

ULTRAMAG

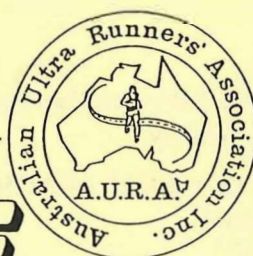
Vol.10. No.4

Dec. '95



Soni Badic and Linda Meadows, joint winners of the 1995 THAT DAM RUN, held in New Zealand on Nov.18th. Another tremendous success for two of our Aussie Champions.

 **AURA**
MAGAZINE



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

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Editorial

Out tenth year has now come and gone and we're still flourishing thanks to you all. As each year progresses, more and more talented Aussie ultra-runners make their mark on the world scene. We tell you about some of them in this issue, particularly our representatives in the 100km Australasian Championship "That Dam Run" in New Zealand. Their results were absolutely sensational.

The IAU 100km World Challenge is in Greece in 1996, over a point-to-point course from Marathon to Athens. This will be an event of special significance because the centenary of the modern Olympic Games is next year. Details are on page 10. You will need to put in an expression of interest A.S.A.P. to be considered to represent Australia in this event.

An application to Athletics Australia has been put in to have the Shepparton 100km Road Race as the official Australian Championship in 1996. We are grateful for the great job the Shepparton Runners Club does with this event and we wish them all the best for 1996.

Finally, thanks a million to my great mate and competitor in the membership stakes, David Sill, who has tossed in the NSW AURA rep's job and done a bunk to UK. He's been much too efficient since he took over and hopefully the Vics. may now be able to make up a bit of ground. ACT AURA rep, Pete Sinfield has also had a move to the Gold Coast. Thanks Pete for your past efforts. You've been great. Incidentally, what is it about NSW that they all want to get out?? (Got 3 hours? I'll tell you!)

Congratulations to the Queensland & NSW members who have organised themselves to form a state ultra club and have succeeded in putting together an ultra magazine in each of these states. These efforts can only strengthen our Association and we offer our heartiest congratulations to both groups.

Finally subs are due for 1996. \$25.00 is still the best value ever in running mags.

HARK!
THE HERALD
EMUS
SING....

On second thoughts, stuff celebrating Christmas, let's celebrate the fact that Victoria gained one new member since last issue!! And what's more NSW actually LOST two. David Sill and Pete Sinfield, both AURA Interstate reps. couldn't hack the pace and had to get to hell out of there. And who in their right mind could blame them?

NSW	157
The GLORIOUS VICS	117
Q'LD	54
S.A.	19
ACT	15
W.A.	14
TAS	14
OVERSEAS	21
TOTAL	411

AURA MEMBERSHIP
STATE BY STATE

1996 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 10 **6 or 12 HOUR + 50K, 50 MILE, 100KM QUEENSLAND ROAD CHAMPIONSHIP,** Caboolture Historic Village, Q'ld. Contact Ray Chatterton (07) 33762548 or Dell Grant (071) 631 645
- Feb 10 **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)
- 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 3 **RED ROCK TO COFF'S JETTY, NSW.** 45km Beach Run. Starts at 10.00 am at the northern end of Red Rock Beach. \$5.00 entry, Course survey Sat 2nd March 1996 at Arrawarra Headland at 3.00pm. Contact Steel Beveridge on (066) 53 6831 (H) or (066) 541 500 (W). Or by post, 2 Lakeside Drive, North Sapphire, 2450, NSW.
- Mar 9 **50 MILE ROAD CHAMPIONSHIP, 50 KM & 6 HOUR FUN RUN & RELAY, QLD** Toowoomba 4pm start, 1.2 km circuit, QMRRC event, Contact G. Medill, 13 Ramsay Street, Toowoomba, 4350. Ph: (076) 382023

1996 ULTRA CALENDAR

- 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 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.
- 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 24 JAGUNGAL WILDERNESS TRAIL RUN**, NSW - 80km from 3 Mile Dam near Kiandra, NSW to Guthega, along firetrails and foot-tracks through Kosciusko National Park. 6.30am start \$30 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 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. or Ron Grant (071) 631 645. 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 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

1996 ULTRA CALENDAR

- April **50 KM 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 an out and back course along Telopea Park and the cycle path along Lake Burley Griffin to Commonwealth Avenue bridge, 6.30 am start. For more details, contact Trevor Jacobs on (06) 2547177 (H) or (06) 2790134 (W) or Dave Cundy (marathon organiser) on (06) 2318422 (H) or (05) 2751207 (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) 9336 0326
- April 21 **KING & QUEEN OF MT MEE 50 KM & 25 KM, QLD**, out and back course (twice for 50 km) on bitumen and dirt roads; 50 km start 6.00 am, 25 km start 7.30 am. Sealed Handicap. \$20 entry for both events. Presentations and light lunch at Mr. Mee Hall after race at 1.30 pm. A Q.U.R.C. event. Contact Gary Parsons P.O. Box 1664 Caboolture 4510 Ph: (074) 957208.
- April **BRISBANE WATERS BUSH BASH, N.S.W.** 47 trail run. Start at 6am at Gosford Olympic Pool, finish Gosford Sailing Club, time limit 9 hours, \$30 entry Entries to Robert Carleton, 51 The Rampart, Umina 2257, Ph: (043) 418712
- April **ROSS TO RICHMOND ROAD RACE, TAS.** 100 km between the two oldest bridges in Australia, 7am start, need support vehicle and helper, contact Tallays Running Shop, ph: (002) 34 9566 or Therese March (002) 39 1432 or Alan Rider, Dept of Tourism, Sport & Recreation, G.P.O. Box 501, Hobart 7001
- May 5 **AURA 6 HOUR & 12 HOUR TRACK RACE, KNOX, VIC.** 400 mm track, \$25 entry, Percy Cerutty Memorial Race, 7am start, Race Director: Dot Browne, 4 Victory Street, Mithcam 3132, ph: (03) 9874 2501 (H) or Fax: (03) 9873 3223 or entry form.
- May 5 **BANANA COAST ULTRA MARATHON, NSW** 85 km. Coffs Harbour to Grafton, 6am start, Entry fee \$5, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire 2450, ph: (066) 536831
- May 5 **TAMWORTH 24 HOUR CHARITY RUN, NSW**, Viaduct Park, Tamworth, 10am start on Saturday, \$35 entry, contact Dallas Earsman, 143 Bridge Street, Tamworth 2340, Ph: 657216 (H) or 653511 (W).
- June 9 **TOOHEYS FOREST RUN** 34 km, 51 km, 85 km & 100 km, Brisbane, Phone Bruce Cook (07) 3344 5255.
- June 16-18 **AUSTRALIAN 48 HOUR & QLD 24 HOUR TRACK CHAMPIONSHIPS**
Gold Coast QLD 3pm start for both events. Entry fee: \$50 for 48 hour, \$40 for 24 hour, both include t-shirts. A Q.U.R.C. event. Contact Dave Holleran (07) 3934007 or Ray Chatterton P.O. Box 589 Toowong, 4066 Ph: (07) 376 2548 (H) or (07) 271 8645 (W) or Ian Cornelius (07) 5592 2349.
- June **SHOALHAVEN 45 KM & 32 KM KING OF THE MOUNTAIN, NSW** Start Cambewarra Public School, finish Kangaroo Valley Showground, 32 km start 9am, 45 km start 8am, Entries \$15 to P.O. Box 258 Nowra 2541, Enquiries for 32 km event Kevyn Davis (044) 218811(W) or (044) 478309(H) or 45 km event Rick Foster (044) 215339.

1996 ULTRA CALENDAR

- July **AURA 50 MILE TRACK RACE, VIC.** (Australian Championship) at East Burwood (Bill Sewart Athletic Track) Burwood Highway, East Burwood, 400 m track, 8am start. \$26 entry (AURA members) \$30 others: Contact Geoff Hook, 42 Swayfield Road, Mt. Waverley, 3149 or ph: (03) 9808 9739
- Aug 11 **TAMBORINE TREK, GOLD COAST,** 68 kms out and back course and 34 km encouragement section, Road Race, a QURC event, entry fees \$15 for QURC & GCRC members, \$20 others. Contact Ian Cornelius (07) 5592 2349.
- Aug **MANARING TO YORK ROAD RACE WA** 64.36 km (40 miles) start at Mundering Shire Offices, conducted by the WA Marathon Club, contact Runners World (09) 227 7281 or Marathon Club (09) 388 1227
- Sep 2-6 **FIVE DAY STAGED FOOT RACE, QLD** Start & finish at Nanango, Sth Burnett, 180 km north of Brisbane Approx 330 km with an average daily distance of 66 km per day, handicap start. \$125 entry fee. A QURC event - QURC members \$115. Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Ph: (071) 631645
- Sept **100 KM ROAD RACE, NSW** Bathurst, 6am start at the Courthouse, Russell Street, Bathurst, time limit 12 hours. Pewter goblets to finishers. Contact Big Chris Stephenson, GPO Box 1041, Sydney, 2001 ph: (02) 259 3981
- Sept **SHEPPARTON RUNNERS' CLUB 100 KM & 50 KM ROAD RACE,** start & finish at Princess Park, Shepparton, \$15 entry for 50 km, \$30 entry for 100 km. Good road surface, every km marked, shady course, little traffic, time limit 10 hrs, 6am start, contract Brian Gawne, 11 Morrish Street, Shepparton 3630 Ph: (058) 211 693 or Russell Weavers, (058) 211 490.
- Sept 28/29 **100 MILE/100 KM/50 KM TRAIL RUNS, QLD** - Glasshouse Mountains loop course, 53.5 km circuit. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, Qld, ph: (074) 95 4334.
- Oct **12 & 6 HOUR TRACK RACE, NSW** at Woolgoolga Athletic Track, 4am start for both events. Entry \$10 for 6 hour event, \$15 for \$12hour. Expression of interest to Steel Beveridge, 2 Lakeside Drive, Nth Sapphire, 2450 ph (066) 536831
- Oct **ADELAIDE TO VICTOR HARBOUR 100 KM ROAD RACE, SA** 6am start, Adelaide Town Hall, finish Advance Recreation, Victor Harbour, \$20 entry, contact Distance Runners Club of Sth Australia, P.O. Box 102 Goodwood, 5034 or Des Paul, Ph: (08) 298 5005.
- Oct **TASMANIAN 12 HOUR TRACK CHAMPIONSHIP** Hobart, Tasmania 8am start, Athletic Domain Centre, (rekortan surface) Contact Kerri Law, 67 Gormanston Road, Moonah, Tas. 7009 Ph: (002) 72 5170 (H).

1996 ULTRA CALENDAR

- Oct **AUSTRALIAN CENTURIONS CLUB 24 HOUR, 100 MILE, 50 MILE, 50KM RACEWALK**, Adelaide Harriers Track, Adelaide SA. Entry fees \$15 (24 Hour & 100 Mile), \$10 for 50 Mile, \$5 for 50km, Start time, 12 noon Saturday 14th October, Contact Tim Erickson, 1 Avoca Cres, Pascoe Vale 3044 Vic, Ph. (03) 9379 2065 (H)
- Oct **SRI CHINMOY 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.
- Nov 9 **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) 497959 or Ron Grant (071) 63 1645 or Gary Parsons (074) 95 7208
- Nov **BRINDABELLA CLASSIC**, ACT organised by the ACT Cross Country Club, 53km trail run over the Brindabella mountains, just south of Canberra. Contact Trevor Jacobs on (06) 254 7177 (H) or (06) 279 0134 (W). or ACT C.C. Club, GPO Box 252, Canberra 2601
- Nov **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 **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 **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 8 **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

1997 ULTRA CALENDAR

- March **100 MILE (160KM) ROAD CHAMPIONSHIP**, Q'LD a QURC event starting at Kingaroy via Nanango to Toowoomba, Q'ld. A point to point race via small towns and country roads. Contact Ron Grant (071) 631645 or Gary Parsons (074) 957208
A new event.

NZ ULTRARUNNERS ASSOC.NEWS

1966

Jan 12/13

TE BOUTAEWA CHALLENGE Tall Tales Travel Tours P.O. Box 403 Kaitaia
Ph. (09) 408 0870



Andriej Magiev from Poland and Aussie champion Sani Badic, equal first in "That Dam Run", the 100km Australasian Championship held in New Zealand on November 18th, 1995

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:-.....
.....
.....



AURA CLOTHING & BADGES

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

We also have printed cloth badges and car windscreen stickers.

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

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

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

AURA CLOTHING ORDERS

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

COLOURS RED WHITE GOLD AQUA GREY NAVY

SIZES: 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

PRINTED CLOTH BADGES

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

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

CAR WINDSCREEN STICKERS

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

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

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

NAME:

ADDRESS:

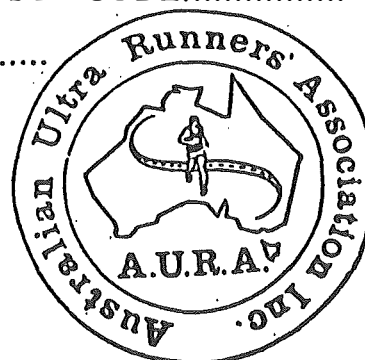
.....POST CODE:.....

TYPE:

SIZE: COLOUR:

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

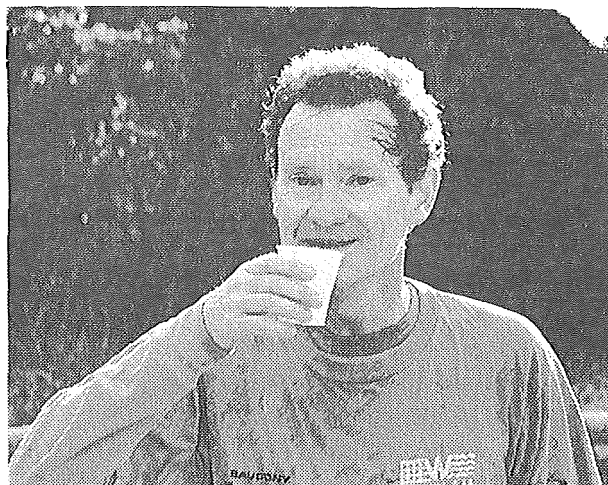
POST TO: Kevin Cassidy, 4 Grandview Road, Preston 3072



CHANGE OF AURA INTERSTATE REPRESENTATIVES!

New NSW Rep needed!

**David Sill taking on fluids
(does he actually look hot?)**



Dear Dot.

I have to say that I agree that New South Wales is not the place to be. Yes, I have decided to move. In fact I am moving overseas (Leeds, UK). I am leaving on Thursday 30th November. It follows that I will no longer be a rep. for NSW.

I have loved my involvement with AURA, but other things have overtaken me. But I will stay an AURA member even though next year's sub will cost me more! I have enormous respect for what you and Geoff do for runners and I wish you well.

