$20!!, John Champness \$20, Steel Beveridge \$10, Ross Shilston \$15, Kevin Cassidy \$5, Max Scherleitner \$5, David Sill \$10, Cecil Walkley \$15, Bryan Smith \$5, Leigh Privett \$25!!, Steve Nordish \$5, Maurice Taylor \$20, Phillipa Bolt \$5, James Bazzo \$5, Ron Grant \$10, Alan Staples \$15, Jerry Zukowski \$5, Rudi Kinshofer \$5, Kevin Tiller \$5, Cliff French \$5, John Fotakis \$5, Terry Sloan \$5, Martin Grogan \$5, Ian Green \$10, Tony Rafferty \$25!!, Greg Wilson \$15, Rick Foster \$10, Gavin Bazeley \$5, Tony Collins \$5, Shaun Scanlon \$10, Ivan Davis \$25!!, Dick Crotty \$5, Mike Maddock \$10, John Cook \$5, Barry Stewart \$20, Mark Jewell \$50!!, Anthony Farnham \$10, Rudi Kinshofer \$10, Errol Smith \$5, Stephen Grant \$5, Michael Ferdinand \$25!!, Gavin Bazaley \$5, Mark Pritchard \$5, Thomas Clarke \$5, Kevin Mansell \$5, Matt Eggins \$5, Brian Bloomer \$225!!! (wow!), Tony Collins \$10, Wayne Goldsmith \$5, Bob Burns \$5, Shirley Young \$5, David Sommers \$15, Ron Hill \$5.

KING & QUEEN of MOUNT MEE.

Sunday 30th April 1995

A QUEENSLAND ULTRA RUNNERS EVENT

50km & 25km Roadrace all on formed roads from Mount Mee hall to Wamuran and back. Twice for 50km event.

VENUE: Mt Mee Hall, Brisbane - Woodford Road, Mount Mee Qld

TIME: 50km Start 6.30am 25km Start 7.30am.

WATER: Six water stops on course. Runners are encouraged to carry a water bottle, especially for the climb up Mt. Mee Range. Fruit will be provided at the bottom turn around check point and at the start finish line at Mt. Mee Hall.

PRESENTATIONS: At race finish area at 1.30pm. Light lunch will be provided for runners. \$ 5.00 for others.

CATEGORIES: 1st Male, 2nd Male, 3rd Male (50km)
1st Female, 2nd Female, 3rd Female (50km)
1st Male, 2nd Male, 3rd Male (25km)
1st Female, 2nd Female, 3rd Female (25km)
50km, 25km handicap winner, 1st walker Male 25km, 1st walker Female 25km

NO WATCHES ARE ALLOWED ON THE COURSE, BUT TIME CALLS WILL BE GIVEN AT THE START / FINISH AND TURNAROUND POINTS.

HANDICAP SYSTEM: It is the runner's responsibility to supply own estimated time for the event. The winner will be decided on the runner who finishes nearest to their estimated time.

* * * A SOUVENIR FOR EACH RUNNER * * *

ENTRY FEE: \$ 20.00 for 50km & \$ 20.00 for 25km

For Information Phone: Gary Parsons (074) 95 7208, Ian McCloskey (074) 95 2864, Carol Street (074) 99 1152

* * * ENTRY FORM * * *

NAME:

ADDRESS:

PHONE: **M.** **F.** **AGE.**

QUR Members Fee \$ 15.00 50km ☐ 25km ☐

Non Members Fee \$ 20.00 50km ☐ 25km ☐

Estimated Time: Light Lunch No. [] @ \$ 5.00

TOTAL PAYABLE. (Make cheques payable to Queensland Ultra Runners)

MAIL FEE & ENTRY FORM TO: G. Parsons P.O. Box 462 Caboolture 4510.

ENTRIES CLOSE: 16th APRIL 1995

DECLARATION.

I, the undersigned, in consideration of and as acceptance of my entry in the KING & QUEEN of MOUNT MEE ULTRA for myself, my heirs, executors and administrators, hereby waive all and any claim right of cause of action which I or they might otherwise have arising out of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the event.

This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

The judge's decision is final and no correspondence or disputes will be entertained.

SIGNED: **NO ENTRANTS UNDER 18**

PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE



**Knox Park Athletic Track
off Rushdale Road, Scoresby Vic.
Sunday 7th May, 1995
7am - 7pm**

ENTRY FORM

IMPORTANT: PRINT CLEARLY! Please complete this Entry Form in BLOCK LETTERS. LEAVE ONE BLANK SPACE BETWEEN WORDS/NUMBERS where applicable.

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME	INITIALS	SEX <input type="checkbox"/> M or <input type="checkbox"/> F
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS: number and street		DATE OF BIRTH	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
suburb or town	POSTCODE	TELEPHONE HOME	WORK

Person to be notified in case of emergency:

Age on race day

<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME
<input type="text"/>	<input type="text"/>
Relationship	TELEPHONE HOME WORK

Details of best track ultra performances:

6 Hour..... km	50km.....
12 Hour km	100km.....
24 Hour km	50 Miles.....
Best marathon.....	

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.

This waiver, release or discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

Signed.....Date.....

PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE

Information



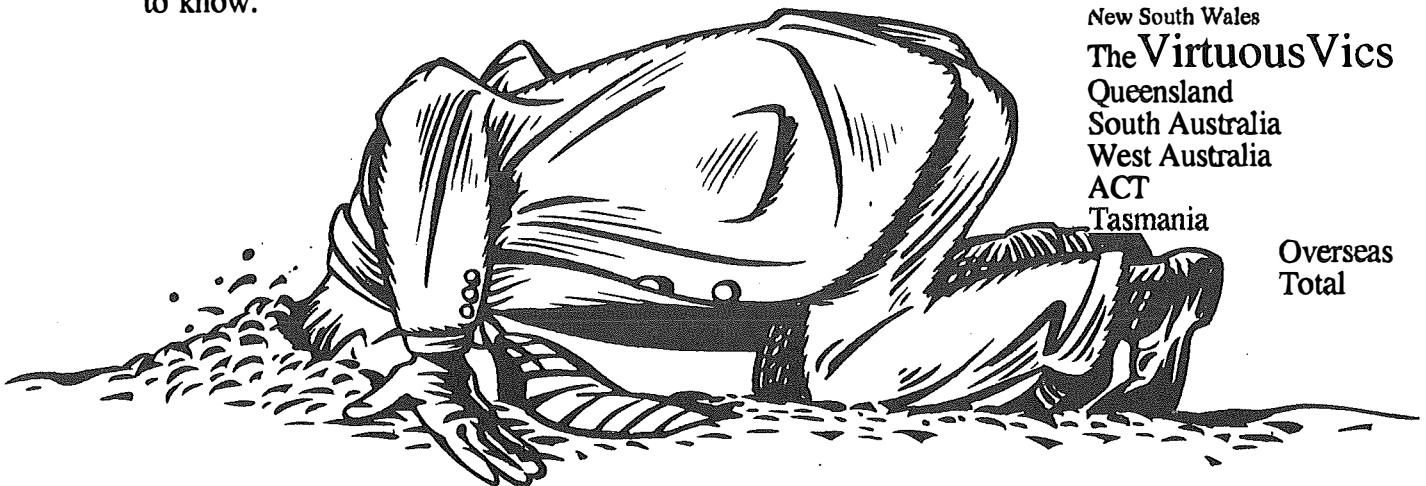
- LOCATION:** Knox Park Athletic Track, off Rushdale Road, Scoresby, Vic.
(Melways Ref. Map 73 D7, near Burwood Highway)
The track at Knox Park is a newly-laid synthetic track and is an excellent surface with 8 lanes. The track is surrounded by grassy parklands and support crews may set up on the grass beside the track.
- TYPE OF TRACK:** 400m. new synthetic track, excellent surface, 8 lanes.
- RACE DATE:** Sunday 7th May, 1995
- TIME:** 7am to 7pm. (track floodlit)
- REPORT IN:** 6.30am sharp
- ENTRY FEE:** \$25.00. Cheques payable to Dot Browne (Race Director)
- SENT TO:** 4 Victory Street, Mitcham 3132.
- CLOSING DATE:** Friday 21st April, 1995
- FACILITIES:**
1. Clean modern changing rooms adjacent to the track, which include toilets, massage rooms, hot showers, hall for presentations and well equipped kitchen with microwave oven and urn (for the use of runners' crews and lapscoreers)
 2. Light refreshments provided for lap-scorers.
 3. Leader board updated every hour to show placings & distances.
 4. Masseur available for the runners before, during & after the event.
 5. Results and photographs posted to competitors within a week of the event.

This is an AUSTRALIAN ULTRA RUNNERS' ASSOCIATION Inc. (AURA) event.

AURA MEMBERSHIP - STATE BY STATE

The Vics' recruiting drive is certainly paying off. They've been looking absolutely EVERYWHERE for new members and have rocketed in 3 BIG ONES since last issue! We knew you'd be hangin' out to know.

New South Wales	154
The Virtuous Vics	113
Queensland	52
South Australia	16
West Australia	15
ACT	15
Tasmania	14
Overseas	16
Total	<u>395</u>



54. **T-Shirt** to first 50 entries
Hand made pottery mugs to all finishers

GLASSHOUSE TRAIL RUN

QMRRC - ULTRA DIVISION

SUNDAY 18TH JUNE 1995

START TIMES

80k (only proceeds if 10 entries by June 8th) 6:00am

55k - 6:00am

35k - 7:30am

20k - 8:30am

10k - 9:00am

All events commence at Glasshouse Mountains Lookout. Toilets and Barbeque facilities are available. Make a day of it. Rugged trails and fantastic scenery. Some trails are most difficult and require care. Aid stations (water and Food) are about 5 - 10 km apart and thus runners may need to carry water bottles. Binoculars or telescopes could be handy for spectators to view the runners. Friends and crew may only assist runners at the designated aid stations which are on normal access roads. Only official vehicles should travel on forestry tracks.

PRESENTATIONS AND A BARBEQUE
will be held at Base (near lookout) between 11am and 12pm

ALL ENQUIRIES TO:
Ian Javes, 25 Fortune Esplanade, Caboolture 4510.
Telephone (074) 954334.

ENTRY FORM

GLASSHOUSE MOUNTAINS TRAIL RUN

Entries should be lodged before 8th June to assist in planning water and aid stops

NAME:

MALE ☐ FEMALE ☐

ADDRESS:

POST CODE:

DATE OF BIRTH: / / TELEPHONE:

T Shirt Size: 110 ☐ 105 ☐ 100 ☐ 95 ☐ 90 ☒ (please ✓)

CATEGORY:

80k - \$30 ☐ 35k - \$20 ☐ 20k - \$15 ☐

55k - \$25 ☐ 10k Cross Country - \$10 ☐ (Run) ☐ (Walk)

In consideration of this entry being accepted, intending to be legally bound for myself, heirs, executors and administrators, waive and release the organisers and their representatives of any injury or illness which may directly or indirectly result from my participation in the event. I further verify that I am in proper physical condition to compete.

SIGNATURE:

DATE: / /

Cheques and Money Orders payable to QMRRC

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

50 MILE TRACK RACE

AUSTRALIAN CHAMPIONSHIP EVENT

SATURDAY 29TH JULY, 1995

ENTRY APPLICATION
please print clearly

Surname..... Initials..... Call Name.....
Sex M/F.... Date of Birth..... Age (On day of race)..... Occupation.....
Postal Address..... Postcode.....
Telephone (Home) Area Code.....-.....Telephone (Work) Area Code.....-.....

Please provide details (number of races, best times and placings) for official Marathons, Ultras (50km and over), Triathalons, etc. for the purpose of race selection and runner profiles.

.....
.....
.....
.....

☐ Tee-Shirt Circle Size: 14; 16; 18; 20; 22

Note: Tee-shirts are at additional cost and must be ordered with this application as no spares will be available on race day.

For country and interstate applicants only: Yes ☐ No ☐
Can you provide a lap scorer?

Entry Fee	\$.....
Tee-Shirt	\$.....
Donation	\$.....
Total	\$.....

CONDITIONS OF ENTRY

1. No runner under the age of 18 years on the day of the race will be accepted.
2. The officials reserve the right to reject any applicant.
3. All entrants, except country and interstate runners, shall provide one person to assist with lap scoring and any other people (seconds) to assist the runner as he or she may require. Failure to provide a lap scorer may result in cancellation of application.
4. The required entry fee must be paid by the nominated date (see information).
5. A maximum field of 30 will be accepted for the track race.
6. All rules for the race must be strictly observed.

WAIVER

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Australian Ultra Runners' Association Inc. 50 Mile Track Race for myself, my heirs, executors, and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.
2. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.
3. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signed Date.....

Fill out completely this Entry application, sign and date it and send this sheet only, together with your entry fee to the nominated address by the required time.

15TH 50 MILE TRACK RACE

AUSTRALIAN CHAMPIONSHIP EVENT - GENERAL INFORMATION

- CONDUCTED BY: AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
- DATE: Saturday 29th July, 1995
- PLACE: Bill Sewart Athletic Track, Burwood Highway, East Burwood 3151
(Melway 62C8)
- TIME: 8.00 a.m. Race Start
- REPORT IN AT: 7.00 a.m. sharp
- RACE NUMBERS: Will be issued at the venue at 7.00 a.m.
- LAP COUNTERS: These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.
- FACILITIES:
1. Changing rooms, showers and toilets adjacent to the track.
 2. Canteen for the purchase of refreshments, may be open.
 3. Chairs and (if possible) a tent (for weather protection) will be provided for lap counters. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Personal tents are permitted on the lawn areas beyond the outer edge of the track (none are permitted inside the track). Covered clubrooms are located close to the track.
 4. Facilities for heating water.
 5. A leader board will be displayed throughout the race to show distances covered by each runner and placings at the end of each hour.
- PARKING: Car park close to the track. (Vehicles are not permitted beside track)
- TROPHIES & AWARDS: 1st: Neil Coutts Memorial Trophy 2nd: Perpetual Trophy
Other prizes may also be presented. Medallions and certificates will be presented to all finishers within the cut-off time. The presentation ceremony will be held at 3.30 p.m. approximately.
- AURA EVENT RECORDS: D. Isailovic 5:15:00 - 1993 Linda Meadows 6:07:58 - 1994
- AUSTRALIAN RECORDS: D. Isailovic 5:15:00 - 1993 Linda Meadows 6:07:58 - 1994
- AUSTRALASIAN RECORDS: D. Isailovic 5:15:00 - 1991 Linda Meadows 6:07:58 - 1994
- WORLD RECORDS: Don Ritchie (Eng) 4:51:49 - 1983 Linda Meadows 6:07:58 - 1994
- ENTRY FEE: \$26.00 for AURA financial members Make cheques payable to:
\$30.00 for non-members G.L. Hook
Mail or deliver entry & fee to:
\$10.00 extra for tee-shirt Geoff Hook,
(optional) 42 Swayfield Rd, Mount Waverley, 3149.
(Telephone: 808 9739)
- CLOSING DATE: All entries shall be delivered by 18th July, 1995
Entries received after 18th July, 1995 may not be considered.
- FURTHER QUERIES TO: Geoff Hook, Tel. 808 9739 (H) or 826 8022 (W)

RACE RULES

1. All runners shall obey directions from officials.
2. All runners are strongly advised to have their own helpers (seconds).
3. Personal requirements (food, drink and first aid materials) must be supplied by each runner.
4. No pacing is allowed and helpers may not run with participants. Only officials and runners are permitted in lanes 1 to 4 inclusive. Seconds shall remain beyond the outer or inner edge of the track. The use of any banned substances by any competitor is prohibited.
5. Any interference by a runner's second (or friends) to another runner will result in a withdrawal from the race of the runner associated with offending person.
6. The decision of race officials to withdraw any runner during the race will be final.
7. For reasons of courtesy and the avoidance of interference, all runners shall:
 - (a) Leave lanes 1 and 2 clear for other runners when walking instead of running.
 - (b) Not remain 3 or more abreast (preferably 2 or less) when running in a group.
8. The race will be conducted in an anti-clockwise direction.
9. Race numbers shall be worn in a position which is clearly visible to the lap scoring area.
10. Official cut-off time is 8½ hours.

57.

Good running and enjoy this event.

ENTRY FORM

TO THE SHEPPARTON RUNNERS CLUB

2nd 50 KM RUN

OUT & BACK FROM VIOLET TOWN TO NALINGA RETURN

STARTING AT 7 AM SUNDAY 17TH SEPTEMBER 1995

START & FINISH AT VIOLET TOWN FOOTBALL GROUND

- * GOOD BITUMEN ROAD
- * WELL SHADED BY TREES ALL THE WAY
- * SIGN POSTED EVERY 5 KM
- * VERY LITTLE TRAFFIC (4 CARS EACH HOUR)
- * PLEASANTLY UNDULATING
- * FIRST & LAST 10 KM VERY FLAT
- * THE COURSE HAS BEEN ACCURATELY MEASURED BY PETER NELSON WHO IS A CERTIFIED COURSE MEASURER
- * DRINK STOPS EVERY 5 KM
- * REFRESHMENTS AFTER THE RUN
- * ALL WELCOME
- * \$15.00 ENTRY FEE

SEND ENTRIES TO: BRIAN GAWNE (058) 211693
11 MORRISH ST, SHEPPARTON 3630
PLEASE INCLUDE A STAMPED SELF ADDRESSED ENVELOPE

THE SHEPPARTON RUNNERS CLUB IS A MEMBER OF AURA

NAME:.....

ADDRESS:.....

PHONE:

☐

MALE

☐

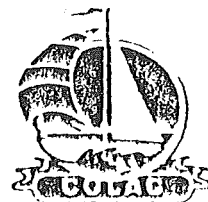
FEMALE

I, THE UNDERSIGNED, IN CONSIDERATION OF AND AS A CONDITION OF ACCEPTANCE OF MY ENTRY IN THIS EVENT FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, HEREBY WAIVE ALL AND ANY CLAIM, SIGHT OR CAUSE OF ACTION WHICH I OR THEY MIGHT OTHERWISE HAVE FOR OR ARISING OUT OF LOSS OF MY LIFE OR INJURY I MAY SUFFER OR SUSTAIN IN THE COURSE OF OR CONSEQUENT UPON MY ENTRY OR PARTICIPATION IN THIS EVENT. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED FOR THE COMPLETION OF THIS EVENT. THIS WAIVER, RELEASE AND DISCHARGE SHALL BE AND OPERATE SEPARATELY IN FAVOUR OF ALL PERSONS, CORPORATIONS AND BODIES INVOLVED OR OTHERWISE ENGAGED IN PROMOTING OR STAGING THE EVENT AND THE SERVANTS, AGENTS, REPRESENTATIVES AND OFFICERS OF ANY OF THEM.



AUSTRALIAN 6 DAY RACE

COLAC INC.



1995 APPLICATION FORM RACE DATES 19.11.95 to 25.11.95

NAME

ADDRESS

PHONE: HOME BUSINESS

AGE DATE OF BIRTH NATIONALITY.....

PERSONAL BESTS

6 Hours 12 Hours 24 Hours

48 Hours 6 Days

OTHER NOTABLE PERFORMANCES IN PAST TWO YEARS

.....

.....

.....

.....

THIS IS AN APPLICATION ONLY and MUST BE LODGED by 30TH JUNE 1995 with the \$10 Application Fee to - P.O. Box 163,
COLAC 3250
VICTORIA.

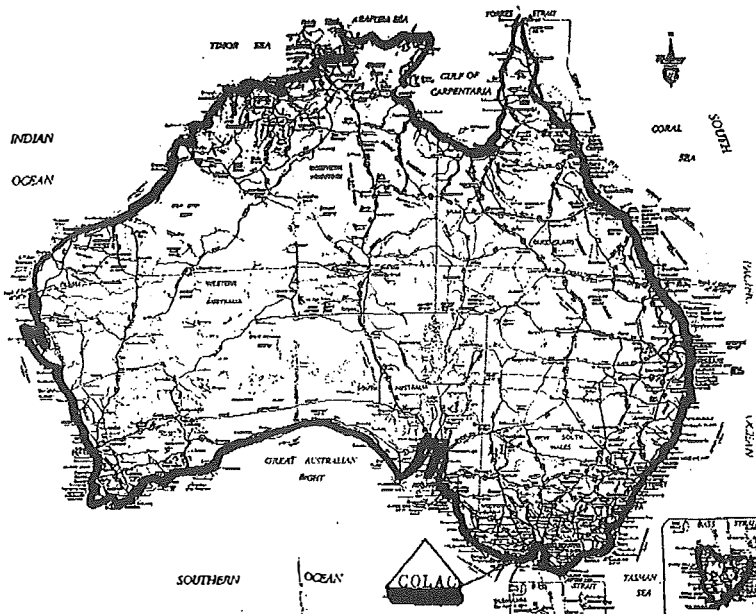
Field will be notified in JULY and a returnable ENTRY Form enclosed.

PLEASE NOTE

All Victorian competitors MUST provide at least one crew person.
Interstate and Overseas competitors, committee will try to help with crew.

FINAL ENTRY FORMS to be accompanied with the \$100 Entry Fee.

Any Runner accepted after AUGUST 1ST 1995 will be classified as a late entry and required to pay an additional \$50.



**ALL ROADS LEAD TO COLAC!
NOVEMBER 19TH - 25TH, 1995**

10TH AUSTRALIAN 6 DAY FOOT RACE

Be there as a runner or call and watch the kilometres total up to new records and personal bests for a dedicated field of ultra runners.

Be one of the runners. Enter early!
NOW is the time.

THE ELKHORN MOUNTAINS HEAVEN AND HELL MONTANA, USA

by Max Bogenhuber

As I could not look a hundred miler in the eye this year I decided to give a slightly shorter race a try for a change. I had decided to visit Europe this winter, so I couldn't think of any reason why I shouldn't go via the USA and run a race over there in the process.

So I dug out my Ultrarunning magazines and looked for a race in June/July. After some hesitation to go for a 100k, I decided to enter the Elkhorn Mountain 100k. This run is held in the Elkhorn Mountain Wilderness, up in Montana. Big, beautiful country that, with open spaces and big mountains. Montana also has a lot of wildlife, such as bears, elk, moose, bald eagles and even wolf. One factor that swayed me to go for it was that Rick Spady, an old acquaintance, is part of the organisation that puts the race on.

I flew to Denver, then drove up from there in two days, taking my time and getting a good look at Wyoming in the process. Travelling north on I-25, in the west of Wyoming, reminded me a lot of my younger years when I drove around Australia. The countryside is very open and dry, with population centres being few and far between.

My plan was to stay the last few days before the race with Rick, in his cabin, up in the hills. We had arranged to meet in Montana City, the start and finish of the race. When I got there, on the Tuesday before the race, Rick insisted that he show me part of the course. As it turned out we ran about 4 hours for a 20 mile loop and I was totally stuffed, from the heat, the mountains and the distance. Still, at least I had got to see the worst section of the course, which would stand me in good stead four days later.

I try to eat lots of carbo's the last few days before a long race, however I was locked into eating whatever Rick was eating and as he was going to run the race as well, I could hardly complain. He sure made all the rules of pre-race nutrition stand on their head. We ate mostly meat, big, lean elk steaks every day with a few home grown vegies, but little else. If it was good enough for him, it would have to be good enough for me.

Rick lives up there in the hills, in a cabin with no running water and no electricity, but there is a beautiful lake a few hundred yards from his cabin. His existence is a bit like that of the trappers of the yesteryear.

My brother Fred, his wife, another couple and Rick's girlfriend arrived on Thursday night, and Friday morning we all headed back out to Montana City, where we booked into a motel for the night before the race.

Of the seven of us, five were entered in the race, so we all attended the prerace medical check and briefing on Friday afternoon. My pulse and blood pressure showed up as being very good. Obviously the run on Tuesday had not done me any harm, but it is not the way I would normally prepare for a race.

Saturday morning (5:00 am race start) the stars were out and people were worried about the impending clear skies that would give us a hot day for the race.

The race started right on time with a four mile loop around town, then out of town and into a slow climb, along a sealed road for about three miles, when the tar finished. From there to the first major aid station we had a steady climb for the next six miles. The race starts at about 5000 feet, with the first major aid station at 13 miles being at about 6000 feet.

Thirteen miles down in 1:52 at this sort of altitude seemed like good progress and I was in sixth place.

As soon as we left this aid station it got

kind'a serious. We got onto a very narrow trail with roots, rocks and mud. It also started to get steeper and steeper. The seven miles to the next aid station, at about 8000 feet, took 1:21, and I got in there in second place. The altitude really started to slow me down. Little rises that normally are not a problem to run, became impossible to run. So it's walk, run, walk, run, just do the best you can, there are still more than forty miles to go !

