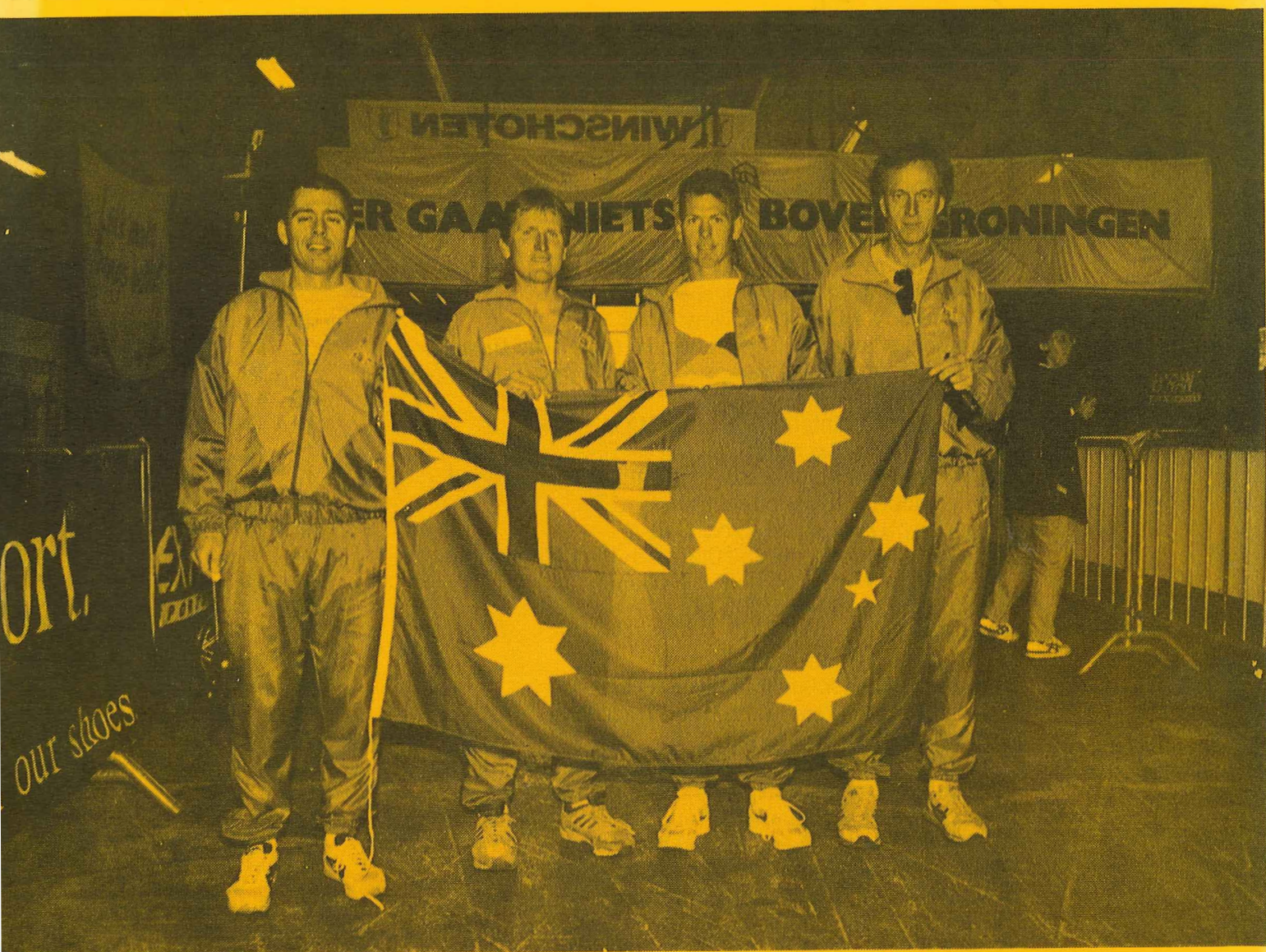


ULTRAMAG

Vol 10 No.3

October 1995



The Aussie team in Holland this year. From left: Peter Spehr, Tim Sloan, Greg Barton (team representatives) with Geoff Hook (team manager). They are standing on the Start/Finish line for the 10 x 10km loop course which is inside a large cultural building - a very unusual venue. See report inside.


A.U.R.A.
MAGAZINE



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

Registered office:
4 Victory Street,
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EDITORIAL

The good news for all you trail running freaks is that the Royal National Park Ultra is back! It is to be on the last weekend before daylight saving commences. Contact Billies Bushies for details.

The world championship event (IAU 100km World Challenge) was a great experience. The race seems to get better year after year. All of our team members suffered what was probably dehydration during the race and so they all did a superhuman effort just to finish. It is a great pity that we didn't have more of our best 100km runners in the event, especially a women's team. Lack of finance seems to be the main problem. Maybe next year's event might tempt more athletes to raise funds to be able to compete on what promises to be an interesting course in Greece. An expression of interest for this race appears on page 10.

Australians are increasingly competing in events overseas. Apart from the world championship, some recent events which included Australians were: Yiannis Kourou in Surgeres, France, where he broke his own world records for both 24 hours and 48 hours in the same race, Dipali Cunningham 3rd and Tony Rafferty 9th both competed in the Sri Chinmoy 7 Day Race in New York, a large contingent of Sydney Striders competed in the Comrades Marathon in South Africa, Pat Farmer finished 4th in the gruelling Trans-Am race across America, 5 Aussies competed in the Western States 100 mile trail race but only Greg Barton 19th, Ross Shilston 129th and Ian Javes 169th finished the unusually tough event (22 miles of snow and 105 degrees F., Don Wallace came 2nd and Mary Morgan won the women's section of the Lake Saroma 100km in Japan. There are probably other occasions not mentioned here, and the list doesn't even include the Aussie teams that went across to New Zealand for That Dam Run on the last day of last year. The world certainly has become a smaller place, helped along by relatively cheap air-fares.

Queensland appears to be the most progressive ultra running state at the moment. The state has a large number of ultra races with good participation numbers in them all. With all this activity, there appears to be a new emerging star - Geoff Williams. Geoff led from start to finish in the Nanango - South Burnett Pioneer Five Day Footrace. Even though Geoff is 44 years old, he is probably just hitting his straps. We'll be watching his future progress with interest.

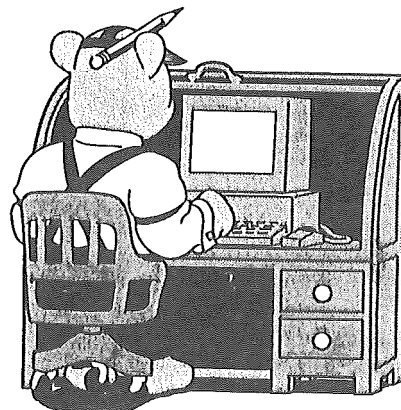
To illustrate just how progressive the Queenslanders are, next year will see the second holding of the 1000 mile track race and a new 100 mile trail race (Australia's first - one to rival those in USA maybe?), and in 1997, a 100 mile road championship is planned. If this keeps up, all the good ultra runners in Australia might migrate north to Queensland.

A group of NSW ultrarunners have also started publication of a regular state ultrarunning newsletter and we wish them every success with this one.

Public Liability insurance costs are going through the roof. We are currently applying to join the Victorian Tourism Operators Association (VTOA) to tap into their comprehensive insurance scheme. While the overall cost, including membership is high, going the VTOA way is only little more expensive than buying the insurance direct and we get coverage for AURA races which is not available direct.

AURA held its 10th AGM this year, quite an achievement for an organisation which had such a small beginning. AURA has grown, developed and matured beyond our wildest expectations. I hope you continue to support our Association by your membership and support all of our races by your participation. It really is a two way benefit.

Regards,



1995 ULTRA CALENDAR

- 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, 56 Grandview Parade, Lake Heights 2502 Phone:(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 21/22 **SRI CHINMOY 12/24 HOUR TRACK RACE**, SA.(Australian Championship) Starts 8am on Saturday 24th at Adelaide Harriers Track, \$75 entry, Contact Sipra Lloyd, Sri Chinmoy 12/24 Hour Track Race, P.O. Box 554, North Adelaide, 5006, phone (08) 332 5797. 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) 15km,30km 52km Rainbow Beach, near Gympie, a QURC + Rainbow Surf Club event, contact races organiser Dennis Parton, c/- P.O. Rainbow Beach 4581, phone (074) 86 3547 or Ron Grant (071) 63 1645 or Gary Parsons (074) 95 7208
- 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
- Nov 12 **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 18 **AUSTRALASIAN 100KM ROAD CHAMPIONSHIPS**, Waitaki District of North Otago, New Zealand, 6.00am start, 12 hours time limit, Closing date October 14 Entry fee NZ\$60.00, Contact: Race Director, 4/69 View Road, Mt.Eden, Auckland, New Zealand. Phone/Fax 64 9 623 0567. "That Dam Run"
- 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 McAliece, Publicity Officer (052) 321 406, Application form must be ledged by 30th June, 1995
- Dec 2 **BRUNY ISLAND JETTY TO LIGHTHOUSE ROAD RACE, TAS.** 64km (Australia's or the world'(?) southernmost ultra race). Course takes in the length of Bruny Island. Support vehicle and helper required. Contact Mike Maddock (002)720632 (W) or (002) 722887 (H), Alan Rider, (002)349945 (W) or (002)486229 (H) or Kerri Law (002) 72 5170 (H) for entry form
- Dec 3 **NANANGO FOREST FOOTRACE, Q'LD, 52KM**, an out and back trail run through State Forest (3 times) on formed roads. Estimated own time event; finisher who finishes closest to noon wins! Graduated start. Meal & social evening the night before. BBQ afterwards. A QURC event. Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld for entry forms. Ph. (071) 63 1645
- 4.

1995/6 ULTRA CALENDAR

- Jan 6 **CENTENARY LAKES 50KM & 6 HOUR TRACK RACE, Q'LD,** Caboolture. Certified grass track. Need own lapscorer, 6pm start. \$20 Entry, club members \$15. A QURC event. Contact Gary Parsons P.O. Box 1664 Caboolture 4510 Phone (074) 957208 or Ian McCloskey - 16 Conondale Avenue, Caboolture 4510, Phone (074) 95 2864
- 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 25 **TWO BAYS TRAIL RUN, MORNINGTON PENINSULA, VIC.** 55km starting at Anthony's Nose, Dromana, (Melways 159D8), going over the top of Arthur's Seat to Bushrangers Bay, Cape Schanck (Melway 258 B11) and return to Dromana. Time limit 8 hours. Start 8am, \$25 entry. Race Director: John Harper, 21 Lancelot Cr, Glen Waverley 3150 Vic. Phone (03)9803 7560 . A new event.
- 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)
- Mar **SOUTH AUSTRALIAN SIX DAY RUN,** Millicent, SA. Details to be announced.
- Mar **30 DAY 1400KM TREK FROM QUEENSLAND BORDER TO VICTORIAN BORDER,** down the coast of NSW, following major highways and visiting settlements on route. Support crews needed. Anyone interested contact Mr. Robyn Davis on either (042) 56 3763 (H) or Cherie Davis on (042) 28 4133 (W) or 12 Madden Street, Oak Flats 2529 NSW for 10-12 day stints, as trip will be broken into 3 sections, taking approximately 10 days for each section. Crews would be expected to donate 12 days maximum to travel from start to finish of the section.

1996 ULTRA CALENDAR

- 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 TRAIN 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 13-29 **1000 MILES TRACK RACE, NANANGO Q'LD.** Race Director: Ron Grant, 16 days cut-off. 12 noon start & finish at the Nanango Rugby League Football Oval, grass track 440 yards, minimum of 63km per day to stay in the event, A QURC event. Entry fee \$160. For further information contact Ian Cornelius, P.O. Box 469, Broadbeach Q'ld or Telephone (075) 922349. Entries close 30 January '96
- Mar 17 **AURA DAM TRAIL RUN 50KM (ADT 50)** Vic, A beautiful 50km trail run close to Melbourne, around Maroondah Dam, 9am start, Fernshaw Reserve, Phone Geoff Hook (03) 9808 9739 .
- Mar 30 **IAU 100KM WORLD CHALLENGE** under the Patronage of the IAAF, Greece. Scenic course from Marathon to Athens, To apply to represent Australia or run as an individual, contact Team Manager, Trevor Jacobs, 7 Dovey Place, Latham 2615 ACT.or phone: (06) 254 7177 (H)
- April **KING & QUEEN OF MT.MEE 50KM & 25KM, Q'LD,** out and back course (twice for 50km) on bitumen and dirt roads; 50km start 6.00am, 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 1664, Caboolture 4510, Ph. (074) 957208
- 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 13/14 **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, VIC.** supported by Vets. 24 Hour Relay Challenge. Harold Stevens Athletic Track, Coburg, Maximum of 10 individual racers per team. Entry \$10 per team member. Open and Vets team categories. Also individual 24 Hour Track event. Entry \$30. Both relay and individual events start 12 noon on Saturday. Entry forms available from: Gordon Burrowes, 37 Douglas Avenue, St.Albans 3021 Ph. (03)9366 0326
- 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

AURA 1995/6 COMMITTEE

PRESIDENT:	GEOFF HOOK, 42 Swayfield Road, Mount Waverley 3149 Vic. (03) 808 9739 (H), (03) 826 8022 (W) FAX (03) 827 7513
VICE. PRES.	TONY RAFFERTY, G.P.O. Box 163, Box Hill 3128 Vic. or 30 Nash Road, Box Hill South 3128 (03) 808 3360 (H)
HON SEC.	DOT BROWNE, 4 Victory Street, Mitcham 3132 Vic. (03) 874 2501 (H), or FAX (03)873 3223
ASSIS. HON SEC	SANDRA KERR, 1 Olympus Drive, Croydon, 3136 Vic. (03) 725 8346 (H)
HON TREAS:	JOHN HARPER, 21 Lancelot Cresc, Glen Waverley 3150 (03)803 7560 (H)
ORDINARY MEMBER (VIC)	KEVIN CASSIDY, 4 Grandview Road, Preston 3072 Vic (03) 478 3687 (H) phone/fax
ORDINARY MEMBER (VIC)	MICHAEL GRAYLING, 14 Banksia Court, Heathmont 3135 (03) 720 1962 (H) or (03)429 1299 (W)
ORDINARY MEMBER (NSW)	DAVID SILL, 2 Barnardo Close, Wahroonga 2076 NSW (02) 247 8997 (W), (02)489 6463 (H) Fax (02)251 7590 (W)
ORDINARY MEMBER (NSW)	NICK DRAYTON, 92 Chandos Street, St.Leonards 2065 NSW (02)487 1181 (H) 61 2 9906 5676 (W) Fax 61 2 9906 5651
ORDINARY MEMBER (ACT)	TREVOR JACOBS, 7 Dovey Place, Latham 2615 ACT (06) 279 0134 (W), (06) 254 7177 (H)
ORDINARY MEMBER (ACT)	PETER SINFIELD, 8 Neumayer Street, Page ACT 2614
ORDINARY MEMBER (TAS)	ANDREW LAW, 67 Gormanston Road, Moonah 7009 Tas Ph. (002) 72 5170 (H)
ORDINARY MEMBER TAS)	ALAN RIDER, 102 Balook Street, Lauderdale 7021 Tas (002) 308142 (W) OR (002)486220 (H) Fax 61 02 23 8936
ORDINARY MEMBER (SA)	RUDI KINSHOFER, 6 Falcon Court, Hallett Cove 5158 SA. (08) 381 2819 (H)
ORDINARY MEMBER (SA)	KEVIN MANSELL, 12 Balambool Avenue, Mt.Gambier 5290 SA. (087) 251 377 (H)
ORDINARY MEMBER (WA)	CHARLIE SPARE, P.O. Box 104, North Dandalup. WA 6207
ORDINARY MEMBER (WA)	BRIAN KENNEDY, 64 Knight Street, Bunbury 6230 West Aust. (097) 959546 phone/fax
ORDINARY MEMBER (QLD)	RAY CHATTERTON, P.O. Box 589, Toowong 4066 Q'ld (07) 376 2548 (H)
ORDINARY MEMBER (QLD)	DAVE HOLLERAN, 837 Esplanade, Lota 4179 Q'ld. (07) 393 4007 (H)

OFFICIAL NON-COMMITTEE POSITIONS

IAU GENERAL COUNCIL REP & IAU LIASON:	TREVOR JACOBS (see above)
ADDITIONAL IAU LIASON	GEOFF HOOK (see above)
STATISTICIAN	GEOFF HOOK (see above)
MAGAZINE EDITORS:	GEOFF HOOK (see above) & DOT BROWNE (see above)
ASSIS.TREAS.	DOT BROWNE (see above)

EXPRESSION OF INTEREST

IAU 100km World Challenge, Greece, March 1996

An expression of interest is sought from all athletes who wish to be considered to represent Australia in the above event. Upon receipt of your 'expression of interest', an information package will be sent to you.

The date for the event is set for 30th March, 1996 and will be held over a point-to-point course from Marathon to Athens via a very scenic coastal route. The centenary of the modern Olympic Games is next year so this race should have special significance.

Athletes with times slower than the qualifying standard will be considered, however these people will need to be able to justify they are of an "acceptable standard". The current qualifying standards are:-

8 hours for men and 9 hours for women

Suitable times in races over other distances, as well as slower times over tough courses, will be taken into account.

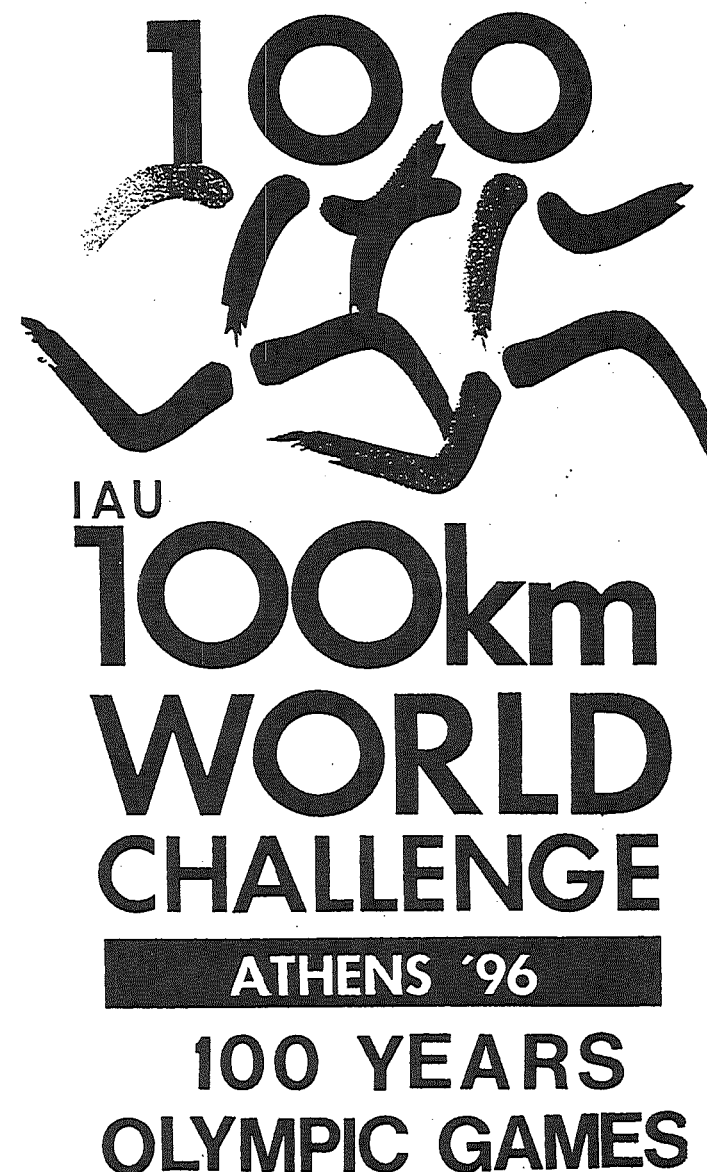
If you would like to be considered for selection, fill out the details below and send to:-

Trevor Jacobs,
Australian Team Manager,
7 Dovey Place,
Latham. ACT. 2615.

Expression of interest for inclusion in the Australian team for the next IAU 100km World Challenge.

Name:
Address:
Phone Number: (work) (home)
Facsimile Number:
Date of Birth:

Qualifying performance(s) over the past 18 months:-.....
.....
.....



PRESIDENT'S REPORT
for the AURA Annual General Meeting on
29th July, 1995

by Geoff Hook

Performances continue to improve in ultra distance events at an astounding pace but participation in some events (especially track events) continues to decrease to the point where we are losing some of our best organised events. Maybe the severe pounding of bodies is seeing some of the old guard out of competitive running, which is not being sufficiently replaced by new young blood. Let us hope this situation is turned around in the near future. I hope interest in championship events will foster this.

During the past year, many records were broken and rebroken. The most notable record captured was the 50 mile track mark of 6:07:58, which was also a world record. Linda Meadows has now had her record ratified which is the first open world record of the "shorter" ultras captured by an Australian for many years. Congratulations Linda - I hope there are many more to come.

Yiannis Kouros, now an Australian citizen, came agonisingly close to a world record in the Coburg 24 hour track race this year but only 3 weeks later did capture the world 24 hour and 48 hour records at Surgeres in France. He broke his own previous marks with 285.362km for 24 hours and 470.781km for 48 hours. Needless to say he picked-up quite a few other Australian records along the way. A fantastic effort Yiannis - congratulations. I'm glad you are now an Australian citizen.

Don Wallace made it 3 wins in a row at That Dam Run in N.Z. Well done Don! The Aussies cleaned-up again with Safet Badic 2nd and our fast ladies over 100km, Mary Morgan and Linda Meadows coming 1st and 2nd respectively.

The Australian men's team performed very well at the 100km world championships in Japan last year with a 6th placing ahead of the fancied Russians. Tim Sloan was the 1st team member home in 6:43:03 (10th) with Don Wallace 2nd team member home in 6:57:14(16th). Unfortunately our teams for this year's championship in Holland will not be our strongest possible. Don Wallace and Trevor Jacobs are unable to go. Yiannis Kouros is uncertain and Linda Meadows is struggling with a bad viral infection. I would like to wish all team members who do go to Holland the very best of luck for their race. I would particularly like to thank Trevor Jacobs for all the organising work he has done in preparation for this year's championship. Thanks for a fantastic job Trevor, it is a pity you are unable to go yourself.

The Telecom Tasmania stage race promised much and delivered all and more. It was a great international tussle with many fine performances. At last we have a replacement for the Sydney to Melbourne race that used to create so much ultrarunning interest in the media. Unfortunately the Tasmania race won't be held this year but it is intended to reappear next year, thanks to the fine efforts of Alan Rider.

We are slowly building towards our first official Australian ultra distance championship which should occur at the Shepparton 100km event next year. It is expected Athletics Australia will endorse the event as a championship.

State Associations have now been formed in Tasmania and Queensland so they can better service their local interest. Evidence of their success is in the large numbers and good results coming out of both states. Well done! Keep up the good work.

We had an election for state representatives last year for the first time. Three people nominated in Queensland and the election was successfully held even though it took some time to conduct by post.

AURA has made application to the Victorian Tourism Operators Association (VTOA) to tap into their cheap Public Liability insurance. The penalty will be the membership fee of VTOA but this will be offset by getting the cross liability clauses which are currently too expensive for us to take out. Cost will also be partly offset from a levy on AURA races.

Vice President, Tony Rafferty, became a father to Kieran. Both mother, Coral and baby boy are doing famously except for sleepless nights.

In closing, I would like to thank the committee for their help and support over the year. I firmly believe we have a great sporting association which is amply featured through our star publication ULTRAMAG.

**AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
ANNUAL GENERAL MEETING - JULY 29TH, 1995
SECRETARY'S REPORT**

The 10th year of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. was a brilliant year in several ways but was marred by the tragic death of one of our members, Craig Rowe, in November, 1994. It seems from an outsider's point of view, that Craig Rowe had everything to live for - a wife and young family who needed him, good mates who valued his friendship tremendously, a place in the field of the Australian 6 Day Race at Colac which would have motivated his training, and probably a hundred other reasons why he should have embraced his life with enthusiasm. Our ultra-running community was devastated by his untimely death and have passed on our deepest sympathies to his wife and family. A sad loss. However, life goes on.....

There has been a noticeable rise in the quality of our top athletes in the past year and several new stars have emerged, virtually putting Australia on the world ultra-running map with vengeance - Mary Morgan, Linda Meadows, Helen Stanger, Gary Parsons, Don Wallace, Greg Barton, Tim Sloan and Safet Badic, to name a few, have now joined Bryan Smith to provide a solid core of Aussie world class ultra athletes. Trevor Jacobs is doing a great job in team managing our international runners also.

We are also extremely fortunate that Yiannis Kouros has taken out Australian citizenship and is now an official Aussie. The list of World Ultrarunning Records that Yiannis now holds is mind-blowing, and we are very lucky that he has decided to settle in Australia. I must admit that I felt privileged, but a little sad to see him smash Mike March's six year old 24 Hour Australian record at Coburg recently. But what a brilliant run it was, with an even better one a month later to take his 24 Hour distance up to 285.362km. And then he went on to add 18km to his World 48 Hour record in the same event in France.

And then we mustn't forget our older members who are also doing well in the world age-record stakes, Shirley Young, George Perdon, Randall Hughes, Cliff Young, Ken Matchett. What talent we have in Australia.

But we can't all be brilliant, and it takes the other 400 or so of us to make up the wonderful Association that we now enjoy, an Association that is still going strong after 10 years. I have always felt that we are a close-knit group despite the vast distances which separate us. This bonding is assisted by the fact that our members are prepared to travel interstate to events. Also the atmosphere at these ultra events is always something special - supportive and encouraging. The runners support and encourage each other and the crews work together to do the same. What is noticeable to an outsider at an ultra event is the lack of discrimination.

I am delighted with the way this club has survived and I hope that it can go from strength to strength. Of course this depends solely upon a number of factors - runners must support events to keep them on the calendar, race directors must supply us with information about their events, both pre-race and post-race and all members must advertise the club at every opportunity and continue to supply us with material for ULTRAMAG. We are a grass roots organisation and our survival depends solely on the efforts of the members.

Also, we can't thank those members enough, who have taken on the extra (and often arduous) responsibility of being race organisers and directors. It is a thankless job and the only feedback one usually gets is being reminded of something that has gone wrong. We do particularly appreciate your efforts.

Thank you again to Bruce Cook, one of our top athletes now living in Queensland, who has taken on the job of printing and sending out our magazines each quarter. By charging us a lot less than the going commercial rate, Bruce has enabled us to keep our subscriptions at \$25 for yet another year. Thank you!!! Thank you also to those generous people who have added donations to their subscriptions. These also have helped us keep our subs. at the same level.

One recommendation put forward by Brian Kennedy, our WA rep, and supported by myself, is that in future, interstate reps. should be invited to contribute to the AGM with a report of their state's activities for the past year. Good one Brian.! We do make an attempt to cover events in other states, but then again, it all depends on the material members send us.

One comment regarding Rankings. If you are feeling disgruntled because your name has not been included in the Australian Rankings of a particular ultra event, please contact your Race Director and make

sure he/she has sent us the results . Often we never receive the results, or else, we get the bare results but no splits.

Finally, "Cliffy's Book" is selling like hot cakes and I've had to order more copies. It's great reading! Make sure you get one!.

Thanks for another great year and thanks to Geoff for his assistance in putting the magazine together each quarter and for looking after all the jobs that I don't like doing.

Regards,

Dot Browne (Hon. Sec)

AURA POLICY

EDITING/ACCEPTANCE OF MATERIAL FOR MAGAZINE PUBLICATION

In the past, the Magazine's editors' policy of free expression within generous limits allowed many articles and letters to be published which attacked individuals or groups of individuals to the detriment of the beautiful friendliness which normally exists in our ultrarunning community. Additionally, some writers have used our Magazine for grandstanding or pushing a certain narrow point of view.

The editors have decided that censorship of certain contributions will be undertaken for the good of achieving and maintaining an uncontroversial publication, full of positive only information and news. To this end, any material submitted for publication may be edited or simply not published at all. No apology or explanation will be offered for any edited or unpublished material.

All contributors shall abide by this policy as a pre-condition for submitting material for publication.

A DAM GOOD RACE

by Linda Meadows

Great scenery, incredible hospitality, superb organisation and personal challenge - all of this and more is offered by "That Dam Run".

The IAU Australasian 100km Championship, "That Dam Run" is being held at an earlier time this year, (on November 18th, 1995) with the expectation of near perfect running conditions - mild weather in New Zealand's spring. The run travels through the South Island's Waitaki River Valley, beside turquoise glacial lakes and the grand snow-capped peaks of the nearby southern alps. Having run this challenging event last year, I can guarantee that the areas through which runners travel are lovely, adding to the enjoyment of the challenge.

I was most impressed with the totally professional organisation of the event and the sincere friendliness of the New Zealanders.

You don't even have to run an ultra, as there are other race options on offer including a 21km and marathon 42.2km. Other special events happening around the region include a Heritage Week packed full of activities including a street fair, Pennyfarthing Classic Cycle Race, steam train rides and an Agricultural and Pastoral Show. Regular activities available all year are also varied and include 0 fishing (trout & salmon), bushwalking, horseriding, 4 wheel drive safaris, botanic walks, wild-life sanctuary observations (penguins, sea-lions, seals), whale-watching and dolphin swimming.

On top of all that, we want to try and again have at least a few Australian teams entered in the Teams' Challenge - both men's and women's races. A minimum of 3 team members are required, so all individual Australian runners qualify for team entry. I am especially keen to have a few other females join me to present a women's team on the starting line - so ladies, why not give it a go??

For further queries, contact me (Linda Meadows) here in Australia on (03) 9587 3658 or the New Zealand Race Director at 4/69 View Road, Mt. Eden, Auckland, NZ. I can also advise on discounted airfares and travel and accommodation arrangements in New Zealand for those people wanting to give it a go.

So why not put all that training to good use and just go and have a Dam Good Run!!

Linda Meadows.

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
Registered office: 4 Victory Street, Mitcham 3132
Telephone (03)9874 2501, Fax (03)9873 3223
STATEMENT OF INCOME & EXPENDITURE: MAIN ACCOUNT
1/1/1993 TO 31/12 1994

	1994		1993
<u>INCOME:</u>			
297 (266 in 1993) subscriptions	7493.00		6644.00
Donations	1299.00		1144.05
AURA medals (from Race Directors)	60.00		235.00
Profits Mansfield to Buller Race (part only)			6.20
Ultra books - Rules Manual	19.50		10.00
Sale of magazines			45.00
Advertising in Ultramag	70.00		60.00
Donations for Leigh Privett	20.00		
	8961.50	8961.50	8144.82
<u>EXPENSES:</u>			
Postage	2475.54		1074.56
Magazine expenses	4235.74		6402.40
Computer course subsidy - Gerry Riley			31.00
Computer expenses - repairs	85.00		95.00
printer ink			55.75
upgrade			150.00
Engraving costs	100.00		7.00
AURA Medals - Des Liston	262.25		307.80
Bereavement flowers - George Perdon			12.00
Photocopy paper & envelopes			15.83
Record plaque wooden mounts	325.00		
Statement of AGM - prescribed fee	32.00		32.00
Catering AGM	21.80		46.89
Public Liability Insurance	401.94		332.75
Team Managers' expenses:			
Trevor Jacobs, NZ 100K	55.00		84.05
Geoff Hook, Belgium 100K			48.30
Bank charges	79.27		45.84
Telephone	137.19		96.84
Loss on AURA 12 Hour Track Race			30.00
		8210.73	8868.01
		\$ 750.77	\$ 723.19
		Profit	Loss
		=====	=====

STATEMENT OF INCOME & EXPENDITURE - CLOTHING ACCOUNT
1/1/1994 TO 31/12 1994

<u>INCOME:</u>			1993
Sale of garments, car stickers, cloth badges	706.40		
Bank interest	7.61	714.01	351.75

<u>LESS EXPENSES:</u>			
Atlas Screening - Peter Ryan	623.50		
Postage	26.70		
Bank charges	.41		
Wrapping paper	5.20	655.81	622.20

	PROFIT:	\$ 58.20	LOSS 270.45
		=====	=====

STATEMENT OF INCOME & EXPENDITURE - AURA RACE ACCOUNT

INCOME:	Profits from AURA Races:			
	Mansfield to Mt.Buller, January 1994	62.45		22.68
	Bogong to Hotham, January, 1994	15.14		
	50 Mile Track Race, June, 1994	<u>58.95</u>	136.54	132.73
	Bank interest		3.96	.32
			<u>140.50</u>	<u>155.73</u>
LESS EXPENSES:				
	F.I.D. charges		<u>.12</u>	<u>.09</u>
	PROFIT		\$140.38	\$155.64
			=====	=====

FIXED TERM INVESTMENT ACCOUNTS AS AT 31/12/1994 Bank of Melbourne

1.	Account No. 39795075	5911.26	
	Plus interest: for the period to 9/11/94 @ 7.350%	<u>295.57</u>	
		6206.83	
	Less F.I.D.	<u>.18</u>	6206.65
2.	Account No. 76895796	1205.50	
	Plus interest for the period to 15/10/94 @ 4.250%	<u>25.55</u>	
		1231.05	
	Less F.I.D.	<u>.02</u>	1231.03
	Total Fixed Term Investments as at 31/12/94		\$ 7437.68
			=====

CASH IN HAND, AT BANK OR INVESTED as at 31/12/1994

Commonwealth Bank Cheque Account	\$	4430.17	1966.73
Bank of Melbourne Clothing Account		177.76	119.56
Bank of Melbourne Race Account		296.02	155.64
Bank of Melbourne Investments:		<u>7437.68</u>	<u>7116.76</u>
Total Cash in Hand, at Bank or Invested	\$	12341.63	\$ 9358.69
		=====	=====

COMBINED PROFIT & LOSS STATEMENT 1/1/94 to 31/12/1994

INCOME	Main Account	8961.50		8144.82
	Clothing Account	714.01		351.75
	Race Account	140.50		155.73
	Interest on investments	<u>321.12</u>	10137.13	<u>381.91</u>
				9034.21
LESS EXPENSES:				
	Main Account	8210.73		8868.01
	Clothing Account	655.81		622.20
	Race Account	.12		.09
	Investments	<u>.20</u>	8866.86	
	PROFIT		\$ 1270.27	\$456.09
			=====	=====
	Dot Browne (Secretary - Assistant Treasurer)			LOSS

I certify that the foregoing statements of accounts are a true and correct record of the Association's financial transactions for the period from 1/1/94 to 31/12/94 and its current financial position.

I also certify that the Association does not have any assets or liabilities at the end of the previous financial year, has no mortgages, charges or securities of any description at the end of the previous financial year, has no trusts of which the Association was trustee during any part of the previous financial year.

Dated: 30th June, 1995

Jeffrey Briggs (Honorary Auditor)

LETTERS TO THE EDITOR

Dear Dot and Geoff,

WILD WOMEN DO AND DON'T REGRET IT.

A day in the life of Shirley Young Ultra Marathon extraordinar.

