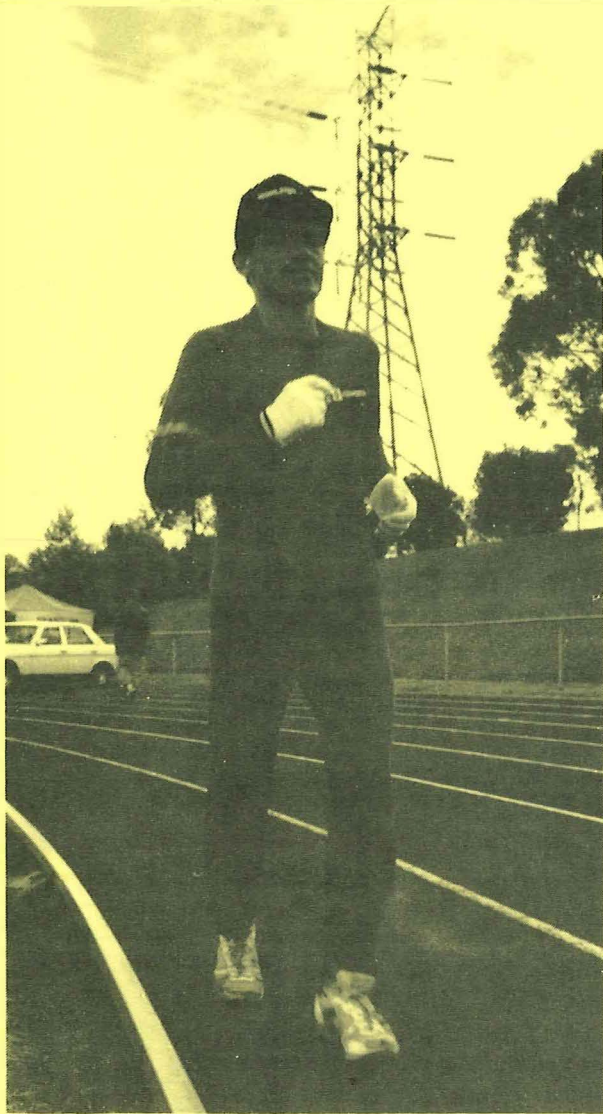


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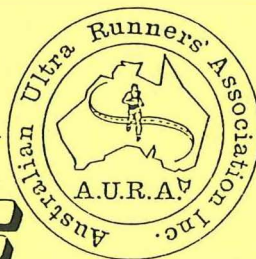


World Champion Ultra-runner, Yiannis Kouros, who recently broke his own World Record for 24 Hours Track, shown here in the process of creating a new Australasian 24 Hour Record at Coburg, when he passed Mike March's previous record of 260.099km and went on to achieve 282.9818km. What an athlete!

Yiannis is pictured with female ultra champion Linda Meadows, from Victoria. Yiannis & Linda took part in the Sri Chinmoy bi-annual global Peace Run, which involved peace-lovers from 83 different countries and over 100,000 people. Thanks for representing us!



**AURA**
MAGAZINE

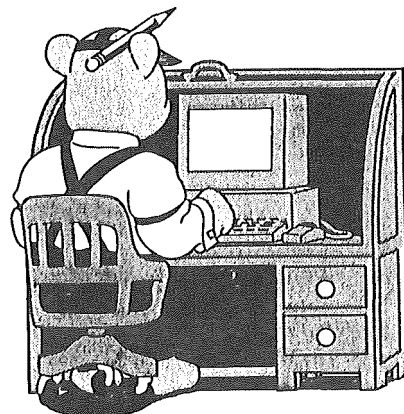


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Editorial



Hi folks!

Well while The Hook is away gallivanting in California, USA (supposedly doing the Western States 100 Miler), he's left me in charge. What a foolish man! I can say what I like! He's taken off with those two reprobates, Shilston and Cassidy. (Shilston's the one who leaves those terrible messages on Hookie's answering machine!) and Kev Cassidy, well he's the trail run fanatic. That's when he's not fighting fires and rescuing little old ladies from burning buildings.

Actually, I'm quite concerned about the 3 of them, firstly knowing the condition of Hookie's fitness (and feet!), and having heard about the scary warning letter that the Western States 100 organisers sent to them all recently. It warned of blizzards, white-out conditions, twelve feet of snow and the necessity of wearing tights (!), gaiters, sunglasses, gloves and the like. Actually, the more I think about it, the more it reminds me of the 1994 Tassie Run. I believe that Ian Javes and Greg Barton are also doing the run. (Check out Greg Barton - the Aussie ultra-runner of the future!) Good luck to you all. And if the next issue of ULTRAMAG never eventuates, you'll know that Hookie karked it somewhere out in Squaw Valley.

On reviewing the last few months in the ultrarunning scene, however, I've been knocked out by the brilliant performances of some of our members. 1995 must be the year when Aussie runners rocket to fame in the world ultrarunning scene. The year started with the sensational performances of our Australian team of both men and women in "That Dam Run" 100km in New Zealand - Don Wallace, Safet Badic, Mary Morgan and Linda Meadows, who took out first and second placings in both the men's and the women's sections in this event. The Aussies virtually blew 'em away!

Yiannis Kouros, now an Australian citizen, seemed to effortlessly smash Mike March's long-standing Australian 24 Hour Track Record of 260.099km when he ran 282.9818km at Coburg, Victoria on April 9th. However, this was a mere curtain-raiser for his even more outstanding performance one month later when he ran 285.362km on a 301m. dirt track in Surgeres, France, at the unofficial World Championship, smashing his own world record by around two kilometres to record 285.362km for 24 hours. And just incidentally, Kouros also broke the 48 Hour Track Record of 452km by around 18km when he went on to run 470.781km to create a new 48 Hour World Track Record in the same event. This man must be Superman! And he's an Aussie!!!!

Helen Stanger has been brilliant yet again. She created a new Women's 24 Hour Track Record on April 2nd at Bill Joannou's event at Wollongong when she ran 219.782km What a woman! World class!

I must comment (though it kills me to do so!) on the amazing efforts of so many NSW members who went over to South Africa to compete in the Comrades Marathon on 20th May - a mere 90km of road. There were actually 10 Sydney Striders who ran the event !!!!!!!!!!! And David Sill, our NSW AURA rep was first Australian home. What a man! And there were another eleven Aussies who ran as well. (Why aren't they AURA members????) Well done, you lot!

Finally, after being totally overwhelmed by the running brilliance of so many of our members, I must give a plug for my wonderful mate, Cliffy and his great new book entitled , "Cliffy's Book", which is hot off the press and great reading material. I read it from cover to cover and couldn't put it down. I laughed and I cried with him and loved every line of it. Get it from us. It's only \$12.00, a \$3 saving on the shop price. Lash out. Give it to yourself for Fathers' Day. That's gotta be coming up soon. And if you're not a father, get it anyway.

Take care, and be good,

Regards,

Dot Browne

1995 ULTRA CALENDAR

- 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. A QURC event. 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) 9808-9739.
- Aug 6 **TAMBORINE TREK, GOLD COAST**, 68kms out and back course & 34km encouragement section, Road Race, Entry fees, a QURC event. \$20 (QURC and GCRC members \$15). Contact Ian Cornelius, 173 Monaco Street, Broadbeach Waters, 4218 Q'ld. Phone (075) 922349 all hours.
- Aug 19-26 **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
- 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. \$125 entry fee. A QURC event. (QURC members \$115) 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 12 hours. Pewter goblets to finishers. Contact Big Chris Stephenson, GPO Box 1041, Sydney, 2001, phone (02) 259 3981 (W)
- Sept 17 **SHEPPARTON RUNNERS' CLUB 100KM & 50KM ROAD RACE**, start & finish at Princess Park, Shepparton, \$15 entry for 50km, \$30 entry for 100km. good road surface, every km marked, shady course, and little traffic, time limit 10 hours, 6am start, contact Brian Gawne, 11 Morrish Street, Shepparton 3630 Ph. (058) 211 693 or Russell Weavers, (058) 211 490
- 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

1995 ULTRA CALENDAR

- Oct 1 **12 & 6 HOUR TRACK RACE, NSW** at Woolgoolga 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)
- 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 14/15 **LIVERPOOL CITY COUNCIL SAUCONY 24 HOUR TRACK RACE**, Start time 11.00am, 14th Oct., \$35 entry fee, Closing date 29th September, Contact Dave Taylor, (042) 74 0054 (H) or mobile (015) 00 9279
- 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 14-15 **AUSTRALIAN CENTURIONS CLUB 24 HOUR, 100 MILE, 50 MILE, 50KM RACEWALK**, Adelaide Harriers Track, Adelaide SA. Entry fees \$15 (24 Hour & 100 Mile), \$10 for 50 Mile, \$5 for 50km, Start time, 12 noon Saturday 14th October, Contact Tim Erickson, 1 Avoca Cres, Pascoe Vale 3044 Vic, Ph. (03) 9379 2065 (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 28 **RAINBOW BEACH TRAIL RUN, Q'LD** (beach and forest trails) 10,33,50km Rainbow Beach, near Gympie, a QURC event, contact races organiser Dennis Parton, c/- P.O. Rainbow Beach 4581, phone (074) 86 3217
- Oct 29 **GEORGE PERDON MEMORIAL 6 HOUR TRACK RACE, VIC.**, Knox Athletic Track, Vic., excellent 400m track, 9am start, \$20 entry, entry forms - Dot Browne, 4 Victory Street, Mitcham 3132 phone (03)9 874 2501 (H) or FAX (03) 9873-3223 for entry form.
- 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
- 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 McAlice, 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

1995/6 ULTRA CALENDAR

- 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. A QURC event. 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. A QURC event. 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) 9808 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, 1996. Entry forms available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 9781 4305 or Dot Browne, 4 Victory Street, Mitcham 3132 (03) 9874-2501(H) or FAX (03) 9873-3223
- 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, 1996
- 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.**
- Mar **50 MILE ROAD CHAMPIONSHIP & 6 HOUR FUN RUN, QLD.** Toowoomba, starts at midnight, 1.2km circuit, Organiser: G.Medill, QMRRC event, Contact G.Medill, 13 Ramsey Street, Toowoomba 4350 Qld., phone (076)382023
- Mar **6 OR 12 HOUR RACE + 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP, WA**, Bunbury, organised by the Bunbury Runners'Club, certified 500m grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact : Brian Kennedy, 64 Knight Street, Bunbury 6230, Ph. (097) 959546
- Mar 2 **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW**, 46km mountain trail run, 9am start Saturday from Katoomba to Jenolan Caves, \$35 entry. Time limit 7.5 hours. Contact Chris Stephenson, Six Foot Track Marathon, G.P.O. Box 1041, Sydney 2001 NSW. Entries close: 10th Feb'96, Ph. (02) 259 3981 (W)

1996 ULTRA CALENDAR

- Mar **SOUTH AUSTRALIAN SIX DAY RUN**, Millicent, SA. Details to be announced.
- Mar **50KM ROAD CHAMPIONSHIP & 6 HOUR FUN RUN, QLD. & 6 HOUR RELAY** (6 runners x 1 hour each) Toowoomba. QMRRC event on a 1.2km circuit, 4.00am. Race organiser, G.Medill, 13 Ramsey St, Toowoomba 4350 Qld. Phone (076) 382023 .
- Mar **JAGUNGAL WILDERNESS TRAIL RUN, NSW** - 80km from 3 Mile Dam near Kiandra, NSW to Guthega, along firetrails and foot-tracks through Kosciusko National Park. 6.30am start \$20 entry includes map. The course averages 1600m elevation with 900m only of rises. Limited and qualified entry. Application forms, send SAE to Leigh Privett, 695 Hodge Street, North Albury 2640 or Ph. (060) 25 4959.
- Mar **RED ROCK TO COFF'S JETTY, NSW.** Starts at 7.00 am at the northern end of Red Rock Beach Contact Steel Beveridge on (066) 53 6831 in advance to survey course on the day before. Or by post, 2 Lakeside Drive, North Sapphire, 2450, NSW.
- Mar 13 **1000 MILES TRACK RACE, NANANGO Q'LD.** Race Director: Ron Grant, 16 days cut-off. A QURC event. For further information contact Ian Cornelius, P.O. Box 469, Broadbeach Q'ld or Telephone (075) 922349
- April **6/12/ NSW 24 HOUR TRACK CHAMPIONSHIP, NSW**, at Beaton Park, Foleys Road, Wollongong City, 10am start, Entry fee \$35, Entry forms to Bill Joannou, 2 McKay Street, Dundas NSW 2117.
- April **FRANKSTON TO PORTSEA ROAD RACE, VIC**, 34 miler, contact Kon Butko, 6 Allison Road, Mt.Eliza, 3930, phone (03) 9787-1309, 7am start, cnr. Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed.
- April **50KM ROAD RACE, ACT**, as part of the Canberra Marathon, AA Certified course. Upon completion of the normal marathon course (& being an official marathon finisher), immediately follow and out and back course along Telopea Park and the cycle path along Lake Burley Griffin to Commonwealth Avenue bridge, 6.30am start. For more details, contact Trevor Jacobs on (06) 2547177 (H) or (06) 2790134(W) or Dave Cundy (marathon organiser) on (06) 231 8422 (H) or (05) 275 1207(W)
- April **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, VIC.** supported by Vets. 24 Hour Relay Challenge. Harold Stevens Athletic Track, Coburg, Maximum of 10 relay teams with maximum of 20 individual racers per team. Starts 12 noon on Saturday. Entry forms available from: Gordon Burrowes, 37 Douglas Avenue, St.Albans 3021 or Coburg Athletic Club, P.O. Box 241, Coburg 3058
- April **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 **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.Presentations and light lunch at Mt.Mee Hall after race at 1.30pm. A QURC event. Contact: Gary Parsons P.O. Box 462, Caboolture 4510, Ph. (074) 957208
- May **BANANA COAST ULTRA MARATHON, NSW.** 85km. Coff's Harbour to Grafton, 6am start, Entry fee \$5, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire 2450, NSW, phone (066) 536831

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Australian Ultra Runners' Association Incorporated will be held at the clubrooms of the Bill Sewart Athletic Track, Burwood Highway, East Burwood, on Saturday 29th July, 1995, at 6pm.

Business to be transacted at this meeting comprises:

- (a) to confirm the Minutes of the previous AGM held on 15th June, 1994.
- (b) to receive from the Committee reports upon transactions of the Association since the previous AGM.
- (c) to receive and consider the statement to be submitted by the Association in accordance with Section 30(3) of the Associations' Incorporation Act.
Statement by Committee:
In the opinion of the Committee -
 - (1) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association as at 31st December, 1994.
 - (2) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
 - (3) the accounts have been compiled by a simple Income and Expenditure format.
- (d) to elect officers of the Association and the Ordinary Members of the Committee.
- (e) Appointment of Auditor.
- (g) General Business

Only items listed here may be voted on by means of resolution at the AGM.
Other items not requiring resolutions may be discussed.

The time, date and place of the AGM has been chosen to coincide with a planned get-together of all those associated with the AURA 50 Mile Track Race. This way, we will be honoured with the presence at least a few interstate members, who will be attending the race. AGMs can be uninteresting occasions, so this one will be kept short. It is desirable to have as many members attending as possible (or your proxy vote) to show that you care about AURA and the way it is being run and managed. Some refreshments will be provided by the Association. However, it would be appreciated if you could bring a plate of food to share, and something to drink.

Regards,

Geoff Hook
GEOFF HOOK (President)



1994/95

VIC MEMBERS OF THE AURA COMMITTEE

(The good lookin' ones!)

L. to R:

Tony Rafferty,
John Harper,
Dot Browne,
Sandy Kerr,
Kev Cassidy,
Mike Grayling,
Geoff Hook

AURA CLOTHING & BADGES

We have four items of clothing available - a T-shirt, a singlet, a long-sleeved T-shirt and a fleecy long-sleeved windcheater with a crew neck - all excellent quality, solid colours and reasonable prices. The size of the logo on the gear is a 20cm diameter circle.

We also have printed cloth badges and car windscreen stickers.

Race organisers please note!! AURA gear would make great spot prizes for ultra races and the cloth badges or car windscreen stickers are cheap enough for each competitor to be supplied with one!

Committee member, Kevin Cassidy is handling our orders, so please send this Order Form and cheque directly to him. (Cheque payable to AURA please!) Don't forget to add the indicated postage costs if you want your gear posted directly to you. Kevin has most sizes currently in stock, but a 3-4 week delay on items not in stock.

Order form below. Send to: **Kevin Cassidy, 4 Grandview Road, Preston 3072 Vic.**
Telephone: (03) 478 3687 (H)

AURA CLOTHING ORDERS

COSTS:	T-shirt	\$8.00	Postage	\$1.40
	L/S T-shirt	\$12.00	Postage	\$1.40
	Singlet	\$ 8.00	Postage	\$1.40
	Fleecy wind-cheater	\$18.00	Postage	\$2.80

COLOURS RED WHITE GOLD AQUA GREY NAVY

SIZES: 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

PRINTED CLOTH BADGES Black AURA logo on bright green background overlaid, circular, standard 3" size suitable for sewing on track suits or windcheaters.

COST: \$2.50 each, no extra for postage required.

CAR WINDSCREEN STICKERS vinyl, black AURA logo on white background, approx. 10cm (4") in diameter, long-lasting.

COST: \$3.00 each, no extra postage required.

.....
Kindly fill in details in BLOCK LETTERS:

NAME:

ADDRESS:

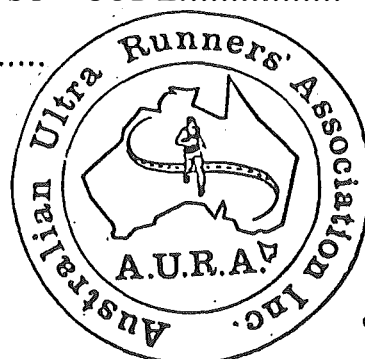
.....POST CODE:.....

TYPE:

SIZE: COLOUR:

CHEQUE FOR ENCLOSED
(Please include postage. Make cheque payable to AURA)

POST TO: Kevin Cassidy, 4 Grandview Road, Preston 3072



MEMBERSHIP - STATE BY STATE

New South Wales

The VORACIOUS VICS.

Queensland

South Australia

West Australia

ACT

Tasmania

Overseas

Total

154

115

53

17

15

15

14

16

399

Here are just SOME of our loyal Vic. supporters hootin' and hollerin' for their heroes, and acknowledging the fact that the Voracious Vics. have added yet another 2 new members to their ranks since last issue.



Lord, grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to hide the bodies of those New South Wales members I had to shoot because they insisted on sending me their 1995 renewal cheques.



Australian Subscriptions to *Ultrarunning*

Subscription rates:

	<u>1 year</u>	<u>2 years</u>
Surface mail	32	58
Airmail	66	

All amounts are in U.S. dollars.

Recommended payment options —

1. Postal money order in U.S. dollars.
2. International bank check in U.S. dollars payable on a U.S. bank.
3. Visa or MasterCard credit cards. If using a credit card, please give
 - the name as it is on the card
 - the card number
 - and the date of expiration.
4. Only if necessary, U.S. dollars in cash. We're honest, but if it gets lost in the mail . . .

In all cases, make sure to print clearly!

Please do not send us a check in some other currency or written on a non-U.S. bank, as our bank seems to be unable to deal with these.

Send subscriptions to:

Ultrarunning
P.O. Box 481
Sunderland, MA 01375
USA

Ed's note: The Magazine "Ultrarunning" is excellent value and is highly recommended to all our readers. While the cost may appear high, it should be noted that you receive 10 issues per year. Naturally, the Magazine's content is mainly American. But you'll notice by the articles we reproduce in our AURA Magazine, that there are many interesting reports and articles in "Ultrarunning". We only select bits and pieces for reproduction from time to time. You need to subscribe yourself to keep up with the latest items of excellent information from "Ultrarunning". Payment by your Visa or Master Card number would be the most convenient way to obtain yourself a subscription.



AUSTRALIAN 6 DAY RACE COLAC INC.



November 19th - 25th, 1995

Plans are well underway for our TENTH Anniversary this year. The Committee are endeavouring to make it a big success for the runners, sponsors and the committee involved. There will be more entertainment while the race is in progress.

The Handicap Section has been cancelled and prize money will be paid to place-getters further down the field. The maximum field for the event has been set at 24 runners.

Applications for entry are rolling in steadily, which is very encouraging for us, with many new names amongst them.

For some runners who are not aware, we provide for runners trackside accommodation, masseurs, lap counters, linen, trackside foodvan, free SEC and phone/fax available for runners' families to make trackside contact.

Steve Moneghetti has indicated he will be coming to present awards at the end of the race.

Joan Wylie (Secretary)
AUSTRALIAN 6 DAY RACE COLAC INC.
Phone: (052) 312682 or 315805 FAX.

LETTERS TO THE EDITOR

6 Redwood Avenue
Berowra
NSW 2081

home (02) 456-1959

25th April 1995

Dear Dot,

Through the AURA magazine, I would personally like to thank Geoff Hook and his band of helpers who put on the Bogong to Hotham run every year.

To me, this is what I like most about running - a tough run through the countryside, a nice bunch of friendly people, and no fancy entry fees or whatever. Good clean fun. It has certainly become a highlight to my running year and I will always bust my ass to make sure I make it to the start line every year.

I know that Geoff is having some difficulties with the authorities (boo!) in organising the event next January, so I'm appealing now, so everyone has got a few months to think about it - **Get yourself fit and get down to Bogong for next year's run !**

For those of you with no will power or means of transport, if you contact me beforehand, I will try to give you a lift if you live anywhere vaguely between Sydney and Bogong.

Kevin Tiller

p.s. It was noted that there were more Sydney Striders that finished this year's 60Km than the rest of the field put together !

Dear Geoff,

Thank you for organising the Bogong to Hotham Trail Run, and sending out the results, as that topped off a great event. I thoroughly enjoyed it. I grew up in the Tawonga area, but the chance to see that part of the country has never presented itself before.

Once again, thank you and I hope to see you again next year.

Alan Kay (Wodonga)

Dear members,

Thank you to all the wonderful ultra-runners and their families for the kind words and thoughts during the sad loss of Craig. Although I still can't figure out what happened during the last few months of his life, I do know that he considered you guys his only real friends.

I know deep in my heart that he's always with Ashley and me and with you all at every run. I wish you every success in the future, and hopefully, I'll see you all again some day.

Until then and thanks again,
Jenny and Ashley Rowe
Ailsa, Richard & sister Sharon

P.S. You all better watch out! You should see this kid run.! Remember your promise to coach him Georgie!

12 .

Dear Dot & Geoff,

Sorry I have not written for some time. I'm back in Kingaroy again. I had a very bad asthma attack a couple of months ago, was brought in by ambulance at a cost of \$1479 with a suspected heart attack as well. Just as well the Defence Dept covered the cost! The doctors found no heart attack had occurred, just overtraining in the mountains where my farm is.

My apologies to Tony Collins and Gary Parsons for not being able to reply to you both sooner. I could not get down to the runs. I am sorry.

Dot, I have enclosed a copy of a permit granted to me by the Brisbane City Council for a 100 days marathon, for the for the Farmhand Drought Appeal i 1996. The Brisbane City Council made a slight mistake. The course is measured. They took me over the course a few months ago. and it is 900 metres, with markings painted on the inside gutter . Please list this event in your ultra calendar. What I require is lapscorers, with the usual rules for them to be relieved after 2 hours at this stage. I shall run from 3am to 6am then 8am to 10am, rest then 3pm to 6pm then rest until 3am. Some accommodation, for example a tent or caravan shall be provided for the lapscorers and anyone who wants to run with me, and it will be limited at this stage. So I am putting a call out to all runners to come and run and lapscore please. More information will be published later on as it comes to hand. I am appealing to all fun runners, marathoners and ultra runners to come along.

To finish, negotiations are underway to do a 100 days marathon in north Sydney in 1997 and the same again in Melbourne in 1998, both runs being for the Farmhand Drought Appeal. Some months ago, I was making enquiries about moving to Colac from September to March/April then come back to Kingaroy for the winter. This is not definite but it is based on medical grounds only, but the move interstate is way down the track in order of priorities.

Cheerio for now. God Bless!
Yours in running,
"Bazz" Stewart.

Dear Dot,

Thanks very much for an enjoyable 12 Hour Run on Sunday 7th May at Knox Athletic Track. Many thanks to Ken Riches, my lapscorer, and to Sandra Kerr and Colin Browne, ever reliable helpers. Although only a small field, as usual the organisation was first class.

Congratulations to Dawn Parris and the other runners. (A BLAST FOR ULTRA RUNNERS IN VICTORIA. HAVE YOU TURNED INTO A PACK OF WIMPS? WE HAVE THE BEST DIRECTOR IN THE BUSINESS AND YOU ARE LETTING DOT AND YOURSELVES DOWN. YOU ARE NO CREDIT TO AURA!!)

Are you going to let NSW take over Ultra Running? If you are not prepared to support ultras in Victoria, our days are numbered. For myself, I am winding down. I believe at 64 (young) years, I am entitled to scale down my running.

Godfrey P.Pollard

Ed's note: Thanks Godfrey. You are quite right. My enthusiasm for attempting to organise track races on brand new tracks, in perfect weather conditions, and pay \$100 track rental fees, when two and a dog turn up, (and I go down the drain by heaps financially), is almost stuffed. Entries please, or Victoria will lose both the Percy Cerutti 12 Hour Track Race and the George Perdon 6 Hour Track Race in 1996.

DONATIONS ACKNOWLEDGEMENT

Many thanks one again to those members who have included a donation with their subs since our last issue. Your generosity is most appreciated and certainly enables us to keep our subscriptions to the same price as in previous years - not a bad effort in view of rising costs everywhere else!.

Keith Jackson \$5, Bob Duckworth \$10, Ian Walker \$5, Ian Forsyth \$10, Mark Hey \$5, Dawn Parris \$5, Jeff Visser \$25, David Sommers \$15, Bill Keats \$5, Paul Eisenhuith \$5, Roger Stuart \$10, Mike Grayling \$25, Max Powditch \$25, Michael Bohnke \$15, Ian McClosky \$5, David Scanlon \$5, Chilla Nasmith \$10, Michael Hodgson \$10

HOT OFF THE PRESS!!

CLIFFY'S BOOK

Cliffy sent me a copy of his new book to read and the following is my response to him.

Dear Cliffy,

Firstly, I want to thank you for sending me a copy of "Cliffy's Book". I was delighted to receive it. Secondly, I wish to congratulate you on its publication. I have read it from cover to cover and I couldn't put it down. I absolutely LOVE it! I can just hear your hoarse voice as I read and the stories you tell about aspects of your life are fascinating, particularly your life in the early days.

The vocab. is exactly the way you speak and your inimitable laconic sense of humour comes through in every line. A truly entertaining publication.

The running community are going to love this one. Send me heaps of copies so I can offer it to our AURA mates through ULTRAMAG.

Thanks again and congratulations!

It's a ripper,

Regards,

Dot.

and Cliffy's reply

Dear Dot,

Thanks for your letter. It arrived this morning. My book has been written since 1984, but I couldn't find anyone game enough to publish it until I met Ian Padgham about 12 months ago. He was on a horse-ride from Melbourne to Cook Town and called into a book publisher at Dargo called Rob Christie who read the manuscript and snapped it up. He calls his company "High Country Publishers" and the book was printed in Traralgon.

I'm glad you like my book Dot. It gets better as you get into it! And it's all true. As my mother used to say, "The truth is stranger than fiction" We haven't got the book for sale everywhere yet as it takes time. Victoria and NSW have a few copies here and there, mainly in Melbourne and Sydney.

The books sell at \$14.95 a copy.

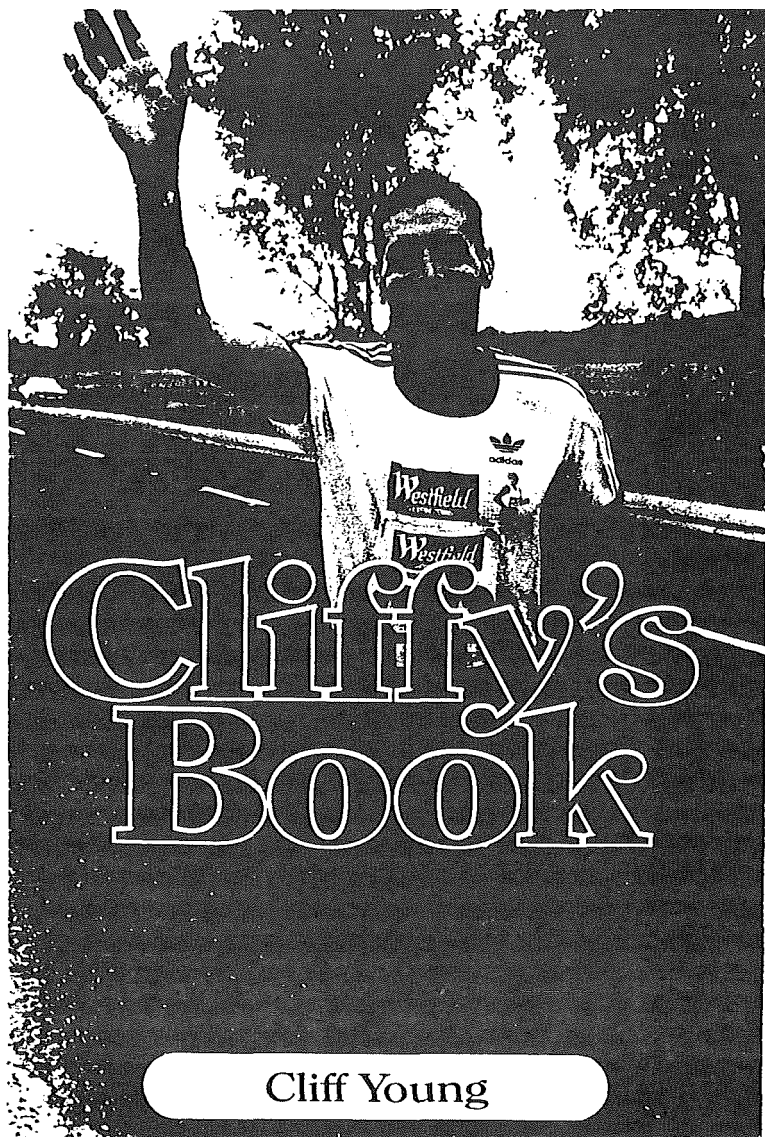
I did pretty well on the run from Liverpool to Melbourne and return, a distance of 1808kms. I ran the distance in 25 days. We only ran from 6am to 6pm each day. Tony Collins won the race and set a new record - get the results from Tony.

Must close for now. Regards to you and your family,

Cliff.

AURA now has 30 copies of "Cliff's Book" in stock and we will mail a copy to you as a privileged AURA member for \$12.00 plus postage of \$1.50, a saving of around \$3.00 on the retail price.

It would make a great gift for a mate also!



RACE REPORTS & RESULTS

THE BLISTER NO. 55 JANUARY - MARCH 1995

Bogong to Hotham 1995

Dawn Tiller

Last year, Kevin Tiller (my husband) persuaded Jonathan Worswick to run this race, suggesting it might be to his liking. It was. It's across rough mountain tracks, and Jonathan hates anything flat or easy. It's also long - 60Km, although it feels like many more.

For a whole year now they've both been telling anyone who'd listen (and many who wouldn't) that this race was the best event on the calendar. Anybody calling themselves a "trail" runner should be there. They were successful to the extent that this year there were 8 Striders entered: Kevin, myself, Jonathan, Phil Hugill, Mike Ward, John Sutherland, Murray Town and Kelvin Marshall.

They told everyone it was "the best race ever and a must for all serious ultra runners with lots of great trails and bush with spectacular mountain views" which was only half the story.

Freaking Out as Hills Got Bigger

Phil was freaking out in the car travelling to the start when the "hills" got bigger and bigger. Of course, the mountains would be even worse when you are actually going up the side! Just how many would start the following day remained to be seen, especially as we camped in the shadow of the biggest of them all: Mount Bogong, which just happens to be the highest mountain in Victoria, thank you very much!!

I was at an advantage, like Kev and Jonathan, as I'd run two years before and knew what to expect. My race plan was simple this year: not to get lost, as my map reading skills and sense of direction leave a lot to be desired, and to beat Kev, as he hadn't been training much after his ultra efforts last year. As I was fit, I thought that I'd like to try to beat my previous best time.

Phil initially aimed to run with me but when he realised my map reading skills were comparable with his own he went to Plan B. Plan B was to run with someone who did know the way and hopefully make it to the finish. Race day arrived with ideal weather conditions, coolish, with some cloud cover. Although the race is in the first week of January, the action

takes place across the High Plains and is not too hot. Usual running attire is a thermal top and shorts with waterproof and thermal tights in a bum-bag if really bad weather hits. I ended up wearing a thermal top all day and was comfortable.

Only One Woman Crazy Enough

The course begins at the base of Mount Bogong and continues to the summit and then follows the route of the Alpine way before finishing at the summit of Mount Hotham. This year saw an average field of 25 runners, including the 8 Striders. There was only one female - me! The toughest part of this race is to meet the cut off point at Watchbed Creek (approx. half way at 32Km) within 5 hours. Failure to do so means you will not be allowed to continue. Obviously, everyone was nervous at the start - the treacherous climb up Mt Bogong and the cut-off weighing heavily on everyone's minds.

At 6.15 am we were off - a guy called Andrew Kromer went sprinting off into the distance not to be seen until half way. He was going for broke to beat the course record at half way which he did in a time of 3.26.02! I'm not surprised he didn't carry on to Hotham - Wimp! A small group of us, mostly Striders, followed suit at a more sedate pace. The climb up "The Staircase" to the summit of Mt Bogong began all too quickly and all that could be heard was the rasp of heavy breathing and Jonathon talking non-stop all the way to the summit where he promptly disappeared into the distance to later win the race. I hate to think how fast he could have gone if he hadn't talked so much, since the rest of us were too tired and breathless to talk, let alone grunt!

Walking Quicker Than He Could Run

Kev was soon lagging behind - I now realise why short legs are a disadvantage as I was walking quicker than Kev's attempt at running up hill and I soon overtook him. After more than an hour and a half of climbing I was at the summit which was once again under cloud, spoiling the otherwise spectacular views

although, being somewhat scared of heights this may have been an added advantage ! Under the cloud cover I soon lost sight of the other runners and quickly found myself very much alone.

The summit is a very wild and lonely place with only the haunting sound of the wind blowing past the ski poles to keep you company. The race follows the ski poles all the way to the finish. They are spaced about 20 metres apart which should be adequate to mark the way, except that it is difficult to find them sometimes. The cruel twist is that they are each numbered - #1200 at Bogong summit and dropping one number at a time to #0 near the finish ! Checking the numbers as you go past is enough to send you crazy.

Flair For Getting Lost

With my usual flair for losing my way I came across a fork in the path and with the mist could not see to the next pole. Which was the correct one ? A couple of minutes later a figure followed me out of the mist. Kevin had managed to catch up. He put me on the right track and so we continued together. He had obviously caught a second wind and kept plodding upwards.

After another steep uphill and steep downhill sections we were at the "Big River". After a bit of bush bashing, as we had unknowingly come off the correct path 50 metres or so from the crossing, we were ready for action. The river was almost waist high with a strong current and I was hanging onto the chain with all my strength as I slipped my way across to the other side. The only good thing about it was that the water numbed my aching and sore feet!