Best of luck for the future,

David Sill

Ed's note: We were devastated to hear of your resignation as NSW rep. Dave, and the fact that you are leaving the country. Are those NSW members so bad that you have to take such drastic measures?? Obviously they are. However, I feel that Leeds, UK is definitely within Victoria's recruiting area, so perhaps you could possibly change your allegiances and sign up a few Leeds members to add to our Vic. numbers.

We can't thank you enough for the fantastic interstate rep. that you've been and we'll miss you. Write to us and tell us about the UK ultrarunning scene. We'll be hanging out to hear from you. Thanks again.Dot

Nick Drayton is now our only NSW rep. Any other takers?

Dear Dot,

Being a member of the Australian Army has many advantages. Unfortunately, staying in one location is not one of them! Neither is timely advice of a move interstate.

Since I last spoke to you regarding my acceptance as AURA Representative for ACT, alongside the indomitable Trevor Jacobs, I have managed to score a promotion in the Army. This will necessitate a move to the Gold Coast. Once again the ACT is down a rep.!

But never fear, I've managed to convince a good mate and budding ultra-marathoner to take over. Although not yet a member, Ian Colquhoun accompanied me and Trevor to the Shepparton 50/100km event and he also competed in the Brindabella Classic this year. He fully intends to become a member before the new year and as such, I have no hesitation in nominating him as ACT Rep. Trevor has also been told of this and agrees that Ian will make a good ambassador for AURA.

Sincerely,

Pete Sinfield

Ed's note: Thanks for your willingness to stand as rep Pete and we're sorry to lose you. We do appreciate you lining someone else up though. Good luck with the move and hope you enjoy your new location at the Gold Coast. Sounds great!

21 November 1995

N. Drayton
7 Ingram Road
WAHROONGA NSW 2076

Geoff,

Ph: 018 239 174

G'Day!

Thanks for the Oct '95 Ultra mag, it was a good read as usual!

I find it very inspirational. I get out of bed every morning feeling very mortal; then I battle to do a 30km run(on a big day). When I get home and read Ultramag, I believe that I can run for ever! The people and the articles are just unbelievably stirring, a superb example for all of us about getting the most out of ourselves and life.

Following are some comments relating to specific issues raised in the Mag...

- From the President's Report:

An 'official' 100km run would be very good. Good for ultra-running as a sport, and perhaps it would encourage more people to have a go at an ultra-run.

- From the A G M:

Inviting State reps to the A G M's would be of benefit to AURA. The impact could only be positive...I would gladly attend, dollars permitting.

First time , at least, I would like to meet some of the 'Vics', and long term, I think that the more often we can get as many people as possible together, the better it will be for all.

- I have read 'Cliffy's Book' and passed a couple on as presents. It is a great read; definitely 'unique' and again highlights the depth of character found in runners, especially distance runners. They may not be considered 'normal', but hey! who wants to be normal?

- AURA's Policy:\

How did we survive until now publishing all items presented? I would consider censorship essential.

- Tony's article about Randall Hughes and Shirley Young certainly made the point that we do NOT get sufficient media coverage.

These were WORLD RECORDS that were set, and not a mention anywhere.

How can we change this?

Surely, world records are worth world-wide recognition? Perhaps we may all work a little (a lot?) harder if we know recognition will be forthcoming?

If world records are anticipated in a event, as they were with Randall and Shirley, perhaps the press can be invited to attend? If world records are achieved with no press in attendance, perhaps the press could be notified of results.

I realise that I may be offering to flog a long-dead horse that many others have flogged in the past, but if I can be of any use in this regard, I am happy to offer my time.

Thanks again for a good read.



Nick Drayton.



G Hook,
4 Victory Street,
Mitcham 3132,
Victoria,
Australia.

Wing Commander J. B. Foden
141 Davies Road,
West Bridgford,
Nottingham NG2 5HZ
Telephone: 0602 - 816892

Dear Geoff,

Just in case you have not yet heard Bryan Smith came ~~second~~^{third} in the Spartathlon this year. A wonderful effort for someone running the race for the first time, even someone as talented as Bryan.

I suppose you have read many accounts of the race in IAU Newsletter and elsewhere over the years. It is as well publicised as the Westfield used to be, so I will not waste your time telling you yet again what the course is like.

However you might like to know that this race, and therefore ultra distance running in general, is receiving recognition at Olympic level. Last year Juan Samaranch gave Olympic certificates to all finishers. I know of no other occasion when this has happened except at the Olympics themselves. This year the race was held under the auspices of the Greek Olympic Committee. In a few weeks they will discuss how best to include the race in the Olympic Centenary celebrations.

As an indication of the way things are moving, this year the main prize presentation ceremony was in the main square of Sparta in front of the ancient town hall on the evening the race finished. Under floodlights several thousand Greek spectators gathered.

In the centre an imitation ancient Greek temple had been erected and was painted gleaming white. All the finishers had been given blue and white track suits and sat on one side. Opposite was the town band and facing the assemblage sat the VIPs.

These included the arch bishop, prefect of the province, general commanding, lord mayor, senior race officials, President of the Greek Olympic Committee, Chairman of the Greek Athletic Association and me. Following the usual speeches, in which I was exaggeratedly compared with Michel Brial (well I did at least run from Athens to Sparta as well as help organise the first race), we each gave finishing medals to three runners, who, poor souls, were in some cases scarcely able to stand up. Indeed some were so exhausted I do not think they would have cared if Hitler had presented them with their medals.

Then the winner, James Zarei of Britain, the runner up a Greek called Vasilios Chalkias, and third Bryan Smith of Australia then took their places in the temple to receive replica Spartan sickles from the President of the Greek Olympic Committee.

It was very emotional to be in a foreign city, to see the Union Jack and Southern Cross raised over the heads of the winners and hear the whole of "God Save the Queen" played, whilst the audience of several thousand stood to attention. Even had I won myself I do not think I would have been so affected.

I enclose a photo of Bryan and Jan just after he had finished and been crowned with a wreath of olives taken from trees growing on the ruined Spartan acropolis. Olives were used at the ancient Olympics; laurels were a Roman military award. Actually, at the first modern Olympics, olive wreaths were still used and not medals. I can remember a wreath in a display cabinet at Melbourne Grammar that was won by an Australian at those Olympics. I wonder if it is still there.

14.

Yours Sincerely,

John

Letter to the Editor:

"WHO'S BEST?"

Firstly, sincere congratulations to Pat Farmer for his recent tremendous Trans-America run, and also for the very favourable publicity generated through all media for the sport of ultra-marathon running.

However, knowing Pat as a friend, fellow runner and good sportsman, I'm sure that he must, like me, squirm a little at the frequent press descriptions of him as "Australia's top ultra-marathon runner".

In this country, we are undoubtedly blessed with a great depth of talent in ultra running. Great achievements over the past recent years which immediately spring to mind include, for example, Gary Parsons' (Qld) 1000 Mile victory. Mark Pritchard's (WA) first across the line in the Albany - Perth. Dave Taylor's momentous Sydney - Melbourne - Melbourne runs. Tony Collins' victory in the last such event, and the superb Georgina McConnell and Helen Stanger, who put in world class performances each time they turn out.

Now, whilst Pat's efforts undoubtedly belong in the same class, I think, without any doubt, that THE top ultra runner in this country for almost a decade has been, still is, and will continue to be until someone can consistently beat him ---Bryan Smith of Victoria.

I feel safe in saying that at most ultrarunning distances, Bryan has quietly, and with little fuss or publicity, creamed most of us at one time or another, and the record books confirm that.

Whilst it becomes increasingly difficult to compare ultra events nowadays because some are staged, some are "non-stop", some are competitive, some are solo, and without wanting to detract in any way from any performance because all ultra runners are terrific, to me there is no doubt that, overall, Bryan Smith is the greatest ultra runner this country has produced and probably is ever likely to see.

Yours sincerely

Maurice Taylor, Kirrawee, NSW

Ed's note: We couldn't agree more Maurice, but then we ARE Victorians and possibly could be accused of being biased. However, you forgot two amazing women, Mary Morgan (WA) and Linda Meadows (Vic).



Bryan Smith and wife Jan just after he had finished third in the Spartathlon and been crowned with a wreath of olives taken from trees growing on the ruined Spartan acropolis in Sparta, Greece. Congratulations Bryan!

Dear Dot,

A short account of my recent walk-shuffle from Tambo in Southern Queensland to the tip of Cape York, raising funds for the Royal Flying Doctor Service. The distance was approximately 2,500km which took me 50 days plus a 2 day stop at Weipa to go fishing. I managed 50 - 60km most days. I'd start in the dark a little after 5am and finish in the dark between 8pm and 9pm. It was always great to see the glow of our campfire. I was ably supported by Ossie Mibus with his vehicle and Charlie Pye (Ron Hill's supporter in 6 day races) Our fuel was supplied by BP Petroleum.

On this inland track, I passed through such places as Blackhall, Longreach, Winton, Hughenden, Atherton, Laura, Coen and Weipa, then up the old telegraph line to Bamaga and the final burst through the rain forest to the rocky peninsular which is the most northerly tip of Australia.

It was my privilege to raise \$3,500 for the RFDS of Queensland, to sleep under the stars at night, to eat meals cooked at a campfire and have a beer in every country pub. Next winter "God willing", I hope to track Ayers Rock to Albany via Warburton and to complete my forays to the extreme points of Australia on foot.

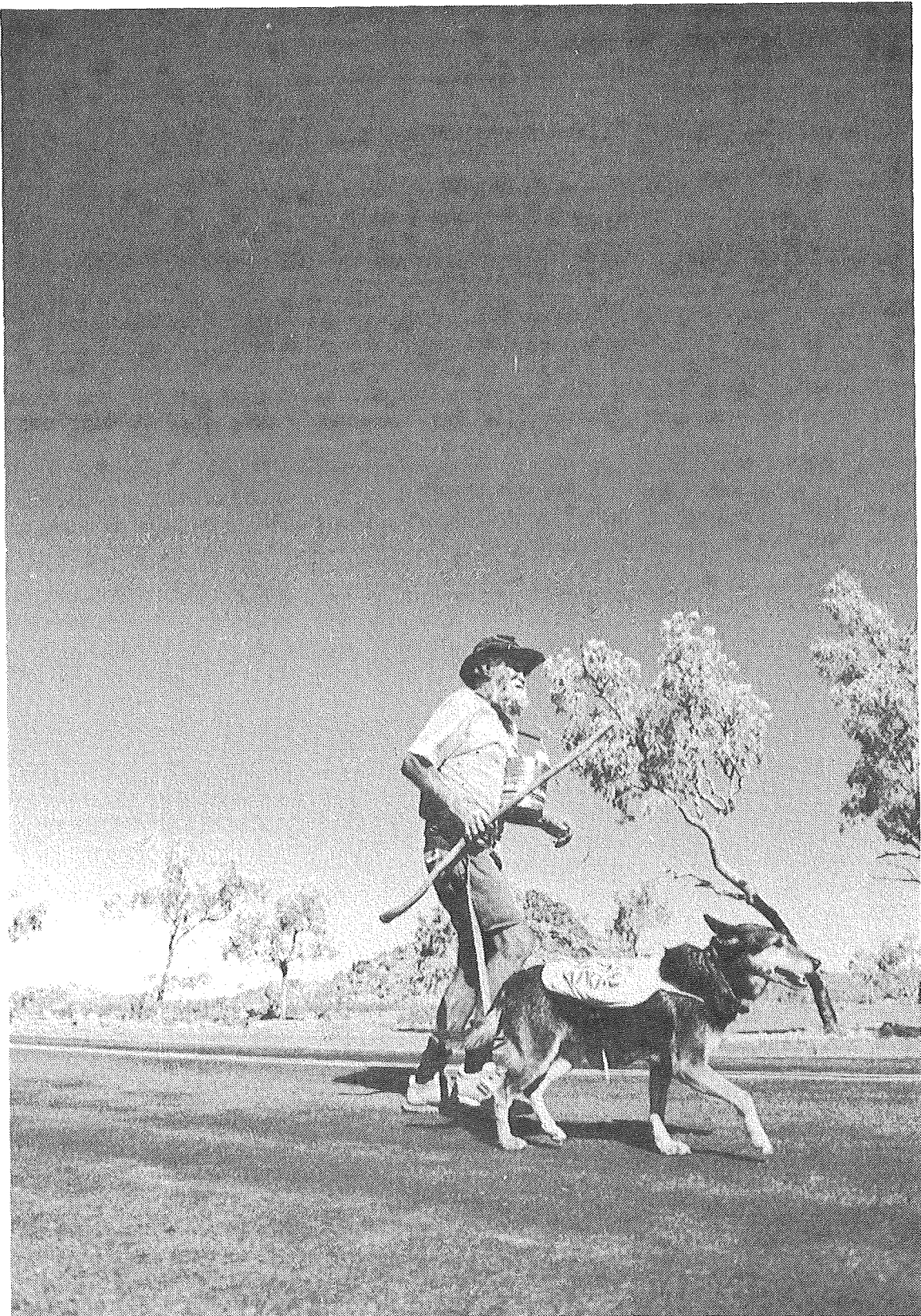
All the best to you and your AURA mag.

Drew Kettle and Laddie.

PS. Laddie missed this trip due to old age, but he's still with me.



L. to R. Charlie Pye, Ossie Matthews, Drew Kettle with a well-equipped truck which held the necessities for Drew's various walks to the furthest corners of Australia.



Drew Kettle with his running mate "Laddie"

Dear Dot,

I am now living in Gravesend, Kent which is about 25 miles east of London on the Thames. I would really love to hear from or see any Australian runner who happens to be in the UK. My address is:

49 Shrubbery Road
Gravesend DA 12 IJW
KENT

Phone: Work 01474 - 534200

Home 01474 - 363483 If ringing from Australia. dial 0044 1474 etc.

Regards,

Val Case (former AURA member)

Dear Dot,

I was disappointed in my performance of only 467kms in the Colac 6 Day Race in November, as this was my retirement 6 Day event and I would have liked to do better. However, I pulled up injury-free and am looking forward to your shorter distance runs next year.

Congratulations to Anatoli Krouglikov for a fine run in difficult conditions (The track was like concrete!) In the middle of the race, Tomas Rusek of the Czech Republic pushed Krouglikov and the pair were checking each other's hourly updates. Krouglikov finished only 8km ahead of Tomas Rusek. It was a battle of tactics by the Russian.