Once out of the 20 mile aid station we headed down and I got passed by two of the guys that I had passed on the uphill. One of them being Rick Spady, who would stay ahead of me for the rest of the race. The next three miles are all downhill, but there is practically no trail, you just follow the red ribbons from tree to tree, that's if they are still up on the trees. The elk have a real taste for the plastic ribbons and they play havoc with the course marking because they rip the ribbons off the trees, so you have to look on the ground as well. Made the three miles in 29 minutes. Some progress this, and that's the downhill !

From here we ran a ten mile loop which would bring us back to the 23 mile aid station, which is now 33 miles, with the terrain being 'undulating' in a mean sort of a way.

I had been in fourth place for the last twelve miles or so, but when I got back to this station the third runner was just leaving. There is a bit of delay here, because it is a medical station and they check your weight and blood pressure and if you're too far down they make you stay or pull you out of the race. However getting to see the third placed runner perked me up, even though it had taken me 1:39 for the loop.

At about 35 miles I move back into third place, arriving 45 minutes after leaving the 33 mile aid station, at the 36 mile aid station, which is also the 20 mile aid station and I know we're heading home now. But I seem to have forgotten just how hard these bloody runs get, once you've been out there for more than five hours, constantly over 6-7000 feet, getting up over 8000 feet on four occasions.

The next stretch between aid stations is a mere five miles mostly downhill but it takes me 1:27. The trail is non-existent and the course markings are the same, non-existent. But because I had run (stumbled) this part of the course four days earlier I had some idea of which way to head. It's a pity that the footing is so very bad, because I got to see several elk through this section, and that with hardly ever lifting my head ! Luckily there are lots of little creeks and water is not a problem, because you would never take enough water at aid stations, because you think it's only a few miles to the next one, not realising just long it takes to get there. And the water is fresh, cold and clean.

The 41 mile aid station is a real eye opener, in more ways than one. The girls here all wear bikinis and they point you to your right and say up this way. Then you look up and you can't believe your eyes. There is a mountainside looking you straight in the eye, and it's about half a mile long at least. You can see the delight in the aid station's personnel when they see the blood drain from your face. Oh no, do I really have to go up there ?yes you do, sucker ! I get halfway up and look back when I can see the next runner starting the ascent, but I also realise that it will take him quite some time to get to where I am. Slowly, oh so slowly I make my way up. As there is no trail, I zig-zag up because I worked out that, although it is further this way, it is quicker. It takes more than just good legs to run (walk, climb, stumble) a good race, ha, ha...

Much of this area had been burned out eight years ago, but unlike our gum trees, these trees take a long time to grow back. Everything still looks very eerie, with a lot of jagged heat cracked rocks and black tree trunks. The new trees trying to grow are no more than thirty centimetres tall. The long, cold winters up here don't give them much of a chance to do some growing and it will take the best part of a century for this forest to get

back. But at the same time it gives flora on the ground a better chance to show off its colours. The meadows are all covered in red, pink, yellow, white and mauve as I head down the other side of the mountain towards the 48 mile aid station. The last seven miles took 1:25 and I arrive here still in third place. Here I get a good rub down on my legs with ice cubes. Ahh, that's beautiful. A few ice cubes under the hat and I'm off again, back up into the mountains for one last assault on the trails because from the next aid station onwards it's all road (seven miles dirt, three tar) to the finish, and it's mostly downhill.

I get these last four miles of trail over and done with in 45 minutes, which is OK because it is all uphill and we are still over 6000 feet high.

The 52 mile aid station has chicken legs and ice cream. Who needs to go to a supermarket when you're running in races like this, where they have just about anything you can eat. I don't waste any time and get out of there quickly, always aware that my brother is back there somewhere chasing me. I have never beaten him in the US as he would always pass me in the last quarter of these long races, the rat. There is a good reason why they call him Ironlegs, he is also known as Dr Pain, which does tell you something about his mentality.

The worst of the race is over, there are ten miles to go and it will be mostly downhill, on the road, so you can actually get some value out of the downhill. To the next aid station, 5 miles, the road is all dirt and it still has the odd uphill thrown in, so the going is still tough, but then, once I hit the tar it's downhill practically all the way, except for a half mile uphill to the finish line. I am still in third place and I push as hard as I can, my calves are cramping from the long downhill, but I do manage to hold it all together and cover the last five miles in forty minutes, to bring me in in 11:17:47, in third place.

Naturally I am happy with the effort and the result, but as soon as I stop my world starts turning and I'm helped to a stretcher which I gladly take. There I stay for at least half an hour. I really can't remember the last time I had pushed myself to such a degree, but it was worth it. Finally I got the better of Ironlegs, on his home turf!

Would I run the race again?...I'm not sure. It is a very spectacular race in a beautiful part of the US and the people are very friendly, but it is very, very tough. Although the course is 23 miles road, the rest of the course makes sure you know you have done a tough one and you do spend the best part of 30 miles between seven and eight thousand feet. Only someone who has run at these altitudes will understand what that means. But it is the sort of race that everyone should try at least once to get the cobwebs out, ha, ha...

Race statistics: 67 starters, 64 finishers for a 16 hour cut-off.

Lowest point - 4200 feet, highest point 8300 feet,
with 19000 feet of altitude change.

Results: Men - Mark Tarr 9:55:42 Rick Spady 10:28:48 * Max Bogenhuber 11:17:47 **

Women - Mo Bartley 11:40:54 Martha Swatt 11:44:09 Debbie Askew 12:13:53

* - Master (over 40) course record ** - Super Masters (over 50) course record

As an aside, Rick Spady also holds the open course record as well as course records on several other trail ultra courses in the US, and that all by running on elk steak. There might be a lesson here somewhere.

HOW I BECAME AN ULTRARUNNER

BY
BILL PECK

Running wasn't something I thought about as a kid. It was natural and felt good. It was a way to save time, running to the park or to the movies or to school if you were late. It was the common thread of outdoor games and sports. You might think about jumping a fence or climbing a tree, but running was second nature.

I grew up running in the streets and parks of New York City. In the 1950s our street was safe, and mothers leaned out of apartment windows, elbows resting on pillows, to check on us and call us in for supper. Next door lived George Carlin, our local comedian who became famous. Down the street was a small Catholic church, and the Catholic kids would hastily cross themselves as they ran by.

With a small pink rubber ball called a "spaldeen", we played punchball, stickball, running bases, off-the-wall, and Chinese handball. Without a spaldeen we could still play tag, hide-and-seek, or ringalerio...where one team chases and captures the other team.

At the local candy store we bought tops (wind a string around it and spin it on the sidewalk), yo-yos, pea shooters, or water pistols...depending on the "season". We also bought refills for cap pistols, penny candy, soda, "egg creams" (seltzer with syrup and milk), bubble gum baseball cards, jaw breakers, and comic books.

In nearby Riverside Park we could bike, roller skate and play baseball or football. In cement park playgrounds I enjoyed basketball until it got dark. By my late 30s I didn't have the flexibility for playground basketball so I started running and road-racing.

At first the road-races offered the reward of getting faster. Then the challenge was to go farther...40 miles, 50 miles, 100k, 100 miles, 24 hours, 48 hours, six days. The longer and crazier the race, the more I enjoyed it: the camaraderie with fellow runners; the satisfaction of a well-executed plan; the frustration of injuries and blisters; the friendly competition; the support of handlers and organizers; the delicious meal breaks; and the quiet pleasure of finishing. This is the experience of most ultrarunners, I believe.

Why did this average ultrarunner, with no chance of winning keep going until my hip joints couldn't take it anymore? What kept me coming back for more were the challenge and the camaraderie: to carry out a good plan and be with my old ultra buddies again. And what memories of 25 ultra races.

Now the hip pain allows only two short runs a week, plus walking and biking. Ultrarunning hastened the trouble, but it provided wonderful experiences, friendships and memories. I'll never regret it, and I'll never forget it.

BILL PECK - AUGUST 1994

During the 1984 New York Six Day Race and the New York 1,300 mile event in 1990, BILL PECK acted as TONY RAFFERTY's support crew. He lives with his wife, Kay, in Eldred, about two hours drive from The Big Apple. A brief history and one of his poems are published in this issue.

BILL PECK

ATHLETE, POET

In September 1984 Bill Peck walked 1,000 miles around New York State and conducted 10 local walkathons. He raised \$10,000 for his Independence House Residence Program.

Peck has completed 25 ultras and 40 marathons. His best marathon time is 3 hours 2 minutes 57 seconds. He ran 101 miles in 24 hours and in a six day race covered 336 miles.

He writes folk songs and poetry and when he met up with Tony Rafferty and Don Choi recently in San Fransisco, running, writing and (in Don's case) baseball where the topics of conversation.

When Bill worked in a juvenile detention centre from 1965 to 1970 he took the subway to the corner of Bruckner Boulevard and Longwood Avenue. It was a chilly half mile's walk from work. He shares this experience with us in his poem:

BRONX WINTER WIND

Bruckner and Longwood...chilling place:
The air-blast shoves me, bites my face,
And flings my coat-flaps open wide,
And penetrates the clothes inside,
And heedless of my whines and begs,
It shivers up my trouser legs;
It folds my brow, it tucks my chin,
It stings my thin Manhattan skin.



Don Choi, Tony Rafferty and Bill Peck at a Minor League Baseball Game in San Jose recently.

ULTRA PEOPLE IN PROFILE

An introduction by TONY RAFFERTY about
his new series of interviews.

After the publication of profiles in "Ultramag" of the late George Perdon, and Joe Record, letters arrived from far and wide. The complimentary mail pleased me, and I was amused at one unsigned note of abuse. (Writers, generally, are often criticised and seldom praised.) After the toil of research: finding the facts; accurate quotes and suitable anecdotes, some writers expect reaction to their published works. Inspired by the positive response to the Perdon and Record interviews I am confident that the new series of profiles of well-known ultrarunning achievers and others unheralded in the sport, will be read with as much interest and pleasure as I have had in writing them.

After YIANNIS KOUROS escorted me along the dark, cool corridors of his home, (a section of the Greek Orthodox Monastery), in Northcote, Victoria, to his book-lined study, we spent an hour in pleasant thought-provoking conversation. KOUROS, the greatest ultra-distance runner in modern times, will appear in the next issue of "Ultramag" as my first Runner In Profile.

The interview was born in newspapers, prospered in popular magazines and thrived in intuitive biography. Over time a form of interview called the profile, generally credited to the "New Yorker" magazine, evolved. Writer Clifton Fadiman said:

It is not a short biography. It's not a personality sketch.

It's not an exercise in the apt arrangement of the anecdote.

It's not a *chronique scandaleuse*. It's not an evaluation of character. It's all of these and none. It is a - Profile

With my trusty tape recorder, notebook and pen, I attempted to gain an in-depth study of each personality. Some are straight-forward facts, quotes and anecdotes; some are researched profiles. I aim to present a condensed, personality piece of the subject. I'll attempt to steer the reader through the athlete's incidental experiences; voice their opinions; express their thoughts. Some periods of their lives will be elaborately treated, others will be summarised. Essentially the articles will be a short form of biography.

A day spent at a minor league baseball game in San Diego recently with American ultrarunning pioneer, DON CHOI, provided an opportunity to seek an insight into his life in long distance running and his future enterprising objectives.

Interviewing MAURICE TAYLOR was an absorbing and philosophical experience. Without reservation he talked about the Sydney to Melbourne race, the Colac six day event and his love of music.

With a confident manner KEVIN MANSELL chatted about his unhappy childhood and his engaging and stimulating story of fear and hardship along a rocky road to high self-esteem and running success.

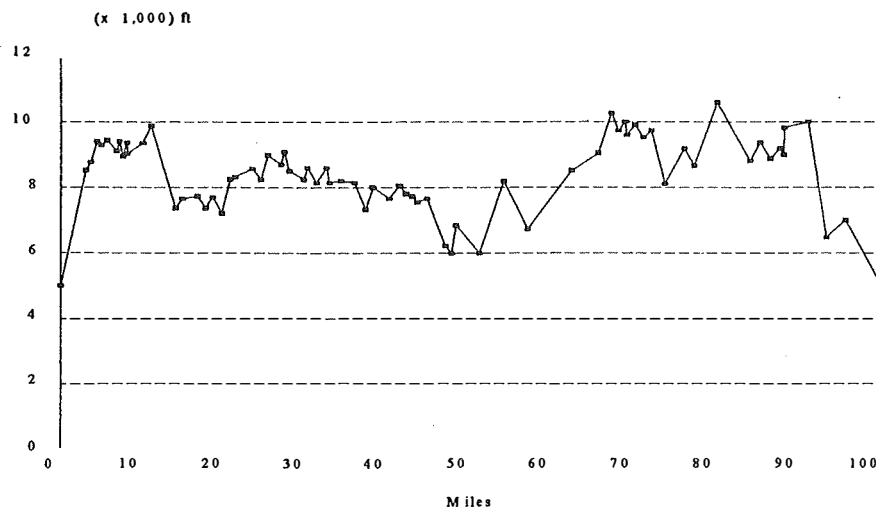
Each runner is personally chosen, because, in one way or another, I believe they are unique people.

Should the project receive keen reader reaction, other ultra-athletes on a long list of potential profiles will be approached for interview.

TONY RAFFERTY. February 1995.

THE WASATCH FRONT 100 MILE MOUNTAIN RACE

By Kevin Cassidy



Eleven months ago at the completion of the Angeles Crest 100 Mile Race somebody said to me "Man you picked a tough race here, this is the second hardest 100 miler behind Wasatch". It was a fact of which I was already aware, and so started the plans to run the Wasatch Front 100 Mile Race in 1994.

After numerous international phone calls, here we are in Salt Lake City in the U.S. state of Utah. I'm feeling better trained than last year having spent many hours in the Dandenong Ranges and long runs on Mount Donna-Buang and other surrounding mountains concentrating mainly on downhill running.

So what is it that makes The Wasatch Race Americas toughest 100 miler?. If you count the few ups and downs that don't appear on the course profile it has an elevation change of around 46-47,000 feet, extremes of altitude from start to finish and a course that is so rocky that it will carve your feet up and not allow you to get into any sort of rhythm, because it is so tough it has a cut-off time of 36 hours, in fact I have spent several weeks trying to find the words to describe the toughness of this course but have been unable to do so.

It's late in August and the temperatures are hovering around 100° in Salt Lake City, the race is some 2 weeks away on September 10th and 11th. We are house guests of Paul Hart for the weekend and we have a few training runs on the course at around 9,000 feet which made breathing rather hard. We almost stood on a rattlesnake on the appropriately named Rattle Snake Ridge and had a view of the dreaded climb known as the Chin Scraper. I can relate to a story a few years ago when some runners took a drive along the freeway to look at the course and came home with sore necks!!!. These mountains which surround Salt Lake City are big, big, "big". Paul Hart was just one of the many friendly people we met here, two others were John and Joan Moellmer who were a great help. The rest of the 2 weeks prior to the race was spent in a tiny ski village called Brighton. Its altitude is 9,000 feet and we are here to adapt to the altitude and it is also the 73 mile point of the course.

It allows for some good training and familiarisation on a 12 mile section that includes the rough and rocky Catherine's Pass at 10,480 feet, the races highest point. The first few days at altitude are hard, breathing is difficult and I have a dry raspy throat as well as several nose bleeds. After about a week I am feeling much better and although you can't fully acclimatise in 2 weeks I believe it made the

difference between finishing and dropping out. It also gave me an insight into the weather conditions in the mountains, lightning and thunder storms seemed to blow in and out without warning, all of which added to the pre-race anxiety.

It is race-eve and we are back in Salt Lake City and the pre-race meeting is under way and all we runners are packing our drop bags to be sent out to the various aid stations. It seemed odd to be packing so much cold weather gear when it is about 100° but it is all necessary. The week before John Moellmer and I set out to run an 11,000 foot mountain, we started in the heat with hats, water bottles and sunscreen only to turn back 2 miles short of the summit due to extreme cold.

It's race day and we are out of bed at 3:30 am. Knowing full well that the next sleep is about 45 hours away, we are soon on the runners bus taking us to the start ~~At~~ the Fernwood picnic grounds on the northern outskirts of Salt Lake City, the mood on the bus is pretty quiet, I am pretty nervous as my mind wanders back to The Angeles Crest 100 Miler 11 months ago, I realise that if I suffer as much here at Wasatch as I did at Angeles Crest then I am in for one hell of an ordeal, I became more anxious. Have I prepared properly for the mountains and altitude when I live at sea level?. I ran many mountains and lifted weights prior to the race and I am hoping I can put it all together. The bus is still travelling through the early morning darkness when I decide to concentrate on the things I can control such as pace, correct clothing, eating and drinking and keeping a positive frame of mind. As for the things I can't control, well you just have to hope, such things include illness, injury, weather(thunder and lightning) and the need for a miracle.

It's still dark and rather mild when we get to the start, 145 runners are milling about and E.S.P.N. Cable Sports T.V. are sticking their cameras everywhere. The start of the race relieves the tension as we head straight up the first climb of the race that carries the slogan "100 miles of heaven and hell". It's extremely steep and is 5 miles to the top at 9,200 feet, with the first hour being run in the dark, strings of flashlights on the mountain looks effective, the top of this climb culminates with the chin scraper, a 100 yard section of steep loose rocks requiring a hands and knees climb whilst dodging falling rocks that have been dislodged by runners above you. This five mile section takes me 2 hours and as we cross the ridge we are hit with a howling gale that blows my hat off, it's so windy that you can't hear yourself think and it is a wind that does not let up all day and all night. There are numerous rocky ups and downs to Grobbens Corner at 9.5 miles where I refill my water bottles. Staying well hydrated at this altitude is difficult as you can't feel yourself sweat in the dry air. Prior to the race I was told that you can always pick the non-finishers. They are the ones who start the race with one water bottle(I carried 3 for most of the race). The next 5 miles affords us the most luxurious part of the entire course, a gentle drop down a roughish dirt road. It is on this section that I drop my concentration a bit and sure enough bang, I'm down skinning my left knee. Arriving at the Francis Peak Aid Station there are people everywhere, it is one of 9 major aid stations, along with numerous other minor ones on the course. My wife Margaret, is here and as the course is in such a remote area I will only see her at six points where vehicle access is possible. I quickly explain my fall, grab some food and continue on down a rough trail to a creek crossing followed by a long climb up through some fir trees to the Skyline Road Junction Aid Station at 20 miles. I refill with water and obtain some of the abundant "Powerade" supplied by "Coca-Cola" the race sponsor.

The course continues up above 9,000 feet again and breathing becomes a little hard, not to mention the wind which is still howling. The course is so rocky that you are unable to make good time on the downhills, instead you are trying hard not to fall and break a leg. The mountains are both beautiful and gruelling

offering incredible views of Salt Lake City and the great salt lake itself and the course remains this way through to Swallow Rocks Aid Station at 31 miles where I restock with food and Powerade. The next 5 miles takes us down over the rocks to Big Mountain Aid Station at 36 miles. Margaret is here and I restock my bumbag and have a compulsory weight check. The wind noise makes it hard to talk so I push on. Things are going well, I am handling the altitude o.k. and eating and drinking plenty.

Two more climbs followed by a long rocky drop of a few miles sees us through the "Sheep Tails Road" Aid Station. We are now in a canyon and it gets rather hot but at least we have a break from the wind. The field is starting to spread out and I am spending more and more time on my own. Another climb and descent sees me approaching Lambs Canyon, some rain is starting to blow in and it looks threatening. The course is now starting to take its toll, soreness is developing in my legs and I can feel the start of blisters on my heels, not to mention the tenderness of my feet overall as the rocky descents make their presence felt. Deep below I get the sight of the Lambs Canyon Aid Station and dropping down the trail you start to get very close and you think you are almost there when suddenly the course turns left up the Old Parleys Railroad Bed. The trail is barely visible as you climb up through the hip-high grass for about a mile before turning into the bush for another mile and then winding down a creek bed before arriving at Lambs Canyon. The drizzle has stopped, I am met by Margaret, I have a drop bag of gear waiting for me and there are plenty of helpers around. This is the 51 mile point and I have taken 13.5 hours and there is only about an hour of daylight left. I take in plenty of food and drink and even have a bit of help with the blisters on my heels although I don't believe this makes any difference, when you have blisters you just live with them. I make use of the porta-loo and reflect on the race so far. The faint rocky trails are damned hard work. Here at Lambs Canyon the course reaches its lowest point before the finish(6,000 feet). I pick up my second flashlight and spare batteries and head off with my pacer, Bill Rosequist, whom I have only ever spoken to by phone and in these conditions pacers are very much a safety factor. We have warm tops on as we tackle the climb up to Bear-Ass Pass, it's 3 miles up and climbs above 8,000 feet and it's real treacherous going. It soon gets pitch black and we are following the beams of our flashlight up, up, up. I'm starting to feel very ordinary and I really struggle to the top. As we cross Bear-Ass Pass I notice a runner sitting in the darkness and he assures me that he is o.k. which is more than I can say as I'm feeling pretty dizzy and nauseous. The wind is still howling as we start the 2 mile descent to Elbow Fork and I start to feel better twisting down the narrow trail when thunder and lightning starts crashing around us and rain starts to come and go(it was rather scary). I'm starting to realise that the hard work is yet to come. Another 3 mile climb sees us arrive at the Upper Big Water Aid Station and I am absolutely stuffed, I am nauseous and dizzy and I honestly believe I have run my last step. The 8 miles since Lambs Canyon has just about finished me off. This is the point where most runners who succumb to the altitude pull out and I don't want to add to those statistics. I remind myself of that often used saying "embrace the pain". After food and drink we continue on, I just have to, I have come too far to pull out. As every ultra runner knows there comes a time when you can't go any lower so you just push on and things should get better. I hope this theory will work and surprisingly it does. That was the most critical point of the race for me. I thought I was dead and gone but I managed to fight back. At this stage we are about half way up a 10 mile climb!!!!. That's not a misprint, 10 miles.

Continuing to follow the glow sticks up toward Desolation Lake at mile 65 I realise that I have made a tactical error by not taking enough warm clothing back at the Upper Big Water because when we get to Desolation lake it is icy cold with a howling wind (along with thunder and lightning) and reports that it is much worse up on Red Lovers Ridge. I grab some more Powerade and a peanut and jelly sandwich and brace myself for what lies ahead. As Bill and I leave the Desolation Lake Aid Station we continue climbing up towards Red Lovers Ridge when Bill informs me that he is having knee trouble and may have to turn back. We both continue up the Switchback Trail until we reach the ridge which completes the murderous 10 mile climb and rises up to 10,000 feet. It is now 1:00am and I am tired, my feet are getting sorer and I would love to go to sleep. The conditions on the ridge are close to dangerous with sharp jagged rocks, total darkness, thunder and lightning and a wind so strong that I was forced to travel on all fours from time to time. At one stage I looked around and was met with complete darkness. Bill was gone, had he gone back to Desolation Lake or was he blown off the ridge? I pushed on and hoped for the former, believe me. The trip across the ridge was real scary stuff and even more so when you are so tired. My flashlights were needing a change of batteries and I did so in the dark using a well practiced method that ensured that the spring loaded top didn't disappear into the darkness and then I continued along the ridge up, down, up, down, up, down. This course is so unrelenting and so unforgiving that it is all you can do to remain positive. Continuing along the ridge I almost die of cold dressed only in shorts, t-shirt and a long sleeved top. Although it is dark I suddenly recognise that I am now on the section of the course on which I had trained during the past 2 weeks and for some reason I feel much more comfortable, I start to realise why the locals always clean up in this race. Further along the ridge I get sight of some lights down below which I assume must be the Brighton Ski Village. Soon after I arrive at Scotts Pass Aid Station, the tent is flapping furiously in the wind and I wonder what form of engineering has secured the tent to the ground as I had expected it to have blown into Colorado by now. I am greeted here at the 70 mile point by John Moellmer and he is as cheerful as ever "Hey Kevin" he said "I've arrived here before, looking worse than you and still been able to finish strong, so you're gunna do fine!". I know you will get to read this John so let me tell you now that those words meant a hell of a lot to me. Just as John is very welcoming here at Scotts Pass he is also quick to throw you back out when he thinks you may have had enough food and drink. You may curse him at the time but you are very appreciative at the finish. I know all too well that you can't afford to get too comfortable in a race of this nature. If you stop for too long you will never start again.