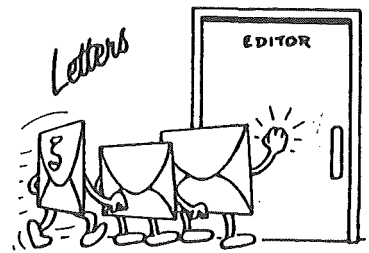
On Sunday 6am September 17th at the Sheppaton Harriers Club Room gathered a mottlie bunch ready to tackle the elements with a 50k and 100k race from Shepperton to Violet Town. Sitting in the corner taking off the familiar grey trackie with the red stripe down the side was Shirley 65 year Young. But whats this excess baggage to take on the trip ? Yes one finger with 3 stitches wrapped in one huge bandage. Shirley had caught it in the car door packing to come up. A trip to the Doctor injection, orders to keep her hand in a sling rest and DO NOT RUN was the order of the weekend. Wild women do and don't regret it, or do they. At Six am Shirley was off and running a lot of the first 30k with Jimmy Clarke hot pink shorts moving swiftly so her back up crew husband Ron Young would not miss her.

Steep hills and 30 motor bikes later the 40k mark looms ahead friends Sandra and Ann surprise Shirley with fire crackers, smiles and go Shirley. Go ! Life got tough from 65k survival mode came at 80k Shirey told Ron at 90k that was it ! She could not take another step, to be told by Ron .

"You don't think I have come all this way to day not to finish forget it you are not getting in the car".

More friends arrived dark was setting in the traffic was heavy. John and Phillis Joswell advised Shirley to get on the footpath she tripped, fell got a leg cramp (this girl will do any thing for a massage) with 3k to go. the end in sight she powered home to be welcomed at the finish line with more crackers streamers and and a World Record. What a role model What a women Wild women do and don't regret it. They finish the job with everybodys admiration.

*Regards
Shandra Hall*



Dear Dot,

Here are the results of the 40 Mile Mundaring to York Road Race held in August - the longest race held on the WA Marathon Club calendar. The race course is challenging: 70% uphill, 20% downhill, 10% flat. The conditions were perfect for running. Nicole was the only female finisher (4th overall), and after running the Comrades earlier this year, knocked over an hour off last year's time to get within 17 minutes of Jacqui Robinson's female race record. I'm currently training for the Egyptian Pyramids Marathon.

Best wishes
Stephen Dunn.

16 • Ed's note: Thanks Stephen. We'll be interested to hear about the Egyptian Pyramids marathon. Made sure you send us a race report!

Dear Dot,

I was privileged to lap score for Godfrey POLLARD and for part of the day John TIMMS in the 12 hour event at Knox in May. As I told you that day I had ran a couple of conventional marathons and wanted to venture into the world of the ultra marathon. I was there to check on the behind the scenes activity.

I left the track that day most impressed and more determined than ever to participate in ultras. Over the next few months I extended my training and entered in the Sheparton 50K event. I also planned to enter the 6 hour event in October and a couple of events next year.

The training was coming along nicely and my confidence was running high. About two weeks before Sheparton and during a training run a slight twinge in the left knee developed into an ache. A couple of days rest and the problem did not go away. A visit to the Doctor revealed that minor surgery would be required and training could resume in some six weeks. . I can only say I felt devastated. I guess there is always next year.

I for one noted Godfreys letter in the June edition of Ultramag. It does seem a pity that so few entered the 12 hour at Knox when there are so many members in Victoria, however it seems that the Australian 50 Mile Championship and the Sheparton event attracted better fields which is encouraging.

I for one hope to enter the 12 hour event at Knox next year should the knee recover sufficiently. I hope all give serious consideration to entering and making this a major event.

In the mean time I hope to attend several events and participate in the off track activity.

Regards,

Ken RICHES.

Dear Runners,

I am about to start a newsletter for NSW runners and walkers so that we can swap information in regards to:

- listing events going on with dates, venues and entry forms.
- what we are all doing and achieving as Groups, Clubs and individuals.
- articles of interest including newspaper cuttings, letters or race reports of events you have entered--
- results of any events run.

This newsletter is in no way competing with the AURA magazine and you will still need to send to them your results from races and record claims. This newsletter is purely for getting information around to runners.

Membership to cover costs such as postage, paper and printing will be \$12.00 per year. There will be a newsletter printed every 10 weeks, no matter how big or small, which will give you 5 a year. The first edition will be on 28th July 1995 and then every 10 weeks after that. If you wish to become a member and support the running and walking fraternity in NSW, please contact me for a membership form

Hope to hear from you soon, and thanks for your support.

Dave Taylor, 56 Grandview Parade, Lake Heights 2502 NSW.
Ph. (042) 74 0054 or Mobile (015) 009279.

Dear Dot,

Just a short note to say thank you to Dave Holleran, Ray Chatterton and everyone else who contributed to the organising of the Australian 48 Hour Track Championships at Lota Park, Brisbane on 1st to 3rd June, '95.

The lapscorers also did a great job and were very supportive when I was nearing record marks.. Of course, once again, I owe the end result to those who crewed for me and kept both mind and body going for 48 hours - thank you to Billy and Bill.

Unfortunately the track itself and lighting were not ideal for such an event and created a few extra aches and pains for most of the runners. I know that Lota Park was the only track available for this year's event and the race is being moved to a more suitable venue next year.

I apologise to all the runners for my quick exit after the presentations, but my body had decided that it had to take up a horizontal position in the back of the van.

Yours in running,
Helen Stanger.

P.S. Bryan - Thanks for the jokes on track and sharing some of your music with me. And Jan, I really appreciated the "crash" cooking lessons that you gave to my all male crew.

Dear Dot,

A few lines to thank you for giving my book a great plug in ULTRAMAG. I couldn't have done better myself! If the book doesn't sell now, it never will. We can do no more. I hope all the people who buy the book find it good reading and get plenty of laughs. Strike while the iron is hot ! (as my father used to say while branding calves.)

Bye for now. Regards to everyone,
From Cliffy.

Dear Dot,

Five months after the event is a little too late for a race report on the Vita Health Foods 24 Hour Track Championship in Wollongong, but not too early to recommend this race to anyone planning to run a 24 Hour race in 1996.

The organisers, Bill Joannou, Ken Challinor and others put a great deal of thought and hard work into producing a first class event.

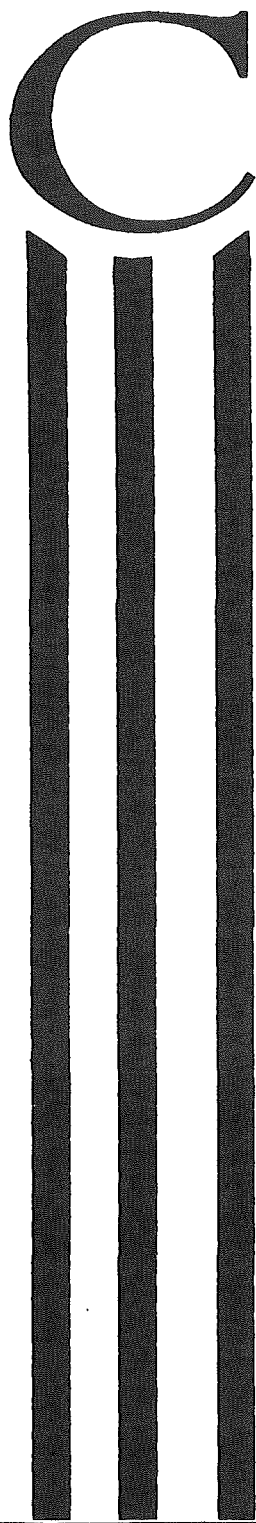
Location at Beaton Park is ideal, with all facilities on hand - swimming pool, spa, toilets, power, shop and kitchen facilities. The track itself is superior to most, being rekortan and only two years old.

On the organisational side of the event, it would be difficult to find room for improvement. Ken organised some great pre-race promotion through the local media and prizes (hotel accommodation for 2 in Canberra) for placegetters. The race pack included a few goodies additional to the race tee-shirt - singlet, drink bottle, food and drink supplements and vitamin tablets. During the race, we had Wave FM music trackside and a large step-class demonstration provided a much appreciated distraction from the usual 24 Hour pain. For those with any medical problems, there was a sports' doctor and masseur in attendance for the entire race. Hourly updates of all competitors' progress over the PA system was a real bonus, as I always have difficulty with the result board when the mind is tired. While on the subject of results, I should mention that these arrived in the post 2 weeks later in the form of a magazine covering race report, media articles, splits and results of all competitors. There are also 6 Hour and 12 Hour races held in conjunction with the 24 Hour event.

Despite this race being so professionally organised with all the competitors' needs being catered for, it was disappointing that only 10 runners lined up for the starter's gun. Hopefully in '96, it will receive the support it deserves. It is a great venue for running that P.B. you have dreamed of.

Yours in running,

Helen Stanger.



COBURG HARRIERS CLUB

INC.

FOUNDED 1896

24HR CARNIVAL ORGANIZER

Gordon R Burrowes 37 Douglas Avenue St Albans 3021
Telephone (03) 9 366 0326

The Editor
AURAMAG,

details of the 1996 COBURG 24HR CARNIVAL are attached please update your listing in the AURA calendar. At this stage, we are not setting any limits for the number of Ultra Runners competing in this event but, of course, common sense & safety will be our guides.

1996 is the Centenary year of the COBURG HARRIERS & our fourth 24HR CARNIVAL will be an important part of the year long celebrations.

We have a lot to live up to with some of the great Westfield qualifying races staged on this track by Dot Brown & the great Australian record set last year by YIANNIS KOUROS but we intend to ensure that it is a great event for Ultra runners & Relay runners.

The 24 hour relay has become an important event in the Victorian racing calendar with teams aiming at either the Open record (952 laps 90 metres = 380.89K) or the Vets record (924 laps 340 metres = 369.94K). Some Ultra runners who think their days of glory are past might like to consider returning to the 24 hour scene by getting together a relay team (4 or 5 thirty minute legs in 24 hours - a piece of cake!)

I would like to get together a history of 24 hour relay events in Australia & would appreciate any recollections or details that any of your readers might have. I understand the VAAA (as they were then) ran an annual series in the late 40s/50s & I have heard of an event in Queensland in recent years. Traralgon Harriers have a claim for a world record with an event featuring 83 runners.

I see Bill Joannou is claiming a world record for a team of Power Walkers at his event - but no figures Bill? Can your team beat the 490 laps (193.60K) set by a team of Power Walkers at Coburg last year?

An American running magazine some years back published conditions for a 24 hour relay run & there is a record of at least one Australian relay team competing under these conditions.

The number of runners per team, the type of track & sequence of running all play an important part in trying to compare these efforts so I would appreciate as much detail as possible from your readers.

Gordon
15 sept 95

Geoff,

I hope you have recovered from your Western States effort. It certainly was a tough race under the conditions. Enclosed are results and a report on the Glasshouse Trail Run, a report by myself on the Western States, a report by Ken Stacey (Greg Barton's crew person) on the Western States Run. Plans are underway to put on the first 100 Mile Trail Run in Australia at Glasshouse Mountains on September 14/15 in 1996. A loop of 53.5km will be used, thus competitors can opt for 100 miles, about 100km or about 50km. The 100 Mile and the 100km. will start at 6am on the 14th September, 1996 and will have a time limit of 30 hours. More details will follow as plans are further advanced, but please insert it in the Calendar. This means that the Caboolture Multi-Day will either be cancelled or shifted to another time of the year. I will be shifting my organisational skills and running to trail runs in future. I think this is where the future of ultrarunning lies. Circuit-type events appear to be of limited appeal and more of a 'sideshow' type of event. Road races over long distances will always be difficult organisationally because of the need to obtain police permits and supervision.

Regards,

Ian Javes.

Hi Dot!

I'm just back from supporting Shirley Young in the 100km Shepparton Road Runners event. The course was good, except for the lack of signage over the closing stages and the fact that runners had to contend with the traffic in the city over the last few kms. when they were tired. The event needs quite a lot of work, but with the enthusiasm of the Shepparton Road Runners, it can be a good event.

Sandy Kerr

Dear Dot,,

Just a couple of lines re. AURA meetings and our '96 Race. Firstly, could you supply me with the names of a couple of people who might be interested in being our WA proxy at meetings. I feel we could have a better input to ultrarunning in general if we had someone on the spot. I know I am the world's worst writer and prefer to use the phone and fax these days. All being well, I hope to have a couple of months over your way later this year. I have accepted a redundancy package from work so am planning a trip east later this year.

I have started to organise the '96 Six or Twelve Hour and as soon as I have set a date, I will let you know. We have had talks with government departments regarding funding and have also asked Rotary to be involved. Don Richie has indicated he would like to come over here to race, and if we can arrange fares and accommodation to suit his university teaching obligations, he will almost certainly come, which will be a big boost for ultrarunning in WA and Australia. Don set three new world records for M50 recently, so he is certainly one of the greats of ultrarunning.

Thanks to AURA for the sponsorship of our event. The medals will be highly valued by those who receive them.

That's it for now,
Thanks a million times,

Brian Kennedy.(WA AURA interstate rep.)

Ed's note: Fantastic news about Don Richie Brian! Do we have a couple of Vic. volunteers to act as go-betweens for WA ultrarunners who could attend our AURA meetings at Geoff Hook's place in Mount Waverley? We only meet every 2 or 3 months so it would not be a big commitment. Let Don or Geoff know please.

I really am very grateful to Dave Sill of Sydney for giving me a year's subscription to ULTRAMAG. It is a super publication.

Dave stayed with me when he came out to South Africa to participate in the 1995 Comrades Marathon.


What really caught my eye in the March 1995 edition was the mention, in the report on the Wasatch Front 100 miler (page 72), that Dave Carlie underwent coronary artery bypass surgery in November 1994, and, has made a remarkable recovery.

I don't know Dave at all but I can certainly identify very strongly with him. I had a triple bypass in November 1988 and have, since then, participated in 6 Comrades Marathons; finishing 5 and withdrawing at 51 miles in the other. I am sure I know how Dave is feeling at this time of his convalescence because I have been where he is now.

Can you give me his address so that I can write to him to share ideas and offer mutual support and encouragement.

Would you like me to tell you of my experiences during my 'come back' since undergoing bypass surgery? I would willingly do so if you think it would be of interest to your readers.

Regards


20 . Brian Swart

13 Kinnoull Road
Pietermaritzburg
3201
SOUTH AFRICA

RACE REPORTS & RESULTS

LIVERPOOL CITY BOOMERANG ULTRAMARATHON: SYDNEY TO MELBOURNE AND BACK. MARCH 4TH 1995.

Tony Collins.

2 years ago, Dave Taylor and Tony Rafferty raced each other from Sydney to Melbourne and back. Dave won, with Tony pulling out, injured, at Mittagong on the return leg. Intrigued at the thought of doing the return journey myself (after 4 one way trips), I challenged Dave to a race as soon as it could be organised. Simultaneously (or prior, who knows), several other people did likewise. The late Craig Rowe, somewhat of a protege of Dave's, wanted to tackle his mentor - and rightly so: Craig went on to take the World 1,000 hour record at Manly and clearly had established his credentials. Shaun Scanlon wanted a tilt at the title, to taste the pleasure of reaching Melbourne if not the return trip, unfortunately he couldn't get sponsorship. Our old friend, Cliff Young, never a man to miss out on any race, felt that a return journey might complement his spectacular 1983 race. And the glamorous Georgie McConnell was hungry for a swag more ultra road records (and got them too!!!!). Dave's friend, Larry Smith also mentioned an interest, though his sincerity was questionable - perhaps he was daunted by the sheer immensity of the distance and was looking to approach it front on and see how he fared. At Mittagong, blistered from the rain, he called it a day.

For 18 months, the race was in the 'planning stage'. I never really felt that it was going to come together. From a personal point of view it was always a far-off race = too far away to ever think seriously about, or consider training for (how does one train for such a race - 1,748 km, 12 hours per day??). A car accident in June 1994, which stopped my running totally until day 1 of the Colac 6 day in November, put paid to any long range training plans I might have had. A couple of 12 hour races in early 1995 plus a few short runs constituted the bulk of the physical preparation. As always, I spent much more time preparing the head - thinking myself into the race.

Saturday, March 4th was an anticlimax. In Liverpool, Dave, Cliff, Larry, Georgie and I stood ready for the gun, but I didn't experience the same adrenalin rush that previous Sydney to Melbourne races had provoked. In a way I suppose I was more relaxed, and the prospect of perhaps 20 or more days on the road extinguished any enthusiasm I might have had.

Rain dogged our progress for the 7 hours of the first day and much of the next. My toes, especially the little toes, were skinned by the wet. These toes were to provide the bulk of my discomfort in the coming days. How could 2 little toes cause such intense and prolonged pain? Hot weather followed the rain and we all experienced sunburn as we moved south through drought stricken south N.S.W. and North Victoria. I was heat stressed on occasions, and in Victoria, distressed by severe headwinds for 2 days. The return trip however was a dream run weather wise with gentle tail winds and temperatures in the mid 20's making for comfortable running conditions.

Running 12 hours a day was arduous physically and torture mentally. Although my lead over Dave extended from about 1/2 kilometres on day one to 71 km. at the turn around (I was between the 35km. and the 36 km. mark as Dave and I passed, him heading south and me north), my desire not to let him creep up on me meant no let up on pace, and my lead extended to about 120km at the finish (Dave finished 27 hours 5 minutes after me, which equated to 15 hours 5 minutes running time). There were considerable media reports about Dave catching up to me, and because it was difficult to check the daily tally of each runner, I just ran all the faster. So if the media were not quite getting it correct, it played right into my lap, giving me extra motivation. I averaged 91.7 km. per day, in a range from 82km -94km, to finish in 19 days, 1 hour 40 minutes, some 13 hours 5 minutes inside the record.

My crew deserve no end of credit for their superb job. My regular crew, Peter Lawrence and Derek Bambrick, my wife Jan, daughter Xanthe and Rotarian Kerstan Endacott worked solidly from 4.30am till 8.00pm every day. Bryan and Jan Smith brought additional experience and expertise and worked tirelessly, caring for my feet, my legs and my head. My usually troublesome blister problem was avoided by Bryan's careful management and I can't thank him enough for that. Everyone worked so hard that there was no way I could have slackened off the pace without feeling like a bludger.

As for the other runners, we never saw Larry after Mittagong. Dave and Georgie apparently suffered considerable sunburn problems, which can be very distressing, and Georgie reportedly suffered gynaecological problems for a week or so, which makes her record-breaking performance particularly gutsy (no pun intended). Cliff clocked up over 70 km. per day, every day for 25 days to set

age world records. As I passed him in Victoria, he was running well and in good spirits, and obviously being well-looked after by his crew.

The turn-around in Melbourne was quite a highlight of the race - to reach civilisation after 10 days of mind-numbing sameness - sheep, sheep, sheep and cows, sun-dried and burnt paddocks and empty dams, and all the same, all the time. Melbourne however, is busy, cultured and different. It was Moomba Day when I arrived and the police escort vehicle created quite a stir with the thousands of boulevard diners and holiday-mode crowds, as its sirens sounded to block of the CBD cross-streets for me to pass. It made a great change for me to be getting priority over the traffic, after 10 days of running in the gutter at the mercy of traffic that often seemed hell-bent on running me down. I never felt any fear at the thought of having to run all the way back to Sydney - the beast had been broken on the southbound leg, from here, it was all downhill, going home. The feeling that on the previous trips, 88-91 inclusive, the journey had ended here was nostalgic, but historic: that was then and this was now, a different race, a whole new ball-game.

The return leg seemed much shorter. Towns were reached earlier, major hills and bad traffic stretches came and went faster and distances overall seemed much more manageable, each day flashing past as 90 + km. chunks of the journey faded behind me. I guess the psychology was right and my mind was firmly locked in the right gear. There were no more tears or declarations of being unable to continue as on the Southbound leg. Sure, I virtually collapsed and could barely walk at the end of each day, but at 6 am. the next day was always waiting at the start point, keen to carve off another 90 km. of the journey.

More than any other race I've been in, this one allowed me the most introspection I've ever felt. I think I saw myself and came to terms with an inner self that I'd not really known before. A truly meaningful experience that was as enjoyable and rewarding as anything I'd ever felt.

Despite this, I don't think I'll ever do this race again. It's too long, too hard on my crew and too long away from family, home and work. But thanks must go to Elcom Credit Union for my sponsorship, for the use of their van, to Dave Taylor for his great skill in organisation, to Liverpool Council for staging the race and to all the other runners and crews for their great efforts.

CENTRAL COAST EXPRESS, 19 MAY, 1995



Honor to hero of hospital

MOST athletes compete for personal satisfaction but in the case of Tony Collins it's for money.

Not that Tony is obsessed by the almighty dollar for the long distance runner makes nothing out of breaking record after record.

Tony's satisfaction comes from raising much needed funds to assist the Children's Cancer Research Unit at Camperdown Hospital.

Over the years he has raised thousands of dollars through various endurance feats including the world famous Sydney-Melbourne marathon.

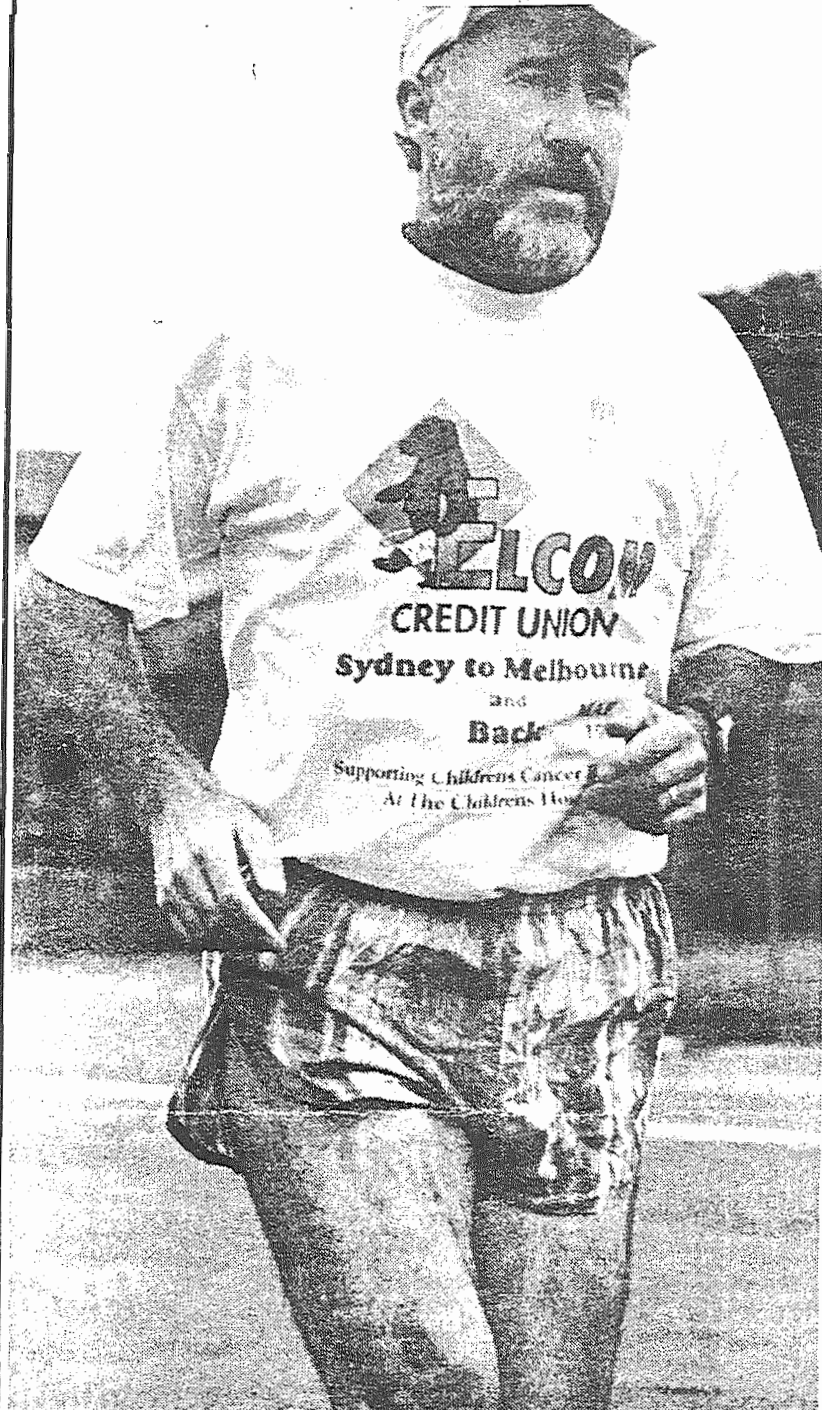
And last month he was at it again, this time running from Sydney to Melbourne and return, a distance of 1700kms.

It took the Norah Head dentist 19 days, seven averaging a staggering 91.7kms per day, finishing 120km ahead of his nearest rival and breaking the old record by an amazing 13hrs5mins.

Again the cancer unit at Camperdown was the overall winner.

Tony Collins is a great ambassador for the Central Coast and a worthy Sports Star of the Year weekly nomination.

Weekly nominations can be sent to Sports Star of the Year, c/o Radio 2GO, Henry Parry Dr, Gosford or faxed on 253839.



BUNBURY RUNNERS' CLUB

4.3.1995

6 OR 12 HOUR ULTRA MARATHON



12 HOUR ULTRA MARATHON

INCORPORATING STATE 100K CHAMPIONSHIP

	Laps			Total			Times						Laps completed per hour					
	Complete	last (m)	per hr	(km)	In 6hrs	kph	Marathon	30miles	50km	40miles	50miles	100km	1	2	3	4	5	6
Mick Francis	268	100	22.35	134.100	74.519	11.18	3:07:27	3:34:20	3:42:23	4:48:35	6:36:50	8:43:53	27	27	27	27	25	16
Phil Pearce	210	370	17.56	105.370	57.830	8.78	4:19:47	4:58:36	5:08:35	6:46:11	8:45:38	11:18:25	20	18	19	20	20	18
Mary Morgan	132		11.00	66.000		5.50	3:07:27	3:36:45	3:44:18	5:46:41			27	27	27	25	14	11
John Adkin	122		10.17	61.000		5.08	4:06:58	5:02:12	5:12:40				23	22	18	20	12	20
Joe Record	121		10.08	60.500		5.04	3:58:28	5:31:39	5:47:54				25	23	19	17	18	13
													7	8	9	10	11	12
Mick Francis													17	20	19	20	22	21
Phil Pearce													17	17	15	12	18	16
Mary Morgan																		
John Adkin													7					
Joe Record													6					

6 HOUR ULTRA MARATHON

INCORPORATING STATE 50K CHAMPIONSHIP

	Laps			Total			Times						Laps completed per hour					
	Complete	last (m)	per hr	(km)	In 6hrs	kph	Marathon	30miles	50km	40miles	50miles	100km	1	2	3	4	5	6
Brendan Gaynor	137	126	22.88	68.626		11.44	3:14:21	3:49:09	3:59:14	5:34:19			27	27	25	21	18	19
Doug Wright	132	221	22.07	66.221		11.04	3:16:24	4:12:46	4:22:51	5:50:08			27	27	24	17	17	20
John Mealey	127	427	21.31	63.927		10.65	3:34:00	4:19:19	4:30:52				27	25	22	16	18	19
Carolyn Brinsden	120	163	20.05	60.163		10.03	4:18:51	4:54:53	5:04:47				21	19	19	19	20	22
Nicole Durrant	120	163	20.05	60.163		10.03	4:18:51	4:54:53	5:04:47				21	19	19	19	20	22
Doug Shaw	110		18.33	55.000		9.17	4:27:35	5:16:58	5:29:36				21	19	19	17	15	19
Tom Clarke	105	84	17.53	52.584		8.76	4:36:12	5:33:16	5:45:50				20	20	19	15	15	15
Garry Harris	104	198	17.40	52.198		8.70	4:41:40	5:30:06	5:43:13				19	20	18	17	12	19
Stehen Dunn	100		16.67	50.000		8.33	3:08:25	3:41:51	3:51:30				28	28	25	19	10	
Rick Russell	100		16.67	50.000		8.33	3:43:15	4:19:17	4:28:22				24	21	24	21		
Lyle James	98	225	16.41	49.225		8.20	4:52:16	5:52:56					24	19	16	14	12	13
Cecil Walkley	95	435	15.98	47.935		7.99	5:12:35						21	19	19	12	11	13
Steven Pager	69		11.50	34.500		5.75							27	23	12	7		

MT MEE CLASSIC - 50 KM

30/4/95

Caboolture's Mt Mee Classic

50km & 25km King and Queen of Mountain events.

These races clashed with many other events on the same weekend, but still attracted 73 entries, of which 72 started and 70 finished one of the hardest runs on the Queensland Ultra Runners calendar.

The 50km event started at 6.30 a.m. It was a perfect day to run, mostly overcast, a few small drizzle patches, clearing to a fine day. At the start Gino Evangelist, Brian Evans, Gavin Bazeley and Walter Keiemen headed down the range at a steady pace with Pete Gibson, Lyn Gordon and Ian Cornelius on their tails. After the 12.5km turn around the grind back up sorted everybody out. Peter and Lyn worked their way to be first to the top (25km) followed by Gavin who wanted to adjust his nominated handicap time. Walter was next but was forced out with bad cramps not long after the turn around. Brian, Ian and James Bazzo turned not long after with full heads of steam and back down they went again.

The runners back a bit in the first 25km, James Bazzo, Bob Burns, Dell Grant and Ron Grant were now moving up in the field. John Henderson from NSW was pacing himself well but had to withdraw due to an old injury - next time mate. Lyn Gordon got within a few hundred metres of Pete, but on the way back up the range he opened up a 6.5 min winning break and was all smiles at the top with a time of 4:43:30. "Gordo" was a very good second outright and first female home in 4:50:00. James who was closing on Lyn due to an easy first half was pleased with his return to ultras, and Bob Burns was in good form doing the second 25km quicker than the first. Dell Grant was second lady home with a well paced run, and nearly caught Ian Cornelius, but the old grey fox has a good sprint in him if needed and safely took 5th spot. For many others to hang in and the sight of the finish line was for them a PB in sheer grit and determination, and I believe would give them a great mental and physical strength to conquer and further goals.

"It was a great effort from all starters".

The 25km event saw over 50 entrants have a last solid hit out before the Brisbane Marathon and Half marathon. What a pace. Bruce Cook (Aust. 50km track champ) lead most of the 25km, it was only on the last section of the range that Gary Rolton and Matthew Hitchcock wound him in with Gary motoring home in 1:47:22. Only 8 seconds split Matthew and Bruce for 2nd and 3rd places, it was great to watch the top runners work every last bit of the course. Rein Evenhuis, for the pace they went out and the course ran a great run for 4th - and at 57 years young (with the other place getters half his age). One can only hope to be that good at that age "keep it up mate". QMRRC president Chris Mead would have to take the cool dude award out: 1) turns up 5 min late; 2) then signs on; 3) then goes to the toilet; and then motored to finish in 5th place. It was good to see Phil Hungerford back on the road and full of running, only runs twice a week? he says. Maureen Kowalski and Lorna Hill had a great tussle, with Maureen working the return a bit harder and 'all' smiles as she crossed the line in 2:17:04. Lorna finished strong and said she was looking forward to the 'flat' Brisbane Half Marathon course.

Carol Street ran in 3rd female just catching Lynette Rolton and Suzanne Thompson on the last hills before the finish line. There were many outstanding runs and they came from the group that showed many young ones they still have it. Mike Collins @ 65 looked great at the top, Umberto Greco @ 64, Bob Hill @ 60, Bob Clark @ 57, Angela Clark @ 55, Jan Collins @ 54, and the young fellow @ 49 Bob Henricks bounced in. Check their times, these athletes did good stuff.

Presentation at the Mt Mee hall drew a large crowd. Everybody enjoyed food and drinks, talked about what they had just achieved. The Caboolture Mayor John White, local Councillor John Cook, Jack Weeks and myself presented trophies and winnings, random prizes to the athletes, which rounded off a great day. I wish to thank all sponsors and helpers, and next years event will be held on Sunday 14th April.

Gary Parsons
Race Director

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	4.55
2	Lyn Gordon (F)	7.31	8.43	9.49	11.20.00	4.50.00	4.59.59
3	James Bazzo	7.37	8.54	10.00	11.21.58	4.51.58	5.49
4	Bob Burns	7.41	9.03	10.12	11.32.29	5.02.29	5.25
5	Ian Cornelius	7.32	8.52	9.59	11.38.22	5.08.22	5.10
6	Dell Grant (F)	7.42	9.03	10.17	11.38.47	5.08.47	5.30
7	Gavin Bazeley	7.29	8.44	9.58	11.39.49	5.09.49	4.15
8	Geoff Williams	7.41	8.57	10.08	11.49.44	5.19.44	5.30
9	Brian Evans	7.29	8.49	10.06	11.53.15	5.23.15	5.15
10	Ron Grant	7.44	9.06	10.22	11.57.05	5.27.05	5.30
11	Gino Evangelista	7.35	8.59	10.20	12.19.45	5.49.45	5.15
12	John Fowler	7.29	8.59	10.13	12.20.22	5.50.22	6.15
13	Phillipa Bolt (F)	7.54	9.40	11.15	13.23.22	6.53.22	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	5.40
17	Walter Keiemen	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)



Blast from the past !
Lined up to start the
Two Day event at
Caboolture 1991 are
Dave Holleran,
Phillipa Bolt and
Ron Grant

Mundaring To York 40 Mile (64.4 Km) - 20/08/95

Place	Chest No	Name	5 Mile	10 Mile	15 Mile	20 Mile	25 Mile	30 Mile	35 Mile	40 Mile
1	4839	Neil Carroll	35.14	1.10.04	1.43.38	2.17.25	2.53.53	3.36.18	4.20.25	5.02.25
2	3758	Stephen Dunn	34.01	1.08.34	1.43.12	2.17.38	2.54.27	3.43.18	4.30.30	5.14.52
3	5422	Jo Skrypniuk	36.58	1.15.54	1.55.40	2.35.45	3.17.02	4.00.27	4.43.05	5.27.06
4	5186	Nicole Durrant	43.30	1.25.57	2.07.59	2.50.30	3.31.28	4.12.49	4.53.20	5.32.01
5	805	Gary Gosatti	37.20	1.15.50	1.54.03	2.34.27	3.18.00	4.05.19	4.50.33	5.36.30
6	4653	Winnie Vogel	34.36	1.10.09	1.45.41	2.23.54	3.08.36	4.02.14	4.53.55	5.40.59
7	1721	Michael Watts	43.30	1.25.57	2.06.52	2.49.02	3.32.50	4.18.37	5.03.17	5.46.47
8	4599	Ron Brunda	43.30	1.25.57	2.06.53	2.49.02	3.32.50	4.18.39	5.03.28	5.46.48
9	5192	John Davies	43.40	1.26.39	2.09.42	2.54.06	3.42.58	4.26.04	5.07.58	5.48.36
10	137	Viv Bryant	48.18	1.35.58	2.20.35	3.03.24	3.46.50	4.33.07	5.16.57	6.01.39
11	4829	John Farrell	43.30	1.25.57	2.07.59	2.50.30	3.34.09	4.22.50	5.13.35	6.02.22
12	3422	Derek Arnold	46.43	1.35.52	2.21.00	3.06.07	3.50.00	4.35.34	5.20.14	6.03.28
13	4562	Dennis Conway	43.30	1.26.39	2.09.41	2.54.06	3.44.20	4.37.38	5.31.31	6.26.37
14	2645	Lindsay Matthews	48.18	1.38.12	2.27.34	3.16.55	4.05.50	4.56.01	5.47.25	6.40.00
15	N5	Bill Musk	48.18	1.38.12	2.27.33	3.17.35	4.07.08	4.59.08	5.50.08	6.41.34
16	N3	Peter Miller	48.18	1.38.12	2.27.33	3.17.35	4.07.08	4.59.10	5.50.16	6.45.50
	3843	John Petterssen	43.30	1.25.57	2.09.41	2.54.06	3.46.39			

RELAY

Place	Chest No	Name	5 Mile	10 Mile	15 Mile	20 Mile	25 Mile	30 Mile	35 Mile	40 Mile
1	10	Mundaring 'A'	34.52	1.04.56	1.37.30	2.07.52	2.43.58	3.18.00	3.48.07	4.17.31
2	12	Hamersley 'B'	36.33	1.13.41	1.50.57	2.23.20	3.00.50	3.38.22	4.14.44	4.46.37
3	14	Warwick '1'	36.12	1.15.39	1.49.28	2.25.18	3.02.29	3.38.38	4.15.45	4.48.26
4	11	Mundaring 'B'	38.27	1.23.28	2.03.55	2.40.38	3.21.04	3.59.08	4.36.35	5.08.11
5	15	Warwick '2'	40.42	1.15.02	1.53.58	2.37.15	3.21.40	4.02.36	4.41.17	5.17.00
6	9	Hills Hash	36.44	1.15.16	1.59.30	2.38.44	3.20.27	4.03.51	4.39.23	5.24.31
7	13	Hamersley 'A'	40.34	1.27.13	2.15.31	2.58.22	3.37.38	4.26.15	5.02.53	5.41.11

Kouros Breaks His Own 24- and 48-Hour Track Records

Reprinted from *ultrarunning*, July-August 1995

This year's running of the Surgères 48 Hour Race was a great showdown of the multi-day stars. The legendary Yiannis Kouros, the 1,000-mile and two-day world record holder, came ready to perform. Six-day world record holder, Jean-Gilles Boussiquet of France, was there, as well as a variety of world-class multi-day warriors including American Stu Mittleman, Russian Valeri Goubar, Czech Tomas Rusek, and James Zarei of Great Britain. Some would rise and conquer, others would fall onto the battlefield. Who would prevail?