How Quickly We Forget

Once across the other side and up another steep section we caught up with the rest of the group including Phil Hugill and John Sutherland. It was at this point that I started thinking about how quickly the mind forgets such tortures, as we'd been running for two and a half hours now. Within a few days time I would be saying how much I enjoyed it all - it's strange how the mind plays these tricks. One squeezy later and feeling somewhat refreshed I made my break away from the group not seeing them again until the finish. I ran hard to half way knowing that it wasn't too far away, reaching it

in a PB and course record time, for females, of 4.35.43 and 7th overall.

The second half of the race is considered easier because it is a lot flatter and it's almost impossible to get lost as you are running across the High Plains - "Man from Snowy River" country and the ski poles snake all the way off to the horizon - definitely an advantage! The stage of the race out of Watchbed Creek involves a long undulating section on a 4WD road. This part of the race is one of the toughest for me because feeling somewhat tired each small rise feels like Mt Bogong all over again and the temptation to turn round and go back to the half way point and get a ride home is unbelievably strong !

Squeezys To The Rescue

I was also feeling very hungry and fast running out of energy but by this stage I had more than enough of squeezys, jelly beans and snakes and so decided to try out a Power Bar instead - perhaps not the best time to try something new but I was desperate ! Wow ! What amazing food and I was soon feeling on top of things again and managed to pick up the pace and catch up to old timer Peter Armistead who was also having a good run. In the distance were 2 other runners who were only doing the second half, having set off from halfway only a couple of minutes before I arrived. Both were still agonisingly fresh but I knew that wouldn't last too much longer and then hopefully my chance would come. It came at the last steep uphill before the last check point as I overtook Peter and one of the Halfway runners, but the other one managed to stay ahead of me reaching the end some 5 minutes before me. The climb to the finish is not easy since it just happens to be at the summit of Mount Hotham. This year we were lucky to have clear views so at least you could try and admire the fantastic countryside as you finished the last gruelling climb to the summit. I managed to finish 4th overall in a PB time of 8.29.38 - over an hour and a half better than the previous women's record that I set the last time I ran 2 years ago!

The Striders once again did very well that day with Jonathan winning in a time of 8.03.00 with Kelvin coming second some 11 minutes

later. Kev finished over an hour later than me in a personal-worst time of 9.51.28 hand-in-hand (?) with fellow Striders Phil, John and Murray.

Hubby "slaughtered"

Not only had I slaughtered my lovely husband on the day, but he couldn't even use the excuse that he wasn't fit as I beat his best time when he WAS fit!

Phil, John and Murray thoroughly enjoyed the run, so they said about two weeks later, when their bodies stopped aching.

Of the 11 full-distance finishers, 7 were Striders which was quite an achievement and one that the club should be proud of. Mike Ward was the unlucky Strider to miss the cut off time (by some 6 minutes) which just shows how tough it is. Mike is a mean runner having completed every single Brindabella Classic (53 km Trail run) and numerous others. Come back next year and pull your finger out, Mike!

The Ultimate Ultra (Ultimate in Striders Spirit)

Phil Hugill

First of all, for those unfamiliar with this event, there are several points that need to be stated (so you don't get tempted.)

1. The first hill is the hardest climb you will ever have attempted.

2. The second hill is worse than the first.

3. The third and final hill is worse than the first two.

And There's Worse To Come

The bits in between are either;

4. Huge downhill mudslides, broken by large rocks.

5. Boggy moorland which sucks the shoes from your feet and the spirit from your soul.

6. Raging torrents of water, freezing cold and loosely described by the organiser as "creeks that you have to cross."

Put all the above together, throw in dense undergrowth, disappearing trail, dead ends, biting cold wind, sunburn, heat exhaustion, various wildlife and thousands of flies and that pretty much describes the event, physically at least.

Well, yes and no. Having died on the second hill after two hours of running, I then had to survive another eight hours to the finish. I would normally, therefore, be whingeing and complaining about everything and everybody connected with the event, but the experience was so dramatic and wonderful to finish, I can say it was the hardest but most satisfying event I have ever competed in.

The reason for writing this report though was not to dwell on the run itself, but more to acknowledge the support and encouragement of my fellow Striders. From about halfway where I was saved from despair by Murray Town, we ran as a group, myself, Murray, John Sutherland and Kevin Tiller.

Kevin was, much like me, mentally and physically exhausted, John had leg cramps which severely restricted his running and Murray suffered great discomfort on the downhills. I think individually all of us would have stopped, given up or just given it away if by ourselves, but collectively we came through it. We finished in a heap together in 9 hours 51 minutes. To me the whole experience was a physical nightmare but an emotional high point. So thank you to my fellow Striders who demonstrated that there is a true spirit of support running through the Club, and of course congratulations to all the other Striders who attempted this run.

Thanks Phil Hugill for your great articles on Bogong & Cradle Mountain, reprinted from The Blister and congratulations for winning the Striders Member of the Month Award for April.

PROFILE

Since

January, Phil has very successfully competed in every ultra distance bush track event he can get his feet into, as well as showing stunning form on road with a PB at the Canberra Marathon.

Two weeks after Canberra he'd gone off road again clocking up another 47K and a strong 4th place in the Brisbane Waters Ultra. This list of results is not for the faint-hearted!

8 Jan 95	Bogong-Hotham 62k 9:51:28 (7th)
4 Feb 95	Cradle M'tain 88k 11:34:54 (11th)
4 Mar 95	6-Foot Track 46k, 4:04:32 (=14th)
1 Apr 95	North Head 10k, 36:06
9 Apr 95	Canberra M'thon 42.2k 2:49:10 PB
22 Apr 95	Brisbane Waters 47k 3:46:54 (4th)

Cradle Mountain: We'll Give It Our Best Shot

Phil Hugill

Having heard much about this run from the various Striders who had attempted it in the past, I was interested to experience the event for myself. Though as I was to find out the actual run was only part of the experience, as with other runs of this type, the travelling there and back, the people you meet, the accommodation, all merge into one to create a unique experience for each entrant, I think.

I had arranged to travel with Steve Urwin, and I guess we both should have known what we were in for when right at the start of our journey, the American pilot of our plane announced in his best McDonald's Drive-through voice that due to the late arrival of the plane in Sydney they were unable to clean it, but he would give it his best shot to get us to Melbourne.

Geographically Challenged

Now I don't know about you, but I was not too happy relying on his best shot, as what's the alternative? His second or third best? It crossed my mind that our lives were depending upon a geographically challenged American who appeared to rely on luck and his emotions to get around. I wondered if I should go and offer some counselling or therapy to assist his and our good fortune. He promised to get back to us but never did, so I left him in peace and we duly landed in Melbourne.

Given our destination was Tasmania I suppose I should explain, travelling with Steve involves ignoring your booked flight, arriving early at the airport and going stand-by to try and catch another connecting flight again on stand-by to get to your destination. Much to my surprise Steve's confidence was vindicated and we arrived in Launceston two hours earlier than planned.

Pickup by Name, Pickup by Nature

Another point worth making is that I've heard it said that this run lacks organisation, a point I would disagree with. The organiser Richard Pickup was there in Launceston to meet us and drive us the two hours to the starting point and our overnight accommodation, as well as supplying water proof maps to order.

We slept at Waldheim Huts, basic but clean shared accommodation with adequate facilities. We shared this hut with several local runners who referred to us as "Mainlanders" a term of some derision we gathered. Still not put off we had an interesting conversation with one of these runners who enlightened us with his running insight, i.e. I'd like to run a marathon one day but you have to really train for it, this the night before an 80k trail race, but the highlight came when he informed us he was worried about his new running shoes giving him blisters as he had just bought them in K-Mart !!

Taswegian Insomniacs

With that it was off to bed only to be woken up at 4.00 am by the locals getting ready, we still can't work out what there was to get ready between 4.00 and 6.00 am but they certainly made sure we knew they were up. Still I guess that's what comes of being a Mainlander, we just didn't understand the attraction of candlelight and various nocturnal creepy things.

Anyway come 6.00 am approx we gathered at the start to hear Richard give final instructions. Richard is a great one for detail and in-depth direction, i.e. "Start here, follow the track and I'll see you at the finish".

He did add "Don't drink the water for 20 km or so due to pollution", and with that we were off. These runs are very different to other races, for a start you all have to carry survival gear, bananas, squeezies and anything else you can think of, all strapped to your waist in a bum bag or in a back pack. Also at the start no-one wants to lead; in fact walking is a good pace to start off at.

Groaned Alarmingly

The run itself starts on duck board held together by wire and more or less runs straight ahead and up into the distance, a sort of yellow brick road striking a path into the wilderness, only the colour was more muddy brown and the duck board creaked and groaned alarmingly. We made the first climb in good time sticking to a loose plan of staying together to keep each other going and letting any speed stars just go ahead.

The next few hours we swapped places with several runners strung out along the track like a line of Xmas tree lights, all this brightly coloured running gear contrasting with the greens and browns of the environment.

Don't Go Daft

I cannot really remember much about the run from the top of the first climb to the last check point at 60 km. Some images come back to me but it's all very confused. I remember seeing two workmen repairing the track and being puzzled as to how they got there, and in the middle of the run as I was covered in mud and dirt seeing two pristine clean runners going in the other direction. In this middle section we went off the plot a bit and moved from 11th position up to 5th passing runner after runner in a mad dash, we then suffered for a couple of hours as they calmly passed us and we went back to 11th position, the moral being don't lose concentration and go daft because you pay for it for a very long time. I remember meeting Alf Field's wife Rosanne just before the check point at 60 km and being eternally grateful for the boiled potato she thrust into my hand. Funny what you'll eat on these runs but then at that point I was just happy to still be able to eat never mind what it was.

From the final check point to the finish is only 18 k-ish they say, but it took us 2 hours 35 mins and we were running most of the way, we finished together in 11 hr 35 mins still in 11th position and I can't speak for Steve but I was very grateful to see the end. I had started to hallucinate in the final hour imagining I could see tents with refreshments and people which turned out to be nothing more than tree branches.

Showered with Socks On

After the finish I had to shower with my shoes and socks still on so I could get rid of the mud and find my feet. We spent the night at the local lodge and in a great deal of pain. The following morning the organiser drove us to the airport for our flight home which we missed. Back to stand-by flights I'm afraid.

During the drive to the airport I got the chance to talk to the race organiser, mainly as there were only the three of us, and Steve was

asleep. He made some interesting observations about the run and about life in general, as runners tend to do, it must be all the time out there running we have all this time to think. Anyway Richard's points were that in the Cradle run at least (but it's probably true of other runs as well), female runners are better prepared, trained, determined and more reliable than men. Runners from the mainland (anywhere other than Tasmania) do not grasp how challenging and difficult the conditions can be, and how every year some body will get lost or in trouble because they haven't read the race instructions. During the drive to the airport we drove through an area that had been logged and without getting political, when you see the devastation and desolation left after logging is finished, it's hard not to be very anti woodchipping.

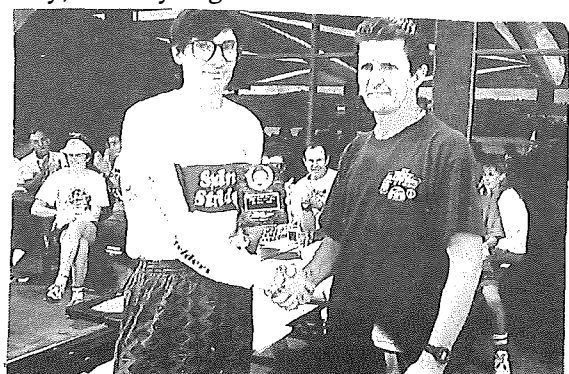
Taswegians in K-Mart Shoes

A couple of points worth making, the local runner in his K Mart shoes who we thought would never make it ran a great race in 11 hours and I think finished about 5th, so all you elite serious types with the go faster shoes take heed, looks can be deceptive. Also though I would recommend this run for the experience and challenge, be warned it is very tough and we were lucky it was not too wet. Of the 43 starters 33 finished and the weather was good, but I would not even contemplate this run in bad weather.

Also congratulations to the organiser for his time and effort, who managed to put on a true wilderness run and still supported the runners without distracting from the challenge.

Other Striders participating this year were Alf Field, Murray Town, Steve Urwin and Richard Bartlett, congratulations to all.

At the finish of our return flight Ansett managed to lose my bag. As the Pilot said, he gave it his best shot, but I guess his shot went astray, with my bag!!



The Cradle Mountain Run

Alf Field

Is this a different sort of run, or is it? Here are some quotes to help you make up your mind.

Dr Irwin Light: "This is a ridiculous run. You should not enter it. It is potentially life threatening."

The quotes from the Race Information Brochure (RIB) which follow are also illuminating.

RIB: "The distance is irrelevant. So ignore distance. Think only in time."

AF: Irrelevant! IRRELEVANT! The course measures 80 km on the map but is probably closer to 95 km given the way the track snakes all over the place.

RIB: "The surface and terrain make comparisons odious. Hills are steep, the mud can

AF: It rained for the week prior to the 1995 run.

RIB: "This is Alpine country, snow and sleet are not unknown in mid summer. It is mandatory to carry: waterproof clothing, thermal top, thermal long johns, thermal hat, emergency food, bivouac bag, map, cigarette lighter, compass, wound dressings, sun cream, band-aids, elastoplast, and elastic bandage (for snake bite or staunching blood flow if impaled).

AF: Add rations for the day and some dry clothing and it makes for quite a heavy back pack.

Do They Want Us To Compete?

RIB: "Nutrition for a long run like this is a complicated subject. You are responsible for knowing your own requirements. If you do not, you are not a suitable entrant."

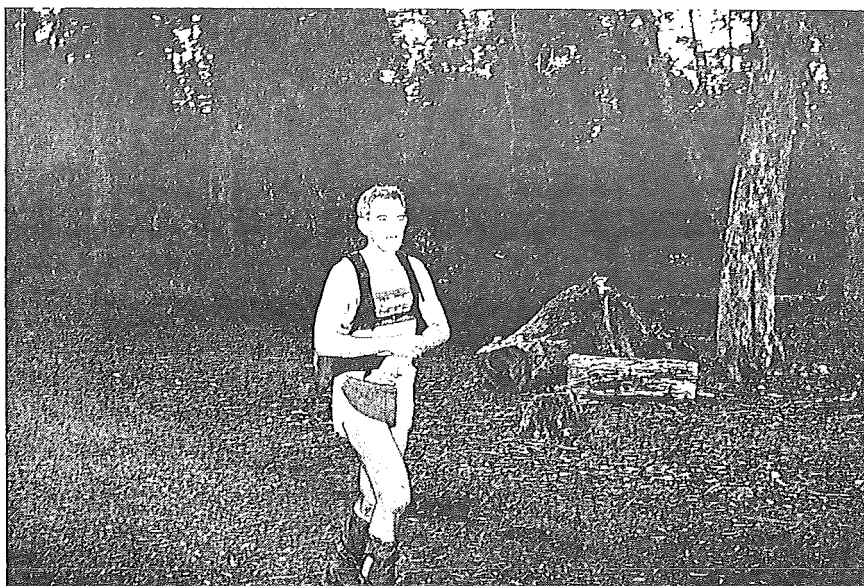
AF: Do you get the impression that they really want us to participate in this event?

RIB: "There are no drink stations. There is no vehicular access to the track at all. Only two support parties are available, one at Pelion (approx 35 km into the run), one at Narcissus (approx 70 km)."

AF: The support party at Pelion consists of one person, who had walked in. He counted the runners and recorded their times. For sustenance he offered water and a few canned peaches. Narcissus is accessible by ferry, so there was a much warmer welcome there for runners.

RIB: "Always carry some money with you, just in case you do not finish."

AF: I did not notice any taxis anywhere, but I guess one could pay for the ferry ride out if



Alf Field (checking his pulse? setting his wrist-watch?)

suck your shoes off, roots and stones make the going slow and dangerous. Please don't underestimate the difficulty of this run. It will be, I guarantee you, one of the hardest one day runs you will have done, particularly if the track is wet."

AF: Yea verily, Amen.

RIB: "The track can be a quagmire when wet. Some runners from mainland Australia are shocked by the depth and tenacity of the mud or peat bogs."

that became necessary.

RIB: "The Cradle Mountain Run is not overburdened with rules. Runners are expected to assist one another as much as possible consistent with fairness. Should there be the slightest doubt about your ability to finish, you must withdraw before you are in real trouble."

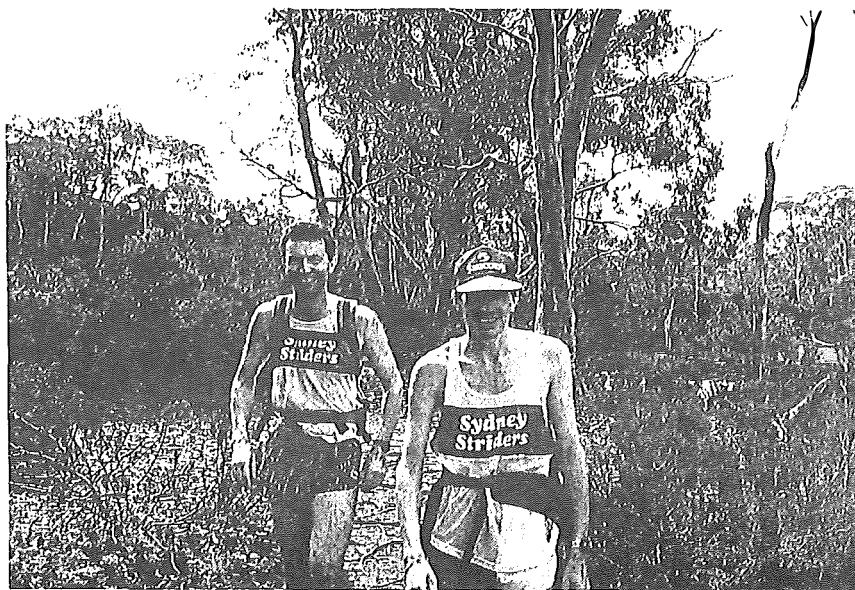
AF: How do you withdraw when you are 30 km from anywhere?

RIB: Get the picture? Why would anyone want to do it?

Five Sydney Striders made the journey to Tassie for the Cradle Mountain Run this year, so ask them. They were Phil Hugill, Steve Irwin, Murray Town, Dick Bartlett and myself. Dick Bartlett got cramps and pulled out at Narcissus. The other four made it.

David Sill

Outstanding is an understatement for David Sill. In Sydney Striders' long distance running, he's so far in front he's out of sight. During this one year, at the ripe old age of 47, he competed in three 24 hour, a 48 hour, a six day (!), and numerous other races, while still holding down an onerous full time job in Pitt Street. And he didn't just race, he set records. Like his 654.8 kilometres at the Australian Six Day Track Championship, a Striders' 6-day record and the second longest run ever by a Strider (only former Outstanding Achievement winner Graham Firkin has gone further). David was 2nd on handicap there. Twice he ran 150K in 24 hour track races (Liverpool in October, and Adelaide three weeks later) and, at the Australian 48 Hour Championship in November, he did 253K for a 4th placing. Adding it up, he raced nearly 1,000 kilometres in the space of seven weeks, and more than 1,500 in his whole season! David gives back as well - he is the Club's hard working Hon. Secretary.



Steve Urwin and Phil Hugill laughing at the pain

Another couple of Syd.Striders, also AURA members, Kevin Tiller & David Sill, have recently rocketed to notoriety when they were both nominated for the Striders 1994 Outstanding Achievement Award. Impressive!! Here are their profiles.

Kevin Tiller

There's no-one more dedicated than this Strider, particularly when it comes to ultra racing. His 1994 campaign was ten months long - 2nd January (60K mountain race) to 2nd October (24 hour track race). In between, he did a lot more - all in that "go for it" style, the hallmark of Tiller the Killer, and the main reason he is clearly an Outstanding Achiever.

Kevin is 28 and right in the middle of the most competitive age group, so it's not surprising his best placing of the year was a third (Bogong to Hotham 60K in 8:31:10). What makes this man the Achiever that he is, is his perseverance and guts to tackle the big ones, despite the year being so tough, as it was for him and Dawn.

He'd never done an 80K before, but finished Cradle Mountain in just over 12 hours. He'd never done 100K before, but finished the International Championship in Victoria, Canada, in 9:40. He'd never done a 24 Hour before, but finished the Liverpool track race with an excellent 176.8K. As well, he cracked 9th place in the Six Foot Track (4:11), and ran a sub-3 in the Canberra Marathon. Not to mention the really hard ones Kevin volunteers for. He's the man who keeps our Club database in shape!

APPELBEE & CITIZENS
6 & 12 HOUR ULTRA TRACK RACE
incorporating the W.A. 50KM & 100KM TRACK
CHAMPIONSHIPS *4/5 MARCH 1995*

by Brian Kennedy

The 1995 race attracted a record number of starters in the 6Hr. & 12 Hr. events, which indicated that there is still interest in running longer distances than a marathon. The runners came from Perth, Geraldton, Albany, Bunbury, Pingaring, Corrigin, and our first three international runners from Scotland and South Africa, Mick Frances, John Adkin and Rich Russell. A total field of 18 runners.

The race started at a fast pace, with Mary Morgan, Mick Frances, Brendan Gaynor, Stephen Dunn and Doug Wright out front, followed by a steady and sure group led by those "leaders of the pack", Carolyn Bunsdon and Nicole Durrant, whose easy pace in the early part of the race would see them finishing stronger than anyone after 6 hours.

At the first reverse direction after 3 hours, Stephen Dunn had set up a handy lead in the 6 Hour event, followed by Brendan Gaynor, Doug Wright and John Mealey and Carolyn and Nicole were still running a steady race in front of most of the main bunch of the men!!

The 12 Hour runners, Mary Morgan and Mick Frances had set a fast pace and averaged 13.5kph for the first 3 hours and went through the marathon in 3hrs.07min.27s. Most interest was now centred around the 50km distance and who would get there first to claim the 50km Title, and would the "girls" reach their target of 60kms.

Stephen Dunn was first there in 3:41:51, followed by Brendan Gaynor, Doug Wright and Rich Russell, just ahead of John Mealey. The Women's 50km Title was shared by Nicole and Carolyn in 5:04:47.

The final hour of the 6 Hour event belonged to Carolyn and Nicole, who had everyone cheering them on to achieve their target of 60kms. Winnie Vogels' computer tracking was giving a second by second target and at the end of the run, it was perhaps the computer and the girls' steady early pace that helped them to the very respectable distance of 60.163km and a high Australian 6 Hour ranking.

The winner of the 6 Hour event, Brendan Gaynor covered 68.626km to edge out last year's winner, Doug Wright on 66.221km and John Mealey 63.927km. All runners should be happy with how far they covered, as the first 6 hours provided the hardest conditions in the short history of the race.

The 12 Hour field was finding the pace and conditions were starting to take its toll, but not before Mary Morgan had recaptured two Australian Track Records - 30 miles and 50km. (yet to be confirmed).

Mick Frances continued with strong even running laps but during the 6th and 7th hours, had big problems which he pushed through after taking on ice-cream and water-melon. A top ultra runner. Mary Morgan withdrew after 6 hours with an injury and Joe Record and John Adkin also withdrew, leaving only Frances and seasoned and experienced ultra runner Phil Pearce from Albany. The 100km Title was won by Frances in 8:43:53, followed by Pearce in 11:11:25.

At 12 hours, Frances had covered 134.100km for a new race distance record, followed by Pearce on 105.370km. The weekend concluded with a few drinks and a meal and talk of "never again" and "maybe" next year, and of course, a few jokes. All runners performed very well and my thanks to them and their crews and of course club officials and our sponsors Appelbee and Citizens. We also must not forget the masseur, Janice Mason, who came down to the race for a couple of hours and worked and worked until 4am, a total of 16 hours.

Good luck to those people going to the Comrades and thank you again for coming to Bunbury.

Brian Kennedy (Race Director)

Ed's note: Thanks Brian for that excellent detailed report. Sounds like a great event!

22.

Morgan pays high price for records

SOUTH WESTERN TIMES, Tuesday, March 7, 1995

AUSTRALASIAN ultra-running champion Mary Morgan went on a record-breaking spree in the Applebee Citizen's 12-hour Ultra Track Marathon at the Bunbury Recreation Ground on Saturday night.

But the chase for pace in one of sport's most gruelling domains broke more than she bargained for.

The Pingaring battler was forced to pull out of the race in the seventh hour, after snaring Australian 50-mile and 30-kilometre records just three hours earlier.

With 66km under her well-worn shoes, Morgan limped from the track not long after midnight suffering unbearable back pain.

If her body could have found the same spright as her spirits, the last six hours would have been like a quick trip down to the local deli.

But after struggling with the pain for some 20km, her body had taken control over the mind.

The rewards for shaving more than a minute off both of Victorian Linda Meadows' previous Australian Class One marks seemed sparse.

That left just Scottish star Mick Francis, fellow Scot John Adkin, unassuming Albany runner Phil Pearce and the popular Joe Record to brave the freezing cold and lonely 500m track.

Adkin tightly gripped a cup of creamed rice to help him get back on

By **STEVE BUTLER**

track, but was also forced to retire during the seventh hour after completing 61km.

Record too was suffering heavily in the icy air and pulled out in the following hour after just passing the 60km mark.

Francis made a remarkable recovery from a mid-run crisis to go on and win with an amazing 134km in the 12 hours.

As the clock neared the six-hour mark, Francis collapsed on the track and it appeared as though his trip from the British Isles had been in vain.

But after an emergency toilet trip, a quick contact lens change and an icecream booster, Francis astonished everyone by putting a pronounced spring back in his stride.

His final 134.106km result broke John Pressley's 1991 race record of 131.386km.

Race organiser Brian Kennedy praised Francis for his courage and said it was far from a stroll in the park.

"He was pretty depleted of blood sugar and carbohydrates by the finish," Kennedy said.

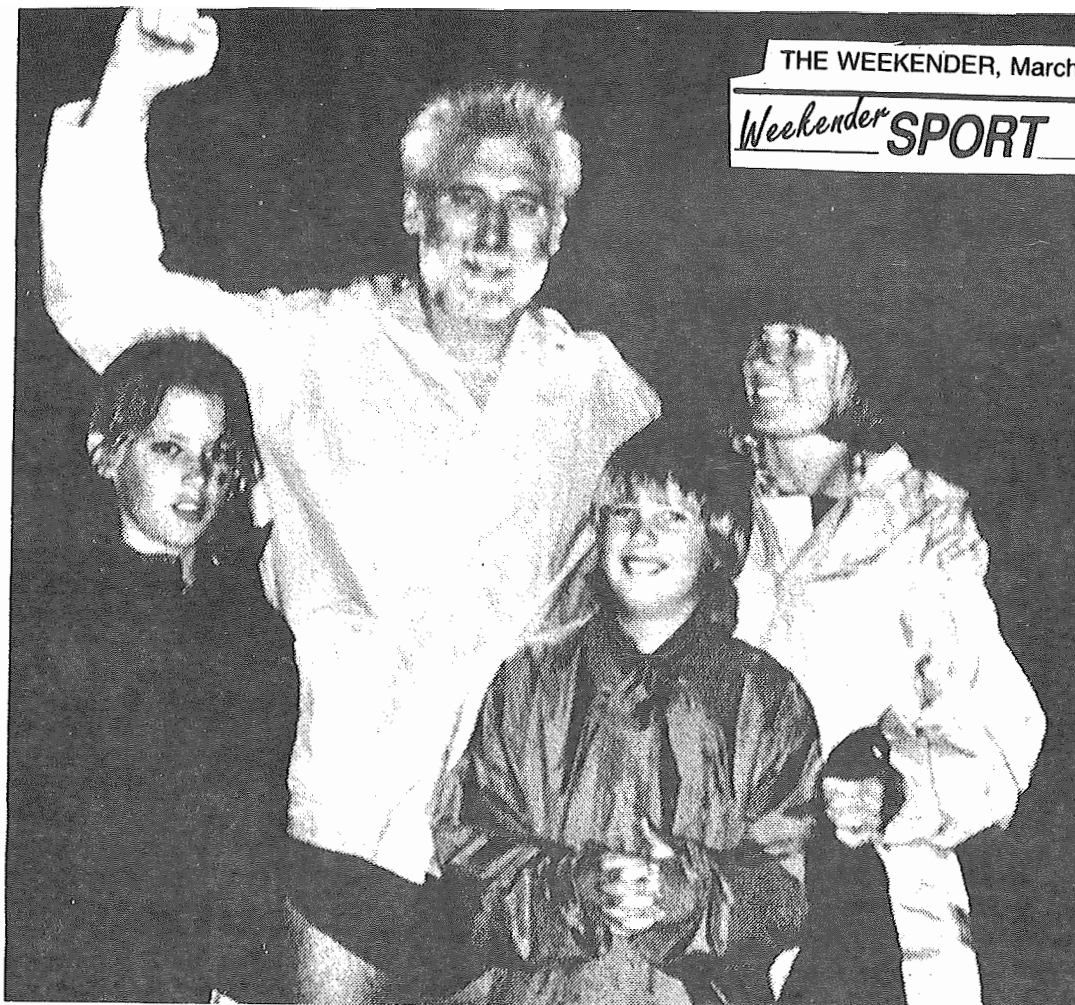
"He was really struggling in the middle parts, but he fought it off with sugar and icecream and kicked on hard."

Pearce also battled on tremendously to finish with 105.370km under his weary legs.

The six-hour section of the race featured a gripping battle between two seasoned Bunbury runners, Brendan Gaynor and Doug Wright.



Mary Morgan comforts Scottish ultra runner Mick Francis after a gruelling 134-kilometre run. Picture: PAUL WEBSTER



□ BRENDAN Gaynor with his family after his win in the six-hour ultra marathon.

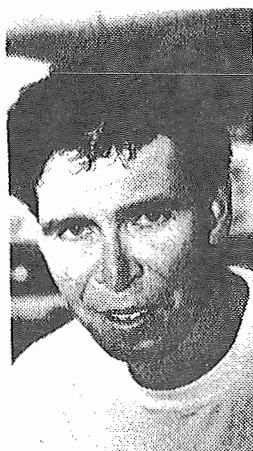
Game performance by Gaynor in ultra

By VITTORIO
RECHICHI

WHILE last weekend's 12 hour ultra marathon title went to an international runner, Bunbury can claim the six hour crown after an excellent performance by Brendan Gaynor.

The local 44-year-old, who has been running for only 18 months, covered more than 68 kilometres in the time beating last year's winner Doug Wright by two kilometres.

Gaynor, in only his second ultra run, said the conditions were cold and windy.



□ Mick Francis

"In an ultra run, the field is company. You are only racing against yourself," he said.

"I don't go too fast, but I do go far."

"It's nice to win, but it is nice just to keep going."

Gaynor said his running career began when his son took up jogging.

"My son was interested in jogging and I started jogging with him," he said.

"I decided I wanted to do marathons, so I started training for it."

Twelve hour winner, Scotland's Mick Francis, said the race was one of the best he has competed in.

Francis, who has competed in Europe, Canada and New Zealand, ran a new course record of 134 kilometres.

"It was nice to come across for a great race that was well organised," he said.

"The track was really good. It is the best surface I have ever run on.

"The field was slightly smaller than other events I have run, but the quality was still there."

Francis said the strong winds suited him, but a bad spell in the middle of the race where he "fell apart" cost him his aim of 150 kilometres.

Race organiser Brian Kennedy described the race as "super-doooper". He said it had everything that was part of ultra distance running — drama, close finishes and, unfortunately, injuries.

The women's 12 hour

was won by Mary Morgan. She broke two Australian records on her way to the win.

She broke the 50 kilometre and 48 kilometre (30 mile) record.

The women's six hour was a dead heat between South African Nicole Durrant and Carolyn Brinsdon, of New Zealand.

RED ROCK TO COFF'S HARBOUR ULTRAMARATHON

45KM BEACH TRAIL RUN - 25TH MARCH 1995

by Steel Beveridge

The two things which stood out about this year's beach and headland run were the participation of a large contingent from the Queensland Ultra Runners' Club and the excellent weather conditions on the day, the 25th March, 1995. Neither of these were my fault!

It was great having Ian Cornelius, Ron Grant, Gary Parsons and all those other ambassadors for the Sunshine State come down to NSW to go to the beach. They more than trebled the size of our previous biggest field, allowing the budget to swell beyond all recognition. We were able to lash out and buy each finisher a classic souvenir of their trip, as well as provide a free feed in the Yacht Club environs after the run.

Jim Bennington of Nana Glen made the most of the increased opposition and the great conditions - overcast, slight breeze - to carve 15 minutes from his own course record, a feat only overshadowed by Lyn Gordon's lowering of the ladies' mark by nearly 52 minutes. Lyn's effort was all the more meritorious because she did manage to squeeze in some extra sight-seeing on Look-At-Me-Now Headland along the way. Although we had surveyed most of the headlands on the Saturday afternoon, the truth of Murphy's Law was borne out for many as they added bits and pieces at a variety of spots down the coast. Gary Parsons managed some extra distance within sight of the jetty. I guess if you can run 1000 miles, four hours or less isn't much of a hit-out! Geoff Hain, who had run the course last year, threw in some cliff climbing when the tree marking the track over Korora Headland disappeared, thanks to big seas earlier in the month. Naturally, several people followed his lead. However, no-one stays lost for long. It just seems that way, and all finishers broke 6 hours, a really fine effort all round.

The placegetters' in the men's section, Robert Herd of Armidale and Roy Treloar of Runaway Bay doubled the number of people who ran under 4 hours for the 45km. Gary Parsons in fourth position also joined that select group. Dell Grant and Aileen Markham led the remaining ladies to the Jetty, both comfortably under 5 and a half hours. With 9 of the 22 finishers being women, and all from Queensland, the ultra club can be justifiably proud of its record in promoting female participation. NSW obviously needs to do more in this regard.

With the increase in numbers of runners, the numbers of suggestions for improvements, some of them polite also increased. Most of the polite ones will be taken on board for action next year. The dual start, with some of the less ambitious runners leaving Red Rock half an hour earlier than the "main" field, will be retained. Any advantage the earlier group gets in the way of cooler conditions is lost due to heavier going through the soft sand and along Red Rock Beach.

The use of Bella Cibo Restaurant for the unofficial "carbo-load" and the Yacht Club for the post-race feed and presentations will stay too. We can't promise the same media coverage though. The television news coverage by NBN and Channel 10 was very pleasing and provided some great "shots" of our sport. The TV stations, the radio and the print media were attracted by the involvement of so many (thanks to the Queenslanders), but Ron Grant's participation was a major plus in lifting the profile of the event.

We were relieved that Ian Cornelius, who took a tumble on some rocks when he had the finish well within his grasp, was not seriously injured and will live to fight another day. The promised free entry for next year will hold, Ian!

Next year, the tide will determine the date and the starting time so, if, like several starters this year, you are looking to move up to a short "ultra" as a stepping stone to longer events, keep an eye on ULTRAMAG for our listing in 1996.

A final word of thanks to my wife Lyn, who added several other duties to chief cook and bottle-washer during the event, before finally getting to go for a run herself. She ran home after all was "said and done".