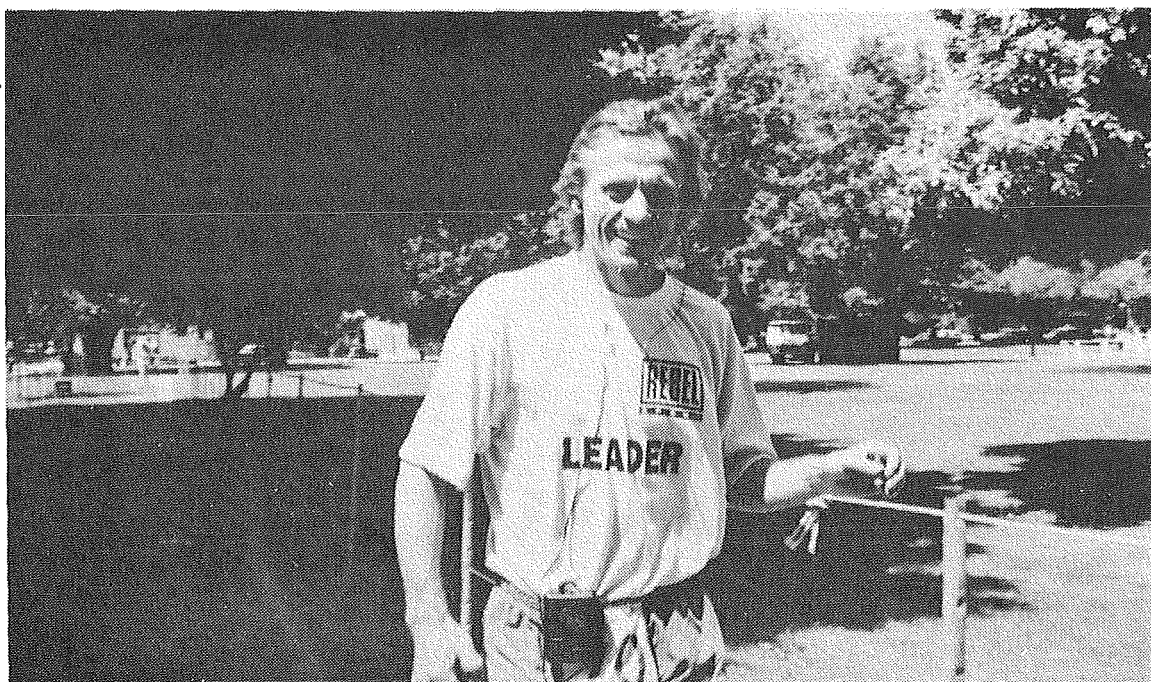
Maurice Taylor put in a creditable performance. And to all runners, well done!

I thank my crew Pat, Lorna, Gino, Cliff Ryan and young Peter Wardrope of Colac for their support and for supplying my every need. I also thank the Colac committee for giving me the opportunity to compete in the race, especially Graham Thornton, Joan Wylie, Stuart Beasley, Rex Basham and Annette and Kath (The food-van early birds)

To all lapscorers, a big thank you for a thankless task carried out in a professional manner. To Gordon and Beryl Burrowes, a job well done. Your commentary was much appreciated, Gordon.

Seasons Greetings to all and a Happy New Year to all runners, and may the wind always be behind you.

Godfrey Pollard.



Anatoli Krouglikov, winner of the 1995 Australian 6 Day Race at Colac in November, 1995

KRUGLIKOV WINS AGAIN ON BUMPY COLAC TRACK

BY
TONY RAFFERTY

Light drizzle and a cold swirling wind in a carnival mood with 60s music from the police show band, children bouncing on air castles, mini-golf and about 500 spectators, greeted runners at the start of the 10th Australian Six Day Race at Colac.

The track, a contentious issue for a decade was hard, bumpy and in its worst ever state. From the first 24 hours most runners suffered bruised feet or sore ankles and shins. Because of shin splints on the second day Czech, Tomas Rusek, dropped from second to fourth place when he spent periods in the massage tent.

Last year's winner and this year's favourite, Russian, Anatoli Kruglikov, after 48 hours, although hurting, made sure of a handy lead and totalled 354kms, 37 kms ahead of a tenacious Bill Beauchamp. Beauchamp suffering sleep deprivation sometimes wobbled over the track telling strange stories about trucks. "If Kouros can go for a long time without sleep, so can I," he said.

Maurice Taylor came to Colac with no special plans except to finish with a reasonable kilometre total. In form he can be the quiet achiever. With the patience of Job he loped along "pleased with the day to day performances". At the start of day three he decided "to do battle with the leaders", Kruglikov, Beauchamp and Rusek. "I recognised I had the ability to get out there for 10, 11 or 12 hours at a slower rate and then come out and do it all over again." For a while it seemed that Taylor may issue a challenge to Kruglikov's lead.

Drawn in the face with intense concentration, effort and daring he moved into second place at 1am on day three, only 23kms behind the Russian.

In the meantime Kevin Mansell advanced to fourth place, 15kms behind Beauchamp. Rusek dropped to sixth. Peter Gray told the *COLAC HERALD* he aimed for a "PB of more than 810kms". He disappointed. He seemed overweight, out of form and at times belligerent. But the hulking runner didn't give in. His unyielding attitude forced the front runners to concentrate on their tasks like chess players in a world championship.

Only 50kms separated the first five runners at the end of the fourth day. With iron in his soul Tomas Rusek regained strength and came back to fourth place. Meticulous, with dedicated attention to every detail, he ran in the inside lane a few metres, picked a section a metre wide for a while, then moved in again doing his best to find soft sections of the track and avoid the bumps. With patience, short steps and lap after lap about eight kilometres an hour, his lithe body circled the track like a man with a mission.

Taylor and Rusek, on day five, contested, cat and mouse, but the persistent Czech entered second place and claimed it to the finish. Rusek's recovery was one of the best seen at Colac.

Kevin Mansell's seven kilogram weight-loss over four months before the race paid dividends. He exceeded his plan to run 750kms with a 764kms total. But not without pressure from swift-footed George Audley who had entered the top six from day four.

Precise, rhythmical running gained Georgina McConnell a world age record despite the rough terrain. "The track is not only very bumpy, it's very hard. This is not good for your feet," she said.

"I've had stress fractures. They (the organisers) have to do something. Runners come here to achieve personal goals and then they're disappointed because they can't believe the wear and tear it takes on their bodies."

The energy-sapping track didn't deter Dawn Parris from making a challenge on McConnell's kilometre total. Parris ran loose, light, as free as a bird on a beach. Placed at position 19 at 5am on day one she finished the race, graceful even in tiredness, in ninth place 22kms behind McConnell.

McConnell said her lasting thoughts of the race would be her world six day age record (50-54) - 699.2kms; and a grass track that felt like concrete.

Cliff Young claimed a world 48 hour age group record (70-74) - 233.435kms, and Drew Kettle claimed 219.899kms in the 75 to 79 age group of the same time period.

In Canada, David Blaikie, (*ULTRAMARATHON CANADA*), transferred results of the 1995 Australian Six Day Race to the Internet. Every day Tomas Rusek sent results to the Czech Republic. Course announcer, Gordon Burrowes, kept the public and the runners informed and entertained.

Newcomers to six day racing, Ivan Davis, Mark Pritchard and Neville Mercer gained valuable knowledge from their Colac experience. On his first visit to the Colac track Graeme Watts advanced through the field to 11th place with a splendid 133.6kms on the last day.

John Timms, Neville Mercer and Shaun Scanlon retired injured during the first half of the race.

In the rotunda in Memorial Square Kruglikov received the winner's cheque of \$5000. Second prize \$3000 went to Tomas Rusek and third place, Maurice Taylor received \$1000. Steve Moneghetti presented medals to all placegetters in front of a crowd estimated at 2000 during, what must have been, the longest presentation ceremony seen in long distance running. Runners closed their eyes, bowed their heads, fidgeted, squirmed and shivered as officials seemed to give recognition to everyone but the cleaners.

The crowds came back this year; media interest improved and a touch of the early 80s atmosphere was evident.

(This year was my 10th Australian Six Day Race (655.2kms). I finished the decade as the only person to compete in all 10 events with a Personal Best 743kms in 1984. Farewell Colac...and thanks for the memories.)

TONY RAFFERTY - November 1995

THANK YOU GORDON AND BERYL!!

The Australian 6 Day Race Colac Committee wish to extend a sincere thank you to Gordon and Beryl Burrowes, who so kindly came up to Colac and supported us during the running of our 6 Day Race.

Gordon did inform us prior to coming that he now retired (from work), but I can assure everyone that by the time he and Beryl returned home, they were TIREDD.

We certainly gained a lot from both Gordon and Beryl's knowledge, and their involvement with running this year's race.

They will be recovering, just like the runners.

Joan Wylie - Secretary.



AUSTRALIAN 6 DAY RACE

COLAC INC.



Pos	Name	No		Day1	Day2	Day3	Day4	Day5	Day6
1	A KROUGLIKOV	20	Laps	593	284	325	265	315	270
Total	2052Laps	820.8Klms	Klms	237.2	113.6	130.0	106.0	126.0	108.0
2	T RUSEK	21	Laps	538	247	245	349	346	306
Total	2031Laps	812.4Klms	Klms	215.2	98.8	98.0	139.6	138.4	122.4
3	M TAYLOR	9	Laps	436	322	359	309	302	223
Total	1951Laps	780.4Klms	Klms	174.4	128.8	143.6	123.6	120.8	89.2
4	K MANSELL	17	Laps	407	303	319	311	317	254
Total	1911Laps	764.4Klms	Klms	162.8	121.2	127.6	124.4	126.8	101.6
5	B BEAUCHAMP	1	Laps	451	333	310	294	275	233
Total	1896Laps	758.4Klms	Klms	180.4	133.2	124.0	117.6	110.0	93.2
6	G AUDLEY	8	Laps	382	277	316	284	287	238
Total	1784Laps	713.6Klms	Klms	152.8	110.8	126.4	113.6	114.8	95.2
7	P GRAY	11	Laps	375	335	263	237	279	265
Total	1754Laps	701.6Klms	Klms	150.0	134.0	105.2	94.8	111.6	106.0
8	G McCONNELL	10	Laps	364	277	287	284	271	265
Total	1748Laps	699.2Klms	Klms	145.6	110.8	114.8	113.6	108.4	106.0
9	D PARRIS	2	Laps	346	271	267	274	265	268
Total	1691Laps	676.4Klms	Klms	138.4	108.4	106.8	109.6	106.0	107.2
10	I DAVIS	6	Laps	420	298	225	291	180	247
Total	1661Laps	664.4Klms	Klms	168.0	119.2	90.0	116.4	72.0	98.8
11	G WATTS	13	Laps	328	241	248	261	232	334
Total	1644Laps	657.6Klms	Klms	131.2	96.4	99.2	104.4	92.8	133.6
12	T RAFFERTY	14	Laps	354	282	262	254	245	241
Total	1638Laps	655.2Klms	Klms	141.6	112.8	104.8	101.6	98.0	96.4
13	M PRITCHARD	12	Laps	385	289	260	253	213	203
Total	1603Laps	641.2Klms	Klms	154.0	115.6	104.0	101.2	85.2	81.2
14	C YOUNG	15	Laps	355	228	225	244	220	230
Total	1502Laps	600.8Klms	Klms	142.0	91.2	90.0	97.6	88.0	92.0
15	D KETTLE	18	Laps	332	217	227	238	236	212
Total	1462Laps	584.8Klms	Klms	132.8	86.8	90.8	95.2	94.4	84.8
16	R HILL	7	Laps	320	202	248	175	239	241
Total	1425Laps	570.0Klms	Klms	128.0	80.8	99.2	70.0	95.6	96.4
17	K FISHER	19	Laps	410	229	125	288	124	203
Total	1379Laps	551.6Klms	Klms	164.0	91.6	50.0	115.2	49.6	81.2
18	G POLLARD	5	Laps	300	187	184	171	174	153
Total	1169Laps	467.6Klms	Klms	120.0	74.8	73.6	68.4	69.6	61.2
19	S SCANLON	3	Laps	352	205	210	85	0	0
Total	852Laps	340.8Klms	Klms	140.8	82.0	84.0	34.0	0.0	0.0
20	J TIMMS	4	Laps	318	246	187	0	0	0
Total	751Laps	300.4Klms	Klms	127.2	98.4	74.8	0.0	0.0	0.0
21	N MERCER	16	Laps	415	41	0	0	0	0
Total	456Laps	182.4Klms	Klms	166.0	16.4	0.0	0.0	0.0	0.0
22	- NO RUNNER	22	Laps	0	0	0	0	0	0
Total	0Laps	0.0Klms	Klms	0.0	0.0	0.0	0.0	0.0	0.0
23	V KRISTENOK	23	Laps	0	0	0	0	0	0
Total	0Laps	0.0Klms	Klms	0.0	0.0	0.0	0.0	0.0	0.0
24	- NO RUNNER	24	Laps	0	0	0	0	0	0
Total	0Laps	0.0Klms	Klms	0.0	0.0	0.0	0.0	0.0	0.0
25	- NO RUNNER	25	Laps	0	0	0	0	0	0
Total	0Laps	0.0Klms	Klms	0.0	0.0	0.0	0.0	0.0	0.0

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Program by Ray Arrowsmith.

COLAC 6 DAY RACE - 19TH - 25TH NOVEMBER, 1995

On behalf of the Australian 6 Day Race Committee members, I would like to extend our appreciation to all the runners who competed in our 1995 race. A field of 21 runners was the biggest ever to start since the event commenced in 1984.

Four World Age Records were achieved.

- | | | |
|----|--------------------|----------------------------|
| 1. | Cliff Young | 70 - 74 years for 48 hours |
| 2. | Drew Kettle | 75 - 79 years for 48 hours |
| 3. | Drew Kettle | 75 - 79 years for 6 days |
| 4. | Georgina McConnell | 50 - 54 years for 6 days |

Congratulations to all three for their achievements.

I would also like to acknowledge Rafferty's continued support. Tony is the only competitor who has competed in all of our ten races. This year was the tenth.

It was great to link with the Ultramarathon World Internet and receive full coverage of the race whilst in progress.