The mayor of Surgères fired the starting gun at 4:00 p.m. and Kouros immediately went to work, passing the marathon in 3:03 and 50 miles in under six hours. At the 12-hour point the top three places were occupied by Kouros (96 miles, 1,228 yards), Tomas Rusek (77 miles, 1,356 yards), and Jean-Gilles Boussiquet (75 miles, 919 yards).

As these runners were creating their own fire on the course, an unseasonable weekend heat wave sweltered around them. Well over 100°F was recorded. The only consolation was that the humidity was low.

At the 24-hour mark Kouros continued his record pace despite the heat, as he broke his own world track record. (An interesting side note to this is that three weeks before this event, Yiannis ran a warm-up 24-hour with 175 miles, 1,383 yards in Melbourne, Australia.)

Meanwhile, some of the world's best and the most experienced ultrarunners were suffering. Boussiquet had problems with blisters, and Eleanor Robinson, Alain Mallereau, and Dan Coffey had troubles with the heat.

Thirty to 40 hours into a two-day event is always considered the hardest part. You've made it through the first 24 hours with little or no sleep and fatigue begins to gnaw at you. Either you fade, or you rise to the challenge with your experience, training, and chutzpah fortifying you. James Zarei

demonstrated his brilliance during this crucial segment — after only 114 miles the first day, he powered through the second day with 113 miles. When he passed me at 42 hours, he seemed a man with a mission.

Last summer, in Germany, Tomas Rusek ran 250 miles in the Sri Chinmoy 48 Hour Race. Before this race, he told me that he was not well rested for that run. But that was not the case at Surgères, as he sped to a new world masters record of 269 miles 514 yards.

The only two times Kouros has raced in France has been for the 48-hour event. In March, 1985, he set the world track 24- and 48-hour bests in Montauban, France. The weather was ugly. A cold sleet pelted him, but he ran this incredible record and at that time he ran under the Greek flag. Ten years later he returned as a naturalized Australian citizen and in a brutal heat wave again set records. Could Yiannis have run 300 miles in two days or perhaps 500 kilometers / 311 miles in 48 hours? Probably. But upping the ante too much makes it harder the next time, especially if there is a nice pot of gold at the end. Once Yiannis broke his old record of 281+ miles, he started to walk to decompress for the remaining three hours.

Last year my goal was to run over 210 miles. On a training base of 100 miles a week for three months prior to the event, I ran 211 miles. This year my goal was to better the 114-year-old Canadian pedestrian mark of 218.25 miles (Richard Lacouse, 1881). I averaged over 125 miles per week for three months. Happily my training paid off.

The first day in France went very smoothly; I ran 69 miles in the first 12 hours and 61 miles in the second 12 hours. The heat did not bother me too much and I kept hydrated and was determined, inspired by the company of the world's best multi-day athletes on the track. The third 12-hour section was the hardest for me — it's not over yet and you need to maintain your

toughness reminding yourself why you're there. I covered 40 miles in nine hours, with three hours down time off my feet. The last 12 hours I covered 51 miles with a great feeling of satisfaction enveloping me in the final hour as I reached my goal.

My two French handlers have smoked for years so we made a bet that if I ran over 350 km / 217 miles, they would quit smoking forever! It was quite entertaining for me to watch them sucking wildly on their butts, drawing that last bit of nicotine into their lungs as I closed in on this mark. At the 350-km point they laid their boxes of Gitanes down on the track and I gleefully crushed them along with that 114-year-old Canadian record.

Thrishul Cherns

Surgères 48 Hour

Surgères, France May 6-8, 1995
Certified, 300-meter cinder track
(with 100-mile and 24-hour splits)

	mi	yd
1. Yiannis Kouros, AUST (12:25:04, 177 mi/492 yd) world track record, 24 & 48 hours	292	933
2. Tomas Rusek, CZE (15:32:44, 153/1175)	269	515
3. Valeri Goubar, RUS (16:32:41, 138/1189)	236	1206
4. James Zarei, ENG (19:44:53, 114/1212)	227	885
5. Trishul Cherns, CAN (17:46:32, 130/427)	221	231
6. Amand Jousseau (16:52:41, 124/1422)	213	458
7. Stuart Mittleman, NY (22:40:31, 106/450)	196	1024
8. Eleanor Adams, ENG (19:24:02, 111/1214)	195	475
9. Christian Mainix (19:06:51, 111/885)	189	1471
10. Michel Careau, CAN (21:23:41, 106/1109)	189	151
11. Martina Hausmann, GER	188	1581
12. Alain Mallereau	184	1035
13. Guy Mallereau	182	268
14. Joe Record, AUST	178	711
15. Gisela Fricke, GER	177	822
16. Josiane Oudart	164	615
17. Jean-Gilles Boussiquet	148	1729
18. Dan Coffey, ENG	124	1421
19. Serge Girard	104	341

WORLD BEST PERFORMANCES OF YIANNIS KOUROS RATIFIED

The 24 Hour and 48 Hour track marks set by Yiannis Kouros at Surgeres, France on May 6th to May 8th, 1995 have now been ratified. His distances of 285kms 362m and 470kms 781m improved on his own marks set 10 years earlier. (This is probably the greatest ever time gap between world bests set by one individual in the same event.)

This is the first time a world ultra track best has been ratified on a non-standard track. The problem with such tracks is that their distance depends on their measurement. With standard tracks (400 metres or 440 yards), as long as they are at least 400 metres or 400 yards, their actual distance is irrelevant. They are assumed to be exactly 400 metres or 400 yards.

With a non-standard track, a measurer may come up with 333.75 metres, on another occasion with 331.93 metres and on a third with 331.62 metres. Each time the track is measured, a different answer may be arrived at, with the consequent confusion as to which measurement to use. Moreover, with the large number of laps involved in an ultra race, any error will be greatly magnified. Thus with the measurement of a non-standard track, the expertise and thus reliability of the measurer is crucial. The track at Surgeres was measured by Jean-Francois Delasalle, one of the four IAAF Area Administrators for calibrated bicycle measurement and an A Grade Measurer. 27.

STOP THE WORLD, I WANT TO GET OFF!

by Dan Coffey

May 6th to May 8th 1995

Press Stop.... I have just limped back from the Mecca of Ultra Distance 48 Hours Running at Surgeres in France. Having witnessed a machine in perpetual motion, I am in a state of near total shock! The omens were clear from the start as one read the "On Track Race" order:

Messieurs 7. Yiannis Kouros. 8. Joe Record
Or Kouros. Record..!!!!

After a very moving presentation of all runners which only Surgeres can produce; including the lighting of a Peace Torch for the Sri Chinmoy European Peace Run which all runners held aloft, the race was off.

In front from the gun was Yiannis Kouros (GRE); his lead never to be taken from him in 48 hours. The weather was unbearably hot and lesser mortals struggled to survive. Kouros however in the watchful company of Tomas Rusek (TCH), winner of last year's Sri Chinmoy 48 Hour Race in Cologne, surged forward covering lap after lap at relentless pace.

100kms passed in under seven and a half hours and 155kms reached in 12 hours with second placed Rusek on 125kms. About ten minutes before the 24 hours point the "Machine" seemed to have a technical hitch and stopped; however with a few minutes remaining, was restarted and passed the 24 hours mark with a new World Best Performance of 285km 304 mtrs - Rusek was on 247.303 and Valery Gubar (RUS) on 223.176.

There was more drama to come during the rest of the race as Kouros set his sights on a new World Best Performance for 48 hours. He achieved this with an incredible distance of 470kms 781mtrs - that is at an average speed of 9.8079km/hrs! Rusek gamely fought for the whole race, never faltering, and finished second with 433kms 384mtrs with Valery Goubar achieving a personal best for third place.

First lady was Sleanor Adams-Robinson (GBR) in 8th overall position with 314kms 256mtrs. A very credible performance from a runner who does not like the Surgeres heat.

As I am still exhausted and want to make the deadline for print a fuller coverage of all other aspects of the race will be written later. I must just finish with the observation that if Yiannis goes any faster he will meet himself coming round the other side of the trace. "Help, Stop the World, I want to get off before that happens!!!".

48 Heures de Surgeres. France.

May 6th to 8th. 1995

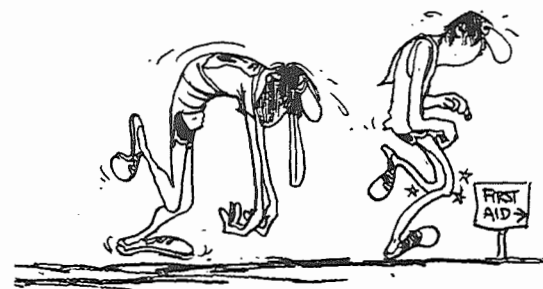
1.	Yiannis Kouros	(GRE)	470km	781mtr	99cms
2.	Tomas Rusek	(TCH)	433	384	83
3.	Valeri Goubar	(RUS)	380	908	17

4.	James Zarei	(GBR)	366	130	26	
5.	Trishul Cherns	(CAN)	355	876	20	
6.	Amand Jousseau	(FRA)	343	209	42	
7.	Stu Mittelman	(USA)	316	367	91	
8.	Eleanor Robinson	(GBR)	314	256	78	1st Lady
9.	Christian Mainix	(FRA)	305	510	67	
10.	Machel Careau	(CAN)	304	304	31	
11.	Martina Housmann	(GER)	304	002	72	2nd Lady
18.	Dan Coffey	(GBR)	200	858	94	

24 Heures

1.	Yiannis Kouros	(GRE)	285	304	14
2.	Tomas Rusek	(TCH)	247	303	80
3.	Valeri Goubar	(RUS)	223	176	60
4.	Trishul Cherns	(CAN)	209	605	05
5.	Jean-G Boussiquet	(FRA)	204	176	43
6.	Amand Jousseau	(FRA)	200	858	94
7.	James Zarei	(GBR)	184	573	08
8.	Joe Record	(AUS)	180	350	82
9.	Eleanor Robinson	(GBR)	179	747	64
10.	Christian Mainix	(FRA)	179	446	05
11.	Michel Careau	(CAN)	171	904	71

An article reprinted from NZUA Magazine which describes the event in which Yiannis Kouros broke both the World 24 Hour record and the World 48 Hour record in Surgeres, France on May 6-8, 1995.



A SEVEN DAY RACE WHERE THE RIVERS MEET

BY
TONY RAFFERTY

It's the world's best kept secret a policeman said. Indeed, except regular sporting bodies and the ubiquitous homeless people it seemed most New Yorkers were unaware of Ward's Island Park, a dropkick from Harlem, in the shadow of manhattan's spectacular skyscrappers.

Not so the Sri Chinmoy group. In 1993 they "discovered the circuit" and moved their seven day race venue from Flushing Meadow to the island's one mile certified loop, which borders the East and Harlem rivers and the causeway to Long Island Sound. The Triborough Bridge which links traffic to Manhattan, The Bronx and Long Island, stretches across the well-paved, asphalt course. Mirrored in the waters on clear days the grandeur of New York's towering structures shimmer in the sunlight. In dull weather, standing majestic, they loom mean and moody.

In my tent two hours before the race I glanced at the program. A record 32 ultrarunners from 11 countries contested the event. Among them last year's Trans America winner, Hungarian, Istvan Sipos; Frenchman, Claude Buisson with 100 ultra races to his credit; the 1991 winner of the Sri Chinmoy 1000 mile race, American, Tom Possert; Russian 1000 mile record holder, Georgs Jermolajevs; America's best multi-day female and former world 1000 mile record holder for women, Suprabha Beckjord; Pippa Davis, who ran the length of Britain and across America...and the list went on. "A place in the top 10 would be no disgrace," I said to Bill Peck. I chose the event to celebrate 25 years in ultra-distance running.

During May in New York the change of season offers similar weather patterns to Melbourne: warm days, cool evenings, a chance of high winds, heavy rains and even thunderstorms. Acclimatising presented no problem.

During the first 24 hours my legs hummed along for 150kms into sixth place. Georgs Jermolajevs lead with 165kms. Then the cold winds of realism blew when heavy rain flooded tents and gale-force gusts strew leaves and branches across the circuit. Damp track suits, wet T-shirts, soggy socks - and no support crew - dulled my spirits until Sri Chinmoy official, Rupantar La Russo sent my gear to the dryer. (In this race the runners' welfare is the prime concern of the officials. Other matters come second.)

New York has a vitality unlike any other city. It pulsates; its energy works through the bloodstream. Your heartrate runs high. Peculiar to the Big Apple is the sensation that anything could happen at any minute - expect the unexpected.

In the afternoons between four and six o'clock students "entertained" us when they played lacrosse, softball, soccer, hockey and Gaelic football. A supervised group rap-danced on the grass.

At the half-way mark the air was warm with no breeze when Pippa Davis gained a two kilometre lead. Jermolajevs in second place stared down the track, ran and race-walked like a man obsessed to finish first. I travelled in eighth position. Then - BANG! I stopped dead. My ears rung. A gunshot? "That's no gunshot," Don Winkley said with a Texan drawl. "That's a bomb!" People sprinted in all directions. A young man ran off from a park bench. A girl holding her ears dropped to her knees. A group rushed her to the medical tent. No serious injury was reported. "We got our kicks behind the school shed smokin' cigarettes," a policeman said. "These kids mess with bombs. I've seen too many lose their arms." The bench remained in place with a scarred leg.

With Manhattan's might and madness only a few minutes walk across a footbridge the contrast

with Ward's Island is uncanny. No soft air blowing from gratings; no grilled store fronts; no junkies pushing plastic cups in your face for drug money; no cars spewing carbon monoxide fumes. Instead - blue jays, starlings and an occasional robin scavenged around the food kitchen and runners' tents. Maple syrup dribbled down a squirrul's face when it scurried off with my pancake between its teeth. People on yachts and boats waved as we advanced step by step along the loop under the bridge and past New York's high-rise panorama.

At night, flame-red, orange and green flashes from Manhattan's radiant lights criss-crossed in the ripples of East River. In dappled light from a thin slice of moon and a rush of leaves, the rhythm of runners' footsteps in ghostly terrain invited one to reflect, to contemplate, to meditate.

Some mornings the mood changed when mists wrapped around Manhattan like a giant grey blanket. Small water beads clung and glistened on eyebrows; and the damp sensation encouraged us to drink hot soups and eat delicious high carbohydrate vegetarian fare.

Throughout the race runners maintained their sense of humor. Canadian, Ron Gehl ran past: "I've just completed my fastest lap so far," he said with a laugh. "A rat attacked me. It ran right up my leg."

At the end of the fifth day Jermolejevs totalled 677kms to regain the lead. Still within range, happy, relaxed and keen, Davis had 629kms on the board. Beckjord ran 608kms and moved into third place just six kilometres ahead of Sipos.

As we circled Ward's Island Park, Thrishul Cherns, at the 48 hour race in Surgeres, France, broke the Canadian record to place fifth. Yiannis Kouros won the event and broke his world record when he totalled 470.781kms! This news had a strange effect on me. In one sense I felt hopelessly inadequate and in another - elated. I ran and pondered the

30 .

physical and mental powers of the human being: Hillary climbed nine kilometres into the sky; Bannister smashed the four minute barrier; the feats of Eleanor Adams-Robinson and Sandra Barwick... Kouros;... and I shared the Wards' Island circuit with Suprabha Beckjord, one place ahead of me, (25th), on the all-time world 1000 mile ranking. The damp clothes, the clammy tent, the mosquitoes that buzzed my head as I tried to sleep, the throbbing limbs, suddenly, were of no concern. In this race I shared the same belief, desire and determination as these ordinary people who achieved extra-ordinary things.

In the last hour I said goodbye to a few homeless people huddled on park benches; and wondered at the courage (or stupidity) of a lone windsurfer as he fought troubled waters where the East and Harlem rivers meet.

An icy-blue, cloudless sky and a sharp breeze greeted us at the finish line when the clock struck 168 hours. Slightly embarrassed, with rumpled whitish hair tossed by the wind, Georgs Jermolejevs, (52), took first prize with 930kms. As usual, smiling and chirpy, Pippa Davis, (47), accepted the second place trophy with 844kms. Melbourne's Dipali Cunningham, (36), was third with 835kms. Placing sixth in the men's race (9th overall), and second in age group 50/59 was a good reason for me to crack a can of Guinness to celebrate 25 years in the sport.

During the week the distant wails of police and ambulance sirens reminded us that the Big Apple, charming and sophisticated, is still a little sour at the core; and that Ward's Island Park is still "the world's best kept secret". Somebody said: 'Don't tell anyone.'

TONY RAFFERTY - July 1995.

Ed's note:

Thanks Tony for a great article!

Georgs Jermolajevs, Pippa Davis Shine in Seven Day

Reprinted from "Ultrarunning", September, 1995

A field of 32 runners from eleven countries toed the line for the eighth annual Sri Chinmoy Seven Day Race held on Ward's Island in New York City. The field included several strong runners bent on rewriting record books. Istvan Sipos of Hungary had returned to the site of his 1993 achievement, when he broke Al Howie's 1,300-mile and 2,000-kilometer world marks during the Sri Chinmoy Ultimate Ultra. Last year he won the Moonbat Trans America Race by over 40 hours, and he again seemed fit and confident. Don Winkley was back to defend his men's title in the Seven, where he set an age-group record (450 miles for six days) last year.

Tom Possert entered with the idea of challenging Brian Purcell's U.S. 48-hour best of 240 miles. Tom, who holds many ultra course records, has some trouble running at the slower paces needed to survive a multi-day. But his speed could pull everyone to greater heights. Ron Gehl of Canada, another fast 50-mile and 100-km specialist, returned to do battle with the only race course that has stymied his championship form in recent years. Nobuaki Koyago, NYRRC's Ultrarunner of the Year and winner of ten of his last 16 ultras, was entering unknown territory but ready to attack the seven-headed monster multi-day. Tony Rafferty from Australia was also here to complete 25 years of ultrarunning by doing another multi-day, this time at age 56.

Latvian Georgs Jermolajevs, 52, a rare visitor to these shores, was finally able to come back, determined to win and thus hopefully garner support from home to continue his running career. It had been a tough year for him: he'd turned in a dismal performance in the Tasmania Stage Race last November, then lost his job and endured hungry nights searching for ways to survive the difficult economic plight of post-Cold War Latvia. He came with two worn-out pairs of shoes and the heart of a survivor.

The women's field was as strong as ever, with Suprabha Beckjord of Washington, D.C., five-time winner and event record holder; Australian record setter Dipali Cunningham who placed second last year; and Englishwoman Pippa Davis. Pippa, who had run across the country in 1993 in 61 days, was rumored to be in terrific shape. She waged great battles with Suprabha in 1988 and 1991 in this race, but had yet to come out on top. Twenty-five men and seven women roared off from the line as the wind gusted and nearly blew the scoreboard over.

Nobuaki Koyago and Tom Possert traded the lead the first few hours of the race. But Tom had a recent ankle injury, which acted up and forced him out before

the 24-hour mark. Nobuaki took Day One honors with 113 miles, followed by Georgs with 103 miles. The threesome of Suprabha, Dipali and Pippa tied, at 100 miles each, and sent notice to the rest of the field that the women were once again an undeniable force. The only surprise was that Istvan was not fighting for the lead. He later confessed his training was not as good as in previous years due to a new job commitment. Running 2,931 miles last summer might have something to do with it, too.

The second full day of running began to scatter the runners and by the end of Day Three Pippa had taken the race lead, a mile over Georgs and 12 miles over Suprabha and Dipali. A few hours later rain and misty conditions began to assault the runners and affect their willpower. With half the race still to go, some runners dropped out or all but gave up the fight. But not the champions, who managed to move forward one mile at a time, confident they would survive the lows and excel with the highs.

On the evening of the fourth day Georgs asserted himself. Running continuously for hours he churned out an amazing 87 miles, smiling and enjoying himself amongst the puddles and the mist. After four days Nobuaki started to climb back into the fray, but Georgs' lead was practically insurmountable for any of the other men. Georgs ran 79 miles on Day 5 to claim a 30-mile lead over Pippa with a clear shot to take the course record as well. Charlie Eidel's 550-mile race record (1991) seemed bound to go; Suprabha Beckjord's women's record of 523 miles was in jeopardy as well.

By the Day 5 mark, the rain cleared out and the runners began to glimpse an end to their ordeal. Georgs continued to run well as the six-day split was approaching. His 498 miles for six days was his best in years, and his youthful enthusiasm belied his years and his weathered face. Pippa set a personal best for six days with 454 miles, moving her up the all-time rankings a little bit.

With only one day left, everyone started to run with purpose. None could stay with Dipali, though. On the last day she ran 93 miles to climb from fifth to third overall, getting within six miles of Pippa Davis even though she'd started the day 28 miles behind her. Georgs ran 80 miles the last day and set a new race record of 578 miles. Pippa set a new women's race record with 525 miles. Suprabha ran 508 miles for third place for the women, becoming the only person to run all eight editions of the Seven Day. Furthermore, she topped the 500-mile plateau for the fifth time. And the multi-day novice Nobuaki Koyago finished like a veteran with 80 miles the last day to reach 500.

At the awards ceremony, the runners

were amazingly quiet and composed. They certainly are pioneers in a sport that has no growing pains yet, but is attracting people looking for meaningful challenges. The thunderous applause for each and every runner showed that personal effort was appreciated by all; but only those who have been through the battle of a multi-day know what these runners have really experienced. Long days of intense effort, sleep deprivation and constant negotiation with their emotional side had ultimately given way to a satisfaction few feel in any other earthly endeavor.

The eighth running of this race could not have happened without the generous support of all the volunteers of the Sri Chinmoy Marathon Team, the great athletes, and the boundless inspiration of Sri Chinmoy himself, who has so lovingly nurtured multi-day racing in New York for the past ten years.

Sahishnu Szczesiul

Sri Chinmoy Seven Day

New York, N.Y. May 7-14, 1995
1.0-mile loop, paved, certified
(with 24-hr, 48-hr, and six-day splits)

1. Georgs Jermolejevs	930kms
2. Pippa Davis	844kms
3. Dipali Cunningham	835kms
4. Istvan Sipos	818kms
5. Suprabha Beckjord	817kms
6. Nobuaki Koyago	804kms
7. Ron Gehl	762kms
8. Nicola Sinisgalli	749kms
9. Tony Rafferty	676kms
10. Dhvaja Dorn	670kms
11. Alek Arsic	653kms
12. Hassan Salif	632kms
13. Don Winkley	600kms
14. Nirjhari DeLong	589kms
15. Claude Buisson	571kms
16. Richard Sitter	566kms
17. Serge Benard	541kms
18. Sutushti Lang	534kms
19. Bozidar Stavric	529kms
20. Scott Weber	526kms
21. Pete Coffin	507kms
22. Peter Szigeti	504kms
23. Al Prawda	496kms
24. Goran Vidovic	483kms
25. Sulochana Kallai	455kms
26. Micha Pavlovic	441kms
27. Bob Wise	343kms
28. Tatsua Muramatsu	311kms
29. Dan Baglioni	280kms
30. Tom Possert	166kms
31. Method Istvanik	117kms
32. Bill Peck	82kms

Congratulations to AURA Committee member Tony Rafferty for his excellent result in achieving 9th position and 676kms in this tough Sri Chinmoy Seven Day Race held on Ward's Island in New York City in May 1995.

Also heartiest congratulations to fellow Australian Dipali Cunningham, from the Sri Chinmoy Marathon Team who performed brilliantly to place third overall with a distance of 835km.

Comrades Marathon

Alf Field

A few things were different about Comrades 1995. Firstly it was longer than normal at 90.7 kms versus the more normal 88 or 89 kms. This would have been OK if the extra distance had been added to the BEGINNING of the race, but the sadists added it to the END.

Secondly the race was run earlier than usual, on 20 May instead of 31 May (It will be on 16 June from 1996 onwards). The temperature at the start in Pietermaritzburg was 12 degrees C compared with the more normal 3 to 5 degrees. This appeared to be bad news because the temperature rose to a peak of 32 degrees later in the morning.

The heat and extra distance took its toll. The number of finishers was down to 10,500 from an entry of 13,500, an attrition rate of 22 percent. This compares with a range of 4% to 10% in other years. The number of silver medallists (finishers under 7hrs 30mins) also seemed to be about half the number achieved in prior years.

Almost all the Striders, with the exception of Wayne McCarthy, performed below their expectations. When comparing times with their mates in future years, they will be able to claim that their times were on the LONG course and bear no comparison to those achieved on the SHORT course. Next year's "up" run will be about 4km shorter than the 1995 Comrades.

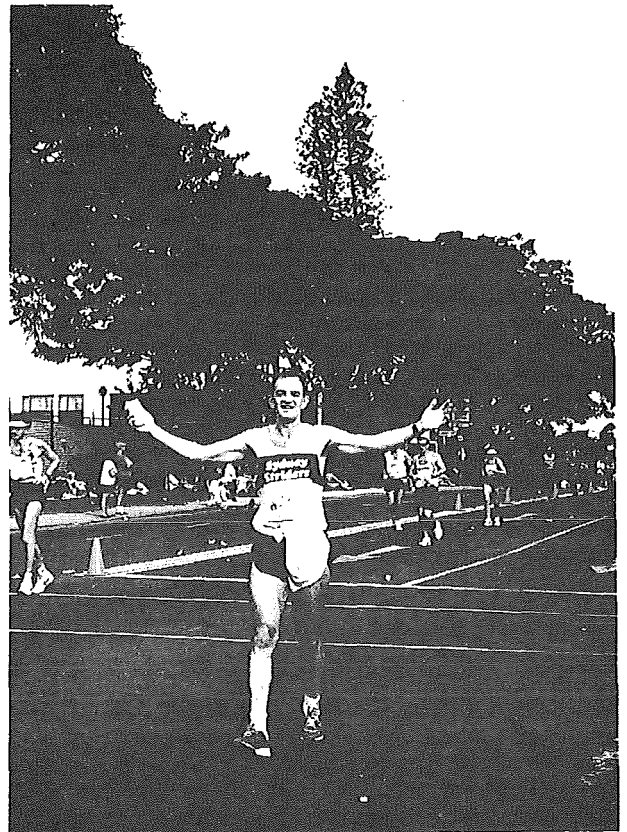
The race was notable for me because I caught up with Chris McLean and Jonathan Trope, both firsts for me and an indication of how tough those two guys were doing it. In fact I must have passed Jonathan on the run, probably while he was having attention somewhere, as I did not see him again and yet finished ahead of him.

It was also notable because Bruce Fordyce, winner of 9 Comrades and holder of the records for both the "Up" and "Down" runs, caught up with me. I'll write that again just in case you think it is a mistake or a typo. Bruce Fordyce caught up with me and as he ran past he said "Hello Sydney, is Godfrey Franz still running?"

"Sure he's still running", I yelled back. "Well say hello to Godfrey for me and tell him I've got a video of Godfrey urging me on during one of the

races that he seconded for me". So Godfrey, consider the message delivered. The great man still remembers you. He will be 40 next year and will give it a serious go again and try to get his 10th gold medal.

This report would not be complete without recording the lengths some people will go to in order to get on TV. Everyone knows that with the final gun about to go at 11 hours to signal the cut-off time for medals, there is guaranteed TV exposure. One of our members, a certain Roger Rigby, was observed spending about 5 minutes outside the stadium doing and re-doing his shoe laces so that he could drift in and finish in 10:59:43. Exactly 17 seconds before the gun fired. Roger set a new record for the closest finish by a Strider to the 11 hour cut-off, having out-keebleled Peter Keeble.



**Ex-President Alf, who finished in 9:25:31,
in relaxed mood at Pinetown**

[Eds' note: Great run, Alf. But how does one do a typo in a hand-written contribution?]

A Close Shave

Roger Rigby

The trouble with the Comrades is that a single run is not enough. What if the first time was a dream? Or a fluke? Or too slow? Or a lot of fun? How come the locals run it up to 40 times in a lifetime? How come everyone you meet during a Comrades knows Charles Coville? Why do they call every Aussie 'Bruce'? Or 'Brenda'? Where is Arthur's Seat? It is all a mystery.

Hyper-efficient organiser

Which is why I found myself back in Durban again on 17 May and looking around the crowd at the airport for Lance Ayliffe. All international Comrades visitors know Verna Ayliffe, the hyper-efficient organiser for overseas Comrades runners. You need to get to the place you're staying about 25k outside Pietermaritzburg, where no trains, buses or any other transport goes? Well, that's not a problem: back came the fax: "my husband Lance will meet you at the airport and take you up to the Midlands", and so he did.

My plan was to stay at Old Halliwell which is situated about 25k north-west of Pietermaritzburg. The nearest town is Howick, which could easily be any small country town in Australia; picturesque and not much altered I would think, for the last sixty years.

The original name for Old Halliwell (part of the building dates from 1830) was Steven's Canteen, which was a way-station on the old military road between Pietermaritzburg, once the British military headquarters of the region and Estcourt, which was a fortified town further in the interior.

We are not far from the area where much of the action occurred during the African War (1899-1900) between the British and the Boer and many of the places names not far from Old Halliwell are redolent of actions fought in those times: The Battle of Spion Kop, the Blaauw Krantz River, the Crossing of the Tugela River, the wonderfully named Battle of Wagon Hill, the Battle of Colenso, the Relief of Ladysmith, and a lot more.

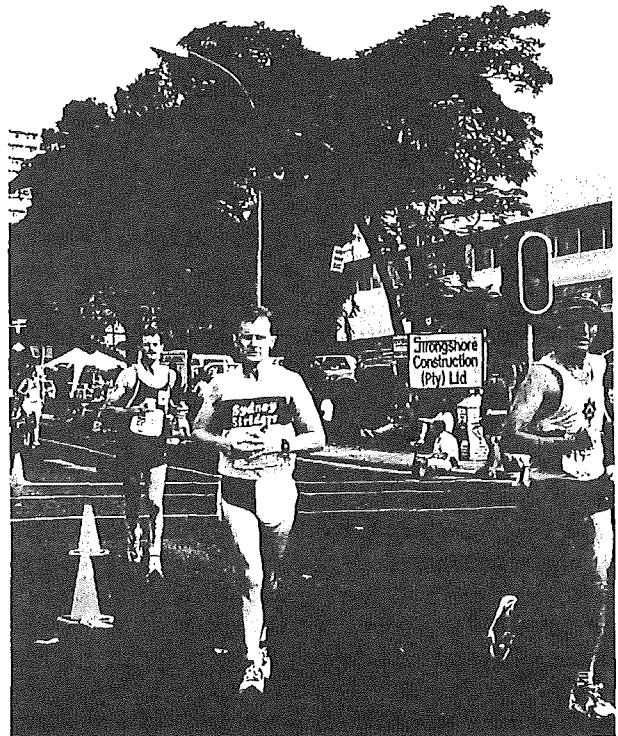
My nightmare: The Run From Hell

Together with the fabled Drakensburg Mountains in the distance, this part of Natal is

worth serious attention by the visitor. That was the good part of the trip. As Bryce Courtenay is inclined to say '..... I had a dream.....'.

My particular dream has sometimes been 'The Run from Hell'. The sort of dream where the faster you move your legs, the less ground you make over the course. Or the longer you go, the farther the finish line is from where you are....., there are other variations and I know that every Strider has a secret store of them.

(My good mate Denmeade has a nightmare that he actually runs in dirty running shoes, with the laces twisted and even a different coloured lace on each foot; the day he confided this dream to me, he broke down and I must say that he has been a changed man ever since and that was years ago).



**Strider Geoff Taylor at Pinetown
on his way to a 9:18:19 finish**

The 21st May 1995, was the day I my own bad dream came true.....We started at Pietermaritzburg at 6am, in the dark, all 12,500 of us. The morning was clear and mild at about 11

degrees, which is just nice for a day's run. Everyone has read about or heard of the spectacular course taken by the Comrades between Pietermaritzburg and Durban, so I won't add to the readers' pain. From the start the course follows the old Maritzburg-Durban road, which is sealed and once the town is cleared, passes through pleasant rolling countryside with distant ranges on the horizon which, it is worth noting, are around Drummond and will in fact be traversed in the course of the day's journey.

Jog the first 45k - to the start

The locals say that 'you jog to the start at Drummond....', which is absolutely the truth for the majority of runners. Drummond is situated on a narrow neck between two ridges and is 45k out, although this year the true halfway was a bit up the hill on the Alverstone side, due to the fact that the '95 Comrades was the longest ever run at 90.4k with the extra bit added at Pinetown. (Obviously any Strider who ran prior to 1995, only did the short option).

I didn't feel bad at Drummond and nor did I feel good, which is a preferred state to be in if a reasonable second half is to be accomplished. I was also disappointed at the time to this point of 4h54m, as I had hoped to be halfway by 4h20m to 4h30m or so, which should have provided me with a reasonable overall time of perhaps 9h40m to 9h50m.

To get out of Drummond, we average runners walk. Up about 5 or 6k of mainly hills, through Alverstone, Rob Roy, Bothas Hill and on to Hillcrest. The day is getting hotter, much more so than during the 1993 run.