RED ROCK TO COFFS JETTY BEACH RACE (PLUS CLIFF CLIMBING)

26/3/95

Lyn Beveridge knew what not to mention when she informed us know nothing Queenslanders that we should all go on a reconnaissance trip of some of the headlands "Just so we could find the tracks easier!" By this time we had all paid our \$5 entry fee and not wanting to forfeit such a grand sum of money had to then line up the next morning with trepidation in our hearts. The headlands proved too numerous to mention and some of the cliff faces so steep and rough that we clean forgot to complain about the steep camber on the beach for the whole 45 kilometres, or the really loose grit on long stretches that made us feel we were nearing the end of a Simpson Desert crossing.

In all 23 starters headed off, with some of the slower competitors starting half an hour earlier. Due to heavy weather the previous week, masses of weed had washed up on the beaches, now decaying in smelly mounds. Initially runners carefully stepped around this, and dodged the incoming waves, but after two or three headlands, these small inconveniences were put into perspective, and runners just ploughed through weed and water regardless. Yes, Lyn was right it was very handy to know where the tracks led off the beach and which one to take in the long grass. Unfortunately as we all got tired in the last third of the race, and our legs stiffened up, the rock climbs became steeper and higher, and the descents were best accomplished on our backsides with hands gripping any protrusion that could be found. Of the 23 starters only one failed to finish which is quite miraculous. 'Gonzo' from the Gold Coast was charging along in fine form assured of finishing his first ultra, when he came to a rocky outcrop that a fisherman told him was impassable. Ron, myself and Angela Clarke came upon him, and upon Ron asking a sunbathing lady if the runners had gone this way, she informed him to follow a two inch wide track that climbed and around the rock face. Gonzo, now keen to make up lost time rushed it and fell. "Just as well he fell on his head, or he could have been seriously injured" Ian Cornelius later told us.. With a little help from our group and a few others, he was later in fine form at the BBQ with a stitch in his head, a tetnus needle shot in his arm and a blood stained cap as trophies.

For the first time in the four years of the event, everybody finished in under six hours. Fortunately the tide was out, or we would have had to swim the creek crossings as well. How lucky can we get! Of course instant amnesia set in at the finish line, and by the time we had showered at the yacht club and tucked into a sumptuous BBQ all included in the entry fee we were rapidly forgetting about our near brushes with certain death and dwelling on all the fun we had and how we are all going to do better next year, now that we know the course. Once again Jim Bennington from Nana Glen (a local) took out the 'Golden Thong' trophy. It wasn't until third placing that a Queenslanders got a look in. The course record was broken by both men and women's categories, with Lyn Gordon doing extremely well to take first. Steel and Lyn are to be congratulated on putting on such a challenging and enjoyable all round weekend. We were accommodated comfortably at Red Rock and also enjoyed a pre race pizza and pasta meal, as well as the BBQ to follow the event, and all finishers received a trophy - one that will certainly cause comment in any trophy cabinet, a rubber thong suitably coloured according to our finishing position, and hand inscribed by Lyn with the title of the race.

There was tremendous newspaper coverage before and after the event, and two items on different channels after the event. Many of the people laying on the sand cheered us on, and knew what it was all about as we struggled past.

Dell Grant

RESULTS: Red Rock to Coff's Jetty

MEN:

45KM.

1. Jim Bennington	3:25:12 (record)
2. Robert Herd	3:36:26
3. Roy Treloar	3:45:48
4. Gary Parsons	3:51:08
5. David Allison	4:06:57
6. Nigel Bindon	4:07:21
7. Peter McKenzie	4:09:08
=8. Ian Cornelius	4:25:23
=8. Steel Beveridge	4:25:23
10. Ron Grant	5:08:10
11. Geoff Hain	5:12:33
12. Eric Markham	5:57:23
13. Bob Clarke	5:59:43

WOMEN:

1. Lyn Gordon	4:07:57 (record)
2. Dell Grant	5:08:10
3. Aileen Markham	5:23:52
4. Angela Clarke	5:40:50
5. Carol Street	5:55:17
6. Sharon Parsons	5:55:37
=7. Christine McDougall	5:57:23
=7. Margot Henseleit	5:57:23
=7. Sandra Brett	5:57:23

27KM - Woolgoolga to Coff's Jetty

1. Graham Miller	2:30:10
2. John Kocek	2:33:33
3. Glen Mildenhall	2:45:49

22KM - Sandy Beach to Coff's Jetty

1. Greg Hubbard	2:04:00
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17KM - Red Rock to Woolgoolga

=1. Bradley Willis	1:26:05
=1. Doug Willis	1:26:05
3. Gary McGoldrick	1:40:00



Bennington sets new record for marathon run

The fifth annual Red Rock to Coffs Harbour Jetty beach marathon run was a record-breaker in every department.

A record field of 23 faced the starter in the shadows of Red Rock Headland, with all but one completing the trek to the Jetty.

Jim Bennington carved 15mins from his own course record in posting his fourth win over the testing 45km of beach and headlands.

Not to be outdone, the women's winner Lyn Gordon, of Queensland, obliterated the female record by 52 minutes.

She clocked a superb 4hrs07.57mins, which helped her to seventh outright.

The conditions for the race were ideal, with overcast skies and light breezes for much of the time.

No doubt these favours of nature were in part responsible for the records tumbling so dramatically, but the strong field made sure that the loneliness of the long distance runner was temporary at best.

Armidale's Robert Herd was out on his own for much of the journey, chasing the runaway Bennington.

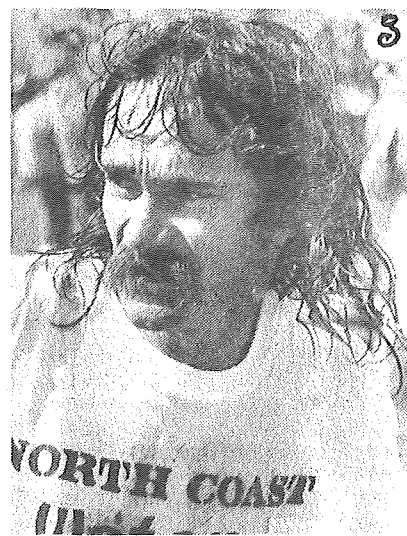
He was about 11mins adrift at the end.

Roy Treloar led his Queensland colleagues in finishing third in 3hrs45.48mins.

Allied with Bennington's 3hrs25.12mins and Herd's 3hrs36.26mins, Treloar's effort put three runners under four hours for the first time.

Further down the field, enjoying the scenery and others' company, were the second and third women to finish.

Dell Grant, 5hrs08.10mins, and Aileen Markham, 5hrs23.52mins filled the placings.



Jim Bennington... set a new record for the Red Rock to Coffs Harbour Jetty beach marathon run.

With nine finishers this was far and away the biggest women's field for an ultra marathon on the North Coast.

Particularly pleased with their efforts were two women who were running their first race longer than a traditional 42.2km marathon.

Sandra Brett and Christine McDougall crossed the line together in 5hrs57.23mins.

David Allison, of Hyland Park, and Nigel Bindon, from Benowa in Queensland, stepped up in distance for the first time, showing courage and promise in equal parts to log times of 4hrs06.57mins and 4hrs07.21mins respectively.

The next long event on the local scene will be the annual Bananacoast Electrical 85km Grafton to Coffs Harbour ultra marathon May 7.

**RED ROCK TO COFF'S JETTY
45KM BEACH TRAIL RUN
25th March, 1995**



Early arrivals at the start line in the above event



The full field in the Red Rock to Coff's Jetty 45km Beach Run
ready to go!
(What a great setting for a start line!)

Grant to run in beach marathon

After four years as substantially a local derby with the odd visiting runner, this year's run down the beaches from Red Rock to the Coffs Harbour Jetty is set to go inter-state with a large contingent of Queenslanders participating.

The Queensland Ultra Marathon Runners' Club has hired a bus, albeit a small one, to ferry about 18 members to Red Rock for Sunday's race.

Many of those coming on the bus will enter when they arrive, but several have forwarded their nomination in advance.

Queenslanders already entered include the legendary Ron Grant, whose exploits include running around Australia, 1000 miles in 1000 hours and three crossings of the Simpson Desert.

While Grant does not regard the 45km of coastline involved in Sunday's run as 'a walk in the park', he will probably only use the outing as a sociable training jaunt.

His wife Dell, a nationally-ranked ultra marathoner with a best 100km time of 10hrs05mins, will definitely be in more of a hurry.

Also entered is rising star of the Queensland ultra scene Lyn Gordon, who currently specialises in 'short' ultras like six-hour races and 50km events.

She and Dell Grant head the largest women's field ever assemble for a North Coast ultra marathon.

Already four other women have signed up for the 7am start.

Sandra Brett, 46, with a marathon best of 3hrs34mins, Christine McDougall running her first ultra, Carol Street, nationally-ranked over numerous distances, and Angela Clarke, 55, who has run everything from 50km to a five-day stage race.

Angela's husband Bob, 57, also has entered, along with Gold Coast runner Roy Treloar, who boasts a 2hrs46mins marathon.

Lining up from New South Wales is Balina's Geoff Hain, fourth last year, Armidale's Robert Herd, who finished third in the Coffs Harbour-Grafton 85km last year, and ultra debutant David Allison, whose 3hrs02mins marathon was set only last year.

Not yet entered, but virtually certain to be there when the whips are cracking is three-time race winner Jim Bennington, of Nana Glen.

Bennington's race record of 3hrs40mins could well fall, as could Megan Wiggins women's mark of 4hrs59mins.

For more information about the event phone Steel Beveridge, 53 6831.



Jim Bennington... his race record is in danger of being broken in Sunday's Red Rock to Coffs Harbour Jetty beach run.

The Six Foot Track Marathon

Steve Urwin

Grey drizzle greeted the 281 starters, more than 10% of whom were Striders. The usual Le Mans start on the downhill fire trail provided the similarly usual amount of jostling and several minor casualties, one of whom was Jonathan Worswick. Soon the group hit the top of Nellies Glen and the brakes were well and truly applied. Onto relatively even terrain at the bottom and the position shuffling started again. By now the feet were wet through - good job the toes were thoroughly vaselined.

Phil Hugill and I had split a tin of Maxim to try it out before the race. On the Maxim-suggested carbo load regime we'd have needed two tins each (at \$20 a time!). We found, however that Maxim was not on all of the drink stations, particularly early on, and it was therefore difficult to plan your race around it (i.e. as a substitute for Squeezies). We had both carried a couple of Squeezies as insurance and used them mid to late in the run.

Phil and I were running together and a little while before Cox's River, when we reckoned that we were probably lying around the mid-twenties, we came upon and passed Kevin Tiller, only to have him fly past us minutes later in a drunken Squeezy stupor. It was a further hour before we caught him again.

As Phil & I have a different approach to hills, we had already agreed to run our own race once we got to the major inclines. Phil eased slightly ahead as I fell into a fast walk (something which is well worth some specific training) though it was some time before he was out of sight. By half way up the second hill (just short of the Pluviometer) I had caught back up and only one runner had come past me, and stayed ahead, since Cox's River.

By the time we reached the Pluviometer our legs were still in fairly good shape and we settled into a steady pace. Underfoot, the sandy soils had given way to sticky clay which was both slippery and clung to the soles. Onto the road at the Forestry Hut and still feeling reasonable, if a little cool from the constant drizzle. Jonathan Worswick was in clear sight

ahead, as he had been on and off since Cox's River. We maintained pace and position on the road then turned off for the last few km's of bush and that dreadful downward spiral.

As we got onto the single file track I, perhaps recklessly, took the brakes off and sped past two competitors, running together. As I got to the last checkpoint I was hyperventilating and had to slow my stride to calm my breathing. Onto the paved section now and I could hear cheers ahead with other competitors finishing just below. Into the finish line and a 21 minute p.b. Dawn Tiller was only several minutes away, in setting a new ladies record for the event.



Helen Stanger, NSW Champion, competing in the Vita Health Foods 24 Hour Track Championship at Wollongong in April this year, organised very efficiently by Bill Joannou. Helen broke the existing female Australian 24 Hour Track Record when she ran 219.782km. Congratulations! Report next page!

Vita Health Foods New South Wales 24 Hour Track Championships

Race Report

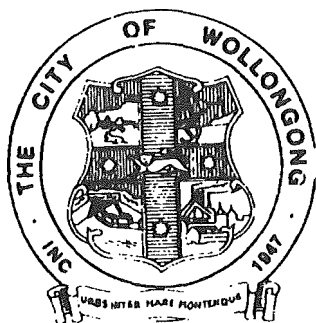
Even before the runners were ready to take to the track the public's interest had been aroused. On the Friday before the run a number of the runners (and walkers) were driven into the Wollongong City Mall, in a horse drawn carriage, to be welcomed by the Mr. Colin Markham MP (member for Keira) and Greg Fisher (Wollongong City Council). The athletes were presented with an official welcome from the Lord Mayor of Wollongong. Later in the evening the athletes were invited to a dinner with the sponsors and officials.

Race day dawned fine. The weather report was for a cool change later in the day. All was ready for the runners. Lessons learned from last year's event ensured that every thing went smoothly in the lead up to the firing of the starter's gun. This year the Deputy Lord Mayor for Wollongong, Stuart Watkins, was the official starter.

The race started at midday April 1 (a few people thought the whole thing was an elaborate April Fools joke). Nine athletes began the 24 Hour event. Among the athletes were 2 walkers, Michelle Curran attempting to be the first Australian woman to walk 100 miles in 24 Hours and Nobby Young. Michelle was always quick to add "and walkers" whenever anyone talked about "the runners".

During the early stages of the race the lead constantly swapped between Helen Stanger, Peter Gray and Anyce Melham. It was only after 7 hours that Helen Stanger stamped her name on the lead. Ralph Bristow was sitting back, running at his own pace and letting the others fight for the early lead. During the 12th hour he moved into 3rd place passing Peter Gray. Runners' spirits were constantly being raised by Wave FM doing live interviews via mobile phone and playing the runners requests on air. It was marvellous to see what a song could do to spark a runner to life especially Bob Burns when Wave FM played "500 Miles" for him.

With the excitement of lead changes at the front of the pack it was easy to forget about the walkers. Michelle Curran was able to keep interest as she approached the Australian 50 Mile record. With Tim Erickson on hand to ratify the walk record Michelle passed the 50 Mile mark in 11 hours 33 minutes and 8 seconds lopping 25 minutes off the old record. Nobby Young was travelling well and had his eyes firmly set on the "Centurion" qualification of a 100 mile walk in 24 hours.



Vita Health Foods

Vita Health Foods New South Wales 24 Hour Track Championships

At midnight a new bunch of intrepid runners joined the fray - the 12 Hour race started. Four runners (and walkers) were to commence the 12 Hour. This lifted the 24 Hour runners as only fresh people on the track can. Tony Farnham immediately went to the front of this pack and was never headed. Dave Taylor held on to second for almost 4 hours but the toll of the recent Sydney-Melbourne-Sydney was to allow Peter Henry to slip past him.

Seventeen hours into the run and Ralph Bristow passed Anyce Melham's distance to move into second place. From that time onwards no one would be able to catch him.

Sunrise on Sunday was the next major milestone. At 6:00 am six runners commenced the 6 Hour event. The 6 Hour was to be a battle between George Cormack and Bob Fickel with George eventually stamping his name on the race (but only after a three hour struggle). For a time the Women's 6 Hour was battle between Joan Coulter and Pat Hucker. Eventually Joan broke away and established a lead. Joan went on to win by 8 Km.

With three and a half hours to go Helen Stanger ran into the record books yet again. She smashed her 200 Km record in 21 Hours 38 minutes and 46 seconds. Helen was not content with only the 200 Km record; she went on to break her Australian 24 Hour record that she had set last year. Her eventual 219.782 Km broke the existing record by over 6 Km and came very close to setting a new Australasian record.

It was amazing to see how much technology was used to support the run. On the track mobile phones were in constant use to conduct interviews, for live press coverage and to keep in touch with friends and relatives. In the lap scoring tent a Personal Computer was kept busy churning out press releases about lead changes and record breaking efforts.

Another event that could easily be overlooked was the Power Walkers relay. For the second time a team of power walkers walked around with the runners. This helped to keep spirits up. The power walkers had their own goals. They wanted to beat their World record from last year. The power walkers succeeded in breaking all of their records, the 6 hour, 12 hour, 24 hour and total distance walked.

Results of Vita Health Foods New South Wales 24 Hour Track Championships

held at Beaton Park, Wollongong, 1st - 2nd April 1995

24 Hour results										
Place	Name	Marathon	50 Km	50 Miles	100 Km	100 Miles	200 Km	6 Hour	12 Hour	24 Hour
1st	Helen Stanger	3:35:15	4:19:36	7:37:40	9:48:36	17:07:40	21:40:52	66.0 Km	120.8 Km	219.782 Km ^{♂*}
2nd	Ralph Bristow	4:26:10	5:20:14	9:06:18	11:28:02	19:26:40		54.4 Km	104.4 Km	183.694 Km
3rd	Peter Gray	4:08:00	4:59:21	8:53:55	11:22:30	22:59:38		58.4 Km	104.0 Km	166.178 Km
4th	Bob Burns	4:53:15	5:45:34	9:42:24	12:31:08	23:59:54		51.6 Km	96.8 Km	160.694 Km
5th	Keith O'Connell	4:34:35	5:45:58	10:25:15	19:42:11			52.0 Km	86.0 Km	122.696 Km
6th	Michelle Curran	5:31:41	6:38:45	11:33:08 ^{♂*}	20:30:45			45.6 Km	81.6 Km	118.836 Km*
DNF	Anyce Melham	3:45:53	4:28:59	7:39:53	10:06:03			65.2 Km	115.6 Km	142.8 Km
DNF	James Rooney	4:00:15	4:44:25	7:58:06	10:28:47			62.4 Km	102.0 Km	106.8 Km
DNF	Nobby Young	5:13:29	6:14:21	10:44:14	13:50:20			48.0 Km	88.4 Km	104.0 Km

12 Hour results							
Place	Name	Marathon	50 Km	50 Miles	100 Km	6 Hour	12 Hour
1st	Tony Farnham	3:50:16	4:54:56	8:47:46	11:27:31	58.8 Km	105.221 Km
2nd	Peter Henry	4:39:18	5:34:05	9:42:40		52.8 Km	93.315 Km
3rd	Dave Taylor	4:49:17	5:56:33	10:43:54		50.0 Km	88.987 Km
DNF	John Cusack	5:54:50	7:09:24			42.4 Km	57.2 Km

6 Hour results				
Place	Name	Marathon	50 Km	6 Hour
1st	George Cormack	3:24:09	4:09:32	67.281 Km
2nd	Bob Fickel	3:34:36	4:24:51	65.279 Km
3rd	Steven Bryce	4:40:18	5:44:51	52.426 Km
4th	Joan Coulter	4:47:43	5:53:32	50.690 Km*
5th	Chris Varley	5:11:26		48.666 Km*
6th	Pat Hucker	5:56:00		42.690 Km

[♂] Denotes Australian record performance.

* Denotes a Personal best effort.

Helen Stanger... all set for a marathon run.

THE ADVERTISER,
March 29, 1995



CANBERRA 50KM ULTRA-MARATHON - April'95

by Linda Meadows

All marathon roads were leading to the nation's capital over the second weekend in April'95. Not only was the World Championship Marathon qualifier being staged as part of the Canberra Marathon, but the Australian Veterans Marathon Championship and, more importantly, the Canberra 50km Ultra Marathon Road Race.

Now before heading to Canberra, I, like I believe the rest of Australia, had the impression that Canberra is not the warmest of climates. In fact it has a solid reputation for being the coldest of our major cities, and that's got nothing to do with its housing, politicians and public servants. But a particular article in a Canberra newspaper the day before the race had me questioning this state of affairs.

The article was discussing the fine reputation of the race, and went on to explain why, after many years of beginning at 7.00am, it would this year start half an hour earlier at 6.30am. Why, you may well ask? No, it had nothing to do with road congestion, safety of runners from church goers, conflict with other sporting events, not one of these logical reasons. According to the newspaper, it was because organisers were concerned with the problems that heat may cause to runners in the latter stages of the race. Heat in Canberra in April???? Who were they kidding? Especially as the temperature on the morning of that newspaper edition had gone down to 3 degrees C. Heatwaves were far from everyone's mind. Believe me, at 6.30am, I was far more concerned with frostbite, and the only heat experienced that morning definitely wasn't solar, it was from a nice post-race hot shower.

To distinguish the ultra-marathoners from the standard marathon runners, we all had a red ribbon attached to our front running numbers. I'm still wondering if this was a Freudian slip by the race organiser. No, we didn't all have Aids, but maybe a disease that, once in your blood, would be with you until you die - the ultramarathoning disease which causes people to run distances that mere mortals consider would probably kill you.

Well it WAS cold; it was very windy, but it was also very well organised, and the whole event had a great friendly atmosphere. Unfortunately, some people who entered the 50km, didn't go on beyond the marathon mark, but at least the combined event helped raise people's awareness of ultras and maybe more people will consider moving onwards and upwards in the future.

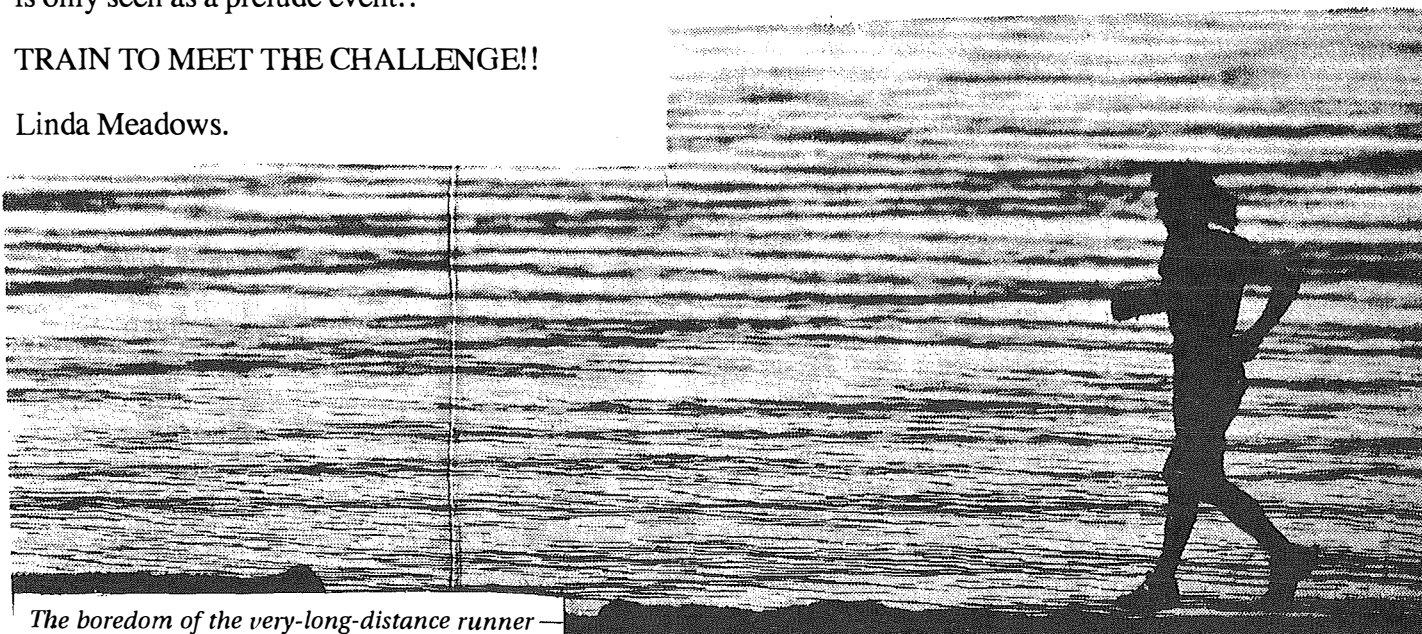
Finally, the event is definitely one that ultra-runners should consider. The route is scenic; you even get to do a lap of honour around the new Parliament House. The Canberrans are a friendly mob and you can even check out where some of your other taxes are going!

Now, to finish off - a challenge!!

The 50km Ultra-marathon has been tagged on to the end of the Canberra Marathon. Come on ultra-marathoners, let's turn things around so there are more runners finishing the ultra and the Canberra Marathon is only seen as a prelude event!!

TRAIN TO MEET THE CHALLENGE!!

Linda Meadows.



The boredom of the very-long-distance runner —

34 *and the blisters — pale into insignificance as Linda Meadows strides along the Brighton foreshore.*

Picture: RAY KENNEDY

Canberra 50k Ultra Marathon

9-4-95

Held in conjunction with the Mobil Canberra Marathon

RESULTS

Place	Name	Mara time	Sex	State	Age	50k time	Record
1.	Steve Evans	2.27.25		QLD	34	2.56.29	Australian record
2.	Peter Spehr	2.31.29		NSW	33	3.02.13	
3.	Safet Badic	2.32.20		VIC	35	3.03.31	
4.	Greg Love	2.42.22		NSW	40	3.19.06	
5.	Kent Williams	2.43.40		ACT	50	3.20.45	
6.	Linda Meadows	2.54.06	1F	VIC	36	3.27.22	Australian record
7.	Chris McLean	2.54.10		NSW	46	3.30.27	
8.	Patrick Enge	2.56.11		VIC	27	3.37.59	
9.	Basil Hanna	3.05.23		WA	41	3.39.28	
10.	Bob Harlow	2.52.30		ACT	47	3.46.59	
11.	Jonathon Trope	3.13.38		NSW	49	3.48.20	
12.	Ian Green	3.04.20		NSW	49	3.49.24	
13.	Stephen Bond	2.59.57		VIC	42	3.50.00	
14.	Ian Forsyth	3.05.38		NSW	40	3.50.00	
15.	Debbie Cowell	3.09.40	2F	ACT	35	3.51.53	
16.	David Sill	3.16.41		NSW	48	3.53.35	
17.	Kevin Chamberlain	3.10.38		NSW	48	4.01.14	
18.	Jeff Visser	3.10.36		VIC	31	4.01.14	
19.	Geoff Taylor	3.22.13		NSW	32	4.01.16	
20.	Peter Clarke	2.57.22		ACT	44	4.03.55	
21.	Dave Girvan	3.19.06		NSW	64	4.06.31	
22.	Peter McCabe	3.18.03		NSW	33	4.07.14	
23.	Gary Wootton	3.27.30		VIC	40	4.07.53	
24.	Charles Reis	3.23.40		NSW	38	4.11.53	
25.	Phillip Lamb	3.28.58		VIC	33	4.16.10	
26.	Sam Pesci	3.28.06		VIC	37	4.16.30	
27.	Jenny Kiss	3.38.54	3F	NSW	39	4.23.10	
28.	Mal Quorn-Smith	3.39.17		SA	44	4.24.09	
29.	Kev Barry	3.39.40		VIC	29	4.25.43	
30.	Max Powditch	3.35.58		NSW	57	4.27.23	
31.	Mervyn Honeychurch	3.39.42		SA	44	4.29.09	
32.	John Pettersson	3.37.22		WA	52	4.30.28	
33.	Roger Rigby	3.44.47		NSW	52	4.34.09	
34.	John Shaw	3.42.11		VIC	46	4.37.37	
35.	Eddie Ngenda	3.49.30		QLD	55	4.38.07	
36.	Ron Schubert	3.47.29		SA	42	4.43.46	
37.	Vic Anderson	3.41.46		NSW	42	4.45.32	
38.	Bruce Hall	3.54.51		NSW	40	4.48.55	
39.	Abrie Nimb	4.01.21		NSW	41	4.51.07	
40.	Alan Norden	4.04.37		ACT	50	4.59.10	
41.	Mark O'Neill	3.59.29		ACT	37	5.11.15	
42.	Peter Whitty	4.13.15		NSW	41	5.21.30	
43.	Janet Bailey	4.26.14	4F	NSW	44	5.34.41	
44.	Lachlan Lewis	4.28.27		ACT	57	5.55.47	

BEATING THE ODDS

She was told to stop running, but Linda Meadows became a world record-breaker

Linda Meadows is an asthmatic, is prone to bronchitis and has learned she has osteoporosis.

In fact, doctors told Linda her bones were as brittle as those of a 100-year-old woman!

So what is this 34-year-old doing competing in ultra-marathons when doctors told her she would never run again?

"It was a matter of taking up the challenge and proving the medical profession wrong," Linda says.

"I wasn't about to be told that I'd never run again. Running is my life."

Linda has become Australia's latest world-beater. At the recent ultra-marathon Australian 50 Mile Track Championship, Linda, from Edithvale in Melbourne, smashed the national record for 40 miles (65km) by just under eight minutes. She went on to beat the old six-hour record of 74.921km by running 77.942km. Then she smashed the 50 mile (80km) Australian women's track record by an amazing 17 seconds. Her time for that — six hours, seven minutes and 58 seconds — set a world record by more than three minutes. She has now qualified to run in a 100km race in Amsterdam in June next year.

"This was the first time an Australian ultra-marathon runner has created a world record," Linda says with pride.

Linda is a vegetarian and can't eat dairy products. She is also allergic to yeast compounds, and lacked calcium in her diet.

"One of the leading osteoporosis experts said my bone density was down about 60 per cent, the equivalent to a 100-year-old woman," Linda says.

"I saw a sports specialist, who advised me to give up running and to consider giving away all forms of sport other than those that were not load-bearing. There was

'The experts said my bone density was equivalent to a 100-year-old woman'

every chance that if I fell over I would break my brittle bones. So I looked for alternative forms of treatment."

Linda's naturopath put her on a high-protein, special supplement diet. She credits this, and the therapy she receives, with allowing her to get back into her sport.

"I am never going to have the same bone density a 34-year-old woman should have, but some of it has been regained," she says.

Linda, the administrative manager of a number of bicycle shops in Melbourne, says she hopes she can inspire other women.

"I had osteoporosis in its most severe form and I conquered it," she says. "You don't have to sit around and do nothing."

Story: Bill Ayres
Picture: James Calvert-Jones

NEW IDEA, 16/7/94

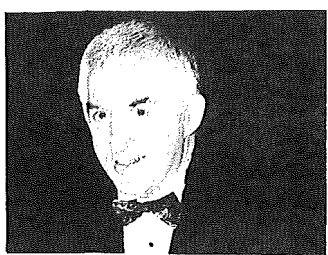


The Brisbane Water Bush Bash

Jim Screen.

3.30am comes early for those of us who only know it as a time long ago when we used to arrive home. To not be able to sleep because you know you have to get up at 3.30am adds insult to injury. But a 6 am start at the Gosford Sailing Club also comes early so stop moaning and get on with it.

The organisers are friendly and helpful, Striders green and white is prevalent, it's cold and



Jim Screen

looks like it could rain. Someone asks if Wendy Downes has retired because she hasn't come up to defend her title. Mike Ward is telling me

"porkies". "It's easier than the Six Foot Track" he says. "Much easier. In fact it's so easy you'll finish in 5 hours." (In fact, I was finished in about 3½ hours and that was with 2 hours still to go.) He goes on. "There are a few hills, and a bit of a hard one near Erina but otherwise its OK." Mike's memory must have been down at Brindabella because I now know of at least 6 monstrous hills in the area where he said there was one. Of course, he overlooked to make any mention of the other huge hills in the 47 kms between Gosford and Gosford.

The race started pretty well on time and as usual we were soon running up hill. The Kariong Hill; cars and runners competing for a share of the space. A quick drink at the top and we plunge off to the south along a fire trail into the Brisbane Water National Park. Dawn is coming up on our left (the sun, not Dawn Tiller, she had a sore knee and took the day off). Great views but we run across the edge of the escarpment up and down every gully invented. (The locals have been restless here with earthen messages which seem to say "On, On "). Down a nasty little track and soon into Woy Woy. Good level running along the water's edge; what a nice place. I'm running with Jackie Hill, eventual winner of the female person section and a 72 year old bloke called Jack. Jackie clears off into the distance but the 72 year old

sticks with me. More drinks, something to eat and then off over the Rip Bridge to find some more hills in the Bouddi National Park. Through some very nice bush, good under foot, pleasant company. Trudy, who is to be the second female home, has caught up with us but soon tires of our company and bounds away. Jack and I try to keep pace but there is no way. The minds are willing but the bodies weak.

At Kincumber Sue Hill catches up looking fresh and relaxed. My companion doesn't want to be passed by another lady so off we go into the Kincumber Mountain Reserve. (That's MOUNTAIN RESERVE, Mike). Along the top, more views and down to a challenging crossing of the Terrigal Drive. Sue Hill catches up again but this time she doesn't slow down or show any kindness. Up the vertical climb (That's VERTICAL CLIMB, Mike) to Erina Trig this time with Sue disappearing into the distance.

The morning has warmed up, we are nearly home, the views are great but the track is rough and finds all of the uphill grades. We pass a seated statue looking wistfully at where its right hand used to be and finally we stop going up and start the descent towards Gosford. Past another statue (intact) and at last we really head down to the finish.

Jack is tired, I am tired but all is well with the world. No blisters or visible injuries. Eventually we cross the finish line; we have completed the circumnavigation of Brisbane Water. For a change I see Striders standing around all showered and clean. Usually when I finish the Striders have long gone. This time Mike Burton has won and Steve Urwin has come third. (Kevin Dean of Terrigal Trotters came second). They have to wait around for the presentations which are held in the convivial atmosphere of the Gosford Sailing Club.

Greg Love and his volunteers from the Gosford Hash and Terrigal Trotters have put on a first class event. Plenty of drinks, only one section to get lost in (will be fixed in '96) and nice medals and certificates for finishing. A very pleasant way to spend Saturday morning.

Hi Dot!,

Just a short note on the Bush Bash. I'm still having a few hiccups regarding marking the course, but overall everybody made it home and I think they all enjoyed the day. We've got a few ideas of how to improve marking the course and we'll try to keep working to make the run as good as possible. Thanks again to everyone who participated and we look forward to seeing as many runners as possible next year, 1996. One low point of the day was Hookie twisting his ankle and me missing the chance of getting a photo of him with his foot in a champagne bucket of ice (Sorry Geoff!)

Before I go, thanks for the cartoon in ULTRAMAG. It certainly captures the exact feeling of the Six Foot Track.

Bye for now & stay fit.
Greg Love.