The next 4 miles of the course drops down into Brighton, first on loose rocks, then a section of paved road. Approaching the Brighton Store I get sight of Margaret standing in the darkness "Are you o.k.? someone told me you have been vomiting" she asks "Not me" I reply "They must be thinking of someone else". Staggering into the Brighton Store I am freezing cold and my sore feet are getting increasingly worse, it's almost 4 a.m. and the store looks nothing like the place that was almost my second home during the past 2 weeks. The place looked like a bomb had hit. Zombie like runners were eating and applying first aid, support crews and radio operators were looking dazed, gear was strewn everywhere and at the back some runners were curled up asleep. I huddle by the fire as my body slowly warms up. I have a drop bag here full of warm clothing(I wish I had it 4 hours ago), I dress myself in tights, thick top, gloves and hat whilst Margaret feeds

me numerous cups of hot potato soup. It's great to feel warm again. I have covered 73.7 miles and I am well ahead of the cut-offs, in fact I could theoretically still have a crack at 30 hours but I know that physically it is not possible. As long as I make the 36 hour cut-off I will be quite happy. "See you at the finish" I say to Margaret as I leave Brighton chewing an American size(that means big) blueberry muffin and gulping down some more Powerade. This Powerade is horrible stuff but as it is provided by the race sponsor, Coca-Cola, it's all there is apart from water. My feet are rather sore and I can feel the blisters growing as I tackle the 3 mile climb up to Catherine's Pass. Soon after leaving Brighton I came across two runners who seemed unsure of where the course actually went and I knew the section quite well. I said "Follow me I know where I am going", they seemed a little bemused that someone from the other side of the world was showing them the way. The climb to Catherine's Pass is twisting, turning and very rough and if I wasn't familiar with it then getting lost in the dark would be very easily done. Nearing the top is a section of soft sand, I am at the courses highest point of 10,480 feet and I am on a surface that resembles the sand dunes at Portsea Beach. Having been on Catherine Pass during the previous week in daylight I know what the views are like and how they make you feel like Neil Armstrong standing on the moon but right now in the darkness I am feeling dizzy and gasping for breath in the rarefied air. The next 2 miles goes straight down across sharp, loose rocks which doesn't do my feet much good. Running down a hill like this after 24 hours of running is a particular pain that not many runners will ever experience. Half way down I am forced to give my flashlight another one of my well practiced battery changes and soon after I arrived at mile 79, the Dry Fork Canyon Aid Station. I refill my bottles and as the daylight is starting to show through I am able to dump my flashlights(so much for the new batteries). A switchback trail takes the course over the Ant Knolls Mountain which is appropriately nicknamed "The Grunt" before arriving at Pole Line Pass. Having run all day and all night and with the sun now up again you start to think that you have just about got this course beaten but a snap back to reality tells you that you are still 18 miles from home. My steps were coming slowly and my pulse was racing. I explained to someone at the Pole Line Pass that as I was 9,000 feet higher than my hometown the dizzy spells and fuzzy vision was to be expected. Leaving Pole Line Pass the descent continues, my feet are pretty sore and I am bracing myself for the next mountain, all 9,000 feet of it. I haven't seen any other runners for several hours when suddenly I realise that I forgot to pick up my sun hat at Pole Line Pass "Oh well" I thought. "It's not hot, so I wont need it", these proved to be my famous last words. Continuing on, the rocky trail starts winding up the mountain to the "Point of contention". It's 3 miles up and it's a gruelling lonely trek that takes me back into that howling wind(it still hasn't let up). I thought this climb would never end but finally I reach the top and head along the ridge. I get sight of 2 runners and soon catch them. One is lurching to one side and seems to be in trouble. He assures me that he o.k. as I overtake. The next 3 mile from mile 85 to 88 is a steep drop of sharp, loose fist size rocks and there is little you can do to maintain balance. At the bottom is Mill Canyon Aid Station and when I finally arrive my feet are so sore that I can barely place them on the ground without pain and the weather is rapidly warming(oh, for my hat).

How the hell am I going to get through the last 12 miles with my feet the way they are? is what I am wondering, I push on. With most of the remaining miles being downhill it makes for very painful going and progress is slow and I start to get overtaken by other runners. As the altitude gets lower the heat starts

climbing up towards 100⁰ (gee, I wish I had my hat) which is a complete contrast to 4 hours ago when I was trying to avoid hypothermia. The whole race is starting to catch up with me now and sleep deprivation has started causing hallucinations. Trudging along on bruised feet in hot dusty conditions seeing all sorts of things that are really only trees is a really weird experience. Arriving at Cascade Springs Aid Station I have only seven miles to go, I refill my water bottles and head up a soft sandy rise when a dirt bike comes over the rise. Riding pillion is Margaret, she was getting worried so she managed to hitch a ride and what does she have for me? you beauty! a hat. There are now 5 miles to go and it's all down hill on a rough dirt road and Margaret will stay with me to the finish at Midway Central Park. The town of Midway is now visible deep below us at 5,000 feet, my feet are now so tender and sore that I wince with pain with every step. I can't even walk properly and more runners overtake me. The final descent is slow and frustrating. At last the final mile on a flat bitumen road, a few lefts and rights and I manage to limp under the finish banner 33 hours and 46 minutes after heading out from the Fernwood Picnic Grounds and feeling quite honoured to be known as a Wasatch finisher.

Amongst all the pain and euphoria of finishing all I can think about is cleaning my teeth which are caked in all the food and drink I had consumed during the race.

The last agonising 12 miles cost me an estimated 2-2.5 hours in time and about 20 placing's as I could do nothing about my bruised feet, in fact, looking back I don't know what it was that got me through the last 40 miles, perhaps it was that miracle I was hoping for. As 5 time winner, Dana Miller said as he crossed the line "Holy cow that hurt, there's just no secret to looking strong in the second half".

The sun was hot as the award ceremony got under way when I felt a tap on my shoulder, it was Bill Rosequist, my pacer whom I had lost during the night. It turns out that his knee trouble had forced him to return to Desolation Lake but he was now o.k.

Paul Hart and John and Joan Moellmer are three people who I know will read this report so I would like to convey my thanks for all their help and assistance whilst we were in the U.S. . Your friendship meant more to me than my finishers belt buckle.

The Wasatch Front 100 Mile Race carries the reputation of being Americas toughest 100 miler and I can vouch for the fact that it is tougher than The Angeles Crest 100 Mile Race and yet it has the highest finishing rate of all the American 100's. 110 from 145 starters of which I was 83rd, I have got no doubt that the reason for this is that the races reputation scares off the dreamers and first time 100 milers, attracting only those who have the experience to take on this challenge.

The trails at Wasatch are extremely rugged and at times non existent. They will wrench your ankles and carve up your feet. The mountains are never ending with huge climbs and descents. Some climbs require the use of your hands whilst many descents see you slipping constantly due to poor traction. The trails are often quite overgrown and the vegetation carves up your skin. I have never seen a course that is so rocky. Another major factor is the altitude. Most of the course is over 7,000 feet with 65 miles of it between 8,000 and 10,000 feet, added to that is the unpredictable extremes of weather at both ends of the scale. Darkness is also a worry with about 12 hours spent with flashlight, the first hour and then all of the following night.

"100 miles of heaven and hell" is the races official slogan and there is not the slightest doubt in my mind that it is exactly that. 71.

Laura Vaughan Finishes Wasatch in Under 24 Hours

Reprinted from Ultrarunning.

The 15th running of the Wasatch Front 100 Mile attracted 145 runners and produced new records, more entrants than ever, a higher percentage of finishers than ever, and a couple of moose stories.

The outstanding performance was by Laura Vaughan of Tahoe City, California, who set a new women's record of 23:55:34, the first woman ever to break 24 hours at Wasatch. This tremendous effort shattered the old record by over 39 minutes and earned Laura membership in the exclusive (and up to now male-only) Royal Order of the Crimson Cheetah. "Because I had quads left, I liked this ending. Last year's course was the worst course I've ever been on," she told us, referring to last year's rough finishing miles on the way to Sundance; this year the finish was moved back to its old location in Midway. She also said that the uphill stretches were hard near the end, but she was still able to run downhill. Her only real problem in the race was a blister on her toe which she popped at the 60-mile mark. At the finish line she was in tears and seemed happier winning the Crimson Cheetah than winning the race.

The first place men's finisher, Heikki Ingstrom of Salt Lake City had a broader range of experiences in achieving his winning time of 21:42:13. Just after the Francis Peak checkpoint at about 15 miles he encountered a mama moose and her offspring who felt that their rights to the trail superseded those of Heikki. He went back down the trail to let the moose cross the trail, but upon his return, mama was still there maintaining squatter's rights. It finally required some folks from the checkpoint to assert the rights of the runners by sheer force of numbers. Another moose, a bull this time, was spotted by Lynda Stapp and her pacer at Alexander Springs (48 miles), but the moose escaped without incident.

Heikki had taken the lead by Elbow Fork in Mill Creek Canyon (54 miles), but then lost it to Dana Miller between Brighton (73.8 miles) and Pole Line Pass (78.2 miles); and from there on, it was Heikki's race.

Second place was hotly contested by Dave Atlas and Miller, and by the end only three minutes separated the two. Dave had caught Dana just after passing Cascade Springs (93 miles), only to take a wrong turn near the finish. Miller yelled at him and waved him back onto the right road. Dana's generous gesture epitomizes the good sportsmanship that prevails throughout the sport of ultrarunning. At the finish, Miller, who has run the race ten times, said, "Holy Cow, that hurt. There is no trick to looking strong at 55 miles. The trick is looking strong from 80 miles into the finish. I was puking my guts out. I couldn't even run downhill at Pole Line Pass."

Also achieving the coveted Crimson Cheetah for running the race in under 24 hours were Ignace Matthijs, Curtis Bates, and Fred Zalokar. Ignace Matthijs had to come all the way from Brakel, Belgium to compete.

November, 1994.

Mo Bartley just missed, as she finished second in the women's race, only 23 minutes behind Vaughan. She was leading Laura after Mill Creek Canyon, but couldn't hold Laura off and was passed back just before Cascade Springs (93.7 miles).

One of the most amazing finishers was Suzette Thatcher, who finished in 25:21:04 to take third place. Suzette had never been on a run of over 30 miles in her life. At the Brighton Store she was still neck-and-neck with the leaders, and her finish of just over 25 hours showed a great amount of courage.

Another of the records set was the success ratio: 75% of the starters finished the race. Not that the course is any easier; credit the runners for excellent preparation; in addition, the support staff, those working at checkpoints, pacers, and those who assist in organizing the race deserve a pat on the back.

There were eleven who achieved Grand Slam status by adding the completion of the Wasatch to finishes earlier in the summer at Western States, Leadville, and either Vermont or Old Dominion — Doug McKeever, Tom O'Connell, Larry Ochsendorf, Burgess Harmer, Terry Smith, Paul Aklyama, Luther Thompson, Mark Bodamer, Bob Boeder, Ken Burge, and Cindie Grunt.

Dave Hardy, who has finished the race four times, was unable to run the race this year because he faced heart surgery. So instead of him running the race, he talked his wife, Carlie, into doing it. At Ant Knolls (78.5 miles) she became lost and was off the trail for 40 minutes. After finding the trail again she made it to Cascade Springs (93.7 miles) where Dave paced her to Midway; she finished with 12 minutes to spare. That, however, is not the end of the story. The race finished Sunday afternoon, and 20 hours later Dave entered the hospital for surgery. At the hospital they brought down a wheelchair for Dave, but Carlie was in such

rough shape that she sat in the chair instead and Dave wheeled her up to his room. Thirty-six hours after the race, Dave underwent bypass surgery where five arteries were repaired. It was reported by some visitors to Dave's room that by Friday afternoon that week Dave was up pacing his room with IV stand in tow, while Carlie lay in his bed, obviously needing the IV worse than he did. Which poses the question, which is harder to recover from, open heart surgery or the Wasatch Front 100?

Dave was discharged from the hospital six days after surgery and his doctor reports that he is recovering faster than any open-heart patient he has had. The doctor has told him that he can begin full training January 1. While Dave may not have run the race, he

Craig Hansell/Salt Lake Tribune



Heikki Ingstrom, second at Wasatch in '93, first this year.

does have 100 miles of heart.

This is the first year that a runner has completed ten Wasatch Front 100s. Not just one runner, but two reached that mark. Both Rob (Ole Goat) Volkenand from Bend, Oregon, and Rick Gates from Salt Lake City achieved that status this year. They both received a custom-made commemorative ring emblazoned on one side with "10 Time Finisher" and on the other with "1000 Miles of Heaven and Hell."

As they contemplate 100-milers like Heikki Ingstrom, Laura Vaughan, Dave and Carlie Hardy, Dana Miller, Rick Gates, and Rob Volkenand, people not associated with the run often ask, "Why do they do it?"

Perhaps the best answer was provided by Steve Hill, a law partner of six-time finisher Bob Henderson, when he penned a tribute to his friend as follows:

"For one glorious day a year, however, Bob pulls on his ripped Patagonia shorts and disintegrating T-shirt and ventures into the frontier. He's Lindbergh over the Atlantic, Perry at the Pole, Armstrong on the Moon. No matter what anyone else did last weekend, Bob gathered his considerable toughness and determination and pushed to the limits of human endurance. In doing so, he triumphed over the unfairness of life that keeps a talented and driven man chained to a desk, that won't let a farmer sell his vegetables on the corner at harvest time like he's done for over 50 years because he won't get a business license, that makes a mother with four kids work at a clerical job for six bucks an hour because her 45-year-old husband abandoned her for a blond he met on the ski lift.

"So, Bob, thanks for putting some of the old virtues to good use. Thanks for showing us that, at least in one small corner of life, something turns out like it should."

So to all you ultrarunners, thanks for reminding us of the old virtues. It seems to us that in one small corner of Utah, everything turned out all right. See you next year!

John Grobбен (R.D.)

Wasatch Front 100 Mile

E. Layton to Midway, Utah Sept. 10, 1994
Mountain trails, 23,500' climb

1. Heikki Ingstrom,36	21:42:13
2. Dave Atlas,35,MT	22:51:00
3. Dana "Mud N Guts" Miller, 43,ID	22:54:59
4. Ignace Matthijs,35,BEL	22:56:33
5. Curtis Bates,36	23:33:13
6. Fred Zalokar,34,NV	23:47:38
7. Laura Vaughan,28,CA	23:55:34 *
8. Mo Bartley,39,CA	24:18:16
9. Tim Spence,38	25:00:24
10. Suzette Thatcher,30,ID	25:21:04
11. Gordon Hardman,43,CO	25:33:14
12. Richard Gates,37	25:35:55
13. Chip Lee,39,CO	25:41:01
14. Robert Thomas,38,CA	26:09:13
15. Robert Clementz,35	26:29:15
16. Mark Oftedal,35	26:58:04
17. Tim Seminoff,36	27:00:38
18. Brandon Sybrausky,23	27:05:11
19. Don Platt,40,CO	27:12:11
20. Stephen Utley,53	27:18:57
21. Ted Heal,47	27:20:05
22. Bill Sayre,45	27:23:45
23. Nick Bassett,49,WY	27:25:41
24. Terry Smith,40,SD	27:28:04
25. George Palermo,42,CA	27:37:02
26. Frank Hanson,36,ID	27:43:04
27. Steve Campbell,34	27:56:46
28. Lisa Deaton,41,CA	28:09:23
29. Mike Price,44	28:09:55
30. Rick May,46	28:10:43
31. Ken Jensen,26	28:13:10
Larry Ochsendorf,49,MN	28:13:10
33. Eric Glaus,32	28:27:10
34. Blake Wood,36,NM	28:30:12
35. John Capps,52,NM	28:35:43
36. Howard Brown,38,OR	28:40:15
37. Nolan Watts,27	28:46:51
38. Diane de Souza,37	28:49:07
39. Luther Thompson,50,MN	28:53:20
40. Max Welker,52,WA	28:57:42
41. Jonathan Webber,42	29:02:08
42. Tom O'Connell,43,CA	29:18:08
43. Bud Phillips,43,CO	29:20:31
44. Bob Henderson,48	29:21:15

45. Cindie Grunt,44,OR	29:22:47
46. David Blaylock,51	29:23:46
47. Ray Zwierzynski,43	29:30:17
48. Pam Reed,33,AZ	29:33:11
49. Burgess Harmer,52,NV	29:34:39
50. Michael Souplos,45,NY	29:48:27
51. Leon Rothstein,37,ID	29:52:43
52. Chris Campbell,33	29:59:33
53. Mark Bodamer,36,WA	30:01:05
54. Charles Rombough,37,TX	30:17:04
55. King Jordan,45,DC	30:26:28
56. Dan Brannen,41,NJ	30:28:52
57. Fred Denys,48	30:44:36
58. Jim Williamson,34	30:54:21
59. Kathie Utley,36	31:10:10
60. Max Bliss,26,WA	31:11:43
61. Kellie Sheehan,41,CA	31:13:06
62. Will Pittenger,43,CO	31:25:57
63. Clive Saffery,39	31:40:05
64. Mike Byrnes,41	31:44:31
65. Wendy Ackermann,28,CA	31:53:30
66. Phil Wright,50,CA	32:02:40
Robert Solorio,47,CA	32:02:40
68. Wendell Robison,42,WY	32:26:15
Martha Swatt,32,WY	32:26:15
70. Ken Burge,44,OH	32:50:55
71. Doug McKeever,46,WA	32:50:56
72. Larry Rigby,48	32:58:18
73. John Diroll,37	33:13:57
Mike Shaffer,46,Ut	33:13:57
75. Steve Schiller,37,CT	33:22:11
76. Troy Olson,31	33:24:34
77. Rob "Ole Goat" Volkenand, 63,OR	33:28:06
Paul Akiyama,50,NV	33:28:06
79. Duncan Orr,43	33:41:48
Kerry Collings,45	33:41:48
81. Christopher Avery,31,AZ	33:44:07
82. Fred Dimmick,37,NY	33:44:10
*83. Kevin Cassidy,34,AUS	33:46:40 *
84. Karl Ryser,39	34:03:48
85. Bob Boeder,52,NC	34:07:32
86. Louise Comar,41,CA	34:08:10
87. Don Spradling,44	34:17:24
88. Gail Kelsey,45	34:22:19
89. William Maples,30	34:26:07
90. Maurice Beaulieu,50,CAN	34:29:07
91. John Mignaneli,44,ID	34:35:04
92. Lee Schmidt,55,CA	34:39:35
93. Maria Lopez,28	34:41:09
94. Phillip Lowry,28	34:43:55
95. Roger Jones,51	34:46:51
96. Laurel Jean Staton,41	34:50:20
97. Jim Knight,41	34:50:21
98. Stephen Kissell,33	34:52:45
99. Howard Jones,56	34:53:50
100. Thomas Milligan,36	35:03:39
101. Chris Ralph,43,WA	35:11:14
102. Cynthia Daniels,45	35:17:07
103. Dave Richards,33	35:21:31
104. Lynda Stapp,39	35:22:54
105. Dixie Madsen,57,CA	35:33:20
106. Rollin Perry,55,IA	35:37:44
107. Michael Lehman,26	35:43:20
108. Carlie Hardy,41	35:47:27
109. Frederick Riemer,46	35:51:00
110. Ultra Al Miller,40,OR	35:53:03
145 starters	! = course record

Two Views of Wasatch

In 1993, I DNFed at Wasatch for reasons that were entirely within my control. In 1994, I successfully completed the course by running smarter. I want to briefly share these experiences so that others may benefit in their own 100-mile efforts.

1993 was my first Wasatch, but not my first 100. It was, however, my first DNF. I finished Western States two months earlier in 26:38 and Arkansas one month later in

23:13. I previously had run Angeles Crest, Leadville (twice), and Vermont. I was physically capable of finishing Wasatch, but I screwed up mentally.

The one thing I did right was to go to Utah two weeks before the race in order to see the course and acclimatize to the altitude. Seeing it confirmed the Wasatch reputation as a very tough course and I was somewhat intimidated. Nonetheless, I felt it was doable in the 36 hours allowed. Unfortunately, the evening before the race I became obsessed with finishing in under 30 hours.

My "plan" was simple: go out hard and don't waste time at aid stations. Wrong, wrong, wrong! That's obvious; with my experience I should have known better. But I screwed up and so might others, so the lesson bears repeating. I dropped at Lamb's Canyon (51 miles). I had not only pushed too hard, I had not taken the time to eat enough, to stay hydrated, and to replace sodium and potassium lost in the hot, dry conditions. Consequently, on a short, gentle downhill about a mile before Lamb's Canyon, both of my quads and both of my calves cramped at the same time. Really cramped. It was an hour before I could move without inducing more cramps. I had never experienced anything like that before, but then I had never crated such an extreme electrolyte imbalance. I limped into Lamb's Canyon only after my pacer had made two trips to the aid station to bring me food, fluid replacement, and sodium tablets.

I returned to Wasatch this year with the obvious goal: to finish. Forget the time; 35:59 would suit me fine. I was focused, though, on going out easy, taking plenty of food and fluid, and enjoying myself. Being mentally relaxed was the key. Focused, but not tense. Surprisingly, I reached Francis Peak only 15 minutes behind my '93 pace. At Big Mountain I was only 30 minutes behind. At Lamb's Canyon my pacer told me I was slightly ahead of a 30-hour pace! To make a long story short, I finished in 28:57. Obviously, I ran a strong second half (15:29, compared to 13:20 for the first half). I was able to do that because I ran easily in the first half, and because I stayed mentally relaxed (enjoying myself) even as I calculated split times and set the revised goal of breaking 29 hours.

My advice to anyone running a 100-mile race: 1) go out slow and run easily for the first 35-50 miles (this takes a lot of self-control); 2) eat and drink a lot of whatever your stomach tolerates and your body utilizes efficiently (this could be the subject of a lengthy article); 3) stay mentally relaxed and enjoy yourself. Following these guidelines will make an enormous difference in how well you can run the second half.

Max Welker

Wasatch: A Novice's Perspective 73.

I finished my first organized ultra yesterday. Today is the Monday after. I have

limped to my home computer, my swollen tendons relieved somewhat by Ibuprofen and ice, and am pecking away while memories are still, shall we say, vivid.

I say this is a novice's perspective because I am, in every sense, a novice at this "sport." I do not own trail gaiters (not yet, anyway); until recently I didn't know anything about any ultras except Wasatch; and I thought I could "whip myself into shape" for Wasatch during the course of the summer.

Perhaps my most novice-like characteristic, though, is that until two years ago I had proclaimed to all those interested that I was incapable of running because of "bad knees." That was why I had never run since the seventh grade, when I was forced to run a mile in gym class and turned in a stellar 10:53. I got a C. As far as I was concerned, I would never run again.

All of that changed when I met John Moellmer and Paul Hart, both Wasatch veterans and race committee members, who told me that mountain running was "fun." And, they said, it was even "funner" when it was a long way. I bit. The next week I ran a local peak — 19 miles, 5,000 feet up and 5,000 down. I couldn't walk normally for a week. I resolved to train harder. A year later I did the Grand Canyon double crossing — 42 miles, 11,000 feet up and 11,000 down. I couldn't walk normally for two weeks. "Train harder," I said. A year later, to the day, I ran Wasatch. I won't be able to walk normally for three weeks.

As I hurt, I wondered what went wrong. I trained hard for Wasatch. Both John and Paul were excellent coaches, giving suggestions for long runs and trying to keep me from overtraining. Dana Miller, the course record holder, gave me his training suggestions after I met him at a local mountain marathon, and Heikki Ingstrom, this year's winner, gave me food suggestions when I met him on the trail last June. Starting on Memorial Day I began training, and ran nine training runs that were over 30 miles, all on trails, at altitude. I was ready, I thought, and I had my crosshairs on a sub-30 hour time.

I have heard that heat has been a killer on the Wasatch, except in one year, when people had problems with water bottles freezing over. But this year the factor was the wind. The wind, as far as I could tell, was not at the front of everyone's minds at the start. I had tuned my ham radio to NOAA weather and got bad vibes when I heard 20–30 mph lake winds in the valley; that meant 30–50 mph on the ridges. But it seemed that everyone else was interested only in the predicted high temperature. Well, the race began, and in a cloud of choking dust a long string of flashlights trudged from 5,000 feet to 9,000 feet; once on the ridge it looked like the wind had definitely gotten everyone's attention.

In the first half of the race — the hottest and most technically difficult (fainter trails, lots of rocks) — the wind and overcast skies were a blessing. Bald Mountain's incessant heat would not greet many of this year's runners. As darkness fell thunderstorms rattled the ridges, and lightning and an exploded tree or two caught the attention of more than one runner. But the wind, ever constant, intensified that night. I heard reports that the temperature on Desolation Ridge (9,800 feet), which the course follows



It must be early in the race, because they look like they're having fun — Lynda Stepp (left), Carlie Hardy, and Kathie Utley. All three finished, although Carlie paid for it afterwards.

for 4.5 miles, was 45° and the wind was blowing hard. Blowing hard was an understatement. I had summited peaks in the Wasatch in every season, and had only felt winds like these in winter, when the Wasatch is pounded by nor'westers. It was incredible: at one technical (rocky) point I was forced to crawl on my hands and knees to keep my balance. Of course, the wind only intensified the cold. I had keyed my nighttime clothing to winter training runs, and what I wore that night was what I usually relegated to runs below 20°. The Scott's Pass aid station (mile 69.2) was a veritable Godsend. I still don't know how they kept that tent up, but it was all I could do to not curl up in a ball right there and go to sleep.