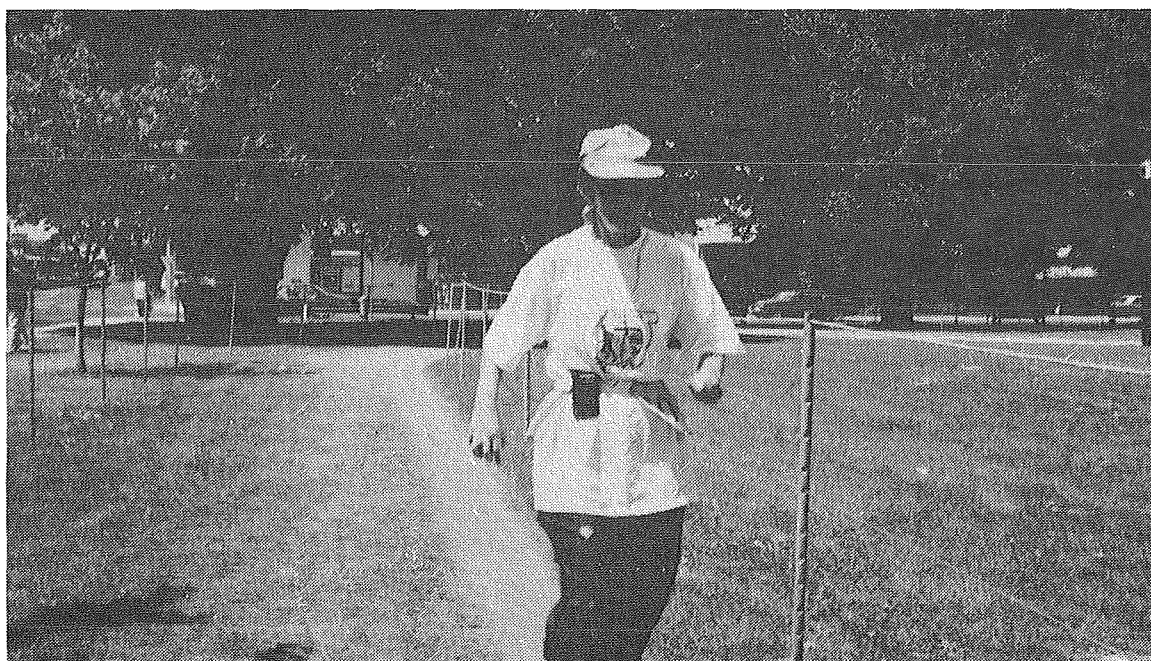
To all runners, I say thank-you for your participation and friendliness displayed prior to and throughout the event, and hope that you have recovered.

In conclusion, I wish to acknowledge the great support we received for our runners from Ray Carroll's Eastern School of Tactile Therapies. Mike Gillan, Rohana and Monique worked tirelessly all week, taking care of the runners for us. Thank you must go out to them. They were all in need of plenty of sleep by the 25th November.

Anatoli Kruglikov won the race. This follows on from his 1994 win.

Thanks must also be extended to all crews and fellow runners who kept in contact with trackside to check on the progress of the runners. They gave out their messages, which was very encouraging for the competitors and helped keep them going round and round and round.

Joan Wylie (Secretary)



LIVERPOOL 24 HOUR TRACK RACE, NSW 14/15 OCTOBER, 1995 RESULTS

1.	Ian FORSYTH	207.167km
2.	Chilla NASMYTH	185.365km
3.	Georgina McCONNELL	181.900km
4.	Edvardo VEGA	162.320km
5.	Tony FARNHAM	148.710km
6.	Cliff YOUNG	146.650km
7.	John CUSACK	123.400km
8.	S. BRYCE	116.900km
9.	Isobel BUCKLAND	112.467km
10.	George CORMACK	112.000km
11.	Alan STAPLES	107.800km
12.	L. SMITH	104.119km
13.	James ROONEY	97.600km

1st Male
2nd Male
1st Female
3rd Male

2nd Female

Special Awards:

Graveyard Award:	Ian Forsyth
Encouragement Award:	Stephen Bryce
Craig Rowe Medal	John Cusack

Relay event:

Bossly Park Walkers	168.670km
Police Team	133.600km

SPORT

Ian wins 24 hour endur- -ance event

FIRST-time competitor Ian Forsyth won the Liverpool City-Saucony 24-hour track race at the weekend in what was described by race organiser Dave Taylor as a fantastic run.

The Haberfield man ran a total distance of 207km.

In second place was Chilla Nasmyth, who ran 185km during the 24 hours.

Next across the line was Georgina McConnell, winner of the women's section with a run of 182km.

Third place in the men's section went to Eddie Vega, who ran 162km.

Winners of the relay were the Bossley Park Walkers, whose team of team walked 168km.

The Bossley Park team clocked 35km more than the Liverpool Police team, which was running a few members short.

Proud dad Dave Taylor was able to congratulate his 12-year-old daughter Kathy for her helping feet in the police team.

As the team was a short, Kathy stepped in as a volunteer walker to help.

During the 24 hours she walked 60 laps, earning a medallion.

The special Graveyard title went to Ian Forsyth.

This title is awarded to the runner who covers the most distance between midnight and dawn.

The encouragement title went to Stephen Bryce from Raby, who covered 116km at his first attempt.

For his gutsy effort, the Craig Rowe memorial Medal was awarded to John Cusack.

Cusack walked 123km despite having had leg operations.

One of the pre-event favorites, Maurice Taylor, had to withdraw prior to the race for medical reasons and last year's winner James Rooney withdrew after 96km with stomach trouble.



Women's section winner Georgina McConnell

Mundaring To York 40 Mile (64.4 Km) - 20/03/95

	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	23-5-60
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	16-8-66
3	5422	Jo Skrypnuk	36.58	1.15.54	1.55.40	2.35.45	3.17.02	4.00.27	4.43.05	5.27.06	18-9-54
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	17-11-67
5	4805	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	23-4-57
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	17-11-51
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	13-8-59
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	19-9-58
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	29-6-44
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	25-10-45
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	17-11-48
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	20-12-36
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	1-10-47
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	27-12-38
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	12-8-43
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	29-6-62
	3843	John Petterssen	43.30	1.25.57	2.09.41	2.54.06	3.46.39				

D.O.B.

10th. However, I really should congratulate all the individuals on their performances. This is not a race for the faint hearted !

The team race was lead from start to finish by Mundaring 'A' who were nearly 30 minutes clear at the finish. A lot of credit for this must surely go to (a ring in ?) Martin Van Voorthuisen who not only ran the second leg much faster than any other runner but then slowed down to keep pace with his team runners for the next two legs pushing them along too !

The traffic build up along the road and even more so in York itself put something of a question mark against a long future for this course but it is one of the clubs traditional runs. We need a Race Director to take it on next year and the Committee would very much like to hear from a volunteer (or two). We would help them as much as necessary of course. No race director - no race !

Finally a word of thanks to our timekeepers without whom the race could not function as it does. On the day we were all indebted to Joe and Ursula Clark-Murphy, Andrew Cook, Kate Guthrie, Bill and Claire Hanlon, Chris Limb, Peter Smoothy, Peter Talbert, Netta Thompson, Val Pach and Max Thorley (my deep apologies if I missed anyone). But a special word of thanks to John and Madge Pettersson without whom I could not have coped. Madge was there at the start and the finish. John was out the day before marking the 5 mile points, helping at the start on race day and then after having to pull out injured he turned to work on for some hours at the finish. Thank you all.

Thanks also to the sponsors of this event The *GOOD* The *BAD* and The *UGLY* Restaurant who supplied T.shirts and meal vouchers to the winners of the Relay plus first male and female

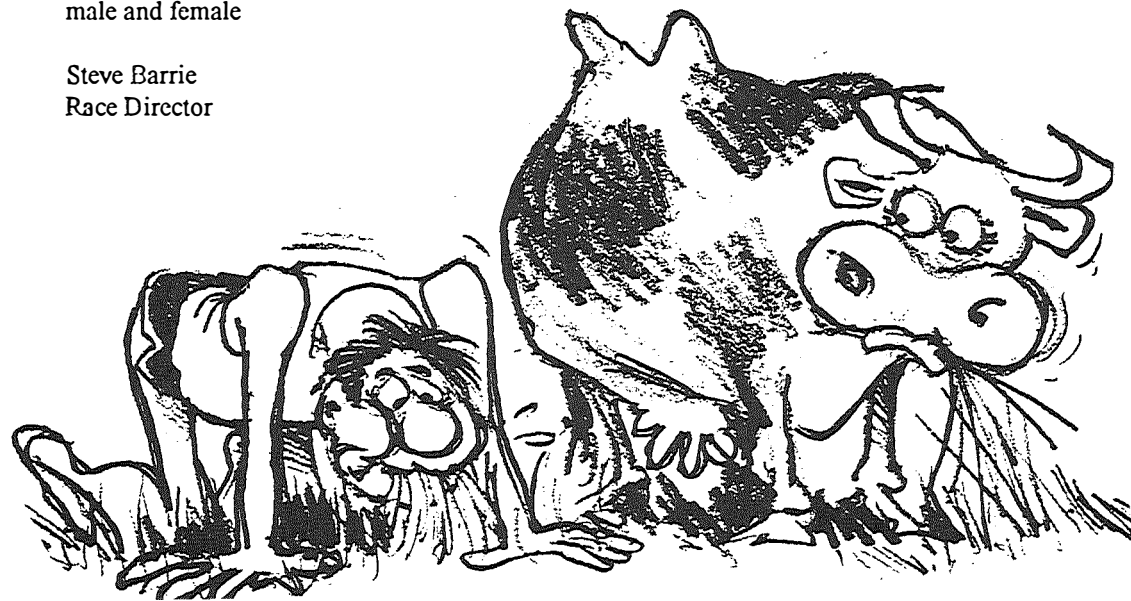
RELAY

	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

The Clubs winning streak with the weather continued with a nearly perfect day for running (bit cold for the support crews and helpers!) with bad weather before and after the day. 17 intrepid (?) (loonie?) individual runners and 7 Hash House Harrier teams toed the line, in the dark and were sent on their way East.

The individuals race was lead out by Stephen Dunn who held that lead until close to 20 miles (32km) but he was then caught by Neil Carroll who had worked his way through from third place in the early stages. Over the next 20 miles Neil built on this to finish well, some 12 minutes ahead with Stephen holding on to second place through some very steady running. Third place went to Joseph Skrypnuk who also put in a strong performance after only just making it to the start line in time. Fourth over the line was our only women individual runner Nicole Durrant who worked her way through from the middle of the field in the last half of the race to record a great result. What will she be capable of when we teach her how to run fast as well as far ! Another great improver was Viv Bryant who managed to move from the back of the field at 5 miles (8km) to finish

Steve Barrie
Race Director



QLD ULTRA RUNNERS CLUB INC

PO Box 469 Broadbeach Qld 4510

Tel (07) 5592.2349

RESULTS OF RAINBOW BEACH TRAIL RUNS CONDUCTED ON SATURDAY 28 OCTOBER 1995

52 kms

		30 kms	finish
1	Greg Barton	2:08:47	4:03:30
2	Cliff French	2:31:44	4:37:25
3	Kelvin Marshall	2:29:29	4:40:53
4	Peter Gibson	2:36:51	4:52:05
5	Peter McKenzie	2:36:51	4:52:24
6	Lyn Gordon 1F	2:49:10	5:15:00
7	Geoff Williams	2:37:41	5:28:51
8	Brian Evans	3:05:31	6:02:12
9	Steel Beveridge	3:12:26	6:22:05
10	Carl Hebel	3:05:31	6:33:59
11	Shelley Smith 2F	4:11:26	8:36:15
12	Don Hilleary	4:27:44	9:08:29

30 kms

1	Calvin Isdail	2:06:44
2	Bruce Cook	2:07:32
3	Nicole Carroll 1F	2:07:41
4	Vic Collins	2:13:05
5	Geoff Boase	2:24:14
6	Steve Griffiths	2:45:16
7	Mark Turner	2:47:01
8	Bob Clarke	3:13:46
9	Aileene Markham 2F	3:14:04
10	Angela Clarke 3F	3:16:41
11	P Lehman	3:23:07
12	Kerry Hall (walker) 4F	4:24:46

15 kms

1	Greg Nott	1:13:32
2	Stewart Gray	1:15:29
3	Peter White	1:20:14
4	Phillip Clarke	1:28:01
5	Larry Ledbetter	1:30:32
6	Karen White-Angel 1F	1:31:38
7	Tim Gordon	1:33:38
8	John McIntyre	1:37:25
9	Curtis Gordon	1:46:49
10	Melissa Gordon 2F	1:47:52
11	Judy Gray 3F	1:51:23
12	Ron Grant	1:59:04
13	Steve Terrell	2:09:19

Raffle results: Scratchies Ray Chatterton; fruit tray Don Worger.

SUN, SURF, SAND AND A LITTLE RUNNING

Sixteen competitors/ cheer squad travelled from the drought stricken South Burnett to glorious Rainbow Beach for the annual trail run on Saturday 28th October. When you leave behind dry dust, brown empty waterholes, dead grass and westerly winds, Rainbow Beach hits your senses with a tremendous impact. The grass is green, water from a recent storm lies in puddles on the side of the road, and sand is startlingly white and the water oh so blue. What a shame we all had to come home after it was over. We had just had our appetite whetted for a whole week of surf and sand - not two days.

Ron and I have been visiting Rainbow Beach for 14 years and along with old friend and trail race organiser Dennis Parton, have been running these trails ever since our first visit. Gradually the trail run idea evolved, with 37 runners competing in the combined three distances this year. All starters completed their allotted distance with Greg Barton winning the 52 km event with an awesome display of how to run. In fact for the first 30 km he kept up with Calvin Isdail, Bruce Cook and Nicole Carroll who were the first three placegetters in the shorter race. As you can see from their times they weren't exactly fooling around out there on the trail either!! Dennis Parton questioned Greg at one stage of the first leg of the 52 km thinking Greg must have got his entry form mixed up and was really in just the 30 km. 'No, I'm in the 52 k' says Greg in quite a relaxed manner, as he tore past Dennis, who could do nothing but stare in admiration.

Cliff French (old timer of ultra racing!!) aged 52 years, put in a class performance to come in second in the 52 km race. Wife, Vera was just as thrilled as Cliff, especially when they realised that he had beaten Sydney Striders Kelvin Marshall. Kelvin had recently had a run away victory in the 68 km Tamborine Trek proving he is no slouch especially over rough terrain. Peter Gibson of the Gold Coast came in fourth, feeling a little jaded after having the flu and sporting a sore neck from looking over his shoulder for Geoff Williams. Peter and Geoff were fighting it out at Rainbow Beach, being the last event for the points score year, for points supremacy for 1995. Geoff put in a gallant effort to stay in touch, but by the end of the first 30 km loop realised he was still very much under the weather from his tremendous Five Day Race win in the South Burnett in September. Geoff, as usual made a few wise cracks, then turned his back on the comforts of the Surf Life Saving Club House and headed out for more of a thrashing. As they say 'A rooster one day, feather duster the next!'

Lyn Gordon proved to be evergreen with a relaxed win in the womens section, although not without her own personal moments of despair, with a sore leg that wanted to balloon up left over from the Five Day race, and her body recovering from a mountain race in New Zealand the weekend before. Brian Evans from Maryborough, Steel Beveridge from NSW, Shelley Smith from Brisbane and Don Hilliary from Nanango all ran their own races, just content to reach the finish line. Steel and wife Lyn headed off to the Noosa Tri after Rainbow Beach - one exhausting weekend. Carl Hebel (better known to some as Cane Toad) emerged from somewhere along the beach to compete after a long absence, and was so grateful to Brian Evans for his help and encouragement, that he gave Brian the week's accommodation in a cabin at the Rainbow Beach Caravan Park he won as the major lucky draw.

A truly generous gesture.