1995 BRISBANE WATERS BUSH BASH 22-4-95 RESULTS

1. Michael Burton	3:36:08	29. Trudy Rae (F2)	5:09:01
2. Kevin Dean	3:46:43	30. Geoff Hook	5:09:13
3. Stephen Urwin	3:46:45	31. Richard Creswick	5:16:53
4. Philip Hugill	3:46:54	32. Sue Hill (F3)	5:25:24
5. Kelvin Marshall	3:49:25	33. Bruce Hall	5:25:24
6. Andrew McKenzie-Hicks	3:50:50	34. Greg Reid	5:30:11
7. Paul Mahoney	3:58:15	35. Jim Screen	5:38:40
8. Malcolm Satchell	3:59:20	36. John Davidson	5:38:40
9. Ken Hickson	4:01:09	37. Brent Waters	5:40:28
10. Ross Bill	4:09:58	38. Paula Whitehouse (F4)	5:40:37
11. Ross Shilston	4:13:00	39. Vic Anderson	5:40:37
12. Graham Crew	4:13:01	40. Greg Teggart	5:42:20
13. Kevin Dore	4:18:57	41. Michael Miles	5:48:45
14. Mike Ward	4:20:00	42. Ian Forsyth	5:52:02
15. Murray Town	4:20:00	43. Nolan Jones	5:52:02
16. Paul Every	4:26:22	44. Mark Tuxford	5:52:22
17. Gary Wootton	4:26:56	45. "Mountain Man" Kerruish	5:58:12
18. Roger Stephen	4:44:15	46. Mark Boyd	5:58:13
19. Phil Clarke	4:46:32	47. Paul Adams	5:58:50
20. Rob Kimbrey	4:47:57	48. Val Bulmer (F5)	6:01:00
21. John Trotter	4:48:20	49. Bob Duckworth	6:26:30
22. Keith White	4:49:32	50. Ted Lilliss	6:28:00
23. Brett Molloy	4:51:31	51. Graham Parker	6:30:00
24. Dave Girvan	4:55:02	52. Andrea Cullen (F6)	6:38:24
25. Harry Spragg	4:55:05	53. Peter Allen	6:59:59
26. Ron Clark	5:03:22	54. Barbara Allen (F7)	6:59:59
27. Don Nesbitt	5:04:35	55. Graham Love	7:21:17
28. Jackie Hill (F1)	5:06:07	56. Peter Wise	7:23:38
		57. Col Weston	7:37:23

FRANKSTON TO PORTSEA, VIC 55KM ROAD RACE SATURDAY 1ST APRIL, 1995

1.	Kevin Cassidy	4:47:08
2.	Peter Armistead	5:08:53
3.	Kevin Walsh	5:09:20
4.	Geoff Womersley	5:15:51
5.	Phil Dodin	5:19:44

38 .

dnf.	Ross Shilston	3:45:22	(marathon)
dnf.	Steve Berkley	2:00:00	(30km)

COBURG 24HR CARNIVAL APRIL 1995

12 Noon SUNDAY 9 APRIL at COBURG we witnessed a great moment in athletics history. YIANNIS KOUROS completed his 24 hour Ultra track race with a distance of 282.9818 kilometres.

The distance of 280 kilometres in 24 hours has only been exceeded 3 times in running history and each time it has been this man YIANNIS KOUROS who has done it.

His COBURG achievement now ranks as the second greatest distance in a solo 24 hour run for the entire world and is an Australian & Australasian record set by an Australian citizen.

His own world record of 286.632 kilometres (set in France) was set as a Greek citizen. Yiannis & his family are now naturalised Australians and he is proud to run for his new country Australia.

With the right sponsorship next year we will see a dinkum Aussie establish the world record for the 24 hour Ultra track race at COBURG during the centenary year of the organizing body, COBURG HARRIERS INC.



COBURG 24 HOUR
PRESENTATIONS

Joe Skrobalak
ran 210.43km
to place 2nd
behind Kouros.
He's shown
here having a say.



AURA President
congratulates
Mike Maddock
from Tasmania,
who ran 174.85km.

COBURG 24HR CARNIVAL APRIL 1995

The Others

Yes, there were others in the race beside YK and they turned out the usual class performance we have come to expect of fields at the COBURG 24 hour. Sure they were overshadowed by YK but even without him the race had some strong performances.

Joe Skrobalak soon established a mortgage on second place while the strong Tasmanian contingent of Mike Maddocks, Andrew Lucas & Peter Hoskinson did battle for the next 3 places. Mark Pritchard of WA was an early contender but had to drop out because of the cold. Mark's family has not seen rain since October in Bunbury WA & temperatures below the high 20s have not been known there for many months.

The final finishing order was really established very early, only 2 factors confused it - the early placings of those who were to later drop out & the fact that Dawn Parris & Peter Gray both took rest periods off the track to have a sleep.

Mike McAvoy as a newcomer to Ultra racing learned all about it the hard way. From 4th in the first hour he went to 3rd & then 2nd. Succeeding hours saw him 4th, 6th & 11th until he pulled out at the 7th hour with 150 laps. Greg Wilson was the next to go, finding once again that he just did not have the training to cope with the longer distances although he does so well up to about 12 hours. Greg worked his way from 7th in the 1st hour to 3rd for the 6th to 9th hours but then he dropped to 4th & 5th to finally give it away at just before midnight with 174 laps.

Mark Pritchard held on longest fluctuating between 4th & 5th place, by midnight the cold was causing him pain in the back & although he persisted for another couple of hours he actually gave it away at the end of the 13th hour. His 281 laps took another 7 hours to work its way out of the system as he did not officially give up until the end of the 20th hour although he had not done more than 3 laps since the 13th hour.

Joe Skrobalak doggedly maintained his hold on 2nd place although Andrew Lucas threatened once or twice. Andrew did it hard like he always does, his 3rd place was never really under threat. Mike Maddock was resplendent in blue with a fluorescent cap & cheeky repartee with his crew and anybody else he could malign with safety. As an ex race walker, Mike used this technique to good effect mixing his walking & running to maintain his average laps per hour. Peter Hoskinson headed Mike at nearly every hour but he had to keep working at it. Peter Gray & Dawn Parris seperated the pair at some hourly progress reports but their threat was removed when they both took rest stops to have some sleep. Dawn's comeback looks well on track & Peter just had a bad race because of lack of training.

Godfrey Pollard was his usual consistent self with a well planned routine of laps & rests which enables him to give a good account of himself always.



A wet & windy start for the Coburg 24 Hour Carnival in April, 1995

COBURG 24HR CARNIVAL APRIL 1995.

ULTRA RACE.

World Record attempt

This was Yiannis Kouros' race & no runner (individual or relay team) begrudged the attention that was centred on him & his world record attempt. Many felt it a privilege to be on the track with him, those that weren't overawed by his unrelenting pace.

Everybody present knew the schedule that YK had to maintain & they were all keen to get reports of his progress. To break his own record YK needed 288K which translates as 12K/hour (30 laps/hour, 2mins/lap). This doesn't sound much to those who don't appreciate the effort of Ultra running & the draining effects on the body of persistent effort without rest.

The table shows how he steadily "put laps in the bank" during the early hours by exceeding the 30 laps/hour schedule. By the end of the 9th hour he was a full hour ahead of schedule, with an extra 30 laps "in the bank". As race director I started to dream, to fantasize...was it possible for a solo runner to achieve 300K in 24 hours ... if he could keep up this schedule..... From the table it can be seen how YK steadily used up his "laps in the bank" from midnight on as he started to drop below the 30 laps/hour. He still managed to average 26 laps/hour with a low point of 23 in the 23rd hour.

The 280K distance in 24 hours has only been achieved 3 times in world running history and this man has done it each time.

He did not break his world record but he certainly set a new Australian & Australasian record. YK & his family took up Australian citizenship about 6 months ago. The COBURG 282K ranks as the second greatest distance covered in a 24 hour track Ultra.

His world record was set in France and the other 280K at Olympic Park while he still had Greek citizenship.

Yiannis was in the hands of the medical staff after the race but was a cheerful & gracious speaker soon after at the presentations. He commented, that despite what others expected of him, he privately thought that 250K might be enough in the conditions but he had not reckoned with the stimulus of the relay teams participating on the track with him. He gives them full credit for raising his sights to 280K.

Like other Ultra runners, competing on the same track as 24 hour relay teams is a new experience &, like them, he found it a stimulating experience. The Little Aths relay team all lined up for autographs from YK after the presentations & he was obviously pleased to oblige.



Geoff Hook, AURA President presents Yiannis Kouros with his trophy after his record-breaking performance of 282.9818km for 24 hours.

COBURG 24HR CARNIVAL APRIL 1995 Results

24 hour Ultra track race (Victorian Championship)

	<u>LAPS</u>	<u>+METRES</u>	<u>K</u>	<u>I</u>	<u>L</u>	<u>.</u>
Yiannis Kouros (38) Vic	707	181.8	282.98	18	(AR)	
Joe Skrobalak (42) Vic	526	30.0	210.43			
Andrew Lucas (30) Tas	462	10.0	184.81			
Peter Hoskinson (32) Tas	442	160.0	176.96			
Mike Maddock (51) Tas	437	50.0	174.85			
Peter Gray (30) Vic	407	10.0	162.81			
Dawn Parris (42) Vic	335	160.0	134.16			
Godfrey Pollard (64) Vic	313	0.0	125.20			

Withdrawals

Mark Pritchard (47) WA	281	0.0	112.40	(15hrs)	
Greg Wilson (42) Vic	250	0.0	100.00	(11hrs)	
Mike McAvoy (60) Vic	150	0.0	60.00	(7hrs)	

24 hour Open relay teams challenge

Yan Yean Road Runners	952	90	380.89	(AR)
RMC Duntroon	786	50	314.45	
Coburg Harriers (1)	769	20	307.62	
Coburg Harriers (2)	768	30	307.23	
Coburg L.Aths	647	380	259.18	
Ten Fabulous Females	641	90	256.49	

24 hour Veterans relay teams challenge

(All runners over 30 years, must include 2 females & 4 Vets age groups)

Traralgon Harriers (1)	924	340	369.94	(AR)
Yan Yean Road Runners	907	0	362.8	
Coburg Vets	860	80	344.08	
Aberfeldie Vets	841	395	336.795	
Altona Vets	789	260	315.86	
Traralgon Harriers (2)	777	380	311.18	
Croydon Vets	755	70	302.07	
Keilor Walkers (2)	490	0	196.00	
Keilor Walkers (1)	484	0	193.60	

THE WEATHER

The gods designed the weather on the Friday night before the race just to tease the race director & keep him tense. Deafening showers followed by periods of calm & silence to allow the director to get back to sleep content that the weather was improving only to be wakened again by another series of deafening showers threatening to set in for the weekend. A final teasing time on Saturday morning as the rain cleared & the wind dried the track allowing us to sweep up the puddles just before the rain set in again with a final burst about an hour before start time. But then the gods relented & decided not to tease the race director any more. Except for a period of drizzle Sunday morning about 8am, there was no more rain until 1230pm Sunday afternoon. Just a very cold, strong persistent SW wind for the runners to contend with. A temperature range of 10 to 16 deg C.

THE FIELD

11 Ultra runners & 15 relay teams of 10 runners each were sent on their way by the start gun fired by John Warburton, Chairman of Commissioners of the City of Moreland, at 12 noon Saturday & all came to a well earned rest when the finish gun was fired by Geoff Hooke President, Australian Ultra Runners Association, at 12 noon Sunday.

The Editor
AURA MAG
Dear Dot,

an addendum to my Race Report for the COBURG 24HR CARNIVAL 1995. Yiannis Kouros only failed to break his world record by 600 metres. The distance we had as the 24 hour track record was a world record he set in 1985 on the road in New York (286.46K = 178miles). The track record, set by YK in France in the same year, 1985, en route to his 48 hour track record, is (only) 283.6K.

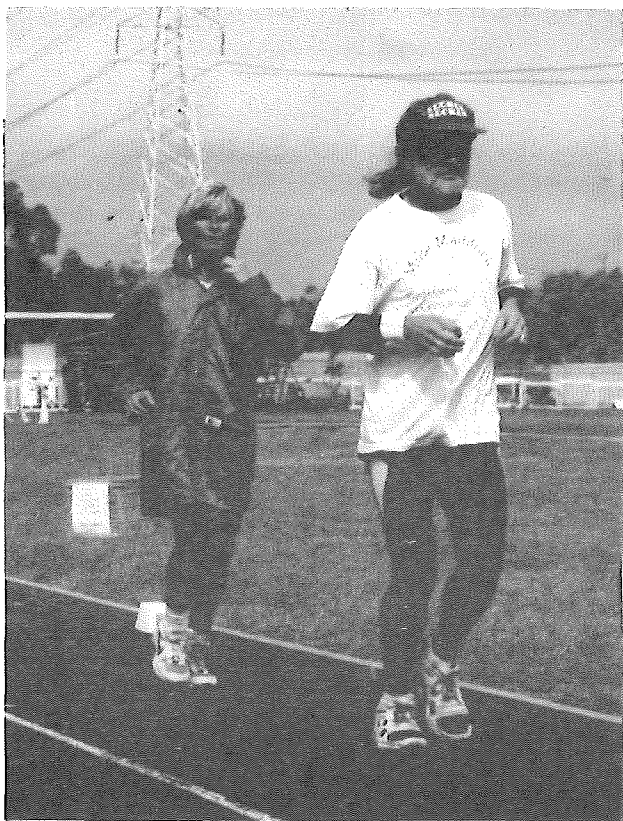
600 metres! If only we had known - Dot, I think you & I would have personally gone on to the track & dragged that extra 600 metres out of him. At least we would have informed the crowd & other runners & they would have lifted him to find that extra 600 metres in that last hour.

What a disappointment for COBURG - we did not learn of this until the following week when YK himself queried the distance we were crediting him with as a world track record.

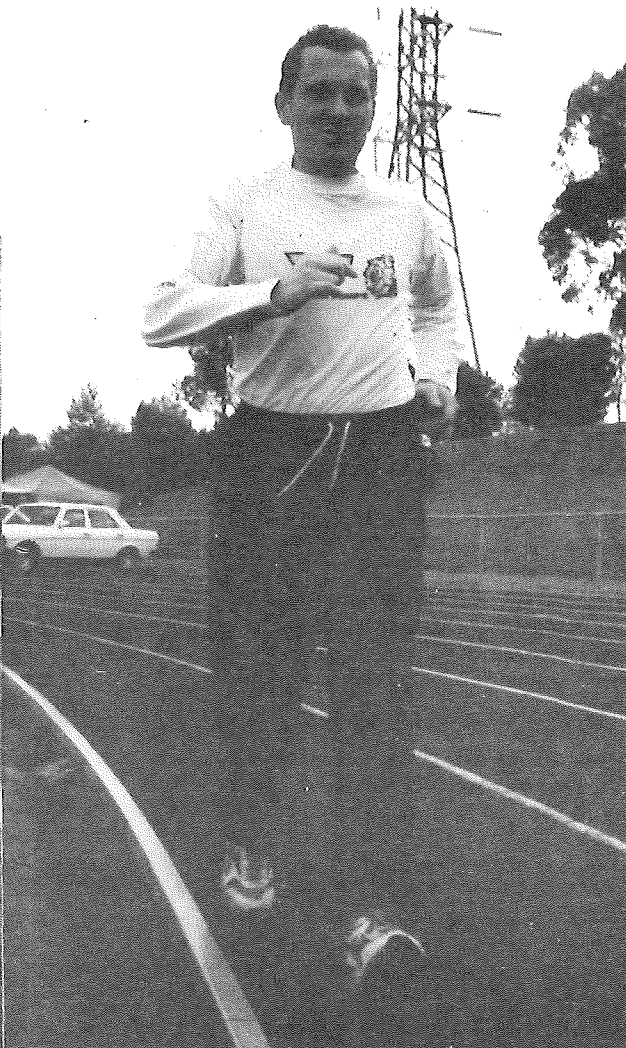
BUT THIS RAISES AN ISSUE FOR AURA - where do Race Directors find an authentic, up-to-date list of World & Australian records? We had Kevin Cassidy ferreting out the information for us & he is intimately involved in the Ultra scene as an international competitor & Aura committee person. Also he is a "numbers man" who can often tell you these things off the top of his head, if not he has files & resources to seek out the information. If such a well qualified person can make a mistake, what hope have Race Directors got of getting the right information?

Perhaps the solution is a standard page in every issue of AURA MAG giving an authenticated, up-to-date list of all World & Australian records. Failing that, a list that any Race Director could obtain from AURA on application with a note to that effect in AURA MAG.

Gordon R Burrowes 18 April '95
Gordon R Burrowes
Race Director
COBURG 24HR CARNIVAL 1995



Dawn Parris(Vic) & Mike Maddock (Tas)



Peter Hoskinson from Tasmania

The views were some of the most spectacular you will see in any ultra race in Queensland, if you could wipe the sweat from your eyes long enough, or lift your head to even see them. Then perhaps the brain might be too numb to even comprehend the beauty. After the event I said to a group of people, "Did you hear the wh&rp birds calling?" The answer was a unanimous No.

After raining all the previous night on the mountain, we were pleased to gather at 6.30 am to a fine start. A hardy band of 18 set off on their 50 kilometre venture down to the bottom of Mount Mee and back up to the top twice. An hour later a much larger group set off to do just one lap. As usual some of those who knew they had no business taking the lead, did so, and paid the price later. For the men looking for a win, the one to watch out for was Lyn Gordon, a local, who trains on this mountain all the time. Lyn set out wisely with the lead bunch, but not in the lead, and as one then another weakened she just kept up her relentless pace. With just the last uphill remaining for her, Peter Gibson was the sole male left for her to follow. Pete has a rather sore neck now from constantly peering over his shoulder, but he proved too good for Lyn and kept her at bay.

A fair distance back James Bazzo held on for third place in the 50 k (2nd male). Bob Burns, one of the more experienced ultra runners took out third male position, with an exceptional run in that he completed the second lap about 5 minutes faster than the first lap. Likewise I completed the second lap about 1 minute faster than the first, and my husband Ron was even paced overall. As patron of the race and long time running partner from years gone by, Jack Weeks would say "In the last third of a race its much better to be the passer than the passee!" Whilst on gems of wisdom, it has been proven true again, even over 50 kilometres of severe uphill and downhill, that even pacing is the best way to go.

Many a runner, who was looking strong and cheerful during the first lap, looked very sad indeed when I went past them on the last uphill 12 kilometre leg to the finish line. Run out^o fuel, far too fast on the first leg, and not enough hill training were all comments I heard from these competitors. Credit must be given to their determination, as they continued to drag their exhausted bodies somehow up the hills to the finish line. Some of the more cautious runners set out to enjoy the atmosphere and views and get in a good run along the way. John Stockdon chatted with anyone who would trot along with him, and Phillipa Bolt came last^{last}, but had a lovely time and enjoyed the whole day. She came in 8 minutes outside her estimated time but still couldn't take out the closed handicap category. That prize came down to a tussle over 1 minute on the clock between Ian Cornelius and Ron Grant, of which Ian came out the closest.

I believe some of the 25 kilometre runners suffered the same fate as some of the 50 kilometre people. They looked like winners all of them on the downhill leg as we were struggling uphill for the first time, but had varied expressions of frustration and fatigue as we again passed them, this time as they were getting close to the finish line and nearing the top of the last hill. Even just two kilometres^{to go}, walking was the order of the day for some of them, with lots of glancing over the shoulder.

The event was rounded off with lunch and presentations in the Mount Mee Hall, and what a roudy bunch they were, all retelling their adventures of the day and catching up on old friends. I bet by next year amnesia will have set in as to just how steep those hills were, and they will all be back again!

Dell Grant

MT MEE CLASSIC - 50 KM

29 APRIL, 1995

No	Name	12.5km	25km	37.5km	50km	Finish Time	Nom. Hcp Time
1	Peter Gibson	7.30	8.42	9.48	11.13.30	4.43.30	26 4.55
2	Lyn Gordon (F)	7.31	8.43	9.49	11.20.00	4.50.00	(26) 4.59.59
3	James Bazzo	7.37	8.54	10.00	11.21.58	4.51.58	1 5.49
4	Bob Burns	7.41	9.03	10.12	11.32.29	5.02.29	15 5.25
5	Ian Cornelius	7.32	8.52	9.59	11.38.22	5.08.22	12 5.10
6	Dell Grant (F)	7.42	9.03	10.17	11.38.47	5.08.47	45 5.30
7	Gavin Bazeley	7.29	8.44	9.58	11.39.49	5.09.49	10 4.15
8	Geoff Williams	7.41	8.57	10.08	11.49.44	5.19.44	8 5.30
9	Brian Evans	7.29	8.49	10.06	11.53.15	5.23.15	6 5.15
10	Ron Grant	7.44	9.06	10.22	11.57.05	5.27.05	4 5.30
11	John Fowler	7.35	8.59	10.20	12.19.45	5.49.45	3 6.15
12	Gino Evangelista	7.29	8.59	10.13	12.20.22	5.50.22	2 5.15
13	Phillipa Bolt (F)	7.54	9.40	11.15	13.23.22	6.53.22	(2) 7.00
14	John Stockman	7.44	9.24	11.16	13.32.41	7.02.41	- 5.55
15	Gerard Hocks	7.50	9.29	11.16	13.32.41	7.02.41	- 6.00
16	Linsay Phillips	7.41	9.34	11.19	13.40.29	7.10.29	1 5.40
17	Walter Kelemen	7.29	8.48	Walter retired @ 25km - due to cramps			
18	John Henderson	7.41	9.29	John retired @ 25km - due to old injury			

Handicap winner was Ian Cornelius (Nom. Time - 5.10, Actual Time - 5.08.22)

MT MEE CLASSIC - 25 KM

No	Name	Finish Time	Nom. Hcp Time
1	Gary Rolton	1.47.22	1.58.00
2	Matthew Hitchcock	1.49.38	1.58.00
3	Bruce Cook	1.49.46	1.40.00
4	Rein Evenhuis	1.52.05	1.52.00
5	Chris Mead	1.54.11	2.10.00
6	Colin Colthorpe	1.57.08	1.59.00
7	Paul Versluis	1.57.40	1.51.00
8	Jim Skett	1.58.23	2.00.00
9	Alan Allwright	1.58.34	1.58.00
10	Bob Hendrick	1.58.41	1.58.00
11	Steve Roach	2.01.20	1.40.00
12	Phillip McClure	2.02.10	2.00.00
13	Roger Thompson	2.03.43	2.00.00
14	Andrew Tabain	2.06.40	2.08.00
15	Alan Bolt	2.07.33	2.08.00
16	Dino Luchetta	2.07.46	2.12.00
17	Norman Paech	2.07.46	2.05.00
18	James Deakin	2.07.46	2.04.00
19	Bob Hill	2.08.31	2.22.00
20	Len Don	2.11.50	2.03.00
21	Gary Chisholm	2.13.38	1.56.30
22	Sandy Buchan	2.18.33	2.30.00
23	Greg Henzell	2.19.35	2.35.00
24	Peter Rasche	2.20.24	2.25.00
25	Phil Hungerford	2.26.05	2.22.00
26	John Evangelista	2.30.25	2.15.00
27	Anthony Peart	2.32.40	2.05.00
28	Kev Dellow	2.36.44	2.35.00
29	Arthur Cox	2.37.26	3.05.00
30	Bob Clarke	2.43.05	3.00.00
31	Terry Sloan	2.43.35	2.45.00

No	Name	Finish Time	Nom. Hcp Time
1	Maureen Kowalski	2.17.04	2.15.00
2	Lorna Hill	2.22.55	2.52.00
3	Carroll Street	2.31.57	2.45.00
4	Lynette Rolton	2.33.41	
5	Suzanne Thompson	2.36.44	2.22.00
6	Jane Thomson	2.41.59	2.22.00
7	Angela Clarke	2.45.51	3.00.00
8	Joanna Khole	2.46.09	2.30.00
9	Jan Collins	2.54.07	3.00.00
10	Shelley Smith	3.17.52	3.45.00
11	Linda Cornwell	3.29.30	4.05.00
12	Ronnie Neate	3.32.40	4.28.00
13	Kim Hill	4.12.25	4.30.00
14	Deborah Law	4.12.25	4.30.00
15	Sharon Fletcher	4.19.20	4.45.00
16	Cheryl O'Hara	4.19.20	4.10.00

1st Male walker was Wiebe Van Der Veen

1st Female walker was Linda Cornwell

Handicap winner was Rein Evenhuis
(Nom. Time - 1.52, Actual Time - 1.52.05)

45.

32	Frank Khole	2.46.09	2.30.00
33	Umberto Greco	2.51.37	3.10.00
34	Mike Collins	3.01.38	3.10.00
35	Rudy Meyer	3.09.50	2.45.00
36	Wiebe Van Der Veen	3.36.16	3.25.00
37	Don Hilleary	3.47.00	4.00.00
38	David Barwick	4.16.25	3.20.00

BANANA COAST ELECTRICAL ULTRAMARATHON 1995

by Steel Beveridge

7/5/95

Greg Barton, first in 5 hours 49 minutes 14 seconds. Wow!!

Bruce Cook's record for the Grafton to Coff's Harbour course of 5:55:27 had stood since 1985. Bruce had the distinction of having the only sub-6 hour time, in either direction. Last year, Greg Barton lowered the record for Coff's to Grafton in emphatic style, taking that mark to 6:12:08 and serving notice that a sub six was a very real likelihood. This year, only the forces of nature could have denied Greg Barton the second sub-six clocking. He had gone from strength to strength under the expert guidance of Don Wallace. Successive issues of ULTRAMAG catalogued his achievements.

But this was something very special. As the kids say, "Truly awesome!" Greg ran alone. No-one seriously thought to challenge him early and there was no-one left to contemplate such a thing after half-way. He was gone! The race was for the minors only.

The weather did its best to provide the challenge - the only one of consequence. After a perfect early two hours, the slight breeze became a wind, building as the morning wore on into a full force southerly. It seemed fitting. Bruce Cook had battled a southerly ten years ago to set his record. Greg would have to overcome a similar opponent. He did so with style.

It's a shame that so few local people got to witness, still less appreciate what he had achieved. We are grateful that Phil Jefferies of the hotel at Coff's Harbour was able to provide a venue for Greg to shower and eat the meal for which he had ample time before first-time finisher, David Allison, crossed the finish some 2.5 hours later in 8:21:41.

David had gone through the marathon / halfway point in 3:45, some 15 minutes ahead of Bob Channells. Bob cut the margin back to seven minutes at the finish but Dave had shown the stuff the best ultra men are made of. He had endured.

The other two finishers. Geoff Hain and Bill Joannou also endured. They never looked like stopping. For both, this was their toughest trip to Coff's, but they logged their seventh and fifth finish respectively, with the air of those who have completed another hard day at the office/factory. In Bill's case, it was hard day at the restaurant at Springwood that preceded his ultra, which added a bit to his overall fatigue. He had worked a full day in Springwood on the Saturday, gone home, packed the van, collected his crew and driven to Grafton, arriving in the wee small hours. Sleep? Not a problem. He did not need it. It's only 85 kilometres and he knew the way. He'd done it before. He could do it in his sleep!

If AURA gives an award at the year's end for the most meticulous preparation for a race, please consider this our nomination for Bill. He just shades Bob Channells' bike and swim preparation plus 30kms. jogging in the lead-up to the Australian Ironman Triathlon. Any, Bob could do our course from memory too.

Next year, we hope a few new faces will turn out for the trip from Coff's Harbour to Grafton on the first Sunday in May. Race sponsor, Bananacoast Electrical is still providing a goblet for each finisher, a tee-shirt for each new finisher and a post-race feed, so that we don't have to charge more than \$5 per entry. AND we are still waiting to have a lady attempt to break Trudy Kidd's race record!

RESULTS:	1.	Greg Barton (Q'ld)	5:49:14
	2.	David Allison (Hyland Park, NSW)	8:21:41
	3.	Robert Channells (Bowraville, NSW)	8:28:54
	4.	Geoff Hain (Lennox Head, NSW)	10:02:08
	5.	Bill Joannou (Dundas, NSW)	10:23:18

Footnote:

One jarring note from this year's event was the unfortunate accident involving Asim Mesalic's son, which saw both Asim and Jim Bennington pull out of the race. Next year, our entry form will specifically forbid bike riders accompanying runners. Seconds and crew may walk/jog alongside to assist if necessary, but otherwise, EVERYONE, cars or pedestrians, should obey ALL normal traffic requirements.

We are using a public road. Cars do have the right to travel up to 100km per hour for much of that road. WE have to be careful. Thank goodness the young man was lucky / tough enough to survive without too much obvious damage. We hope Asim can return and enjoy a trouble free run next year.

BANANA COAST ELECTRICAL ULTRAMARATHON 7TH MAY, 1995

(see previous page for report)



Left to right: David Allison, Greg Barton & Bob Channells,
placed 2nd, 1st and 3rd respectively in the Banana Coast event



GREG BARTON, 27 year old ultra champion from Queensland, seen
here being filmed after his great win in the Banana Coast Electrical
Ultramarathon'95.

PERCY CERUTTY MEMORIAL 12 HOUR TRACK RACE

Knox Park Athletic Track, Scoresby, Vic.

Sunday 7th May, 1995

7am - 7pm

RESULTS:

Pl.	Name	Marathon	50km	50 Miles	100km	Total
1.	Dawn PARRIS	4:15:45	4:59:57	8:38:36	11:09:08	105.600km
2.	John TIMMS	4:39:56	5:40:30	9:44:22		96.400km
3.	Kevin MANSELL	4:30:41	5:40:37	9:50:14		92.800km
4.	Godfrey POLLARD	4:58:45	6:17:28	11:22:14	(PB)	84.504km
5.	Lynette FARROW (walked)	7:27:45	9:15:59		(1st race)	62.800km

RACE REPORT

by Dot Browne (Race Director)

We opened up the gates and clubrooms at Knox Park in the dark at 6.15am and shifted lap-scorers' tables and chairs, erected their tent and checked runners in by the wan electric light of the clubrooms as dawn broke outside. The race started on time at 7am, with 3 lapscorers huddled in the tent. - Les Clark, Ken Riches and John Harper. Les is a tremendous supporter of Veterans' athletic events and had supplied the tent. Ken Riches is a relatively new AURA member who just came along to see what track ultrarunning was all about, and ended up staying for the whole event to help, bless 'im. They both sat there for the whole 12 hours, and reckoned they didn't need a break. An amazing effort of concentration from both of them. Thanks so much to John Harper also, who stayed until lunchtime to lapscore.

The interstateers, Kevin Mansell and Lynette Farrow from South Australia, and John Timms from NSW had travelled many miles to get here and we valued their support. It was Lynette's first race, so it was a scary experience for her, but she coped amazingly well, walking aggressively for the whole event, loosely swinging her arms and stepping out with a long athletic stride. She looked good.

Kevin had the most amazing support crew. Blond haired Gwenda, Kev's wife of one year (You remember their wedding photos in ULTRAMAG?) headed the team and dragged along her whole extended family to assist, while mates from Millicent looked after Lynette. We had more supporters than runners.

Pat Pollard, Godfrey's ever faithful wife, was there to support him as usual, with everything but the kitchen sink on and around her card table, a most highly organised woman, prepared for every contingency. Godfrey ran particularly well to achieve a personal best distance for 12 hours, so was very pleased with himself.

Dawn Parris's family, Trevor and daughters Cindy and Leah looked after Dawn attentively all day, and helped her to achieve a wonderful result in first place, Dad and daughters practising the odd softball throw in between laps. Fortunately Dawn's back injury from her recent doggy accident did not bother her too much this time as it had at the 24 hour at Coburg 4 weeks ago.

Finally, John Timms set his card table full of goodies and drinks trackside and self-served throughout the event, while AURA committee man, John Harper recorded his laps.

As the cloud lifted, the weather conditions became perfect - a cool crisp morning, with a fine sunny day to follow, 17 degrees C. & no wind. What a shame we didn't have more runners to take advantage of the brand new track, perfect weather conditions and enthusiastic support teams!

As the day went on, the race calls from the BMX track next door became loud and sounded like Melbourne Cup calls. We could vaguely see heaps of helmeted kids on bikes through the wire fence, sweating their way full blast up and over the sharp hilly mounds, while ambitious parents yelled and cheered.

We also had a string of race walkers in and out the gates, using the facilities, as the Walkers Club had combined their 10km and 20km walk events with the Veterans Athletic Club Championship, just one short street away.

Sandy Kerr, a Colac 6 Day entrant in 1994 worked like a beaver all day, assisting Dot Browne, Race Director. She checked in entries, served porridge in the early hours, cut sandwiches, cooked snags, flipped pancakes, poured hot drinks, updated the leader board every hour and was a most wonderful worker all day. Thanks SO much Sandy! What a treasure!

The presentations were held in the clubrooms soon after the whistle sounded to close the event at 7pm and it was declared a most successful event, despite the low numbers. Thanks particularly to Les, Ken, John who lapscored and to Sandy who virtually ran the show.

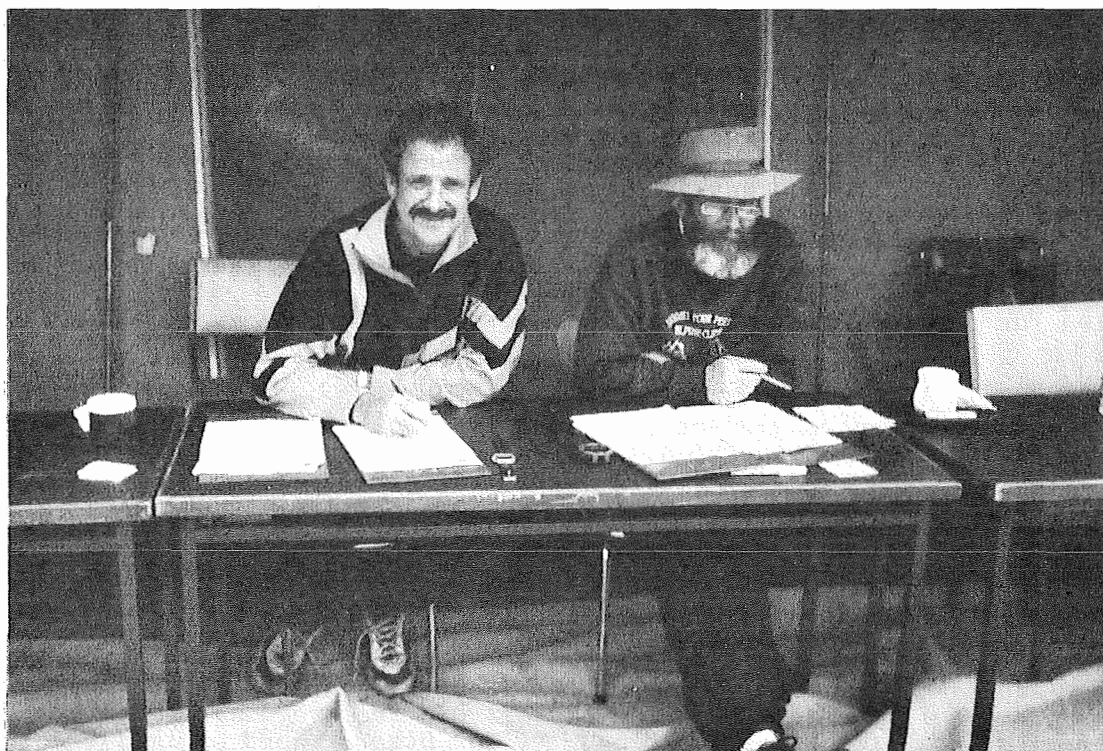
Congratulations to those five athletes who competed so well. We were proud of your perseverance.