From then on things became blurry. I had heard that a fast Wasatch is much better than a long one. You don't have to go as long without sleep, and you only have to endure the heat once. Well, I realized at about 70 miles that I would be stuck with Sunday heat and more hallucinations from sleep deprivation ("Look, there's a horse on the trail!" "That's not a horse, you idiot, it's a small car." "Shut up, both of you! We have a run to finish!"). After Scott's Pass the tendinitis in my ankles that I had felt looming became excruciating. It was fine going uphill, but downhill was what I call "the hot nails." At Brighton (mile 73.7) I downed 800 milligrams of Ibuprofen. That took the edge off, and I popped those at every aid station until the finish. Beyond Brighton was Catherine's Pass (10,480) and the Utah County line — home. I smelled it as I climbed, and was happy that I'd avoided nausea.

From Catherine's Pass to the finish was mostly downhill, except for two steep uphill shots of about 700 feet that I considered blissful relief for my ankles. Knowing that I could go far faster uphill than down I considered walking backwards, but this proved impractical without a mirror. So, I guess I sucked it up. The last ten miles I whimpered and cried on the hot, dusty trail and road while being passed like Grandma Floyd on the interstate. I met a guy from Texas who

was convinced he had a stress fracture, but he was a Marine and so he had to finish. At least he had a good excuse.

But I did it. I still had an hour left at the end to get a massage and stiffen up enough to look like a broken doll when receiving my finisher's buckle and plaque. My wife, four-year old daughter, and two-year old son were at the finish line, and so I actually ran the last 70 feet. It was the first running I had done in ten hours.

And so I ended my first ultra. I was terribly sore. I had bad tendinitis in my left ankle, not so bad in my right ankle. The tendinitis limp caused a slight left gastroc pull, and I had three big blisters (none of which were very painful). I envied the faster runners who could leap to their feet at the awards ceremony. How did they do it? It was then that I realized that one does not go from no running to running a fast, fresh Wasatch in 24 months. Sure, I had done lots of ultras in training, but I really thought that one summer of training could get me to the end without the pain I had felt in the Grand Canyon. Not so. I asked others how people could do 100 miles and feel so, well, good. The answer was consistent 80–100 mile weeks. I had not done that. I couldn't, because for me, at that stage in my running development, that would be overtraining.

And thus I learned first-hand what I had heard many times: ultrarunning skills are developed over years, not weeks or months. And when seeing some of the incredible people who DNF'd, I learned this second maxim: ultras are a crapshoot. This is what John Moellmer had always told me, and when I expressed the slightest disappointment with how I did, I got a curt, "Quit your bitching. My first Wasatch I ran slower than you did, and a lot of people don't finish until the second or third time." And John is a Crimson Cheetah.

In fact, the dice had rolled in my favor, and the tendons never ruptured. A finisher's buckle, and no surgery.

With my Wasatch finish an era ended. Some might call that era the "transition" or "virgin period," or whatever you prefer, but

for me it was that time between when you discover something challenging and then achieve it. I was no longer a "first-timer." There would be no more spontaneous bursts of advice, no more fawning, no more warnings, no more backroom, "You *really* want

to do this?" I am now a "veteran," and with that title I feel I am compelled to make a choice: continue running the Wasatch, knowing that the pressure to better myself from both peers and myself will inexorably rise, or move to saner activities and be con-

tent with a "Been there, done that" attitude. So, what do I do? Well, I really liked the stars that night on Desolation Ridge. I think next year I'll check them out again. And train harder . . .

Phil Lowry

The following item is not related to ultrarunning. It is a Cross Number Puzzle. You may enjoy the stimulation of trying to solve it if you are inclined towards figures and problem solving. Puzzle courtesy of Mike Maddock, Tasmania. DOG'S MEAD

The Dog's Mead puzzle is a classic English cross-number puzzle that first appeared in the 1930s.

It can be solved by a strict application of logic, calculation, and trial and error. The numbers are so well interlocked that practically everyone of them must be employed in reaching the final entry (2 down).

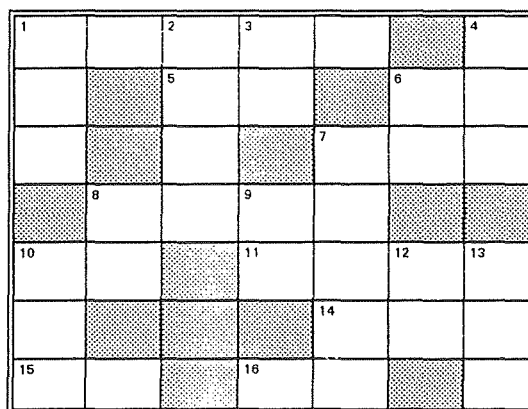
The puzzle concerns a farm that has been in the Dunk family for some years. A part of the farm is a rectangular piece of ground known as Dog's Mead. The year is 1939, and the only other additional information you need is that 4840 square yards equals one acre; and four roods equal one acre.

ACROSS

1. Area in square yards of Dog's Mead.
5. Age of Martha, Father Dunk's aunt.
6. Difference in yards between length and breadth of Dog's Mead.
7. Number of roods in Dog's Mead times 8 down.
8. The year the Dunk's acquired Dog's Mead.
10. Father Dunk's age.
11. Year of Mary's birth.
14. Perimeter in yards of Dog's Mead.
15. Cube of Father Dunk's walking speed in mph.
16. 15 across minus 9 down.
8. Time in minutes it takes Father Dunk to walk one and one-third times around Dog's Mead.
9. The number which, multiplied by 10 across, gives 10 down.
10. See 9 down.
12. Addition of the digits of 10 down plus 1.
13. Number of years Dog's Mead has been in the Dunk family.

DOWN

1. Value in shillings per rood of Dog's Mead.
2. Square of the age of Father Dunk's Mother-in-Law.
3. Age of Mary.
4. Value in pounds of Dog's Mead.
6. Age of Ted in 1945. Ted, Father Dunk's son, is twice the age of his sister Mary.
7. Square of the breadth of Dog's Mead.



Andrew Lucas with his coach at the finish of the Ross to Richmond in Tasmania. The historic Richmond Bridge is in the background.

Happy birthday: first anniversary for the Ultra Group

The Ultra List on Internet turns one year old on January 7, and few events in ultrarunning hold more potential for transforming the sport than this electronic ultra village. Already more than 500 runners are linked worldwide on a daily basis. And that's just the lead pack. Soon a rumbling global field of participants will forge into view and as time passes no one knows how large it will get. The Internet has almost limitless potential. Think of telephones. One day there may be that many computers worldwide, exchanging messages, data, images and sound within seconds at a keystroke.

Those signed onto the Ultra List (a mere speck in the vastness of Internet) have created their own global ultra village. The majority of members so far are from Canada and the United States but there are also runners from Australia, New Zealand, Japan, Britain, France, South Africa and several Scandinavian countries - not to mention such exotic locations as Taskent, the fourth largest city in the former Soviet Union (just above the Afghanistan border.) Warren Celum moved there recently from Canton MI to work for a humanitarian aid organization and signed on from a laptop computer.

Ultra list members post messages daily from around the world. It's like a computerized party line. And nothing is missed. If your computer happens to be turned off, the "service provider" you dial to sign onto Internet in the first place saves everything for you. It's waiting when you dial. As a member of the Ultra Group, or any of thousands of other Internet news groups and mailing lists, you can say as much or as little as you want. A typical day on the Ultra Group might include several personal postings about a race just run, questions about equipment (such as treadmills or heart monitors) or appeals for records or race results. If you see a posting that interests you and you want to respond privately to the author, but not the whole group, no problem. You just send a personal e-mail message to the writer. It's quick and it's cheap. Commercial companies providing access to the Internet often charge about \$25 a month for 20 or so hours, with an additional charge of \$1 or so an hour beyond that. Or if you have access to a Freenet (as runners do in Halifax, Ottawa, Toronto, Winnipeg, Vancouver and Victoria, with more cities coming on line fast) it's free. Quite literally, you can send messages free to anyone in the world who happens to have an e-mail address.

Race reports that once took months to make their way out to the ultra community by word of mouth and magazines are often posted within hours of the event. An example was the 1994 Comrades Marathon in South Africa. Ultra runners on the list knew Alberto Salazar had won before regular news

reports got back to North America. This is even more impressive when you take into account that regular news media rarely report anything on ultrarunning. In the case of the Western States 100-Miler and the Sri Chinmoy 1300-Miler, progress reports were posted during the events.

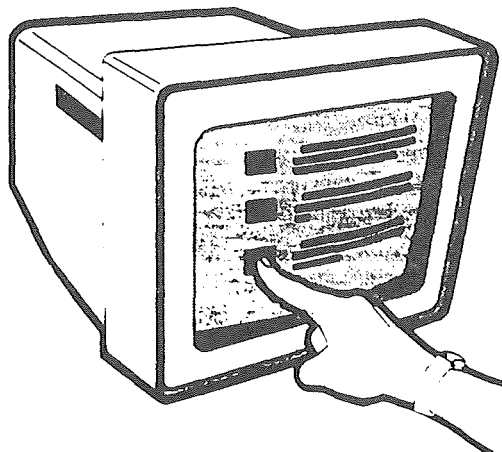
At times the normal flow of one or two race reports that runners are accustomed to getting through print ultra publications can turn into a glut. After the annual JKF 50-Miler in November, more than a dozen accounts were posted on the Ultra Group. This is the strength of 'The Net', (as the vast collection of networks known as the Internet is called). It is a rich source of direct feedback from runners of all levels. The weakness, which will be cured in time, is that many runners are poor reporters when it comes to detail. Often they return from races scarcely knowing their own race times and splits, let alone the stats of other runners. Complete results can take a while to assemble and they may not appear at all. Yet this is a small complaint of more concern to record keepers than to average runners.

The Ultra List was created by Joe Jurczyk of Cleveland OH and Joel Zucker of Alfred NY (UC V6N1) with an assist from Ultramarathon Canada. The 'home' of the list is a computer centre in Dartmouth NH. That's where messages go when they are tapped on runners' keyboards, and that's where they get relayed back to all members of the group. What's the future hold?

Who can say? Neither the Ultra List, nor the emerging data sites where vast quantities of information on ultra running (and everything else) are being stored, (and can be easily retrieved), will replace ordinary running publications. There will always be people who don't have or don't like computers. Also, it's still easier and more pleasant to browse through a magazine than to scroll through thousands of words on a computer terminal. But the computer revolution is apt to change what runners will accept in a magazine. As time passes, there will likely be less and less emphasis on quick basic information (such as race reports and statistics) and more emphasis on analysis, commentary and features.

One thing for sure. Computers are not going to go away. Remember the fax revolution. Ten years ago fax machines were still more the exception than the rule. Now it's rare to see a business card without a fax number, and e-mail addresses are appearing just as quickly. "I'm pleased with the tremendous growth of the subscribership and the quality of the discussions that take place," says Jurczyk. "And I look forward to even more runners utilizing this source of information and inspiration as more and more of them go online."

* * *



Ultrarunning on Internet

Reprinted from Ultramarathon^{Canada} Mar/Apr 1994

Ultrarunning has found a home on Internet, the vast computer network that spans the earth and - if you type in the right commands - can tell you almost anything.

Internet links roughly 40,000 computer networks world-wide, comprising an estimated two million computers and 20 million users in 60 countries. No one knows how big Internet is because it has taken on a life of its own, growing larger every day.

Any computer with a modem is a potential extension of Internet.

In Canada, an estimated half a million homes have modems, a device that lets computers communicate with each other via telephone lines in the same way as fax machines do. (They even sound the same when they connect.)

To hook into Internet, you need an access point, such as the National Capital Freenet in Ottawa, the Victoria Freenet in B.C. or any of the more than a dozen other freenets now being organized in cities across the country.

Aside from freenets (so named because there is no cost to use them), there are many other ways to link up with Internet, such as CRS Online in Toronto or CompuServe, which offer basic connections for low monthly rates.

Internet now links universities, research institutions, government agencies and businesses worldwide. It also connects countless ordinary people with no motive other than to talk to each other (in language that can range from the polite to the pornographic).

'Net users' can chat privately using person-to-person electronic mail (e-mail) or publicly by posting general-interest messages on party-lines known as bulletin boards (BBS) and news groups.

Thousands of news groups, controlled and uncontrolled, abound on Internet, linking people with interests as varied as chess, gardening, photography, stock markets, antique cars, sports, politics and sex.

You name the subject and there is probably a SIG (special interest group) on Internet devoted to it, and often several. Some SIGs generate hundreds of message exchanges a day. Others are all but dormant.

Each user has an Internet "address" or ID that, when typed into the system, functions like an electronic homing pigeon, flashing with message attached to any destination on earth - often at no cost.

The address for Ultramarathon Canada is *an346@freenet.carleton.ca* - which translates this way: *an346* is the user identity; *@* means 'at'; *freenet* is the local relay computer; *carleton* is the where it is located (meaning Carleton University); and *ca* means Canada.

The *Ultra List*, or *ultra* group, was started in January by two Americans: Joe Jurczyk, 29, of Cleveland OH and Joel

Zucker, 40, of Pocatello ID, with an assist from *Ultramarathon Canada*.

Shortly after going "on-line" in December, I found a discussion group devoted to running. It had an active group of participants from across the U.S. and beyond but there was almost no mention of any events or activity beyond the marathon.

Yet when I posted a message inquiring whether there were any ultra runners tuned in, I got a flurry replies, including messages from both Jurczyk and Zucker. Obviously, there were ultrarunners "lurking" in the background.

I told Jurczyk I had been thinking of trying to set up an Internet ultra group but was new to the network and had no idea how to go about it. He told me he had been thinking about the same thing.

Moreover, he was an "information broker" by occupation and thus was intimately familiar with Internet and knew exactly what to do. And that was how it started.

Jurczyk and Zucker

Jurczyk went to work immediately, assisted by Zucker, and together they quickly found a "home" for the new group at Dartmouth College in Hanover NH.

I volunteered to publicize the group as widely as I could in the ultra press and they put out the word on various sports and running groups on Internet.

"You're one of the main reasons I decided to finally pull the trigger with the list," Jurczyk messaged a couple of days later. "I didn't really want to have just a couple messages a day and a pretty dead list.

"But with you, Peter Severance from *Running Wild...* and the guys from *Ultrarunning* (Peter Gagarin and Fred Pilon),

who have CompuServe accounts, I figure we've got plenty of people to spread the word to a large audience."

"Thanks for the support and inspiration.

Quickly, more than 100 ultrarunners - and enthusiasts - signed

on, exchanging personal biographical information, race reports, training tips and general commentary and opinions.

Within a month the subscribers list doubled to 200, mainly Americans, but also a sprinkling of others from across Canada and as far away as South Africa, Australia, New Zealand and Britain. Hundreds more are expected to join in the months to come as word of the group spreads.

Many of the first to sign up were aerobic refugees from the Dead Runners Society - the best-known Internet running group but one with little ultra content.

Some well-known ultrarunners are among the founding members, including 1992 Trans Am winner David Warady of Huntington Beach CA, Lorraine Gersitz of Fullerton CA and Lin Gentling of Rochester MN.

To join the Ultra List type this address:
listserv@dartcms1.dartmouth.edu
and send this message
sub ultra [first name] [last name]

Internet Cont'd

So far the ultra group has been a gold mine of information and opinion - a great place to browse, offer comments and ask for help.

When I could not find the winning time that Yiannis Kouros ran in the 1985 Westfield Run (for a chart that appears in this issue) I appealed for help on Internet. Within hours, Glenn Hayward of the University of Wollongong, about 40 miles south of Sydney, Australia, e-mailed back the answer: "5 days, 5 hours and 7 minutes."

"Snail mail," as regular postal service is called on Internet, would have taken two weeks - assuming I knew who to write to.

There is no charge for joining the ultra group.

Participants are screened by Jurczyk and Zucker and abusers can be thrown off the list for "flaming" others with messages deemed out of keeping with the spirit of ultrarunning.

Zucker set the tone in the early days of the group with a stern reprimand to one participant who stepped out of line with a personal diatribe at another subscriber.

If you want to get personal, the protocol is to do it through private e-mail, not with publicly-posted messages.

Within those limits, anyone with access to Internet and a genuine interest in ultrarunning will not only be admitted but welcomed as a participant.

The group is especially valuable for publications like *Ultramarathon Canada*, *UltraRunning*, *Running Wild* that collect a lot of information on the sport.

For instance, Ean Jackson filed reports on his Fat Ass 50 Race in Vancouver directly to UC and UR by Internet. And when Jo Wells came home with fascinating tales of the Key to Shining Key Marathon - but without her finishing time - I found it on Internet.

Stay tuned, this is one event in ultrarunning that is not likely to be a passing fad.

(David Blaikie)

Kouros Plans Book

Ultramarathon Canada January/February 1994

Yiannis Kouros, the greatest multi-day runner of all time, hopes to write a book. The Greek-born runner, who holds world records for 1000 miles (10d:10:30:35) and 1000K (5d:16:17:00s), and who ran 658m1056y in the first 124 hours and 47 minutes of the 1987 Sydney-Melbourne race, has asked Tarak Kauff of Woodstock NY to help him with the research.

Kauff was director of the Sri Chinmoy Marathon Team in New York until 1991. Kouros, who was born in Greece, wants to start his story with the 1984 New York Road Runners Club Six-Day Race, where he ran 623m1023y. Now studying in Australia (majoring in music and Greek studies, and living with his wife, Teresa, and his children, Veronica, 7, and Gabriela, 3), Kouros told Kauff he was saddened recently when he visited Colac and saw the "decay" of the Australian six-day race there.

Until runners refuse to accept such conditions, the quality of races is unlikely to improve, Kouros concluded. He was invited to run in the La Rochelle Six-Day race but passed up the offer this year because only appearance money was available and because he was busy with exams. However, he is training again, and thinking of organizing a 500-mile race between Adelaide and Melbourne. Kauff has warm memories of Kouros and his record-setting runs in New York. "I was lucky to be good friends with Yiannis," he says. "He is an absolutely tremendous human being."

Kouros: 'My Inner World'

Reprinted from *Ultramarathon Canada* Mar/Apr 1994

Yiannis Kouros says his first book will focus on just one race, the 1984 Six-Day Race in New York City where he set his first six-day world record.

"I am not going to write my experiences from my ultrarunning career," he writes from his home in Northcote, near Melbourne AUS.

"The reason why is that I approach the book more from the inside view of a person. It (will be) more a psychological than a physical book. I prefer to express my inner world, the way I am thinking, the way I function. That's more important to ultramarathoners, I believe.

"I am planning to cover my other experiences from the later races in different books."

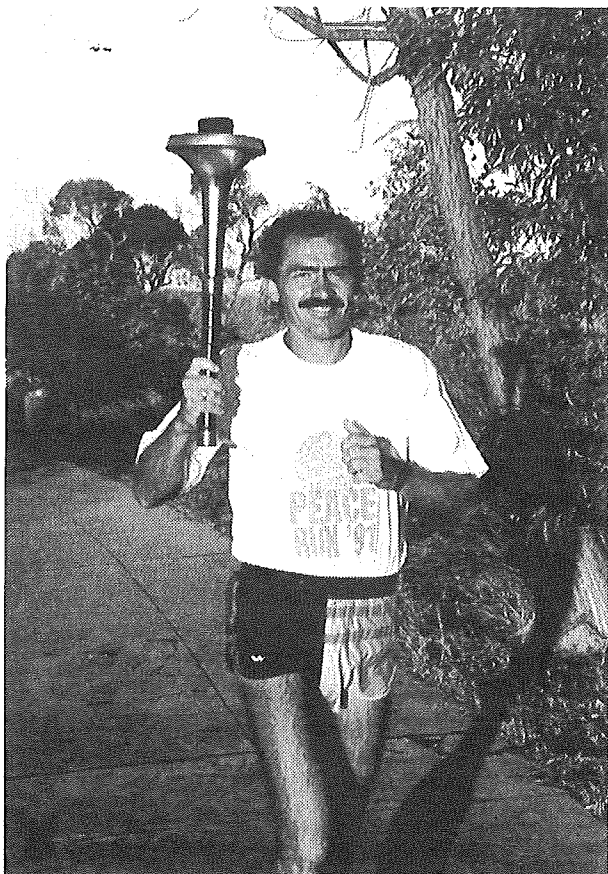
Meanwhile, Kouros, now 37, made his debut as a musician DEC 4 at Melba Hall in Parkville when he took part in a fund-raising concert for the Australian Greek Welfare Society.

He sang and played two songs and composed a third for the choir, and was the subject of a feature article in *The Age*, a local newspaper.

"He still runs occasionally, just an easy hour or so for fun and fitness, yet looks as whippet thin as he did when he made the Hume Highway (the route of the Sydney to Melbourne race) seem like a training track," wrote reporter Alan Attwood. "Music is one reason he was such an amazing runner."

Kouros told Attwood he realized in his first ultra (the 1983 Spartathlon) that, "Preparation has nothing to do with the body, more with the mind. You have to prepare the mind to accept what will happen, how to keep moving when the body is dead."

Kouros says music in the mind is the best drug a runner can use. "When the body cannot follow demands, you are running by another power. It's as if you can see the body running. It's a metaphysical thing." (Profile: Page 11)



Profile: Yiannis Kouros

Reprinted from Ultramarathon Canada Mar/Apr 1994

Name: Yiannis Kouros; Home: Northcote, Melbourne
 Birth date: 13 FEB 1956; Birth place: Tripoli, Greece
 Citizenship: Greek, Australian
 Family: Married (two children)
 Height: 1.72 metres; Weight: 66-68 kg.
 Occupation: student

Religion: "There are no religions, there are philosophies."

Education: Bachelor of Arts, 1994
 (music, Greek studies)

Favorite Author: Millan Coundera, Kazantzakis

Favorite book: "The Descent of the Nine" (Thanasis Valtinos)

Now reading: "Writing my own book."

Favorite movie: Z, Ifigenia

Favorite TV shows: none listed

Preferred Music: Greek 'Entechno', Byzantine, Classical

Favorite artists: El Greco, Rembrandt

Favorite song: none listed

Preferred political party: none

Favorite politician: none

Least favorite politician: "They are all similar in character."

Personal heroes: Odysseus, Antigony

Hobbies: poetry, composing, singing, reading, painting

Favorite non-running sports: none listed

Favorite TV sports: none listed

Favorite quote: "Hear many, say little."

Philosophy: "Go beyond your limits"

Memberships: Hellenic Writers

Association of Australia

Favorite cause: to run across a continent

Short-term goal: "to publish my book and a collection of poems."

Long-term goal: "to orchestrate all my pieces."

Favorite school subjects: music, philosophy, literature, geometry; least-favorite school subjects: chemistry, algebra

Pets: none now (when young, birds and dogs)

Favorite vacation destination: Crete, Peloponnese

Favorite time of day: evening

Personal Collections: poetry books, old money, stamps

Greatest fear: death of any person in my family or friends

Pet peeve: people who smoke and overdrink

Happiest memory: "When I was in army duty and I heard from the radio my first song LP."

Personal strengths: "persistence, alternative solutions, clarity in extreme conditions, self control, self-confidence."

Personal weaknesses: "sensitive, emotional."

Most-prized possession: world records, my family, friends."

Favorite meal: "Nalesniki (Polish)

Favorite non-race drink: water, tea

RUNNING DATA:

Year started: 1972; Ultras: 31; Completed: 30

Marathons: over 30; Total races: about 300

Yearly mileage: 500 to 5000

Average weekly training mileage: 0 to 100

Lifetime mileage: about 60,000

Longest training run: 84km

Best ultra: Sri Chinmoy 1000-Mile Race (1988)

KOUROS' ULTRA VICTORIES:

1. Spartathlon GRE	1983	245Km	21:53:40
2. Danube Race AUT	1984	320Km (3 stages)	23:16:15
3. NYRRC Six Day USA	1984	15 world records	1022.8km
4. Spartathlon GRE	1984	245Km	20:25:00
5. N.Y. 24-Hour USA	1984	world record	177m0y
6. Colac Six Day AUS	1984	3 world records	1023.2km
7. 48 Hours FRA	1985	6 world records	281m48y
8. Sydney-Melbourne AUS	1985	960Km	5d:05:07:00
9. European 100K BEL	1985	European Title	6:25:00
10. N.Y. 24-Hour USA	1985	world record	178m0y
11. Six Day Race NZL	1986	course record	718km
12. World 24-Hour USA	1986	world indoor best	156m7y
13. 24-Hour Race CAN	1986	Montmagny PQ	139m1430y
14. N.Y. 100-Mile USA	1986	course record	11:56:48
15. Spartathlon GRE	1986	245Km	21:57:00
16. Sydney-Melbourne AUS	1987	1060Km	5d:14:47:00
17. 24-Hour Race CAN	1987	Montmagny PQ	146m1140y
18. 24-Hour Race USA	1987	Westport NY	142m0y
19. Sydney-Melbourne AUS	1988	1016Km	5d:19:14:00
20. N.Y. 1000-mile USA	1988	world record	10:10:30:35
21. Hiroshima-Nagasaki	1988	430Km	56:28:40
22. 24-Hour Indoor ENG	1988	world indoor title	169m897y
23. Olympia-Athens GRE	1989	350Km	34:00:00
24. Sydney-Melbourne AUS	1989	1011Km	5d:02:27:00
25. Sydney-Melbourne AUS	1990	1008km	5d:23:55:00
26. 24-Hour Race AUS	1990	Olympic Park	174m375y
27. Spartathlon GRE	1990	246Km	20:29:04
28. Wyong 24-Hour AUS	1991	New South Wales	160m552y

(Ultramarathon Canada)

Favorite Marathon: "The classical one - Marathon to Athens..I do not recognize any courses except the original."