Like Carl, Geoff Boase made a return to Qld. events in the 30 km, but was beaten out of fourth place by newcomer Vic Collins. Hopefully we shall see a great deal more of both. The remainder of the 30 km field was made up of some newcomers and stayers from past events.

Greg Nott, local Surf Club captain won the 15k for the second time with
26. local holiday maker Karen White-Angel dropping in to win the womens section.

Dele Grant

"CONQUERING AUSSIES"

An article on "That Dam Run", NZ held on 18th November, 1995
by Linda Meadows

They came, they ran, they conquered!

For the second year in a row, Australians have taken out first places in both the men's and women's sections of the notorious "That Dam Run", the IAU Australasian Championship held on the south island of New Zealand.

Last year, Australians Don Wallace and Mary Morgan both produced outstanding runs to not only win, but create new Australasian records - Don the first triple straight win in the race and Mary lowering the 100km women's Australasian Road Record time to a world-class 7:45:04. Unfortunately, neither able to compete this year, but it should be a great battle for places in 1996 if both sets of '94 and '95 winners make it to the starting line. Let's hope so!

This race seems to regularly produce unique results. Who would credit that after 100km of racing, two men could come in EQUAL first. Well, stone the crows, it really happened. Our triumphant Aussie, Soni Badic (and new Australasian Champion) came across the line, literally, together with Andriy Magiev, the current 100km European Champion. Both were smiling as they flashed across the finish line hand - in - hand, in a great display of camaraderie and mutual respect. It's wonderful to see that ultramarathons can still be about such things, rather than winning at all costs.

The clock saw Soni Badic and Andriy Magiev from Poland with the same time of 6:37:17. Tim Sloan, also a courageous and highly respected Australian runner (and best placed Australian in this year's World Championship - 29th in 7:48:23) took out third place in 6:50:06. The second Polish runner M. Claplak ran fourth in 7:38:00

In fifth place across the line came the first of the women in an Australian and New Zealand dominated set of women's race results. Linda Meadows of Australia took 7:40:57 to cover the 100km, which also created a new Australian record, according to Race Director Scott Leonard. New Zealand women then took out both second and third places, with Carolyn Andrews in 9:05:39 in second and Margaret Hazelwood in 9:24:17. Both New Zealanders have had tough races in recent months, so their performances were excellent and they proved a credit to their country in doing so well.

Once again, other events were held in and around the 100km, including a standard marathon and half marathon, which added to the numbers of runners pounding the roads through the Waitaki Valley of North Otago near Kurow, the site of the start/finish line.

The weather was cold and windy at first then, for something different, turned to hot and windy conditions, bringing back memories of last year's race. So for all you future "That Dam Run" runners, don't say I didn't warn you.

The most outstanding performance of the day do not belong to the runners, but to the race organisers, Scott and Michelle Leonard, the local race organisers and the vast number of local community members who came out to help make the event so special. Of note, local scouts and an excellent team of voluntary masseurs and masseuses, who soothed the aching limbs after the race. All have to be congratulated on their exceptional efforts. Well done and thanks to all on behalf of all the runners.

Now for a few items to tidy up. Tony Kleiner (Australia/Q'ld) was forced to pull out about half way due to a terribly painful pinched nerve in his back and leg. This was a great pity as he was running very well up to that point.

I must give my most sincere thanks to a Kiwi support crew who arranged to help me with drinks and some fine Kiwi abuse at this mad Aussie runner. (Actually their comments were supportive, but I don't think they would want their fellow Kiwis to know). They were an important element in my success, so many sincere thanks to Steve and Jodie.

Being a good friend of Soni's, I must ask him publicly if he usually runs beside fellow European men holding hands. Is this really a good career move? Actually I must say in all sincerity that I think it was an incredible display of sportsmanship, especially as I know how very much Soni wanted to win this race - Congratulations on keeping the heart and friendship of ultra-marathoning alive.

If any other ultra-marathoners are to experience the magic spell of friendship, support and encouragement that this race seems to create, put it all down in your race calendars for 1996. I guarantee you will not be disappointed.



Polish and Australian runners from left Andrzej Magier, Tony Kleiner, Linda Meadows and Maciek Cieplak go for a training run in Takaro Park last night. The four are some of about 60 people who have come to North Otago from throughout the world to compete in That Dam Run on Saturday. Race director Scot Leonard said today this year's event involved some of the best runners in the world who had been attracted by New Zealand and the race's reputation. The 100k run around the shores of the Waitaki Valley lakes and the marathon will begin in Kurow at 6am while the half marathon begins at 7.15am from near Aviemore. Mr Leonard said this morning these competitors already in Oamaru would be at Centennial Park at 6pm tonight to talk with North Otago Harriers Club members.

Photograph: Katrina Martyn

THAT DAM RUN 100KM AUSTRALASIAN ROAD CHAMPIONSHIP NORTH OTAGO IN NZ. RESULTS

MEN:

1. Safet Badic (Australia)	6:37:17
1. Andriej Magiev (Poland)	6:37:17
3. Tim Sloan (Australia)	6:50:06
4. M. Cleplak (Poland)	7:38:04
5. H. Weiser (NZ)	9:28:17
6. L. Priessler (Germany)	9:48:52
7. D. Botting (NZ)	10:33:08
8. R. Hines (NZ)	11:13:48
9. G. Ferguson (NZ)	11:15:18
10. C. Cross (NZ)	13:15:11

WOMEN:

1. Linda Meadows (Aust)	7:40:57
2. C. Andrews (NZ)	9:05:39
3. M. Hazelwood (NZ)	9:24:17
4. 4. V. Muskett (NZ)	9:45:51



Linda Meadows and Sani Badic, male & female winners of That Dam Run, proudly display the Australian flag after the event.



Linda Meadows, glory in That Dam Run., NZ.

QUEENSLAND ULTRA RUNNERS CLUB INC

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52 KILOMETRE NANANGO FOREST FOOTRACE

Sunday 3rd December 1995

The whole weekend of 2nd and 3rd December was devoted to runners visiting Nanango for the annual race in the East Nanango State Forest. Competitors and cheer squad from the Gold Coast, Victoria and even USA as well as closer locations started arriving on Saturday in preparation for the annual Queensland Ultra Runners Club dinner and awards night. Well over 40 gathered that evening for a social time, good food, and to see Ian Cornelius, Peter Gibson and Lyn Gordon take out the major awards. Ian took out the sportsman of the year trophy for his all round dedication and sportsmanship to the club, events, and competition. Ian has worked tirelessly in all ways for the club's growth this year and was overwhelmingly the favourite choice. Peter Gibson received the male points score winners trophy for points accumulated from events throughout the year. Peter is by no means the fastest runner in the club, but accumulated points by attending most races. Close behind him was Geoff Williams, then Gary Parsons third. The women's trophy was easily won by Lyn Gordon, who has no equal in consistency combined with speed over the year. Cathy Caton and Dell Grant took out second and third some good distance back.

The shocking noise of alarms going off at 3am woke the early risers, but also all the others who stayed at our place overnight. That is one advantage of a big old Queenslander house. Competitors nominate their own start time aiming to finish at noon, so the first two set off at 4am by torch light. The first shift of drink table helpers came on duty at 4.30am, just as the second group set off on their 52k trek. The course is very hilly and most runners are forced to walk some of it, but the compensations are the peaceful surroundings, bird life and towering hoop pines close against each side of the roadway. Runners departed in little groups until 7am and with quite a chill in the air were shivering waiting to leave. Twenty-eight starters set off in all. Amongst them was Charlie Engle and his work mate Steve Foster from USA, in Australia studying hail storms! Now that beats lion taming as an obscure occupation. Also to line up were Peter Gray from Victoria and Graeme Watts of Nanango, who just a week prior had completed the Colac 6 Day. Bob Clarke, a local, had intended to run one lap with his wife Angela, then help on a drink station, but enjoyed himself so much he completed the race. The things some people will do to get out of working on a drink station! In fact their son Phil also competed - three members of a family in an ultra - is that a record or something.

The media gave us good coverage with local radio, two newspapers and WIN TV from Toowoomba coming out for a look. The Nanango Shire Council are preparing a new brochure about the district and collected some photos for that also. Six competitors failed to finish the distance, but those who did found it very rewarding and terrific scenery and have vowed to return next year. The major surprise was an outright win by Lyn Gordon in 5 hrs 0 min 47 sec. from Charlie Engle in 5hr 3 min 10 sec. Christine McDougall of the Gold Coast was hot on their heels in 5 hrs 12 min 47 sec. Full results are attached. The big improvers were Angela Clarke and Shelley Smith with nearly 2 hours sliced off their previous times. Charlie Engle took out handicap honors finishing closest to noon - just 3 min 10 sec. off. Quite a feat as he had never seen the course before and no watches are allowed on the course, but time calls are given every 8½ k. The race was followed by a BBQ and presentations under the trees in the park. This event will be on again in 1996 on Sunday 1st December.

31.

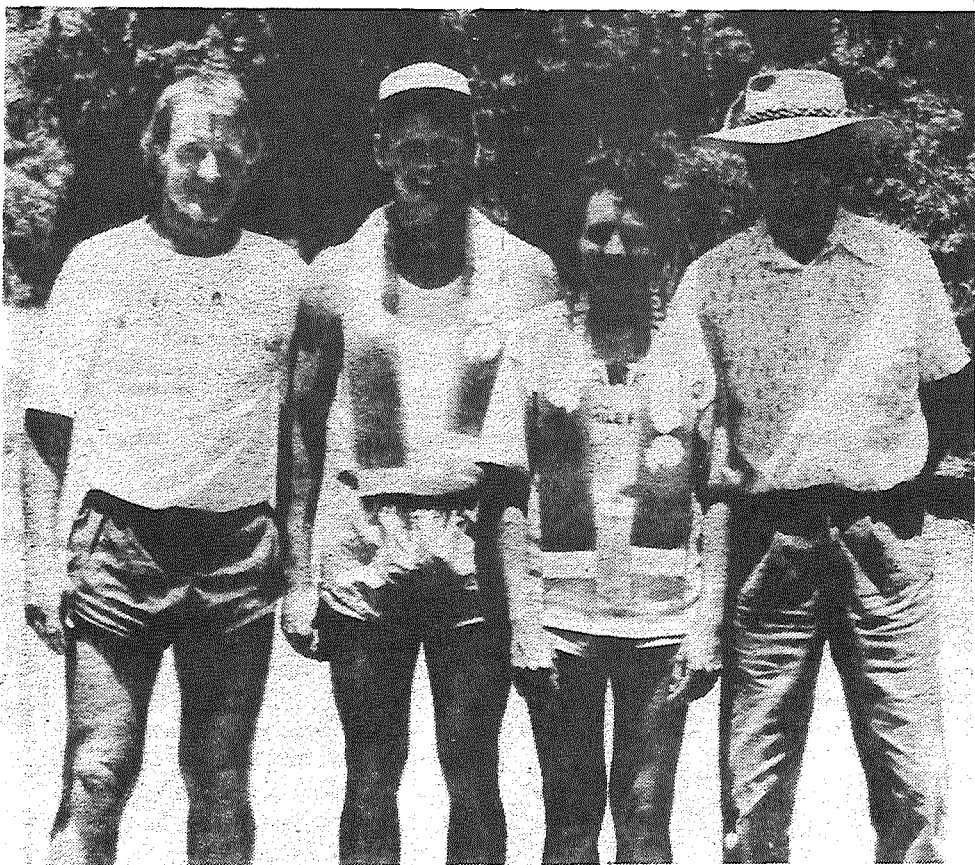
Dell Grant

NANANGO 52 KILOMETRE FOREST FOOTRACE 3RD DECEMBER, 1995

	NAME		AGE	START TIME	END LAP 1	END LAP 2	FINISH am/pm	ELAPSED TIME
1	Lyn Gordon (F1)		40	6.45 am	8.18am	9.58am	11.45.47	5.00.47
2	Charlie Engle		33	7.00am	8.34am	10.09am	12.03.10	5.03.10
3	Christine McDougall(F2)		35	6.30am	8.04am	9.47am	11.42.47	5.12.47
4	Peter McKenzie		45	6.30am	8.17am	9.54am	11.53.30	5.23.30
5	Gary Parsons		45	6.30am	8.00am	9.38am	11.53.42	5.23.42
6	Geoff Williams		44	6.00am	7.39am	9.27am	11.30.42	5.30.42
7	Ben Boyle		43	6.30am	8.01am	9.55am	12.25.24	5.55.24
8	Ian Cornelius		55	6.30am	8.17am	10.15am	12.35.28	6.05.28
9	Alan Cossey		49	5.30am	7.27am	9.29am	11.41.35	6.11.35
9	Aileene Markham (F3)		43	5.30am	7.23am	9.24am	11.41.35	6.11.35
9	Sandra Brett (F3)		46	5.30am	7.27am	9.29am	11.41.35	6.11.35
12	Phil Clarke		32	6.00am	7.49am	9.51am	12.12.38	6.12.38
13	Gary Harper		46	5.30am	7.18am	9.18am	11.47.01	6.17.01
14	Angie Cottrell (F5)		47	5.30am	7.26am	9.31am	11.53.32	6.23.32
15	Brian Evans		53	6.00am	7.50am	9.57am	12.29.56	6.29.56
16	Angela Clarke (F6)		56	4.30am	6.38am	8.48am	11.04.50	6.34.50
17	Kelvin Woods		30	6.00am	7.50am	9.54am	12.46.02	6.46.02
18	Lindsay Phillips		30	5.34am	7.30am	9.45am	12.20.52	6.46.52
19	Peter Gray		31	4.30am	6.38am	9.09am	11.37.15	7.07.15
20	Bob Clarke		57	4.30am	6.38am	8.48am	11.38.48	7.08.48
21	Graeme Watts		42	4.30am	6.44am	9.16am	11.44.26	7.14.26
22	Shelley Smith (F7)		38	4.00am	6.22am	8.48am	11.50.41	7.50.41
23	Don Hilleary		54	4.00am	6.28 am	9.22am	12.46.02	8.46.02
24	Eric Markham		48	5.30am	7.32.20 am	--	--	--
25	Gino Evangelista		56	6.30am	8.09 am	--	--	--
26	Roy Treloar		40	6.30am	8.17 am	9.59am	--	--
27	Steve Foster		43	7.00am	9.40am	---	--	--
28	Ken McGrath		34	6.30am	7.57am	9.46am	--	--

Each lap is 17 kilometres out and back on a hilly course. Three laps = 52 kilometres. Runners provide their own start time with the aim of finishing at 12 noon. No watches allowed on the course, but time calls given at each end of the course. Handicap winner was Charlie Engle who finished 3 minutes 10 seconds after noon. This event will be run on Sunday 1st December 1995.

Queen of the mountains wins forest race outright



Human tachometers... Nanango Forest Footrace organiser Ron Grant, from left, men's winner Charles Engles, outright winner Lyn Gordon and Nanango mayor Reg McCallum celebrate the completion of the event on Sunday.