COMRADES' MARATHON, SOUTH AFRICA 1995

20TH MAY, 1995

AUSTRALIAN COMPETITORS' RESULTS

Position	Name	Age	Time
Sydney Striders' Results:			
1684	David SILL	48	8:23:10 (What a star!)
1846	Murray TOWN	49	8:29:26
1903	Christopher McLEAN	46	8:31:57
3390	Geoff TAYLOR	32	9:18:19
3662	Alf FIELD	54	9:25:31
5479	Richard BARTLETT	49	10:04:33
5565	Jonathan TROPE	49	10:06:49
5754	Wayne McCARTHY	53	10:10:35
6771	Stephen MYERSON	38	10:25:45
10470	Roger RIGBY	52	10:59:43
Other Australians' Results:			
1874	Chris MAHER	42	8:30:30
2314	Rich RUSSELL	45	8:45:56
2617	Gary WOOTON	40	8:54:28
2856	Michael SMART	25	9:01:41
4180	Caroline BRINDSON	36	9:38:44
5321	Dale PYKE	38	10:00:37
5486	Howard BAKER	50	10:04:42
6054	IAN REED	48	10:15:04
6699	Roger LEBISH	54	10:24:49
6920	Peter HENRY	55	10:27:15
10492	Peter WHITTY	41	10:59:5



Reliable and efficient lapscorers, Ken Riches and Les Clark at the Percy Cerutti Memorial 12 Hour Track Race on 7th May, 1995. (Report previous page) Ken came for a look early, and ended up staying the full 12 hours! Divorce proceedings are imminent.

RACE ADVERTISEMENTS
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 - 1993 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
\$10.00 extra for tee-shirt Mail or deliver entry & fee to:
(optional) Geoff Hook,
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.

Good running and enjoy this event.

TAMBORINE TREK

SURFERS PARADISE TO MT. TAMBORINE AND BACK
SUNDAY 6th AUGUST 1995

RACE INFORMATION

- Distance: (1) 68 kms, (34 km out from Gold Coast Runners Club and back), select own start time, aim to finish by 2:00pm, or
- (2) encouragement section, 34 kms Tamborine to Gold Coast, start time 11:00am from Tamborine Mountains Golf Club

Walkers are welcome.

Water stops: Water, sports drinks and some food will be provided at 5 to 7 km intervals.

Crew cars: not really necessary and definitely prohibited on the steep uphill section between cnr Whittings and Mystery Rds, to the turnaround point at Tamborine Mountain Golf Club.

Visitors: The Outrigger Resort, 2007 Gold Coast Highway, Burleigh has kindly agreed to make accommodation available at \$60 per room per night. For bookings, please contact Paul or Cath MacDonald on 075 351111.

Race briefing: McIntosh Island 3:00 pm on Saturday, the day prior to the event including course inspection, if required. Course maps will be provided to all competitors. Course navigation will be the responsibility of the runner.

Pasta meal: Outrigger Resort, 6:00 pm Saturday, 5th August, 1995. Price \$10 each.

Awards: Some prizes and trophies. All finishers receive a memento, presentations at race finish area at 3.00 pm. Finishers of the full race (but not the half) receive a finisher's tee shirt.

Entry fee: \$20, QURC and GCRC members \$15 (both the full & half).

Enquiries: Ian Cornelius, 173 Monaco Street, Broadbeach Waters, Qld 4218, tel 075 922349 (all hours)

GOLD COAST TO MT TAMBORINE AND/OR RETURN

CONDITIONS OF ENTRY

1. No runner under the age of 18 years on the day of the race will be accepted.
2. The race officials reserve the right to reject any applicant who is ill equipped or unfit for the event. All runners must obey directions from officials.
3. Runner's safety is ultimately the responsibility of the runner. Keep to walking/running paths where possible and be alert for cars at all times. If it is necessary to run on the roadway, keep to the right hand side, facing oncoming traffic and move off the road to avoid oncoming traffic.

ENTRY APPLICATION

NAME:

ADDRESS:

.....P/code.....

PHONE: ()H () W

D.O.B:/...../..... AGE ON DAY OF EVENT

BEST PERFORMANCES in similar event in last 3 years: (Name of event, date, details of your performance)

.....

.....

I wish to enter the full [] or half [] event.

FULL EVENT ONLY: Estimated race time:hours.....minutes

START TIME (deduct est. race time from 2.00pm)am
(can be changed before the event)

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Tamborine Trek, 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 I may suffer or sustain in the course of, or consequent upon my entry or participation in the said event. I will abide by the event rules and conditions of entry and participation. I attest that I am of good health, 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 or bodies corporate involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

Signed Date:

Send entry application with the fee of \$20 (\$15 for QURC & GCRC members) to
Ian Cornelius, PO Box 469, Broadbeach, Qld 4218.

MEDIA RELEASE
TASMANIA RUN
AUGUST 19TH - 26TH, 1995
1995 TASMANIA RUN IN THE BALANCE
by Alan Rider

Described by Yiannis Kouros, the world's greatest ever Ultra Distance Runner as "the toughest International-standard multi-day staged race I've ever been in" and accoladed by British competitor Eric Seedhouse as "by far the most testing course of any in the world with excellent organisation in easily the most dramatic and beautiful setting".

Malcolm Campbell, world president of the International Association of Ultra Runners (IAU) said of the Tasmania Run, "It provided the ideal stage for the 25 international-standard runners it attracted, such as Kouros, Russian and World Champion Konstanton Santalov and winners Anatoly Kruglikov and British Hall of Fame runner, Eleanor Robinson.

Campbell said a rematch between Kouros and Kruglikov was talked about at many events, as Tasmania Run'94 was the first ever ultra defeat for Kouros.

Several Australian women, including Mary Morgan from Western Australia and Linda Meadows from Victoria, will be tough opposition for Robinson.

Tasmania Run Executive Director, Alan Rider, said today, "the event was so successful in terms of the public interest and publicity it generated for naming rights sponsor Telecom, that it was proving difficult to find a replacement. Telecom were a fantastic naming rights' sponsor and the event gave them a massive statewide media exposure, which contributed significantly to their total domination in the ballot result with Optus. Having achieved a massive 93% of the market, Telecom have indicated they have no need to retain the naming rights. Telecom have indicated that they wish to remain a substantial support sponsor and along with the continued backing of the Minister for Tourism, Sport and Recreation, the Hon. Peter Hodgman M.H.A., the frame work is still very much in place for an even bigger event this year.

Already 19 countries have runners wanting to run in the '95 event.

The first year budget was around \$250,000 and with naming rights around 1/3 of this, we are limited to national and large statewide corporations for support.. Many smaller Tasmanian companies put their weight behind the inaugural event and it is important to build on that success.

The Tasmania Run was designed as an international standard multi-day staged race, well placed in the world ultra calendar. It lived up to its design and provided a unique human drama for one week around a visually stunning landscape. The Tasmania Run captured the imagination of all it touched, and, given the needed support of a significant naming rights' sponsor, will bring positive returns from what is a unique statewide community and business event marketing opportunity.

For further information, contact: Alan Rider (019) 970100 or (002) 369755 or (H) (002) 486229.

Graduates Tony and Jan Collins

Husband and wife top academics

NORAH Head runner Tony Collins and his wife Jan received university degrees last month.

Tony received his Masters degree in clinical implantology from Western Sydney University.

A few days later Jan received her Bachelor of Arts degree from Newcastle University.

She was one of the first students to graduate from Ourimbah campus.

*Wyong Shine Advocate
2.6.94*



NANANGO - SOUTH BURNETT

PIONEER FOOTRACE

NANANGO WORLD CLASS • AUSTRALIAN OWNED



SUPERMARKET

QUEENSLAND ULTRA RUNNERS CLUB INC

Ron Grant

96 Brisbane St NANANGO Q 4615
ph 071 63 1645

ENTRY APPLICATION

SURNAME CHRISTIAN NAMES

MALE/FEMALE AGE AT RACE TIME...PHONE HWORK

POSTAL ADDRESS..... POSTCODE

BEST RESULTS IN MARATHONS, ULTRAS, OR OTHER CLAIMS TO FAME

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

PERSONAL PROFILE: MARRIED? FAMILY? OCCUPATION, ANYTHING ELSE?

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

T-SHIRT SPONSOR: Nanango Interspar SUPERMARKET

SIZES S M LG XLG GENEROUS FIT **RUNNING SHIRT**
95 100 105 110 TICK CORRECT SIZE

RUNNERS ARE PROVIDED WITH ONE SHIRT

Free of charge !!!

EXTRAS FOR YOURSELF & CREW CAN BE ORDERED @ \$12 -

SIZE

NUMBER

S

M

LG

XLG

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



EXTRA SHIRTS

\$.....
\$.....
\$.....
\$.....

[PAYMENT
ENCLOSED]

55.

MEALS: 3 MEALS PROVIDED IN THE ITINERARY ARE INCLUDED IN THE ENTRY FEE
FOR THE RUNNER ONLY

SUNDAY 3rd September \$10
TUESDAY 5th SEPTEMBER \$10
WEDNESDAY 6th SEPTEMBER \$10

NUMBER OF CREW

X

TOTAL COST (PAYMENT ENCLOSED) \$.....

ENTRY FEE: \$125 - (Queensland Ultra Runners Club members \$115 -)

CLOSING DATE FOR ENTRY — FRIDAY 18th AUGUST (PLEASE

ENTRY FEE (WHICH INCLUDES 1 FREE T-SHIRT
& 3 MEALS (FOR RUNNER ONLY))

\$\$.

EXTRA T-SHIRTS

.....

EXTRA MEALS

.....

TOTAL

\$

MAKE CHEQUE PAYABLE TO : -
SEND ENTRIES TO : -

RON GRANT
96 BRISBANE STREET NANANGO 4615

CONDITIONS OF ENTRY

- 1 No Runner under the age of 18 years on the day of the race will be accepted.
- 2 The race officials reserve the right to reject any applicant
- 3 All entrants shall provide, one person to assist and a vehicle, and any other people (seconds) to assist the Runner as he or she may require. Failure to provide the above may result in cancellation of Application.
- 4 The required entry fee must be paid by the nominated date (see information).
- 5 All rules for the race must be observed as outlined in ' Overview Of The Event'.

WAIVER

- 1 I, the undersigned, in consideration of and as a condition of acceptance of my entry in the NANANGO SOUTH BURNETT PIONEER FOOTRACE 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 any loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequence upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest 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, video-tapes 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.

**THE SHEPPARTON RUNNERS CLUB INVITES YOU
TO THEIR**

100 KM & 50 KM ROAD RACE

**SUNDAY 17TH SEPTEMBER 1995 STARTING AT 6.00AM
START & FINISH AT PRINCESS PARK SHEPPARTON**

- * **100 KM OUT & BACK. 50 KM FINISHES AT HALF WAY. (TRANSPORT AVAILABLE BACK TO START)**
- * **CASH PRIZES FOR MALE & FEMALE WINNERS.**
- * **CERTIFIED ACCURATE DISTANCE ON FLAT FAST SEALED ROADS.**
- * **DRINK STOPS & DISTANCE SIGNS EVERY 5 KM.**
- * **SUPPORT CREWS ARE WELCOME. (NO PACING)**
- * **SHOWERS & FREE BBQ AFTER THE RUN.**
- * **TIME LIMIT 10 HOURS.**
- * **ENTRY FEE 50 KM \$15.00 & 100 KM \$30.00**

SEND ENTRIES TO: 11 MORRISH ST, SHEPPARTON 3630

CONTACT BRIAN GAWNE. (058) 211693 OR RUSSELL WEAVERS. (058) 211490

PLEASE INCLUDE A STAMPED SELF ADDRESSED ENVELOPE FOR RETURN OF MAP AND ENTRY CONFIRMATION.

THE SHEPPARTON RUNNERS CLUB IS A MEMBER OF AURA

WE THANK *ARDMONA FOODS* FOR THEIR SUPPORT

ENTRY FORM

NAME:.....

ADDRESS:.....

.....POST CODE.....

☐

50 KM \$15.00

☐

100 KM \$30.00

PLEASE INDICATE WHICH RACE YOU ARE ENTERING.

YOU MAY ENTER BOTH RACES. IF YOU WISH TO BE ELIGIBLE FOR BOTH PRIZES
YOU MUST INDICATE BEFORE THE START AND PAY BOTH ENTRY FEES :

IE \$15 + \$30 TOTAL ENTRY FEE \$45.00

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.

SIGNED..... DATE.....

Liverpool City Council

SAUCONY 24 HOUR TRACK RACE



Liverpool City Council

RACE ORGANISER: Dave Taylor. Home Phone: 042 74 0054
Mobile Phone: 015 00 9279

RACE MANAGERS: Ann Smythe & Jan Bristow.

START: 11AM SATURDAY 14TH OCTOBER 1995

FINISH: 11AM SUNDAY 15TH OCTOBER 1995

ENTRY FEE: \$35.00 LIMITED 35 Runners

ENTRIES CLOSE: 29th SEPTEMBER 1995. NO late entries, as they will be rejected after closing date. No offence.

SURNAME.....FIRST NAME.....

ADDRESS.....

SUBURB.....POSTCODE.....

PHONE NUMBER.....AGE.....

SEX: MALE \ FEMALE T-SHIRT SIZE.....

PRIZES: Male & Female Trophies for 1st 2nd 3rd placings. All runners receive medallions certificates and a T Shirt. 1 Graveyard , 1 Encouragement Awards. Craig Rowe medal Bonus prizes of Saucony shoes, showbags, plus others.

DETAILS OF BEST PERFORMANCES

EVENT	TIME	POSITION	VENUE
Marathon			
12 Hour			
24 Hour			
50 Mile			
100 Km			
6 Day			
Longest			

WAIVER

I, the undersigned in consideration of acceptance into this race, the Liverpool City Council. Saucony 24 Hour track race, for myself, my heirs, executors and administrators, hereby waive any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever, which I might suffer or said event. I will abide by the rules set down by the Race Organisers. I verify I am physically fit to enter this race. The 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 events and the servants, agents, representatives and officers of any of them.

SIGNED.....DATE.....

Entry Fee's to: Dave Taylor. 56 Grandview Parade. LAKE HEIGHTS. NSW 2502.
PLEASE NOTE : NO LAPSCORERS WILL BE PROVIDED FOR NSW RUNNERS.

Liverpool City Council

SAUCONY 24 HOUR TRACK RACE

RACE ORGANISER: Dave Taylor. 56 Grandview Parade. LAKE HEIGHTS. NSW 2502
Phone No. 042 74 0014 Mobile No. 015 00 9279

RACE MANAGERS: Ann Smythe & Jan Bristow

VENUE: Whitlam Centre. LIVERPOOL 400 Metre Track

DATES: Start: 11am Saturday 14th October 1995
Finish: 11am Sunday 15th October 1995

PRIZES: 1st, 2nd & 3rd Male & Female Trophies and Certificates.
All runners receive Medallions and Certificates
T shirt for each runner
All runners will receive four certificates for their crews
1 Graveyard Award. 1 Encouragement Award.
Craig Rowe Medal

BONUS PRIZES: Saucony shoes, showbags and other giveaway prizes.

AMENITIES: Toilets and Showers close to track
Canteen available 24 hours. Microwave and hot water.
Limited power. Track lightening excellent.
Indoor Swimming Centre next to track.

RULES

1. No pacing.
2. No walking in LANE ONE - RUNNER'S ONLY.
3. Runner's must provide their own Lap Scorers, they will score in 2 hour shifts, two runners at a time.
4. No drug's or alcohol.
5. No vehicles on track, tents may be set up around track.
6. Race Managers will have final say.
7. SPONSORS Tshirts to be worn ONE HOUR at start and ONE HOUR at finish, if not it will result in instant disqualification.
8. No late entries after September 29th 1995.
9. No Lap Scorers will be provided for N.S.W. Runners only for Interstate runners. This rule has to be enforced strictly, as we cannot provide lapscorers for you.
10. Any equipment borrowed from the venue, must be returned to the Race Managers at the end of race.

ENJOY THE EVENT AND HAVE FUN !!!!!!!!!!!

AUSTRALIAN CENTURIONS CLUB 24 HOUR RACEWALK 1995

- Interested in a real challenge? Want to join a very select and small group of walkers who have achieved the ultimate in racewalking and become Centurions by walking 100 miles within 24 hours.

The Adelaide Harriers and the Australian Centurions Club are pleased to announce that there will be a 24 Hour Walking Race held this year. Details are as follows

14-15 October 1995 Adelaide Harriers Track Adelaide, South Australia

It will feature the following events

100 Mile Walk
24 Hour Walk
50 Mile Walk
50 Km Walk

ADDRESS FOR ENTRIES Tim Erickson
1 Avoca Cres
Pascoe Vale 3044 Victoria
Ph: 03-3792065 (ah)

ENTRY FEE \$15 24 Hour Walk / 100 Mile Walk
\$10 50 Mile Walk
\$ 5 50 Km Walk
(Cheques payable to Australian Centurions Club)

LOCATION Adelaide Harriers Athletics Track
South Terrace
Adelaide

START TIMES All events start at 12 Noon Saturday 14 October 1995

FINISH TIME 12 Noon Sunday 15 October, 1995

Centurion Roll Of Honour

1	Gordon Smith	1938	20:58:09	2	Jack Webber	1971	22:43:53
3	Jim Gleeson	1971	18:33:58	4	Clarrie Jack	1971	20:39:45
5	Stuart Cooper	1971	21:36:53	6	Tim Thompson	1972	23:48:08
7	Dudley Pilkington	1972	23:29:00	8	Fred Redman	1973	22:59:00
9	Mike Porter	1975	21:45:47	10	Stan Jones	1975	22:04:59
11	Chris Clegg	1975	22:34:14	12	John Harris	1975	23:18:15
13	Tim Erickson	1976	22:10:27	14	Claude Martin	1977	22:42:53
15	Bill Dyer	1977	22:50:33	16	John Smith	1978	18:49:20
17	Ian Jack	1979	17:59:30	18	Terry O'Neil	1979	21:13:08
19	Bill Dillon	1979	20:51:06	20	Buck Peters	1980	23:34:10
21	Jim Turnbull	1986	23:38:53	22	George Audley	1988	23:28:48
23	Peter Bennett	1994	19:42:54	24	Andrew Ludwig	1994	22:26:09
25	Ken Walters	1994	22:28:31				

ENTRY FORM

SURNAME _____ Given names _____

Address _____

City _____ Post code _____ Sex (M/F) _____

Phone (Home) _____ (Work) _____ Birth Date: ____ / ____ / ____

I enclose my entry fee cheque / postal note for \$ _____ payable to Australian Centurions Club.

Signature of entrant _____

(Signature of parent/guardian required if athlete is 17 years or under)

Race Category: Tick appropriate distance or category

100 Mile Walk _____

24 Hour Walk _____

50 Mile Walk _____

50 Km Walk _____

WAIVER

I, the undersigned, in consideration of and as a condition of my entry in the Centurion 24 Hour Walking 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 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.

Signed _____ Date _____

CONDITIONS OF ENTRY

- All entrants must supply their own lap scorers, crew and whatever food they require.
- The organizing committee may withdraw any walker at any time on medical advice, or failure to abide by the race rules.
- The direction of walking will be changed every 3 hours.

INCIDENTAL DETAILS

- Cinders Track
- Track Lighting overnight
- Full clubroom facilities available.

The George Perdon Memorial A.U.R.A. SIX HOUR TRACK RACE

An ideal race for the novice ultra runner.

Knox Park Athletic Track
(off Rushdale Road, Scoresby Vic.)
Sunday 29th October, 1995
Start time: 9am

ADDRESS FOR ENTRIES: Dot Browne (Race Director)
4 Victory Street,
Mitcham 3132 Victoria.

ENTRY FEE: \$20.00 (Cheques payable to Dot Browne)

CLOSING DATE: Friday 22nd October, 1995

LOCATION: Knox Park Athletic Track,
off Rushdale Road, Scoresby, Victoria
(Melways Ref. Map 73 D7)

AWARDS: Certificates and AURA medals to all finishers.
Trophies to first three males and females
(if sufficient entries)

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 M or F
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS: number and street	<input type="text"/>	<input type="text"/>	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:			<input type="text"/>
<input type="text"/>	<input type="text"/>	AGE ON RACE DAY	
SURNAME	FIRST NAME		
<input type="text"/>	<input type="text"/>		
Relationship	TELEPHONE HOME	WORK	

PREVIOUS ULTRA EXPERIENCE: _____

WAIVER

I, the undersigned, in consideration of and as a condition of my entry in the SIX 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 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

Signed.....Date



**AUSTRALIAN
6 DAY RACE
COLAC INC.**



Phone President 052 321816
Secretary 052 312682
or 052 315805
Treasurer 052 321406

FAX NUMBER 052 315805

P.O. Box 1
Colac 32
Victoria

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.

No monies will be refunded.

AURA 'BOGONG TO HOTHAM' TRAIL RUN - ALIAS "THE ROOFTOP RUN".

carrying on the proud tradition of the Rooftop runners

SUNDAY 7TH JANUARY, 1996 [11TH EDITION]

Note: This is an entry application form. The organiser reserves the right to reject any application for any reason. Entry money will be returned with rejected application.

ENTRY APPLICATION

NAME:

ADDRESS:

.....

PHONE: () (H) () (W)

AGE ON DAY OF EVENT: DATE OF BIRTH:

DO YOU INTEND TO RUN THE: 1ST HALF; 2ND HALF; FULL DISTANCE? (circle which option)
(NOTE: 1st or 2nd half declarations must be definite; declarations for the full distance is for an
organisational guide - you may change your mind on the day but you must start the 1st half).

BEST PERFORMANCES in a similar type of event within the past 3 years: (Name of event, date, your
performance, winners' performance)

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

BEST PERFORMANCES in any ultra event within the past 6 months: (as above)

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

HAVE YOU COMPETED IN THIS EVENT BEFORE? (Yes / No)

DO YOU REQUIRE TRANSPORT FROM HALF-WAY BACK TO THE START,
FINISH BACK TO THE START OR FINISH BACK TO HALF-WAY? (Yes / No)

I understand that, as condition of acceptance of my entry in the AURA Bogong to Hotham Run, for
myself, my heirs, my executors and administrators, I hereby waive all and any claim, for or arising out
of loss of my life or injury, damage or loss of any description whatsoever I may suffer or sustain in
the course of, or consequent upon my entry or participation in the said event.

Signed: Date:

Cheque/Money Order/Cash enclosed for: Event Entry	\$
Optional Transport	\$
Donation	\$ _____
Total Enclosed	\$ _____

Proceeds to the Wireless Institute of Australia for their generous volunteer support.

Send entry application to: Geoff Hook, 42 Swayfield Road, Mt. Waverley. 3149
Ph. (03) 9808-9739 (H) or (03) 9826-8022 (W)
(Not contactable after 25th December)
Cheques payable to: Geoff Hook

AURA 'BOGONG TO HOTHAM' TRAIL RUN - ALIAS "THE ROOFTOP RUN"

carrying on the proud tradition of the Rooftop runners

SUNDAY 7TH JANUARY, 1996 [11TH EDITION]

COST: \$28.00 (for AURA current financial members)
\$33.00 (for non-members)
\$5.00 Surcharge for transport from where you finish back to where you started.

CLOSING DATE: 21st December

DISTANCE: 60km approx. total climb 3,000m approx.

(SPECIAL STAGE BEING OFFERED
FROM HALF WAY TO FINISH.
START 11AM AT LANGFORD GAP,
FINISH MT. HOTHAM SUMMIT.
DISTANCE APPROX. 25KM)

START: 6.15a.m. at Mountain Creek Picnic Ground.

FINISH: Mount Hotham

(Your chance to do this section if
you've had trouble with the cut-off
in previous years!)

IMPORTANT NOTES:

1. Late entries or entries on the day **will not be accepted**. All intending competitors must pre-enter. All entries must be delivered to the organiser by 21st December. If you are concerned your entry may be delayed by Christmas mail, then hand deliver it. No account will be taken of mailed entries not actually delivered by 21st December.
2. The carrying of a water-proof spray jacket is **MANDATORY** no matter what the weather conditions. No jacket, no start!

WARNINGS AND RULES OF THIS EVENT

In registering for this event, all runners are bound by the following conditions:

Time Limit: There will be a maximum time limit for any runner who wishes to complete the run to reach the half-way point at Langford Gap. Note there will be a course change this year which bypasses the Omeo Road section. The cut-off time to Langford Gap will be notified at the start. A second time limit of 6 hours for any runner successful in leaving Langford Gap to reach the Cope Hut turn-off.

Age Limit: The minimum age for an entrant is 18 years old.

Postponement of Run: Should the weather be unsuitable on the day of the race, the organisers have the right to postpone or cancel the event.

Entry Restrictions: The organisers reserve the right to refuse any entry to the run if that person is ill-equipped or unfit for the event.

Withdrawals: In order to avoid unnecessary searching, any entrant who withdraws during the event should notify the organisers as soon as possible.

Pacing: Pacing will not be permitted in this event.

Mandatory Spray Jacket: This item must be carried by all competitors at all times during the event.

Emergency Kit: If declared mandatory, an emergency kit must be carried by all competitors (details in information).

Accidents: If a participant becomes incapacitated during the run, other participants should assist him/her to safety.

Caution: The course is not marked by ribbons. The course is well described, sketches supplied for potential problem spots and every effort will be made to have sufficient marshalls on course. However, if you don't know the course and have trouble navigating, **DO NOT ENTER THIS EVENT**.

Warnings: Persons participating in this run do so at their own risk. This run is mostly a "self-help" exercise which necessitates familiarity with the area or ability to follow directions and read a map. First-time participants in this run are advised to carry a map and compass. Participants should be aware of the vagaries of alpine weather. A misty morning can clear to a hot day when sun-stroke is a risk, or the weather can deteriorate to snow showers in a matter of hours, even in summer. It is necessary that appropriate clothing be worn or carried, as well as emergency food. On warm days, snakes are also likely to be about.

Entrants should note that there exists a public liability insurance policy of \$5,000,000 for this event, but this is not a substitute for each individual's own insurance, which is the individual's responsibility.

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QUEENSLAND ULTRA RUNNERS CLUB INC

Tel 075 922349

PO Box 469
BROADBEACH QLD 4218

1,000 MILES TRACK RACE

A 1,000 miles track race will be staged at Nanango, Qld in March 1996. The race will be directed by Ron Grant, famous for his continuous (at least 20 kms every single day) run round Australia in 1983, 3 Simpson desert crossings and many other feats of endurance running.

Runners who have expressed an interest in contesting the event include

- * Gary Parsons, from Caboolture in Queensland who burst into prominence in March 1994 by breaking the previous world record for this event, held by Tony Rafferty
- * Tony Rafferty, from Melbourne who has won several 1,000 miles and 6 day races and well known for his runs across Australia, across the Simpson desert, through Death Valley USA, 16 runs between the cities of Melbourne and Sydney and many other endurance running feats
- * Dave Taylor, who beat Tony Rafferty in the Sydney-Melbourne-Sydney race in 1993, also well known for his ultra distance running exploits
- * Dave Holleran who completed the Simpson Desert crossing in March 1995, becoming only the fourth man to do so (2 of the other three were Grant and Rafferty)
- * David la Pierre, multi endurance running title holder from Canada,
- * Dell Grant, Qld record holder and the only female to enter thus far
- * several Westfield Sydney to Melbourne finishers and many Australian runners with substantial experience in 6 day track events.

The race will commence at 12 noon on Wednesday 13th March 1996 and will have a 16 days cut-off. The race will be conducted in conjunction with the Queensland Ultra Runners Club Inc.

Please contact the Club Secretary, Ian Cornelius, at PO Box 469 Broadbeach Qld, or telephone 075 922349 for further information.

MEDIA ARTICLES ON MEMBERS

Your

Busy Bodies

THE PEOPLE WHO GET THINGS DONE

Headway raises \$6,500, lifts target for disabled

HEADWAY Tasmania raised its target of \$6,500 through its Walk for Mobility appeal conducted with the Bruny Island long-distance run last year.

Headway volunteer Therese March used the run as a fundraiser for Headway.

Therese covered a distance of 65km — the length of Bruny Island — in 10 hours 22½ minutes.

Therese was raising funds to purchase an electric wheelchair for Phillip Coleman.

A trust fund has since been established for wheelchair-dependent people with acquired brain injury.

The trust is for people who have no compensation funds and have insufficient family resources to purchase a wheelchair.

She said being mobile in the right type of wheelchair made a significant difference to the quality of life of a disabled person.

Special thanks was made to the Rosetta High School's student council for its contribution of \$1,200, and to the Zonta Club of Hobart which raised \$1,000 for the trust.

This year's walk will be held on December 3.

Sponsorship details will be available from Headway from mid-October.



★ Headway Tasmania fundraisers Helen Quinn, left, and Therese March, with Phillip Coleman of St John's Park and the electric wheelchair bought with donations.



□ ABOVE: Georgina McConnell (right), with Wanda Foley . . . running is now a passion.

□ By DENISE EVERTON
WHEN Georgina McConnell's husband convinced her to join the inaugural Edgell's fun run at Bathurst 18 years ago, he didn't realise he was creating a champion.

He assumed his wife, in her early 30s and with no interest in fitness, would have a bit of fun walking the track with the other women. What started as fun developed into a passion.

When the run was staged again the following year with the added winners category designed specifically for employee spouses, his wife picked up her pace, won the event and discovered a fanaticism for testing her body to its limits.

Now 50, Georgina, of Baulkham Hills, has graduated from fun runs to ultra marathons and considers a 36-hour run a warm-up.

She holds 14 Australian records, is ranked sixth in the world for distance covered in a six-day run and is determined still to improve that rating by at least a couple of positions.

As a role model for older women, Georgina, who is in Wollongong this weekend for the Vita Health Foods South Coast 24-Hour Track Championships, can't be beaten.

She says she is fitter now than she was 30 years ago and is enjoying life to the full at a time when many

women are worrying about what the future holds.

And, as far as Georgina's concerned, the best is still to come.

"I love running, I just love it. I'm like Cliff (Young) who'll go on forever without giving in. I'll still be going for it all when I'm 70 and 75," she said.

"The mental preparation is easy and you obtain it through training. When I did the Sydney to Melbourne (in 1990) I had a few people to train with but now I get to do my training on my own.

"That's alright, I carry a walkman to keep me company and observe everything around me although it doesn't look like it because I put my head down and concentrate.

"Some days it's very hard and my two grown daughters get upset seeing the highs and lows you go through during a race but I'm pretty proud of what I've achieved."

Georgina only began running ultra distance races five years ago after finishing a marathon one day and feeling she could do so much more.

She worked up through the ranks of 50 km runs, 80 km runs, 24-hour races and eventually a seven-day event.

Yet in spite of all her success, Georgina still looks back on the 1990 Sydney to Melbourne run with regret after being forced to pull out 185 km from the finish because of back problems.

She had covered the first 821 km easily and since the race has now been cancelled, she will not have the opportunity to ever complete it.

Georgina was so mentally devastated at not finishing the event she didn't run for four months but now she's back on track and looking for greater challenges.

She already holds the Australian number one women's spot in a six-day race (the result that means the most to her) and it is on this event that her future goals are firmly based.

She is determined to set the 50-54 age world record as soon as she can find a suitable event and of course there's that world ranking in the six-day event to improve.

While she may not set any new records this weekend in the 24-hour run, Georgina is looking forward to what is already being described as a top class run.

Featuring such popular names as Cliff Young, Dave Taylor, Helen Stanger, Dr Tony Collins and Craig Rowe, the event features one of the best tracks in the country and has attracted wide sponsorship.

The event begins at 10 am today at Beaton Park and also incorporates a six and 12-hour run.

Following the event, Georgina will begin training for the Albany to Perth race in October, a 560 km handicap event in which she had line honours and an overall fourth place finish in 1993.

Passion for running crosses age hurdle

ILLAWARRA MERCURY, Saturday, March 26, 1994

NEW WORLD RECORD HOLDER

1000 MILES GARY PARSONS

BY GREG LUNNEY

"It's hard to explain....this might sound a bit spiritual, but you get past the hurt and almost onto another plane and you hardly feel it anymore," said 43 year old carpenter Gary Parsons, from Caboolture near Brisbane. Gary made the comment soon after he had run, jogged and walked 1000 miles in world record time last March.

Gary crossed the line in misty rain soon after dawn, smashing the previous record held by Melbourne's Tony Rafferty by more than 18 hours. His new time was 13 days 17 hours 37 minutes.

Gary's world record project had begun some months before with a phone call from the man he affectionately calls "Rotten" Ronnie. Ronnie is the legendary ultra-distance runner Ron Grant, the man who ran around Australia in 1983, covering 13,383 kilometres in 217 days continuous running.

"He's always dreaming up something to torture me," says Gary with a chuckle. Hence the "Rotten" nickname.

Five other Queenslanders received a similar call inviting them to make the attempt in the small town of Nanango, now home to Ron Grant and his wife Dell.

The other five, all seasoned long distance runners, were: Gold Coast company director Ian Cornelius, 53; Ormiston meatworker Bob Burns, 50; Nanango mowing contractor and hobby farmer Graeme Watts, 40; Brisbane aerobics instructor Dave Holleran, 38; and Brisbane based Army storeman and PT instructor Mark Mackay, 27.

Grant did not run, not because he is too old at 51, but because, he says, "he no longer feels motivated enough" although he was the driving force behind the record bid.

His aim was to see at least one of the runners beat the time set by Rafferty, the man he beat in a race across the Simpson Desert about 15 years ago. Ron gave all six his advice on ways to train and prepare for the daunting task.

If any of the six runners were to break Rafferty's world record, he had to average 114 kilometres or more each day around the local rugby league oval in Nanango.

Ron Grant says he chose the six because he felt they were all capable of breaking the record. A committed Queenslander, he said, "We're going to bring a big record to Queensland, but make no mistake, this is a cruel event."

Only Parsons was able to complete the distance. Gary said that he had pain in his knees and ankles in the first four or five days and iced them during breaks. "Then they went numb, I was so relieved."

The leg pain receded into the background during the rest of the run, but returned temporarily about four days after Gary had finished and was back home in Caboolture. "It was almost like I was coming back out through the pain barrier again," he says.

Gary's 1000 mile record effort is more remarkable considering he was told by a doctor he would not run again after being hit by a car during a marathon race in 1986.

"I didn't hear a thing, but next minute I was giddy or fainting or something then spinning around. I hit the windscreen and then the

road and I remember lying on the road turning my stop watch off and just seeing the legs of the runners in front of me disappearing".

"I had bark off every extremity of my body and then I looked down and saw the tibia and fibia sticking out of my leg!"

It was a year before Gary was racing again....on crutches! "I used to join in the Friday club 12 km runs in Caboolture but I would have an hour start on the other blokes. I would head off and they would pass me and I'd put a mark on the road with a rock and head back".

"They would see it when they were coming back and gradually the marker got further out and I finished up having only a half hour start. I used to take a short cut across the golf course but the crutches

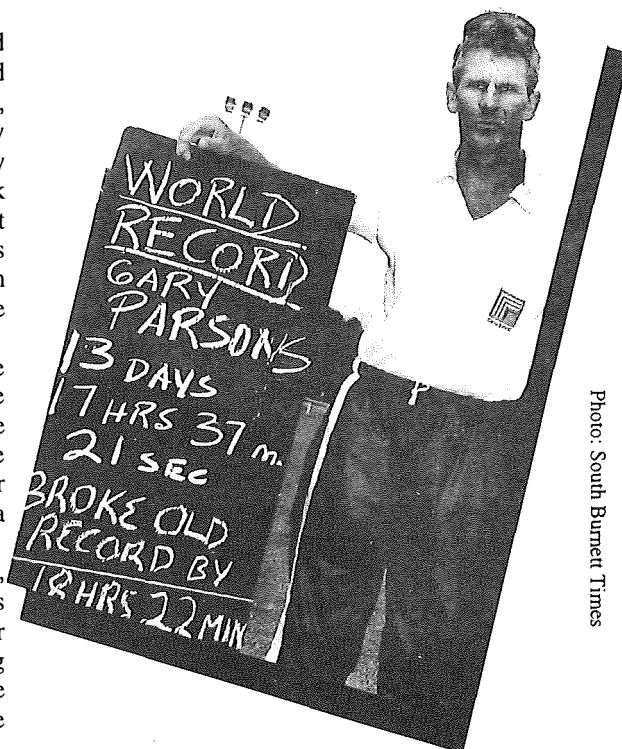


Photo: South Burnett Times

used to sink pretty deep when the ground was soft."