Well out of sorts

I am now well out of sorts and starting to re-adjust the finishing time and slowing down by the minute. Calculating, calculating, calculating...., and the result is not getting any better.

6h30m at Hillcrest is not good and I now realise that my plan is simply to finish at any time under the 11 hour cut-off. Nothing is going particularly wrong, except without some residual energy it is a bit problematic to keep running at about 6min/k for long periods.

There are high points: the crowd support along the Comrades route is something to be experienced and the Strider Green simply seems

to turn the locals on _ there is amazing goodwill and I think that this is almost a reason on its own to run Comrades. There is also no escape from your mates. A solid-looking-and-friendly-runner pulls up alongside and says (in a fine South African accent): "Do you know Tony Crosby?" Do I know Tony Crosby _ I only run with him two or three times a week. He's a buddy. "Tell him that Clarkie says hullo...". (This is in a field of about 12,000, mind you). We have a chat about 'Tone' and Clarkie moves off into the crush.

Back to the job in hand: The afternoon of 20 May 1995 was the lowest point of my 17 years of running marathons. No strength, no endurance and the certain knowledge that a small mistake with get me the dreaded DNF.

Still, I always marvel at how a runner's brain loses touch with reality and I can honestly say that there was never a moment that made me consider stopping and giving up. Even when the cramps started at Pinetown (and to my total horror, the fabled Besenol didn't even help at this stage), 70k behind me and about 20k to go. On and on and on and on and on.

Good for battered egos

45th Cutting, Tollgate and a hill which I simply flew up when we did the 1993 run; Barea, the streets of Durban, left into Walnut Street and the huge crowds are now hysterical, as they have been calculating and realise that our part of the field are close to the critical time, some will make it and some won't. You cannot believe the crowd support and Striders gear stands out, which is very therapeutic for battered egos I can tell you.

About nine minutes to go. Right into a street which brings into sight Kingsmead Stadium looming ahead in the late afternoon. I have a strange feeling of calm and I am quite relaxed about the time, '.... it will be close, but it will be ok.', I tell myself every few minutes or so....

Beyond deafening

Three minutes to go. Into the narrow road, around the outside of the stadium, through the tunnel and turn right onto the beautiful grass track. The crowd is now beyond deafening and is just another strange sensation to the background, there is no point in looking around, all that matters is the track, the clock and the finishing tower now looming ahead. I remember all this

from 1993 and it looks good, I tell myself.

Check the clock, not long, perhaps 60 seconds before the Finisher fires his dreaded gun. About 20 metres to go, no problem..... And that is how I cheated ignominy by 17 seconds - official time 10h59m43s. I never want to experience such a sensation again in all my life!

Dante's Inferno

Over the line, all was chaos. It almost impossible to walk anywhere between the finish line and the chutes without stepping on a collapsed body on the grass, by the dozen. There were stretchers, medical teams and all sorts of noise, relief, crying, laughing. In the twilight and with the huge roaring of the crowd, the scene was like something from Dante's Inferno..... It was a very dramatic moment to experience and quite consistent with the end of a pretty bad dream.

The body is ok, the mind is seared, it is extraordinary how wet you get if you run all day in 32 degrees, you remember the 57 drink stations and the long run down Field's Hill, I still have six Squeezys left, Exceed didn't do the trick this time, or Besenol _ it's amazing how you think of inconsequential things at times like this.

Stoicism? Or dementia?

Mustering what I imagined looked like Stoic calm (but probably only looked like a demented grin), I collected my medal in the chute and with very great difficulty, found my way through the

still hysterical crowd to our tent, orange juice and flat grass on which to lay. I then gave away Stoicism and drank up the sheer joy of not having to move any part of my body for a change.

After a while, I look up and take in the surroundings of the international visitors tent: there is a sort of silence and not a lot of talking but you see the sense of accomplishment when you look into the faces.

Statue of a Strider

Then I notice at the entrance to the tent, someone has placed a statue of a Strider on a chair and all I can see is its silhouette against the bright lights of the stadium outside. I watch and there is not a movement. After a while I think that I had better stand up or they will cart me away and perhaps I will also take a closer look at the statue.

It's Macca. As Wayne McCarthy told me later, he didn't want anything or to talk about anything, he just wanted to sit there and experience the sensation of having run Comrades. And that is just how it gets you. It is a great sensation, the Comrades, every inch of the way. I wouldn't miss the pain for quids. 1996: the 'up' run.

(PS: As an Aussie, it could have been very much worse. The '95 Comrades was before the first game between the Wallabies and the Boks., if it had been run after, well that would have been another dream from hell!).

Striders at the 6-Foot Track (L-R): Phil Hugill does his Flasher imitation; Dawn Tiller always finds something to smile about; Bruce Inglis contemplates the destruction of the universe; Steve Urwin and Chris McLean look satisfied; (rear) John Sutherland's mind is elsewhere

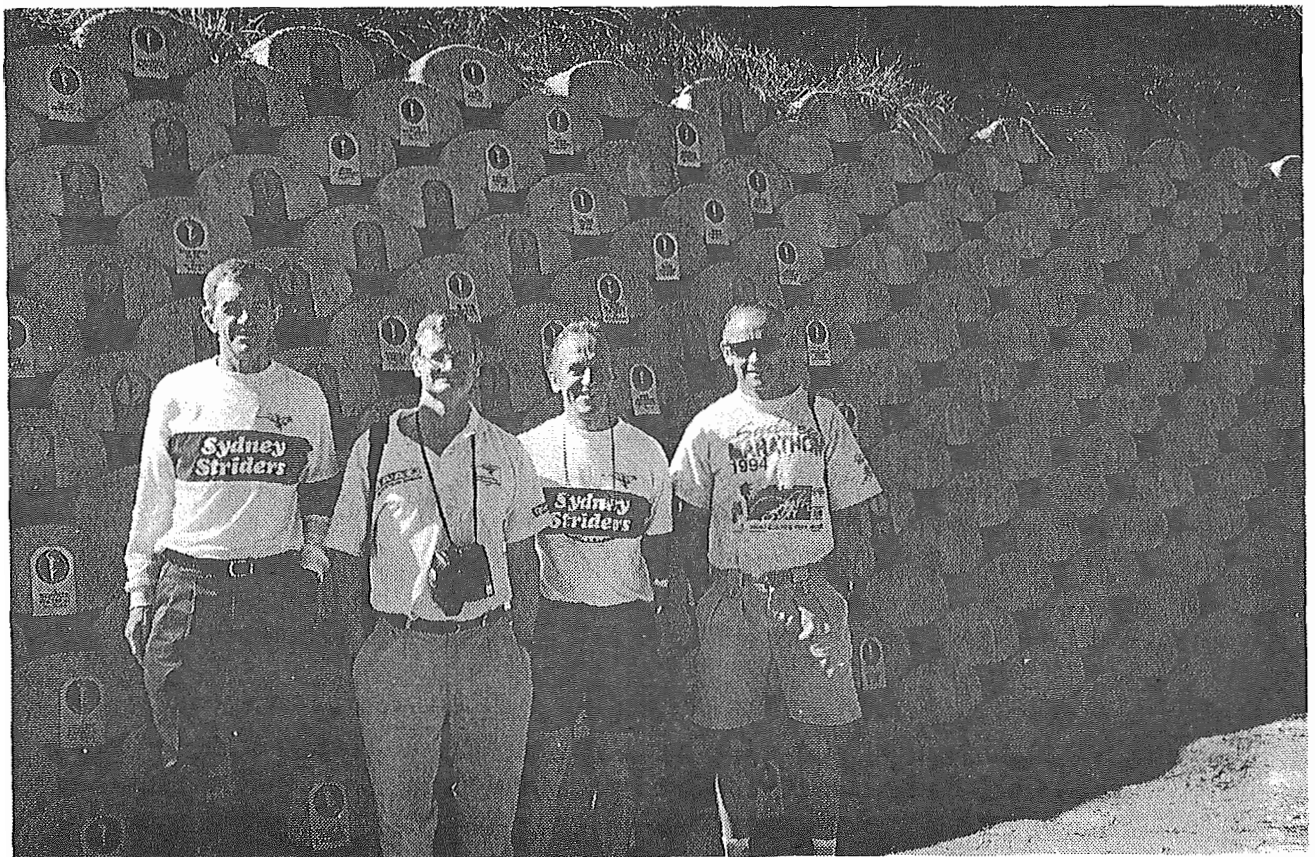


COMRADES 1996

Yes, it is time to think about taking up the challenge in 1996. Next year it is an UP run from Durban to Pietermaritzburg, approximately 86km and will be held on Sunday June 16th, 1996. Sydney Striders have been well represented over the last 6 years and have found their reception to be warm and welcoming. They are travelling on South African Airways on Monday 10th June and have managed a special fare of \$1830 plus tax per person (Sydney - Jo'burg - Durban - Jo'burg - Sydney) subject to a possible 5% rise. There are many options available to allow you to make the most of your stay, for example:

- Spend a few nights in the Kruger Park on the way to Durban
- Spend a few nights in the spectacular Royal Natal Park after the run
- Visit Zimbabwe after the run and visit such places as Hwange National Park, Mana Pools, Victoria Falls)

Dick Bartlett is organising the Sydney Striders tour and may be able to answer any queries if you are interested in doing the 1996 run. His number is (02) 9953 5317 (H) or (02) 375 7976 (W)

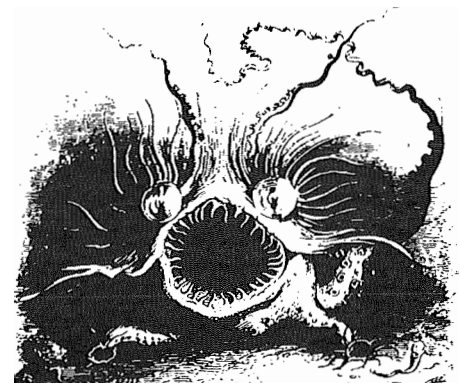


Striders at the Comrades Wall of Honour, 1995 Comrades trip: Alf Field, Roger Rigby, Dick Bartlett, Chris McLean

AURA MEMBERSHIP - STATE BY STATE.

New South Wales	156
Victoria	116
Queensland	53
South Australia	17
Western Australia	15
ACT	15
Tasmania	14
Overseas	18
Total	<u>404</u>

Please note:
Nick Drayton & Dave Sill!
 (NSW AURA reps.) Kindly tell
 all those NSW members you are
 so busily signing up, that we've
 got a special **new membership
 bonus** in store for them!



**AUSTRALIAN 48 HOUR TRACK CHAMPIONSHIPS
AND
QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS
Race Chatterton
Race Director**

The Australian 48 hour and Queensland 24 hour track championships were held at Lota, on the shores of Morton Bay in Brisbane. Rain had been forecasted for the period of the event, but in true Queensland style, beautiful one day, perfect the next. Again this year the field increased in number and class.

The 48 hour started with 14 runners at 3pm on 1 June. Five interstate and one international entrants included Helen Stanger, Bryan Smith, Peter Gray, Tony Collins, Michael Grayling and David LaPierre. The strong local contingent was lead by heavy weights Gary Parsons, Ron Grant and Bob Burns.

The event was won with a thoroughly professional performance by Bryan Smith at 365.724k. Although most attention was focused on the stunning performance of Helen Stanger who covered 329.256k and in doing so is making claim to the following records: 250k, 36 hour, 200 miles, 48 hour Australian and Australasian record and 8th place in the world ranking for 48 hours. Local walker Kerry Hall covered 205k with a very impressive display of determination.

The battle for 2nd to 6th place was a race in its self worth watching. The runners in these places remained so close for the 48 hour period the final places were not decided until the last few hours.

The 24 hour started with 12 runners. Ivan Davis started like he was off for a fast 10k training run, but he kept going at that speed for the 24 hours and covered a very impressive 200k. Not a lot separated the next four runners. Dell Grant came in the first female at 4th place with 165k followed closely by Cathy Caton at 154k. Special mention needs to be made of the impressive performance of Mona Hawthorn, her first time over a half marathon and she covered 119k in a very gutsy effort.

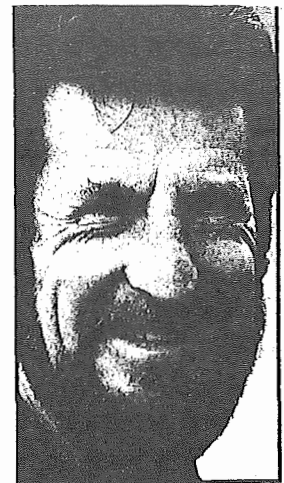
Due to the logistical problems of organising this event each year, next year there will be a change of venue. It is hoped that a venue can be procured to allow long term planning of this event. There is also the possibility that a new race director will take over the organisation. Whatever transpires I feel it appropriate to thank a number of people that have made this event get bigger and better each year and without their help it would not be the success that it is. Dave and Kay Holleran have made it all possible. Without their help this event would not have occurred. Val Case has been invaluable in her help and was greatly missed this year, come home Val all is forgiven. My thanks to all the behind the scenes people that only the race director knows. It is amazing that there is always enough lap scorers, equipment for visiting runner, someone to find ice at 2am. Special thanks to all the runners, without your support these would not be possible. Thanks to David LaPierre, its a long way from Canada to come for a run.



David La Pierre, third in this year's event, receiving his trophy from Tom McLoughlin at the Caboolture Multi-Day event 1993 in which he won the 48 Hour event.

AUSTRALIAN 48 HOUR TRACK CHAMPIONSHIPS
1 -3 JUNE 1995

(1)	Bryan Smith	365.724 k	Vic
(2)	Helen Stanger	329.256 k	NSW 1st female
(3)	David LaPierre	314.095 k	Canada
(4)	Gary Parsons	312.495 k	Qld
(5)	Peter Gray	306.663 k	Vic
(6)	Bob Burns	265.595 k	Qld
(7)	Tony Collins	212.847 k	NSW
(8)	Kerry Hall	205.839 k	Qld 2nd female
(9)	Michael Grayling	205.200 k	Vic
(10)	Gerard Hocks	201.200 k	Qld
(11)	John Stockman	184.800 k	Qld
(12)	Ron Grant	179.600 k	Qld
(13)	Gavin Bazeley	115.600 k	Qld
(14)	Sharon Parsons	71.200 k	Qld 3rd female



Bryan Smith

QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS
2-3 JUNE 1995

(1)	Ivan Davis	200.420 k	Tas
(2)	Peter Gibson	185.566 k	Qld
(3)	Geoff Williams	172.387 k	Qld
(4)	Dell Grant	165.200 k	Qld 1 st female
(5)	Cathy Caton	154.790 k	Qld 2 nd female
(6)	Rudy Meyer	142.025 k	Qld
(7)	Brian Evans	140.395 k	Qld
(8)	Cliff Young	136.390 k	Vic
(9)	Mona Hawthorn	119.083 k	Qld 3 rd female
(10)	Don Hilleary	85.931 k	Qld
(11)	Lindsay Phillips	78.000 k	Qld
(12)	John Carrigan	51.200 k	NSW

MY FIRST 48 HOUR

by Gary Parsons

It was very easy sitting at home with the calculator and saying so many kilometres per hour will get me this much and so on. While on the track it brings you back to reality.

I believe I ran for a realistic goal, that was to get into the 300 club. I had a few hiccups which lost time, and those kilometres were very hard to make up. You have to train both body and mind 'more so' for a 24/48 Hour Race to cram the kilometres into that period and be positive at all times. You have to have your breaks fine tuned (changes of clothes, sleep etc.) Bryan Smith takes approximately one hour in 48 hours.

I learnt a lot from watching others in the event. I could see the mistakes I thought some were making, and I could see the polished act like Bryan's which worked like a well-tuned Rolls. I will approach my next 48 Hour with a few well learnt modifications slotted into it. Old dogs can learn new tricks and young ones as well. If you're running to a plan for most of an event, you have to be able to switch tactics and reach for that extra bit needed to improve, but still within your capabilities. There is a fine line, but that can be improved through training and your confidence improves in both body and mind.

ON TRACK FOR A NEW ADVENTURE

by Reg Campbell

The recent 24 hour and 48 hour track titles at Lota cast new light on ultra marathon running. The organisation was superb and congratulations on a great team effort. David Holleran in particular, the energetic witty publications man and wife Kay. Dave reminds me of Queensland State of Origin coach Paul Vautin. Loads of genuine warmth combined with real ability both on and off the track,.

Shirley and I were a bit nervous and apprehensive about lap scoring at first but soon settled into a routine and found it to be a rewarding adventure. We appreciate the thanks from our athletes Sharon and Gary Parsons and the warm food supplied by Sharon and the thanks extended to us from the Grant family.

All Ultra performers are tough and all those who participate are tough but they don't come any tougher than Bob Burns. In all my life at watching sport Bob Burns is the epitome of all that is great in a person. When the tank was empty Bob tough as teak battled on. It was the most inspirational run I have ever seen.

The Canadian David thanking the lap scorer every time a gentleman through and through and a credit to his nation. Gary Parsons the human dynamo the thinking man's athlete. Gary ran to a plan. He is a naturally gifted athlete with a touch of speed who will improve with time. What can you say about Brian Smith...a man with a purpose in life who was relentless in his task. Helen who finished second with 329 kilometres is in a class of her own and is only a trifling 18 k short of the world mark.

Kerry Hall walk herself to a personal best of 207 kilometres and into the record book. Kerry is a happy go lucky personality and she is living proof that you don't have to start off young to go to the top. Kerry started walking at the age of 31 and through perseverance and hard work now stands on the threshold of a brilliant career.

To those who started off too fast must remember that life is a learning experience and only those who adapt to new ways and methods will reap the rewards.

Meanwhile overseas top ultra runner Hilary Walker ran the length of the Friendship Highway from Lhasa Tibet to Kathmandu, Nepal a distance of 950 kilometres in 14 days 9 hours 36 ;minutes in September October 1991. The run was made at an average altitude of 13,750 feet (4200m) with a maximum height attained of 17, 126 feet (5220 m) at Jia-Tsuola.

Doctor Ron Hill of England D.O.B. 1938 has not missed a days training since 1964 and has run a total of 206,039 kilometres. He has finished 114 marathons all sub 2.52.

Finally remember that every man makes his own monument, and you cannot do that by following in someboy else's footprints.

best wishes, Reg Campbell.

Reg Campbell

Trans Am '95: The Sound of a Well-Tuned Engine, Run Hard

Reprinted from "Ultrarunning", October, 1995

by Jesse Dale Riley

Day 1: "All day long, water — ptooy!" said Dusan, finally sipping on a beer in the parking lot of the Best Western in Rancho Cucamonga. The 53 miles since Huntington Beach had been little more than an inconvenient morning errand for him, and he was content for now to relax and forget about the two months ahead. Behind him David Horton had run well and strategically, giving up just 15 minutes to finish in 7:41:41, and next, three minutes later, came the inimitable Ed Kelley, who was once again prepared to sacrifice the whole race to win this stage but failed to do so for the first time in three years. Pat Farmer and Manfred Leismann, who shared the early lead (doing 7:30 per mile) crashed and finished fourth and sixth, respectively. Eiko Endo made an inauspicious start to her quest for a new woman's record, missing the last turn and wandering around frantically for 25 minutes before her crew found her.

Day 2: Coolest weather ever for this stage, as Dusan and David once again out-classed the field.

Day 3: Dusan had asked me how long this stage was the day before. "Sixty kilometers," I said. "Only?" he asked with a smile. It was party time, and he knocked it out in barely five hours on another unusually mild day (70s at the start, 90s at the finish, and of course no humidity in the desert). Still he gained just five minutes on David and only 11 on Manfred in third. This was the last day Ed Kelley would make any impression at all on the leaders (fifth in 5:50:25) as the eventual Big Six, all of whom would go on to beat Ray Bell's 1993 record, would take all the top spots on the following day's stage. Ray himself still sat innocuously in sixth place overall, an hour ahead of little Nobuaki Koyago, who turned out to be the real lion of the group, lightning fast and utterly without fear. However, Nobu had just done 500 miles at the Sri Chinmoy Seven Day a few weeks before, his first multi-day, so he thought it wise to marshal his strength and lay back for a while. Pat Farmer was fifth overall and had given up almost three and one-half hours to Dusan already, but in the next 18 days an epic series of stages would cost him less than an hour as he fought to test the talented Slovenian.

Day 4: "You gonna give me a dollar again?" I asked Mike Sandlin in Barstow, the day before this 53-miler into Ludlow, California. In 1993 on this stage he had come in out of the sun at the finish line, pulled out a sweaty dollar bill and offered it to me, saying (with just a little sarcasm) that the entry fee was too low and this stage was worth way more than we were charging. Sure enough he had a dollar in his hand after finishing eighth in 10:48 this time. Don Winkley, proudly bringing up the rear (in 13:15), was far away in his mind, trudging over the sands of the Sahara in the Marathon des Sables alongside the runner they call The Camel. He ran to beat only the demons

of boredom that quietly stalked him during those endless hours on the road.

Day 5: Ray Bell came out of hiding and strung out the pack from the start, averaging 7:26 per mile (3:16 marathon split) on the way to 3:33:03 for 28.5 miles. Still, Dusan and Patrick, working together, didn't let him get away, finishing just 3:46 behind with David only seven more minutes back. Manfred's quads died after a fast start and he walked the last several miles, beginning a pattern we would watch him suffer through repeatedly on the way to New York. Michiyoshi Kaiho, back again after finishing third last year was not a happy camper. He was running nearly as fast as in '94 but he was buried in 11th place, with little chance of seeing the lead pack even on a good day (he won four stages last year). Moreover, his feet were a mess. He'd gotten blisters right away and they were out of control. His feet were lovingly and skillfully taped by his crew, but tape doesn't take the place of layer after layer of skin that was now long gone. Because of that, Don came home in front of Kaiho, having dedicated the stage to Gary Cantrell and the infamous Barkley Marathons, and running way off the road through the sagebrush, climbing in and out of the rocky washes as if they were the Tennessee wilderness.

"It's a four-man race," said David Horton, assessing the day's results and counting out the now-injured Ed Kelley and Manfred Leismann, who were still ahead of Ray overall. "And three of us don't have a chance unless Dusan gets injured." In his mind David, whose analysis proved essentially correct, had already given up. As we'll see, he set out on a different path than the others by conceding the game so early.

Day 6: Traditionally a punishing, strategic stage featuring a 25-mile climb at the start, this day turned into another brutal showdown as Dusan and Patrick ran 8:30 miles all the way and made Ray and David work just to stay within one and two miles, respectively. Manfred walked all the way.

Day 7: Dusan, Patrick, and David once again ran far in front of the others and Ray began, I'm sure, to question whether the pace would ever slow down. Ray let the first three go for the moment and concentrated on increasing his margin on Nobuaki Koyago, running easily just a few hours behind. Manfred, too, with less than an hour on Nobu, started running again to keep his spot.

Day 8: This day proved a high-water mark as the leaders rolled into Las Vegas at eight minutes a mile and were done well before 10 o'clock in the morning. After 340 miles Dusan was averaging 7.2 miles/hour (Ray's 1993 record was 5.96), David just over 7, Pat 6.7, and Ray 6.3. And Nobu looked like he wasn't even trying yet. You could tell Dusan, who had an ego that matched his running ability, was pissed off that David managed to stay so close to him: he was tired of forcing the pace just to ditch some American he'd never heard of. Likewise, Manfred, also an experienced international, resented the emergence of Nobu,

another unknown. They all made the running look so easy at times, but the personality conflicts revealed the pressure and fear they often hid on the road. By now Kaiho's feet were just blood and raw flesh. Our sponsor, Mr. Okada (president of MoonBat Co.) who was now Kaiho's boss (he offered Kaiho a position in the company after the 1994 event) tried to smooth the way for a seemingly inevitable DNF by advising Kaiho to withdraw. It was a typically Japanese face-saving gesture and drew a typical response: Kaiho chose to stay and fight on. Fight On ("Ganbatte!"), that's what spectators yell at a marathon in Japan (and MoonBat staff did so for our runners, too, of course), where we would say more casually, "Go for it."

Day 9: A rare truce up front as the distance, 55 miles, proved too intimidating for a fight. Ray tried to break away on Las Vegas Blvd. at eight minutes a mile, but the other three worked together to keep him close and then catch him before they were out of the city. They finished together in Moapa in 8:44:07, still a stage record but the slowest winning time yet. Manfred tried to ditch Nobu in the middle of the stage, then crashed and walked in the last five miles, gaining just 3:25 at the end.

Day 10: Manfred crashed and walked in again, this time blaming it on his crew, and finally lost fifth place to Nobu. At the start at 5:00 a.m. a sentimental Alan Firth, crew for Mike Sandlin, had noted the brilliant pink skies coming up over the mountains and murmured, "Beautiful morning." "Yeah, just makes you want to get up and run on the freeway," replied a slightly more jaded Mike, who couldn't believe he had been persuaded (mainly by Ray Bell) to return to this hellish race after 1993's DNF.

Day 11: Manfred stormed through this stage with the leaders and angrily took back fifth place from Nobu.

Day 12: David sat in his hotel room this morning and thought, why bother? Why keep running for seven more weeks when I'm already so tired? When he did emerge to start the stage, he was a different runner, running now just to finish, just to keep his sanity, just to survive. Dusan pushed in front and ran alone for once, winning by almost three miles.

Kiyoto Nagata in 12th place finished a difficult series of stages and now began to push the pace. Soon he would find his form and catch some of the runners ahead of him, but his decision to attempt to overtake Mrs. Endo in eighth would eventually unravel his quest to be the oldest finisher ever (at 58).

Day 14: Dusan broke away again the last 15 miles into Monroe, Utah, and put another half-hour on Pat, while Pat finally passed David for second overall. Ed Kelley was really struggling now, his early speed-induced problems having turned into a full-fledged groin pull. He was way last today, 35 minutes behind Don.

Day 15: Manfred re-injured his Achilles and lost half of the three-hour margin he'd made on Nobu in the previous four days. Australian TV showed up to do a big shoot on Patrick, and he obliged them with a sprint finish, but Dusan nipped him at the end nonetheless.

Day 16: Dusan and Pat had a big argument out on the course today after they had pulled ahead of everyone else. Dusan told

Patrick, in essence, we're the best two runners in this race, let's sit on it and work together to keep the others from challenging us. Patrick replied that he was here to win and he intended to test Dusan all the way to New York. After some more testy words Dusan backed off and let Patrick win by 12 seconds for Aussie TV. Manfred walked again and was left, this time permanently, in sixth overall by Nobu.

Day 17: Nobu took the lead for the first time and held it for 23 miles, then faded badly at the end to finish fourth.

Day 18: With the Australian TV crew filming from helicopters, Dusan and Pat put on another big show, sprinting the last two kilometers after doing eight-minute miles all day. Dusan won by four seconds.

Day 19: Another tense sprint to the finish in the ghost town of Cisco, Utah. Dusan won by a second and then said to Patrick, very sarcastically, "No injuries. I'm sorry." Pat was just seething and pointed a finger at Dusan and replied, "I'll be in New York. Will you?"

Day 20: Finished off the Western deserts today. It had gone by so much quicker than any of us could remember. At the finish in Fruita, Colorado, Dusan boxed out Patrick in the finish chute for the stage win. Manfred had to walk most of the stage again and finally began to give lots of time to Nobu.

Day 21: Patrick tried to break away early, hoping Dusan wouldn't want to sprint at the start of a 56-mile stage, but Dusan reeled him in and they finished uneventfully together. Ray passed David for third overall.

Day 22: Patrick, who usually set the pace, was too tired to run hard and tried to hold back the lead pack, but Nobu blasted off and it was once again a brutal struggle. After 32 miles down and eight to go they were starting to string out as Dusan pushed for home, when Pat told his old friend Ray Bell to go ahead. Ray knew that something was seriously wrong. Pat shuffled in from there with the dreaded Trans Am Disease: shin splints.

Day 23: Dusan sprinted away once it was clear that Patrick was hurt and by the end of the day his overall lead went from less than five to more than eight hours as Pat finished 11th. It was Dusan's race now, no doubt about it.

Day 24: Ray passed Pat for second overall and consequently Dusan's overall lead grew to almost 12 hours. This was during the worst part of the Midwest heat wave and we had temperatures in the 90s even at 8-9,000 feet near Vail. Snow was melting at the upper elevations so quickly that the roads were flooding in places and we had to cut part of the course on Days 23 and 26. Pat was dead last, only an hour ahead of the cut-off. When he got to the finish in Frisco, the Australian media were circling like vultures, figuring he was going to pull out. As a final insult, the power failed for half an hour just as Pat was about to go into his hotel room and the hotel got hot and Pat had to walk up to the third floor. It was

just torture for him.

Day 25: A shocker as we lost two runners today after losing only one in the first 1,000 miles. Mike Sandlin pulled out early in the stage, burned out and ready to go home, and Ed Kelley missed the cut-off by four minutes as he just refused to take it easy and rest his long-standing groin injury. Pat struggled again, but got acupuncture treatment from Kiyoto Nagata's physio and was running pain-free, if slowly, into Denver the next day.

Day 28: Nobu and Dusan tied for the win, and Pat was third, a minute behind.

Day 30: Nobu blasted off with four miles left and handed Dusan only his second sound defeat of the race, beating him by just over four minutes.

Day 31: Once again Nobu blasted at the end to win by three minutes over Dusan.

Day 32: Longest stage of the race (60.6 miles) and Dusan decided to make a statement, resentful that the other runners were still challenging him. He pulled through 50 miles in 6:38 on the way to an 8:08:34 but gained just 26 minutes on Pat and Ray and was clearly struggling — for the first time — by the finish.

Day 33: Dusan worked hard to do nine minutes a mile and the others were only too happy to humble him, leaving him in sixth, his worst finish of the race.

Heading home

The second half of the race was vastly different as Dusan learned the hard way to adapt a more conservative approach. Within four days after his injury he returned to fast times, but it wasn't the same. Some days he came in limping with blisters (which he'd never had before), hungry, and drenched in sweat. He had a fear of new injuries and was starting to realize how much he had to lose by overextending himself. He had a big lead, after all, and knew he couldn't lose it if he finished in one piece in New York.

With the power vacuum at the front, Nobu took the situation in hand and won every stage from Days 37-43, often in brilliant times, until he himself became injured after the stage into Pittsfield, Illinois. By then Nobu had passed Pat for fourth overall, but Pat regained fourth while Nobu recovered from shin splints during the many long stages in this part of the race. When the stages got shorter the last nine days he once again went on a tear and won eight straight, closing to an hour behind Patrick at the end.

For Ray, the results showed why he'd won Trans Am in 1993. He moved into second quietly and was never challenged from behind, as he always managed to stay near the lead.

David Horton found the race so much different than he'd envisioned. He expected to do well competitively and still see the country, meet people, and enjoy the down time. Instead he lived every day with the fear of the next day's events. The pace was so fast there was no time to enjoy the scenery — he saw only the road and the sweat-stained shirt of whomever he was running

with. A race with no heart, that's what it seemed like.

Manfred Leismann in sixth, even with all his injuries, still beat Ray's 1993 record (and of course the best previous time by a German), and he seemed content with that. Jun Onoki in seventh was a true believer in Trans Am and will remember it, I think, as one of the great adventures of his life. He ran as fast as Dave Warady did in winning the '92 event, but never even won a stage. Eiko Endo beat Lorna Michael's 1993 women's record by 33 hours and clearly still had a lot left. She was often advised to play it safe and just finish with the record, so she came through well.

Kiyoto Nagata made a month-long effort to catch Mrs. Endo for eighth place but eventually overextended himself and withdrew on Day 48 near Indianapolis. He'd had problems with dehydration in the desert (he'd gone to the hospital to take IV fluids on Days 2 and 3) and they returned as he picked up the pace in Illinois and Indiana. He was especially worried about being hit by a car during a dizzy spell brought on by dehydration, so he wisely withdrew.

Mr. Nagata's withdrawal left Don Winkley, the amiable 57-year-old sandbagger, as the oldest ever finisher. Among other reason, Don went slow to train for the upcoming Sri Chinmoy 1,000-mile and still finished in good shape. Michiyoshi Kaiho finished his second straight Trans Am in high spirits, and even gave me presents in New York after I'd put him through two more of the hardest months of his life.

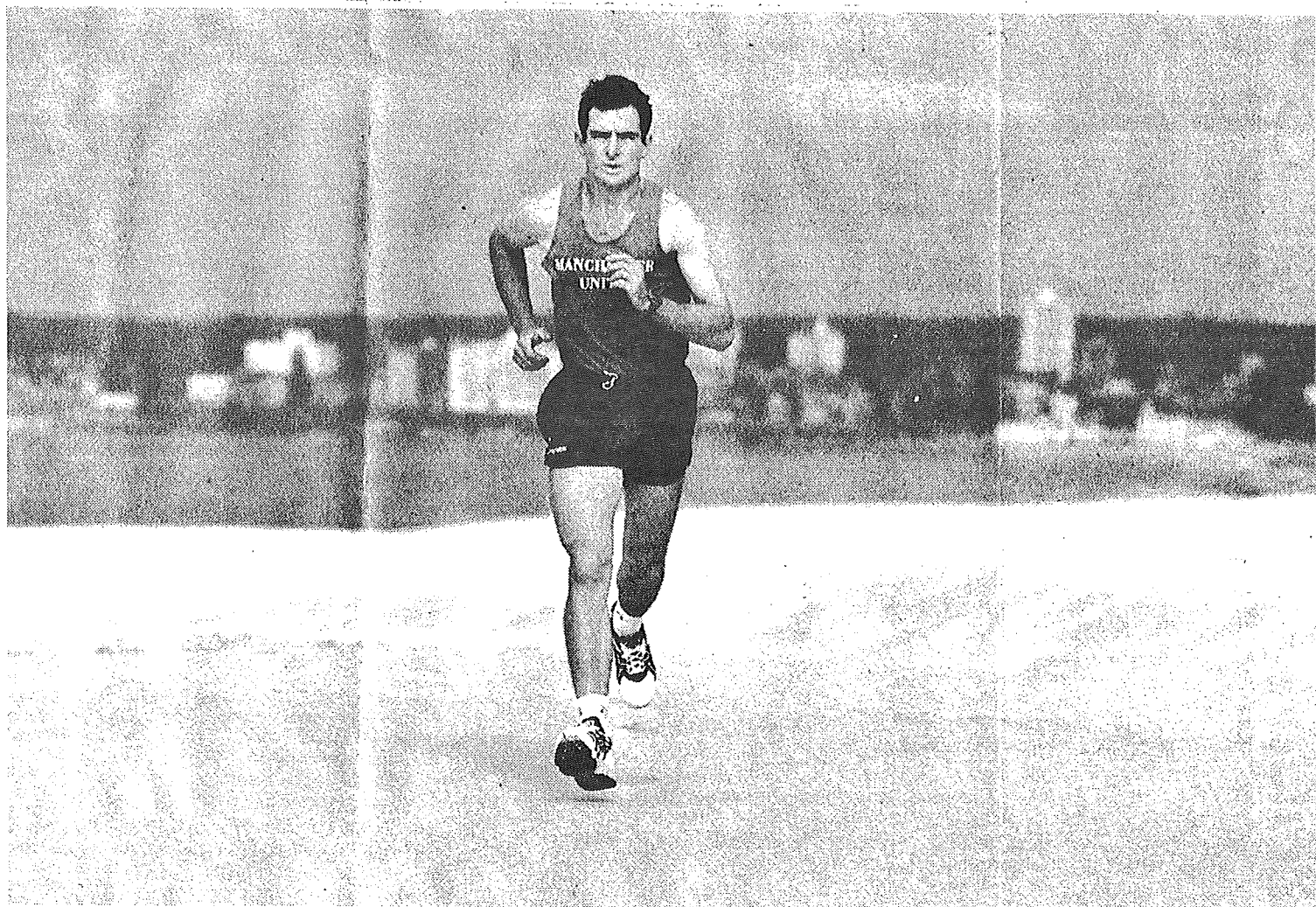
It appears clear now that Trans Am is over. Our sponsor, MoonBat Company of Japan, gave us \$75,000 to pay off the debts we'd incurred in the four years we've organized the race, but felt they couldn't continue to put money into the race. Michael Kenney and I owe everything to them: they made our dream come true and kept us from defaulting on our loans (much of it guaranteed by my family) and being disgraced, a fear we've lived with for so long. For me organizing this race has been unforgettable, an experience beyond anything I could describe to you now. I'm so happy we decided to go for it, even though I know now we were crazy to think we could pull it off. Maybe that's what saved us.