Caboolture pumpkin farmer Lyn Gordon, 40, upstaged men and women alike to win the annual 52km Nanango Forest Footrace on Sunday.

The 40-year-old mountain runner utilised the warm, dry conditions to win the event outright in 5 hours 47 seconds.

Her nearest rival was American marathon runner Charles Engle, 33, who finished in 5 hours 3 minutes 10 seconds.

Engle has only been in Australia for a week, entering the event after reading a brochure in a Brisbane store.

Race organiser Dell Grant said it was the first time in the event's four year history a woman had won outright.

"We had a couple of the more fancied runners pull out at the last minute which left the event wide open," she said.

"I think it made the field work harder and with Lyn Gordon a recognised mountain runner, it really suited her.

"But for her to win outright and upstage the men is a fabulous effort."

Twenty-six of the state's elite ultra runners contested the event which winds its way through 52km of gruelling hill country in the East Nanango State Forest.

World 1000 mile record holder Gary Parsons finished third in the men's section.

Nanango's Graeme Watts and Victoria's Peter Gray contested the forest race just one week after returning from the Colac six-day event.

"There were some fabulous stories to come out of the event," Grant said.

"For instance the second woman home was Christine McDougall from the Gold Coast.

"Twelve months ago she couldn't run around the block and now she is highly competitive in an event like this."

The event followed the Queensland Ultra Runners Association annual presentation evening on Saturday night.

Ultra runners celebrate end of the season

• From Page 40 •

Gold Coast veteran Ian Cornelius was the winner of the prestigious sportsperson award.

This award is given to not necessarily the most successful runner throughout the season, but to one who displays outstanding dedication, commitment and sportsmanship.

Winner of the men's points award for the 1995 season was the Gold Coast's Peter Gibson.

The women's points trophy went to Lyn Gordon ahead of Nanango runners Cathy Caton and Dell Grant.

The next major event on the ultra runners calendar is the Caboolture five-day event as a lead up to the second running of the world 1000 mile attempt in Nanango.

This event has attracted an international field and starts on 13 March 1996.



Ian Cornelius... Queensland Ultra Runners Association sportsperson of the year.

BRINDABELLA CLASSIC

Australia's toughest downhill mountain race

Sunday 12 November 1995

Course description: 54k trail run starting at the top of Mt Ginini (1762m) and finishing at the Cotter Reserve (475m). The course is a combination of dirt road, four wheel drive tracks and a little bit of bush for good measure. Runners climb to the top of Mt Franklin, pass through Aggie Gap and over Bulls Head before beginning the descent to the Cotter River. The course joins the 'Cotter 18' just before the 'Cotter 21' turn-off, and follows it to the finish via Vanity's Crossing. In 1994 the course was changed for the second time in its history. A new route was necessary at the descent off Bulls Head, adding about one kilometre to the distance but providing a more gentle descent.

Race weather: Good conditions prevailed. It was cool but not windy on top of Ginini. As usual the latter stages were warm but not as warm as in some previous years.

Race director: Trevor Jacobs

Organising committee: Graham Skelton, Ken Eynon, Dave Cundy, Graeme Small.

Special assistance: The Wireless Institute of Australia (communications); Om Shanti College of Tactile Therapies (massage); St Johns Ambulance (first aid); Ginninderra High Jazz Band; and all the volunteer groups at the aid stations, course marshals and finish line personnel.

Race report: Maybe it was the milder weather, maybe it was that runners were better prepared, but whatever the reason, the standard of running in the 1995 Brindabella Classic was very high.

The first four females all broke five hours and the first four men were under the four hour mark. In the previous eight classics, only three women and seven men had broken these marks.

Congratulations to our race winners, Mo Bartley from the USA and Craig Ambler from Wagga. Mo's performance was the second best we have seen in the Brindabellas by a female. Craig and second placed Geoff Carter took an instant liking to the course and relegated race director and six time winner, Trevor Jacobs, to third.

Pip Thorn and Debbie Cowell were also newcomers to the event and filled the minor placings in the women's category.

The relay section created plenty of interest with many records in the diverse range of categories that Trevor has created.

Visitors again played a key role with Sydney Striders, Western Districts Joggers and Harriers and the Terrigal Trotters providing a good percentage of the field.

The gutsiest effort goes to blind runner Peter Peronis who ran the course with his guide, Graham Bundock, in the very respectable time of 6:33.05.

Four runners completed their sixth Classic and received a commemorative carafe. These included former race director Trevor Harris. Others were Philip Clarke, Vic Anderson and Patrick Austin.

Four runners - Mike Ward, Brian Colwell, Grahame Kerruish and Ted Lilliss - have completed all nine runs.

Race history:

1987	Trevor Jacobs	ACT	3.53.55	Wanda Foley	NSW	6.33.37
1988	Martin Thompson	NSW	3.51.00	Linda Thompson	NSW	4.11.00
1989	Trevor Jacobs	ACT	3.48.30	Helen Stanger	NSW	5.04.23
1990	Geoff Large	NSW	3.36.14	Marion Langford	NSW	6.18.13
1991	Trevor Jacobs	ACT	3.39.13	Randi Bromka	USA	4.35.02
1992	Trevor Jacobs	ACT	3.33.33	Jenny Kiss	NSW	5.13.48
1993	Trevor Jacobs	ACT	3.41.40	Bronwyn Hanns	ACT	4.45.21
1994	Trevor Jacobs	ACT	3.45.08	Bronwyn Hanns	VIC	5.05.51
1995	Craig Ambler	NSW	3.42.20	Mo Bartley	USA	4.21.06

Race rankings:

1.	Trevor Jacobs	3.33.33	1992	Linda Thompson	4.11.00	1988
2.	Geoff Large	3.36.14	1990	Mo Bartley	4.21.06	1995
3.	Craig Ambler	3.42.20	1995	Randi Bromka	4.35.02	1991
4.	Geoff Carter	3.48.44	1995	Bronwyn Hanns	4.45.21	1993
5.	Prachar Stegemann	3.50.14	1991	Pip Thorn	4.47.23	1995
6.	Martin Thompson	3.51.00	1988	Debbie Cowell	4.51.16	1995
7.	Eamonn Walsh	3.53.26	1991	Helen Stanger	5.04.23	1989
8.	Bruce Cook	3.55.00	1989	Jenny Kiss	5.09.00	1993
9.	Peter Spehr	3.55.19	1995	Wendy Downes	5.12.54	1993
10.	John Jacoby	3.57.14	1993	Victoria Tanner	5.13.15	1991

NOTE: The course was changed in 1991, adding some 2.5kms to the total distance. However the new section is considered easier than the old section, making the course roughly comparable. The course was changed for a second time in 1994 but, again, distances and times are comparable. A new route was necessary at the descent off Bulls Head, adding about one kilometre to the distance but providing a more gentle descent.

Individual Results

1	Craig Ambler	NSW	3.42.20	56	Glenn Hunter	NSW	5.16.43
2	Geoff Carter	ACT	3.48.44	57	Ted Harrison	ACT	5.18.48
3	Trevor Jacobs	ACT	3.51.23	58	Jenny Kiss 6F	NSW	5.20.52
4	Peter Spehr	NSW	3.55.19	59	Keith White	NSW	5.24.41
5	Greg Love	NSW	4.00.34	60	Nigel Coldrick	ACT	5.26.24
6	Brenton Walters	ACT	4.04.35	61	George Herisson	NSW	5.26.28
7	Jonathon Worswick	NSW	4.07.12	62	Alan Duus	ACT	5.27.20
8	Bob Harlow	ACT	4.07.16	63	Rodney Sturch	NSW	5.27.52
9	Richard Lane	QLD	4.10.04	64	Mal McGregor	ACT	5.27.56
10	Philip Hugill	NSW	4.16.44	65	Glenn Rosevear	ACT	5.27.56
11	Peter Clarke	ACT	4.17.21	66	John-Richard Hart	NSW	5.30.23
12	Craig Wisdom	ACT	4.19.51	67	Peter Gray	VIC	5.31.16
13	Mo Bartley 1F	USA	4.21.06	68	Phillip Clarke	NSW	5.34.41
14	Basil Hanna	WA	4.21.50	69	Keith Law	NSW	5.36.31
15	Col Bridge	ACT	4.26.39	70	Harry Spragg	NSW	5.37.03
16	Raymond Potter	NSW	4.27.08	71	Paula Whitehouse 7F	NSW	5.37.17

17	Hugh Jorgensen	ACT	4.27.14	72	Jim Screen	NSW	5.37.59
18	Kevin Cassidy	VIC	4.27.45	73	John Smith	NSW	5.38.26
19	Mark Steinberg	NSW	4.28.23	74	Dennis Cuniffe	NSW	5.39.09
20	Kelvin Marshall	NSW	4.30.22	75	Dave Girvan	NSW	5.39.09
21	John Glen	NSW	4.39.09	76	Bruce Hall	NSW	5.40.27
22	Peter Sinfield	ACT	4.39.49	77	Alf Field	NSW	5.42.41
23	Ian Colqhoun	ACT	4.39.49	78	Mark Wood	ACT	5.42.51
24	Buzz Burrell	USA	4.40.55	79	Tony Farnham	NSW	5.43.11
25	Ken Hickson	NSW	4.43.11	80	Allan Vernon	NSW	5.45.00
26	Andrew Taylor	NSW	4.45.00	81	Vic Anderson	NSW	5.48.32
27	Mike Ward	NSW	4.46.25	82	Joan Eisenhuth 8F	NSW	4.48.32
28	Pip Thorn 2F	NSW	4.47.23	83	William Rannard	NSW	5.50.35
29	Dan Dawes	ACT	4.50.35	84	James Griffiths	ACT	5.56.26
30	Paul Every	NSW	4.50.54	85	Michael Corlis	ACT	5.57.32
31	Jonathon Trope	NSW	4.50.54	86	Trevor Harris	ACT	5.57.51
32	Steve Appleby	ACT	4.51.14	87	Julius Horvath	NSW	5.59.50
33	Debbie Cowell 3F	ACT	4.51.16	88	Mick Kilham	NSW	6.05.26
34	Kevin Tiller	NSW	4.53.50	89	Colin Konemann	NSW	6.07.31
35	Jeff Visser	VIC	4.54.32	90	Robert Simms	NSW	6.07.31
36	Derek Smith	NSW	4.57.18	91	Scott Grant	NSW	6.07.31
37	Bronwyn Hanns 4F	VIC	4.57.32	92	Barbara Allen 9F	NSW	6.10.47
38	Murray Town	NSW	4.58.12	93	Patrick Austin	NSW	6.12.46
39	Graeme Wood	ACT	4.58.27	94	Peter Allen	NSW	6.13.55
40	Rodney Lovel	NSW	5.00.01	95	Mick Konemann	ACT	6.18.45
41	Tony Hatch	NSW	5.00.25	96	Kon Sotiropoulos	ACT	6.27.02
42	Neil Harper	NSW	5.01.29	97	Ted Lilliss	NSW	6.30.35
43	Ian Forsyth	NSW	5.03.06	98	Andrew Callan	NSW	6.31.22
44	Ross Shilston	VIC	5.04.20	99	Peter Peronis	NSW	6.33.05
45	Andrew Perry	NSW	5.04.20	99	Graham Bundock	NSW	6.33.05
46	Ludwig Herpich	NSW	5.05.52	101	Grahame Kerruish	NSW	6.35.17
47	Brian Colwell	NSW	5.08.25	102	Dale Sinclair	NSW	6.39.49
48	Peter Hammerschmidt	NSW	5.08.43	103	Colin Francis	NSW	6.40.06
49	Steve Crane	ACT	5.08.45	104	Cristine Ashcroft 10F	NSW	6.41.06
50	Bob Dent	ACT	5.09.22	105	Carl Simpson	NSW	6.43.18
51	Michael Smith	ACT	5.11.07	106	John Brett	NSW	6.46.55
52	Geoff Orr	NSW	5.13.31	107	Matthew Stephenson	ACT	6.49.40
53	Judd Boeker	ACT	5.15.00	108	John Dimitriou	ACT	7.12.59
54	John Alcock	ACT	5.15.25	109	John McLeish	NSW	7.29.47
55	Carol Harding 5F	ACT	5.16.16	110	Toru Namba	NSW	7.32.07

Relay Results

Category MMMM

1.	SCT No. 5	Stuart Shaw, Geoff Monro, Luke Grattan, Ty Morrissey	3.20.31 (Record)
2.	Young 'n' Old	Trevor Jacobs, Kat Toyoshima, Ian Leves, Nick Walshe	3.35.56

3.	Long Tan Coy	Leigh Bosworth, Luke O'Neill, Pete Young, Craig Bycroft	3.47.20
4.	The Runners Shop	Dennis Frost, John Neil, Ian Boyd, Brian Wenn	3.47.28
5.	Ausligers	Ivan Junakovic, Dave Hobson, Antoni Lee, Ivan Junakovic	3.57.24
6.	Marist Men	Tim Stokes, Damien Collins, Matthew Jones, Peter Haynes	4.03.14
7.	Ausbods	Phil Cole, Malcolm Parnell, Gerry Santosuosso, Neil Boden	4.14.35
8.	Sinfield Suckers	Lee Griffiths, Allan Owen, Danny Ramsden, Guy Hanson	4.17.09
9.	AMPL Handfuls	Dean Alle, Chris Bundschu, Steve Blackman, Bob McEachran	4.34.53
10.	Foot Sore 'n' Frustrated	Paul Young, Scott Thompson, Steve Hladio, Steve Deakes	4.45.33
11.	Old Downhillers	Othmer Dorfer, Alan Burdon, Barry Seedsman, Jim Bosworth	5.06.04
12.	Still Crazy After All These Years	Brian Reidy, Bruce Harrison, Mal Nicholson, Tony Piggott	5.25.42

Category FFFF

1.	The Runners Shop	Debbie Cowell, Fiona Jorgensen, Keri Vaughan, Elizabeth Simpson	4.03.28
2.	The Hillbetties	Margaret Bourke, Terry Moore, Vanda Quinn, Rebecca Osborne	4.22.41
3.	Cotter Damsels	Jo Cullen, Judi Edwards, Myriam DeRignies, Gwen Vines	4.35.56
4.	Fast Women	Beryl Lowry, Peggy O'Malley, Alice Scott, Deslie Kubitzky	5.03.25
5.	Mirky 1	Rose Reidy, Mary Jago, Jenny Jacobs, Gabriel Howard	5.18.35
6.	Outrageous Natural Talent	Sonia Henderson, Lois Hamilton, Bronwyn Mitchell, Jann Hamilton	5.20.36
7.	Forty Somedin	Paula White, Liz Kelly, Robbie Rossell, Jenny O'Connor	5.26.05