Gary has great admiration for Ron Grant, probably Australia's greatest ever ultra distance runner. "He's a gem of a bloke and just such a great motivator," Gary says.

Ron Grant ran across the searing Simpson Desert three times. It was after the most damaging of the desert runs that Gary Parsons first met him.

"I had just come up from the south and I saw this bloke hobbling across the road in Caboolture trying to get to a letter box", Parsons says.

"I thought, you poor b-----, I asked him what he had done to himself and he told me he had just run across the Simpson Desert".

"The old master roped me in. I had been a member of the Geelong Cross Country Club, so Ron invited me on a run, it was a connection that led me to bigger things."

On his way towards a career in ultra events in the years since, Gary included a win in the 1992 Pioneer Footrace....an annual 330 km run organised by Grant on bush roads in the Nanango district. He will compete again this year.

Gary has not always been a runner. He was involved with martial arts in his early days, competing in Australian championships. Later he was an umpire in Australian football before entering professional running events in his late twenties, competing over middle

distance with limited success.

"If they paid to fourth place, I was that guy who came fifth," Gary says philosophically. He once ran in a race at MCG in the lunch break at a Test match between Australia and the West Indies. "It was a close race and we went over the line in a bunch but I came fifth of course," says Gary chuckling.

"I then became addicted to fun runs and cross country," he says. He recalls his first sighting of the legendary shuffling potato farmer, Cliff Young, who was a member of the Geelong Cross Country Club when he joined.

"That was before Cliffie became well known", Gary says. "He was wearing a mohair jumper and long daks. It was an 8 km fun run and at the end of it that mohair jumper wasn't far behind us then Cliff went to Sydney for a 100 kilometre race and soon after he won the Sydney to Melbourne."

There was a lot of fun in Gary's

running in those days and he can still find fun despite the pain which comes with competing ultra distance events. "I love it, because when I run, I escape," he says.

At times during the grinding hours of circling the football oval in quest of the world record, he absorbed the sounds of the wind, the birds, even the crickets. "I used to just take it all in".

"I started off running five laps and walking two, then later I got down to three running and one walking. I thought of the running as work and the walking as my holiday."

Gary was delighted to receive an eight page letter of advice and encouragement from Tony Rafferty during the lead up to the record attempt. He pasted an extract from the letter above the door of his caravan where he could see it each day he walked out to start another stint on the football oval.

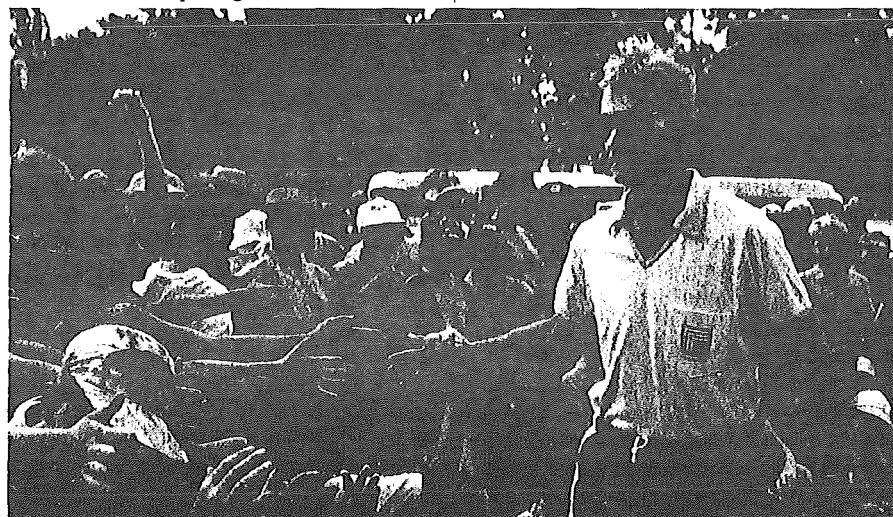
Rafferty's words are: "The world record will only be broken by a person who has an unyielding mental attitude, the one who has the ability to concentrate on a specific target, day after day....one who is focused on daily goals, a person who will endure continuously sore and sometimes red raw feet, aching back and throbbing limbs. It will be a person who, after three or four days, will seriously examine his mind and ask why he is putting his body through the torture, and a person nevertheless who will continue to put one foot in front of the other, to the end, like it was the only thing that mattered."

In addition to those requirements Gary mentions the need for family support in the effort. "I could not have achieved my goal if it had not been for my wife and training partner Sharon, and my four wonderful children and their partners who all took turns crewing their hearts out for me."

Gary regards himself as an everyday runner who prepared meticulously for a big task. "I've never been so in tune in body and mind in anything in my life," he says.

From time to time in his Caboolture home Gary Parsons still looks at his world record plaque and shakes his head. Right about now he might be thinking: "What do I do to top this."

F.R.
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Top: The gallant six before the record attempt
Above: Nanango's school kids say 'Goodonya Gary'.

For most 50-year-old mothers, running 50 km through rough, bushy, mountainous terrain would be a nightmare. But for Wendy Downes - fun runner, duathlete, marathoner and ultra-marathoner - it's fun.

A fat, unathletic child who despised any sort of sport, Wendy began running at 35 when she lived in New Zealand. Her husband persuaded her to join his work team for Auckland's 11 km 'Round the Bays' fun run. Surprisingly, she enjoyed doing something new and when her

In 1993 Wendy improved her Six Foot Track time by 28 min, and came third in both the Brisbane Water Bush Bash (47 km) and the Brindabella Classic (47 km). She also competed in three duathlons and came third in her age group for the Sun-Herald City to Surf (62:58 min).

Wendy's biggest disappointment came during this year's Six Foot Track in March. With only two kilometres to go, running second and heading

enjoys about the Sydney Striders Road Runners Club. She joined the Striders in 1985 to help her build-up to marathons. Having been involved in the committee for most of that time, including four years as secretary, she believes it has become part of her life.

"We go every Sunday and meet people and everyone has a common bond. They're all my friends. It's my second family," she says happily.

The 280 members of the club must appreciate being considered part of Wendy's family, because they elected her club president on May 29th.

ultra fun for the 50 year old mum

family moved to Sydney in 1980, she competed in her first Sun-Herald City to Surf.

Since then she has completed ten more Sun-Herald City to Surfs, ten marathons, five ultra-marathons, three duathlons and a countless number of fun runs - including runs with the men of the Hash House Harriers in Indonesia.

"I run for fun and to keep fit, but I've also become very competitive. I like to win - I enjoy the buzz I get out of it, even though I might suffer a bit of pain along the way," admits Wendy.

1987 was a year of mixed fortunes for this determined lady. She ran PB's in the Sun-Herald City to Surf (60 min) and in the Wang Australian Marathon (3:11 hr), but in the World Veterans' Games marathon in Melbourne, Wendy fell, seriously damaging her knee. An operation kept her off the road for six months and, whilst she continued to run socially, Wendy did not compete again until 1992.

It was then that she took up the ultra-marathon, a gruelling event which takes around five hours to complete. Ultras are any distance longer than 42 km, and are sometimes held in rugged bushland with steep hills, so treacherous and rocky, that competitors usually walk up and down them.

In her first ultra, the demanding Six Foot Track event from Katoomba to the Jenolan Caves, Wendy was the fifth lady to finish. In her second event, the Royal National Park Ultra (50 km), she finished first. "To win at 50 was great, an achievement. It was the start of a good feeling about running these events," explains Wendy.

BY JOHN DE CARVALHO

for a PB of less than five hours, Wendy fell injuring her knee, and was forced to withdraw.

"I was less than a minute behind the leader (and eventual winner, Jill Reich) and I think I could have caught her", says Wendy. "The time would've been fantastic. It would've blown me away."

The injury forced her out of the Canberra Marathon in April, but amazingly Wendy came back to win the Brisbane Water Bush Bash on April 23rd, only seven weeks after her fall.

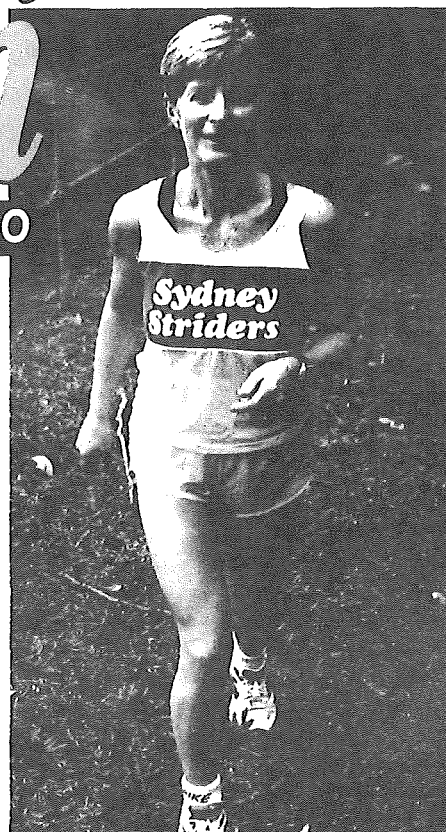
"Indestructible. I think she would run with broken legs if she had to," says Merri Mack, triathlete and friend who has been training with Wendy for the past two years.

"Everything about Wendy is full on", describes Mack. "There's no such thing as a relaxing run or cycle with her, it's always flat out. She says I initiate it, but it's her. She's extremely competitive."

Wendy would not argue with that, but maintains she enjoys ultras for the social environment as well.

"Everybody knows everybody and we are like a family. The people, the camaraderie, the competition - it's healthy, it's different and it's fun."

It's this same camaraderie that Wendy

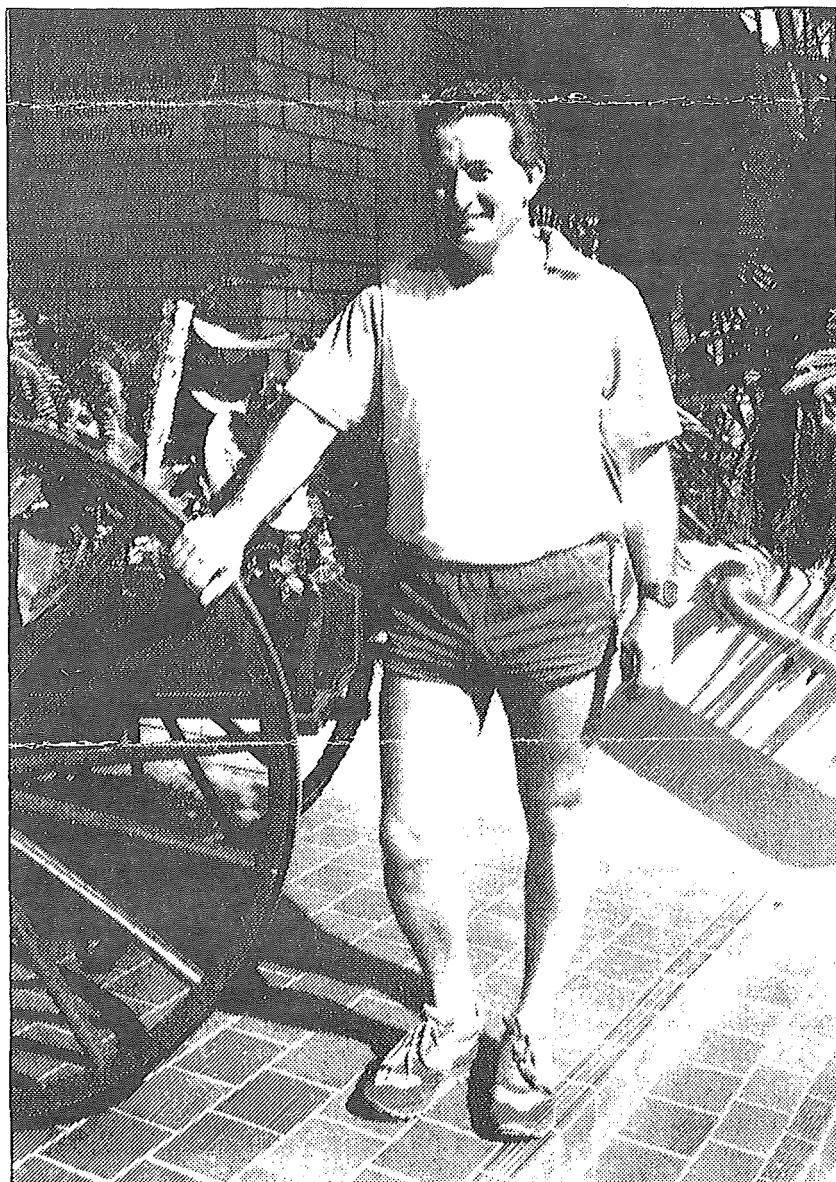


Wendy is Personal Assistant to the Managing Director of a successful engineering firm in Lindfield. It is a very stressful, time consuming job, and with the added responsibilities of being club president, a wife and mother of two sons, and a fitness fanatic, you would think Wendy would have great difficulty fitting in everything.

"Not really. I get tired at night"! she says. "I think my running compliments my job because I feel good about myself, I'm happy."

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Running more than Shire business



Esk Councillor Terry Sloan pictured before setting out on his 'lunch run' last week.

The Nanango - South Burnett Pioneer Footrace is organised by noted marathoners Ron and Del Grant and involves participants completing a 65 to 75 kilometre run on each of the five days.

Set to replace the now lapsed Sydney to Melbourne marathon, the race will take runners through seven major towns and almost as many Shires with forward publicity in each of the nighttime resting venues.

Undoubtedly the sport of marathon racing would have to be described as an unusual pastime for a Councillor, but Terry describes it as an ideal form of relaxation which offers a wonderful challenge to the individual.

A QUICK six kilometre run around Esk is Councillor Terry Sloan's idea of a relaxing lunch break on general meeting days.

While most Esk Councillors use this hour to enjoy a two course meal and some quiet conversation, Terry pounds the pavement and then grabs an apple and a drink of water to sustain him through the long afternoon session.

As one sees him jogging off into the distance the first conclusion one makes is that he must be on some health kick or perhaps aiming to lose some weight.

Neither is true. Terry is currently in training for a gruelling 341.2 kilometre, five day marathon scheduled for September.

(From Page 1)

"The aim is not so much to win but rather to complete the course after putting in your best effort," he explained.

Always a keen runner, Terry didn't take up marathoning until about four months ago.

And it has become a family affair, with his wife Trudi taking part in shorter distance races at various weekend marathon events, in which Terry competes.

"Even my seven year old son Daniel has become interested and although our three year old, Tim, is keen he is still a bit young and his legs are too short - but there is plenty of time yet," Terry says.

And while a six kilometre run may sound quite an effort for many of us, it is simply Terry's way of keeping up his fitness level on days when he hasn't the time to do a proper training run.

A member of the Toowoomba Road Runners, Terry has his sights set on even more prestigious events.

He has entered in the half marathon in the World Masters Games scheduled for early October.

"It is an opportunity too good to be missed.

"It will be a chance to compete against and meet the elite in the sport. There are no selection trials one can simply enter and take part," Terry said with a certain amount of glee.

And in the interim he will compete in such events as the 24 hour Track Championships at Wynnum this weekend and the forthcoming Gold Coast Marathon.

However, he says that the race he is looking forward to the most is the Nanango - South Burnett Pioneer Footrace.

"My aim is to gain sponsorship from local business houses for this event. The promotional return should be quite high with the name or names of my sponsors on the support vehicles and on T-shirts.

"And the event looks like it is going to receive considerable media coverage including advertisements in major national and international magazines and of course newspaper and television coverage during the event," he reports.

Anyone interested in sponsoring Terry in this event can contact him at his home in Lowood. (074) 261659



STAR COMPETITOR: New Zealand runner Sandra Barwick is a world record holder in several track and road race events.



NSW runner Georgina McConnell leave Albany on Tuesday night in the Telethon Ultramarathon.

ALBANY ADVERTISER, Thursday, October 13, 1994

WA's Parker sets the pace in ultramarathon

WEST Australian Ross Parker has set a cracking pace in the Telethon Albany-Perth Ultramarathon, the world's longest point-to-point non-stop foot race.

Parker had covered 316km and was 20km in front of his nearest rival, Mark Pritchard, outside Manjimup this morning.

Albany's George Audley experienced difficulties in yesterday's heat, but was motivated by his crew to continue running.

The two female runners in the race, Georgina McConnell and Sandy Barwick, have both been placed on intravenous drips after suffering fluid loss in the hot conditions.

Barwick, one of the world's top runners, has found the going particularly tough, and had slipped to last at 11am today.

McConnell was in third spot

this morning, followed by Audley, Japan's Tatch Muramatsu, Victorian Brickley Hepburn, favourite Bryan Smith, NSW's Maurice Taylor and Barwick.

Taylor and Smith were the last two runners to leave Albany yesterday. A group of five started the trek on Tuesday night, while Barwick and Hepburn left at dawn yesterday.

Smith, the 1993 winner, gave the original group a massive 18-hour head start but was considered a good chance to catch them. With Parker now in top form, that chance appears slim.

Before leaving the Hungry Jack's store in Lockyer Avenue yesterday, Smith said he considered Taylor the biggest chance to snatch his title.

"Maurice doesn't rest much and he has been in good form lately," he said.

But this morning's results indicate Smith, who will sleep just three hours over the course of the race, has had little trouble getting the better of his main opponent, catching him despite conceding a three-hour head start.

The runners are staggered in the hope they will finish at roughly the same time for a live telecast on Channel Seven on Saturday night.

The winner is the runner with the best time, rather than first across the line.

In broken English, Muramatsu told race director Gary Clarke this morning that the race was the toughest in the world.

The hilly terrain of the course and lack of people along the way made it an arduous and lonely run, he said.



Runners
given a
rousing
farewell

Audley satisfied with ultramarathon sixth

ALBANY ADVERTISER, Tuesday, October 18, 1994

ALBANY turned out in force to farewell the runners in this year's Telethon Albany-Perth Ultramarathon on Tuesday night.

A big crowd gathered for the race countdown outside Hungry Jack's and others lined Albany Highway to cheer the athletes as they began the 565km trek to Perth. And carrying the flag for Albany was George Audley, one of the five runners to leave on Tuesday.

The other four runners left at staggered intervals yesterday, including race favourite Bryan Smith who gave the first group an 18-hour head start.

GEORGE Audley's knees are aching a bit, and he expects to lose a toenail, but those grievances seem pretty trivial after running 565km.

Audley, Albany's distance running king, is happy with his performance in last week's Telethon Ultramarathon, a demanding four-day trek which ended in Perth on Saturday night.

Although his time of 100 hours 5 minutes was slightly worse than last year's inaugural Albany-Perth run, Audley is far from dissatisfied with his sixth-placed showing.

"The humidity on the first day slowed me down a lot, and I was about to withdraw," he said.

"I said to my crew on the first day 'I've had it, you've got to get me through this' and after that they helped me every step of the way.

"It was the best I've ever done

By ANDREW BURRELL

after the first day. I was pleased considering my injury."

Audley's preparations for the ultramarathon were hampered by a leg injury. For four weeks he trained with the injury, and for a fortnight he failed to hit the road at all.

That left him with only a few decent runs in the space of two months in which to prepare for the gruelling event for Telethon.

Audley thanked his support crew for getting him through the race, especially local Ian Kerr who stepped in at the last minute.

He said the rousing reception the runners received when leaving Albany last Tuesday night was heartening.

Audley was to have run in next month's Colac six-day event but will withdraw because his partner is unable to compete for personal reasons.

Victorian Bryan Smith, the Telethon race favourite, claimed the fastest time with an incredible 77 hours 15 minutes, nine hours faster than the record he set in last year's Albany-Perth race.

Smith started the handicap event 18 hours behind five of his fellow eight runners, but managed to catch the entire field bar one - Bunbury's Mark Pritchard, who was second fastest with 91 hrs 35 mins.

Geelong runner Brickley Hepburn was third in 93:25, followed by Ross Parker of Perth (98:30), Maurice Taylor of NSW (98:58), Audley (100:05), Georgina McConnell of NSW (104:30) and New Zealand's Sandy Barwick (105:07).

Japan's Tatch Muramatsu was forced to withdraw with leg cramps after 500km, but vowed to return to complete the race next year.

In the end, it's children who count for John

By PAULA BRINKWORTH

John Moyle finishes his courageous 15,000km run around Australia today, still brimming with enthusiasm for the children who inspired his epic journey.

Moyle's fundraising feat for the Australian Down Syndrome Association has defied the odds — nine years ago he was told he would never walk or run more than a kilometre.

After undergoing major surgery on his back in 1984, Moyle, of Blair Athol, was told by doctors he would never be able to walk or run long distances.

But the 42-year-old was determined not to be "left on the scrapheap" and soon after completed his first ultra-marathon for charity, running from Adelaide to Mt Gambier.

He has since completed five charity runs but this latest odyssey has been the longest and most gruelling.

"I'm running on the inspiration of the children," he said.

"At the end, it's the children who come out the winners; it's not a John Moyle show."

Moyle has run and walked up to 60km every day since his epic

journey began in Adelaide on January 30. In that time, he has been across the Nullabor Plain, north along the WA coast, across the top end of Australia and down the east coast.

"I still have a lot of pain; there are times when I get on that road and can hardly straighten my back up," he said yesterday, near Hahndorf, in the Adelaide Hills.

"But what are my aches and pains compared to those kids I'm running for."

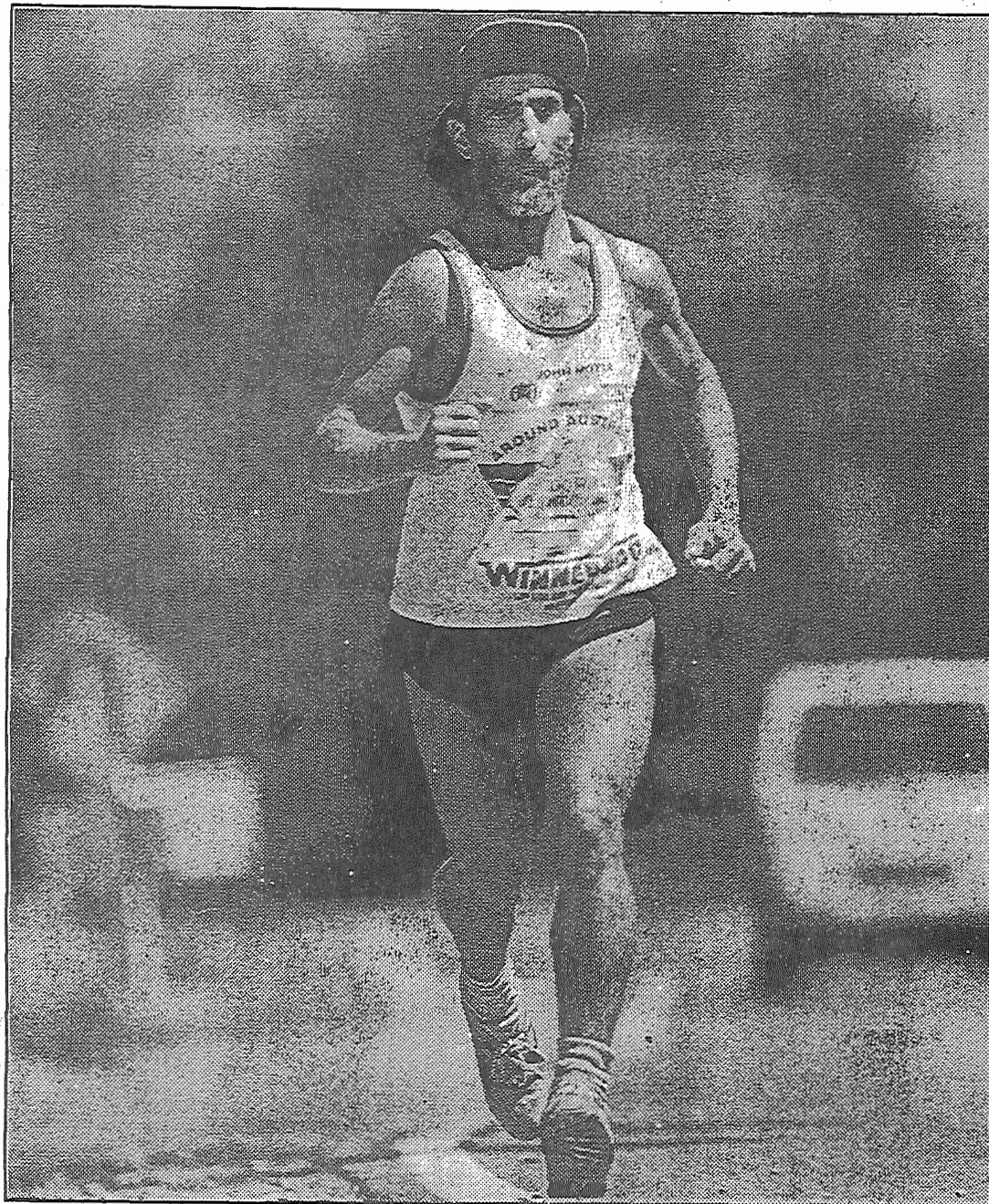
Moyle has worn out 30 pairs of running shoes, has run through storms and searing day-time temperatures of up to 51C — and was run over by a car near Townsville.

He has broken numerous Australian and world records, including the longest distance run in Australia and the most consecutive marathons ever run by a disabled person.

But while the run has cost an estimated \$100,000 — covered by various sponsors — only about \$20,000 has been raised.

Although disappointed by the amount raised, Moyle said raising people's awareness of Down syndrome had been "invaluable".

Moyle will finish his run in Rundle Mall at 11am today.



A determined John Moyle near Hahndorf yesterday. Picture: CHRIS MANGAN

Dave digs deep to find line

by PETER TRUTE

CAMPBELLTOWN's Dave Taylor has vowed to run from Sydney to Melbourne and back again next year after losing his record for the 1808km trek to Central Coast runner Tony Collins last week.

Taylor crossed the finish line at Liverpool last Friday in what was to have been his final Sydney to Melbourne return race, 11 hours behind the winner Collins, who took six hours off Taylor's 1993 race record.

By Sunday night, the gutsy Taylor had decided to do it all again.

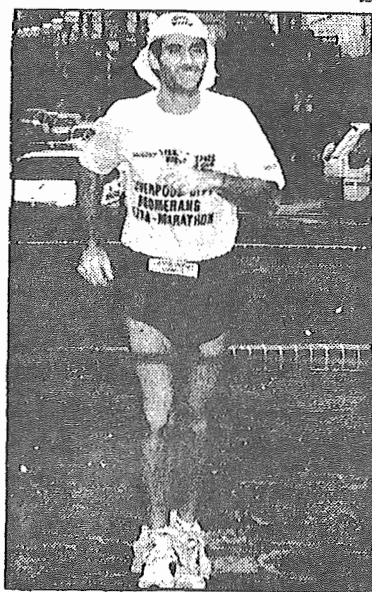
"I will have about 12 months off and then have another crack at it — I want that record back," he said.

Taylor completed the run in 20 days, 4 hours and 40 minutes, in the process losing 12.7kg, wearing out two pairs of Sauconys and suffering severe wind and sunburn.

Although he takes consolation from the fact that he is the only person to have finished the race three times, Taylor is not satisfied with his result.

"I know I didn't have the best preparation going into the race," he said. "But I also know the best man won it."

"I was mentally strong but physically I was very fatigued and could not find the extra 8km a day I needed to keep up."



Dave Taylor crosses the finish line at Liverpool last Friday

Taylor was running to raise funds for the Curl Curl-based charity Stewart House, a respite home for children from abusive backgrounds, and to fulfill a promise to Craig Rowe, who first challenged Taylor to the run but died last year.

Taylor wore Rowe's running shoes at the halfway mark and across the finish line last week.



Homeward bound . . . Dave Taylor and a supporter inch their way up the F5 Freeway near Menangle

Dream of distance runner realised

APPIN Ultramarathon runner Dave Taylor (above) lost his Sydney-Melbourne-Sydney Boomerang Ultramarathon record to Tony Collins — but has seen his dream realised.

Liverpool Council has confirmed it will hold a Melbourne-Liverpool Ultramarathon and a Boomerang Ultramarathon on alternate years.

"It's what we wanted, for the race to keep going, and they have asked me to help organise it," Taylor said.

"The race will start in Melbourne and finish in Liverpool, then next year will go Liverpool-Melbourne-Liverpool, and that one I'll run in — have my year off then come back and do a final race, to break the record once more."

Barely a week after his gruelling Boomerang Ultramarathon finished, Taylor was at it again, running a 12-hour race in Wollongong.

"After three hours my legs were like rubber and I started thinking about pulling out, but then I thought about how I'd run for 20 days and I ran my 90kms in the 12 hours and was glad I did it — but I'm looking forward to a rest."

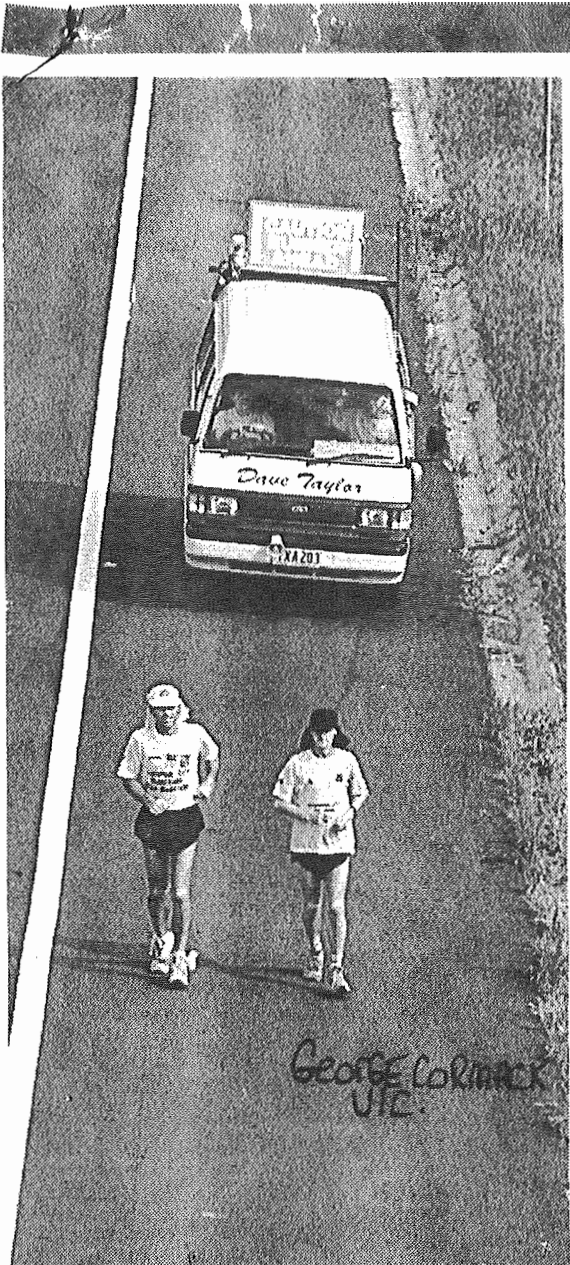
Taylor said he was delighted with the news Liverpool Council was picking up the race.

"It'll go on every year now, with 12 hours of running a day, and next year you'll have maybe 20 runners all coming into Liverpool," he said.

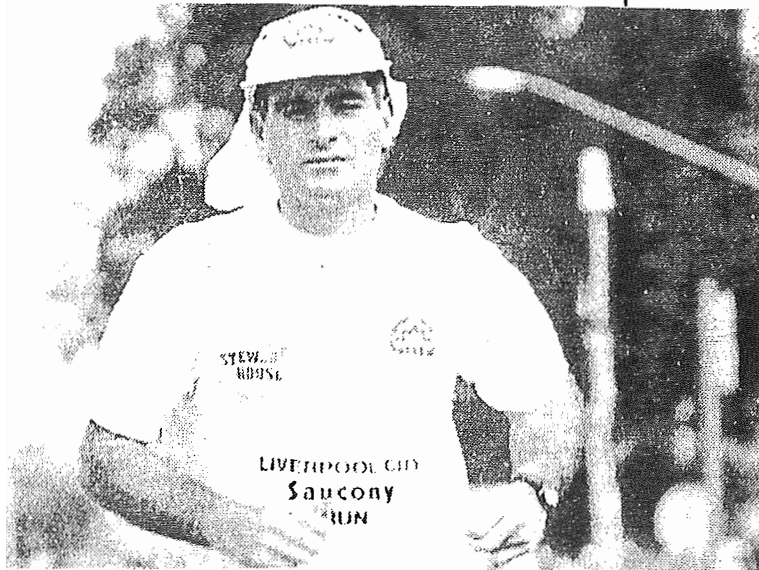
"It'll be great, helping organise it, then I'll have a few 12-hour and 24-hour races next year, getting ready for the Boomerang Race."

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SYDNEY - MELBOURNE - SYDNEY ULTRAMARATHON



DAVE Taylor and crew, running along beside the freeway at Campbelltown last Friday



APPIN ultramarathon runner Dave Taylor finished his historic third Sydney-Melbourne-Sydney Ultramarathon – and then declared he wanted to run another.

Taylor finished second, his record beaten by fellow ultramarathoner Tony Collins.

"I was underdone, I'd only done a few races in the last two years, so I was running about 8km less than I could have," Taylor said.

"No excuses, I was beaten by a better man in this race, but I feel I could have run better.

"My ankles held up well, so I am going to retire for a year, then I think I'll do it again.

"I want to at least beat my record – in 1993 I said I could take another nine hours off it, and Tony beat it by six – so I feel I have to run it again. I want to at least beat that record, it doesn't matter if Tony doesn't run again."

Taylor had won both the previous races, breaking his own record in the second race, in 1993.

"Tony was just too good and I take my hat off to him," Taylor said simply.

"But I am the first person to run three of these races – and then I'll run one more."

Every day for 20 days, these two runners, along with Georgina McConnell and veteran ultramarathoner Cliff Young, ran a double marathon.

It was a game of cat and mouse, move and counter-move, played over 2000km of road.

Collins went out to a big lead early on, and when they turned at Melbourne, was almost 90km in front of second-placed Taylor.

Taylor chased hard all the way back, and reduced the lead to about 60km, but could not make up the difference.

"I only ran three races in the last two years because I had fractured ankles, and that told a little, because I'll finish a couple of hours behind my record," he said.

"But even if I had run to my record time of 1993, when I ran 613 kms in the last six days, he would still have beaten me – Tony ran a magnificent race."

Taylor said he had a number of goals which kept him going.

"I ran for charity, for Stewart House, and I ran for Campbelltown, because I always run for Campbelltown, no matter where I go, and I ran for Craig Rowe."

Rowe was the runner who originally challenged Taylor, but died late last year.

"My body has had enough," Taylor said. "I didn't have any blisters or injuries when I finished, although I have lost about 10 kilos and my lips are very cracked and sore.