Worst ultra: Hiroshima-Nagasaki

Most memorable run: New York Six-Day Race (1984)

Average training pace: 7:30 - 8:00

Favorite shoes: "For marathons - none. For ultras - none.

All are negative. We are still in a prehistoric era for shoes."

Morning pulse: 40 to 56

Most common injury: knees

Favorite race food/drink: lemonade, Greek cookies, fruit.

Running idols: Pheidippides, Abebe Bikila, Emil Zatopek, Vladimir Kuts

Greatest influence: Pheidippides; Indebted to: good friends

Favorite places to run: Belgium, U.S.A., Canada

Oddest running experience: "The unexpected world record for 24 hours during Hurricane Gloria in 1985."

Ultramarathon Canada March/April 1994

WORLD AGE GROUP RECORDS. (as of 27th Oct 1994)

by Andy Milroy

Reprinted From IAU Newsletter Dec. 1994

Men. 30 Miles Track						
40-44	Tim Johnson	(GBR)	2.48.37	Hendon	1982	
45-49	Stephen Moore	(GBR)	2.58.12	Barry	1994	
50-54	Denis Weir	(GBR)	3.12.53	Barry	1989	
55-59	Otho Perkins	(USA)	3.11.01	Worthington	1986	
60-64	Bob Emmerson	(GBR)	3.28.39	Barry	1994	
64-69	Randall Hughes	(AUS)	3.57.35	E.Burwood	1992	
70-74	Ken Matchett	(AUS)	4.38.00	E.Burwood	1992	
75-79	Ernie Warwick	(GBR)	5.16.03	Birmingham	1991	
80-84	Charles Benovoy	(CAN)	10.56.33	Ottawa	1992	
Men. 50kms Track						
40-44	Tim Johnson	(GBR)	2.55.07	Hendon	1982	
45-49	Stephen Moore	(GBR)	3.04.48	Barry	1994	
50-54	Denis Weir	(GBR)	3.39.32	Barry	1989	
55-59	Otho Perkins	(USA)	3.17.26	Worthington	1986	
60-64	Bob Emmerson	(GBR)	3.37.08	Barry	1994	
65-69	Randall Hughes	(AUS)	4.07.35	E.Burwood	1992	
70-74	Ken Matchett	(AUS)	4.49.15	E.Burwood	1992	
75-79	Ernie Warwick	(GBR)	5.28.20	Birmingham	1991	
80-84	Charles Benovoy	(CAN)	11.16.01	Ottawa	1992	
Men. 40 Miles Track						
40-44	Martin Daykin	(GBR)	3.59.24	Barry	1989	
45-49	Stephen Moore	(GBR)	4.01.28	Barry	1994	
50-54	George Kay	(GBR)	4.26.05	Barry	1988	
55-59	Bob Emmerson	(GBR)	4.31.36	Crawley	1991	
60-64	Bob Emmerson	(GBR)	4.51.09	Barry	1994	
65-69	Randall Hughes	(AUS)	5.31.21	E.Burwood	1992	
70-74	Ernie Warwick	(GBR)	6.48.06	Solihull	1986	
75-79	Ernie Warwick	(GBR)	7.16.48	Birmingham	1991	
80-84	Charles Benovoy	(CAN)	15.23.12	Ottawa	1992	
Men. 50 Miles Track						
40-44	Gerald Walsh	(RSA)	5.16.07	Walton	1957	
45-49	Don Ritchie	(GBR)	5.23.02	Livingston	1990	
50-54	Harry Arndt	(GER)	5.40.06	Ronneburg	1986	
55-59	Hans Reich	(GER)	6.07.47p	Ottweiler	1992	
60-64	Geoff Oliver	(GBR)	6.57.55	Tooting Bec	1993	
65-69	Ray Piva	(USA)	7.17.46	Hayward	1991	
70-74	Ernie Warwick	(GBR)	8.51.03	Solihull	1986	
75-79	Ernie Warwick	(GBR)	9.47.03	Birmingham	1991	
80-84	Charles Benovoy	(CAN)	22.25.41	Ottawa	1992	
Men. 100kms Track						
40-44	Charles Hunn	(GBR)	7.12.19	Hendon	1982	
	Gerd Boldhaus	(GER)	6.46.42p	Geneva	1984	
45-49	Don Ritchie	(GBR)	6.46.10	Livingston	1990	
50-54	Harry Arndt	(GER)	7.12.26	Ronneburg	1986	
55-59	Hans Reich	(GER)	7.45.14p	Ottweiler	1992	
60-64	Geoff Oliver	(GBR)	8.57.03	Tooting Bec	1993	
65-69	Ray Piva	(USA)	9.30.32	Hayward	1991	
70-74	Ernie Warwick	(GBR)	11.51.44	Solihull	1986	
75-79	Ernie Warwick	(GBR)	12.51.58	Birmingham	1991	
Men 100 Miles Track						
40-44	Derek Kay	(RSA)	11.56.56	Durban	1972	
45-49	Don Ritchie	(GBR)	12.44.29	Hendon	1991	
50-54	Denis Weir	(GBR)	13.55.48	Hull	1988	
55-59	Dave Cooper	(GBR)	15.14.35	Birmingham	1990	
60-64	Cliff Young	(AUS)	14.37.54p	Sydney	1983	
65-69	Cy McLaughlin	(NZL)	17.37.16	Auckland	1984	
70-74	Ernie Warwick	(GBR)	21.35.37	Solihull	1986	
75-79	Ernie Warwick	(GBR)	23.05.53	Birmingham	1991	

Men	200kms	Track				
40-44	Ron	Bentley	(GBR)	16.53.00	Walton	1973
45-49	Don	Ritchie	(GBR)	16.19.16	Hendon	1991
50-54	Denis	Weir	(GBR)	18.45.07	Doncaster	1990
55-59	Dave	Cooper	(GBR)	19.21.32	Birmingham	1990
60-64	Cliff	Young	(AUS)	20.17.09	Adelaide	1985
65-69	Cy	McLaughlin	(NZL)	22.41.00	Auckland	1984

Men	24 Hours	Track				
40-44	Ron	Bentley	(GBR)	259.603kms	Walton	1973
45-49	Don	Ritchie	(GBR)	268.251kms	Hendon	1991
50-54	Dave	Cooper	(GBR)	247.210kms	Chevilly	1985
55-59	Dave	Cooper	(GBR)	245.208kms	Birmingham	1990
60-64	Cliff	Young	(AUS)	235.969kms	Adelaide	1985
65-69	Cy	McLaughlin	(NZL)	210.129kms	Auckland	1984
70-74	Ernie	Warwick	(GBR)	175.574kms	Solihull	1988
75-79	Ernie	Warwick	(GBR)	166.357kms	Birmingham	1991
80-84	Charles	Benovoy	(CAN)	85.378kms	Ottawa	1992

Men	100kms	Road				
40-44	Domingo	Catalan	(ESP)	6.30.37	Palamos	1992
45-49	Roland	Vuilleminot	(FRA)	6.30.35	Chevagnes	1993
50-54	Hans	Reich	(GER)	7.03.14	Rodenbach	1987
55-59	Karl	Engelander	(GER)	7.10.51	Rheine-Elte	1992
60-64	Peter	Koln	(GER)	8.03.52	Rheine-Elte	1993
65-69	Max	Courtillon	(FRA)	8.43.37		
70-74	Heiner	Gutbier	(GER)	9.20.07	Rodenbach	1994
75-79	Konrad	Volkening	(GER)	11.53.10	Rheine-Elte	1993
80-84	Michael	Selb	(SUI)	16.40.13	Biel	1992
85-89	Adolf	Weidmann	(GER)	21.32.	Biel	1988

Men	24 Hours	Road				
40-44	Hans-M	Erdmann	(GER)	274.119kms		
45-49	Peter	Mann	(GER)	258.108kms		
50-54	Peter	Samulski	(GER)	261.028kms		
55-59	Dave	Cooper	(GBR)	250.067kms		
60-64	Max	Courtillon	(FRA)	231.650kms		
65-69	Zdenek	Pokorny	(TCH)	187.563kms		
70-74	Konrad	Volkening	(GER)	174.331kms		
75-79	Konrad	Volkening	(GER)	149.416kms.		

Note. Michael Selb and others (80-84) and Adolf Weidman (85-89) have covered 100kms in 24 hours on the road.

Women	30 Miles	Track				
40-44	Hilary	Johnson	(GBR)	3.40.50	Barry	1988
45-49	Eleanor	Robinson	(GBR)	3.31.29	Barry	1994
50-54	Lavinia	Petrie	(AUS)	3.40.44	E.Burwood	1993
55-59	Ruth	Anderson	(USA)	4.50.48	Santa Rosa	1986
60-64	Shirley	Young	(AUS)	4.19.07	E.Burwood	1992
65-69	Francoise	Lamothe	(FRA)	5.30.50	Bagneux	1989

Women	50kms	Track				
40-44	Hilary	Johnson	(GBR)	3.49.59	Barry	1988
45-49	Eleanor	Robinson	(GBR)	3.39.37	Barry	1994
50-54	Lavinia	Petrie	(AUS)	3.50.15	E.Burwood	1993
55-59	Ruth	Anderson	(USA)	5.00.18	Santa Rosa	1986
60-64	Shirley	Young	(AUS)	4.28.45	E.Burwood	1992
65-69	Francoise	Lamothe	(FRA)	5.43.25	Bagneux	1989

Women	40 Miles	Track				
40-44	Marianne	Savage	(GBR)	5.14.12	Barry	1991
45-49	Eleanor	Robinson	(GBR)	4.50.11	Barry	1994
50-54	Rita	Banks	(GBR)	5.28.17	Barry	1994
55-59	Ruth	Anderson	(USA)	6.34.51	Santa Rosa	1986
60-64	Shirley	Young	(AUS)	5.52.34	E.Burwood	1992
65-69	Francoise	Lamothe	(FRA)	7.30.13	Bagneux	1989

Women	50 Miles	Track				
40-44	Hilary	Walker	(GBR)	6.37.06	Tooting Bec	1994
45-49	Lavinia	Petrie	(AUS)	6.23.53	E.Burwood	1993
50-54	Sandra	Kiddy	(USA)	7.08.14	Hayward	1991
55-59	Ruth	Anderson	(USA)	8.25.03	Santa Rosa	1986
60-64	Shirley	Young	(AUS)	7.32.44	E.Burwood	1992
65-69	Helen	Klein	(USA)	9.39.32p	Santa Rosa	1992

Women	100kms	Track				
40-44	Eleanor	Adams	(GBR)	8.32.02	Melbourne	1989
45-49	Anna	Dyck	(GER)	8.24.43	Elze	1991
50-54	Sandra	Kiddy	(USA)	9.13.58	Hayward	1991
55-59	Ruth	Anderson	(USA)	11.11.04	Santa Rosa	1986
60-64	Ursula	Schmitz	(GER)	9.50.14	Ottweiler	1992
65-69	Francoise	Lamothe	(FRA)	11.59.31	Bagneux	1989
Women	100 Miles	Track				
40-44	Eleanor	Adams	(GBR)	14.44.26	Melbourne	1989
45-49	Margaret	Smith	(AUS)	16.01.43	Sydney	1984
50-54	Arlette	Touchard	(FRA)	19.10.43	Surgeres	1992
55-59	Ruth	Anderson	(USA)	20.54.24	Santa Rosa	1986
60-64	Helen	Klein	(USA)	22.15.26	Santa Rosa	1985
65-69	Helen	Klein	(USA)	23.03.01p	Santa Rosa	1991
Women	200kms	Track				
40-44	Eleanor	Adams	(GBR)	19.28.49	Melbourne	1989
45-49	Angela	Mertens	(BEL)	21.02.12	Izegem	1988
50-54	Arlette	Touchard	(FRA)	24.36.57	Surgeres	1992

Note. p = awaiting lap times or age group documentation (copy of birth certificate or equivalent)

Women. 24 Hours Road.

40-44	Helga	Backaus	(GER)	226kms	330mtrs
45-49	Sue Ellen	Trapp	(USA)	233	816
50-54	Sigrid	Lomsky	(GER)	243	657
55-59	Gerda	Schroder	(GER)	191	640
60-64	Francoise	Lamothe	(FRA)	184	161
65-69	Francoise	Lamothe	(FRA)	173	810
70-74	Helen	Klein	(USA)	165	343

Women. 24 Hours Track.

40-44	Eleanor	Adams	(GBR)	240	169	Melbourne	1989
45-49	Angela	Mertens	(BEL)	226	237	Izegem	1988
50-54	Arlette	Touchard	(FRA)	194	700	Surgeres	1992
55-59	Ruth	Anderson	(USA)	177	430	Santa Rosa	1986
60-64	Helen	Klein	(USA)	170	165	Santa Rosa	1985
65-69	Helen	Klein	(USA)	176	223	Santa Rosa	1991

SUBSCRIPTIONS

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All-Time Ultra Bests

Below are some all-time lists for the most common ultra events. **Marks set in 1994 are listed in italics.** In order to make the lists as informative as possible, we have combined road and track performances, as well as certified and uncertified performances. The intent is to recognize the best ultra performances, recognizing that in many cases they will not satisfy all the criteria for ratification as records. This is especially true for marks set many years ago.

We have also listed the actual USA records as ratified by USATF, including those ratified at the 1994 USATF convention last December.

We include among the bests for North America any performances by North American residents, even if they are not citizens of the region. In such cases, there is an apostrophe after the name.

Thanks to Andy Milroy, Trishul Cherns, and Dan Brannen for continually providing invaluable data. If you know of any corrections or additions to these lists, please let us know.

Legend

R = road in otherwise track list
i = indoor
T = track in otherwise road list
s = split in longer event
* = uncertified road course or no lap times taken
^ = incomplete lap recording (only to minute)
- = resident alien

1,000 Miles

Men	
Yiannis Kourou,GR	10+10:30:35
Stu Mittleman,US	11+20:36:50
Al Howie,46,GB	12+01:42:52 s
Siggy Bauer,41,NZ	12+12:36:20
Istvan Sipos,HUN	12+22:52:37
John Ball,SA	13+01:00
Marty Sprengelmeyer,45,US	13+07:19:41
Trishul Cherns,CAN	13+07:50:45
Tom Possert,US	13+14:02:52
Stefan Schlecht,GER	13+16:11:06 s
Gary Parsons,AU	13+17:37:21
Ian Jones,47,AU	13+18:35:50
Michel Careau,47,CAN	13+21:31:53
Alan Fairbrother,49,GB	13+22:48:08
Georg Jermolajevs,49,UKR	13+23:25:18T*
John Wallis,52,US	14+09:45:04
Dan Coffey,54,GB	14+10:44:50
Tony Rafferty,47,AU	14+11:59:04
Ronnie Wong,44,US	14+12:48:25 s

USA Ratified 1,000-Mile Records, Men

No records	
Women	
Sandy Barwick,NZ,42	12+14:38:40 s
Antana Locs,CAN	13+23:18:32 s
Suprabha Beckjord,US	14+08:56:57 s
Sylvia Andonie,MEX	14+18:52:38
Monika Achenbach-Konig,AUS	15+02:57:47
Dipali Cunningham,AU	15+12:52:02
Ch. Vollmerhausen,57,GER	16+01:59:40
Renate Nierkens,47,GER	16+11:19:54 s
Eleanor Adams,GB	16+22:51

USA Ratified 1,000-Mile Records, Women

Open: Suprabha Beckjord 14+08:56:57 s

6 Days

All-time, men	
Jean-Gilles Boussiquet,48,FR	640 21 i
Yiannis Kourou,GR	639 Rs
Gilbert Mainix,57,FR	626 164 i
George Littlewood,GB,1888	623 1320 i
James Zarei,46,GB	622 508
Bryan Smith,45,AU	622 435
James Cathcart,US,1888	621 1320 i
Patrick Fitzgerald,US,1884	610
Daniel Herty,US,1888	605
Charles Rowell,GB,1884	602
George Hazael,GB,1882	600 220 i

Uncertified additions	
Yiannis Kourou,GR	658 1144 R*
David Standeven,AU	628 352 R*
Kevin Mansell,AU	628 352 R*

Richard Tout,NZ	589 1199 Rs*
World track record	
Yiannis Kourou,GR	635 1385

Modern, men	
Jean-Gilles Boussiquet,48,FR	640 21 i
Yiannis Kourou,GR	639 Rs
Gilbert Mainix,57,FR	626 164 i
James Zarei,46,GB	622 508
Bryan Smith,45,AU	622 435
Ramon Zabalo,FR	593 64
Patrick Macke,GB	579 207 i
Stu Mittleman,US	577 1100
Tom O'Reilly,GB	576 675
Dusan Mravljic,YUG	568 319
Siegfried Bauer,42,NZ	563 1245
Maurice Taylor,41,AU	555 890
George Gardiner,40,US	554 72

Modern, men, North America	
Stu Mittleman	577 1100 i
George Gardiner,40	554 72
Brian Purcell	543 Rs*
Michel Careau,53,CAN	539 1689 i
Trishul Cherns,CAN	538 189 i
Marty Sprengelmeyer,41	516 960Rs*
Al Howie,46	514 Rs
Don Choi	511 596
Robert Perez	501 893
Al Prawda	500 1233 i

Age groups, world	
40-44 J.-G. Boussiquet,FR	605 1691 i
45-49 J.-G. Boussiquet,FR	640 21 i
50-54 Gilbert Mainix,FR	609 775 i
55-59 Gilbert Mainix,FR	626 164 i
60-64 Cliff Young,AU	536 R*
George Perdon,AU	522 1664
65-69 Cliff Young,AU	416 998
70-74 Cliff Young,AU	406 225
75-79 John Petersen,AU	258 303 R

Age groups, U.S.	
40-44 George Gardiner	554 72
45-49 Cahit Yeter	468 417
50-54 Michael Allen	473 440
55-59 Donald Winkley	450
60-64 Richard Cozart	387 Rs
65-69 Dictino Mendez	365 Rs
70-74 Willie Rios	298 R

USA Ratified 6-Day Records, Men	
Open: George Gardiner	554 72
40-44 no record	
45-49 Gutdayzke	373 440
50-54 Michael Allen	473 440
55-59 Donald Winkley	450 R
60-64 Clarence Richey	339 12
65-69 Dictino Mendez	385 R
70-74 no record	
All-comers: Y. Kourou,GR	639

All-time, women	
Sandra Barwick,NZ	548 558
Eleanor Adams,GB	538 582
Donna Hudson,US	487 1585
Edith Couhé,41,FR	479 968 i
Suprabha Schecter,US	459 Rs
Georgina McConnell,AU	458 1119
Renate Nierkens,GER	458 1056
Cynthia Cameron,AU	458 1006
Lorna Richey,US	457 345
Madame Du Pree,US,1882	456
Antana Locs,CAN	452 Rs
Pippa Davis,41,US/GB	450 Rs
Sylvia Andonie,MEX	450 R

Uncertified additions

Mary Hanudel,US	486 1056 Rs*
Women, North America	
Donna Hudson	487 1585
Mary Hanudel	486 1056 Rs*
Suprabha Schecter	459 Rs
Lorna Richey	457 345
Madame Du Pree,1882	456
Antana Locs,CAN	452 Rs
Pippa Davis,41	450 Rs
Sylvia Andonie,MEX	450
Sue Medaglia,49	411 1623
Barbara McLeod,55,CAN	404 Rs
Kanna Nequin	400 220 i

Age groups, world	
40-44 Sandra Barwick,NZ	548 558
45-49 Renate Nierkens,GER	458 1056
50-54 Hilde Schmidhuber,GER	420 Rs
55-59 Ch. Vollmerhausen,GER	431 Rs
60-64 Françoise Lamothe,FR	402 1582
65-69 Helen Klein,US	354 1584 R
70-74 Helen Klein,US	373 R

Age groups, U.S.	
40-44 Lahory Brummel	365 Rs
45-49 Sue Medaglia	411 1623
50-54 Janet Johnson	405 440
55-59 Myra Linden	340 440
60-64 Samara Minoli	310 Rs
65-69 Helen Klein	354 1584 R
70-74 Helen Klein	373 R

USA Ratified 6-Day Records, Women

Open: Lorna Richey	457 345
40-44 Vivian Corres	266 440
45-49 Vivian Corres	285
50-54 no record	

55-59 Myra Linden	312 880
All-comers: E. Adams,GB	462

48 Hours

All-time, men	
Yiannis Kourou,GR	281 48
Valeri Goubau,SU	265 1187 ^
Gilbert Mainix,57,FR	264 282 ^
J.-G. Boussiquet,47,FR	263 597 ^
Ramon Zabalo,FR	260 1717
Charles Rowell,GB,1882	258 220 si
Richard Tout,NZ	253 914Rs*
John Hughes,US,1882	251 s?
Tomas Rusek,CZ	250 1406 R
Richard Brown,GB	249 526 ^
Anatoly Kruglikov,RUS	248 632 ^
Alain Mailleard,FRA	245 945 ^
Bryan Smith,AU,46	240 172 s
Brian Purcell,US	240

All-time, North America	
John Hughes,1882	251 si?
Brian Purcell	240
James A. Cathcart,1888	238
Frank Hart,1882	232 440 si
Scott Demaree	230 704
Jack Christian	227 584
Don Choi	227 s
Patrick Fitzgerald,1883	226 s
Ray Krowicz	224 1731
Al Prawda	224 1177 i
Dan Brannen	223 135 i
Doyle Carpenter,48	219 1689 i
Richard Lacouse,1881	218 352 si
Edward Weston,40,1879	218
Dan Herty,1882	217 660 i
Charles Harriman,1883	216 i
Stu Mittleman	215 1540 si
John Sullivan,1882	215 i
Ephraim Clow,1881	215 si
George Gardiner,40	213 s
Jeff Hagen	213 1320 R
Jim Drake,52	213 R
Rae Clark	212 176 Rs
Peter Panchot,1883	212 i
Trishul Cherns,CAN	211 105 i
Robert Vint,1883	211 i

Age groups, world	
40-44 Valeri Goubau,SU	265 1187 ^
45-49 J.-G. Boussiquet,FR	263 597 ^
50-54 Gilbert Mainix,FR	259 427 ^
55-59 Gilbert Mainix,FR	264 282 ^
60-64 George Perdon,AU	198 164 s
65-69 Phil Latulippe,CAN	150 1689 i
70-74 Matt Miller,US	142 1617 T
75-79 Edson Sower,US	108 1513 Ts

Age groups, North America, modern	
40-44 Al Prawda	224 1177 i
45-49 Doyle Carpenter	219 1689 i
50-54 Jim Drake	213 R
55-59 Ed Williams	179 357
60-64 Dictino Mendez	179 1350 i
65-69 Phil Latulippe,CAN	150 1689 i
70-74 Matt Miller	142 1617
75-79 Edson Sower	108 1513 s

USA Ratified 48-Hour Records, Men

Open: Brian Purcell	240
40-44 Neil Weygandt	172
45-49 no record	
50-54 Jim Drake	213
55-59 Billy Purcell	167 33
60-64 Ed Williams	151 175
65-69 Dictino Mendez	130
70-74 Matt Miller	142 1617
75-79 Edson Sower	108 1513
All-comers: Y. Kourou,GR	266 880

All-time, women	
Hilary Walker,GB	227 1302
Sue Ellen Trapp,47,US	223 1340 R
Susan Olsen,US	216 1444
Arlette Touchard,44,FR	215 1543
Angela Mertens,BEL	214 1196
Marianne Savage,GB	213 1092
Eleanor Adams,GB	207 988
Sandra Barwick,NZ	202 1589 s
Sylvia Andonie,MEX	195 1760
Edith Couhé,40,FR	195 167
Ch. Vollmerhausen,55,GER	193 1563
Bev Williams,CAN	191 1470
Suprabha Beckjord,US	191 Rs
Sandra Brown,GB	190 1380
Françoise Lamothe,62,FR	190 48

All-time, North America, women	
Sue Ellen Trapp,47	223 1340 R
Susan Olsen	216 1444
Sylvia Andonie,MEX	195 1760
Bev Williams,CAN	191 1470
Suprabha Beckjord	191 Rs
Donna Hudson	189 693 s
Marcy Schwam	187 1406 i
Eileen Elliot,45	180 1584 i
Antana Locs,CAN	180 Rs
Barbara McLeod,52,CAN	177 137 i
Essie Garrett,41	170
Mary Ann Miller,50	169 1335
Kay Moore,44	164 936 i
Kim Cavanagh	161 75 i
Lorna Richey	160 s