Category FMMM

1.	Bronwyn & Da Boyz	Bronwyn Hanns, Neil Mackenzie, Ewan McKenzie, Simon McKenzie	4.00.20
2.	Four for lunch	Anne Leighton, Andy Johnson, Geoff Sheehan, Terry Gimpel	5.05.19
3.	The Slipped Discs	Lyn Gamble, Greg Wright Roger Poels, Graham Burrows	5.17.26

Centenary Lakes 50km/6Hr Race

	50km Male	Time	
			42.195
1.	Glen Matinca	04:12:21	3 27 09
2.	Peter McKenzie	04:19:51	3 30 30
3.	Bruce Cook	04:43:25	3 51 40
4.	Dave Holleran	04:49:54	3 57 45
5.	Geoff Williams	05:02:45	4 6 50
6.	Frank Heath	05:15:58	4 25 45
7.	Mark Walcroft	05:30:00	4 32 53
dnf	Steve Roach	(36.13km)	—

	50km Female	Time	
			42.195
1.	Lyn Gordon	04:54:12	4 4 50
2.	Angie Cottrell	05:30:00	4 32 53

	6 Hour Male	Km	
			42.195
1.	Pete Gibson	69.33	3 31 50
2.	Cliff French	63.87	3 41 30
3.	Gary Parsons	60.22	3 57 55
4.	Graham Watts	56.92	4 22 30
5.	Ian Cornelius	56.15	4 22 30
6.	Rod Morgan	55.31	4 23 47
7.	Peter Gray	54.99	4 12 05
8.	Ian McKloskey	54.83	4 22 30
9.	Sandy Buchan	50.00	4 40 25
10.	Bob Clarke	47.04	5 06 01
11.	Gerard Hocks	44.16	5 42 20
12.	Murray Stratford	42.70	4 30 10
13.	Mal Grice	42.70	5 54 25
14.	Don Hilleary	39.05	—
15.	Baldy Chalmers	38.52	—
16.	Nihal Wickeramasinge	36.86	—
17.	Brian Evans	35.40	—
18.	Bruce Hargreaves	25.90	—

	6 Hour Female	Km	
			42.195
1.	Aileene Markham	54.52	4 33 30
2.	Angela Clarke	54.18	4 35 01
3.	Shelley Smith	45.77	5 30 04

	6 Hour Walkers	Km
1.	Kerry Hall	39.8
2.	Cheryl Ohara	20.07
3.	Ronnie Neate	20.07
4.	Debbie Law	20.07
5.	Linda Cornell	9.12

Centenary Lakes 50km/6Hr Track Event
Sat. 6th Jan

Local Bodies helped to get the Centenary Lakes event on the **ROAD**. Wednesday 3rd Jan, 'still' raining and all the hard work from the Andrews family surveying the grass track was wasted as it was waterlogged. Council, Roads Dept, Apex, locals along with Councillor John Cook enabled the event to switch to a certified 730m road loop at the park.

As the sky cleared to a moonlit night the runners and walkers seemed to lift as they passed through the lap scoring area all lit up with party lights and music playing.

In the 50km event, Caboolture runner Glen Matinca with his first win, ran an even paced race and won in a time of 4:12:21. Peter McKenzie finished second and Aust 50km track champ Bruce Cook from strider sports finished 3rd. Lyn Gordon of Wamuran was first female followed by Angie Cottrell in second place. There were 10 starters in the 50km event.

In the 6hr event, there was another first win for Gold Coast runner Aileene Markham who ran 54.52km to finish first female, just ahead of Nanango's ageless Angela Clarke with 54.18km, with a much improved Shelley Smith third with 45.77km.

The mens winner was Peter Gibson of the Gold Coast who ran 69.33km with a strong all the way run through the event. Cliff French of Caboolture was second with 63.87km, and Gary Parsons third with 60.22km. There were many good efforts in this event with Graham Watts, Ian Cornelius, Rod Morgan, Peter Gray (in his 98th Ultra), and Ian McKloskey all within 2km of each other. Mal Grice completed his first ultra with 42.7km - he made it.

Kerry Hall walked 39.8km to take the 6Hr walking event and beat home 4 other walkers, yet another great effort.

Thanks again to 'ALL' that helped make the lakes race a success, and a special thanks to the sponsors.

See you all at Mt Mee on Sun. 21st April 1996.

Keep fit

Gary and Sharon Parsons



NANANGO



1000 MILE FOOTRACE

96 Brisbane Street
NANANGO Queensland 4615
Australia

8th January 1996

UPDATE BULLETIN

To date 23 runners have shown interest in the 1000 Mile Track footrace with 11 confirming their participation either with entries sent in or over the phone during the last month. Three of these entrants are from overseas. Michel Careau is from Canada and Richard and Sandra Brown are from England - all with impressive credentials and all capable of setting new World Records.

Australians are current World track record holder Gary Parsons, and fellow Queenslanders Peter Gibson and Graeme Watts. From New South Wales are Georgina McConnell, John Timms, Nick Drayton, and Tony Collins. Victoria is Peter Gray. A clash of considerable proportions is expected between Australian and overseas runners with so many capable of doing very well.

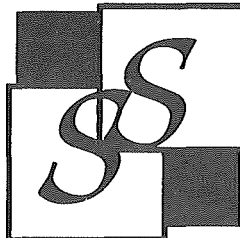
Remember entries close on 31st January and late entries will not be accepted.

Local entrant Graeme Watts and fellow ultra distance competitor Don Hilleary have been mowing and levelling the track constantly over the past couple of months, ensuring it will be in the best possible condition at the start of the event.

The fundraising committee, consisting of locals interested in raising prize money for the competitors who achieve 1000 kilometres or more, are working hard and seeing some results now. This ensures that prize money of some amount - increasing as fundraising continues right through until the end of the race, will be forthcoming.

Once entries close, a full profile of all runners will be sent to competitors, as well as current World and Australian records for all track distances from 6 days to 1000 Miles.

Ron Grant
President
Queensland Ultra Runners
Club Inc.



STRIDER SPORTS

010 907 230

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Sunnybank Qld 4109

P.O. Box 608
Sunnybank Qld 4109

PHONE: (07) 3344 5255

FAX: (07) 3344 5266

Shoe & Accessory Price List (phone or fax for mail order)

Clothing

Long sleeve training tops with mesh sides	Reflective arm bands	\$28
	Non-reflective	\$25
Waterproof breathable running suits		\$190
	Top only	\$135
	Pants	\$55
Mesh tops (many colours)	Gazelle	\$17
	Kickstart	\$22.50
Shorts	Gazelle (no briefs) polycotton	\$14
	Kickstart polycotton	\$17
	Kickstart (lycra black/colour panel)	\$22
	Kickstart tights to match shorts	\$48
	New Balance volley shorts	\$19.80
	Reebok gym shorts	\$29
	New balance Coolmax	\$30

Womens Clothing

Mesh Tops	Saucony	\$34
Bra Tops	Saucony lycra lined (match mesh tops)	\$39
	Saucony polycotton/lycra - plain colours	\$22.95
	Kickstart lycra - black/colour panel	\$27.00
Shorts	Saucony - matching bra & mesh tops	\$34
	Puma	\$30.50
	Running nix	\$14
Tracksuits	Puma silk - two styles	\$80

Accessories

Drink Bottle Belts (including bottle)	Asics - 1 bottle, 2 pockets	\$20
Bike style drink bottles	Performa - 1 bottle, no pockets, reflective	\$30
	Small	from \$6
	Large	from \$8
Squeezies	Various flavours	10x45gm \$18
Shoe Goo	sole repair	\$10
Ergomax	C150 creative	110 gm \$65
Maxim	Pure energy fuel	500 gm \$18.75
		60 gm \$3.25
		14x60gm \$38
Maxim Cereal Bars	Low fat high energy	ea \$3
	Banana/fruit/chocolate flavours	box 36 \$90
Power Bars	(all flavours)	ea \$2.75
		4 for \$10
		box 24 \$54
Second Wind	Shoe deodorant spray	\$9.50
	Foot powder	\$11.40
	Basic inserts	\$5
	Double cushion shoe inserts	\$17
Sorbolite	Shoe inserts	\$25

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Asics GT 2010 (m+w)	Trainer	\$165
Asics MC Plus (m)	Trainer	\$140
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Avia 2046 (m+w)	Trainer	\$127
Avia 2064 (m+w)	Trainer	\$165
Brooks Addiction (m+w)	Trainer	\$145
Brooks Beast (m)	Trainer	\$181
New Balance 1600 (m)	Trainer	\$196
New Balance 486 (w)	Trainer	\$79
New Balance 998 (m)	Trainer	\$179
Puma TX400	Trainer	\$114
Puma Viento (w)	Trainer	\$89
Reebok Aztrek (m+w)	Trainer	\$126
Reebok Pyro (w)	Trainer	\$94
Reebok Ventilator Plus (w)	Trainer	\$168
Saucony Classic (w)	Trainer	\$66
Saucony Scorpion Stabil	Trainer	\$131
Turntec Condo	Trainer	\$55
Saucony Off The Gauge	Cross Trainer	\$115
Turntec Predator	Trainer	\$60

trainer / racers

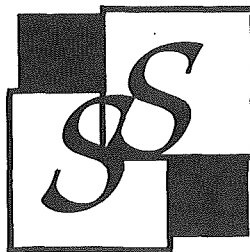
Brooks Adrenaline (m+w)	Trainer/Racer	\$135
New Balance 700 (m)	Trainer/Racer	\$99
New Balance 750 (m&w)	Trainer/Racer	\$123
Asics DS Trainer	Trainer/Racer	\$187

racers

Asics DS Racer	Racer	\$165
Avia Mantis	Racer	\$127
Brooks Cheetah	Racer	\$146
New Balance RC640	Racer	\$90
Nike Mariah	Racer	\$75
Nike Waffle Racer	Racer	\$60
Reebok Inferno Road TR	Racer	\$147
Etonic Heat Racer	Racer	\$118
Etonic V02 Stable Air	Racer	\$157
Saucony Aya (womens only)	Racer	\$90
New Balance RXC650	Racer-Cross Country	\$68
Saucony Aya 1996 mens	Racer	\$116

Summer Specials (limited sizes)

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Reebok Ventilator	Trainer	\$107
Saucony Grid Vang	Trainer	\$139
Saucony V Grid 9000	Trainer	\$165
Reebok Graphlite Road	Trainer/Racer	\$107
Reebok Inferno Road	Trainer/Racer	\$165
Saucony Grid Sensation	Trainer/Racer	\$150
Puma Marathon	Racer	\$90
Etonic 42k	Racer	\$59



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The Urban
Trail Run

Sunday
9th June
1996

The TOOHEY FOREST Trail Run

Distances

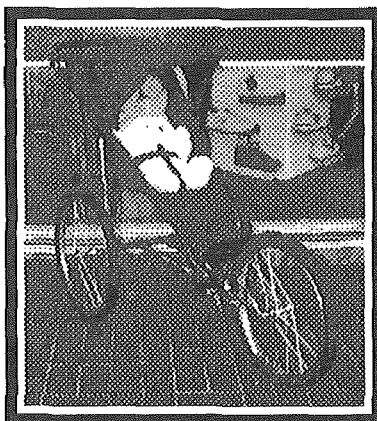
10 km (Run Walk)
17 km Run
34 km Run
51 km Run
85 km Run
102 km Run

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memories!!**

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Baby Jogger II 16" wheels	\$450.00
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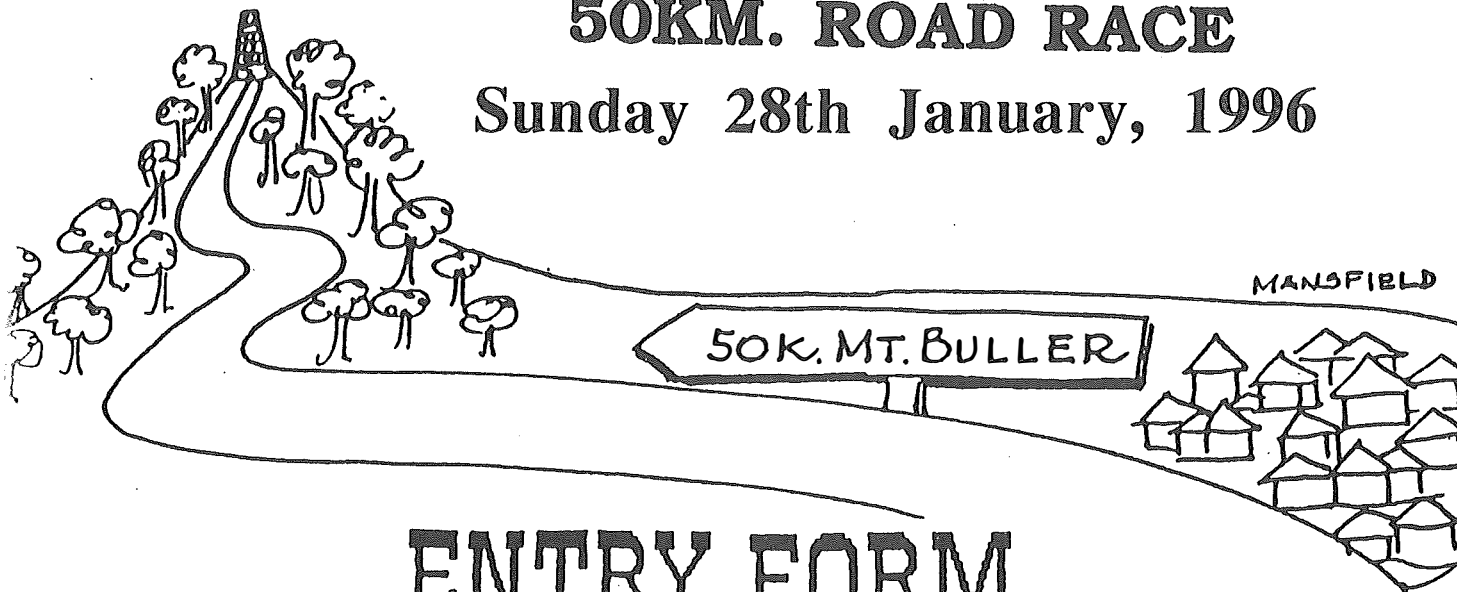
Brand Name	Model/Colour	Size	Quantity ordered	Price per unit	Value ordered
Postage & Handling: add \$6/pair shoes, \$20/stroller (Aust only)					Postage
ORDER TOTAL					

PAYMENT & DELIVERY DETAILS

<input type="checkbox"/> Cheque	<input type="checkbox"/> Bankcard	<input type="checkbox"/> Mastercard	<input type="checkbox"/> Visa	<input type="checkbox"/> Bartercard
Card Number	□□□□	□□□□	□□□□	□□□□
Expiry Date:	_____			
Cardholder's Full Name:	Mr/Mrs/Ms _____			
Cardholder's Signature:	_____			
Deliver To:	Mr / Mrs / Ms: _____			
Street No:	_____ Street Name _____			
Town/Suburb:	_____		Postcode	_____
Ph: bus.hours	_____	Ph: home	_____	Fax: _____

A.U.R.A. MANSFIELD TO MT.BULLER 50KM. ROAD RACE

Sunday 28th January, 1996



ENTRY FORM

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

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

Person to be notified in case of emergency:

AGE ON RACE DAY

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

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the MANSFIELD TO MT.BULLER 50 KM ROAD 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.....