"I really have to say a big thankyou to my crew, especially my cook, Geoff Hall, and to Phil McCarroll Ford for lending me a van for the race.

I'll race it again: Taylor

Gruelling way to keep fit

KNOXFIELD'S Ian Clerk has a novel way of beating peak hour traffic — he runs to work in Hawthorn.

Mr Clerk, 40, is training for the 100km world championships to be held in Japan on June 26.

One of six members of Australia's 100km team, Mr Clerk is this week's *Knox News* sports star.

He is confident of doing well against the field of 2000 entrants, and hopes to finish the course in seven hours and 50 minutes and be among the first 200 finishers.

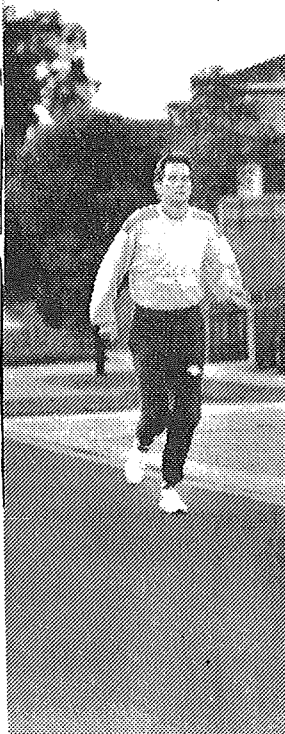
Mr Clerk has been running since 1985, when he first came to Australia. "I was a soccer player all my life. I started running to keep fit while I was here," he said.

He said after running in 12 marathons, he now concentrated on "ultra long-distance" events.

Mr Clerk enjoys the challenge and slower pace of long-distance running and trains twice a day.

"I've been doing 190 km a week. There's a lot of time involved. It doesn't vary much from marathon training except that I do 50 km on Sunday."

This year, he came third in the 50-km Mansfield-to-Mt Buller run in January, and second in the 55-km Frankston-to-Portsea run in April.



sports watch

World record likely for Petrie

Victorian Lavinia Petrie, 50, is believed to have set a world 50km record yesterday in the continuation of the Mobil Canberra Marathon.

Petrie, of Wesburn, Melbourne, and a member of the Ringwood Athletic Club, smashed the W50 marathon record on the way to a confirmed Australasia 50km record.

Passing through the marathon finish in 3hr 8min 3sec to be seventh-fastest female, she was a massive 18min 27sec inside the previous W50 record set by Marie O'Donovan in 1985.

She completed the 50km in 3hr

41min 55sec, breaking by 10min 30sec the Australasian record set by Carol Ey.

And all this despite two emergency toilet stops early in the race.

"I was taking a lot of drinks early on but decided I had to stop that," she said.

Petrie set Australasian 50km and 50-mile road records in Melbourne last June.

She also set an Australasian 100km record of 8hr 22min in New Zealand but was disappointed when she ran the same time to finish 30th in the world 100km in

June.

— JOHN HOURIGAN

Bruny Island Ultra Run

ABEL Tasman, Captain Cook and William Bligh all stopped here and Truganini, Tasmania's best known Aborigine, was kidnapped by whalers on this island outcrop.

The winner of the South Coast 24-Hour Track Championship, to be held on March 26-27 in Wollongong, will wing their way to the Apple Island and ferry to Bruny Island in December to compete in the Bruny Island Ultra Run, now an annual event on every dedicated runner's calendar.

It's not often that runners get the opportunity to run south of the 43rd parallel, but that is just what competitors in the Bruny Island event on December 3 will do.

For the past six years a growing band of ultra runners, side by side with would-be ultras, have headed to Bruny, just off Tasmania's south-east coast.

Their challenge is 65 km of dirt road that runs from Dennes Point, Bruny's most northerly point, to Cape Bruny, suspended over the Tasman Sea.

It all began in 1987 when five local runners decided that the seahorse-shaped island was a great place to test their endurance. Last year 150 runners headed off.

The best solo time ever recorded for the race was four hours and 24 minutes and the best time for a six-person relay team was three hours and 25 minutes.

On December 2 this year, an assortment of teams put together by sporting clubs, families, friends and office workers will ride the ferry from Kettering, 40 minutes south of Hobart, to Bruny Island where they'll stay the night.

The ultra run ends when the runners touch the door of Australia's earliest lighthouse, mid-afternoon the next day. Past runners say the route is quite steep for the first 5 km out of Dennes Point.

The entry fee for the Bruny Island Ultra Run is \$15 per person and every runner who finishes receives a T-shirt. For race and accommodation information or to register, contact the Bruny Island Information and Marketing Centre on (002) 93 1137.

Extra kilometres the challenge for 69 runners

The ACT Cross Country Club tested a 50km ultra-marathon option last year as part of the Mobil Canberra Marathon.

It proved successful, 17 runners continuing on after the 42.4km marathon and two, Trevor Jacobs and Carol Ey, breaking the Australian records for the distance.

And 69 runners have indicated their intention to complete the extra distance on Sunday.

Jacobs has been resting an injury for the past two weeks and may

not start. His form had been good with a win in the Dave Hobson Summer Series and, if he makes the start, will be the one to beat.

The challenge to his record could come from Gennadij Groshchev or Igor Steltsov, both of Russia, who have been in Australia for a few weeks and have raced well over the ultra distances.

Groshchev is the European 24-hour champion but Steltsov is the faster over 50km with a best time of 3hr 10min.

Jacob's record is 3hr 5min 6sec.

Ey's record is also in danger from 50km-track record holder, Lavinia Petrie, of Victoria, who is making her first appearance in Canberra.

Petrie ran 3hr 49min 32sec last June, almost 5min faster than Ey's road record of 3hr 52min 25sec, and she is also likely to break the W50 marathon record of 3hr 26min 30sec, set by Marie O'Donovan in 1985.

In the absence of Jacobs, line

honours for Canberra athletes will be contested by Bob Harlow, who is training for May's Comrades 90km Ultra Marathon in South Africa, Kent Williams, Gary Moss, Geoff Monro and Rob Ey.

A 5km option will be available for tomorrow's Marathon Eve Fun Run.

Late entries for the 5km or 10km fun runs, to start at 4pm, will be accepted at the Telopea Park School after 2pm tomorrow.

ARTICLES

RUNNING FOR PEACE

by Linda Meadows

Can an ultra-distance run by thousands of runners in 83 countries bring Peace throughout the world? The Sri Chinmoy Peace Foundation thinks so.

Every two years, this organisation conducts a global run, this year covering over 81,000 kilometres and including over 1,000 000 people, all in the promotion of Peace.

In order to celebrate the arrival of runners and the Peace Torch into Melbourne, Yiannis Kouros and Linda Meadows were invited to represent all Australian male and female athletes at the Peace Ceremony at Southbank on 30th April, 1995. Also in attendance were Mr. Tom Reynolds, Minister for Sport and Recreation, Mr. Connal Parsley, Chairperson of the United Nations Youth Association, Lt. Col. Andrew Reynold, Dept. of Defence, members of the United Nations Peacekeeping Forces and school children.

Both Yiannis and Linda, as part of the official ceremony, spoke on the positive benefits of running and sport and its ability to unite all people in the peaceful spirit of athletics.

The Peace Torch will continue its trip around the world, carried by runners, and passed from hand to hand, continuing its aim of allowing citizens of the world to unite in expressing their sincere longing for peace.

As part of participation in this event, I publicly challenged all Australian athletes, and now present the same challenge to all ultra-marathon runners, to dedicate all your training and racing kilometres to Peace. So if you can run with Peace in your Heart for the rest of 1995, you will have fulfilled the challenge.

So run with, and for Peace.

Linda Meadows.



Army Peacekeepers pose with two of Australia's ultra champions, Linda Meadows and Yiannis Kouros at Southbank, Melbourne, during the recent Sri Chinmoy Run for Peace, in which Linda and Yiannis took part.

Yiannis Kouros

quiet, fearless, incomparable

Ultramarathon Canada



Publisher: David Blakie

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Tarak Kauff knows Yiannis Kouros as few others. He was head of the Sri Chinmoy Marathon Team in New York when Kouros ran his greatest races. In this draft introduction to a book Kouros plans to publish this year, Kauff recalls two of the Greek runner's greatest races - his world record 1000-mile run in 1988 and his world six-day record in 1984.

Special Report:

By Tarak Kauff

I've known Yiannis Kouros for over ten years, and even though we are now in touch only sporadically I still consider him one of my most valued friends. Yiannis is one of those rare people who makes an impact on others, even when just spending simple time together. He is certainly one of the most remarkable people I have ever known.

As a long-distance runner his achievements are legendary. Yet in so many wonderful ways he appears to be quite normal. It is that sense of normalcy that I love about Yiannis. It's sort of difficult to convey if you don't know Yiannis personally. Most often, especially in our western society, when a person does something remarkable they acquire an aura about themselves. They know they've achieved something special, others know it, and the mutual recognition quite often, although not always, creates a somewhat artificial vibration of status. Yiannis has none of that. What he does is natural to him, not easy but natural.

Here is a natural man who is noble without being vain, honest and truthful without being righteous, principled without being intolerant and, like every natural human being, a dreamer of great dreams. We all dream either consciously or unconsciously. It's inbred in the species. The difference between Yiannis and others is that he has the ability to enter his dreams and make them realities.

However, the impression one gets upon meeting Yiannis is of a very down-to-earth, unassuming person. He says, quite sincerely, that he has no special talents as a runner. That there are many who are better runners, stronger and faster, than him. What enables him to achieve such remarkable things? His explanation, to paraphrase briefly, is that he has cultivated the ability to endure. To endure beyond discomfort, beyond pain, beyond boredom, beyond the despair of such incredibly long distances. Yiannis is impelled and propelled by his vision. He can see himself, over 2,000 years ago, in a purer time, running over hills, through the pristine and verdant Greek countryside, before cars, before factories, smog and bureaucratic corruption, to announce victory.

In May 1988, Yiannis came to New York to run in the Sri Chinmoy 1000-Mile race. He had done little actual training that year, but he had run and won the Sydney to Melbourne race of 631 miles a few months before in 5 days, 19 hours. After that race, which ended for him on March 23, he rested, not running again for some 40 days. He was still recovering when, as race director for the Sri Chinmoy Marathon Team, and also as his friend, I called Yiannis at his home in Tripolis to see if he would be in the 1000-miler.

We would pay his airfare and take care of expenses while in New York but we weren't in a position to give him 'ap-

pearance' money, or even prize money if he won, which he most certainly would. It was a shame because he certainly deserved it, but that was the way it was.

As I recall, we spoke for a while and Yiannis explained that he hadn't trained since the Sydney to Melbourne race and he was still somewhat "wiped out," but he said that he would think about it, and to call him back in a few weeks.

As race director, I wanted Yiannis in the race and Sri Chinmoy was putting some gentle but definite pressure on me to influence Yiannis in that direction. But as a friend who loved him I didn't want to see him run a race this long if he wasn't in good shape. I didn't want to see him suffer and/or injure himself. Sri Chinmoy felt this was Yiannis' chance to get the one ultra-distance record he didn't have, and also it would bring great glory to our race to have Yiannis. I mean, Yiannis was like the Babe Ruth of the ultra-world. (But) I didn't care as much about the record or the race as I did about Yiannis' possible physical suffering. I knew first hand what it was like to run enormous distances with injuries. Sometimes the injuries become permanent, and then a career is over. All these things were on my mind.

The previous year

However, I knew Yiannis. He wanted to break Stu Mittleman's 1000-mile world record, set two years earlier. The previous year Yiannis had also come for the race but one of his knees was swollen. Dr. Andy Rodriguez, our friend and a semi-retired orthopaedic surgeon, took about six ounces of fluid out of Yiannis' knee. Arthroscopic surgery was recommended and scheduled for the day after the 1,000-mile start. Of course everyone was disappointed that Yiannis wouldn't be able to run, him especially. The night before the race Yiannis and I stayed up putting together the race packets and writing the race numbers by hand. Yiannis wanted to help, to still be a part of the race. He signed all the numbers. We got to sleep late. About an hour before the race start, Yiannis asked me for his number so he could run the first lap. I wasn't keen on the idea. I was worried he would further damage the knee before the operation. Yiannis assured me he would run slowly and only do one lap. Somehow I wasn't convinced, but what could I do? It was Yiannis.

He did start relatively slowly, but everyone did. Yiannis led a big pack through the first mile and then just slept on going. Damn! I knew what was coming. He was probably going to run 10 or 20 miles just to have a decent run with everybody. How wrong I was! Yiannis was running at slightly slower than an eight-minute pace but he didn't slow down and he never stopped until the day was over. He ran what seemed like an easy 150 miles in 24 hours! A world class performance for anyone else.

Yiannis Kouros:

"His clarity of mind and presence in the moment were outstanding."

The 1988 race

However, the upcoming race would be a major commitment for him. With no appearance or prize money, and Yiannis far from a wealthy man, he could hardly afford to be away from his home and family in Greece for the two weeks or so he would need to spend in New York. Yet, something compelled him to come. I didn't put pressure on him. Of course I wanted him in the race. Everybody did. The other runners loved him and his presence at a race added so much. If Yiannis came, in shape or not, there would basically be two races: Yiannis' for the record, and everyone else's for second place. But that didn't matter. It was such an honour to be in a race with Yiannis Kouros.

Of course Yiannis did come. As I remember he was about five pounds over his best racing weight and had been having pain in his achilles tendon. The knee that had been operated on the previous year was not in great shape either and would have to be watched as well. I suggested he see a sports doctor to check out the knee and achilles before the race. He was told he could run, but if either the knee or the achilles began to swell seriously he should drop out of the race.

He had done so little actual training that year. How do you run a 1000-mile race with practically no preparation? You don't unless you are Yiannis Kouros and you have a dream and know you can do it. One of the qualities that moves Yiannis beyond good or even great runners is his determination to transcend the desire to stop when in pain or tired. It takes a lot for Yiannis to consider stopping. He is pulled forward by a vision of finishing and pushed by a history which goes back to antiquity. He is a Greek to the core.

The 1000-mile race was held on a flat one-mile loop at Flushing Meadow Park in the borough of Queens. Each time a runner completed a lap a scorer would wave or yell out, "Got ya Yiannis!" and write the lap time down on a scoring sheet. It was a great tree-lined park and along the course were huge monuments, like the giant globe, left from the World's Fair. So it was not a bad place to run. But it had the problem of being situated near LaGuardia Airport (where) many of the jets roared directly over. It sounded like a combat zone at times. It was hard to hear yourself think. The park lent itself to fantasies, both positive and negative.

Yet watching Yiannis run is not a fantasy. It's more like a miracle. The style, however, is not beautiful. His strong, solidly muscled legs are a bit bowed, so he has this sort of wobble as he runs. But he just keeps going and going, and since he is a 2:24 marathoner he's got excellent speed for an ultra runner. At the pre-race banquet the night before the race began, Yiannis had predicted that he would run slower than usual pace due to his injuries but that he still hoped to finish the race. Nonetheless, his first 50 miles were covered in 6:52:30 - a little slow for Yiannis but, considering there were 950 miles to follow, it was like flying for any other human being on the planet! He completed 144 miles during that first day, enough to win most 24-hour races.

During the first four days Yiannis could not sleep due to the noise from the jets flying overhead. So he just ran almost continuously - occasionally taking short breaks for a massage or change of shoes. He covered an amazing 484 miles in little more than four days.

Finally, to facilitate his sleeping - even Yiannis had to sleep some time - we moved his camper to a spot a distance away from all the noise. Then, perhaps so we would all know he

was actually human, he slept. Before he lay down he asked me if I would please wake him in one hour and 45 minutes. That way he would only be off the loop for two hours. This incident sticks in my memory. I tried to persuade Yiannis to sleep more. "Take at least three hours. You're way ahead of record pace," I pleaded. All he said was, "No, I don't want to sleep too long. Please wake me in the time I ask."

Because Yiannis was my friend, and because he was the great runner he was, I wanted as often as possible to take care of Yiannis myself, so I doubled as a handler and race director. I knew this could be considered a conflict of interest: ideally, a race director should remain detached and not give special attention to any one runner but Yiannis was an exception. He was, as I said, the Babe Ruth of ultras. We always put on top races and all the runners were well taken care of so if I showed a little extra concern for Yiannis I felt everyone understood. Yiannis was so well loved and admired that jealousy wasn't a problem. Anyway, I had a personal emotional investment in Yiannis, and since I was at least partially responsible for him being in the race, and worried about him getting hurt, I watched him like an old mother hen. And I fretted like one that whole race.

After an hour and a half had passed I walked over to Yiannis' camper. When exactly the time he'd specified had elapsed, I opened the door. He was just waking up on his own. This was an amazing man! You'd think it would be necessary to pour cold water on a person after four days running with no sleep. But not Yiannis. It was incredibly energizing to watch him, to be in his presence. It was as if he were fighting a war and he was the commanding officer. He directed his body as if it were his army and if you were handling him, you became part of that army. His clarity of mind and presence in the moment were outstanding. He would give exact commands. "Give me two pieces of baklava when I complete the next mile. The next mile when I come by, I will take water." He'd take his nourishment in small, bite-size amounts as he passed by, and he'd expect you to be ready with it and waiting. As he ran off he'd give instructions for the next lap. Apple slices. Or grapes. Sometimes nothing. He would run by in silence, within himself, keeping his own counsel.

By the six-day mark, Yiannis had accumulated 639 miles - the longest distance ever covered in that time frame on a certified course. But by the ninth day he was suffering badly. After logging 810 miles in eight days, the lack of sleep, the heat, and stomach problems slowed the great Kouros to what for him was a crawl and he covered only 69 miles on that day, his lowest total. With the temperature rising into the high eighties (30C), Yiannis heroically struggled through the tenth day, managing 85 miles (and) leaving him only 37 miles to go.

After only a few more laps he had to leave the track. It was somewhere in the early afternoon and it was hot. By this time Yiannis' body temperature was very high and we were all worried. After soaking his feet in ice water, taking a shower, and even getting some sleep, he continued. I never asked him, but I imagine those last miles must have seemed like the longest he had ever run. Finally, an out-of-shape, injured and undertrained Yiannis broke the world 1,000-mile record by 34 hours. Averaging just under 100 miles a day, he finished in 10 days, 10 hours, 30 minutes and 35 seconds (10d:10:30:35). It may well be a long time

Yiannis Kouros:

"...an out-of-shape, injured and undertrained Yiannis broke the world 1,000-mile record by 34 hours..."

before anyone breaks that record.

* * *

I first heard of Yiannis Kouros sometime before the 1984 New York Road Runners Club Six-Day Race. There was a fantastic story circulating through the ultra-distance community in New York about a young Greek marathoner, who had recently become a super ultramarathoner. He was reputed to have run the very difficult Athens to Sparta race, finishing hours ahead of the nearest competitor in a time that just didn't seem feasible. Apparently, this runner, in his first ultra race, had not only won the 150-mile Spartathlon, as it is called, but had run the race so fast it was assumed by some that he might have cut the course. Great ultrarunners did not pop up overnight like mushrooms, and especially did not rise to that degree of proficiency without a number of long races under the belt. Or so we thought. Since no one on this side of the Atlantic had ever seen him run, there was considerable scepticism. I admit falling prey to some doubt myself. It just didn't seem possible that someone that good could appear on the scene with so little experience past the marathon and excel at such a level.

Fred Lebow, president of the NYRR, decided to find out and Yiannis was entered in the race as a late entry. This was the second year the NYRR had staged a Six-Day race and Fred wanted a world-class field that was the best ever assembled. He had high hopes someone would do the impossible - break George Littlewood's 96 year-old record of 623 miles, 1320 yards, set back in 1888. That was during a time when six-day events were in vogue. In fact, there were often huge cash prizes in those races, some as high as \$30 000 - a huge sum in those days. It was the golden age of multi-day events, with the last one being staged in New York's Madison Square Garden in 1903. Then, this extreme test of human stamina and endurance remained dormant until 1980 when it was revived by Don Choi, an ultra-distance running San Francisco postman who not only organized but won a six-day race - with 405 miles. Thus began the resurgence of the six-day event in modern times.

Some formidable ultradistance men and women attempted to break the magic 600-mile barrier to no avail. The best modern-day distance was only 576 miles, by Tom O'Reilly of England, still a far cry from Littlewood's record. The next highest total was 539 miles by Joe Record of Australia. Lebow, the force behind the New York Marathon, was inspired by the idea of a six-day event and thought the public would also catch the spirit with the right promotion.

The first NYRR Six-Day Race, in 1983, was held with as much press and TV coverage as the master showman could generate. One of the TV stations wired a mike on the very fit and loquacious Stu Mittleman, a New Yorker and one of the favourites. They did nightly interviews with Stu, who obliged the media with a heroic last day charge of 96 miles, but still came in second with 488 miles. The race was won with a total of 512 miles by Siegfried "Ziggy" Bauer, a tough New Zealander who ran with a trademark limp, rarely smiled and never walked. No one else among the many world class runners who participated was able to break 500 miles, let alone approach 600 miles. There had only been six 600-mile performances ever recorded all in Madi-

Yiannis Kouros:

"there seemed to be no bravado or egotism in his demeanour..."

son Square Garden between 1882 and 1888. Now in the 1980s any six-day total over 500 miles was considered quite an achievement, a world-class performance, perhaps akin to a four-minute mile, but rarer due to the small number of athletes who would take up the challenge of a six-day event. A six-day event requires not only tremendous physical stamina, but to remain on the track for almost a week, with little sleep, with days and nights merging into one long, seemingly interminable period - this demands an inner stability and courage not often found. It is a test of will as much as anything.

The 1984 NYRR Six Day race magazine listed 30 competitors and stated boldly: "With more top runners entered than ever before it is almost a certainty that new records will be set at this year's Six-Day Run in New York." Bauer would be back, as well as the modern American six-day record holder and future world 1000-mile champion, the tough, fast, 2:31 marathoner, Stu Mittleman; American 100-mile record holder-George Gardiner; Dave Goodwin of England, who had run 515 miles in six days, Joe Record of Australia, who had a 539-mile six-day event to his credit, and Raymon Zabalo, a muscular French policeman who had run an amazing world-record of 262 miles in a 48-hour event, 537 miles in a six-day race, and had never been defeated in a multi-day event. These runners were among the formidable field assembled for this soon to be historic event.

Yiannis Kouros, the young Greek runner, was a late entry, and he had never been tested in a six-day event. His longest running event had been less than 24 hours in the Spartathlon, plus a 200-mile, three-day stage race that he had also won by a huge margin. I don't think anyone, except Yiannis himself and his friend, handler and translator, Dennis Skiliotis, expected him to be a serious threat to the top multi-day runners. He did, however, add the element of "someone to watch." He was an unknown quantity.

The NYRR had asked the Sri Chinmoy Marathon Team to score the race, as we had the previous year. The scoring was, in itself, a huge project, with round-the-clock shifts rotating every six hours. As race director, I usually stayed at the track for much longer stretches, and thus I was able to witness more. My memories, although somewhat faded by time, are especially rich. It didn't take long for me to like Yiannis and to begin inwardly rooting for him. He was young, tough, quiet, and there seemed to be no bravado or egotism in his demeanour. He was all business and ran like a machine, especially the first two days. Lap after lap, mile after mile, disappeared beneath his feet.

From the start, Yiannis was off at a fast pace, so fast that many spectators and runners thought he would burn himself out long before the first day was over. He went through the marathon in 2:52 and continued, hardly slowing at all. He passed 50 miles in less than six hours. He reached 100 miles in 12:53, good enough time to win most 100 mile races. What, the other runners and officials wondered, was this guy doing? Either he was the greatest ultrarunner ever or he was on pace to crash. His competitors hoped the second assumption was correct. But if so, it wasn't evident the first

day. Yiannis ran 163 miles, and showed few signs of tiring.

Even before the end of the first day, I knew I was watching a phenomenon. A few years before, I had seen legendary Scottish fells runner, Don Ritchie, set a new world 100-mile record at Flushing Meadow Park. Watching Don pound the hard pavement, mile after mile, not even stopping to urinate for 100 miles (he did it on the run), was an endurance achievement I never thought would be repeated or surpassed. Until now. Sri Chinmoy, who seemed to recognize Yiannis' potential, came to the track and spent a good deal of time there, watching and silently encouraging him. Meanwhile, Yiannis broke the world record for 48 hours with 266 miles. People still wondered if he would have the stamina and heart to last four more days, or would he, like a comet, burn out at such speed? On the third or fourth day perhaps even Yiannis himself began to wonder, as his feet began to bleed. At one point Sri Chinmoy said to him quietly but with total certainty, "You will do it." Yiannis said later that at that moment all his doubts faded.

Everything over 200 miles was new and unknown territory for Yiannis. Unless one has had the direct experience of running those enormous distances, it's nearly impossible to imagine what the mind and body can go through, and more importantly what they can endure. By the fifth night there was no longer doubt in anyone's mind that we were in the presence of greatness. With more than 15 hours remaining, Yiannis blasted through the modern six-day mark of 576 miles. And two hours before the finish Yiannis broke the all-time record of 623 miles, 1320 yards. By the end of the six days, this young, handsome unassuming man, soon to be known as *The Golden Greek*, had accumulated an astounding

635 miles, 1023 yards. A record that had stood for close to a century, and that had seemed as unsurpassable as the four-minute mile once had, had been broken.

There was tumult around the scoring tent after the race, as the final tallies were handed to Fred Lebow. An awards area was set up a short distance from the scoring area on the infield of the track. Yiannis was there, surrounded by TV cameramen and news reporters clamouring for interviews, filming and shouting questions faster than his handler could translate. I was at the scoring table, standing near Sri Chinmoy who was calmly seated, watching all this uproar. There was a circle of people surrounding Yiannis, almost a small mob, and one couldn't actually see what was going on. Suddenly, the crowd parted. Yiannis was walking away from the awards and the glory. Everyone wondered what was going on. The explanation? Yiannis simply wanted to thank Sri Chinmoy. Before anything, he wanted to express his gratitude to the quiet man whose spiritual presence and encouragement he had felt so strongly. He also thanked the scorers, who during the race had been unstinting in their encouragement and in their accuracy. This he would do before accepting the accolades of an admiring and astonished New York media. It showed the class of the man.

* * *

Tarak Kauff is the author of Run to Tomorrow's Sun (Aum Publications, 86-24 Parsons Blvd., Jamaica NY 11432). It is the first of what he hopes will be two books telling the story of his 1982 solo run through all 50 U.S. states. Kauff is a former leader of the Sri Chinmoy Marathon Team. He now lives near Woodstock NY.

* * *

World 1000-Mile Rankings

1. Yiannis Kouros, 32 GRE	20-30 MAY 1988	New York NY	10d:10:30:35
2. Stu Mittleman, 34 USA	26 APR-8 MAY 1986	New York NY	11d:20:36:50
3. Al Howie, 46 GBR/CAN	16-28 SEP 1991	New York NY	12:01:42:52
4. Siegfried Bauer, 41 NZL	15-27 NOV 1983	Colac AUS	12d:12:36:20
5. Sandy Barwick, 42 NZL	15-28 SEP 1991	New York NY	12d:14:38:40
6. Sigfried Bauer, 44 NZL	26 APR-9 MAY 1986	New York NY	12d:22:35:53
7. Istvan Sipos, 34 HUN	16-29 SEP 1993	New York NY	12d:22:52:37
8. Al Howie, 44 GBR/CAN	18 SEP-1 OCT 1989	New York NY	13d:00:27:37
9. M. Sprengelmeyer, 45 USA	16-29 SEP 1991	New York NY	13d:07:19:41
10. Trishul Cherns, 29 CAN	26 APR-9 MAY 1986	New York NY	13d:07:50:45
11. Al Howie, 45 GBR/CAN	20 SEP-3 OCT 1990	New York NY	13d:09:19:38
12. Tom Possert, 28 USA	19 SEP-3 OCT 1991	New York NY	13d:14:02:52
13. Stefan Schlett, 27 GER	18 SEP-2 OCT 1989	New York NY	13d:16:11:06
* 14. Gary Parsons, 43 AUS	8-22 MAR 1994	Nanango AUS	13d:17:37:21
15. Michel Careau, 47 CAN	20 MAY-3 JUN 1988	New York NY	13d:21:34:45
16. Alan Fairbrother, 49 GBR	26 APR-10 MAY 1986	New York NY	13d:22:48:08
17. Antana Locs, 32 CAN	15-29 SEP 1991	New York NY	13d:23:18:32
18. Sandy Barwick, 43 NZL	16-30 SEP 1992	New York NY	14d:00:51:24
19. Istvan Sipos, 32 HUN	19 SEP-3 OCT 1991	New York NY	14d:02:07:33
* 20. Ian Javes, 47 AUS	18 SEP-2 OCT 1989	New York NY	14d:03:58:08
21. M. Sprengelmeyer, 40 USA	5-19 JUN 1987	New York NY	14d:04:45:44
22. Antana Locs, 35 CAN	12-26 SEP 1994	New York NY	14d:06:15:25
23. Antana Locs, 34 CAN	15-29 SEP 1993	New York NY	14d:07:38:09
24. M. Sprengelmeyer, 48 USA	16-30 SEP 1994	New York NY	14d:08:00:20
25. Suprabha Beckjorj, 38 USA	12-26 SEP 1994	New York NY	14d:08:56:57

(Compiled by David Rose, Bournemouth ENG)

Yiannis Kouros

Athletic Biography

Yiannis Kouros was born in Tripoli, Arcadia, Greece, on 13th February, 1956.

He studied literature and music but his main love was athletics. He wrote hundreds of poems and composed many pieces of music and songs. In his career of ultra-running,

Kouros won the following super-marathons.

- 1) Spartathlon '83 (Athens to Sparta 250 kms), 21hrs. 53' 40", course record.
- 2) Austria '84 (Danube 320 kms), course record.
- 3) Six-day run, New York '84 (1,022.8 kms), 15 world records.
- 4) Spartathlon '84, 20hrs. 25', course record.
- 5) 24 hour run, New York '84, Sri Chinmoy, (177 miles), 3 world records.
- 6) Six-day run '84, Colak Vic. Australia, (1,023.2 kms) 10 world records.
- 7) 48 hour run, World Championship, France '85 (452 kms), 6 world records.
- 8) Sydney-Melbourne '85, (960 kms), course record plus 11 world records
- 9) 100 kms European Championship, Belgium '85, 6 hrs. 25', course record.
- 10) 24-hour run, New York '85, Sri Chinmoy (178 miles), world record.
- 11) Six-day run, New Zealand '85, (718 kms), course record.
- 12) 24-hour run Indoor World Championship, Chicago '86, 6 world records.
- 13) 24-hour run, Montmany, Canada '86, (225kms), course record.
- 14) 100 & 70 miles run, New York '86, Sri Chinmoy, course record.
- 15) Spartathlon '86, 21 hrs. 57'
- 16) Sydney-Melbourne '87, (1,060 kms), course record, 9 world records.
- 17) 24-hour run, Montmany, Canada '87, (236 kms) course record.
- 18) 24-hour run, Westport, N. Y. (142 miles), course record.
- 19) Sydney-Melbourne '88, (1,015 kms), course record.
- 20) 1,000 miles run, World Championship, New York '88, Sri Chinmoy, (10 days, 10 hrs. 30'), world records.
- 21) Hiroshima-Nagasaki Peace Run '88, (430 kms), 54 hrs, course record.
- 22) 24-hour Indoor World Championship, England '89, (272.8 kms), world record.
- 23) Olympia-Athens Sri Chinmoy '89 Peace Run, (350 kms), 34 hrs, course record.
- 24) Sydney-Melbourne '89, (1,011 kms) 5 days, 2 hrs., 32', course record.
- 25) Sydney-Melbourne '90, (1,008 kms) 5 days, 23 hrs., 55'.
- 26) 24-hour run, Olympic Park, Melbourne '90, (280 kms., 369m.).
- 27) Spartathlon '90, 20 hrs. 29'.
- 28) 24-hour run, Wyong N.S.W. '91, (258 kms)
- 29) Sydney-Melbourne '91, Southern Motors, (1,070 kms), 5 days, 7 hrs.
- 30) 12-day Kelethos run, Crete, Greece '94, course record.
- 31) COBURG 24 HOUR TRACK RACE 282.9818 Kil Australian & Australasian record.

ULTRARUNNER IN PROFILE

KOUROS - A LIVING COLOSSUS

BY

TONY RAFFERTY

Only seconds separated lightning streaks from claps of thunder at Downing Stadium on the second day of the 1984 NEW YORK SIX DAY RACE. Inch-deep water covered the track. Inside the runners' tents, track suits, t-shirts, running shoes and personal effects were soaked. A fierce wind swirled round the stadium, blew the clock off the start/finish line and uprooted tents from their moorings. Among the 31 competitors who started the race the previous day in 33 degree celsius was a man who later would become a living legend in ultra-distance running - Yiannis Kouros.

As a competitor, the experience will forever be etched in my mind, when the fearless and incomparable Greek shattered George Littlewood's 96 year-old world six day record. With a spirit of steel, physical grace and his legs pumping like well-oiled pistons, Kouros ran with a flow of power that seemed effortless. Sometimes I felt I was standing still like a spectator, when, time after time he lapped me and most other competitors. Doom and depression invaded my psyche when lightning struck an iron gate and a crush barrier on the terraces and blew them apart. It seemed Kouros was running in a different medium, oblivious, as if he were specially chosen to carry out a super-human endurance feat. Kilometre after kilometre, with the focus of a chess player he powered through the stifling humidity and water-logged track to create history. Joe Record said to the *NEW YORK TIMES*: "If Yiannis keeps running like this I might take up cliff-hanging." When the bell signalled 144 hours, singing and chanting Greek spectators invaded the track carrying the Greek flag.

Minutes before Sri Chinmoy and Fred Lebow presented the trophies an eerie silence hung over Downing Stadium. Runners in chairs stared at the ground, others gazed ahead. It seemed everybody contemplated the significance of the moment - 1022 kilometres (635 miles) in six days - ultrarunning history.

Yiannis greeted me at the entrance of what used to be the property of the Little Sisters of the Poor, now a Greek monastery, in Northcote, a Melbourne suburb. He, his wife Teresa and daughters, Veronica, 8, and Gabriela, 3, live in a flat in the residential section. Our footsteps echoed down stairs and along dark, cool empty corridors to his spacious, high-ceilinged studio where he writes, studies for a Bachelor of Arts degree in music and Greek literature, and composes music. It has a special ambiance: bookshelves filled with works of philosophy, music, sport, fitness, nutrition; ledges packed with music albums. A montage of photographs grace the walls; a large photo features Yiannis and marathon champion Robert de Castella; guitars and bouzoukis stand in corners. Neatly stacked on his desk are pages from the manuscript of his soon-to-be-published book.

At high school in Tripolis he competed in athletics, played soccer and basketball and he was the best runner in his age group. "My goals were mostly to the arts. I wanted to paint, to sing," he said. "The artistic world is like being in heaven. I recorded two LPs."

One day he overheard in a conversation between his father and the Bishop of Tripolis, arrangements, for him to enter a monastery to train for the priesthood. "I jumped out of the window and disappeared for a couple of days," he said on ABC Radio National. "I wanted to leave home after that. Later I joined the army where I got plenty of time to train and compete in marathons." He met Teresa in Poland after a race.