Age groups, World	
40-44 Arlette Touchard,FR	215 1543
45-49 Sue Ellen Trapp,US	223 1340 R

50-54 Arlette Touchard,FR	198 1620
55-59 Christel Vollmerhausen,GER	193 1563
60-64 Françoise Lamothe,FR	190 48
65-69 Françoise Lamothe,FR	169 890 ^
70-74 Françoise Lamothe,FR	148 1729 ^

Age groups, North America	
40-44 Essie Garrett	169 1335
45-49 Sue Ellen Trapp	223 1340 R
50-54 Barbara McLeod,CAN	177 137 i
55-59 Mary Ann Miller	145 1531
60-64 Jan Richards	127 880
65-69 Helen Klein	130 858

USA Ratified 48-Hour Records, Women

Open: Sue Ellen Trapp	223 1340
40-44 Essie Garrett	169 1335
45-49 Sue Ellen Trapp	223 1340
50-54 Mary Ann Miller	169 1335
55-59 Mary Ann Miller	145 1531
60-64 Jan Richards	127 880

24 Hours

All-time, men	
Yiannis Kourou,GR	178 R
Wolfgang Schwark,GER	171 1106 R
Nikolai Safin,RUS	171 413 i*
Bernard Gaudin,FR	170 1231 R
David Dowdle,GB	170 974
Hans Erdmann,GER	170 580 R
Jean-G. Boussiquet,FR	169 705
Anatoli Kruglikov,RUS	168 907
Nasibula Khushnulin,RUS	167 874 i
Eduard Hirov,GB	167 234
Don Ritchie,47,GB	166 1203
A. Komissarenko,SU	165 500 R*
Rae Clark,US	165 427
Mikhail Eremskov,RUS	164 511
Paul Beckers,BEL	164 342 R
Mark Pickard,GB	163 1249
Valeri Goubau,SU	163 510
Rune Larsson,SWE	163 346
Richard Tout,NZ	163 286 iR

World track record

Yiannis Kourou,GR	176 388 s
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All-time, North America

Rae Clark	165 427
Park Barner	162 537
Kevin Setnes	160 749 R
Tom Possert	158 565 R
Bernad Heinrich,43	156 1367
Cahit Yeter,46	155 1182
Pov Pirrung,41	154 313 iR
Arthur Newton,1931	152 540 i
Peter Holubar,CAN	150 1659
Al Howie	150 354
John Hughes,1882	150 s
Brian Purcell	146 1584 s
Nick Marshall	146 528Rs*
Don Jewell,46	145 1115 R
Robert Van Deusen	145 408

Age groups, world	
40-44 Hans Erdmann,GER	170 580 R
45-49 Don Ritchie,GB	166 1203
50-54 Peter Samulski,GER	162 343 R
55-59 Dave Cooper,GB	155 676 R
60-64 Max Courtillon,62,FR	149 91 iR
65-69 Cy McLaughlin,NZ	130 999
70-74 Ernie Warwick,GB	109 171
75-79 Ernie Warwick,GB	103 651

Age groups, U.S.			
40-44	Bernd Heinrich	156	1367
45-49	Cahit Yeter	155	1182
50-54	John Metz	144	
55-59	Richard Rozier	139	429
60-64	Carlton Mendell	125	1044
65-69	Ray Piva	120	
70-74	Edson Sower	107	655
75-79	Edson Sower	79	1214

Monika Kuno,GER	141	132	R
Helga Backhaus,GER	140	1117	R
Randi Bromka,40,US	138	510	R
Tamara Merslikina,US	137	1684	
Sandra Barwick,NZ	137	21	
Susan Olsen,US	134	1695	
Rosalind Paul,GB	134	1089	s
Wu Wing-Yee,HK	133	1747	
Waltraud Reisert,GER	133	1486	R
Sandra Brown,GB	133	1110	R
Anna Dyck,GER	133	1044	R
Monica Peter,GER	133	966	
Lynn Fitzgerald,GB	133	939	
Mary Hanudel,US	132	1299	

World Indoor record			
Eleanor Adams,42,GB	147	1408	IR

All-time, North America			
Sue Ellen Trapp,47	145	506	R
Ann Trason	143	152	R
Randi Bromka,40	138	510	R
Susan Olsen	134	1695	
Mary Hanudel	132	1299	
Lorna Richey	130	973	
Chris Hart	128	181	
Sue Medaglia,47	126	749	
Toni Belaustegui,40	125	885	
Kathy Welch,41	125		R
Karina Nequin	124	661	
Sylvia Andonie,MX	124		R
Lynn O'Malley,41	123	1106	
Kay Moore,42	122	186	R
Susie Lister	122		R
Debra Moore	121	714	R
Suzanne Gagnon,CAN	121	512	
Debbie Jones,43	120	1284	
Beverly Williams,CAN	120	649	

Age groups, world			
40-44 Eleanor Adams,GB	149	411	
45-49 Sue Ellen Trapp,US	145	506	R
50-54 Sigrid Lomsky,GER	151	706	R
55-59 Gerda Schröder,GER	119	140	R
60-64 Françoise Lamothe,FR	114	760	R
65-69 Helen Klein,US	109	880	
70-74 Helen Klein,US	102	1300	R
75-79 Rosa Vögel,SW	62	241	R*

Age groups, U.S.			
40-44 Randi Bromka	138	508	R
45-49 Sue Ellen Trapp	145	505	R
50-54 Eileen Eliot	112	810	R
55-59 Ruth Anderson	110	439	
60-64 Helen Klein	105	1294	
65-69 Helen Klein	109	880	
70-74 Helen Klein	102	1300	R

USA Ratified 24-Hour Records, Women			
Track:			
Open: Sue Ellen Trapp	136	946	
40-44 no record			
45-49 Sue Ellen Trapp	136	946	
50-54 Marty Maricle	111	1576	
55-59 Ruth Anderson	110	440	
60-64 Helen Klein	105	1294	
65-69 Helen Klein	109	880	

Road:			
Open: Sue Ellen Trapp	145	506	
40-44 Randi Bromka	138	508	
45-49 Sue Ellen Trapp	145	506	
50-54 Eileen Eliot	112	810	
55-59 no record			
60-64 Sarann Mock	83	100	
65-69 no record			
70-74 Helen Klein	102	1300	

200 Km

All-time, men			
Yiannis Kourou,GR	15:11:10	s	
Don Ritchie,GB	16:19:16	s	
Wolfgang Schwark,GER	16:20:51	Rs	
Martin Davkin,GB	16:20:46	s	
Jean-Marc Bellocq,FR	16:26:00	Rs	
Paul Beckers,BEL	16:51:33	R	

All-time, North America			
Rae Clark	16:55:13	s	
Cahit Yeter,46	17:44:27	s	
Kevin Semes	18:02:30	Rs	
Roy Pirrung,43	18:05:35	s	
Peter Holubar,CAN	18:28:58	s	
Bernd Heinrich,43	18:30:11	s	
Tom Possert	18:40:07	Rs	
Robert Emmons	18:50:40	Rs	

Age groups, world			
40-44 Ron Bentley,GB	16:53:00	s	
45-49 Don Ritchie,GB	16:19:16	s	
50-54 Helmut Schieke,GER	18:16:15	Rs	
55-59 Dave Cooper,GB	19:16:16	Rs	
60-64 Max Courtrillon,FR	19:42:13	IR	
65-69 Cy McLaughlin,NZ	22:41:00	s	

USA Ratified 200-Km Records, Men			
Track:			
Open: Rae Clark	16:55:13		
45-49 Roy Pirrung	18:05:35		
45-49 Ron Kovacs	21:37:51		
50-54 Gard Leighton	21:07:11		
55-59 no record			
60-64 Carlton Mendell	23:39:47		

All-time, women			
Eleanor Adams,42,GB	19:00:31	Rs	
Sigrid Lomsky,GER	19:08:21	Rs	

Ann Trason,US	19:22:05	Rs	
Hilary Walker,GB	20:05:50	Rs	
Sue Ellen Trapp,47,US	20:14:06	Rs	
Marianne Savage,40,GB	20:26:53	IR	
Angela Mertens,BEL	20:39:05	Rs	
Monika Kuno,GER	20:43:42	s	

All-time, North America			
Ann Trason	19:22:05	Rs	
Sue Ellen Trapp,47,US	20:14:06	Rs	
Sue Ellen Trapp,45	21:08:47	s	
Randi Bromka	22:41:00	s	
Lorna Richey	23:01:57	s	
Sue Medaglia,47	23:36:42	s	
Toni Belaustegui,40	23:42:37		

USA Ratified 200-Km Records, Women			
Track:			
Open: Sue Ellen Trapp	21:08:47		
40-44 Toni Belaustegui	23:45:26		
45-49 Sue Ellen Trapp	21:08:47		
50-54 Mary Ann Miller	32:47:14		
55-59 Bev Nolan Cannata	45:54:10		

12 Hours

Men			
Yiannis Kourou,GR	101	Rs	
Ferenc Gyori,HUN	100	831	R*
Don Ritchie,GB	100	727	Ts
Derek Kay,SA	100		
Cavin Woodward,GB	100		

All-time, North America			
Rae Clark	98	Rs	
Bernd Heinrich,44	95	1216	Ts

USA Ratified 12-Hour Records, Men			
Track:			
Open: Bernd Heinrich	95	1216	
40-44 Bernd Heinrich	95	1216	
45-49 Tom Wright	80	1370	
50-54 John Metz	85	538	
55-59 Gard Leighton	81	844	
60-64 Ephraim Romesberg	68	832	
65-69 Ray Piva	74	1431	
70-74 Matt Miller	45	1283	
75-79 Edson Sower	43	422	

Road:			
Open: Rae Clark	98		
40-44 Roy Pirrung	90		
45-49 no record			
50-54 no record			
55-59 no record			
60-64 Bob Messersmith	62	1503	
65-69 Ray Piva	69		
70-74 no record			
75-79 Ben Mostow	50		

Women			
Ann Trason,US	91	1258	T
Angela Mertens,BEL	87	831	R
Hilary Walker,GB	83	682	Ts
Eleanor Adams,GB	83	555	R

All-time, North America			
Ann Trason	91	1258	T
Ann Trason	90		Rs
Christiane Avin',40	79	1658	R
Marcy Schwam	79	942	T
Sandra Kiddy,49	79	696	R
Ellen McCurtin	79	137	R

USA Ratified 12-Hour Records, Women			
Track:			
Open: Ann Trason	91	1258	
40-44 Lynn O'Malley	77	798	
45-49 Sue Ellen Trapp	76	809	
50-54 Sandra Kiddy	75	1454	
55-59 Ruth Anderson	63	667	
60-64 no record			
65-69 Helen Klein	60	880	

Road:			
Open: Ann Trason	90		
40-44 Randi Bromka	79		
45-49 Sandra Kiddy	79	698	
50-54 Eileen Eliot	62	1408	

100 Miles

All-time, men			
Don Ritchie,GB	11:30:51	T	
Cavin Woodward,GB	11:38:54	T	
Yiannis Kourou,GR	11:46:38	s	
Derek Kay,40,SA	11:56:56	T	
Ferenc Gyori,HUN	12:00:00	R*	
Tom O'Reilly,GB	12:02:32	T	
Rae Clark,US	12:12:19		
Dave Box,41,SA	12:15:09	T	
Martin Daykin,GB	12:16:46		
David Dowdle,GB	12:17:09		
Ron Hopcroft,40,GB	12:18:16		
Wally Hayward,45,SA	12:20:08		
George Perdon,AU	12:25:09	T	
Bernd Heinrich,44,US	12:27:01	T	

All-time, North America			
Rae Clark	12:12:19		
Bernd Heinrich,44	12:27:01	T	
Alfonso Anzaldo Meneses,MX	12:46:20		
José Cortez	12:54:31		
Stuart Mittleman	12:56:34		
Roy Pirrung	13:15:50		
Ray Scannell	13:16:02		
Terry Martin,CAN	13:18:25		

Lion Caldwell	13:19:12	*	
George Gardiner	13:22:10	T	
Ted Corbitt,49	13:33:06	T	
Cahit Yeter,51	13:35:21	*	
Don Marvel	13:36:35	*	
Kevin Eagleton	13:40:28		

Age groups, world			
40-44 Derek Kay,SA	11:56:56	T	
45-49 Wally Hayward,SA	12:20:08	*	
George Perdon,AU	12:25:09	Ts	
Don Ritchie,GB	12:44:29	Ts	
Cahit Yeter,US	13:35:21	*	
Denis Weir,GB	13:55:48	T	
David Cooper,GB	15:14:35	Ts	
Cliff Young,AU	14:37:54	T	
Cy McLaughlin,NZ	17:37:16	Ts	
Ernie Warwick,GB	21:35:37	Ts	
Ernie Warwick,GB	23:05:53	Ts	

Age groups, U.S.			
40-44 Bernd Heinrich	12:27:01	T	
45-49 Ted Corbitt	13:33:06	T	
50-54 Cahit Yeter	13:35:21	*	
Gard Leighton	14:56:19	Ts	
55-59 Gard Leighton	16:05:30	T	
60-64 Carlton Mendell	17:35:27	Ts	
65-69 Ray Piva	18:33:36	*	
70-74 Larry O'Neil	21:55:23	Ts	
Edson Sower	21:57:44	Ts	

USA Ratified 100-Mile Records, Men			
Track:			
Open: Bernd Heinrich	12:27:01		
40-44 Bernd Heinrich	12:27:01		
45-49 Ron Kovacs	16:41:01		
50-54 Gard Leighton	14:56:19		
55-59 Gard Leighton	16:05:30		
60-64 Carlton Mendell	17:35:27		
65-69 no record			
70-74 Edson Sower	22:01:34		

Road:			
Open: Rae Clark	12:12:19		
40-44 Roy Pirrung	13:15:50		
45-49 Roy Pirrung	15:01:33		
50-54 Andy Deters	17:12:42		
55-59 Norm Roof	20:41:55		
60-64 Bob Messersmith	20:46:04		

All-time, women			
Ann Trason,US	13:47:42	R	
Eleanor Adams,42,GB	14:43:40	si	
Hilary Walker,GB	14:49:34		
Sigrid Lomsky,51,GER	15:02:30	Rs	
Sue Ellen Trapp,44,US	15:05:51		
Christine Barrett,GB	15:07:45		
Sandra Kiddy,49,US	15:12:54		
Monika Kuno,GER	15:27:46	Ts	
Donna Hudson,US	15:31:57	*	
Marianne Savage,GB	15:42:36	si	
Lynn Fitzgerald,GB	15:44:21	Ts	
Marcy Schwam,US	15:44:28	Ts	
Randi Bromka,US	15:45:52	Rs	
Wu Wing-Yee,HK	15:54:57	*	
Sue Medaglia,48,US	15:55:17	*	
Sue Olsen,US	15:55:24	Ts	

All-time, North America			
Ann Trason	13:47:42	R	
Ann Trason	14:29:44	Ts	
Sue Ellen Trapp,44	15:05:51		
Sandra Kiddy,49	15:12:54		
Donna Hudson,US	15:31:57	*	
Marcy Schwam	15:44:28	Ts	
Randi Bromka	15:45:52	Rs	
Sue Medaglia,48	15:55:17	*	
Sue Olsen	15:55:24	Ts	
Natalie Cullimore	16:11:00	*	
Christine Gibbons	16:41:26		
Ruth Anderson,48	16:50:47	Ts	
Kay Moore,44	16:54:01		
Linda Elam,43	16:58:45	Ts	
Lynn O'Malley,41	17:11:53	Ts	
Sue Summerhays-King	17:52:39	T	

Age groups, world			
40-44 Eleanor Adams,GB	14:43:40	si	
45-49 Sandra Kiddy,US	15:12:54		
50-54 Sigrid Lomsky,GER	15:02:30	Rs	
55-59 Gerda Schröder,GER	19:39:20		
60-64 Françoise Lamothe,FR	20:47:35	s	
65-69 Helen Klein,US	21:03:01	Ts	
70-74 Helen Klein,US	23:29:34	Rs	

Age groups, U.S.			
40-44 Sue Ellen Trapp	15:05:51		
45-49 Sandra Kiddy	15:12:54		
50-54 Marty Maricle	19:26:04	T	
55-59 Ruth Anderson	20:54:24	Ts	
60-64 Helen Klein	22:15:26	Ts	
65-69 Helen Klein	21:03:01	Ts	
70-74 Helen Klein	23:29:34	Rs	

Eleanor Adams,GB 7:48:33
Sandra Kiddy,47,US 7:49:17

Uncertified additions

Irina Petrova,RUS 7:22:55
Chantal Langlacc,FR 7:26:01

All-time, North America, certified

Ann Trason 7:09:44 #
Donna Perkins 7:33:46
Marcy Schwam 7:47:29
Sandra Kiddy,47 7:49:17
Kris Clark-Setnes 7:55:55
Chrissy Duryea 7:56:57
Ashley Evans,CAN 8:02:59
Sue Ellen Trapp 8:05:26
Kathy D'Onofrio-Wood 8:08:43
Ellen McCurtin 8:16:53
Lorraine Gersitz 8:20:09
Theresa Daus-Weber 8:22:38
Daniele Cherniak 8:29:19
Sue Kalinainen,CAN 8:29:44
Lorraine Lees-McGeough,CAN 8:32:23
Debbie Peebles 8:35:26
Jackie Davis 8:39:02

Age groups, world

40-44 Nadiezha Gumerova,RUS 7:46:44
45-49 Sandra Kiddy,US 7:49:17
50-54 Signe Lomsky,GER 8:09:04
55-59 Sandra Kiddy,US 8:42:36
60-64 Ursula Schmitz,GER 9:20:07
65-69 Françoise Lamothe,FR 11:24:23
70-74 Helen Klein,US 12:50:49
75-79 Rosa Vögel,SW 15:38

Age groups, U.S.

40-44 Sue Ellen Trapp 8:38:44
45-49 Sandra Kiddy 7:49:17
50-54 Sandra Kiddy 8:46:11
55-59 Sandra Kiddy 9:16:28
60-64 Ruth Anderson 11:30:58
65-69 Helen Klein 12:09:17
70-74 Helen Klein 12:50:49

USA Ratified 100-Km Records, Women

Track:
Open: Ann Trason 7:50:08
40-44 Lynn O'Malley 9:13:12
45-49 Sue Ellen Trapp 9:43:25
50-54 Sandra Kiddy 9:16:28
55-59 Ruth Anderson 11:11:04
60-64 Helen Klein 12:17:41
65-69 Helen Klein 12:17:41

Road:

Open: Ann Trason 7:09:44
40-44 Debbie Peebles 8:42:03
45-49 Sandra Kiddy 7:59:59
50-54 Joan Baker 10:58:31
55-59 Sandra Kiddy 8:42:36
60-64 Helen Klein 13:01:43
65-69 no record
70-74 Helen Klein 12:50:49

50 Miles

Bruce Fordyce,GB/SA 4:50:21
Barney Klecker,US 4:51:25
Don Ritchie,GB 4:51:49
Andrew Jones,CAN 4:54:59
Risto Laitinen,FIN 4:57:28
Cavin Woodward,GB 4:58:53

All-time, North America

Barney Klecker 4:51:25
Andrew Jones,CAN 4:54:59
Erik Seedhouse,CAN 5:04:18
Don Paul 5:09:58
Stefan Fekner,CAN 5:10:09
Bernd Heinrich,41 5:10:13
Bill DeVoe 5:12:35
Jim Pearson 5:12:40
Stuart Mittleman 5:14:05
Frank Bozanich 5:14:36
Fritz Mueller,43 5:14:54

Age groups, world

40-44 Don Ritchie,GB 5:07:08
45-49 Tom Richards,GB 5:12:37
Don Ritchie,GB 5:14:15
50-54 Ted Corbitt,US 5:35:03
55-59 Alex Ratelle,US 5:53:08
60-64 Frans Pauwels,US 6:24:18
65-69 Ray Piva,US 7:17:46
70-74 George Billingsley,US 8:36:02
75-79 Ernie Warwick,GB 9:47:03
80-84 Ben Mostow,US 12:13:35

Age groups, U.S.

40-44 Bernd Heinrich 5:10:13
45-49 Roger Rouiller 5:29:44
50-54 Ted Corbitt 5:35:03
55-59 Alex Ratelle 5:53:08
60-64 Frans Pauwels 6:24:18
65-69 Ray Piva 7:17:46
70-74 George Billingsley 8:36:02
75-79 Matt Miller 10:34:06

USA Ratified 50-Mile Records, Men

Track:
Open: Ken Moffitt 5:21:22
40-44 Peter Jeffers 5:42:03
45-49 Bernd Heinrich 5:34:24
50-54 Fred Nagelschmidt 6:39:34
55-59 Fred Nagelschmidt 6:55:02
60-64 Paul Reese 7:16:30

65-69 Ray Piva 7:20:01
70-74 George Billingsley 8:36:02
All-comers: Bruce Fordyce,SA 4:50:51

Road:

Open: Barney Klecker 4:51:25
40-44 Bernd Heinrich 5:10:13
45-49 Roy Pirrung 6:24:54
50-54 Ted Corbitt 5:35:03
55-59 Alex Ratelle 5:53:08
60-64 Malcolm Gillis 6:43:48
65-69 Fred Nagelschmidt 7:27:10
70-74 John Melville 9:57:04
75-79 Ben Mostow 11:22:44

All-time, women

Ann Trason,US 5:40:18
Carolyn Hunter-Rowe,GB 5:57:58
Marcy Schwam,US 5:59:26
Kim Moody,US 6:01:53
Leslie Watson,GB 6:02:37
Eleanor Adams,GB 6:04:28
Mary Morgan,AU 6:07:29
Linda Matthews,AU 6:07:58
Sandra Kiddy,47,US 6:09:09
Ann Franklin,GB 6:10:24
Hilary Walker,GB 6:12:11
Monika Kuno,GER 6:17:30
Donna Perkins,US 6:18:38
Jan Kreuz,41,US 6:19:05

All-time, North America

Ann Trason 5:40:18
Marcy Schwam 5:59:26
Kim Moody 6:01:53
Sandra Kiddy,47 6:09:09
Donna Perkins,US 6:18:38
Jan Kreuz,41 6:19:05
Ellen McCurtin 6:19:59
Chrissy Duryea 6:22:31
Katey Angel 6:25:49
Sue Ellen Trapp 6:25:56
Ashley Evans,CAN 6:27:00
Daniele Cherniak 6:28:44
Karen Smith-Rohrberg 6:29:29
Chris Gibbons 6:31:35

Age groups, world

40-44 Jan Kreuz,US 6:19:05
45-49 Sandra Kiddy,US 6:09:09
50-54 Sandra Kiddy,US 6:34:28
55-59 Mary Ann Miller,US 7:44:48
60-64 Shirley Young,AU 7:32:44
65-69 Françoise Lamothe,FR 9:02:33
70-74 Helen Klein,US 9:55:09

Age groups, U.S.

40-44 Jan Kreuz 6:19:05
45-49 Sandra Kiddy 6:09:09
50-54 Sandra Kiddy 6:34:28
55-59 Mary Ann Miller 7:44:48
60-64 Marcie Trent 8:15:17
Helen Klein 9:01:38
65-69 Helen Klein 9:13:50
70-74 Helen Klein 9:55:09

USA Ratified 50-Mile Records, Women

Track:
Open: Ann Trason 6:16:06
40-44 Lynn O'Malley 7:11:39
45-49 Sue Ellen Trapp 7:39:31
50-54 Sandra Kiddy 7:08:28
55-59 Ruth Anderson 8:25:03
60-64 Helen Klein 10:01:58
65-69 Helen Klein 9:39:33

Road:

Open: Ann Trason 5:40:18
40-44 Jan Kreuz 6:19:05
45-49 Sandra Kiddy 6:09:09
50-54 no record
55-59 Mary Ann Miller 7:44:48
60-64 Sarann Mock 12:06:59
65-69 no record
70-74 Helen Klein 9:55:09

50 Km

All-time, men

Thompson Magawana,SA 2:43:38
Jeff Norman,GB 2:48:06
Ben Choou,SA 2:48:52
Don Ritchie,GB 2:50:30
Miltas Tshabalala,SA 2:50:45
Chuck Smead,US 2:50:46
Don Paul,US 2:50:55
Johnny Halberstadt,SA 2:51:16
Barney Klecker,US 2:51:53
Johannes Thobejane,SA 2:52:13
Meshack Motla,SA 2:52:15
Willie Farrell,SA 2:52:16
Bill Scobey,US 2:52:24

All-time, North America

Chuck Smead 2:50:46
Don Paul 2:50:55
Barney Klecker 2:51:53
Bill Scobey 2:52:24
Tom Fleming 2:53:20
Andrew Jones 2:53:54
Carl Swift 2:54:11
John Villanen,CAN 2:55:54
Richard Holloway 2:56:43
John Cederholm 2:57:00
Kaj Johansen 2:58:09
Carlos Talbott 2:58:20
Fritz Mueller,42 2:58:35
Bill McDermott 2:58:35

Ken Moffitt 2:58:46
Bruce Mortensen,44 2:59:36
Jeff Wall 3:00:00

Age groups, world

40-44 Jeff Norman,GB 2:53:21
Tim Johnston,GB 2:55:07
45-49 Stephen Moore,GB 3:04:48
50-54 Fred Kiddy,US/GB 3:15:39
55-59 Otho Perkins,US 3:17:26
60-64 Bob Emerson,GB 3:37:08
65-69 Ray Piva,US 3:50:02
70-74 Heiner Gutber,GER 4:28:32
75-79 Ed Benham,US 5:03:38
80-84 Charles Benovoy,CAN 9:55:55

Age groups, U.S.