MoonBat Trans America Foot Race

Huntington Beach, Calif., to New York, N.Y.
2,906.05 miles June 17 - Aug. 19, 1995

1. Dusan Mravljje,SLO	427:59:00 !
2. Ray Bell,FL	+16:50:31
3. David Horton,VA	+21:27:51
4. Pat Farmer,AUS	+33:14:50
5. Nobolaki Koyago,JPN	+34:25:58
6. Manfred Leisman,GER	+53:32:18
7. Jun Onoki,JPN	+89:07:04
8. Aiko Endo,JPN	+123:46:01 !
9. Michiyoshi Kaiho,JPN	+141:54:26
10. Don Winkley,TX	+307:37:43
14 starters	! = course record

Attack on world's longest footrace



FARMER'S ROAST: Footrace fanatic Pat Farmer sweats it out at training overlooking Cronulla Beach for the 4719km Trans-Ame

Marathon man Pat hits road

Story: WADE O'LEARY

Picture: ROY HAVERKAMP

EDMUND HILLARY climbed Mount Everest because "it was there". Australian Pat Farmer will attempt his own Everest — the world's longest footrace — to "be the best".

During the 4719 kilometres of the world's most gruelling footrace, the Trans-America, he will encounter almost every type of weather and environmental extreme known to man.

He will battle through the 51 degree celsius heat of the Mojave Desert and the snow at the top of the Rocky Mountains; he'll brave tornado warnings in Kansas and survive the rarefied atmosphere of Loveland Pass, 12,000ft above sea level.

And Pat Farmer will do it all for the satisfaction of being number one.

"It is the toughest and the longest footrace on earth and to win that would make all the effort worthwhile," he said.

"It's like climbing Mount Everest — you don't get paid to do it but it's an incredible feeling when you reach the top."

For Pat, it isn't only individual glory to be won.

A fiercely proud Australian, he has the national flag on all of his competition singlets and, as the sole Aussie competitor, he uses his patriotism as a motivational spur.

"You've got to look for reasons to push on, especially when your body is in a lot of pain, and the Australian flag on my back is the greatest incentive," Pat said.

"It means a lot to me not to let the side down."

To ensure he doesn't let anyone down, Pat has been on a training program that would make the average person swear off fitness forever.

He runs an amazing 250km a week, with his daily routine starting at 3.30am with a 20km run over two hours before heading off to his full-time job as a landscape gardener.

After working a nine-hour day, he comes home and runs another 20km before going to sleep — and starts all over again the next day.

Pat trains by himself, an example of the amazing self-discipline which stunned those who saw him compete in the 1993 cross-America race.

In that race, where he finished second, Pat ran without a support crew — a practice that race organisers strongly advise against. From Pat's recollection, it is obvious why.

"The toughest part of having no support crew was dealing with the drink stations through the desert," he said.

"The temperatures were as high as 51 degrees for three days in a row at one stage, and the drinks the race organisers laid out for me in the early morning were roasting hot by nine o'clock.

"That led to problems like diarrhoea, stomach cramps and dehydration but I had to drink the hot Gatorade and hot water or else I wouldn't have survived at all."

GLASSHOUSE TRAIL RUN By Ian Javes 18/6/95

Once more the Glasshouse Run had a considerable increase in numbers (up 40% on the previous year) although the westerly wind made it bitterly cold. Only seven out of 141 finishers managed to cover an extra 6kms after failing to notice or misinterpreting markings.

The 55km event was won by Bruce Hargreaves one of the partners in Strider Sports, the sponsors of the event. He was followed by Steffen Abe, visiting for a year from Germany and Bob Burns with the only female competitor, Glenys Wright, next.

Calvin Isdale won the 35km event from Colin Colthorpe and Don Muir. Rein Evenhuis probably regretted giving Calvin a lift to the event as Rein finished fourth. Hazel Edmonds won the womens race from Angie Cottrell and Wendy O'Sullivan after Penny Clarke had led the leading women astray together with Bruce Johnson. Penny probably covered more than the marathon distance and thus inadvertently completed her first ultra race. Just think, at one stage I was going to suggest that QMRRC members could bet their houses on Penny beating Peter Holles; lucky I didn't. John Petersen, at age 77, started with the 55km runners at 6.00 a.m. so that he could complete the 35km. I noticed Rodger Thompstone returned to complete the 35km successfully after a disastrous effort (losing the way) a few years ago.

Colin Bray took out the 20km from Peter Charman and Mitchell Dean after the other partner in Strider Sports, Bruce Cook, took a wrong turn and covered extra distance. Denise Drury led home Barbara Woods-Williams from New Zealand visitor, Jessica Nilson, in the 20km run. Kerrie Hall of Caboolture, walked the distance. Allan Pitman and some of his group (East Coast Cycles) competed in this event after riding their bicycles from Brisbane. If there had been a lake around they could have done some swimming training as well.

The 10km event was unusual in that there was almost as many women as men. Barry Keegan just beat 16 year old Caboolture runner, David Dellow with Gary Ward close up. Steve Page at 11 years of age carried his water bottle in a belt to finish 17th overall and just behind him was 12 year old Natalie Dellow who refused to let her mother, Cheryl, pass her. Steven and Karen Sailer were visiting from Portland, Oregon, USA and Karen rang me later to tell me how they had enjoyed the event and asking if they could buy more of the finishing mugs but I explained that one must run in the race to obtain one of these. Maree Knape won the womens 10km run from Marilyn Shrapnel and friend Rowena Michel. In the 10km walk Weibe van der Veen beat Reg Campbell (a QMRRC member from way back) and Brian Sumner. Shirley Campbell went one better than Reg to win the women's section of the 10km walk from Sue Walker and Kath Strudwick. Kev Donnelly managed to complete the 10km walk even though it was only a matter of weeks since he had a hip operation. Phillipa Bolt was still recovering from the flu but managed to finish the 10km run to remain the only person who has competed in every Glasshouse Trail Run; in the others she had always completed the longer runs either 55km or 80km.

At the finish runners could refuel from the Carbohydrate Table which had local fruits, sweets, Powerade, home made jams and bread, and biscuits and cakes (made by Anne Javes - the Race Directors Mother). Caboolture Police Citizens Youth Club prepared hamburgers or sandwiches for those interested at a low cost. Random draws were provided by Strider Sports.

Next year will see the Glasshouse Run move to early September and greatly expand in nature with the assistance of GMAN Inc (Glasshouse Mountain Advancement Network). It is planned to finish all events at the Glasshouse Mountains Township. A trail run will be conducted in Toohey Forest Park by Strider Sports in the June date.

Finally I would like to thank Charlie Hall and Family (course supervisors); the radio communications and aid station group R.E.L.A.Y., the Andrews Family (Julie, Brian and Leilani), my mother, Anne Javes; David and Pauline Barwick and Allan and Phillipa Bolt for their assistance.

P.S. There was some suggestion after the race that the Race Director is a sadist. Just to prove that he is a masochists (as well as a sadist) he left a few days after the Glasshouse Run to compete in a 100 mile Trail Run across the Sierra Nevadas in California. This event had mountains that made the Glasshouse hills look insignificant. Read the story on this event.

GLASSHOUSE MOUNTAINS TRAIL RUN 1995

35 KM COMPETITORS

1	ISDALE	CALVIN	3-03-39
2	COLTHORPE	COLIN	3-08-53
3	MUIR	DON	3-09-40
4	EVENHUIS	REIN	3-10-18
5	BRUMNIACH	WALTER	3-14-44
6	KNAPE	RODGER	3-16-25
7	WALKER	ROB	3-20-01
8	McINALLY	IAN	3-20-43
9	CONDON	ANTHONY	3-25-32
10	STANGSTINS	JOHN	3-31-41
11	KENNEDY	PETER	3-31-42
12	EDMOND	HAZEL	3-33-24
13	JESBERG	PETER	3-33-29
14	TAKIS	GEORGE	3-34-35
15	NEUMANN	ROSS	3-39-20
16	CARTWRIGHT	RICK	3-39-38
17	PAGE	JOHN	3-43-49
18	THOMPSTONE	RODGER	3-46-14
19	WISHART	JOHN	3-48-26
20	CHISHOLM	GARY	3-48-27
21	TABAIN	ANDREW	3-49-51
22	McKENZIE	PETER	3-58-19
23	NEWCOMB	MARK	4-06-35
24	WILLIAMS	JASON	4-18-38
25	BREHMER	SCOTT	4-27-42
26	TULL	SHANE	4-30-16
27	COTTRELL	ANGIE	4-33-26
28	WALCROFT	MARCUS	4-33-28
29	O'SULLIVAN	WENDY	4-44-42
30	HOLLES	PETER	4-44-43
31	BURKE	MICHAEL	4-48-51
32	HODGES	DAVE	4-48-52
33	TAYLOR	CAROLYN	4-53-18
34	WILLIAMS	LORRAINE	4-53-18
35	SCOTT	IAN	4-53-36
36	JOHNSON	BRUCE	5-22-39
37	CLARKE	PENNY	5-23-45
38	SYLVESTER	BOB	5-24-53
39	PETERSEN	JOHN	5-53-50

55 KM COMPETITORS

1	HARGREAVES	BRUCE	6-50-54
2	ABE	STEFFEN	6-55-17
3	BURNS	BOB	7-35-36
4	WRIGHT	GLENYS	8-40-11

CLIFFY'S BOOK

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We still have a few copies left of one of the best buys around -

" *Cliffy's Book* "

a great book written by Cliff Young in his own inimitable style.

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44 on shop prices. Give yourself a treat!

You ran a marathon under three hours?

YOU DESERVE A BADGE!



The green and gold badge was introduced and presented to sub-3hrs finishers at this year's Perth Marathon.

Shown full-size iron-on, flock finish, suitable for track suit, tee-shirt, singlet etc

If you have ever run sub-3 in a recognised marathon, you can now purchase your own badge.

Phone or fax Athlete WA on (09) 245 3169 or write PO Box 356, Jolimont WA 6014. Cost is \$3, plus 50c P&P, per order.

If you have run sub-3, you're already in a very exclusive club. The Sub Club badge recognises your achievement.

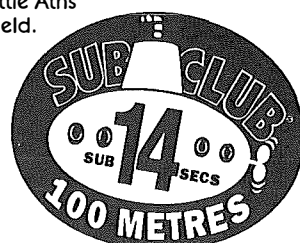
Sub 3 1/2 Hours?

Many athletes have asked for a Sub 3 1/2 Hours badge.

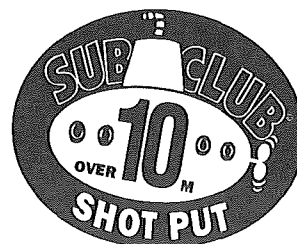
We're now taking orders for these, and will produce a Sub 3 1/2 badge if enough runners require them. Call or write, and let us have your view.

Other badges too!

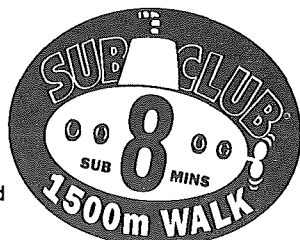
Sub Club badges will cover ALL athletics events, in a range of times and distances. Sub Club is for everybody - from veterans trying to break the 10K/ 40mins barrier; to Little Aths going for another PB on track and field. Some examples of badges are pictured here.



We can't all take gold medals, but everyone can win a Sub Club badge



Improving personal performance is the target, and the badge says you've done it!



Badges will be available in all events, at a range of times and distances

Sub Club is a registered trade mark. Unauthorised use of the name or design is prohibited.

WESTERN STATES '95 - TRIAL BY ICE AND FIRE

OR HOW I BEAT MURPHY'S LAW

By Ian Javes

The Western States Endurance Run is a 100 mile trail run from Squaw Valley, California to Auburn. Runners are awarded a Silver buckle if they finish under 24 hours and a bronze buckle if they finish between 24 and 30 hours. The Race Director is Norman Klein of Sacramento and profits from the race and merchandising are used to preserve the trail for pedestrians and horse riders. The race started at 5.00 a.m. on Saturday, 24 June.

A number of times I had competed in a 6 Day race at Gibson Ranch, Sacramento, directed by Norm. One simply kept running around a 1 mile road loop for six days to see who could cover the most distance. I won the first race in 1990. In 1988 I finished 12th out of 46 starters in the Westfield Sydney to Melbourne race and in 1989 I had become only the second person to cover 1300 miles under 18 days at the Sri Chimoy Ultra Trio, Corona Park, New York. The later was also on a one mile circuit. Norm was always at me to try his favourite race, the Western State 100 Miler. Finally in early 1995 I relented and put in a late entry for myself and a young, up and coming runner, Greg Barton. Norm accepted our entries so we were to join around 400 others in this tough event.

For me Murphy's Law (whatever can happen will happen) then began. An injury to the tendon which attaches the anterior tibialis muscles to the bones of the foot meant a few weeks break from running, physio treatment, then a slow build up of weekly distance. This meant I would be starting the race at probably only about 80% fitness so I decided to forget the silver buckle and go for a bronze. In May, Greg started getting information off Internet indicating that there were going to be problems with snow. Some of the heaviest snowfalls ever in the winter and a mild Spring had left one third of the trail covered with snow. In early June Norm Klein sent a letter to each entrant warning them that the first quarter of the race would be through snow with water and Gatorade only at two aid stations. This was taken in by helicopter. Any nutrition required for this stage would have to be carried. The runners would be diverted from Duncan Canyon (24 miles) to Deep Canyon (36 miles) by road as the Robinson Flat section of the trail was inaccessible (only the second time this had happened in the 19 year history of the race). Also the river crossing at Rucky Chucky would be too deep and fast flowing to wade across with the aid of ropes as is usual. Plans were made to ferry runners across in rubber rafts.

The week before I left for California was spent marking out the course and organising the Glasshouse Trail Run, hardly the ideal way of tapering. I was also diagnosed at that time as having had the giardia bacteria in my intestine for the past year or more. A course of antibiotics fixed that problem. Greg and I arrived in Sacramento the Tuesday afternoon before the race day. That night I awoke with a sore throat and a slight fever, the forerunner of one of the worst head colds I have ever had. On Friday Norm Klein addressed a gathering of competitors and stated that for the first time ever the time limit for the finish and at checkpoints would be extended by 2 hours but runners finishing between 30 and 32 hours would receive a finishers plaque, not a buckle. That night I contemplated withdrawing as I was still in the grips of the head cold but after travelling so far I just had to experience running through the snow, so I lined up with the other 400 odd souls on Saturday morning.

Many runners at the Glasshouse Trail Run had complained about the steep climb up Mt Beerburum which rises 200 metres in about 1.5km. From the start at Squaw Valley we were faced with a rise of around 800-1000 metres in about 8km with the first few kilometres gravel road but the rest snow. It made Mt Beerburum look like a cakewalk. After the summit, Emigrant Pass, had been reached the long trek through the snow began. Some parts of the snow were slushy ensuring that very soon your feet were wet and cold; other parts were powdery and you sank to your shins but the worst for me were the icy, slippery sections where I seemed to spend more time on my butt than on my feet. After eight hours of hard slog I came out of the snow at Duncan's Canyon. The leaders had taken 6 hours. A change of clothes and shoes and some normal foods (power bars etc. were the order of the day in the snow) made me feel half normal although it still felt as though I had done 15 rounds with Mike Tyson. The next 12 miles were on roads. I did not push too hard here as I had set a target of 6.00 p.m. to reach Devil's Thumb, probably the steepest climb and approximately halfway. This would leave me 17 hours for the second half of the run. The temperature was soaring at this stage. Later I was to find out that a heat wave hit the area that day and temperatures exceeded 40°C in some of the canyons. As I started the climb up Devil's Thumb I realised that I was falling slightly behind my schedule so I pushed harder up the slope and passed a number of runners who had passed me on the downhill. My quadriceps were no problem but I could feel massive blisters developing on my heels and under the big toe nails from the downhill running.

Finally I crested the summit at Devil's Thumb at 6.10 p.m. but the hard climb had taken its toll. I felt nauseous, had cold shivers and my nose was dripping like a leaky faucet from the head cold. Fortunately my good friends Linda and John Moise were in charge of this aid station and Linda found me a dry shirt and wrapped me in a blanket. Half an hour later I felt well enough to take some soup and sandwiches and some cold and flu tablets. At 7.05 p.m. I left Devil's Thumb after borrowing a torch from Linda as mine was in a drop bag at Michigan Bluff which I would not now reach before dark. John Moise felt that I should aim for the 32 hour finish as I had fallen behind the normal schedule for a 30 hour runner.

With the cooler night air I felt much better and actually started to enjoy running on my own with the torch. Only Gordy Ainsleigh (the first person to run the course) passed me after leaving Devil's Thumb but I must have passed fifty to sixty runners, I believe 120 runners dropped out of the race at Devil's Thumb. At Michigan Bluff (56 miles) I was able to find out that Greg Barton, the other Queenslander, in the race, had gone through in 18th position and this gave me a boost. After leaving there at just after 10.00 p.m. I decided to see if I could get to Rucky Chucky (78 miles) by 5.00 a.m. This would give me 6 hours to complete the last 22 miles which I thought may be possible, surely the trails would be easier in the last section.

I reached Rucky Chucky on schedule and changed in to a clean shirt and different shoes after being ferried across the river in a rubber raft with ropes attached. Norm Klein later told me the woman responsible for setting up this device had done the stunt work for Meryl Streep in her film on white water rafting. As I pushed towards the next stop, Greengate (20 miles) I started to notice the weight of the extra water bottle I had been carrying from the start. I had not used the extra bottle during the night so I decided to leave the belt and bottle behind at Greengate and go the remaining distance with the one large, hand held bottle. I picked up my pace and felt that I should be able to cover the advertised 5.3 miles to the next checkpoint in about an hour despite the rugged terrain. It took me one and a half hours to reach the checkpoint so obviously the distances had been measured off a map and did not account for ups and downs and switchbacks. From then on I ignored the advertised distances between checkpoints and kept pushing as hard as I could, harder on the upslope because there was less pain from the massive heel blisters I now had. The hills never seemed to end and the easier trails I thought existed near the end never appeared. I could see no sign of the township of Auburn until, with 15 minutes left to the 11.00 p.m. deadline, I suddenly came off the trail onto a bitumen road and there was a sign saying 1.2 miles to the finish. The temperature by this time had again soared to the 40°C region and the bitumen road was uphill but I pulled out all stops together with a group of four or five other runners I had caught up with. Finally I crossed the finish line at Placer High School oval with a little over five minutes to spare to be greeted warmly by my good friends Norm and Helen Klein and Linda and John Moise. John was amazed to see me under 30 hours considering the state I was in at Devil's Thumb and the time I left there.

Greg Barton had finished 19th in 22 hrs 47 mins and of the three Victorians Ross Shilston had finished in 28 hrs 59 mins but Geoff Hook and Kevin Cassidy were part of the over two hundred runners who failed to make the distance in a wild, wild Western States, the toughest in the history of the race. I could have easily been part of that group so I considered that I had beaten Murphy's Law. Finishing that 100 mile torture test in under 30 hours gave me a greater sense of satisfaction than any of my previous performances mentioned earlier. It also made me promise myself that I must do my utmost to organise a 100 mile trail run in Australia. At present I have plans underway for such an event at the Glasshouse Mountains area in September of 1996 using a loop around 33 miles (55km). It is hoped that some funds raised from such an event could go towards developing a permanent trail for hikers, runners and horse riders in this scenic Glasshouse Mountains area.

Javes triumphs over elements



CABOOLTURE ultra-marathoner Ian Javes overcame icy footing and scorching temperatures to finish a gruelling 160km trail run across America's Sierra Nevada mountains yesterday.

The heaviest snow falls in recent years left competitors in the Western States Endurance Run with a tough slog for the first 25km — hardly the ideal start.

To make matters worse, the temperature soared as runners hit the canyons and Javes, 52, was one of 200 affected by the 50 deg C change.

He had bad vomiting, cramps and a persistent viral infection flared up as he struggled to complete the race in the allocated time limit.

Javes battled through the pain barrier to finish in just over 29 hours and was the third Australian to cross the line.

Last week he aimed for under 30 hours but admitted a lack of course knowledge and the fact he would have to carry nutrition and water would make the run tough.

Organisers were forced to extend the 30-hour time limit by an extra two hours as the field limped home.

Javes, who relayed the news to Caboolture yesterday, was elated

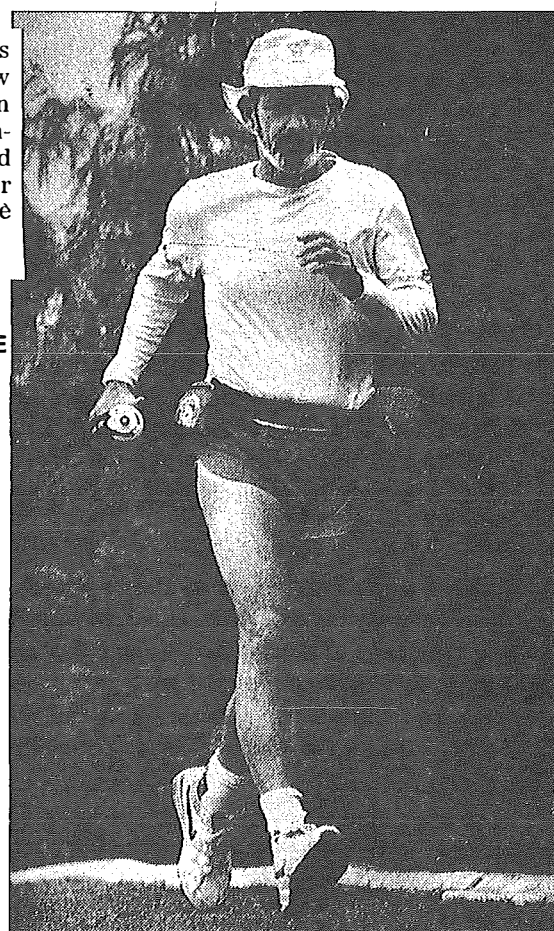
but more than 200 starters could not complete the run in unprecedented conditions.

Javes finished the course in darkness, suffering badly blistered feet and facing the prospect of losing his toenails.

The accomplished long distance stayer finished the Westfield Sydney to Melbourne run in 1988 and has also completed a 1300km ultra race in the US in under 13 days.

The Western States event started at Squaw Valley and finished in Auburn near Sacramento. It is considered to be the most popular 160km trail run in the United States.

**CABOOLTURE SHIRE
HERALD, TUESDAY,
JUNE 27, 1995**



● Runner Ian Javes in training.

RB50160



Race Report

by Ken Stacey

"100 miles, One day" - Yeah, no problem! Just run 100 miles up mountains, down canyons, through snow, 40° heat and darkness, all in one day - you've got to be crazy!

It's Thursday morning 20th June 1995, and I'm wondering if it really was only three weeks ago that I said to Greg Barton that I would meet him at Squaw Valley on this day. Since then I have been travelling the globe with one of my business colleagues - Victor. It seems like forever since we were in Brisbane, heard an Australian accent, eaten real food, or slept in our own beds. Nevertheless, we are looking forward to this weekend.

Victor and I gladly leave the smog of Los Angeles (visibility 2 miles) for the relatively clearer air of San Francisco. We pick up a hire car and drive about 500km North-East to Squaw Valley, the site of the 1960 Winter Olympics. We reach Squaw Valley Lodge to find Greg relaxing with a book. Greg arrived the previous day with fellow Queenslander, Ian Javes. Ian has caught a cold and is spending most of the time in bed. He doesn't look good.

The next morning while everyone is asleep I venture out of the hotel and go for a 7.5 km run/hike up to Emigrant Pass, the highest point of the race. Thin air, soft and slippery snow and the 760 m climb make for tough going. It takes more than 50 minutes to reach the top, but I am well rewarded with the view back to Squaw Valley and the surrounding mountains. A few skiers wonder if I'm mad, just standing in the snow in running shorts and t-shirt. They're in for a surprise when 360 lunatics run over this same point tomorrow morning. The run down is much easier but the altitude combined with the effort of the climb leave my quads and lungs aching.

The rest of Friday is taken up with various race preparations such as registration, race briefing and compulsory medical checks. I don't know how Ian passed with his cold.

At the race briefing we are told that the first 20 miles of the course to the descent into Duncan Canyon is covered with snow. This means the normal course has to be altered to avoid the worst areas. Crew access is denied until 40 miles into the race at Dusty Corners. The race cut-off time has been increased from 30 hours to 32 hours. Race organisers expect a tough race and repeatedly warn competitors of the conditions. Still they smile...?

The race starts in Squaw Valley, and follows the Western States Trail down from the Sierra Nevada mountain range to Auburn - 100 miles away. Many aid stations are located along the trail and are well stocked with ultra-food and drinks. There are ten medical checkpoints where runners are weighed as a check for dehydration. If a runner's weight falls below an

acceptable limit, they must stop to take water and food to regain weight before proceeding.

At checkpoints which permit crew access, Victor and I get a chance to encourage Greg and restock his pack with drinks and food.

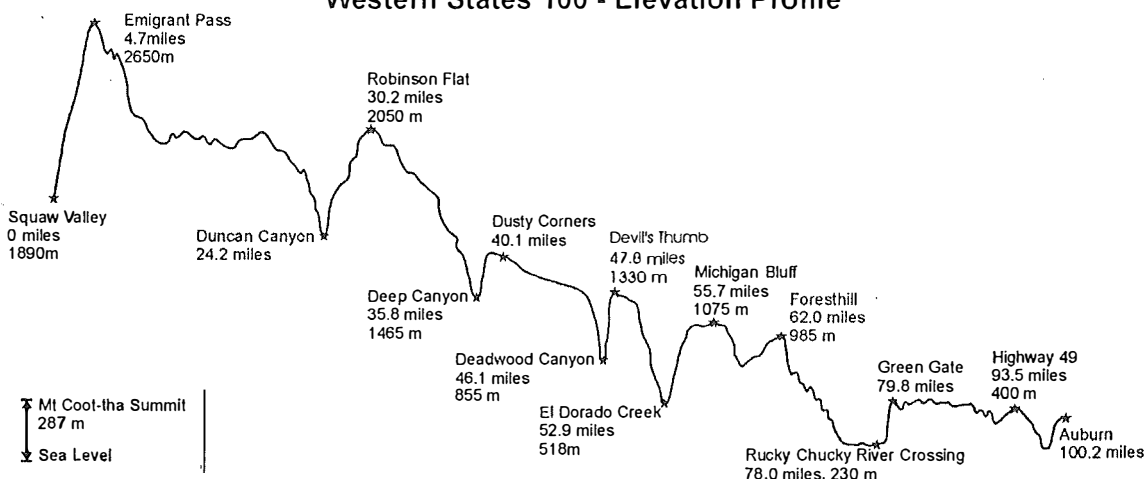
Competitors prepare drop-bags which are delivered to the checkpoints where crews have no access. Drop-bags typically contain supplies like food, special drinks, fresh clothes, shoes and torches. It seems that most competitors have prepared a drop bag with dry clothes and shoes for the first aid station after the snow. Sounds like a good idea.

After some dinner, and final plans for the race we try to get some sleep. Greg mentioned that he had been dreaming of Lisa the night before. Hmmm, maybe this bed isn't so big after all.

Saturday 24th June, 1995, 3:30 am: Greg and Ian wake up and go for some breakfast, do the final pre-race check-in and load up for the race start. They've been visualising this day for months. At the start line 360 runners are assembled. Some smiling, some serious, some with just blank looks and glazed eyes, but all totally out of their minds to even contemplate doing this race. The starting whistle blows and they take off up into the snow and mountains, not to be seen by crews for about seven hours.

Meanwhile, Victor and I take it pretty easy to the first checkpoint at Dusty Corners. We casually load the car and drive for about an hour and a half to Foresthill school for a pancake breakfast. Mmmm, I needed that. We drive for another hour along twisting steep roads and walk for ten minutes to

Western States 100 - Elevation Profile



set up in preparation for Greg. As the first runners appear they are greeted with loud applause. Another 20 minutes and Greg arrives looking OK considering he just ran through about 22 miles of snow and 18 miles of high temperatures. We quickly restock him with drinks, power bars etc and send him on his way, "You're doing great. Keep it going".

Back to the car and on to the next crew access at Michigan Bluff. Sixteen miles of steep climbs and descents for Greg. For Victor and I, just a lazy drive (air conditioned) along twisty roads and spectacular scenery. This is great. I wonder if the runners are having a great time too.

We have to park about one kilometre away and catch a school bus down to the checkpoint. It is about 2:30 pm, and it is HOT - about 40°. We wait and watch as each runner struggles through the aid station and compulsory medical check. Finally Greg appears - he looks wasted. Through a glass of water he gurgles that he had thought about pulling out. He has an upset stomach, fatigue and dehydration. He never wants to see another Power Bar. He just wants to finish in under 24 hours. Runners who finish in under 24 hours receive a silver belt buckle - a significant trophy for this event.

We had agreed last night that if Greg was not doing well at Michigan Bluff I would start pacing at the next checkpoint at Foresthill. That means I start running with him for as long as I can. Pacers are classified as "trail companions" and must not aid the runners in any physical way. If Greg was OK then I would start 20 miles later at Green Gate. The choice is simple. "I'll start pacing at Foresthill, OK?" ... Greg just nods.

So back we drive to Foresthill to prepare for the final 60km. It's about 4pm and it's still HOT! How am I going to make this? I've never run this far before. Doubts fill my mind. Victor just smiles and shakes his head - "crazy".

The large crowd cheers as Greg comes through the checkpoint at Foresthill. He passes the medical check and we head off down the main street. Everyone calls out "good job" (good job) as we pass. Same comment as we go through aid stations or meet people on the trail. Huh? I only figured it out

about 8 hours later that "good job" is American for "well done".

Pretty soon we are out of the heat and into the shade of some mountains. What a relief. I am able to take in the scenery - tree covered mountains, deep valleys, clear fast running river - Greg concentrates on the trail a few metres ahead. As the sun starts to set Greg asks "Have you got a torch?". Uh-oh, we had planned to make it to Green Gate about an hour earlier than this. Victor would be there with supplies - including torches.

Darkness closes in as we reach Rucky Chucky River Crossing. Normally runners are expected to wade across the river. But this year the river is running fast and deep due to the extra ice-melt this year. We are taken across the river on a rubber raft. On the other side we can only just make out the trail. The trail had been marked yesterday with yellow ribbons and we were told at the race briefing that if you can't see a ribbon from where you are (anywhere) then you are probably lost! OK, so where are the ribbons? This section is not well marked, and the glow-sticks used to mark the trail at night have gone out. Somehow we manage to trip and stumble our way up the right trail to the checkpoint at Green Gate.

Victor has been waiting for a couple of hours. What a relief to get those torches. We stuff some food in our mouths, refill water bottles and take off into the darkness. After an hour or so I begin thinking, "what are we doing here?". Here we are, half a planet from home in the middle of nowhere, no idea where we are or where we are going. It's dark, we're hungry, thirsty, very tired, and we run along these thin trails which on closer inspection have sheer drops down deep canyons to icy water. Can't stop now! Where would we go?

Torch lights from other runners dance along mountainsides ahead and behind like science-fiction monsters patrolling the wilderness. We try desperately to stay ahead of the pursuing monsters.

Surreal becomes bizarre as we enter an aid station which has a neon sign, flashing lights and loud music. A fancy dress party greets us and offers food and drink.

The race turns into a procession of aid stations interspersed with fatigue and darkness. We leave each aid station

with only the thought of reaching the next one. Volunteers call out our progress - "You've got 6.7 miles to go", "5.7 miles", "3.4 more". Will it never end? At the top of the final long climb we reach the last aid station. Just 1.2 miles to the finish. Onto a sealed road and down a hill to the finish at Placer High School. We pass a runner at the entrance to the school. We had been swapping position with him all night. He just smiles a crazy smile and waves us on. He only cares about the finish.

Greg pours it on for the final 300 metres around the cinder track to the finish line - placing 19th overall. Doesn't look like he just ran for 22 hours 46 minutes. With that done, its time to assess the damage. Massage tables and medical attention are in abundant supply. Greg needs it all. He's a mess! He can't move, eat, or drink. Speaking is difficult. After watching the sun rise over the recovery area we drive the car on the track and put Greg into the car. He is so stiff it's like trying to put a surfboard in the front seat.

We haven't seen Ian since the start yesterday morning. We thought he was going to be in big trouble because of his cold and we continually check the results board to see if he has pulled out. But no, he arrives in 29:54 - good enough for a bronze buckle.

Approximately 360 runners started at Squaw Valley yesterday morning. The winner finished in 18:34:58. Thirty-six runners finished in under 24 hours. Over 175 runners did not finish. The conditions for this years race will more than likely be recorded as the toughest ever.

Greg and Ian receive their respective buckles at the award ceremony, then we drive off down the highway to Sacramento. A hotel, a shower, a bed, any bed will do. Sleep at last...

Monday morning, back to the real world. Victor and I must drive to San Francisco for a business meeting this afternoon. I wish I had the day off. We leave Greg rocking from side to side on his wooden-like legs as he hobbles back to his hotel room. He was smiling - crazy!

□

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
50 MILE TRACK RACE
 (INCORPORATING AUSTRALIAN CHAMPIONSHIP EVENT)
 SATURDAY 29 JULY 1995
 BILL SEWART ATHLETIC TRACK (400m)
 BURWOOD HIGHWAY, EAST BURWOOD, VICTORIA

Race Organiser: Geoff Hook
 42 Swayfield Road
 Mount Waverley 3149

RACE REPORT

10 WORLD AGE RECORDS!!! - WOW!!! - WHAT A DAY!!!

Randall Hughes and Shirley Young shared 10 world age records between them. In their respective age groups, M70 for Randall and W65 for Shirley, they broke the 30 miles, 50km, 40 miles, 6 hours and 50 miles records. They both took so much time off the existing world records that you need to see the results to believe it.