In September 1983 Kouros shocked the running world when he completed the 250 kilometre Spartathlon in such quick time that doubts were raised about his running credibility. "People expected the athletes to arrive about 10am," he said. "I came in at five. Nobody believed me. I had to wake up the officials. I was surprised the good runners from overseas were so far behind me. The officials had to wake up the mayor to perform the presentation ceremony."

In each of the five Sydney to Melbourne races in which he competed he systematically reduced his sleep periods. In the first event he got seven hours for the whole race. In the 1990 race his total sleep was one hour fifty minutes. "If you're fit you can do it. In normal life these days I sleep about three hours a night because of my studies, training and family life," he said. "It's not genetic. It's a more conscious thing. My run at midnight helps me stay awake until I go to bed at 4am."

"What are your memories of those races?"

"The little children in pyjamas late at night coming out to greet me. They helped me forget the pain. At the finish line you don't feel victory. You don't feel you have done anything special. You feel zero," he said, in deep thought. "I never think I am champion otherwise the ego comes forward and makes me weak." The Sydney to Melbourne races attracted good publicity for the sport he said. "But the Westfield people didn't care much for the runners."

After multi-day events he rests for a week before swimming and bike riding. Then he gradually works into a running program. He seldom runs for more than an hour. "If I feel good I train hard. If I feel bad I train easy. But I always train," he said. "I take a tape recorder with me. There is music in the rhythm of your footsteps. It helps me write songs and melodies. The best drug for a runner is music."

In May 1988 Kouros broke Stu Mittleman's world 1000 mile time at Flushing Meadow in New York. "I didn't sleep for the first four days because of the low-flying jet aircraft taking off and landing every few minutes close to the circuit," he said in *ULTRARUNNING*. "I came to the point when my body was almost dead. Every day I was afraid I would stop. At other times I ran fast and almost danced with joy. There was a war going on between my body and my mind. My first sleep was 10 minutes only." His world record still stands at 10 days 10 hours 30 minutes 35 seconds!!!

The 650 kilometre Telecom Tasmania Run around the state, last August, dubbed "Hell In Paradise", attracted 27 invited runners from 11 countries, including Kouros. "I didn't have enough time to recover, after a month in Greece in 40 degree heat. Then to zero in Tasmania only two weeks later. Down hills cost me a lot in the knees." In freezing temperatures in Cradle Valley when he trailed the eventual winner, Anatoli Kruglikov, by 37 kilometres, he feared death. His voice trembled with emotion: "This is a dangerous, dramatic race. There is nothing more dear than your own life and family... I didn't want to leave my bones in those hills." The *MERCURY* headline said: DEATH SENSED AS KOUROS CAVES IN. "For two months I couldn't run," he said. "I thought it was my last race."

"Who are your heroes?"

"I believe in the individuality of the personality. I am inspired by Greek history, mythology, ancient Greek athletes like Phidippides, and modern runners, Zatopek, Kuts. I don't really have any heroes. Every person has something special to give."

The variety and quality of his performance in the 1984 NEW YORK SIX DAY RACE; his poise, his enthusiasm is still food for conversation for people who had the good fortune to witness the historic event. He left a lifelong impression on everyone.

This athlete, artist and musician is a courier with a message of Discipline, Desire and Belief. Like Brahms who heard Beethoven's steps behind him, in years to come, athletes, if they care to listen will sense the presence of a fleet-footed YIANNIS KOUROS.

(TONY RAFFERTY - June 1995)

AUSTRALIAN RANKINGS - MEN'S 12 HOURS TRACK

Rank	Name	PB for 12 HOURS	Place	Date	at Age
1	PERDON, GEORGE	156.005 KM	OLYMPIC PARK	23/05/70	45
2	**to be revised **				
3	STANDEVEN, DAVID	142.060 KM	ROSEBUD	06/05/90	38
4	BREIT, JOHN	138.000 KM	COBURG	25/02/89	31
5	SMITH, BRYAN	137.438 KM	BOX HILL	16/07/88	44
6	TOLLIDAY, OWEN	135.990 KM	ADELAIDE	29/10/88	39
7	JACOBS, TREVOR	134.380 KM	WODEN	25/02/90	38
8	FRANCIS, MICK	134.100 KM	BUNBURY	05/03/95	
9	MARCH, MIKE	131.600 KM	COBURG	25/02/89	45
10	TUTTY, PETER	131.391 KM	BOX HILL	16/08/88	23
11	PRESLEY, JOHN	130.208 KM	BUNBURY	29/02/92	
12	KIP.MELHAM, ANYCE	130.000 KM	NSW	14/04/90	32
13	GRAY, PETER	129.816 KM	ROSEBUD	06/05/90	25
14	SMITH, JEFF	129.798 KM	ROSEBUD	04/05/91	40
15	WILSON, GREG	128.858 KM	TOUKLEY	23/01/94	
16	DONNELLY, BRUCE	128.500 KM	NSW	14/04/90	
17	ZWIERLEIN, BOB	128.129 KM	ROSEBUD	06/05/89	
18	LOVELESS, LEN	128.120 KM	ROSEBUD	07/05/88	
19	ARMISTEAD, PETER	126.921 KM	ROSEBUD	07/03/87	40
20	HEPBURN, BRICKLEY	126.557 KM	ROSEBUD	04/05/91	39
21	SMITH, ALAN D.	124.570 KM	PERTH	08/06/91	
22	FISHER, KEITH	124.543 KM	ROSEBUD V	07/03/87	21
23	TAGGART, BOB	123.920 KM	ADELAIDE	29/10/88	41
24	HILL, RON	122.711 KM	ROSEBUD	07/05/88	47
25	BROOKS, BARRY	122.000 KM	COBURG	25/02/89	48
26	ROONEY, JAMES	121.263 KM	GRIFFITH	28/08/93	
27	BRYCE, MICHAEL	121.165 KM	ROSEBUD	07/05/88	
28	WISHART, GREG	121.031 KM	BOX HILL	16/08/88	50
29	CHANNELLS, ROBERT	120.946 KM	TOUKLEY	23/01/94	51
30	SKROBALAC, JOE	120.393 KM	ROSEBUD	06/05/90	37
31	HUNTER, BOB	120.062 KM	QLD	01/07/89	54
32	MERCER, NEVILLE	120.000 KM	OLYMPIC PARK	04/08/90	
33	DIETACHMAYER, TONY	119.915 KM	ROSEBUD	07/05/88	24
34	HOOK, GEOFFREY	119.513 KM	ROSEBUD	06/05/89	44
35	QUINN, PETER	119.471 KM	ROSEBUD	04/05/91	
36	RECORD, JOE	117.600 KM	OLYMPIC PARK	04/08/90	49
37	THURLOW, ALAN	117.070 KM	PERTH	08/06/91	
38	BUCHAN, SANDY	116.878 KM	QLD RRC	01/07/89	
39	PARKER, ROSS	116.738 KM	BUNBURY	03/03/90	
40	JAVES, IAN	116.580 KM	QLD RRC	30/06/89	46
41	CARSON, MAX	116.430 KM	ROSEBUD	07/05/88	39
42	YEAMAN, DAVID	116.419 KM	ROSEBUD	07/03/87	50
43	YOUNG, NOBBY	116.400 KM	NSW	01/09/90	44
44	EVERY, PAUL	116.145 KM	TOUKLEY	23/01/94	29
45	GRAYLING, MICHAEL	115.723 KM	ROSEBUD	06/05/90	33
46	TAYLOR, MAURICE	115.600 KM	TOUKLEY	22/01/95	46
47	CORMACK, GEORGE	115.350 KM	WOLLONGONG	26/03/94	
48	MEDILL, GRAHAM	115.226 KM	QLD	30/06/89	41
49	HARGREAVES, BRUCE	115.073 KM	CABOOLTURE	23/06/90	37
50	BEAUCHAMP, WILLIAM	114.800 KM	OLYMPIC PARK	19/10/89	44
51	WOLSTENCROFT, JAMES	114.800 KM	COBURG	25/02/89	34
52	KIRK, BRUCE	114.391 KM	COBURG	25/02/89	25
53	QUINTO, DEREK	114.092 KM	ACT	25/02/90	
54	FARNHAM, TONY	114.024 KM	TOUKLEY	23/01/93	
55	VISSER, JEFF	113.987 KM	TOOTGAROOK	02/05/93	29
56	WILLIAMS, REG	113.971 KM	ROSEBUD	07/05/88	37
57	RILEY, GERRY	113.532 KM	ROSEBUD	07/03/87	56
58	ROSS, HOWARD	113.531 KM	ROSEBUD	07/03/87	41
59	SCHNIBBE, KLAUS	112.553 KM	ROSEBUD	07/05/88	44

AUSTRALIAN RANKINGS - MEN'S 12 HOURS TRACK

61	NOTOLESE, MICHAEL	112.000 KM	GRIFFITH	28/08/93	
62	NAGY, WILLIAM	111.656 KM	WODEN	25/02/90	
63	FARMER, PAT	111.600 KM	LIVERPOOL NSW	02/10/94	32
64	COX (JNR), TERRY	111.234 KM	ROSEBUD V	04/05/91	25
65	LOMBARDI, RUDY	111.176 KM	ROSEBUD	04/05/91	
66	STUART, ROGER	110.643 KM	ADELAIDE	29/10/88	45
67	TRIPP, TONY	110.582 KM	BOX HILL	16/08/88	42
68	SLAGTER, MICHAEL	110.400 KM	ADELAIDE	23/10/94	
69	PROSSER, GRAHAM	110.353 KM	PERTH	27/05/89	
70	COX (SNR), TERRY	110.333 KM	ROSEBUD V	04/05/91	54
71	TOWNSEND, GRAEME	110.240 KM	ADELAIDE	29/10/88	31
72	STEPHENSON, CHRIS	110.000 KM	COBURG	25/02/89	32
73	CHAMPNESS, JOHN	109.600 KM	HENSLEY	28/05/88	37
74	FICKEL, BOB	109.440 KM	NSW	10/04/90	38
75	HARRIS, TREVOR	109.200 KM	COBURG	25/02/89	42
76	DONOVAN, TOM	108.909 KM	ROSEBUD	07/03/87	55
77	MARTIN, ROD	108.800 KM	HENSLEY	28/05/88	45
78	JOANNOU, BILL	108.788 KM	TOUKLEY	23/01/93	35
79	COX, MURRAY	108.400 KM	OLYMPIC P	04/08/90	44
80	LAW, ANDREW	108.400 KM	OLYMPIC PK	19/08/89	29
81	YOUNG, CLIFF	108.400 KM	OLYMPIC PK	05/08/90	68
82	BURNS, BOB	108.219 KM	QLD RRC	01/06/89	45
83	LE DIEU, CHRIS	107.550 KM	ROSEBUD	07/03/87	
84	SAYERS, BOB	107.507 KM	FRANKSTON	30/04/94	52
85	BOASE, GEOFF	107.430 KM	Q'LD RRC	01/07/89	38
86	FIRKIN, GRAHAM	107.200 KM	NSW	01/09/90	52
87	STENNER, GRAHAM	107.200 KM	COBURG	25/02/89	44
88	GREEN, KEITH	106.922 KM	TOOTGAROOK	02/05/92	
89	COLLINS, TONY	106.882 KM	QLD RRC	30/06/89	42
90	MOTOLESE, MICHAEL	106.400 KM	GRIFFITH	29/08/92	
91	PRITCHARD, MARK	106.382 KM	BUNBURY	03/04/94	46
92	BROWN, DAVID	106.000 KM	HENSLEY	28/05/88	30
93	VEGA, EDUARDO	106.000 KM	NSW	01/09/90	49
94	JENKINS, RICK	105.737 KM	BOX HILL	16/07/88	34
95	BRISTOW, RALPH	105.560 KM	ROSEBUD VIC	06/05/89	49
96	BIRD, DAVID	105.552 KM	PERTH	27/05/89	
97	MISKIN, STAN	105.524 KM	ROSEBUD	07/03/87	61
98	PEARCE, PHIL	105.370 KM	BUNBURY	05/03/95	
99	PICKARD, TERRY	105.200 KM	NSW	01/09/90	
100	BUTKO, KON	105.134 KM	ROSEBUD	04/05/91	
101	FRENCH, CLIFF	104.885 KM	BRISBANE	23/05/92	49
102	WRIGHT, DOUG	104.459 KM	BUNBURY	25/02/90	44
103	SILL, DAVID	104.440 KM	GRIFFITH	29/08/92	45
104	BENCZE, JOHN	104.400 KM	COBURG	25/02/89	55
105	MAHONY, PAUL	104.400 KM	NSW	01/09/90	
106	READ, NICK	104.400 KM	HENSLEY	28/05/88	36
107	GIRVAN, DAVE	104.240 KM	TOUKLEY	23/01/94	
108	HICK, BILL	104.210 KM	TOUKLEY	22/01/95	
109	ELLIS, RAY	104.119 KM	BOX HILL	16/07/88	58
110	KERRUISH, GRAHAM	104.000 KM	COBURG	13/02/88	48
111	O'CONNELL, KEITH	104.000 KM	HENSLEY	28/05/88	49
112	BOGENHUBER, MAX	103.600 KM	HENSLEY	28/05/88	46
113	NASMYTH, CHILLA	103.600 KM	NSW	01/09/90	
114	HOUGH, KEN	103.397 KM	ROSEBUD	07/03/87	42
115	LEWIS, STEPHEN	103.305 KM	QLD	01/07/89	30
116	BARNES, PHILLIP	103.035 KM	ROSEBUD	06/05/89	
117	TAYLOR, DAVE	102.600 KM	NSW	14/04/90	38
118	KAPARELIS, JOHN	102.400 KM	COBURG	25/02/89	21
119	ZUKOWSKI, JERRY	102.385 KM	ADELAIDE	22/10/94	
120	HOLLISTER, MICK	102.157 KM	PERTH	08/06/91	
121	RAFFERTY, TONY	101.611 KM	BOX HILL	16/06/88	49
122	LA PIERRE, DAVID	101.511 KM	BRISBANE	04/06/93	
123	BOYLE, BRAD	101.200 KM	OLYMPIC PARK	04/08/90	30

AUSTRALIAN RANKINGS - MEN'S 12 HOURS TRACK

125	HAIN, GEOFF	100.303 KM	CABOOLTURE	23/06/90	43
126	PARSONS, PATRICK	100.145 KM	ROSEBUD	07/05/88	
127	PHILLIPS, LINDSAY	99.707 KM	QLD	01/07/89	23
128	ZAMPIERI, JOHN	99.546 KM	GRIFFITH	29/08/92	
129	RICHARDS, DUNCAN	98.800 KM	NSW	01/09/90	
130	HARBER, TONY	98.400 KM	NSW	01/09/90	
131	RYAN, CLIFF	98.391 KM	ROSEBUD	06/05/89	59
132	BOHNKE, MICHAEL	98.390 KM	GRIFFITH	29/08/92	38
133	FOULKES, STEPHEN	98.309 KM	BOX HILL	16/07/88	34
134	STAPLES, ALAN	98.300 KM	NSW	01/09/90	41
135	DAVIS, LES	98.050 KM	NSW	14/04/90	44
136	CARROLL, RAY	97.966 KM	ROSEBUD	07/05/88	37
137	JOHNSTON, NORM	97.459 KM	ROSEBUD	05/05/90	53
138	MARTIN, ROSS	97.366 KM	ADELAIDE	29/10/88	59
139	CURRIE, STUART	97.366 KM	ADELAIDE	29/10/88	42
140	SCANLON, SHAUN	97.300 KM	NSW	14/04/90	45
141	BAZELEY, GAVIN	97.200 KM	BRISBANE	22/05/92	29
142	SHERMAN, ADDREW	97.200 KM	NSW	01/09/90	
143	WHEATLEY, BRUCE	96.800 KM	OLYMPIC PARK	19/08/89	32
144	CARRIGAN, JOHN	96.648 KM	TOUKLEY	23/01/94	41
145	COLWELL, BRIAN	96.400 KM	NSW D	01/09/90	41
146	GRANT, RON	96.053 KM	BRISBANE	10/06/93	50
147	CLEMENTS, HARRY	96.000 KM	NSW	01/09/90	
148	WILLIAMS, ROSS	95.883 KM	TOUKLEY	23/01/94	
149	COSTELLO, WARREN	95.800 KM	NSW	14/04/90	47
150	TIMMS, JOHN	95.589 KM	FRANKSTON	30/04/94	51
151	CASSIDY, KEVIN	95.200 KM	HENSLEY	28/05/88	27
152	AUSTIN, PATRICK	94.800 KM	NSW	01/09/90	51
153	SCHUBERT, GUY	94.549 KM	ADELAIDE	19/10/88	37
154	CLARKE, PHILLIP	94.000 KM	HENSLEY	28/05/88	36
155	NASH, ROBERT	94.000 KM	COBURG	25/02/89	38
156	WALMSLEY, VIC	93.990 KM	ROSEBUD	07/03/87	
157	WIESE, BOB	93.538 KM	ADELAIDE	23/10/94	
158	NEWMAN, HARRY	93.450 KM	NSW	13/04/90	
159	HILLIER, GREG	92.965 KM	ROSEBUD	07/05/88	32
160	DUNN, STEPHEN	92.800 KM	COBURG	25/02/89	22
161	CLARKE, TOM	92.779 KM	BUNBURY	03/04/94	47
162	BUTKO, PETER	92.589 KM	FRANKSTON	30/04/94	16
163	CAMPBELL, RON	92.400 KM	COBURG	25/02/89	45
164	JERRAM, COL	92.400 KM	COBURG	15/02/89	39
165	LEAHY, SHANE	91.950 KM	NSW	14/04/90	
166	CATTLE, ERNIE	91.600 KM	HENSLEY	28/05/88	38
167	THOMPSON, MIKE	91.600 KM	OLYMPIC PK	19/08/89	41
168	NORDISH, STEVE	91.200 KM	NSW	01/09/90	
169	CALLANAN, BARRY	91.199 KM	ROSEBUD	07/05/88	38
170	VERNON, PETER	90.800 KM	COBURG	28/02/89	34
171	STEVENS, COLIN	90.690 KM	ROSEBUD	07/03/87	
172	MORRE, JEAN-CLAUDE	90.400 KM	COBURG	25/02/89	
173	MANNING, PETER	90.400 KM	HENSLEY	28/05/88	35
174	BEVERIDGE, STEEL	90.000 KM	WOOLGOOLGA	02/04/86	35
175	HARRISON, MAX	90.000 KM	COBURG	25/02/89	49
176	TAILSFORD, BRIAN	90.000 KM	HENSLEY	28/05/88	40
177	EVANS, BRIAN	89.694 KM	BRISBANE	10/06/93	50
178	EARSMAN, DALLAS	89.200 KM	HENSLEY	28/05/88	60
179	JANOVSKY, PETER	89.200 KM	NSW	01/09/90	
180	HOLLERAN, DAVID	88.965 KM	BRISBANE	10/01/93	36
189	HAMS, DENIS	88.950 KM	NSW	14/04/90	
190	HILLBRICK, ADAM	88.003 KM	TOOTGAROOK	02/05/93	
192	SYRED, CREECE	88.000 KM	HENSLEY	28/02/88	16
193	YANNA, GEORGE	88.000 KM	COBURG	25/02/89	32
194	HANKS, TOM	87.492 KM	TOUKLEY	23/01/94	
195	RILEY, MICHAEL	87.419 KM	ACT	25/02/90	
196	MANSELL, KEVIN	87.200 KM	GRIFFITH	29/08/92	

AUSTRALIAN RANKINGS - MEN'S 12 HOURS TRACK

HEBEL, KARL	86.592 KM	BRISBANE	23/05/92	52
GOONPAN, GEOFF	86.590 KM	TOUKLEY	22/01/95	
MARDEN, MICHAEL	86.393 KM	ROSEBUD	07/05/88	
POLLARD, GODFREY	86.000 KM	COBURG	25/02/89	57
TASKAS, GEORGE	85.976 KM	GRIFFITH	28/08/93	
GAILLARD, JACQUES	85.952 KM	ROSEBUD V	06/05/90	43
GLADWELL, MARK	85.850 KM	NSW	14/04/90	
GARLICK, PETER	85.295 KM	ADELAIDE	29/10/88	30
BREGANT, ANTHONY	84.741 KM	CABOOLTURE	23/06/90	22
CHATTERTON, RAY	84.717 KM	CABOOLTURE	23/06/90	41
BARWICK, DAVID	84.350 KM	CABOOLTURE	26/09/92	49
DEDMAN, KAVEN	82.881 KM	ADELAIDE	29/10/88	41
NAYLOR, TOM	82.338 KM	ADELAIDE	22/10/94	
QUADRIO, DOUG	82.224 KM	BRISBANE	23/05/92	40
HENDERSON, JOHN	82.172 KM	TOUKLEY	23/01/94	38
HOCHHOWSEN, HANSEN	82.172 KM	TOUKLEY	23/01/94	
BYRTH, ROBERT	81.674 KM	ADELAIDE	29/10/88	39
ROWE, CRAIG	81.325 KM	TOUKLEY	23/01/94	26
CHALMERS, BRUCE	81.000 KM	CABOOLTURE	05/05/90	37
MOYLE, JOHN	80.905 KM	CABOOLTURE	23/06/90	39
GRIGNOL, MAX	80.467 KM	ADELAIDE	29/10/88	45
RAMSDEN, GRAEME	80.314 KM	QLD	01/07/89	43
BISHOP, GRAEME	80.217 KM	ROSEBUD	06/05/90	
SMITH, LARRY	79.850 KM	NSW	14/04/90	
RAINES, WAYNE	79.271 KM	CABOOLTURE	01/09/91	33
MARDEN, KEN	79.180 KM	ROSEBUD	07/05/88	
CROTTY, DICK	78.858 KM	ADELAIDE	29/10/88	58
MACKAY, MARK	77.648 KM	NANANGO	08/03/94	27
BEARD, DANNY	76.913 KM	TOUKLEY	23/01/94	
WATTS, GRAEME	76.858 KM	BRISBANE	/ /	
CUSACK, JOHN	75.100 KM	WOLLONGONG	26/03/94	
MUIR, PAUL	74.880 KM	GRIFFITH	29/08/92	
STOCKMAN, JOHN	74.523 KM	BRISBANE	12/06/93	43
ZIEBARTH, JAMIE	74.395 KM	GRIFFITH	28/08/93	
SIMMS, ROBERT	74.287 KM	TOUKLEY	23/01/94	
HOCKS, GERARD	74.123 KM	BRISBANE	10/06/93	
ESSAM, PHILLIP	73.857 KM	ACT	25/02/90	
CHAV, LEE	73.200 KM	WOLLONGONG	26/03/94	
PETERSON, JOHN	72.428 KM	QLD	30/06/89	72
CORNELIUS, IAN	72.418 KM	NANANGO	08/03/94	
FOLEY, MARK	71.985 KM	BRISBANE	10/06/93	39
COOKE, DAVE	71.805 KM	PERTH	30/05/92	
KETTLE, ERNIE	71.761 KM	TOOTGAROOK	02/05/93	
GANDER, PETER	71.400 KM	NSW	14/04/90	
PARSONS, GARY	70.809 KM	NANANGO	08/03/94	45
COLLINS, GARY	69.200 KM	HENSLEY	28/05/88	28
GATTISTEL, FRANK	68.200 KM	GRIFFITH	29/08/92	
VARLEY, CHRIS	67.300 KM	WOLLONGONG	26/03/94	
ENGUIX, HEATH	67.200 KM	HENSLEY	28/05/88	16
AUDLEY, GEORGE	67.154 KM	BUNBURY	28/02/93	57
HOLMES, JAMES	66.050 KM	NSW	14/04/90	
WAKEFIELD, CHARLIE	65.730 KM	CABOOLTURE	22/06/90	36
JARVIS, GLENN	64.960 KM	WOLLONGONG	26/03/94	24
MURRAY, KEN	64.650 KM	NSW	14/04/90	53
BURKE, MARTIN	64.271 KM	ADELAIDE	22/10/94	
DAVIS, ROBYN	63.840 KM	NSW	14/04/90	
SPARE, CHARLES	63.223 KM	BUNBURY	25/02/90	50
BLACK, GRAHAM	62.921 KM	CABOOLTURE	15/04/89	
WHITEMAN, PETER	62.548 KM	CABOOLTURE	23/06/90	48
ADKIN, JOHN	61.000 KM	BUNBURY	05/04/95	
MESALIC, ASIM	60.754 KM	IPSWICH	12/05/91	44
GREEN, SCOTT	60.740 KM	GRIFFITH	29/08/92	
ROBELL, PETER	60.291 KM	TOUKLEY	23/01/94	

AUSTRALIAN RANKINGS - MEN'S 12 HOURS TRACK

PARTINGTON, IAN	57.075 KM	BUNBURY	03/03/90	
ROSS, NATHAN	56.800 KM	GRIFFITH	29/08/92	
STEWART, BARRY	56.642 KM	BRISBANE	22/05/92	59
PARKER, GRAHAM	55.889 KM	TOUKLEY	23/01/94	
GILLET, GLENN	53.000 KM	PERTH	08/06/91	
McCRORIE, WAL	52.000 KM	HENSLEY	28/05/88	57
HORN, DAVID	52.000 KM	BUNBURY	27/02/93	
FENNEY, BILL	51.888 KM	TOUKLEY	23/01/94	
VAN WEERT, MAX	51.000 KM	BUNBURY	03/03/90	
HENRY, PETER	50.400 KM	TOUKLEY	22/01/95	
ESSAM, PHILLIP	50.000 KM	COBURG	10/03/90	
SIBRAA, KEITH	48.800 KM	GRIFFITH	29/08/92	
FLETCHER, WAYNE	46.650 KM	CABOOLTURE D	26/09/92	21
HARPER, JOHN	46.000 KM	TOOTGAROOK	02/05/92	

AUSTRALIAN RANKINGS - WOMEN'S 12 HOURS TRACK

Rank	Name	PB for 12 HOURS	Place	Date	at Age
1	MORGAN, MARY	130.832 KM	BUNBURY	03/04/94	36
2	STANGER, HELEN	125.157 KM	WOLLONGONG	26/03/94	43
3	MEADOWS, LINDA	118.163 KM	FRANKSTON	30/04/94	35
4	PARRIS, DAWN	117.600 KM	OLYMPIC P	19/08/89	36
5	HERBERT, CYNTHIA	115.251 KM	ADELAIDE	01/11/86	44
6	GRANT, DELL	113.268 KM	BRISBANE	10/06/93	39
7	SPAIN, TRISHA	109.600 KM	OLYMPIC P	19/08/89	47
8	KERR, SANDRA	104.450 KM	ROSEBUD	06/05/89	43
9	STANDEVEN, CHERYL	99.000 KM	ADELAIDE	29/10/88	32
10	TALBOT, KIM	95.460 KM	BOX HILL	16/07/88	20
11	SKROBOLAC, SHARON	94.839 KM	ROSEBUD	04/05/91	34
12	FOLEY, WANDA	94.195 KM	ACT	15/02/90	44
13	CRIBB, LYN	93.814 KM	TOUKLEY	23/01/94	
14	TAIT, MERRILYN	93.359 KM	ROSEBUD	06/05/89	39
15	SOMMERS, CORINNE	91.934 KM	CABOOLTURE	23/06/90	29
16	STREET, CAROL	89.978 KM	BRISBANE	23/05/92	50
17	WISHART, LOIS	88.879 KM	TOOTGAROOK	02/05/92	
18	GLADWELL, LUCILLE	87.200 KM	NSW	01/09/90	
19	CASE, VALERIE	86.697 KM	BOX HILL	16/07/88	51
20	KIDD, TRUDI	86.411 KM	TOUKLEY	23/01/93	
21	TAYLOR, JACQUELINE	84.191 KM	COBURG	27/02/93	
22	CHRISP, WENDY	82.016 KM	CABOOLTURE A	15/04/89	25
23	BIRD, ALISON	79.389 KM	PERTH	27/05/89	
24	HUCKER, PATRICIA	79.190 KM	TOUKLEY	22/01/95	
25	WARREN, VAL	76.850 KM	TOUKLEY	22/01/95	60
26	PITCHER, SHARON	76.180 KM	GRIFFITH	29/08/92	
27	BIRD, JULIE	74.000 KM	PERTH	26/05/90	
28	CADMAN, DONVE	71.709 KM	BOX HILL	16/07/88	
29	HALL, KERRIE	71.653 KM	BRISBANE	/ /	
30	SMITH, GRACE	69.375 KM	ROSEBUD	06/05/90	71
31	BENSON, CAROLYN	68.397 KM	ADELAIDE	29/10/88	41
32	BUCKLAND, ISOBEL	67.939 KM	TOUKLEY	23/01/93	
33	RILEY, MAUREEN	61.539 KM	ROSEBUD	07/05/88	57
34	BOTTMAN, JOHANNA	60.516 KM	GRIFFITH	29/08/92	
35	ZWYNENBURG, ALI	57.951 KM	ROSEBUD	06/05/89	
36	PARKER, MAUREEN	55.889 KM	TOUKLEY	23/01/94	
37	COX, LYDIA ANN	55.550 KM	ROSEBUD	07/05/88	
38	NICHOLSON, DENISE	52.240 KM	TOUKLEY	23/01/94	
39	HARRIS, LORRAINE	42.980 KM	ACT	25/02/90	
40	POWERS, HELEN	11.200 KM	LIVERPOOL NSW	02/10/94	

AUSTRALIAN RANKINGS - MEN'S 12 HOURS ROAD

Rank	Name	PB for 12HR RD	Place	Date	at Age
1	SULLIVAN, PETER	138.562 KM	CABOOLTURE A	15/04/89	
2	HUNTER, BOB	127.665 KM	CABOOLTURE A	15/04/89	54
3	PARSONS, GARY	121.748 KM	CABOOLTURE A	08/09/90	41
4	JAVES, IAN	120.000 KM	CABOOLTURE A	15/04/89	46
5	McCABE, NEIL	117.921 KM	CABOOLTURE Q	25/06/88	
6	FRENCH, CLIFF	117.367 KM	CABOOLTURE D	08/09/90	47
7	McCLOSKEY, IAN	112.515 KM	CABOOLTURE A	01/09/91	39
8	KELLER, JULIUS	111.161 KM	CABOOLTURE A	15/04/89	
9	LA PIERRE, DAVID	108.091 KM	CABOOLTURE A	01/09/91	
10	BURNS, BOB	105.198 KM	CABOOLTURE D	05/05/90	46
11	GRANT, RON	103.530 KM	CABOOLTURE D	15/04/89	46
12	HEATH, FRANK	103.404 KM	CABOOLTURE D	15/04/89	42
13	HILLIER, GREG	102.173 KM	CABOOLTURE A	15/04/89	33
14	HENRY, MEL	100.836 KM	CABOOLTURE A	15/04/89	31
15	HAIN, GEOFF	100.725 KM	CABOOLTURE A	08/09/90	44
16	PHILLIPS, LINDSAY	100.000 KM	CABOOLTURE A	15/04/89	23
17	MACKAY, MARK	100.000 KM	CABOOLTURE	10/09/93	27
18	JONES, BOB	98.525 KM	CABOOLTURE A	02/05/93	46
19	WALKER, GRAEME	97.377 KM	CABOOLTURE A	05/05/90	42
20	ROWE, CRAIG	97.000 KM	CABOOLTURE A	01/09/91	24
21	YOUNG, CLIFF	96.545 KM	CABOOLTURE	01/09/91	69
22	TAYLOR, DAVE	94.558 KM	CABOOLTURE	01/09/91	40
23	LEWIS, STEPHEN	94.377 KM	CABOOLTURE A	05/05/90	31
24	BAZELEY, GAVIN	90.015 KM	CABOOLTURE A	01/09/91	28
25	CHATTERTON, RAY	89.358 KM	CABOOLTURE A	05/05/90	41
26	COCKS, DANNY	86.000 KM	CABOOLTURE D	01/09/91	
27	HOCKS, GERARD	84.000 KM	CABOOLTURE A	02/05/93	0
28	WHITTAKER, PETER	84.000 KM	CABOOLTURE A	05/05/90	31
29	PETERSON, JOHN	82.504 KM	CABOOLTURE A	15/04/89	72
30	STOCKMAN, JOHN	82.360 KM	CABOOLTURE A	02/05/93	43
31	HEIRS, MICHAEL	81.000 KM	CABOOLTURE D	05/05/90	26
32	BROWN, DAVE	80.467 KM	CABOOLTURE D	05/05/90	33
33	FOLEY, MARK	74.750 KM	CABOOLTURE D	10/09/92	38
34	HENZELL, GREG	74.694 KM	CABOOLTURE A	01/09/91	39
35	FLEMING, MURRAY	72.000 KM	CABOOLTURE D	10/09/93	
36	WOODS, GRAEME	67.000 KM	CABOOLTURE A	15/04/89	42
37	WAKEFIELD, CHARLIE	66.000 KM	CABOOLTURE A	01/09/91	37
38	STEWART, BARRY	60.000 KM	CABOOLTURE A	01/09/91	58
39	COX, ARTHUR	60.000 KM	CABOOLTURE	15/04/89	40
40	BREGANT, ANTHONY	50.000 KM	CABOOLTURE D	01/09/91	23
41	HOLLERAN, DAVID	50.000 KM	CABOOLTURE	02/05/93	36
42	GOULD, BRETT	49.449 KM	CABOOLTURE A	10/09/93	29
43	WALKER, IAN	44.000 KM	CABOOLTURE A	01/09/91	31

AUSTRALIAN RANKINGS - WOMEN'S 12 HOURS ROAD

Rank	Name	PB for 12HR RD	Place	Date	at Age
1	GRANT, DELL	110.000 KM	CABOOLTURE A	05/05/90	36
2	STANGER, HELEN	101.390 KM	MACQUARIE FIELD	14/04/90	39
3	STREET, CAROL	101.238 KM	CABOOLTURE A	01/09/91	50
4	HALL, KERRIE	78.000 KM	CABOOLTURE A	02/05/93	32
5	CASE, VALERIE	75.000 KM	CABOOLTURE A	05/05/90	53
6	KLEIN, HELEN	75.000 KM	CABOOLTURE A	/ /	
7	BOLT, PHILLIPA	70.250 KM	CABOOLTURE A	/ /	
8	CARROLL, NICOLE	69.000 KM	CABOOLTURE D	01/09/91	19
9	LEWIS, DAINE	65.000 KM	CABOOLTURE A	05/03/90	33
10	HUDSON, LEAHY	60.000 KM	CABOOLTURE A	05/05/90	39
11	MILLER-CREURER, WENDY	60.000 KM	CABOOLTURE A	05/05/90	40
12	FOGARTY, BRENDA	33.000 KM	CABOOLTURE D	15/04/89	

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

Application for membership of Australian Ultra Runners' Association Incorporated (AURA INC.)

I
(Full name of Applicant)

of
(Address)

..... Date of birth/...../..... desire to
(Occupation)

become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

In 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
(Name)
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
(Name)
the nomination of the Applicant, who is personally known to me for membership of the Association

.....
(Signature of Seconder) (Date)

Current membership fees for 1995 (in Australian dollars) are as follows: Cheques payable to AURA Inc.

Please circle desired rate	\$ 25	within Australia.		
	NZ	Asia	USA	Europe
Air Mail (up to 1 week delivery)	\$34	\$38	\$41	\$43

Send application and money to: AURA Inc c/- Dot Browne, 4 Victory St, Mitcham 3132 Australia.