40-44 Fritz Mueller 2:58:20
Bruce Mortensen 2:59:36
45-49 Mel Williams 3:10:15
50-54 Fred Kiddy 3:15:39
John Sullivan 3:19:33
55-59 Otho Perkins 3:17:26
60-64 Malcolm Gillis 3:43:27
65-69 Ray Piva 3:50:02
70-74 Ed Benham 4:34:51
75-79 Ed Benham 5:03:38

USA Ratified 50-Km Records, Men

Track:
Open: Barney Klecker 2:52:48
40-44 John Loeschhorn 3:11:35
45-49 Bernd Heinrich 3:25:28
50-54 Walter Connolly 3:47:09
55-59 Otho Perkins 3:17:26
60-64 Fred Nagelschmidt 3:49:47
65-69 George Billingsley 4:09:07
70-74 George Billingsley 4:45:34

Road:

Open: Jeff Wall 3:00:00
40-44 Jeff Wall 3:00:00
45-49 Roy Pirrung 3:44:55
50-54 John Sullivan 3:19:33
55-59 no record
60-64 no record
65-69 Victor Harkoff 4:10:34
70-74 George Bashen 6:58:48
75-79 Ed Benham 5:03:38

All-time, women

Frith van der Merwe,SA 3:08:39
Janis Klecker,US 3:13:51
Linda Edgar,US 3:21:27
Mary Bange,US 3:23:31
Lorraine Moller,NZ 3:23:57
Carolyn Hunter-Rowe,GB 3:26:44
Jan Arenz,US 3:26:47
Laura Xaba,SA 3:27:27
Ann Trason,US 3:27:48
Birgit Lennartz,GER 3:29:40

All-time, North America

Janis Klecker 3:13:51
Linda Edgar 3:21:27
Mary Bange 3:23:31
Jan Arenz 3:26:47
Ann Trason 3:27:48
Sandra Kiddy,47 3:32:24
Gail Volk 3:37:06
Christine Gibbons 3:37:13
Chris Iwahashi 3:37:48

Age groups, world

40-44 Jan Kreuz,US 3:34:31
45-49 Sandra Kiddy,US 3:32:34
50-54 Lavinia Petrie 3:50:15
55-59 Sandra Kiddy,US 3:56:55
60-64 Ursula Schmitz,GER 4:24:28
65-69 Josephine Hess,US 5:11:50
70-74 Helen Klein,US 5:44:04

Age groups, U.S.

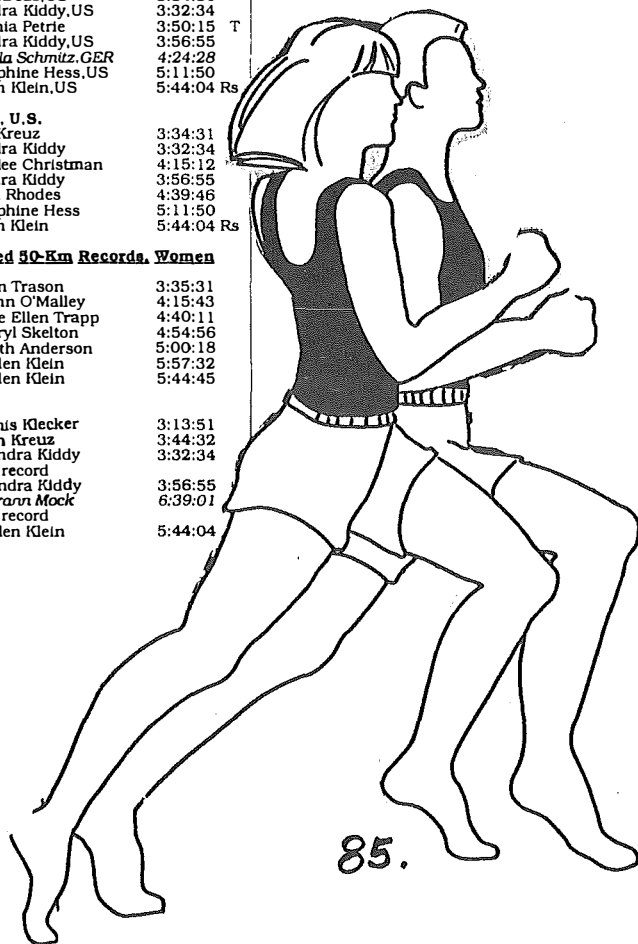
40-44 Jan Kreuz 3:34:31
45-49 Sandra Kiddy 3:32:34
50-54 Matilee Christman 4:15:12
55-59 Sandra Kiddy 3:56:55
60-64 Myra Rhodes 4:39:46
65-69 Josephine Hess 5:11:50
70-74 Helen Klein 5:44:04

USA Ratified 50-Km Records, Women

Track:
Open: Ann Trason 3:35:31
40-44 Lynn O'Malley 4:15:43
45-49 Sue Ellen Trapp 4:40:11
50-54 Beryl Skelton 4:54:56
55-59 Ruth Anderson 5:00:18
60-64 Helen Klein 5:57:32
65-69 Helen Klein 5:44:45

Road:

Open: Janis Klecker 3:13:51
40-44 Jan Kreuz 3:44:32
45-49 Sandra Kiddy 3:32:34
50-54 no record
55-59 Sandra Kiddy 3:56:55
60-64 Sarann Mock 6:39:01
65-69 no record
70-74 Helen Klein 5:44:04



AUSTRALIAN RANKINGS FOR 24 HOURS TRACK

MEN - Over 100km

Rank	Name	PB for 24 HOURS	Place	Date	at Age
1	MARCH, MIKE	260.099 KM	COBURG	25/02/89	45
2	STANDEVEN, DAVID	256.157 KM	ADELAIDE	28/10/89	37
3	SMITH, BRYAN	254.515 KM	OLYMPIC P	19/08/89	45
4	TOLLIDAY, OWEN	253.063 KM	ADELAIDE	29/10/88	39
5	BLOOMER, BRIAN	242.598 KM	BOX HILL	15/02/86	45
6	HEPBURN, BRICKLEY	239.320 KM	COBURG	23/02/91	39
7	BREIT, JOHN	238.469 KM	OLYMPIC PARK	04/08/90	33
8	YOUNG, CLIFF	235.969 KM	ADELAIDE	09/11/85	63
9	PARCELL, ASHLEY	234.959 KM	HENSLEY	23/02/85	29
10	KINSHOFER, RUDY	232.431 KM	COBURG	23/02/91	36
11	MOLLOY, GEOFF	232.400 KM	BOX HILL	02/02/85	42
12	FISHER, KEITH	232.207 KM	COBURG	15/02/89	23
13	GRAY, PETER	230.732 KM	COBURG	23/02/91	26
14	RECORD, JOE	230.029 KM	CRYSTAL P	12/10/79	38
15	MERCER, NEVILLE	229.755 KM	COBURG	27/02/93	
16	BROOKS, BARRY	227.574 KM	BOX HILL	28/02/87	46
17	KELLY, FRANK	225.275 KM	HENSLEY	28/05/88	34
18	KIRKMAN, GEOFF	220.560 KM	ADELAIDE	09/11/85	35
19	AUDLEY, GEORGE	219.361 KM	PERTH	18/10/86	51
20	ROONEY, JAMES	218.421 KM	LIVERPOOL NSW	02/10/94	
21	COX (JNR), TERRY	217.373 KM	COBURG	10/03/90	24
22	PARKER, ROSS	217.237 KM	PERTH	30/05/92	
23	JAVES, IAN	217.070 KM	BOX HILL	28/02/87	44
24	WISHART, GREG	216.784 KM	COBURG	25/02/89	50
25	BEAUCHAMP, WILLIAM	213.875 KM	BOX HILL	28/02/87	41
26	LYNN, CHARLIE	213.839 KM	ADELAIDE	09/11/85	40
27	HUNTER, BOB	213.453 KM	QLD	01/07/89	54
28	KIP.MELHAM, ANYCE	213.287 KM	ADELAIDE	28/10/89	31
29	WOODS, GRAEME	212.559 KM	QLD UNI	05/09/87	40
30	BRUNER, BOB	211.584 KM	BOX HILL	15/02/86	47
31	CROXFORD, ALAN	210.934 KM	PERTH	18/10/86	43
32	RILEY, GERRY	210.272 KM	ADELAIDE	01/11/86	56
33	OOSTDAM, BERT	209.539 KM	PERTH	30/05/92	
34	CHANNELLS, ROBERT	209.146 KM	CAMPBELLTOWN	28/10/89	47
35	McKELLAR, JAVK	208.915 KM	BOX HILL	25/02/86	45
36	READ, NICK	208.859 KM	COBURG	13/02/88	36
37	BELL, JOHN	208.450 KM	BOX HILL	15/02/86	41
38	FICKEL, BOB	208.440 KM	LIVERPOOL NSW	02/10/94	42
39	COLLINS, TONY	208.091 KM	CAMPBELLTOWN	28/10/89	42
40	DONNELLY, BRUCE	207.929 KM	CAMPBELLTOWN	13/10/90	
41	PEACOCK, ALAN	207.410 KM	QLD UNI	05/09/87	
42	TAGGART, BOB	206.849 KM	ADELAIDE	29/10/88	41
43	WOLSTENCROFT, JAMES	205.848 KM	COBURG	25/02/89	34
44	GRONINGEN, IMMEL	205.692 KM	BASEL SWITZ	02/05/92	
45	ROSS, HOWARD	205.634 KM	BOX HILL	15/02/86	40
46	SHERIDAN, SAMMUKH	205.400 KM	USA	25/09/82	26
47	MEDILL, GRAHAM	205.350 KM	CABOOLTURE	26/09/92	44
48	SMITH, JEFF	204.852 KM	COBURG	23/02/91	40
49	BOYLE, BRAD	204.717 KM	CAMPBELLTOWN	28/10/89	29
50	WILKINSON, GRAEME	204.716 KM	HENSLEY	29/11/86	40
51	NASMYTH, CHILLA	204.213 KM	CAMPBELLTOWN	13/10/90	
52	YOUNG, NOBBY	204.083 KM	NSW	01/09/90	44
53	PARSONS, PATRICK	203.812 KM	COBURG	10/03/90	
54	FIRKIN, GRAHAM	203.608 KM	NSW	01/09/90	52
55	TAYLOR, MAURICE	203.526 KM	SYDNEY	/ /	
56	STENNER, GRAHAM	203.526 KM	COBURG	25/02/89	44

AUSTRALIAN RANKINGS FOR 24 HOURS TRACK MEN - Over 100km

58	CHAMPNESS, JOHN	202.934 KM	HENSLEY	28/05/88	0
59	HOOK, GEOFFREY	202.532 KM	COBURG	23/02/91	46
60	DEVINE, ALAN	202.000 KM	PERTH	17/10/87	28
61	QUINN, PETER	201.708 KM	OLYMPIC P	04/08/90	0
62	JACOBS, TREVOR	201.238 KM	ADELAIDE	28/09/91	39
63	THOMPSON, MIKE	201.228 KM	PERTH	27/05/89	41
64	PEARCE, PHIL	200.808 KM	PERTH	26/05/90	
65	ALLEN, BARRY	200.776 KM	BOX HILL	28/02/87	30
66	ARMISTEAD, PETER	200.612 KM	COBURG	10/03/90	43
67	GRAY, DAN	198.571 KM	HENSLEY	30/05/87	40
68	SKROBALAC, JOE	198.423 KM	ADELAIDE	23/10/94	42
69	NASH, ROBERT	197.778 KM	COBURG	13/02/88	37
70	TOWNSEND, GRAEME	196.770 KM	HENSLEY	28/05/88	30
71	HILL, RON	196.715 KM	HENSLEY	29/11/86	46
72	SWIFT, KEITH	196.400 KM	HENSLEY	23/02/85	
73	McMANUS, ALISTAIR	196.340 KM	HONG KONG	17/11/84	34
74	SMITH, RONALD	195.382 KM	COBURG	13/02/88	43
75	BURNS, BOB	194.819 KM	TAMWORTH	24/03/90	46
76	MARTIN, ROSS	194.695 KM	ADELAIDE	09/10/85	56
77	MARDEN, BOB	194.562 KM	HENSLEY	30/05/87	34
78	WHEATLEY, BRUCE	194.258 KM	QLD UNI	05/06/87	30
79	WHITEOAK, MICHAEL	193.300 KM	ADELAIDE	03/11/84	39
80	TWARTZ, PETER	192.539 KM	ADELAIDE	23/10/94	
81	SCHNIBBE, KLAUS	191.890 KM	ADELAIDE	09/11/85	42
82	BOASE, GEOFF	191.850 KM	ADELAIDE	28/10/89	38
83	BRISTOW, RALPH	191.805 KM	TAMWORTH NSW	09/03/91	51
84	PRITCHARD, MARK	191.697 KM	PERTH	08/06/91	43
85	MANSELL, KEVIN	191.637 KM	CAMPBELLTOWN	13/10/90	
86	MILNE, PETER	191.634 KM	COBURG	13/02/88	32
87	McCOMBE, ANDREW	190.138 KM	ADELAIDE	03/11/84	54
88	STUART, ROGER	189.962 KM	ADELAIDE	01/11/86	43
89	WILSON, GREG	189.910 KM	WOLLONGONG	26/03/94	
90	ALLEN, GREG	189.346 KM	ADELAIDE	24/10/92	
91	BENCZE, JOHN	189.052 KM	COBURG	13/02/88	54
92	O'CONNELL, KEITH	188.957 KM	HENSLEY	28/05/88	49
93	FARMER, PAT	188.180 KM	CAMPBELLTOWN	08/10/88	26
94	STEPHENSON, CHRIS	187.631 KM	BOX HILL	15/02/86	29
95	FAULKNER, JOE	187.522 KM	SYDNEY	/ /	
96	COX (SNR), TERRY	187.359 KM	HENSLEY	29/11/86	49
97	MISKIN, STAN	187.104 KM	ADELAIDE	03/11/84	59
98	SLAGTER, MICHAEL	186.076 KM	ADELAIDE	24/10/92	
99	DUNN, STUART	185.717 KM	SYDNEY	/ /	
100	MURRAY, KEN	185.445 KM	HENSLEY	23/02/85	48
101	TWARTZ, JOHN	185.166 KM	ADELAIDE	23/10/94	
102	BRYCE, MICHAEL	184.699 KM	ADELAIDE	29/10/88	
103	TAYLOR, IAN	184.456 KM	HENSLEY	30/05/87	35
104	KIRK, BRUCE	184.408 KM	COBUEG	28/02/89	25
105	DIETACHMAYER, TONY	184.000 KM	COBURG	13/02/88	24
106	CASSIDY, KEVIN	183.695 KM	HENSLEY	30/05/87	26
107	COLWELL, BRIAN	183.554 KM	SYDNEY D	/ /	
108	YEAMAN, DAVID	183.514 KM	COBURG	13/02/88	51
109	FRENCH, CLIFF	182.442 KM	BRISBANE	03/06/94	51
110	LA PIERRE, DAVID	182.250 KM	BRISBANE	04/06/93	
111	BOHNKE, MICHAEL	182.166 KM	WYONG	27/01/90	36
112	JERRAM, COL	182.149 KM	COBURG	10/03/90	40
113	TAYLOR, DAVE	182.047 KM	BOX HILL	15/02/86	34
114	PEARSON, FRANK	181.621 KM	HENSLEY	23/02/85	
115	HARRIS, TREVOR	181.390 KM	QLD UNI	05/09/87	40
116	MARTIN, ROD	181.387 KM	HENSLEY	28/05/88	45
117	PARTINGTON, IAN	181.261 KM	PERTH	10/10/85	
118	PICKARD, TERRY	181.232 KM	QLD UNI	05/09/87	

AUSTRALIAN RANKINGS FOR 24 HOURS TRACK

MEN - Over 100km

119	BROWN, DAVID	181.081 KM	HENSLEY	28/05/88	30
120	VEGA, EDUARDO	180.988 KM	NSW	01/09/90	49
121	WEINSTEIN, ROGER	180.920 KM	COBURG	23/02/91	40
122	KITTO, MAX	180.649 KM	ADELAIDE	04/10/87	41
123	SUTCLIFFE, ROY	180.517 KM	ADELAIDE	13/11/82	
124	McCOOL, TONY	180.483 KM	ADELAIDE	09/11/85	
125	GRANT, STEPHEN	179.898 KM	COBURG	13/02/88	30
126	ROWE, CRAIG	179.701 KM	TAMWORTH	09/03/91	23
127	LOGAN, PETER	179.280 KM	ADELAIDE	05/11/83	36
128	KAPARELIS, JOHN	179.268 KM	COBURG	25/02/89	21
129	PIERCE, SIMAHIN	179.127 KM	ADELAIDE	23/10/94	
130	BIVIANO, FRANK	179.006 KM	ADELAIDE	01/11/86	42
131	LAW, ANDREW	179.002 KM	OLYMPIC PK	19/08/89	29
132	HARGREAVES, BRUCE	178.333 KM	CABOOLTURE	23/06/90	37
133	SCHUBERT, GUY	177.652 KM	ADELAIDE	01/11/86	35
134	TUTTY, PETER	177.470 KM	NZ	22/08/87	22
135	NEVILLE, HOWARD	177.027 KM	CHELMSLEY UK	09/07/83	
136	TRIPP, TONY	177.027 KM	COBURG	13/02/88	41
137	PFISTER, PETER	176.725 KM	BOX HILL	02/02/85	45
138	McKEOWN, GORDON	176.421 KM	ADELAIDE	03/11/84	
139	TILLER, KEVIN	176.412 KM	LIVERPOOL NSW	02/10/94	
140	HOUGH, KEN	176.061 KM	COBURG	25/02/89	44
141	MORROW, TOM	175.786 KM	SYDNEY	/ /	
142	RAMELLI, RAY	175.756 KM	BOX HILL	15/02/86	40
143	GOBEL, JOE	175.518 KM	BOX HILL	15/02/86	48
144	BOGENHUBER, MAX	175.321 KM	HENSLEY	28/05/88	46
145	RAFFERTY, TONY	175.198 KM	BOX HILL	02/02/85	45
146	RICHARDSON, PETER	174.109 KM	HENSLEY	30/05/87	32
147	SCHULTZ, PETER	174.080 KM	ADELAIDE	13/11/82	
148	KENNEDY, BRIAN	173.000 KM	PERTH	27/05/89	
149	ASHWELL, TONY	172.640 KM	ADELAIDE	01/11/86	
150	GRANT, RON	172.000 KM	BRISBANE	10/06/93	50
151	STAPLES, ALAN	171.636 KM	CAMPBELLTOWN	13/10/90	41
152	PHILLIPS, LINDSAY	171.350 KM	CAMPBELLTOWN	01/10/88	23
153	HUTCHINSON, IAN	171.200 KM	HENSLEY	19/07/86	39
154	CLEMENTS, HARRY	171.082 KM	NSW	01/09/90	
155	DONALD, COLIN	170.842 KM	BOX HILL	28/02/87	
156	TIMMS, JOHN	170.734 KM	ADELAIDE	23/10/94	52
157	SPENCER, DON	170.616 KM	ADELAIDE	03/11/84	
158	DAVIS, IVAN	170.570 KM	COBURG	23/02/91	
159	SINCLAIR, JOHN	170.549 KM	QLD UNI	05/09/87	45
160	FARNHAM, TONY	170.417 KM	CAMPBELLTOWN	12/10/91	
161	WILLIAMS, DAVID	170.279 KM	/ /		
162	BRAY, STEVE	168.800 KM	ADELAIDE	24/10/92	
163	JACKSON, KEITH	168.720 KM	SYDNEY	/ /	
164	GUTTERIDGE, BILL	168.311 KM	ADELAIDE	01/11/86	
165	ELLIS, RAY	168.038 KM	COBURG	13/05/88	58
166	TURNBULL, JIM	167.969 KM	PERTH	28/05/88	51
167	MARSHALL, KEITH	167.903 KM	/ /		
168	KERRUISH, GRAHAM	167.612 KM	COBURG	13/02/88	48
169	MARTIN, KEVIN	167.358 KM	PERTH	08/06/91	
170	BIRD, DAVID	167.293 KM	PERTH	28/05/88	
171	HANNAMAN, MARTIN	167.240 KM	TAMWORTH	24/03/90	
172	CLARK, GARY	167.113 KM	PERTH	18/10/86	
173	HART, GERRY	166.870 KM	BOX HILL	02/02/85	46
174	WOODHOUSE, PAUL	166.417 KM	HENSLEY	30/05/87	25
175	KEWLEY, DOUG	166.285 KM	ADELAIDE	16/10/93	
176	NORDISH, STEVE	166.251 KM	NSW	01/09/90	
177	BYRTH, ROBERT	166.234 KM	ADELAIDE	09/11/85	36
178	CLARKE, TOM	165.714 KM	PERTH	08/06/91	44
179	GRAYLING, MICHAEL	165.702 KM	COBURG	22/02/92	35

AUSTRALIAN RANKINGS FOR 24 HOURS TRACK MEN - Over 100km

WILLIAMS, REG	165.642 KM	BOX HILL	04/02/84	32
MARTIN, CLAUDE	165.498 KM	ABERFELDIE	24/01/88	52
POWER, TONY	164.955 KM	COBURG	10/03/90	
LEWIS, STEPHEN	164.712 KM	QLD	01/07/89	30
LEWIS, J	164.400 KM	CAMPBELLTOWN	18/11/90	
SILL, DAVID	164.386 KM	ADELAIDE	24/10/92	45
WALDECK, DAVID	164.306 KM	ADELAIDE	03/11/84	
GLADWELL, MARK	163.956 KM	HENSLEY	29/11/86	
WIESE, BOB	163.857 KM	ADELAIDE	27/10/90	
VENUS, GRAHAM	163.812 KM	ADELAIDE	25/10/89	
CLARKE, PHILLIP	163.766 KM	HENSLEY	28/05/88	36
TAYLOR, BILL	163.692 KM	PERTH	18/10/86	44
McCORMACK, GEORGE	163.630 KM	LIVERPOOL NSW	02/10/94	
HAIN, GEOFF	163.401 KM	CABOOLTURE	23/06/90	43
VERNON, PETER	163.200 KM	BOX HILL	28/02/87	32
SIDEBOTTOM, CED	163.097 KM	SYDNEY	/ /	
HOLLERAN, DAVID	163.074 KM	COBURGO	22/02/92	35
LUCAS, ANDREW	163.063 KM	COBURG	13/02/88	22
SPARE, CHARLES	163.000 KM	PERTH	18/10/86	47
HAYNES, JOHN	162.811 KM	ADELAIDE	05/11/83	
McCARTNEY, STAN	162.677 KM	ADELAIDE	05/11/83	38
KING, LES	162.518 KM	ADELAIDE	24/10/92	
BARKER, CARL	162.477 KM	CAMPBELLTOWN	28/10/89	30
WILLIAMS, GEOFF	162.460 KM	BRISBANE	03/06/94	43
MAHONY, PAUL	162.400 KM	CAMPBELLTOWN	28/10/89	
LOVE, GREG	162.400 KM	CAMPBELLTOWN	28/10/89	
DOCHERTY, ANDY	162.241 KM	ADELAIDE	01/11/86	55
JANOVSKY, PETER	162.102 KM	NSW	01/09/90	
KING, PETER	162.097 KM	PERTH	17/10/87	
BIRD, JOHN	162.000 KM	PERTH	28/05/88	
SCOTT, DAVE	162.000 KM	PERTH	27/05/89	41
HARRISON, BILL	161.910 KM	BOX HILL	02/02/85	42
RISSTROM, P	161.744 KM	COBURG	23/02/91	
SHERMAN, ADDREW	161.722 KM	NSW	01/09/90	
LEAR, PHIL	161.600 KM	BOX HILL	04/02/84	39
COULTER, GREG	161.336 KM	ADELAIDE	01/11/86	28
HARBER, TONY	161.331 KM	NSW	01/09/90	
MILLS, BRIAN	161.034 KM	CAMPBELLTOWN	28/10/89	
GRINBERG, BILL	161.010 KM	BOX HILL	02/02/85	
HAMILTON, KEVIN	160.934 KM	PERTH	12/10/85	
HEPPELL, BARRY	160.934 KM	PERTH	10/10/85	
WARREN, MORRIS	160.934 KM	PERTH	12/10/85	
McCOSKEY, IAN	160.920 KM	BRISBANE	03/06/94	42
VISSER, JEFF	160.800 KM	COBURG	10/03/90	26
NEWMAN, HARRY	160.456 KM	CAMPBELLTOWN	28/10/89	
KALEY, MATTHEW	158.529 KM	HENSLEY	28/07/88	20
HARRISON, MAX	158.040 KM	COBURG	25/02/89	49
MANNING, PETER	157.960 KM	HENSLEY	30/05/87	34
FOLEY, MARK	157.727 KM	CAMPBELLTOWN	13/10/90	37
WIGGER, RON	157.028 KM	CAMPBELLTOWN	13/10/90	
MARDEN, KEN	156.995 KM	COBURG	23/02/91	
SCANLON, SHAUN	156.136 KM	LIVERPOOL NSW	02/10/94	50
MANNIX, BRIAN	155.813 KM	CAMPBELLTOWN	02/10/89	
AUSTIN, PATRICK	155.711 KM	NSW	01/09/90	51
BUTKO, KON	154.418 KM	BOX HILL	15/02/86	
CATTLE, ERNIE	154.295 KM	SYDNEY	30/05/89	39
MARTIN, NORM	154.164 KM	ADELAIDE	13/11/82	
RICHTER, TREVOR	153.900 KM	BOX HILL	02/02/85	
COLLINS, GARY	153.600 KM	HENSLEY	29/11/86	26
JORY, DEREK	153.298 KM	QLD UNI	05/09/87	
HUGILL, PHILLIP	153.230 KM	LIVERPOOL NSW	02/10/94	36