World Age Records as at 27/10/94

AURA 50 MILES 29/7/95

Men 70-74 years

30 miles	Ken Matchett (Aus)	4:38:00	Randall Hughes - 71,	4:05:57
50 km	Ken Matchett (Aus)	4:49:15		4:16:50
40 miles	Ernie Warwick (GBR)	6:48:06		5:51:56
50 miles	Ernie Warwick (GBR)	8:51:03		7:43:28
6 hours	?	?		65.575km

Women 65-69 years

30 miles	Francoise Lamothe (FRA)	5:30:50	Shirley Young - 65,	4:27:49
50km	Francoise Lamothe (FRA)	5:43:25		4:38:22
40 miles	Francoise Lamothe (FRA)	7:30:13		6:11:35
50 miles	Helen Klein (USA)	9:39:32p		7:55:08
6 hours	?	?		62.605km

What truly great competitors they are and they are running times that are the envy of us mere mortals who are 15 to 20 years younger. Congratulations to both of you - well done!!



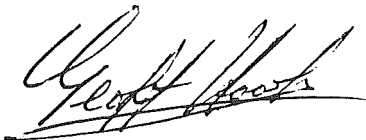
A weary champion, Randall Hughes after his record-breaking run in the AURA 50 Mile Track Race, supported by Race Director Geoff Hook and Kevin Cassidy.

Congratulations also to Bryan Smith Australian 50 miles champion for a fine win off only 2 weeks of training after a long layoff. It just goes to show that elite runners don't have to do much for a good result - just natural talent and ability seem to be the main ingredient. Bryan's mate George Cormack came through for the quinella - well done George! Bill Beauchamp ran a good time for 3rd place even though his time was a fair bit slower than his best - well done also Billy!

I would like to thank all the competitors for supporting the race, especially Kevin Mansell and Lynette Farrow who came all the way from South Australia and Jeff Visser from Geelong. I really appreciate your efforts in travelling so far. I am very glad all the other competitors participated in the race to make it a good event for Randall and Shirley to break the world age records.

I reserve a very big vote of thanks to the group of helpers, whose assistance was invaluable for the conduct of a good event. Thank you very much to Sandy Kerr, Les Clark, Brian Flynn, John Harper, Kevin Cassidy, Graeme Robertson, Peter Armistead, Ross Shilston and all the others who pitched-in to help from time-to-time. I really appreciated your help.

This event has been the forum for so many records over the past few years that it is essential to keep it going. Its future is dodgy with low numbers of competitors so if all of you can come back next year and I twist a few more arms (or legs) we should be able to ensure the survival of this great event.



Geoff Hook, Race Organiser

Dear Geoff,

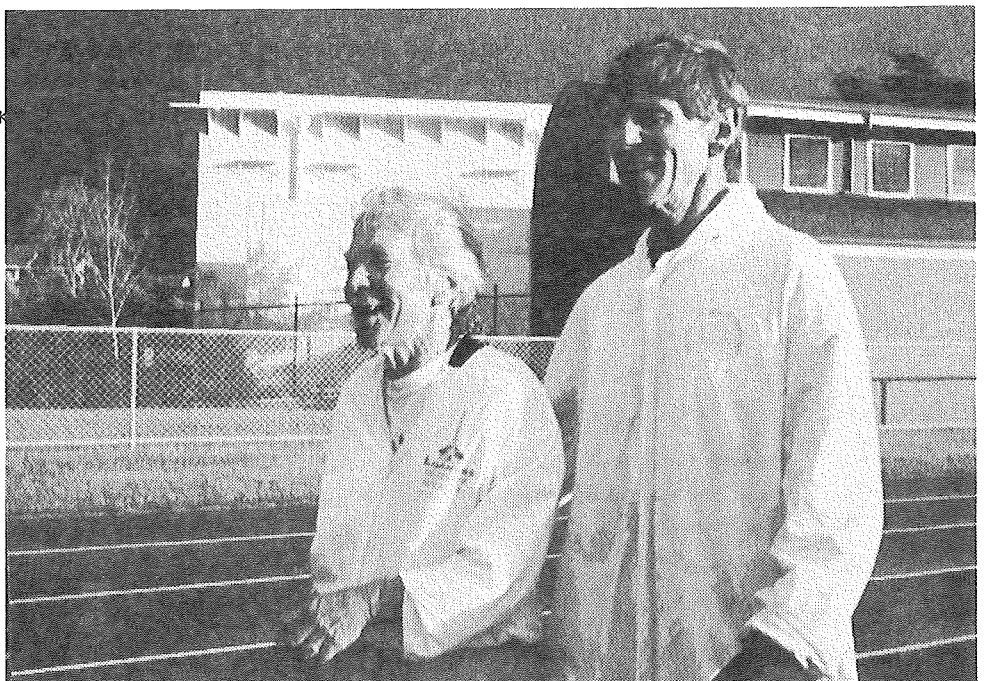
Thanks for all the organising you put into the 50 Mile Track Race at East Burwood, with 12 runners and 12 World Age Records broken by Shirley Young and Randle Hughes, it was great to be there to cheer them on. We'd like to say a special thank you to all the lap-scorers, Sandy Kerr for great coffee and sandwiches and yourself for all your help. It was terrific to see all the runners again - Kevin Mansell and his wife Gwenda and Tony Rafferty and Coral and son calling in to cheer runners on also.

Thanks for having us at your race,

Janet & Bryan Smith.

Shirley Young & Randall Hughes, who between them smashed 10 world age records in the AURA 50 Mile Track Race on Sat. 29th July, 1995.

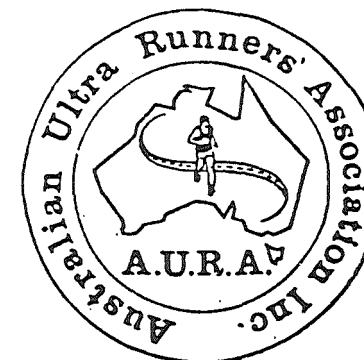
50.



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

50 MILES TRACK RACE

SATURDAY, 29TH JULY, 1995
BILL SEWART ATHLETIC TRACK, BURWOOD HIGHWAY,
BURWOOD, VICTORIA.



				Marathon	30 Miles	50km	40 miles	50 miles
1.	Bryan Smith	52	Vic.	3:15:38	3:43:48	3:51:50	4:59:35	6:19:57
2.	George Cormack	44	Vic.	3:28:58	4:00:34	4:09:02	5:29:00	7:04:09
3.	Bill Beauchamp	48	Vic.	3:42:04	4:15:59	4:25:58	5:50:50	7:32:12
4.	Randall Hughes	71	Vic.	3:30:33	4:05:57*	4:16:50*	5:51:56*	7:43:28*
5.	Shirley Young	65	Vic.	3:51:25	4:27:49*	4:38:22*	6:11:35*	7:55:08*

Randall Hughes also achieved 65.575* in 6 hours

Shirley Young also achieved 62.605* in 6 hours

* Pending World Age Record

				Marathon	30 Miles	50km	40 miles	50 miles
dnf	Kevin Mansell	44	S.A.	4:46:30	5:34:23	5:48:06	7:56:47	162 laps = 64.8km in 8:00:30
	Jeff Visser	32	Vic.	3:24:16	4:05:00	4:14:24		143 laps = 57.2km in 5:00:12
	Lynette Farrow	33	S.A.	7:10:57				118 laps = 47.2km in 8:01:14
	Safet Badic	35	Vic.	2:58:26				113 laps = 45.2km in 3:14:20
	Michael Grayling	39	Vic.					92 laps = 36.8km in 3:05:36
	George Christodoulou	55	Vic.					80 laps = 32km in 4:34:30

AGE SHALL NOT WEARY THEM

BY
TONY RAFFERTY

Cold blustery winds buffeted 11 ultrarunners competing in the Australian 50 mile Championship Track Race at the Bill Sewart Athletics Track, East Burwood, on 29 July. Black ominous clouds drifted above an earth satellite station about 100 metres away.

In his first race for many months, 1991 Sydney to Melbourne winner, Bryan Smith ran like clockwork in what he said was a fitness run. "It was a last minute decision," he said. "I've only had two weeks training; 80k the first and 100 the second."

For a moment in the waning light the satellite dish resembled a giant searchlight when it reflected a narrow ray of sun, lighting up the runners, against a dark track. Some athletes rugged up with gloves and track pants, others challenged the elements with t-shirts and shorts, exposing a flush of pink on legs and arms.

Race director, Geoff Hook, ever meticulous, swept puddles from the trackside, greeted visitors, supervised lap counters...and anticipated a number of age group records.

With no runner offering a serious challenge, Bryan Smith, running loose, crossed the finish line to win the race in 6h 19m 57s. "I just breezed along," he said. "It's the best I've felt for a long time." George Cormack placed second in 7h 4m 9s and Bill Beaucamp took third prize in 7h 32m 12s.

Hook's vision came true. The long legs and loping stride of Randall Hughes (71), gained him fourth place and a world 50 mile age group record (70-74), in 7h 43m 28s. Slowed earlier by a stomach upset and hidden fears of stopping, with a sense of mission and focus to achieve his goals he regained a positive frame of

mind. When he covered the marathon distance in 3h 30m, helper Kevin Cassidy, urged him to slow his pace. This advice paid dividends: Hughes broke world age group records for 30 miles when he passed the mark in 4h 5m 57s; 50 kilometres in 4h 16m 50s and 40 miles in 5h 51m 56s. At the finish of the race, pale and gaunt, he walked half a lap with a broad smile, happy to chat about his venture.

Shirley Young came into the event "undertrained", and with a similar endeavor as Randall Hughes broke world age group records (65-69) with 30 miles in 4h 27m 49s; 50 kilometres in 4h 38m 22s and 40 miles in 6h 11m 35s. With an occasional wince in tune to the rhythm of her footsteps on a sloppy surface Young stepped across the finish line to record a new world 50 mile record - 7h 55m 8s. "Yes, I expected to break it," she said walking stiffly to the dressing room. "The cold wind didn't bother me too much."

Monica Seles's return to tennis; the Australian Women's Netball Team's world championship win and the AFL's final eight, featured in Monday morning's papers, but no mention of eight world records in the 50 mile Australian Championship Track Race on a bleak winter's day in Melbourne.

TONY RAFFERTY - August 1995



THE TAMBORINE TREK - 6 AUG 1995 - RESULTS

PLACING	NAME	AGE	ID	FROM	START	TURN	OUT	FINISH	BACK	TOTAL
1	MARSHALL, Kelvin	31	26	Sydney, N	07:30:00	10:09:20	02:39:20	01:06:54	02:57:34	05:36:54
2	PARSONS, Gary	45	27	Caboolture, Q	07:35:00	10:31:27	02:56:27	01:33:08	03:01:41	05:58:08
3	BAZELEY, Gavin	32	22	Brassall, Q	07:00:00	10:18:13	03:18:13	01:15:33	02:57:20	06:15:33
4	McKENZIE, Peter	45	23	Brisbane, Q	07:00:00	10:17:41	03:17:41	01:27:54	03:10:13	06:27:54
5	ROACH, Steven	29	25	Gold Coast, Q	07:30:00	10:18:57	02:48:57	02:00:16	03:41:19	06:30:16
6	GIBSON, Peter	40	24	Gold Coast, Q	07:10:00	10:33:49	03:23:49	01:51:07	03:17:18	06:41:07
7	1F McDougall, Christine	F	34	9 Gold Coast, Q	06:00:00	09:19:21	03:19:21	12:43:14	03:23:53	06:43:14
8	REED, Ian	48	14	Brisbane, Q	06:00:00	09:19:21	03:19:21	12:43:15	03:23:54	06:43:15
9	WILLIAMS, Geoff	44	21	Brisbane, Q	07:10:00	10:36:02	03:26:02	01:53:40	03:17:38	06:43:40
10	EVANS, Brian	52	30	Hervey Bay, Q	06:00:00	09:43:50	03:43:50	01:00:57	03:17:07	07:00:57
11	2F CATON, Cathy	F	32	17 Nanango, Q	06:35:00	09:57:13	03:22:13	01:42:35	03:45:22	07:07:35
=12	COURTNEY, Jeff	46	8	Gold Coast, Q	06:00:00	09:24:55	03:24:55	01:09:37	03:44:42	07:09:37
=12	3F PRYER, Susan	F	38	11 Gold Coast, Q	06:00:00	09:23:16	03:23:16	01:09:37	03:46:21	07:09:37
14	HENDERSON, John	39	29	Moree, N	06:00:00	09:27:55	03:27:55	01:11:01	03:43:06	07:11:01
15	TRELOAR, Roy	39	18	Gold Coast, Q	06:30:00	09:44:33	03:14:33	01:49:12	04:04:39	07:19:12
16	SIVYER, Graham	45	6	Gold Coast, Q	05:00:00	09:02:04	04:02:04	12:28:02	03:25:58	07:28:02
17	BURNS, Bob	52	16	Brisbane, Q	06:00:00	09:56:50	03:56:50	01:29:55	03:33:05	07:29:55
18	FOWLER, John	55	4	Gold Coast, Q	04:30:00	07:59:35	03:29:35	12:00:00	04:00:25	07:30:00
19	BOYLE, Ben	43	13	Gold Coast, Q	06:00:00	09:23:16	03:23:16	01:45:21	04:22:05	07:45:21
20	4F PIRIE, Wendy	F	33	12 Gold Coast, Q	06:00:00	09:33:57	03:33:57	01:53:19	04:19:22	07:53:19
21	HAIN, Geoff	48	10	Lennox Head, N	06:00:00	09:50:50	03:50:50	02:02:06	04:11:16	08:02:06
22	CARRIGAN, John	43	28	Moree, N	06:00:00	09:58:48	03:58:48	02:02:26	04:03:38	08:02:26
23	ROSS, Bill	40	15	Gold Coast, Q	06:00:00	09:58:48	03:58:48	02:02:51	04:04:03	08:02:51
24	PEART, Tony	46	5	Gold Coast, Q	05:00:00	09:19:38	04:19:38	01:57:59	04:38:21	08:57:59
25	5F SMITH, Shelley	F	37	3 Brisbane, Q	04:00:00	08:35:02	04:35:02	02:10:55	05:35:53	10:10:55
26	6F BISHOP, Lorrie	F	55	2 Gold Coast, Q	04:00:00	08:40:33	04:40:33	02:14:53	05:34:20	10:14:53
27	BISHOP, Harry	56	1	Gold Coast, Q	03:00:00	09:08:04	06:08:04	03:31:08	06:23:04	12:31:08
DNF	GRANT, Dell	F	41	19 Nanango, Q	06:45:00	10:21:00	03:36:00	DNF		DNF

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NANANGO 5 DAY STAGED RACE, QUEENSLAND SEPT 4 - 8TH, 1995

report by Gary Parsons

Geoff Williams is his name and he just ran the best race I've seen from him. I know, I chased him all the way. The event was the Nanango 5 day stage race. The course record held by Greg Barton 28hr 2min, 2nd best time Maurice Taylor 31hr 3min, not bad times for 330km with some hills in there too.

Well, Geoff's time was 30hr 4min. That's not bad for a chap that is known to go out very fast in 24hr/12hr events and have to drag himself home in the 2nd half of a race. Not this time.

Geoff paced himself well and 5.5 - 7 hrs a day suited him down to the ground. He has an easy flowing style and ran relaxed. He made a 30min break the first day, then added a few minutes each day after that till the last day, where we started at the top of the Bunya Mountains at the same time. We surged all the way, Geoff would be off then I would have a go, but with sight of the finish line we were still side by side so we held hands and ran over together. We ran just over 5min 20/km pace for the last 63.1km section.

So in future watch out for Geoff Williams, the best is yet to come I believe.

I was pleased coming in with a time of 30hr 50min. I dropped 2hr 35min off my best time. Also Graeme Watts took over 4hrs off his previous best time and finished third in just over 32hrs. He looks in great shape for the Colac 6 day and the 1000miles in Nanango in March. Lyn Gordon looked like taking the ladies record at the end of the 3rd day, but it's her first multi day event and she slipped over the last two days with a gutsy effort to finish. All the runners put in great efforts, some undertrained, others improved as the race progressed and some fun times with Ron and Dell, Reg and Tom and the crews and to catch up with mates at each days end.

What a great week.

Thanks, see you all at Rainbow Beach.

Gary Parsons.



Right: Gary Parsons, overall 2nd place in the Nanango - South Burnett Pioneer Footrace September 4 - 8, 1995



Above: Kelvin Marshall, winner of the Tamborine Trek on 6th August, 1995
Results on previous page.

Strathpine firefighter Geoff Williams, 44, led from start to finish to win the 1995 South Burnett Pioneer Five-Day Footrace which finished in Nanango on Friday.

Race spokesman Dell Grant said Williams ran a phenomenal race to win his first ever South Burnett five-day.

"Geoff ran very well for all five days of the event and was a deserved winner," she said.

"Everything went right for him — he may never run that well again."

Grant said Williams' time was two hours behind race record holder Greg Barton's — but Barton is half his age.

"It really was a fabulous effort and a fitting result to such an exciting event."

Caboolture runner Gary Parsons finished second, 46 minutes behind Williams.

Nanango's Graeme Watts finished third, 30 minutes behind Parsons.

"It was the closest and most exciting event in the race's history," Grant said.

"In fact, Ron belirves it was the most exciting ultra run ever in Queensland's history."

The field of nine for the 330km event experienced all possible weather changes.

"The first day was hot and dry, the second was raining, the third was cold with strong winds, and the night at the Bunya Mountains really opened a few eyes.

"It was that cold the white frost covered the ground as the runners started the day."

This year's King of the Bunyas was Nanango runner Graeme Watts.

He received mayor Reg McCallum's trophy for winning the 15km stage.

"Graeme worked really hard for this title, so hard he struggled on the last day because he was still exhausted from the run up the Bunyas.

Talk of sponsorship to attract higher profile athletes to the event has been shunned by Dell Grant.

"I think bringing money into the event may spoil the camaraderie and friendliness between the runners," she said.

Strathpine's Geoff Williams wins South Burnett five-day in most exciting race on record

"This year's event was so friendly — Gary Parsons and Geoff Williams joined hands for the final two kilometres of the race and finished together."

Grant said all crews helped every competitor in the event and at the end of each day the runners would help each other to erect their tents.

"That's the sort of spirit the event evokes and I just think with sponsorship, that may be taken away."

Currently the athletes pay their own way to attend and contest the five-day event.

"The costs aren't all that high because we camp each night and do it as cheaply as we can."

"Besides, they wouldn't be doing it if they didn't love it and money doesn't really come into the bargain."

South Burnett Times

, Tuesday, 12 September, 1995

Williams one day from ultra-victory

Strathpine fireman Geoff Williams is the leader of the South Burnett Pioneer Five-Day Footrace moving into today's final leg.

Williams relished his maiden encounter with the Bunya Mountains yesterday to hold a narrow lead over Gary Parsons and Nanango's Graeme Watts.

Race organiser Ron Grant said Williams was making every post a winner and running a very sensible race.

"It may be his first South Burnett five-day but he is doing nothing foolish and is remaining very calm," Grant said.

"He ran the Bunyas sensibly yesterday and is really looking the goods to take out the event."

The father of five has a reputation as being a fast starter but has set and maintained the pace since the event began on Monday.

"I think this is the most exciting event in its four-year history," Grant said.

"It is definitely the closest, with the first four runners all in touch of each other.

"Gary Parsons won the first race back in 1992 but he looks like beating the time he ran back then this year. And he still looks like he'll be beaten."

South Burnett Times, Friday, 8 September, 1995



Always competitive... Second placed Gary Parsons, left, and South Burnett Pioneer Five-Day Footrace leader Geoff Williams, share a friendly arm wrestle before tackling the Bunya Mountains yesterday.

NANANGO - SOUTH BURNETT

Pioneer Footrace

THE GREATEST RACE OF THEM ALL

Ron and Dell Grant
96 Brisbane Street
NANANGO Q 4615

071 63 1645

Geoff Williams of Queensland took everybody totally by surprise and became the winner of the fourth annual Nanango - South Burnett Pioneer Footrace clocking a time of 30 hours and four minutes for the 330 kilometre trip. This puts Geoff in second spot on the all time ranking list just 2 hours behind Greg Barton, last year's winner and Geoff is nearly twice Greg's age. Geoff was not even given an outside chance at the pre race dinner, based on his previous form in track events where after a few hours boredom and pain set in and he is to be found in the arms of his loving wife Betty getting lots of sympathy and cups of tea. Geoff has always had great initial speed but only average final results.

Not only did Geoff turn into a star performer but hot on his heels for the entire race was Gary Parsons, World 1000 Mile Track record holder and local Graeme Watts. Graeme has tremendous physical ability and strength and now combined with his new competitive attitude will be a person to watch in all future events. Gary came in second overall in 30 hours 50 minutes, just ahead of Maurice Taylors time from 1993 and Graeme Watts third in 32 hours 20 minutes. Gary improved on his previous best time by 2½ hours and Graeme by 4½ hours. If Tony Farnham from NSW had not suffered from the first day heat so badly he could have easily improved on his 34 hours 30 min final time.

In my opinion this was the most competitive race I have ever seen in Queensland in ultra running.

Things didn't look too good for Geoff at race start on Monday 4th Sept. As Reg McCallum, Mayor of Nanango cracked the whip to start them off on the first day of 75 k at 8am, Geoff was just driving down the road after having trouble starting his vehicle. He jumped out in the middle of the cross roads and raced to catch up.. Peter Gray took the lead but soon felt the heat of the day and fell back. Gavin Bazeley started very cautiously and worked his way up through the field. Robert Channells started with a calf injury but with nursing it carefully finished the entire event. Norma Gray had arrived by bus the night before and trusting that Peter had taken care of everything set out as crew, only to discover out in the bush that she had no water, very little petrol or food. After going to a farm house and having the car nearly devoured by five cattle dogs, I got petrol to syphon into her car. Water was replenished by Reg McCallum who had drums onboard for such emergencies. Geoff won day 1 by 30 minutes with Gary struggling with hip trouble. Graeme came in four minutes behind Gary, with only lady entrant Lyn Gordon hot on his heels. Gary drove back to Nanango to see a chiropractor with no hip trouble from then on. Tony suffered badly from the hot day as did Peter Gray and Gavin Bazeley. Ian Cornelius just suffered from severe lack of training.

Each day runners nominate a handicap time, with the exception of day 1 they commence running each day according to their nominated time aiming to finish at 4pm. Slower runners start earliest, fastest runners last.

Channel 7 TV crew arrived at camp early on day 2, with Geoff, Gary and Graeme featuring that night on the sports news. This built Geoff's enthusiasm even more and he was honestly and openly excited - never having won anything in his life, or ever being interviewed by any media. After Monday's heat, day 2 dawned to cloud and spitting rain becoming cooler as the day went on. Ideal conditions for southern runners with Tony and Peter improving markedly. Runners left Kinbombie Falls camp ground at their nominated times to cover 65.8 k to Wondai. The battle raged all day between Geoff and Gary with Graeme in tough all the way too. Geoff edged out Gary by 6 min. with Graeme 28 min further back. Robert complained all day - not about his calf trouble, but about the cold and exhaustion from lack of training. Ian struggled all day, and was unfortunate enough to be the only runner still on the road when a tremendous storm hit. He arrived at the finish freezing cold and miserable, but soon cheered up after a hot shower. Tony showed great improvement today coming in 4th. Lyn had won the handicap shirt the first day, but Peter took that award on day 2. All enjoyed the tremendous hospitality of the Wondai Diggers Club that night with terrific meal, use of the big hall to sleep in and kitchen facilities next morning.

Day 3 - Wondai to Kingaroy 65.9 k dawned bitterly cold with an antarctic blast. A crew person who will remain nameless was christened 'Chainsaw Massacre' by Gary after our communal sleeping experience the night before. Runners huddled in the hall until the last minute of departure. Robert was intimidated into making another start, which was fortunate as he improved greatly on day 3. Ian succumbed to exhaustion and withdrew after 20 k. Aches and pains and blisters were the main topic of conversation, except for Tony's crew Robin and Allen. Robin had a tick on his backside the day before which I pulled off him, and Allen had to make a dash back to Wondai hospital on day 3 after being bitten by a scorpion. After three injections and a cup of tea he was released to join the race again. The battle raged all day between the three Gs again with once again Geoff first and a surprised Graeme Watts only 37 seconds behind him with Gary 3rd. Tony got into the act as well only about 45 min. back.

The race on Day 4 from Kingaroy to the top of the Bunya Mountains although being the shortest distance of only 57.4k includes 15.6k King of the Bunyas leg climbing to 3,300 ft. Reg McCallum who accompanies us all the way awards the patron's trophy for this leg. Overall times were again fast and close with Geoff, then Gary then Graeme all within 10 min, but the upset occurred in the King of the Bunyas with Graeme taking it out by 3 min from Gary then Geoff. Graeme's winning time was 1 hr 31m 27 sec. Tony again 4th overall gets better and better each day while Peter is obviously not as fit as last year. Lyn Gordon is now struggling, even after a trip to the chiropractor the night before she is feeling a lot looser, but wear and tear is taking its toll. Robert is cautious but improving, but Gavin has shin soreness and walked a lot. Camp out and BBQ at the end of the day with a tremendous atmosphere of friendship developing between all crew and runners. Plenty of jokes and laughter all through the camp and all assisting each other with tents etc. Thank goodness Tom Perrett is good at lighting fires, and towing vehicles!! Predictions of a cold night came true with Day 5 welcomed in with heavy frost. Gavin left at 4.30am allowing 10 hours for the final run down to Nanango of 63.1k. He pogo hopped most of the way. Graeme soon realised he was jaded from his huge effort the day before and had to settle for 5th placing on day 5, but Geoff and Gary were at it again. After setting off together they surged on each other all day - one taking the lead then the other, finally realising what a futile exercise it was 2 k from the finish line and came across together holding hands high. Lyn suffered all day and struggled in at a walk after the public finish in the centre of town, but made it to the presentations in the RSL. The event was rounded off with afternoon tea and presentations, then take-away tea at our place. No new course records were set this year, but it was by far the most tightly contested and exciting race, for both runners and crews. It will be on again next year with the pre race dinner on fathers day evening.

Ron Grant
57.

NANANGO - SOUTH BURNETT PIONEER FOOTRACE 1995

RESULTS

DAY 1 75 k undulating then hilly

MEDIA

Name	place	time h m s	handicap time under/over m s	handicap place	Sunday Mail article
Geoff Williams	1	7.11.39	48.21	7	local radio
Gary Parsons	2	7.40.48	40.48	4	
Graeme Watts	3	7.44.55	45.05	5	ABC radio - state wid
Lyn Gordon	4	7.58.55	1.05	1	
Robert Channells	5	8.11.59	11.59	2	Nanango Advisor
Peter Gray	6	8.18.00	48.00	6	
Tony Farnham	7	8.29.30	14.30	3	
Ian Cornelius	8	8.58.30	1.28.30	9	
Gavin Bazeley	9	9.21.11	51.11	8	

DAY 2 65.8 k Hilly then flat to undulating

Name	place	time h m s	handicap time under/over m s	handicap place	
Geoff Williams	1	5.53.46	36.14	5	Channel 7 TV
Gary Parsons	2	5.59.17	45.43	6	South Burnett Times
Graeme Watts	3	6.27.45	12.15	3	photo and article
Tony Farnham	4	7.08.00	22.00	4	local radio
Lyn Gordon	5	7.08.09	8.09	2	
Peter Gray	6	7.23.30	6.30	1	
Robert Channells	7	8.23.33	53.33	8	
Gavin Bazeley	8	8.29.55	49.55	7	
Ian Cornelius	9	9.16.30	1.46.30	9	

DAY 3 65.9k Flat to undulating

Name	place	time h m s	handicap time under/over m s	handicap place	Channel 9 TV
Geoff Williams	1	5.57.40	32.20	6	local radio
Graeme Watts	2	5.58.17	1.43	1	ABC radio Tocwoomba
Gary Parsons	3	6.03.10	3.10	2	
Tony Farnham	4	6.51.01	38.59	7	
Peter Gray	5	7.04.30	4.30	3	
Lyn Gordon	6	7.32.00	17.00	5	
Robert Channells	7	8.36.54	6.54	4	
Gavin Bazeley	8	8.47.56	47.56	8	
Ian Cornelius	DNF				

DAY 4 57.4k Undulating then steep uphill

DAY 4 KING OF THE BUNYAS
15.6 steep uphill

Name	place	time h m s	handicap time under/over m s	handicap place	name	time
Geoff Williams	1	5.21.27	38.33	6	Graeme Watts	1.31.27
Gary Parsons	2	5.27.12	17.48	3	Gary Parsons	1.34.47
Graeme Watts	3	5.31.42	58.18	7	Geoff Williams	1.35.27
Tony Farnham	4	5.49.35	25.25	4	Tony Farnham	1.44.35
Peter Gray	5	6.17.18	27.18	5	Peter Gray	1.52.00
Lyn Gordon	6	6.53.04	13.04	2	Lyn Gordon	2.03.40
Robert Channells	7	7.41.21	11.21	1	Gavin Bazeley	2.16.30
Gavin Bazeley	8	10.06.30	1.36.30	8	Robert Channells	2.21.03

local radio - direct
to air interview

DAY 5 63.1k steep downhill then undulating

MEDIA

Name	place	time	handicap time	handicap	South Burnett Times
			under/over	place	phototand article
		h m s	m s		
Geoff Williams	1	5.39.47	10.13	2	local radio
Gary Parsons	1	5.39.47	10.13	2	
Tony Farnham	3	6.12.21	17.39	5	Channels 7 and 9
Peter Gray	4	6.18.00	3.00	1	results by phone
Graeme Watts	5	6.37.58	37.58	7	
Robert Channells	6	7.35.32	19.28	6	Nanango Advisor
Lyn Gordon	7	8.57.30	1.42.30	8	
Gavin Bazeley	8	9.49.06	10.44	4	

DAYS 1 TO 5 Accumulated total

Name	place	time	handicap time	handicap
			under/over	place
		h m s	h m s	
Geoff Williams	1	30.04.19	2.45.41	7
Gary Parsons	2	30.50.14	1.57.42	3
Graeme Watts	3	32.20.27	2.35.19	6
Tony Farnham	4	34.30.27	1.58.33	4
Peter Gray	5	35.21.18	1.29.18	1
Lyn Gordon	6	38.29.38	2.21.51	5
Robert Channells	7	39.29.19	1.43.15	2
Gavin Bazeley	8	46.34.38	4.16.16	8

NANANGO - SOUTH BURNETT PIONEER FOOTRACE

330 K RANKING LIST TO DATE

Place	Name	State	Year	Age	Time
					hr min
1	Greg Barton	Qld	1994	26	28 02
2	Geoff Williams	Qld	1995	44	30 04
3	Gary Parsons	Qld	1995	45	30 50
4	Maurice Taylor	NSW	93	45	31 03
5	Graeme Watts	Qld	95	42	32 20
6	Tony Farnham	NSW	95	49	34 30
7	Peter Gray	Vic	94	29	35 06
8 F1	Dell Grant	Qld	94	40	35 42
9	Robert Channells	NSW	94	52	35 46
10 F2	Georgina McConnell	NSW	92	49	36 55
11	Ian Cornelius	Qld	94	53	38 21
12 F3	Lyn Gordon	Qld	95	40	38 30
13	Dave Holleran	Qld	92	36	38 32
14	John Timms	NSW	94	52	38 37
15	John Carrigan	NSW	94	42	40 00
16	Ron Grant	Qld	92	49	40 17
17 F4	Cathy Caton	Qld	94	31	40 45
18 F5	Jan Collins	Qld	94	55	41 44
19 F6	Angela Clarke	Qld	94	54	43 42
20	Cliff Young	Vic	92	70	44 11
21 F7	Lucille Gladwell	NSW	93	45	46 05
22 F8	Wanda Foley	Qld	92	46	46 26
23	Gavin Bazeley	Qld	95	32	46 35
24 F9	Val Warren	NSW	93	59	48 42
25	Ray Chatterton	Qld	92	43	57 23

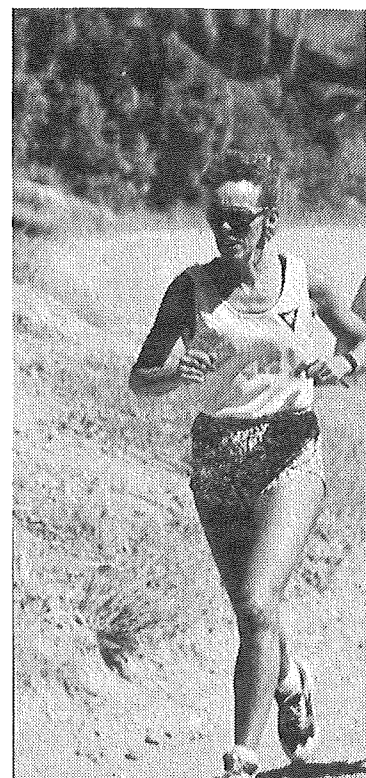
6.00 am 7 deg C. Light southerly breeze all day. Clear sky.

9.30 am 18 deg C.

2.00 pm 21 deg C.

50 KM 100 KM

TREVOR JACOBS. ACT	3.18.11	7.15.35
MARK STEINBERG. NSW	3.34.09	
ALAN BAKAUSKAS. VIC	3.42.54	
BRYAN SMITH. VIC	3.45.13	7.58.38
PETER GOON PAN. NSW	3.46.18	8.10.59
KELVIN MARSHALL NSW	3.47.35	completed 88km.
PETER SINFIELD. ACT	3.54.57	
IAN COLQUHOUN. ACT	3.54.57	
BRONWYN HANNS. VIC	3.57.52	
BRIAN OFARRELL. VIC	4.05.23	
HELEN STANGER. NSW	4.07.37	9.04.47
KEITH ALEXANDER. VIC	4.11.53	10.12.15
KEVIN CASSIDY. VIC	4.16.16	10.49.15
BRIAN GAWNE. VIC	4.10.27	10.56.36
GARRIE SCOTT. VIC	4.20.36	completed 66km.
ALLAN CONNOLLY. VIC	4.29.40	
DAVE RABLE. VIC	4.40.40	completed 62km.
PETER GREY. VIC	4.17.15	11.00.20
SHIRLEY YOUNG. VIC	4.59.30	11.26.18
JIM CLARKE. VIC	5.02.06	
TREVOR MCMANUS. VIC	5.19.20	
DEBBIE KIRNE. VIC	5.22.16	
LEE WAYMAN. VIC	6.04.04	
LYN GAWNE. VIC	6.35.00	14.25.23
SHONDRA HILL. VIC	6.42.57	
KEVIN BROWNE. VIC	6.42.57	
COLIN GOWAN. NSW	completed 30km	
WAYNE HOOKER. VIC	completed 42.2km	



Helen Stanger, second female in 50km and female winner of the 100km event.

The race started in the grey of dawn 20 minutes before sunrise. Conditions were ideal for running. Cool, crisp and calm. Trevor Jacobs led from start to finish running very strongly to be first at the 50 before turning back to Shepparton.

While the wind remained a light breeze the sun had its effect in the 2nd half making it necessary for runners to take drinks every 2 or 3 ks

There were 10 Shepparton runners participating and all of them produced a personal best including those who had to retire early. It was an eye opener for those new to Ultras.

Our helpers also did a very good job in the first half but like the runners tired a bit on the return journey. The importance of support crews in these long events can not be overstated and they did a fantastic job.

Shirley Young, Peter Goon Pan, Keith Alexander and Lyn Gawne all completed their first 100 while Kelvin Marshall's 88 km was a record for him, along with Garrie Scott 66km and Dave Rable 62km. Bryan Smith in 2nd place and Helen Stanger first lady ran consistently while Peter Goon Pan put in a great effort for 3rd.

In the 50 all Shepparton Runners again recorded their personal best, most of them first timers while Mark Steinberg 2nd, Alan Barkauskas 3rd and Bronwyn Hanns first lady all ran strongly.

We were very pleased with the attendance and will now start working towards next year.

Russell Weavers. (Shepparton Run Committee)

IAU 100km World Challenge under the Patronage of the IAAF

September 16th, 1995

by Geoff Hook, Team Manager

The Australian team in this year's ultradistance championships acquitted itself well, despite the apparent poor standing in the results.

The team's main achievement was to finish when each team member at one stage or another wanted to withdraw from the race.

We only went into the race with the bare minimum of 3 competitors in the team so only 1 withdrawal would have squandered the only chance of a team finish. Congratulations to Tim, Greg and Peter for their gutsy efforts in finishing.

They all suffered from stomach cramps/bad stomachs to varying degrees. Tim stayed with one bunch close to the leaders for the 1st few laps and even when he fell back a little, he was still on about 6:30 pace and in the top 10. His anger with his stomach problems and slow pace were quite evident by the cursing heard by our support crews as he went by. To his credit, Tim hung on through his problems and eventually came good and was able to pick-up his pace somewhat. You can imagine his disappointment at losing over ½ an hour and his race plan in tatters. He continued to push hard right to the end of his race because just after he finished he remarked that "... this race is the hardest thing I have ever done ...". Considering his 6:29 in Tasmania earlier this year, one can sympathize with him.

Peter was only a minute behind Tim after the 1st lap and was also in the top 10. He stayed in close contention for ½ the race and so the expectations of the support crews rose, that we may even be able to achieve a top 5 team placing. Peter had passed Tim in the 6th lap and was looking so comfortable, we expected him to be 1st Aussie home. However, the wheels fell off shortly afterwards. He began to suffer stomach cramps, together with a groin problem which seems to afflict him at around the 60-70km mark. Poor ole Pete slowed to a crawl and took 1hr 50min. for the 7th lap. His desire to pull-the-pin was high but loyalty to the team wouldn't let him do this and he struggled on. He even recovered some form so that interspersed with walking sections he was even able to move at a reasonable running pace. "Never again" he was heard to say after he finished.

Greg started the race much more conservatively than the other two and was on track for a sub seven hour performance. Even though he made an unwise choice of shoes - light racing flats - we thought he would be 1st Aussie home when he passed Peter after having changed his shoes at ½ way. Unfortunately stomach cramps forced him to slow even though he never looked ragged throughout the race. Greg had produced a fine result in the tough Western States 100 mile trail run in June this year. He finished in 19th place with an excellent time of 22:46 despite 22 miles of snow and 105°F heat. So we all thought this tough and talented competitor would come through the world championships with a good result. The real bright spot in Greg's race was that he carried race number 1, which meant he was a winner before he started.

What happened? Why was it so tough for our boys?

It is not easy to pinpoint any one reason. It must be a combination of several reasons. Championship events always produce a rush of adrenalin which can lead to a faster pace than warranted on the day. The weather, although not hot, was warm and humid so a high fluid intake was critical. We of course come out of our winter and don't have enough time to acclimatise. A 2 p.m. start is not ideal, especially on a warm sunny day. The course surface was difficult in spots with several hundred metres of cobblestone - legs always take a pounding when the surface texture changes frequently.

Even though many 'big names' dropped during the race (many other competitors complained of stomach aches and cramps) the performances of the top finishers was outstanding.

Valmir Nunes didn't capture a world's best performance but ran a very controlled race to miss by only a few minutes. Ann Trason did lower her previous world's best performance to just a few seconds over 7 hours. An outstanding run considering the conditions. She will surely be the 1st woman to run under 7 hours over 100km.

Support for our runners was just right. Mary Morgan came across from England (on holidays) with fiancé Mick Francis and fellow W.A. (Race Director) Brian Kennedy. So Mary and Mick supported from the 5km aid station and Brian and Pete's wife Glenda supported from the 10km aid station with me on bike roving between the two aid stations for extra support when required.

We all enjoyed the day - it was a great experience for all concerned. The trip as a whole was excellent with great camaraderie between team members and crew members. Greg injected the common usage of Babes and Dudes, whilst Pete entertained with many unrepeatable jokes that had Glenda scowling many times.

Well thanks dudes for a great experience. I enjoyed it and I'm sure you all did as well. Congratulations fellas on gutsy performances. You did us proud.

MEN

1.	Valmir NUNES, Brazil	6:18:09
2.	Alexey VOLGIN, Russia	6:20:44
3.	Tom JOHNSON, USA	6:30:11
29.	Tim SLOAN, Australia	7:02:57
70.	Greg BARTON, Australia	7:48:23
129.	Peter SPEHR, Australia	8:41:49

24 men under 7 hours

WOMEN

1.	Ann TRASON, USA	7:00:47
2.	Helena JOUBERT, South Africa	7:31:47
3.	Maria BAK, Germany	7:35:48

14 women under 8 hours

TEAMS

1.	Russia	19:43:52
2.	USA	20:35:26
3.	Poland	20:42:55
18.	Australia	23:33:09

22 men's teams

1.	USA	22:28:20
2.	Germany	23:25:05
3.	Russia	23:25:12

10 women's teams

355 individual starters



Left to right:
Glenda Spehr, Peter Spehr,
Geoff Hook, Greg Barton,
Tim Sloan, Brian Kennedy,
- full of confident smiles
before the race.

In response to the postponement of the next Tasmania Run until November 1996, local Ultra runners resolved to apply their winter training to a 200k run starting in Launceston, passing through the rural towns of Ross, Tunbridge, Oatlands, and Kempton, and finishing in Hobart.

Five athletes entered the event. Although a fastest time event, starting times were staggered.

Barry Dike left the start first at 9am on Saturday 16/9 in light rain which soon turned to a downpour. Following several changes of clothes, the rain stopped after two hours and what could have been a very wet event turned dry for the remainder. In effect, Barry was the only runner to endure any rain at all.

Peter Hoskinson started at 12 noon, followed at 1pm by Andrew Lucas. Final starters Andrew Law and Ivan Davis got away at 3pm..

With all runners on the road, the event settled into a rythm through the late afternoon and early evening. Barry Dike continued to maintain a handy break of 25k over Peter Hoskinson who was gradually closing the gap. In turn Andrew Lucas was closing on Peter Hoskinson, running quite quickly and according to plan. Ivan Davis and Andrew Law ran through the 20k mark together, but both were already feeling adverse effects. Andrew was temporarily upset by his drink formula, and Ivan was enduring a recurrence of shin difficulties.

Night time arrived with clear skies, no moon, and bitterly cold temperatures. Andrew Law had gained a few kilometres over Ivan as the field headed for Campbell Town at 62k, had overcome the drink upset, and was running well, albeit slower than his original schedule. Ivan's shin problems intensified, he slowed to walking, and at about 60k decided to withdraw.

At the head of the field, Barry was now maintaining his gap to the other runners, and travelling consistently well. In the early hours of the morning, however, conditions forced Andrew Law to withdraw at about 120k with respiratory difficulties brough about by a virus, and exacerbated by the low temperatures.

Peter Hoskinson ran through 100k in a personal best time, however, tiredness caused him to stop at about 125k. Peter and crew rested for a few hours in an attempt to regain energy before restarting, but awoke to freezing conditions that they decided were not conducive to further participation.

Meanwhile, Barry Dike continued to head the race, but with some 35k to go his running legs gave out and he was reduced to walking. Andrew Lucas continued to make up ground, at one stage getting to around 8k behind Barry.

The latter stages of the run saw the two remaining runners very tired. Barry continued his walking to the finish, raising a welcome gallop for the last fifty metres in front of the cameras. His jubilation in the sunshine at exceeding all his previous distance runs was savoured by his crew and all those present.

Nearly an hour and a half later, Andrew Lucas powered to the finish. He had broken the 24 hour mark comfortably, and exceeded his expectations. As the fastest runner over the course, Andrew was the winner. He and his crew were elated with the well run victory, and the achievement of their efforts.

1st	Andrew Lucas	23 hours 19 minutes 24 seconds
2nd	Barry Dike	25 hours 56 minutes 5 seconds

All entrants in the third Launceston to Hobart 200k displayed dedication and commitment to ultra running. Warmest thanks to all of the support crews who participated emotionally and physically in what was an arduous event. The closeness of the the Ultra Tasmania fraternity came to the fore at the presentation on the Sunday afternoon when, although weary from the event, all attended to share their experiences, and congratulate Andrew Lucas and Barry Dike for their achievements.

Φ TE HOUTAEWA CHALLENGE Φ

JANUARY 12 & 13 1996
"FIRST ANNIVERSARY MEDAL RUN"

IMPORTANT

Please complete form in block letters

SURNAME.....

FIRST NAME.....

ADDRESS.....

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

PHONE.....

OCCUPATION.....

CLUB NAME.....

GENDER Male ☐ Female ☐

AGE ON THE DAY.....

PREVIOUS BEST TIME.....

ESTIMATED ULTRA TIME.....

VETERANS (Men 45 & over & Women 35 & over) are automatically entered into an age group class. An option is reserved for those who wish to run in an Open Section (for an Open Section Trophy)

IS THIS YOUR FIRST MARATHON?

YES ☐ NO ☐

NUMBER OF PREVIOUS MARATHONS COMPLETED.....

ACCOMMODATION BOOKING REQUIRED

YES ☐ NO ☐

NUMBER OF PEOPLE.....

T-SHIRT SIZE

SML ☐ MED ☐ LGE ☐ XL ☐

PAYMENT

Tick race entered

Tick box to Indicate Veterans Class

- ☐ Veteran
- ☐ Half Marathon 50.00*
- ☐ Marathon 60.00*
- ☐ Ultra Marathon 70.00*
(*Includes kit & t-shirt)
- ☐ Relay Team 90.00^
(^Excludes t-shirt)
- ☐ Late entry fee 25.00
(After Dec 1 Late entry fee applies)

TOTAL ENCLOSED \$.....

NOTE: RELAY TEAMS - Please supply own transport vehicle and H2O. Each runner must complete 6km twice.

DECLARATION

(TO BE COMPLETED BY ALL ENTRANTS)

I declare that:

1. In the event of any "Act of God" conditions causing cancellation of the event my total fee is non-refundable.
2. Neither the organiser, sponsors nor other parties associated with the event shall have any responsibility or liability, be that financial or otherwise, for any loss, injury or death associated with my participation or intended participation in the event or any associated activity.
3. I authorise that my name, voice, picture and/or information given in this form may be used for the purposes of advertising or promotion of the event or in any other way relating to the event.
4. I agree to wear the sponsors products supplied for this event.

SIGNED.....

DATED.....

EVENT ORGANISER

TALL TALES TRAVEL & TOURS

PO BOX 403 KAITAIA

PH: 09 408 0870 FAX: 09 408 1100

Saturday, OCTOBER 28TH, 1995

FUN IN THE SUN

at the

RAINBOW BEACH TRAIL RUN

**conducted by
RAINBOW BEACH SURF LIFESAVING CLUB**

In conjunction with

QUEENSLAND ULTRA RUNNERS CLUB INC.

GATEWAY TO THE COOLOOLA NATIONAL PARK

MAJOR SPONSOR



**Rainbow Beach Holiday Village & Caravan Park
P.O. Box 55**

Rainbow Beach Qld. 4581.

Phone or Fax (074) 863222

Registered Owner Lonken Pty Ltd.

ALL EVENTS START & FINISH AT SURF LIFESAVING CLUBHOUSE

- 1. 52 Klm TRAIL RUN (beach/ trail) - start 5.30 am.**
- 2. 30 Klm GUT BUSTER (beach/ trail) - start 5.30 am.**
- 3. 15 Klm FUN RUN (trail) - start 9.00 am.**

Water stops will be frequent intervals. Some stops will also have simple foods such as sweets and softdrinks, cordial and fruit.

ACCOMMODATION CONTACTS: (074)

**RAINBOW BEACH CARAVAN PARK 863222
RAINBOW WATERS HOLIDAY PARK 863200
MIKADO MOTOR INN 863211
GAZEBO GARDENS RESORT MOTEL 863255
RAINBOW BEACH HOTEL MOTEL 863125
RAINBOW SANDS 863400
RAINBOW SHORES 863233**

ENQUIRIES & ENTRIES TO :

**DENNIS PARTON (074) 863547 Fax (074)863335 (Work)
c/o Rainbow Beach P.O. 4581. QLD.**

Enquiries may also be made to:

**RON GRANT Nanango (071)631645
GARY PARSONS Caboolture (074) 957208**

TROPHIES AND RANDOM DRAWS

Presentations at 3pm In Surf Lifesaving Clubhouse

**Food and drinks available at the clubhouse from
10 am. till 5pm. for runners and supporters.**

ENTRY FORM

(Entries on the day, but must be at least 30 mins, prior to start).

Entries may be lodged at SURF LIFESAVING CLUBHOUSE

Friday OCTOBER 27TH 5.30 - 8.30 PM.

NAME: _____

ADDRESS: _____

PHONE: _____ MALE ☐ FEMALE ☐

DATE OF BIRTH: _____

CATEGORY: 52 KLM. - \$20 ☐ } 5³⁰ am
30 KLM - \$20. ☐
15 KLM - \$20 ☐ 9⁰⁰ am.

\$5.00 Discount to Qld. Ultra Runners, Q.M.R.R.C. & R.B.S.L.S.C. members.

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

SIGNATURE: _____ DATE: _____

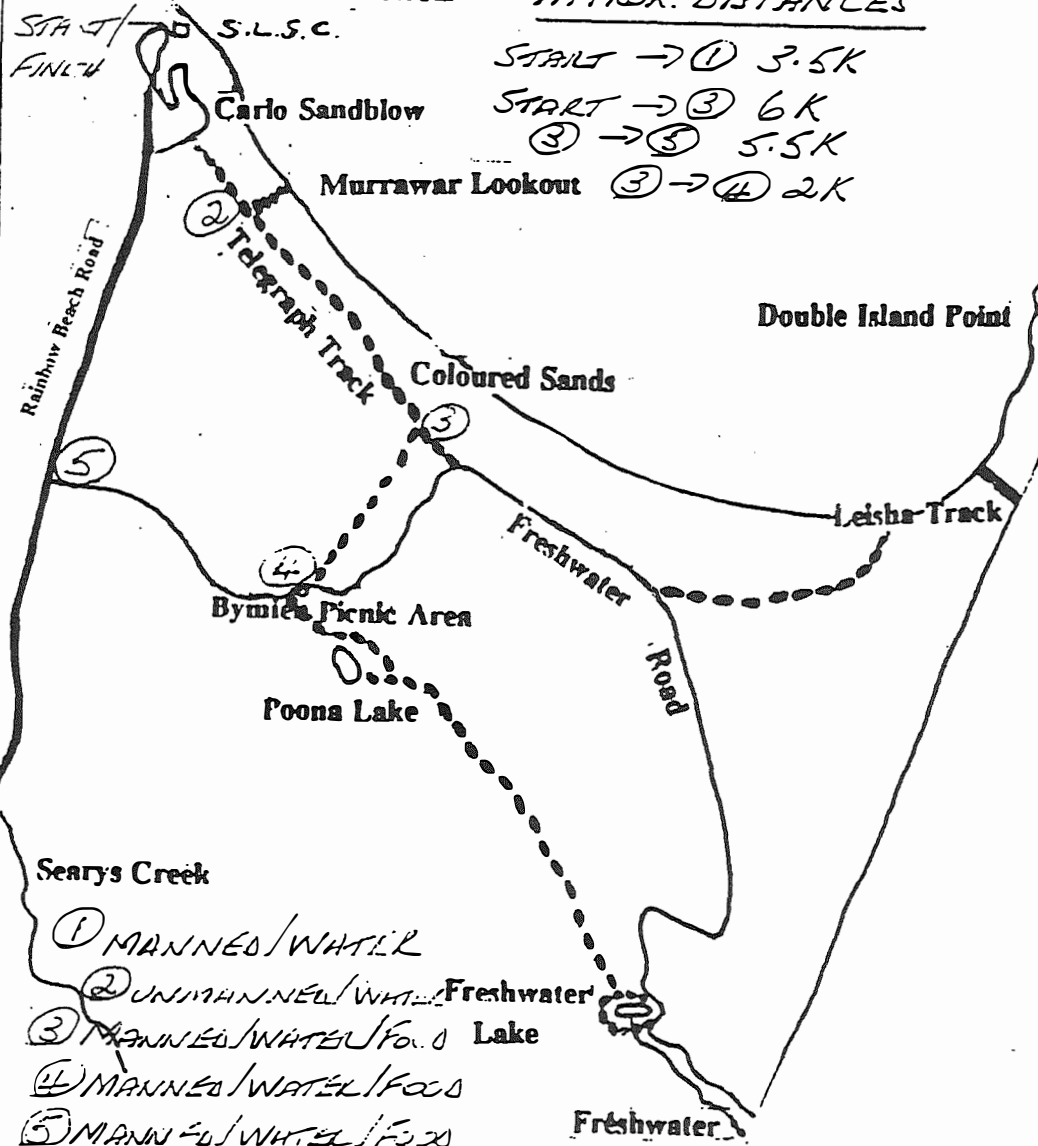
Parent if under 18

Cheques payable to Rainbow Beach Surf Lifesaving Club

52K START → ① → ② → ③ → ④ → ⑤ → ④ → ③ → ② →
 → START → ② → ③ → ④ → ⑤ → ④ → ③ → ② →
 FINISH
 30K START → ① → ② → ③ → ④ → ⑤ → ④ → ③ → ② →
 FINISH
 15K START → ② → ③ → ④ → ③ → ② → FINISH

Rainbow Beach APPROX. DISTANCES

START → ① 3.5K
 START → ③ 6K
 ③ → ⑤ 5.5K
 ③ → ④ 2K



① MANNED/WATER
 ② UNMANNED/WATER
 ③ MANNED/WATER/FOOD
 ④ MANNED/WATER/FOOD
 ⑤ MANNED/WATER/FOOD

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 27 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="checkbox"/>	
SURNAME		FIRST NAME		INITIALS		SEX M or F	
<input type="text"/>						<input type="text"/>	
ADDRESS: number and street						DATE OF BIRTH	
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>	
suburb or town		POSTCODE		TELEPHONE HOME		WORK	
Person to be notified in case of emergency:							
<input type="text"/>		<input type="text"/>		<input type="checkbox"/>			
SURNAME		FIRST NAME		AGE ON RACE DAY			
<input type="text"/>		<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



THE BRINDABELLA CLASSIC

"Australia's Toughest Downhill Mountain Race"



8.30 am Sunday 12th November 1995

Open to Individuals and Relay Teams

EVENT INFORMATION

Race HQ: Race Headquarters is adjacent to the Cotter Reserve Hotel, located approximately 20 minutes drive west of Canberra (refer to "Directions to Race Start" below).

Start: Summit of Mt Ginini, which is approximately 90 mins drive by car from Race HQ (refer to "Directions to Race HQ" below) depending on road and weather conditions.

Finish: At Race HQ, Cotter Reserve.

Course: 54 Km of mainly bush roads and tracks, with some rough terrain including steep descents. The course has a net fall of 1300m. There are, however, several long gradual climbs, as well as some short sharp climbs (please see the attached course profile). Much of the race is at high altitude (up to 1762m) and some sections are very exposed and the weather is changeable.

Entries: The event is open to all individual runners who are satisfactorily trained to safely complete this gruelling 54 Km event, and to relay teams. The minimum age for individual runners is 18 years.

Relays: Relay teams of 2, 3 or 4 are invited to participate (please refer below for information on team categories). Approximate distances of the relay legs are 8.7, 17.8, 17.4 and 9.9 Km respectively. The nominated contact person for the team will receive all the necessary details prior to the event, including a map.

Entries close: Monday 31 October 1995. Please fully complete the entry form information and follow the instructions in relation to payment and entry lodgement.

Late entries: Accepted between 5.30 and 6.30am at Race HQ on race day (but please do not make it too close to 6.30am deadline).

Race fee: **Individuals \$36.00** (which includes a prized pottery goblet for finishers, or carafe if it is your 6th Classic finish, and a photograph of you crossing the finish line), and **relay teams \$36.00** per team. If individual runners do not want a goblet (bearing in mind that the carafe received after 6 runs completes a nice set) you can enter for **\$25.00** (see individual entry form).

Time limit: 7 hours to complete the course. Note that your progress throughout the race will be monitored at race HQ and if it is judged that insufficient progress is being made in relation to your likely finishing time, or if you appear too distressed, you may be withdrawn from the event.

S P O N S O R S



**INSTANT
COLOUR
PRESS**



THE BRINDABELLA CLASSIC

INDIVIDUAL ENTRY FORM 1995

SURNAME: FIRST NAME:

Address:
.....
.....Postcode:

Please circle the years that you completed the individual run: 87 88 89 90 91 92 93 94

Telephone: Home: Work:

Age:(on race day)..... Sex:

Costs:

GOBLET ?? _____

YES or NO

Individual Entry (non-refundable): \$ 36.00 \$ 25.00

Bus: No. seats needed.....(at \$10.00 per person) \$..... \$.....

Optional donation to charity (see separate sheet) \$..... \$.....

TOTAL AMOUNT DUE..... \$..... or \$.....

Late Entries: Late entries will be accepted at race headquarters (see information sheet) prior to the bus departing at 6.30 am, but there is a **late fee of \$10.00**. Bus tickets may also be purchased from race headquarters on race day (for \$10.00) only if seats are available.

Payable to: ACT Cross Country Club Inc.

Forward to: Race Secretary
GPO Box 252
CANBERRA ACT 2601

Entries Close: 31 October 1995

DECLARATION:

1. I, the undersigned, in consideration of and as a condition of my entry in the Brindabella Classic event, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I, or they, 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 said event.
2. This waiver, release or discharge shall be, and operate in favour of the organisers of the said event; the ACT Cross Country Club and all of its members; all officers, members, agents and employees of all other supporting organisations; and all race sponsors; and any person concerned in or involved with the conduct of the event and shall operate whether the damage or cause is due to any act or neglect of any of them.

Signed: **Date:**

That Dam Run

ENTRY FORM



Date: Saturday 18 November 1995 – 6.00am start

Time Limit: 14 hours

Deadline: Application deadline 14 October 1995 (late entries will be accepted on payment of NZ\$5.00 late entry fee, until 4.00pm 17 November 1995).

First Name

Surname

Postal Address

Town/City

Phone/Fax (Hm)

(Bus)

Occupation

Athletic Club

Reg No.

Birth Date

Age on Race Day (13yrs required 42 & 100km)

Predicted Time

Previous Best

Marathon Best

Distance Chosen (circle one):

21km 42km 100km

Shirt size (circle one):

SM MED L XL

Payment Enclosed: NZ\$30.00 entry fee for 21km / NZ\$60.00 entry fee for all others) \$ _____

Details of Accommodation Required (circle one): Brydone Hotel / Motel / Homestay

Entries will be confirmed with further details provided.

CONDITIONS OF ENTRY: 1. The official entry form must be completed and signed by each intending competitor before mailing. 2. All entries must be accompanied by: a) the entry fee (as a bank draft). Please don't send a personal cheque drawn on a bank account outside of New Zealand. 3. All contestants travelling by air must purchase a ticket on Air New Zealand services, or its designated airline. Completion of the entry form and payment of the fee represents acceptance of the entry conditions. 4. Applications will be accepted at the discretion of the Organising Committee which reserves the right to reject any entry or issue special invitations.

Release and Waiver (no entry will be accepted without signature). In consideration of the acceptance of my entry, I for myself, my executors, helpers, administration and assigns, do hereby release and discharge "THAT DAM RUN", any and all sponsors, and all volunteer groups or individuals and Athletics New Zealand from all claims for injuries and damage I may suffer caused by the negligence of any of them and arising out of my participation in this event, including pre and post race activities. I am physically fit and sufficiently trained to participate in this endurance event and assume all risks of such participation. I accept all rules, conditions and regulations and will comply with them. Also I grant my permission to the ROC and its authorised agents to use my name, photographs, videotapes, broadcasts, telecasts, advertising promotion or other accounts of this event free of charge.

Signature

Date / /1995

SENT TO:

Race Director

4/69 View Road, Mt Eden, Auckland, New Zealand

Telephone/Fax 64 9 623 0567

70.

That Dam Run

NANANGO FOREST - FOOTRACE
Sunday 3rd December 1995 - 52.2km TRAIL RUN

FINISH TIME: NOON - 52.2KMS. An outback course 3 times.

EAST NANANGO STATE FOREST - 8.5KMS from Nanango.

HANDICAP SYSTEM. It is the runner's responsibility to supply their own estimated time for the event. Placings will be decided on the basis of who finishes the event closest to NOON. That means either side of NOON e.g. 1 minute before, 2 minutes after, 3 minutes before would result in, 1st, 2nd, 3rd.

No watches are allowed on the course, but time calls will be given at the start/finish and turnabout.

The course will be hilly in the State Forest on formed roads through thickly planted Hoop Pine Trees. The course will be well marked, with tape and signs. No vehicles will be allowed on the course as the roads are narrow and rough. No crew are necessary but supporters are most welcome. to ride the course on Mountain Bikes. Supplies and drinks can be left at start, for drink station people who will be at the start/finish area, at 3.8kms and at the turn around, 8.7kms. Drink stations will be equipped with water, cordial, fruit and lollies.

CATEGORIES: Handicap Winners: 1st, 2nd, 3rd. Fastest time Male and Female.

******* A SOUVENIR FOR EACH FINISHER *******

FREE BBQ LUNCH FOR COMPETITORS AND HELPERS. Hangers-on by donation please.
BYO DRINKS.

PRESENTATION OF TROPHY TO:

QLD ULTRA DISTANCE RUNNER OF THE YEAR
FOR DEDICATION, PERFORMANCE, COMMITMENT AND SPORTSMANSHIP.

Previous Winners: John Peterson, Bob Burns, Ray Chatterton, Dave Holleran and Carol Street, Gary
Parsons

Also presentation of trophy to male and female point score winners for the year,
accumulated from all Queensland Ultra Runners Club events.

AT

SATURDAY EVENING - CHRISTMAS DINNER 2nd DECEMBER.

For runners and friends at the Coach Stop Dining Room, Nobbys Corner Fast Foods
35 Henry Street, Nanango. All you can eat \$12 adults, \$6 children.
BYO alcoholic drinks. Soft drinks available. Gather 6.30pm

Accommodation: Fitzroy Motel (071) 63 1100

******* ENTRY FORM *******

NAME: ADDRESS:

PHONE: M: F: AGE:

ENTRY FEE \$15.00 (\$20 non Qld. Ultra Runners Club members)

MY ESTIMATED TIME MY START TIME
(Calculated by taking your estimated time from noon)

Saturday Evening 2nd December Christmas Dinner

Adults [] x \$12 = \$..... Children [] x \$6 = \$..... (12 yrs & under)

Nanango Forest Footrace, 3rd December Entry Fee: \$15.00 for Qld. Ultra Runners Club members
\$20.00 for non members

CHEQUE ENCLOSED FOR TOTAL = \$.....

MAIL FEE AND ENTRY FORM TO: Ron Grant, 96 Brisbane Street, Nanango. Q. 4615

(Entries close November 30th.)

(If entering on the day, please phone with Christmas Dinner numbers.) 071 631645

DECLARATION:

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

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

ENTRANTS MUST SIGN (NO ENTRANTS UNDER 18) Signature:

CENTENARY LAKES 50km & 6 HOUR TRACK RACE

- CONDUCTED BY:** QUEENSLAND ULTRA RUNNERS
- DATE:** SAT.
January 6th 1996
Rugby ground at Centenary Lakes Caboolture Queensland Certified 420 metre grass track.
- TIME:** 6pm Race Start Report in at 5pm sharp!!
- RACE NUMBERS:** will be issued at venue at 5pm
- LAP SCORERS:** These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.
- FACILITIES:** Toilets adjacent to the track.
Water, fresh fruit and sports drinks supplied Chairs and (if possible) a tent (for weather protection) will be supplied for lap scorers. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Facilities for heating water. Canteen.open.
- PARKING:** Car park at track.
- ENTRY FEE:** \$20.00 FOR BOTH 50km & 6 HOUR TRACK RACE
\$5.00 Discount for QUR, QMRRC, and CABAC members.
Please make cheques payable to: Queensland Ultra Runners
Mail entry and fee to: P.O. Box 1664 Caboolture 4510
- CLOSING DATE:** All entries shall be received by 22nd December 1995. Entries received after 22nd will get a start.
- FURTHER QUERIES:** Gary Parsons P.O. Box 1664 Caboolture 4510 (074) 95 7208
Ian McCloskey 16 Conondale Ave, Caboolture 4510 (074) 95 2864

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. Seconds shall remain beyond the outer or inner edge of the track. The use of 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 avoidance of interference, all runners shall: when walking remain in lane 1, single file, and runners shall overtake on outside lanes.
- 8 Race direction will change every 2 hours.
- 9 Race numbers shall be worn in a position which is clearly visible to the lap scoring area.
- 10 Official cut off time for 50km race is 6 hours.

WALKERS WELCOME!! GOOD RUNNING AND ENJOY THIS EVENT

Queensland Ultra Runners

CENTENARY LAKES 50km & 6 HOUR TRACK RACE

Saturday 6th January 1996

ENTRY APPLICATION

please print clearly

Surname:..... Initials:..... Call Name:.....

Sex:..... DOB:..... age on race day:.....

Address:..... Postcode:.....

Telephone (home):..... (work):.....

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

For interstate runners only.... Can you provide a lap scorer? Y [] N []

ENTRY FEE \$20.00

50km [] 6 hour []

QUR,QMRRC,CABAC \$15.00

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 interstate and overseas runners, shell 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.
- 5 All rules for the race must be strictly observed.

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Queensland Ultra Runners Centenary Lakes 50km & 6 Hour 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 the event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

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:.....

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.

**ADT 50
AURA 'DAM TRAIL 50'
SUNDAY 17TH MARCH 1996**

COST: \$30.00

DISTANCE: 50km approximately

START: 9.00am, Fernshaw Reserve Picnic Area

FINISH: Below the Maroondah Dam Wall

CLOSING DATE FOR ENTRIES: 8th March, 1996

IMPORTANT NOTES:

1. Late entries or entries on the day **will not be accepted**.
2. A car shuffle will be organised to retrieve your car from Fernshaw Reserve.
3. Please be at the start before 8.00am to allow sufficient time for race preliminaries.
4. Chest numbers will be handed out before the start.
5. The organiser does not know what level of volunteer support will be available on the day. There will be a number of checkpoints with water and limited food (which **may** include provision for personal drinks and food - this will be announced at the start). Don't expect aid stations every 5km but if the day is hot, then water drops will be arranged between the longer checkpoints. The organiser strongly recommends all entrants to carry some emergency food, water and a spray jacket (weather conditions can change rapidly in the mountains).
6. Entrants may feel the entry cost is high but the cost allows for the Race Organizer to pay a contribution to AURA for the very expensive cost of the Public Liability insurance. Without this insurance this race would not be permitted to be held.
7. After the race we will have a social get together in the Healesville Hotel for drinks and an early counter tea. Please try and attend this function.

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 of three hours for any runner who wishes to complete the run to reach Dom Dom Saddle for the second time (approximately 20km).

Road Crossing: A dangerous road crossing will be encountered after the second visit to Dom Dom Saddle. All runners shall only cross the highway under supervision of a Race Marshall. All instructions from the Race Marshall shall be obeyed. Disobeying any instruction from this Race Marshall could result in being hit by a vehicle or disqualification from the event.

Course Marking: The course will only be marked (type of marking will be announced at the start) at selected locations. Competitors are strongly advised to purchase the detailed maps to ensure they are familiar with the exact course details. If you don't want to purchase the maps, unreduced photocopies (2 A3 sheets) of the relevant sections of the maps encompassing the course can be obtained from the organiser for \$5.00.

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 organiser has the right to postpone or cancel the event.

Entry Restrictions: The organiser reserves 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 Race Director or a Race Marshall as soon as possible.

Pacing: Pacing will not be permitted in this event.

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

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.

ADT 50

AURA 'DAM TRAIL 50'

SUNDAY 17TH MARCH, 1996

A run around Maroondah Dam, Healesville, Victoria

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:

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)

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

I understand that, as condition of acceptance of my entry in the AURA "Dam Trail 50", 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	\$
	Donation	\$ _____
	Total Enclosed	\$ _____

Send entry application to:

80 .

Geoff Hook, 42 Swayfield Road, Mt. Waverley. 3149
Ph. (03) 9808-9739 (H) or (03) 9826-8022 (W)
Cheques payable to: Geoff Hook

KING & QUEEN of MT MEE

Sunday 14th April 1996

A QUEENSLAND ULTRA RUNNERS EVENT

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

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

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

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

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

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

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

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

***** A SOUVENIR FOR EACH RUNNER *** MANY RANDOM PRIZES *****

ENTRY FEE: \$20.00 for 50km & \$20.00 for 25km
\$5.00 discount for QUR and QMRRC members

For information Phone: Gary Parsons (074) 95 7208, Ian McCloskey (074) 95 2864

*** ENTRY FORM ***

NAME:.....

ADDRESS:.....

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

QUR, QMRRC Members Fee	\$15.00	50km	[]	25km	[]
Non Members Fee	\$20.00	50km	[]	25km	[]

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

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

MAIL FEE & ENTRY FORM TO: G. Parsons P.O. Box 1664 Caboolture 4510

ENTRIES IN BY: 1st April 1996 - for catering reasons

* No penalty for late entries * entries on race day *

DECLARATION:

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

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

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

SIGNED:.....**NO ENTRANTS UNDER 18**

COBURG 24HR CARNIVAL 1996

**NOON SAT 13 APRIL
NOON SUN 14 APRIL
Harold Stevens' Athletics
Track Outlook Rd
Coburg Melways 18 A9/10**

Organizer

**Gordon R BurrowEs
37 Douglas Avenue St Albans 3021
Tel (03) 9 366 0326
Phone for entry forms**

COBURG HARRIERS

1896 to 1996 - an enduring tradition

24 HOUR RELAY

- ♦ 10 runners per team
- ♦ Must run in nominated sequence throughout the 24 hours
- ♦ 400M track
- ♦ Set up your tent right at your own start/finish line
- ♦ OPEN teams - no restriction on sex or age of runners
- ♦ VETS teams - must represent at least 4 Vets' age groups (M30,M35,W40 etc) - at least 2 of each sex
- ♦ OPEN RECORD
952 laps 90M (380.89K)
- ♦ VETS RECORD
924 laps 340M (369.94K).
- ♦ Entry fee \$10/runner

VIC 24HR TRACK CHAMPIONSHIP

- ♦ AURA regulations apply
- ♦ Runners expected to provide a lap scorer
- ♦ Venue record 282.9818K(AR)
- ♦ Trophies to male & female winners
- ♦ Record of hourly progress to all competitors
- ♦ Entry fee \$30

FACILITIES

- ♦ 24 hour canteen will provide hot & cold snacks as well as main meals
- ♦ \$15 meal ticket for a hot dinner & breakfast as well as 3 snacks
- ♦ Hot showers, large multiple toilets
- ♦ Massage
- ♦ Hourly computer generated progress reports
- ♦ Track side camping (no electricity) for vans & tents
- ♦ Track side toilet (Ultra runners only)
- ♦ Hourly sponsors' gifts for achievement & for fun
- ♦ St John Ambulance Brigade & other medical support available 24 hours
- ♦ Centre track entertainment
- ♦ Snacks provided for Ultra lap scorers
- ♦ Full details of all race conditions, facilities & the arrangements for the weekend to all entrants prior to the Carnival
- ♦ FUN RUN on the Sunday morning for supporters & crews

**Athletics clubs,
schools,
community groups,
corporate teams -
all welcome.**

LAKE SAROMA 100KM INTERNATIONAL ROAD RACE, HOKKAIDO, JAPAN, JUNE 1995

I left Perth on Tuesday night feeling very apprehensive and almost dreading what was ahead. I had never gone into a long race without a support crew and had never been to a non-English speaking country. Now I was doing both. To add to this I was over-nighting in one of the worlds biggest cities - Tokyo - and had to find my way from Narita airport 85 km into the city centre. This was a 3 hour bus trip. The surroundings were just as I imagined - buildings and more buildings enclosed in smog, with every little piece of ground utilised.