AUSTRALIAN RANKINGS FOR 24 HOURS TRACK

MEN - Over 100km

WOOLGAR, CHRIS	153.112 KM	BOX HILL	15/02/86	42
JOANNOU, BILL	152.783 KM	TAMWORTH	13/03/93	36
SMITH, WALLY	152.772 KM	ADELAIDE	03/11/84	
BURROWES, GORDON	152.213 KM	BOX HILL	28/02/87	51
EVANS, LEN	152.000 KM	PERTH	26/04/90	
CROTTY, DICK	151.693 KM	ADELAIDE	04/10/87	57
BOWMAN, ALAN	151.610 KM	CAMPBELLTOWN	12/10/91	
BRUER, MARCUS	151.473 KM	ADELAIDE	24/10/92	
BUCHAN, SANDY	151.152 KM	QLD RRC	01/07/89	
BARWICK, DAVID	151.000 KM	CABOOLTURE	26/09/92	49
FRY, GORDON	150.133 KM	ADELAIDE	05/11/83	44
FLEMMING, DARRYL	150.000 KM	BRISBANE	03/06/94	
FOULKES, STEPHEN	149.428 KM	ADELAIDE	01/11/86	32
MICHELSSON, LEIF	149.204 KM	BOX HILL	28/02/87	45
CURRIE, STUART	148.962 KM	QLD UNI	05/09/87	40
MATCHETT, KEN	148.584 KM	COBURG	27/02/93	71
PATTERSON, BARRY	148.512 KM	ADELAIDE	01/11/84	
MATTHEW, ALEX	148.291 KM	ADELAIDE	05/11/83	45
YANNA, GEORGE	147.653 KM	COBURG	25/02/89	32
COOK, BRUCE	146.880 KM	BOX HILL	02/02/85	46
DUNN, STEPHEN	146.299 KM	ADELAIDE	27/10/90	24
ALLEN, GRAHAM	146.144 KM	CAMPBELLTOWN	28/10/89	
MELLAN, JIMMY	145.944 KM	SYDNEY	/ /	
SMITH, LARRY	145.554 KM	CAMPBELLTOWN	13/10/90	
COX, DON	145.101 KM	ADELAIDE	28/10/89	42
CHATTERTON, RAY	144.974 KM	CABOOLTURE	23/06/90	41
SYRED, CREECE	144.924 KM	SYDNEY	/ /	
PETERSON, JOHN	144.523 KM	QLD UNI	05/09/87	71
QUADRIO, DOUG	143.805 KM	BRISBANE	23/05/92	40
MILLER, BILL	143.600 KM	HENSLEY	30/05/87	34
SLAGTER, PETER	143.420 KM	ADELAIDE	16/10/93	
COSTELLO, WARREN	143.200 KM	NSW	01/09/90	48
JOHNSTON, NORM	142.891 KM	COBURG	10/03/90	53
DUNLOP, GRAEME	142.887 KM	ADELAIDE	09/11/85	27
RYAN, CLIFF	142.267 KM	COBURG	10/03/90	60
LATCHFORD, STAN	142.205 KM	PERTH	17/10/87	
BUXTON, TERRY	141.601 KM	ADELAIDE	28/09/91	
CONNOR, MICK	141.150 KM	CAMPBELLTOWN	08/10/88	
RYAN, PETER	140.821 KM	ADELAIDE	03/11/84	36
FOREMAN, KEVIN	140.418 KM	ADELAIDE	05/11/83	
HAMS, DENIS	140.127 KM	CAMPBELLTOWN	12/10/91	
POLLARD, GODFREY	139.893 KM	COBURG	25/02/89	57
FRANHAM, TONY	139.600 KM	LIVERPOOL	29/01/94	
EARSMAN, DALLAS	138.936 KM	HENSLEY	30/05/87	59
WARREN, MORRIS	138.287 KM	WYONG	26/01/91	
GAILLARD, JACQUES	138.167 KM	OLYMPIC P	04/08/90	43
HILLIER, GREG	137.654 KM	ADELAIDE	04/10/87	32
WALSH, COLIN	137.601 KM	PERTH	17/10/87	
RICHARDS, DUNCAN	137.397 KM	NSW	01/09/90	
BAZZICA, NICK	137.378 KM	ADELAIDE	05/11/83	
CHRISTOFFEL, JEFF	137.355 KM	QLD RRC	01/07/89	35
BYRNES, MARK	137.200 KM	HENSLEY	23/02/85	
EVANS, BRIAN	137.055 KM	BRISBANE	10/06/93	50
HARTNETT, KERRY	136.000 KM	BOX HILL	28/02/87	52
TAILSFORD, BRIAN	135.885 KM	HENSLY	28/05/88	40
MORRE, JEAN-CLAUDE	135.191 KM	COBURG	13/02/88	
HEBEL, KARL	135.141 KM	BRISBANE	10/06/93	53
NORRIS, CHRIS	135.001 KM	CAMPBELLTOWN	/ /	
STEGEMANN, PRACHAR	134.476 KM	ADELAIDE	23/10/94	
BARNES, MAX	134.437 KM	ADELAIDE	03/11/84	63
WARD, WAYNE	133.770 KM	HENSLEY	30/05/87	32

AUSTRALIAN RANKINGS FOR 24 HOURS TRACK

MEN - Over 100km

CARROLL, RAY	133.333 KM	COBURG	13/02/88	37
TYSON, ALAN	132.545 KM	PERTH	12/10/85	
SMITH, JONATHON R.	132.394 KM	ADELAIDE	03/11/84	
BAMBRICK, DEREK	132.165 KM	WYONG	27/01/90	47
LITTLE, ANTHONY	132.136 KM	TAMWORTH	09/03/91	
SMITH, ERROL	131.512 KM	ACT	27/01/90	40
ARTHUR, JOHN	131.000 KM	PERTH	27/05/89	
MOYLE, JOHN	130.645 KM	CABOOLTURE	23/06/90	39
WORLEY, PETER	130.502 KM	ADELAIDE	04/10/87	
WILKINS, MICHAEL	130.420 KM	ADELAIDE	23/10/94	
DEDMAN, KAVEN	130.367 KM	ADELAIDE	29/10/88	41
DOWN, JEFF	130.122 KM	BOX HILL	15/02/86	28
LEMAN, COLIN	130.000 KM	PERTH	12/10/85	
RAINES, WAYNE	130.000 KM	CABOOLTURE	01/09/91	33
BROWN, DEAN	129.102 KM	ADELAIDE	23/10/94	
KLUMP, DARRYL	129.043 KM	TAMWORTH	24/03/90	
TAYLOR, RAY	129.024 KM	CAMPBELLTOWN	10/09/91	
PATTERSON, MICHAEL	128.728 KM	ADELAIDE	04/10/87	
ADAMS, BRIAN	128.630 KM	CAMPBELLTOWN	08/09/88	
K, BRIAN	128.630 KM	CAMPBELLTOWN	08/10/88	
SIMMS, ROBERT	128.213 KM	WYONG	26/01/91	
DAVIS, LES	127.665 KM	WYONG	27/01/90	44
MACKAY, MARK	127.318 KM	ADELAIDE	16/10/93	27
BADIC, SAFET	126.800 KM	COBURG	10/03/90	
DAVIS, ROBYN	126.574 KM	CAMPBELLTOWN	28/10/89	
HARVEY, JAMES	126.007 KM	ADELAIDE	03/11/84	
VUCAK, MATE	125.981 KM	BOX HILL	02/02/85	44
LIGHT, GRAHAM	125.320 KM	BOX HILL	28/02/87	38
GRIGNOL, MAX	125.305 KM	ADELAIDE	04/10/87	44
BRYAN, GREG	125.296 KM	COBURG	13/02/88	
OLIVER, ALAN	124.173 KM	HENSLEY	13/02/85	
PLECAS, LAURIE	124.000 KM	PERTH	08/06/91	
CAMPBELL, RON	123.620 KM	COBURG	25/02/89	45
DEACON, GRAHAME	123.200 KM	HENSLEY	19/07/86	
O'KEEFE, ARTHUR	123.128 KM	COBURG	16/04/94	
FARMER, BERNIE	122.781 KM	CAMPBELLTOWN	28/10/89	
VARLEY, CHRIS	122.498 KM	WOLLONGONG	26/03/94	
FERRIS, JOHN	122.000 KM	PERTH	12/10/85	35
GARLICK, PETER	121.509 KM	ADELAIDE	29/10/88	30
DUFFY, BRIAN	120.269 KM	TAMWORTH	24/03/90	
SUMNER, JOHN	120.000 KM	BOX HILL	28/02/87	
GUNNING, RIBIN	119.588 KM	TAMWORTH	24/03/90	
DAHM, MURRAY	119.263 KM	HENSLEY	30/05/87	44
TOLLEY, DENNIS	118.959 KM	CAMPBELLTOWN	28/10/89	
EATT, KEN	118.151 KM	PERTH	28/05/88	
CIRCOSTA, PAUL	118.120 KM	QUEENSLAND UNI	05/09/87	34
MACBETH, ROBERT	118.000 KM	PERTH	12/10/85	
GREEN, WARREN	117.032 KM	ADELAIDE	23/10/94	
ELTRINGHAM, DAVID	117.000 KM	PERTH	12/10/85	
ST JOHN, GERALD	117.000 KM	PERTH	28/05/88	43
EVERY, PAUL	116.919 KM	HENSLEY	28/05/88	23
HENDERSON, JOHN	116.700 KM	TAMWORTH	13/03/93	37
TOOMEY, THOMAS	115.840 KM	CAMPBELLTOWN	12/10/91	
PARSONS, GARY	115.800 KM	NANANGO	08/03/94	45
CLARKE, JAMES	115.061 KM	COBURG	23/02/91	
SCHICKERT, BOB	114.820 KM	BOX HILL	02/02/85	43
RAMSDEN, GRAEME	114.604 KM	QLD UNI	05/09/87	41
WILLIAMS, GLEN	113.459 KM	ADELAIDE	24/10/92	
MORRIS, JOHN	112.700 KM	TAMWORTH	13/03/93	
LACHLAN, ROBERT	112.400 KM	HENSLEY	23/02/85	
MOORE, BOB	111.600 KM	BOX HILL	28/02/87	46

HALEY, WILLIAM	111.590 KM	QLD UNI	05/09/87	
CLISSOLD, RON	110.809 KM	TAMWORTH	24/03/90	44
ANDERSON, FRANK	110.638 KM	WYONG	26/01/91	
WALKLEY, CECIL	108.029 KM	ADELAIDE	13/11/82	53
COX, GRAEME	106.618 KM	ADELAIDE	16/10/93	
BREGANT, ANTHONY	106.572 KM	CABOOLTURE	23/06/90	22
SUTTON, DENIS	106.341 KM	PERTH	08/06/91	41
HOLMES, JAMES	106.182 KM	CAMPBELLTOWN	12/10/91	
HOCKS, GERARD	106.000 KM	BRISBANE	10/06/93	
STOCKMAN, JOHN	106.000 KM	BRISBANE	12/06/93	43
HOLLAND, BILL	104.900 KM	TAMWORTH	13/03/93	
CHAV, LEE	104.501 KM	WOLLONGONG	26/03/94	
WHELAN, ROBERT	104.266 KM	BOX HILL	28/02/87	33
SMITH, JASON	103.200 KM	NSW	29/01/94	
WAKEFIELD, CHARLIE	102.807 KM	CABOOLTURE	22/06/90	36
STEWART, BARRY	102.295 KM	BRISBANE	22/05/92	59
PROSSER, GRAHAM	102.000 KM	PERTH	26/05/90	
WHITEMAN, PETER	101.871 KM	CABOOLTURE	23/06/90	48
CARRIGAN, JOHN	101.700 KM	TAMWORTH	13/03/93	40
CORMACK, GEORGE	101.600 KM	TAMWORTH	13/03/93	
WEIR, STEVE	101.064 KM	ADELAIDE	28/10/89	
GANDER, PETER	100.994 KM	CAMPBELLTOWN	12/10/91	
GLOVER, GARY	100.520 KM	PERTH	28/05/88	
SYMINGTON, BILL	100.107 KM	WYONG	26/01/91	
CULLEN, STEPHEN	100.000 KM	QLD UNI	05/09/87	
LANHAM, JOHN	100.000 KM	QLD UNI	05/09/87	
TAYLOR, BOB	100.000 KM	COBURG	13/02/88	47

Please note:

Any omissions or corrections should be directed to Geoff Hook, 42 Swayfield Road, Mt. Waverley
3149

Ph. (03)808 9739



Cradle Mountain Run 1995

The Albury contingent (left to right): Keith Wiencke, Leigh Privett, Max Scherleitner,
Jim Hyman and Rob Simmons

(Photo courtesy of Team Manager Peter Harper)

AUSTRALIAN RANKINGS FOR 24 HOURS TRACK WOMEN

Rank	Name	PB for 24 HOURS	Place	Date	at Age
1	STANGER, HELEN	213.491 KM	WOLLONGONG	27/03/94	43
2	PARRIS, DAWN	203.650 KM	OLYMPIC P	19/08/89	36
3	HERBERT, CYNTHIA	200.615 KM	ADELAIDE	01/11/86	44
4	SPAIN, TRISHA	191.207 KM	PERTH	27/05/89	47
5	SMITH, MARGARET	177.600 KM	BOX HILL	02/02/85	49
6	GRANT, DELL	176.800 KM	BRISBANE	10/06/93	39
7	O'CONNOR (MORRI, HELEN	171.426 KM	ADELAIDE	01/11/86	
8	FOLEY, WANDA	170.179 KM	ADELAIDE	28/09/91	45
9	STANDEVEN, CHERYL	168.584 KM	ADELAIDE	29/10/88	32
10	TALBOT, KIM	168.493 KM	COBURG	25/02/89	20
11	KERR, SANDRA	165.009 KM	COBURG	10/03/90	44
12	WORLEY, SUE	164.568 KM	ADELAIDE	01/11/86	39
13	RILEY, GERALDINE	164.412 KM	BOX HILL	15/02/86	22
14	BOWER, JILL	163.461 KM	PERTH	12/10/85	
15	WARREN, VAL	162.793 KM	CAMPBELLTOWN	28/10/89	55
16	KINCHIN, MARILYN	162.527 KM	CAMPBELLTOWN	12/10/91	42
17	SALTER, BRONWYN	162.342 KM	PERTH	31/05/92	44
18	LEAHY, MARCIA	162.328 KM	CAMPBELLTOWN	13/10/90	
19	KIDD, TRUDI	161.600 KM	LIVERPOOL NSW	02/10/94	
20	HAARSMA, KAY	161.579 KM	ADELAIDE	13/11/82	
21	MILBOURNE, COLLEEN	161.044 KM	PERTH	27/05/89	
22	TAIT, MERRILYN	154.708 KM	COBURG	25/02/89	39
23	GLADWELL, LUCILLE	153.411 KM	CAMPBELLTOWN	28/10/89	
24	CASE, VALERIE	151.255 KM	HENSLEY	28/05/88	51
25	McCARTHEY, MARILYN	147.777 KM	ADELAIDE	01/11/86	37
26	CATON, KATHY	146.435 KM	BRISBANE	03/06/94	30
27	STREET, CAROL	145.600 KM	BRISBANE	/ /	
28	CLARKE, ANGELA	143.180 KM	BRISBANE	03/06/94	54
29	JANOSI, ELVIRA	141.132 KM	COBURG	27/02/93	
30	BARNES, HELEN	139.015 KM	ADELAIDE	28/10/89	39
31	SOMMERS, CORINNE	132.946 KM	CABOOLTURE	23/06/90	29
32	YOUNG, MARY	132.895 KM	BOX HILL	02/02/85	24
33	HALL, KERRIE	132.215 KM	BRISBANE	03/06/94	33
34	LUSH, EILLEN	131.566 KM	ADELAIDE	04/10/87	40
35	BENSON, CAROLYN	131.293 KM	ADELAIDE	28/10/89	42
36	BARDY, SUE	128.532 KM	ADELAIDE	24/10/92	59
37	BUCKLAND, ISOBEL	124.710 KM	CAMPBELLTOWN	12/10/91	
38	GORDON, LEONIE	124.455 KM	ADELAIDE	03/11/84	
39	KEAHY, MARCIA	124.040 KM	LIVERPOOL NSW	02/10/94	
40	WISHART, LOIS	122.671 KM	COBURG	22/02/92	
41	CHRISP, WENDY	118.761 KM	QLD D	25/06/88	24
42	BRUNER, PATTY	110.601 KM	ADELAIDE	05/11/83	46
43	LEANAY, JOY	109.800 KM	TAMWORTH	13/03/93	
44	BECK, CAROL	108.371 KM	ADELAIDE	24/10/92	
45	GUTERES, ELAINE	103.690 KM	ADELAIDE	09/10/85	
46	VAUGHAN, CAROLINE	92.800 KM	BOX HILL	02/02/85	46
47	MULLENS, ROMA	91.444 KM	TAMWORTH	09/10/91	
48	FILMER, LESLEY	91.438 KM	TAMWORTH	24/03/90	
49	BROMKA, RANDI	88.800 KM	CAMPBELLTOWN	12/10/91	
50	SMYTHE, ANN	87.260 KM	LIVERPOOL NSW	02/10/94	
51	DAVIES, JEANETTE	50.800 KM	BRISBANE	03/06/94	44
52	LEKIAS, SUE	42.000 KM	PERTH	27/05/89	

AUSTRALIAN RANKINGS FOR 24 HOUR ROAD

Rank	Name	PB for 24HR RD	Place	Date	at Age
1	SMITH, BRYAN	251.050 KM	MILTON KEYNES,U	04/02/90	46
2	PERDON, GEORGE	242.045 KM	ALBERT PK D	22/10/72	48
3	MEDILL, GRAHAM	209.604 KM	QLD D	25/06/88	40
4	FISHER, KEITH	200.400 KM	QLD D	25/06/88	23
5	LA PIERRE, DAVID	188.000 KM	CABOOLTURE A	01/09/91	
6	McCLOSKEY, IAN	178.278 KM	CABOOLTURE A	01/09/91	39
7	CURRIE, STUART	174.908 KM	QLD D	25/06/88	41
8	MACKAY, MARK	173.736 KM	CABOOLTURE A	10/09/93	27
9	BAZELEY, GAVIN	170.142 KM	CABOOLTURE A	01/09/91	28
10	PETERSON, JOHN	163.559 KM	QLD D	25/06/88	71
11	TAYLOR, MAURICE	163.122 KM	QLD D	01/09/91	40
12	HEATH, FRANK	161.000 KM	CABOOLTURE D	01/02/91	43
13	YOUNG, CLIFF	159.269 KM	CABOOLTURE A	01/09/91	69
14	FRENCH, CLIFF	153.247 KM	CABOOLTURE D	01/09/91	48
15	BURNS, BOB	149.000 KM	CABOOLTURE D	01/09/91	48
16	GRANT, RON	147.400 KM	CABOOLTURE D	10/09/92	49
17	COCKS, DANNY	145.710 KM	CABOOLTURE D	01/09/91	37
18	HOLLERAN, DAVID	144.007 KM	QLD D	25/06/88	32
19	CARROLL, RAY	143.707 KM	QLD D	25/06/88	37
20	ROWE, CRAIG	140.000 KM	CABOOLTURE A	01/09/91	24
21	LEWIS, STEPHEN	136.210 KM	CABOOLTURE A	01/09/91	32
22	RAMSDEN, GRAEME	131.423 KM	QLD D	25/06/88	42
23	GOURLEY, JOEL	129.810 KM	QLD D	25/06/88	28
24	HENRY, IAN	128.400 KM	QLDD	25/06/88	34
25	PARSONS, GARY	122.400 KM	CABOOLTURE A	01/09/91	42
26	HENZELL, GREG	119.004 KM	CABOOLTURE A	01/09/91	39
27	STOCKMAN, JOHN	116.000 KM	CABOOLTURE A	12/09/93	43
28	COLLINS, TONY	112.203 KM	QLD D	25/06/88	40
29	FOLEY, MARK	110.800 KM	CABOOLTURE D	10/09/92	38
30	FLEMING, MURRAY	107.000 KM	CABOOLTURE D	10/09/93	
31	HENRY, MEL	103.200 KM	QLD D	25/06/88	30
32	STEWART, BARRY	100.000 KM	CABOOLTURE A	01/09/91	58
33	TIMMS, JOHN	100.000 KM	CABOOLTURE A	/ /	
34	GOULD, BRETT	88.000 KM	CABOOLTURE A	10/09/93	29
35	BREGANT, ANTHONY	50.000 KM	CABOOLTURE D	01/09/91	23
36	WALKER, IAN	44.000 KM	CABOOLTURE A	01/09/91	31

AUSTRALIAN RANKINGS FOR 24 HR ROAD by Women

Rank	Name	PB for 24HR RD	Place	Date	at Age
1	STREET, CAROL	180.144 KM	CABOOLTURE A	01/09/91	50
2	WALLACE, ROBYN	163.334 KM	QLD D	25/06/88	30
3	HALL, KERRIE	128.084 KM	CABOOLTURE A	/ /	
4	KLEIN, HELEN	118.650 KM	CABOOLTURE A	/ /	
5	BOLT, PHILLIPA	112.500 KM	CABOOLTURE A	/ /	
6	CASE, VALERIE	112.000 KM	CABOOLTURE A	10/09/93	56
7	CARROLL, NICOLE	69.000 KM	CABOOLTURE D	01/09/91	19

ULTRA MARATHON RACE HANDBOOK AN ESSENTIAL REFERENCE BOOK FOR RACE DIRECTORS!

Just a reminder that this 44 page booklet is available from AURA Secretary, Dot Browne, 4 Victory Street, Mitcham 3132 for the cost of \$8.00 plus postage of \$1.50 - a total of \$9.50.

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

Application for membership of the Australian Ultra Runners' Association Incorporated (AURA INC)

I
(Full name of Applicant)

of
(Address)

.....Post Code: Date of Birth:

desire to become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED. I the event of my admission as a member, I agree to be bound by the rules of the Association for the time being in force.

.....
(Signature of Applicant) (Date)

I a member of the Association, nominate the applicant, who is personally known to me, for membership of the Association

.....
(Signature of Proposer) (Date)

I a member of the Association, second the nomination of the Applicant, who is personally known to me, for membership of the Association.

.....
(Signature of Seconder) (Date)

Current membership fees for 19... (in Aust. dollars) are as follows: Cheques payable to AURA Inc.

Please circle desired rate:	\$	within Australia		
Air Mail (up to 1 week delivery)	NZ \$	Asia \$	USA \$	Europe \$

Send Application and money to : Dot Browne (Hon.Sec), AURA Inc, 4 Victory Street, Mitcham 3132

Note: If joining during the second half of the year, the full year's back issues of ULTRAMAG, the AURA magazine, will be sent on receipt of your subscription. Our subscription year coincides with the calendar year and runs from 1st January to 31st December each year.

Also note: A Proposer and Seconder for new members is a constitutional requirement for incorporated associations, really a formality. We'll be happy to provide the Proposer and Seconder for you if you simply fill in the Membership Application with your own details. Thanks!



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Janos Bogar (left), Yiannis Kouros & Anatoly Kruglikov (eventual winner), battling for supremacy in the 1994 Telecom Tasmania Run. It was good to see Yiannis return to international competition after a long break.