It was comforting to know I was completely safe wandering alone around the city during daylight or darkness. This is how I spent Wednesday afternoon and evening with a street map tightly clutched in my hand. Some of the Japanese understood a little English in Tokyo, but hardly a word was understood at Tokyu Resort where I stayed near Lake Saroma in the NE of Hokkaido.

On Thursday morning I caught a taxi the 500m to the monorail station. The rain was torrential and I didn't feel like getting drowned and then sitting that way for the next few hours. That cost an arm and a leg! Half an hour on the monorail to the Haneda airport and then a 2 hour flight to Memanbetsu followed by an hours drive to Tokyu Resort. I was getting the hang of transport by this time - I think.

On arriving, my first problem was to determine whether or not I could drink the tap water. I had all the hotel staff in the lobby at one stage - but we eventually gave up. Later I found it was probably the purest water in the world! Next time I shall do as Don Wallace did and have a phrase book at my finger tips at all times.

It felt strange that evening to sit alone in a flash restaurant eating a 5 course meal of Japanese food. There was no-one who could understand English anywhere! I returned to my room and treated myself to a \$13 stubby of Sapporo beer. It was great.

The following morning I went out for a quiet hours run to check out the course from 74 to 80 kms. It wound through paddocks of potatoes and silver beet and bush. I wondered what I would think of this a couple of days later?

Don and Malcolm Cambell (IAU President) arrived in the afternoon - great to have a normal conversation! We, together with other invited runners, went to the opening ceremony 75 km away and viewed the course in torrential rain. The highlight of the ceremony being a group of children playing a deafening throng on the drums. This was the only part I understood apart from Malcolm's address, which was just one of a half a dozen.

Saturday was a lazy day. Following a media interview Don and I checked out the town and area. That evening I got stuck into a huge plate of plain spaghetti and rice which I had previously asked Mr Nohita to order for me. (I hadn't been able to make myself understood on this one). Don was much more adventurous and downed a 5 course meal of mainly fish dishes - not something I was prepared to do before a long run.

Sunday morning we left at 3.30 am to go to the race start. Over 1,000 "players" lined up. We slipped into the front line and went off to play at 5.30 am. The weather seemed perfect, although 5C cooler would have been better if I was really fussy.

The kilometres slipped by easily as I had to check my pace back at every k marker. I carried drinks for the first 20 k as our special drinks only went out each 10 k from the 30 k station. However, there was a huge spread of various foods and sports drinks for those who wished to indulge, from 10k onwards. At this stage I thought it was my day. However, elation quickly turned to dread at about 35 k when my stomach started cramping and I slowed considerably to pass the marathon point in 2.54. Although I was happy with that split I knew it was going to be tough from then on. I gave up trying to take special drinks, other than to collect the various packets of tissues, vaseline and leppin squeechie that I had taped to the bottles.

The aid station crew were very efficient and always had my bottles held out for me as I approached. After the marathon point I stopped every 2.5 k to ladle ice water from large bins to drink and to pour over my sponge and head. I got a boost each time. Mr Nohira called out "c'mon mate", even though it was with a Japanese accent. Otherwise it was pretty lonely out there after the initial out and back section.

Mr Nohira drove Malcolm Cambell and Mr Kobayashi around the course but no one else was allowed to follow the runners. I was very grateful that Hokkaido is predominantly bush and paddocks with long grass bordering them!!. I was quite relieved that from 30 k I ran mainly alone. I thought I could still break 6 hours for 80 k but I made one too many stops to take in the scent of the wildflowers and missed it by 38 seconds.

The next 15 k was the longest in my life. Don passed in the opposite direction in 3rd place during the next 5 k. He looked OK but had also come out of a bad patch. This should have been the best part of the course. An out and back on a peninsular consisting of undulating road lined with flowers and scrub just coming into bloom. Along here several of us jostled for position as we had bad and worse patches. I ended up between 15th and 20th overall. Don picked up Patrick Macke of Great Britain in the last stage to come in 2nd in 6 hours 57.

Thanks to Don I just broke 7 hours 50. Over the last km I heard his voice booming out above the crowds "Come on Aussi!" I somehow managed to pick up my pace and "sprint" over this section and crossed the line to have a microphone thrust into my face. Pat Macke could see how I felt and chucked a chair under my wilting wobbly legs. I was also handed a finishers adidas towel, a take away Japanese meal all neatly packed and placed in a carry bag, a wreath was placed over my sweaty head and there - I was processed!!

Mr Nohira and Mr Kobayashi seemed very pleased, more than I, with my time and Malcolm also seemed happy telling me that it was the second fastest time run in the world by a female this year. That made me feel a little better.

84 A shower and a massage on the gym floor by six children was somewhat relaxing but what I needed was a rest followed by a party and not 36 hours of travel.

The race was superbly organised on a scenic undulating course in what must be one of the most picturesque areas of the world. The road surface was fast. The aid stations and attendants terrific. A table of official time keepers were at every 10 km interval along the route, which was itself very clearly marked by signs and marshalls.

Both Mr Kobayashi and Mr Nohira of Runners Incorporated are to be congratulated on the great job done and for looking after all the invited runners so well.

I recommend this race to any 100 k runner, and a trip to Japan but take PLENTY of cash!

MARY MORGAN

NANANGO 1000 MILE FOOTRACE

The Nanango 1000 Mile Footrace commences on Wednesday 13th March 1996 and finishes on Friday 29th March 1996 both at midday. This is a 16 day cut off and competitors are required to complete a minimum of 63 kilometres each and every day to remain in the race. The event will be conducted at the Nanango Rugby League Football oval, on a grass track measuring 440 yards (4 laps to the mile), certified by 2 surveyors. This event will be conducted according to IAU handbook rules.

ENTRIES CLOSE 30TH JANUARY 1996.

Entry forms are available from the above address and the entry fee will be \$160.

To date 15 runners have shown their intent to compete, including one overseas competitor. The event has been advertised in the international magazine.

Competitors will be required to provide one handler, more if they wish. Handlers will not be required to do any lapscoring. Once again we have tremendous support from Nanango townspeople, the football club, the shire council and mayor, Joint Telecommunications School (Armed Services) and the media.



Yours faithfully

Ron Grant
President
Queensland Ultra Runners Club Inc.

96 Brisbane Street
NANANGO Queensland 4615

Cassidy conquers 'heaven and hell'

*IT IS billed as "100 miles of heaven and hell". An ultra-marathon race regarded as the toughest in the world. So much so that completing the course is considered a highly prestigious achievement in itself. After experiencing the high-altitude, weather extremes and sheer agony of running the Wasatch Front 100 Mile Mountain Race, West Preston's Kevin Cassidy agreed it was all that and more. He journeyed to Utah, USA to compete in the race last August, and only now is starting to fully recover. He found the words to tell **WARWICK GREEN** about "one hell of an ordeal".*

AFTER scrambling about for more than 33 relentless hours in the Wasatch mountains, Kevin Cassidy's thoughts were entitled to be a little muddled.

Maybe that explains why, after finishing one of the world's most demanding sporting epics, he celebrated in a most peculiar manner — by brushing his teeth.

"Amongst all the pain and euphoria of finishing, all I could think about was cleaning my teeth, which were caked in all the food and drink I had consumed during the race," Cassidy said.

It was not the first time his mind had played tricks that day. Into the last 12 miles of the race, exhausted after slogging away all day and night, Cassidy began to hallucinate.

"Once the sun came up I started seeing things," Cassidy said. "You'd almost be shaking a guy's hand, thinking he's got a drink for you, when you'd realise it was just another tree."

His recollections might sound bizarre, until you consider the images of exhausted marathon runners, who are reduced to staggering wildly towards the finish line.

But the marathon is about a quarter of the distance of a 100-miler, and, significantly, does not present the problems associated with high altitude.

CASSIDY began contemplating the Wasatch ultra-marathon the previous October, virtually as soon as he had finished his first 100-miler, the Angeles Crest Endurance Run.

An observer said to him: "Man, you picked a tough race here, this is the second-hardest 100-miler behind Wasatch."

In that instant, Cassidy's thoughts turned to conquering the toughest race. "The bigger the challenge, the more satisfaction," Cassidy said. "I forgot about all the pain in one minute, and thought 'oh well, bring on another one'."

"They call Wasatch the world's toughest 100-mile race, and that's no lie. But then I suppose you've got to remember that they (Americans) call the Dallas Cowboys the world champions of gridiron."

Once back in Melbourne, Cassidy allowed himself several weeks recovery and then began the grinding return to training. He put in countless hours running up the Dandenong Ranges and Mount Donna Buang.

Knowing that adapting to high altitude would be a key to completing the course, Cassidy flew to Utah weeks before the race and based himself at a tiny ski village called Brighton.

At an altitude of 9000ft, Brighton was also the 73-mile mark of the ultra-marathon. To prepare for the coming ordeal, Cassidy spent three hours each day training. "It might seem like a lot but I didn't cover much ground in those three hours. It was pretty rough going," he said.

"The Wasatch Mountains are some big mountains; the US ski team's based there. The first week there I was getting nose bleeds. I couldn't feel myself sweat and my throat was dry and raspy. But you do adapt to it."

As well as the altitude, there was the change in climate. "Jeez it was hot. It was the hottest summer on record and I nearly died from the heat. Especially coming off a Melbourne winter," Cassidy said.

But as his body began to deal with the conditions, his mind became familiar with sections of terrain. That's important when you are about to challenge a course which includes such features as 'The Chinscraper', 'Bear-Ass Pass', 'Lake Desolation', 'Point of Contention', 'Rattle Snake Ridge', 'Elbow Fork' and 'The Grunt'.

AND so, on August 23, Cassidy awoke at 3.30am knowing the time of reckoning had arrived.

He abandoned his warm bed reluctantly, for it would be about another 45 hours before he would be permitted to embrace sleep again.

Lining up with 144 other runners at the start, Cassidy knew he was as prepared as ever he could be. He had even practised changing his torch batteries in the dark, in anticipation of such a moment in the race.

Setting off before dawn, there was no time to gently ease into the run.

"The first five miles of the race were just like that (Cassidy held his forearm almost perpendicular). It was the toughest of all the hills but it wasn't too bad because you still feel fresh. But if it came later in the race I would have been stuffed," he said.

"And at the end of it was a really tough 100-yard stretch called 'the

Chinscraper', where you had to dodge rocks coming at you from above — and some of them were pretty big ones!"

"It was amazing when you got to the top. The wind nearly blew you off the planet. You're basically fighting against winds all day, and it's Murphy's Law; they're always head or cross winds, never tailwinds."

"The whole course is just so rocky. At no stage can you really open up and go for it. There's only one smooth section and believe it or not that was where I fell. I just dropped my guard and next thing I knew I was down and had scraped my knee."

But the first half of the race otherwise went pretty



● Where others fear to tread: Kevin Cassidy and the well-worn soles of the running shoes he used during the Wasatch Front 100-mile Mountain Race.

Picture: GEOFF FOLETTA:418GF504

much according to plan. Apart from the stumble, the other notable inconvenience was the first trace of some painful blisters.

But as he later observed, "when you have blisters, you just have to live with them".

An hour before sunset, Cassidy had put 51 miles and 13.5 hours behind him. But as the lonely darkness began to surround him, so too did the doubts.

"I reminded myself of that often-used saying 'embrace the pain'. I'd come too far to pull out. As every ultra runner knows, there comes a time when you can't go any lower, so you just push on and things should get better," Cassidy said.

Nevertheless, pushing on into the night proved a trial which fathomed the test of his resolve.

BY the 70-mile mark Cassidy's ability to maintain a positive outlook had begun to fray.

One source of encouragement was the familiarity of landmarks which he faintly recognised from the days of training before the race. Some of these now offered a grim greeting.

The Brighton general store, which had never been anything but a cheery little source of supplies, was now transmogrified. At 4am, the store was almost unrecognisable.

"I turned up in the middle of the night and this nice little general store was like a morgue," Cassidy said. "There were runners lying everywhere that looked like they were dead, and the crew people were in a daze, staggering around looking punch drunk. It looked like a bomb had hit.

"I was so cold that I couldn't even move my hands. I sat next to an open fire, had plenty of potato soup and got some warm clothing."

But knowing he was well ahead of the cut-off times, and as refreshed as circumstances would permit, Cassidy again forced himself into the night.

Three miles later he reached the 10,500ft Catherine's Pass. "I was really sucking for air up there," Cassidy said. "During the day the views were like magic. They made you feel like Neil Armstrong standing on the moon."

Soon after, the sun began to creep over the horizon, and as it rose, so did Cassidy's spirits — briefly.

"You start to think you've just about got this course beaten, but a snap back to reality tells you that you are still 18 miles from home," he said.

Daylight was not the only thing to dawn on Cassidy. With it came the revelation that he had left behind his sun hat.

As the altitude dropped, the temperature soared to the high 30s, and the hope of staving off hypothermia just hours before became inconceivable.

Far from savoring the final few miles to the finishing line, Cassidy barely endured them. It might have been worse had not his wife, Margaret, hitched a ride on the back of a dirt bike and come to the rescue with a sun hat.

Even so, a fading Cassidy could only watch as 20 runners overtook him in the final agonising miles.

"If you still had legs in the last 12 miles you could make up a lot of ground," he said. "Well I had legs, but no feet. Every step was painful."

Cassidy said five-time winner of the event, Dana Miller, probably summed it up best with a memorable

quote as he crossed the line. He said: "Holy cow that hurt. There's just no secret to looking strong in the second half."

FOR weeks after the race, the Wasatch experience was still etched into Kevin Cassidy's mind and scarred on to the soles of his feet.

"I couldn't describe to you how much my feet hurt. Five weeks later they were still sore, plus I had big blisters on the balls of my feet," he said.

"The Monday after the race I was just sitting by the pool. I saw a public phone on the other side of

the pool and thought I'd call my parents and let them know I'd finished."

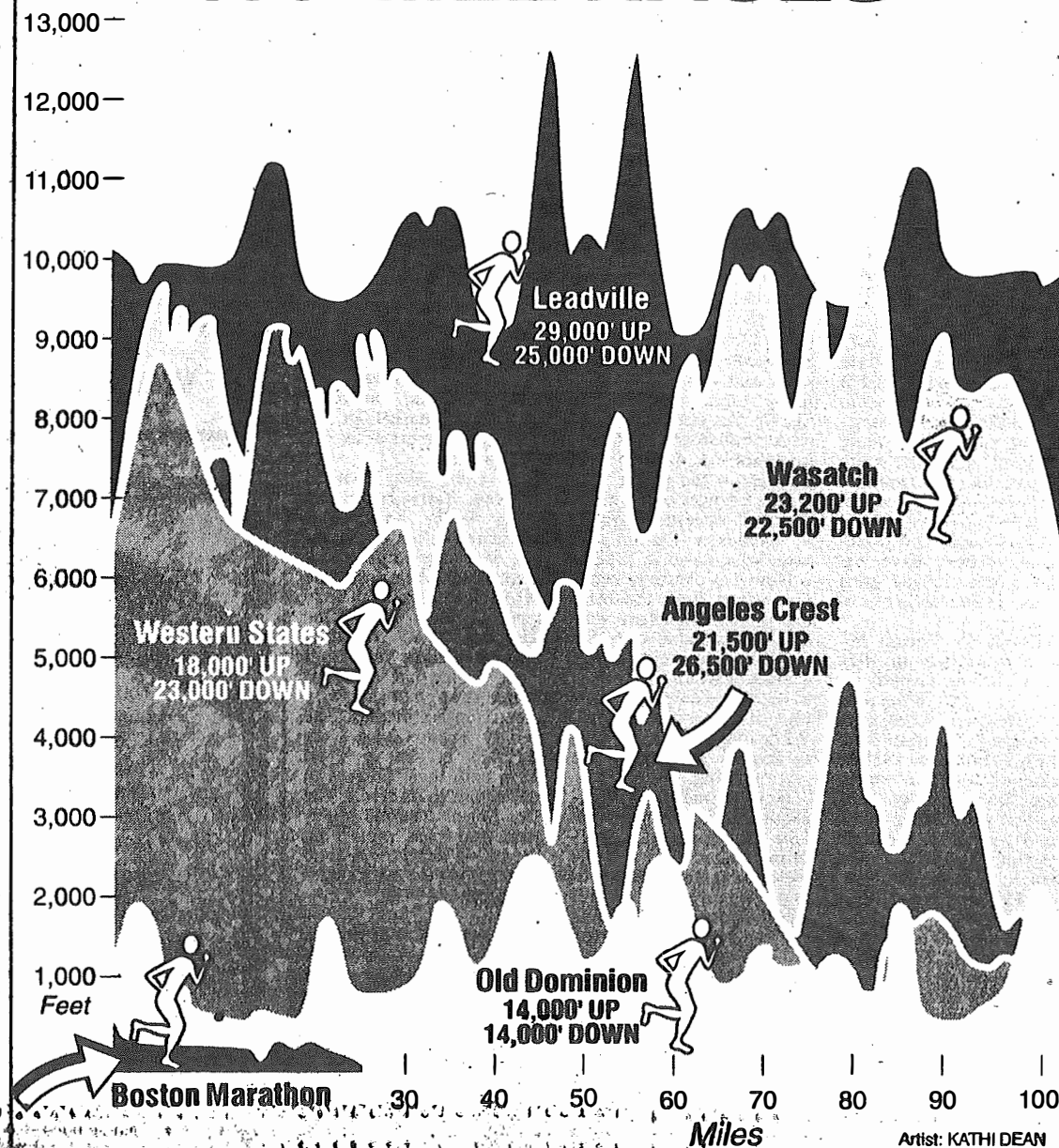
"I tried to get up but just couldn't make it over there, so I thought 'Maybe I better leave it for some other time'."

Despite this, plans for the next ultra-marathon were already forming in his head. He will devote 1995 to the third leg of the 100-miler 'grand slam' — the Western States 100 in Northern California.

Cassidy estimated he wouldn't get much change out of \$30,000 for running in all of the 'Grand Slam' 100-milers.

That's a big price to pay for four belt buckles and a headful of excruciating memories.

PROFILES OF THE FIVE 100 MILE RACES



Artist: KATHI DEAN

RUNNERS FOR AUSTRALIAN 6 DAY RACE AT COLAC - 19TH TO 25TH NOVEMBER, 1995

MARK PRITCHARD	1st Colac 6 Day Race, comes from West.Australia
DAWN PARRIS	Experienced ultra runner from Victoria
TONY RAFFERTY	Has competed in all previous 9 Colac races.
BILL BEAUCHAMP	Handicap winner from 1994's race
GEORGINA McCONNELL	Aims to set new records, from NSW
NEVILLE MERCER	Experienced ultra runner from New Zealand
MAURIE TAYLOR	Returning to Colac; many ultras under his belt.
PETER GRAY	Has competed in all ultra distances both in Australia and overseas.
IVAN DAVIS	From Tasmania - new to Colac
GEORGE AUDLEY	Very experienced ultra runner from West Australia
ANDREW LAW	First Colac, has class performances from Tasmania.
JOHN TIMMS	From NSW; John has done it all.
SHAUN SCANLON	Experienced in all ultra distances, from NSW
RON HILL	From Victoria - experienced ultra man.
CLIFF YOUNG	The LEGEND
GODFREY POLLARD	Aiming for a PB again.
KEVIN MANSELL	From South Australia, experienced ultra-runner.
GRAEME WATTS	New to Colac from Queensland
DREW KETTLE	From Colac and chasing age records.
KEITH FISHER	Off the scene for a while, returning to ultras at Colac.
ANATOLI KROUGLIKOV	Last year's winner from Russia.
VALERY KENIG	Top ultra athlete from Russia.

Also interest has been shown by TOMAS RUSEK from CZECH REPUBLIC and SERGE DEBLADIS from France - awaiting confirmation from these.

RALPH BRISTOW due to work commitments may not be able to come, but has been made an emergency.

At the Opening, the Police Band and Pipe Band will perform. During the week, a carnival will be held in the square, which will include Aerobic Demonstrations, Mini-Golf, Bands. Gordon Burrowes from Coburg has agreed to be track commentator and will provide his usual informative and light-hearted comments to keep the public informed and give some light relief. He will give up to date distances covered each hour by each runner and general information. Come and join in the fun of the Race and watch the runners clock up the kilometres by the hour.



The race record holder - Yiannos Kouros - in the centre (No. 7)

AUSTRALIAN RANKINGS FOR 48 HOURS TRACK BY MEN

Rank	Name	PB for 48 HOURS	Place	Date	at Age
1	KOUROS, Yiannis	470.781 KM	SURGERES FRANCE	8/5/95	39
2	SMITH, Bryan	386.400 KM	COLAC	11/15/89	46
3	WOODS, Graeme	364.238 KM	ABERFELDIE	1/23/88	41
4	BEAUCHAMP, Bill	347.147 KM	ABERFELDIE	1/23/88	42
5	RECORD, Joe	345.200 KM	COLAC	11/16/87	46
6	AUDLEY, George	335.000 KM	PERTH	10/16/87	52
7	JAVES, Ian	330.800 KM	CAMPBELLTOWN	11/18/90	48
8	HILL, Ron	327.334 KM	ABERFELDIE	1/23/88	47
9	COLLINS, Tony	326.000 KM	BRISBANE	02/06/94	46
10	FISHER, Keith	324.834 KM	PERTH	10/16/87	22
11	BURNS, Bob	323.418 KM	BRISBANE	22/05/92	48
12	GRAY, Peter	321.245 KM	BRISBANE	04/06/93	28
13	PERDON, George	318.800 KM	COLAC	2/24/86	61
14	BLOOMER, Brian	316.400 KM	COLAC	2/24/86	45
15	BROOKS, Barry	312.845 KM	ABERFELDIE	1/23/88	47
16	MEDILL, Graham	312.626 KM	QLD	6/30/89	41
17	YOUNG, Cliff	312.000 KM	COLAC	11/26/84	62
18	BRUNER, Bob	311.205 KM	PERTH	10/16/87	49
19	PRITCHARD, Mark	304.800 KM	BRISBANE	02/06/94	46
20	RAFFERTY, Tony	301.200 KM	COLAC	2/24/86	46
21	PARKER, Ross	300.950 KM	PERTH	10/16/87	0
22	RILEY, Gerry	295.600 KM	COLAC	2/14/86	55
23	STANDEVEN, David	294.400 KM	COLAC	11/16/87	35
24	BREIT, John	290.766 KM	ABERFELDIE	1/23/88	30
25	WISHART, Greg	288.183 KM	ABERFELDIE	1/23/88	49
26	CHAMPNESS, John	274.834 KM	ABERFELDIE	1/23/88	36
27	CLARK, Gary	273.442 KM	PERTH	10/16/87	0
28	CROXFORD, Alan	271.735 KM	PERTH	10/16/87	44
29	TIMMS, John	270.245 KM	BRISBANE	22/05/92	49
30	RICHARDSON, Peter	265.709 KM	ABERFELDIE	1/23/88	33
31	MANSELL, Kevin	262.400 KM	COLAC	11/17/92	0
32	SILL, David	259.600 KM	COLAC	11/15/94	47
33	DONNELLY, Bruce	259.200 KM	CAMPBELLTOWN	11/18/90	0
34	MARDEN, Bob	256.000 KM	COLAC	2/24/86	33
35	LEWIS, J	254.400 KM	CAMPBELLTOWN	11/18/90	0
36	O'CONNELL, Keith	253.200 KM	CAMPBELLTOWN	11/18/90	51
37	PHILLIPS, Lindsay	252.000 KM	CAMPBELLTOWN	11/18/90	25
38	HOOK, Geoff	249.600 KM	COLAC	2/24/86	41
39	JOANNOU, Bill	242.656 KM	BRISBANE	02/06/94	37
40	FIRKIN, Graham	241.600 KM	CAMPBELLTOWN	11/18/90	53
41	CHANNELLS, Robert	240.400 KM	CAMPBELLTOWN	18/10/90	48
42	MISKIN, Stan	239.717 KM	ABERFELDIE	1/23/88	62
43	GRANT, Ron	236.400 KM	CAMPBELLTOWN	11/18/90	47
44	SCOTT, Dave	233.742 KM	PERTH	10/16/87	40
45	KETTLE, Drew	233.600 KM	COLAC	11/17/92	0
46	PARSONS, Gary	231.700 KM	NANANGO	10/3/94	45
47	THOMPSON, Mike	231.000 KM	PERTH	10/16/87	39
48	SCANLON, Shaun	230.400 KM	COLAC	11/15/94	50
49	HOLLERAN, David	229.325 KM	NANANGO	10/3/94	37
50	MACKAY, Mark	225.302 KM	NANANGO	10/3/94	27
51	DUNN, Stephen	217.612 KM	ABERFELDIE	1/23/88	21
52	HILLIER, Greg	215.317 KM	ABERFELDIE	1/23/88	32

53	LEWIS, Stephen	214.400 KM	BRISBANE	22/05/92	33
54	READ, Nick	213.642 KM	QLD	6/30/89	37
55	BOYLE, Brad	213.200 KM	CAMPBELLTOWN	18/11/90	30
56	WATTS, Graeme	212.427 KM	NANANGO	10/3/94	0
57	HUME, James	212.108 KM	ABERFELDIE	1/23/88	56
58	PETERSON, John	211.227 KM	QLD	6/30/89	72
59	CORNELIUS, Ian	209.209 KM	NANANGO	10/3/94	0
60	FARMER, Pat	208.597 KM	ABEFELDIE	1/23/88	25
61	PFISTER, Peter	203.200 KM	COLAC	2/24/86	46
62	POLLARD, Godfrey	202.000 KM	COLAC	11/15/94	63
63	TAYLOR, Dave	200.800 KM	CAMPBELLTOWN	11/18/90	39
64	STOCKMAN, John	183.337 KM	BRISBANE	02/06/94	44
65	STEWART, Barry	136.175 KM	BRISBANE	22/05/92	59
66	BAZELEY, Gavin	97.000 KM	BRISBANE	22/05/92	29

AUSTRALIAN RANKINGS FOR 48 HOURS TRACK BY WOMEN

Rank	Name	PB for 48 HOURS	Place	Date	at Age
1	McCONNELL, Georgina	301.875 KM	WYNNUM QLD	5/6/93	49
2	GRANT, Dell	268.824 KM	CABOOLTURE	6/22/90	36
3	FOLEY, Wanda	243.200 KM	CAMPBELLTOWN	11/18/90	44
4	LUSH, Eileen	235.824 KM	ABERFELDIE	1/23/88	40
5	WARREN, Val	226.400 KM	CAMPBELLTOWN	11/18/90	56
6	KERR, Sandra	226.000 KM	COLAC	11/15/94	49
7	GLADWELL, Lucille	205.600 KM	CAMPBELLTOWN	11/18/90	0

AUSTRALIAN RANKINGS FOR 48 HR ROAD BY MEN

Rank	Name	PB for 48HR RD	Place	Date	at Age
1	AUDLEY, George	335.000 KM	PERTH	10/18/87	52
2	TAYLOR, Dave	273.000 KM	CABOOLTURE	9/1/91	40
3	BURNS, Bob	260.000 KM	CABOOLTURE	9/1/91	48
4	GRAYLING, Michael	241.837 KM	CABOOLTURE	9/10/93	37
5	LEWIS, Stephen	229.300 KM	CABOOLTURE A	9/1/91	32
6	HOLLERAN, David	228.450 KM	CABOOLTURE	9/10/92	36
7	JAVES, Ian	200.000 KM	CABOOLTURE	9/24/94	52
8	BARWICK, David	200.000 KM	CABOOLTURE	9/15/93	50
9	PETERSON, John	195.411 KM	CABOOLTURE A	9/1/91	75
10	ROWE, Craig	195.015 KM	CABOOLTURE A	9/1/91	24
11	HOCKS, Gerard	184.000 KM	CABOOLTURE	9/24/94	0
12	FOLEY, Mark	183.050 KM	CABOOLTURE D	9/10/92	38
13	STOCKMAN, John	176.420 KM	CABOOLTURE	9/12/93	43
14	CHATTERTON, Ray	161.000 KM	CABOOLTURE A	9/1/91	42
15	STEWART, Barry	137.684 KM	CABOOLTURE	9/1/91	58
16	GRANT, Ron	65.880 KM	TOOWOOMBA	9/10/92	49

AUSTRALIAN RANKINGS FOR 48 HR ROAD BY WOMEN

Rank	Name	PB for 48HR RD	Place	Date	at Age
1	FOLEY, Wanda	228.000 KM	CAMPBELLTOWN	11/8/88	42
2	HALL, Kerrie	202.000 KM	CABOOLTURE	2/9/94	33
3	BOLT, Phillipa	200.000 KM	CABOOLTURE	9/24/94	33
4	CASE, Valerie	192.000 KM	CABOOLTURE A	9/10/93	56

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

Application for membership of the Australian Ultra Runners' Association Incorporated (AURA INC)

I
(Full name of Applicant)

of
(Address)

.....Post Code: Date of Birth:

desire to become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED. 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, nominate the applicant, who is personally known to me, for membership of the Association

.....
(Signature of Proposer) (Date)

I a member of the Association, second the nomination of the Applicant, who is personally known to me, for membership of the Association.

.....
(Signature of Seconder) (Date)

Current membership fees for 19... (in Aust. dollars) are as follows: Cheques payable to AURA Inc.

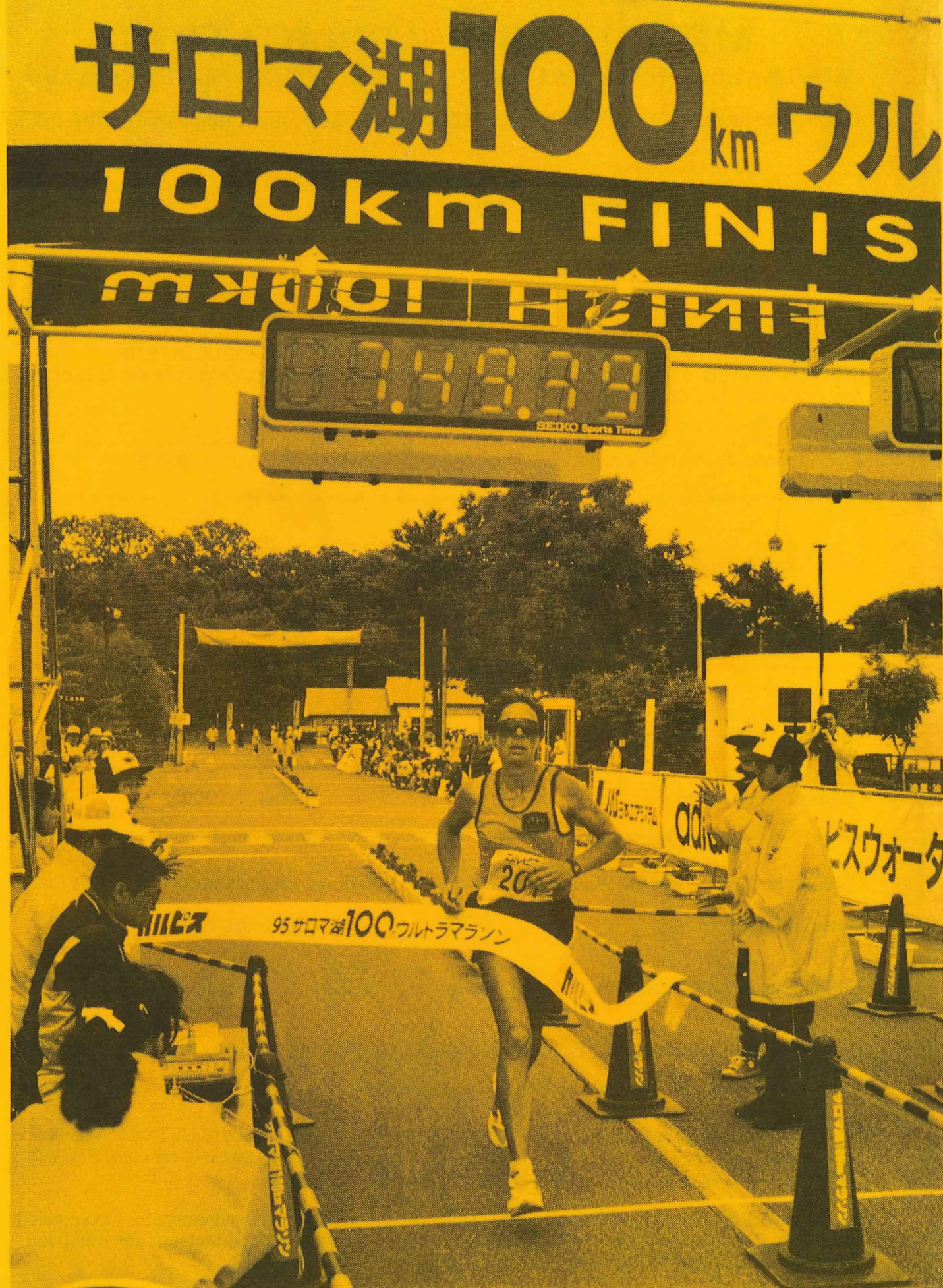
Please circle desired rate: \$ 25 within Australia

	NZ	Asia	USA	Europe
Air Mail (up to 1 week delivery)	\$ 34	\$ 38	\$ 41	\$ 43

Send Application and money to : Dot Browne (Hon.Sec), AURA Inc, 4 Victory Street, Mitcham 3132

Note: If joining during the second half of the year, the full year's back issues of ULTRAMAG, the AURA magazine, will be sent on receipt of your subscription. Our subscription year coincides with the calendar year and runs from 1st January to 31st December each year.

Also note: A Proposer and Seconder for new members is a constitutional requirement for incorporated associations, really a formality. We'll be happy to provide the Proposer and Seconder for you if you simply fill in the Membership Application with your own details. Thanks!



MARY MORGAN

Shown here winning the Lake Saroma 100km Race, Hokkaido, Japan on June 25th 1995. This was her third 100km race and her third win.