Proudly sponsored by the Australian Ultra Runners' Association Inc.
(AURA Inc.)

A.U.R.A.
MANSFIELD TO MT.BULLER
50KM ROAD RACE
INFORMATION FOR RUNNERS

- Race Date:** Sunday 28th January, 1996
- Start Time:** 7am (daylight savings time)
- Report in:** 6.30am sharp.
- Entry fee:** \$20 non-AURA members, \$17 AURA members
payable to Peter Armistead.
- Entry to:** Peter Armistead, 26 William Street, Frankston 3199 Vic.
- Closing date:** Friday 12th January, 1996
- Race start Location** Corner of Highton Lane & Malcolm Street. (Malcolm St. is the main road to Mt.Buller, just out from the centre of Mansfield, 400 metres on the Mansfield side of Pullins Ski Hire).
- Accommodation:** A variety of accommodation is available at Mansfield and Merrijig & further details will be advised on receipt of entry. However, AURA member, Ken Riches, has a holiday house at Bonnie Doon (20km on the Melbourne side of Mansfield) and could accommodate 6 runners. Sleeping bag required. Phone Ken on (W) 92475424 or (H) 9749 5680 to check if vacancies are still available.
- Support team:** It would be advisable for each runner to provide a support vehicle for themselves. A number of drink stops will be provided by organisers, but further assistance, clothing changes and food stops may be needed by the runner. Runners must be aware that dramatic temperature differences and variable weather conditions occur between the Mansfield area and the Mt.Buller climb. Runners will need to have warm, waterproof clothing available for the final 16km should weather conditions deteriorate. Even in mid-summer this is a necessary precaution.
- Safety Precautions:** Runners must run on the right hand side of the road, facing the traffic at all times during the race and take extreme care with oncoming cars.
- Clothing:** If no support vehicle is provided by the runner, clothing bags and gear will be taken from the start to the Arlberg Hotel at the finish.
- Finish:** Drinks and refreshments available at the Arlberg Hotel at the finish, where the presentations will be held.
- Results:** Apart from the major prizewinners, certificates will be awarded on the day and results will be posted to each entrant. within two weeks of the race.
- Cut-off Time:** 3 hours 15 min. for 30km.
7 hours 00min for 50km.
Drink stations, official timing or race supervision will not be provided after these cut-off times.

1996 CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN

6 & 12 HOURS

incorporating 50 kms and 100 kms State Championships

Conducted by the Queensland Ultra Runners Club Inc

Race Director: Ray Chatterton, PO Box 589 Toowong Qld 4066

Tel (H) 07 3376 2548 (W) 07 3271 8222

DATE AND TIME : Saturday 10 February 1996 at 6:00 pm

PLACE: Historical Village, Beerburrum Road, Caboolture

COURSE: Gravel road, smooth surface, accurately measured and certified.

RACE FEES: \$15 for QURC members, \$20 for non-members

ENTRY CLOSURE: Entries are requested by 5.00 pm Wed 7 February. Late entry on race day up to 5.30pm

FACILITIES: Clean toilets, well lit track and leader board.

TICK EVENT YOU WISH TO ENTER

☐ 50 kms State championship

☐ 6 hours

☐ 100 kms State championship

☐ 12 hours

Please note that competitors in the 6 hours and 12 hours events will also be eligible for the 50kms and 100 kms state championships. Entrants in a particular event will be permitted to upgrade to another category during the event; however, downgrading will not be permitted. For example, a competitor in the 50 kms on reaching that distance will be permitted to nominate for a longer time/distance category.

NAME:

ADDRESS:

..... **Postcode**

TELEPHONE **DOB** .../.../... **AGE**

CONDITIONS OF RUNNING THE CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN

1. No pacing if, in the opinion of the race director, an unfair advantage would result.
2. Entrants must, wherever possible, supply their own lapscorers. Lapscorers will be supplied for anyone travelling from interstate.
3. Water and some food will be supplied. Entrants are encouraged to make their own arrangements, especially if special food or drinks are required. A helper will be supplied for interstate runners, if required.
4. No artificial aids or unprescribed medications are to be used by any competitor. The race director must be informed of any prescribed medication you are taking.
5. Walkers are welcome in any of these events.
6. The race director may refuse to accept any entrant or withdraw any competitor at his sole discretion.

DECLARATION

1. I have read and agree to abide by the conditions as stated.
2. I am medically fit and have adequately prepared for this event.
3. I, my legal heirs and support crew will not hold the race director or organisers responsible for any injury, illness or accident sustained or for loss of property or death resulting directly or indirectly by my participation in this event.

SIGNED DATE

The run starts at Dromana, going over the top of Arthurs Seat to Cape Schanck and return, a distance of 55km.

ENTRY FORM

**A.U.R.A. TWO BAYS
TRAIL RUN**

MORNINGTON PENINSULA - VICTORIA

SUNDAY 25TH FEBRUARY 1996

**DROMANA TO CAPE SCHANCK AND RETURN VIA ARTHURS
SEAT STATE PARK , A DISTANCE OF 55KM**

DETAILS

START & FINISH: DROMANA (ANTHONY'S NOSE MELWAY 159 D8)

TIME: 8.00AM

CHECK IN: 7.15 TO 7.30AM

TIME LIMIT: 8.00HRS

DRINKS SUPPLIED

T-SHIRT AND CERTIFICATE TO ALL FINISHERS

TROPHIES TO 1ST, 2ND & 3RD IF SUFFICIENT ENTRIES (MALE & FEMALE)

ENTRY FEE: \$30 PAYABLE TO JOHN HARPER

CLOSING DATE : 15TH FEBRUARY 1996

SORRY NO LATE ENTRIES ACCEPTED

**POST ENTRIES TO
RACE DIRECTOR
JOHN HARPER
21 LANCELOT CR.
GLEN WAVERLEY 3150
PHONE (03) 9803 7560 (H)
(03) 9854 2629 (B)**



CUT HERE

NAME _____ AGE _____ SEX _____

ADDRESS _____

PHONE (B) _____ (H) _____

CONDITIONS OF ENTRY

No runner under the age of 18 years on the day of the race will be accepted.

The officials reserve the right to reject any applicant.

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 Australian Ultra Runners Association TWO BAYS TRAIL RUN for myself, my heirs, executors and administrators hereby waive all and any claim, my right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever, which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event. I will abide by the event rules and conditions of entry and participation. I attest 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 _____



Six Foot Track Marathon

RACE INFORMATION

45.

START:	9.00 a.m. Saturday 2nd March, 1996		
COURSE:	From "The Explorers' Marked Tree" Katoomba along the original Six Foot Track to Caves House, Jenolan Caves.		
TIME LIMIT:	7.0 HOURS ONLY		
AGE LIMIT:	Minimum of 18 years		
AWARDS:	MEN'S SECTION		
FIRST:	-	The Blue Mountains Six Foot Track Perpetual Trophy	
	-	The Blue Mountains Six Foot Track Winner's Plate	
	-	Weekend Package for two at Caves House, Jenolan Caves	
	SECOND, THIRD -		Silver Plates
	LADIES SECTION		
FIRST	-	Billy's Bushies Plate	
	-	Weekend Package for two at Caves House, Jenolan Caves	
	SECOND, THIRD -		Silver Plates
	ALL FINISHERS -		Medallions and Certificates
	Complete Six 6 Foot Tracks	-	Buckle
	Complete Twelve 6 Foot Tracks	-	Leather Belt for the Buckle

RACE RULES

GENERAL

There will be no unofficial runners or late entries on the day.
Race numbers are not transferable to another runner or another year.
All runners shall obey directions from Race Officials, Police, Ambulance and BushFire Brigade personnel.
The Race Committee reserve the right to reject any application of entry.
All runners signing the race entry and waiver will have read and understood these race rules and race information.
All runners must have completed a sub 4 hour marathon or similar endurance event.

THE START

Traditional Billy Tea, Damper and Golden Syrup (Cocky's Joy) will be served.
There will be a bus to take all runners' gear to the finish, (don't forget your towel and soap).

RACE NUMBERS

All competitors please report to the start area by 8.00am to collect your allocated race number and pins.
No runner will be eligible for an award, medallion or certificate unless completing the course as provided in these rules and within the official time limit and wearing the official race number on his or her chest so the words "The Six Foot Track Marathon" and the allotted race number can be seen throughout the duration of the event.
No cutting or folding of the race number please.
BushFire Brigade personnel will be logging your race numbers at the Aid Stations, they must have a clear view of your race number.

MEDICATION

Runners must advise the Race Organiser before the start if they are taking any medication, this will be noted with Official Sweeper and BushFire Control. If on medication you will also be required to supply a certificate from your doctor stating your fitness to complete in this event.

The sweeper will run with last runner, but not slower, with a view to retire you from the race.
If you cannot stay in front of the sweeper a decision will be made for you to retire you from the race.
Some runners striving to fulfil personal goals may be tempted to disregard the Official Sweeper by continuing after having been officially retired. Due to the inherent dangers of travelling these mountain tracks in a fatigued state, this selfish luxury cannot be afforded. Aid Stations cannot be staffed indefinitely and tired runners cannot be left on their own in remote country.

WITHDRAWS FROM THE EVENT

Runners withdrawing from the event must hand in their race numbers at the check point of withdraw or the Official Sweeper. Check points will radio to the finish of your withdraw. Runners will be transported to the finish at Jenolan Caves.

FINISH

When you finish at Caves House, your time and place will be recorded and you be presented with your finishing medallion.
Race results will be mailed to you by the end of the week.

LITTERING

Please do not litter this beautiful and unique track.
Any drinking cups, banana skins or orange peels must be left in the Aid Stations.

SPECIAL ENERGY FOOD

As this is an endurance event, runners might need special or personal requirements in carbohydrate supplements.
Runners will have to carry their own.

T-SHIRTS

There will be limited run of Six Foot Track Marathon T-Shirts.
They will be on sale on the race day. No preorders.

AID STATIONS

The Blue Mountains Volunteer Bush Fire Brigades man all the aid stations and are the major contributor to the success of the event.

They will supply the following :-

- Water
- Maxim (a carbohydrate drink)
- First Aid
- Bananas, oranges from station G

CAR PARKING FACILITIES

AT THE START

- All cars to be parked at the Blue Mountains Emergency Services Centre on the corner of the Great Western Highway and Cliff Drive.
A bus will take runners, family and friends to the start at the "Marked Tree".

LOOK FOR SIGNS - "SIX FOOT TRACK MARATHON PARKING"

Buses can park at the "Marked Tree"

After the Start

- People who will be using the bus facility to Caves House - stay with the bus.
- People who want to follow the event in their own transport, will be taken back to the Service Centre for their own cars.

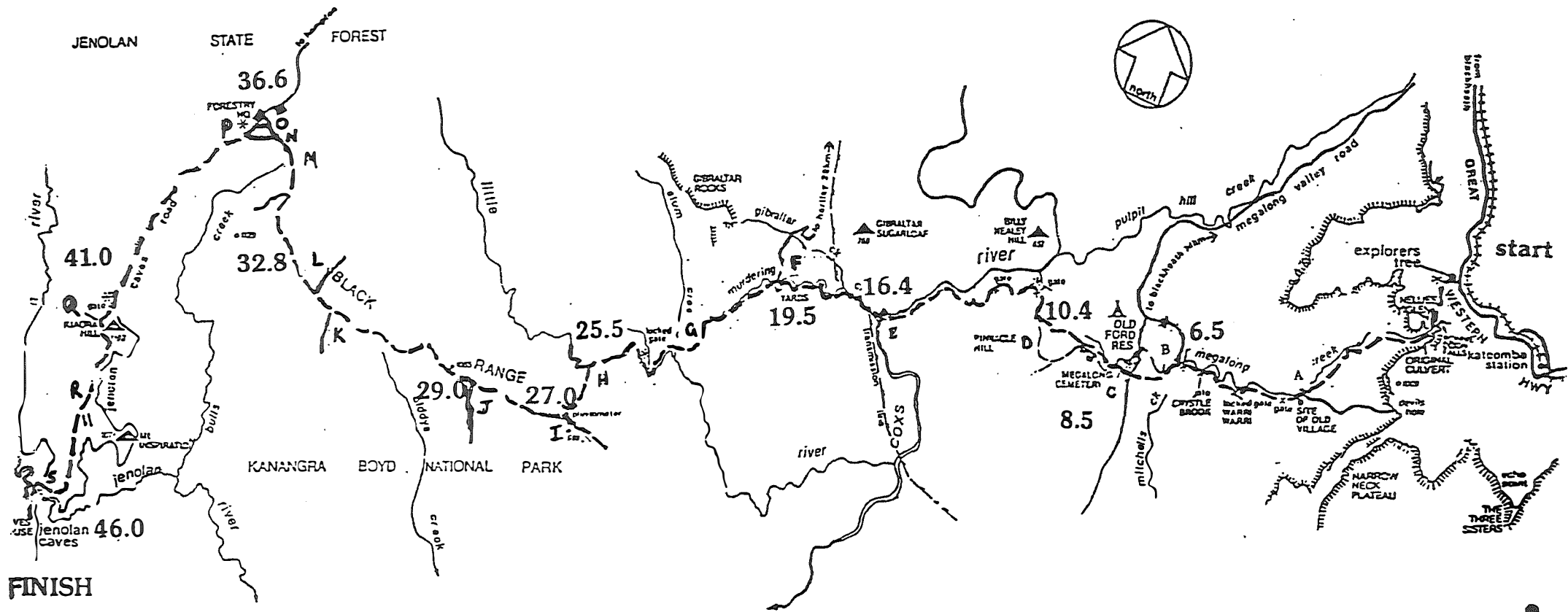
AT THE FINISH

Please use the No 2 Car Park. AT JENOLAN CAVES There will be signs directing to Six Foot Track Marathon Parking.

SIX FOOT TRACK BUS RESERVATION

A runner can reserve a return trip from the finish to the start @ \$5.00.
If you have family or friends who would want a round trip, ie start to finish and return @ \$5.00.
Make your reservations on the entry form.
The bus driver will have a list of all reservations from the entry forms.

SIX FOOT TRACK MARATHON



Six Foot Track



THE 1996 SIX FOOT TRACK MARATHON ENTRY FORM WAIVER

I the undersigned, in consideration of and as a condition of acceptance of my entry in the SIX FOOT TRACK MARATHON 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 my life, or injury, damage of any description whatsoever which I may suffer or sustain in the course upon my entry or participation in the event.

I have read the race information and race rules and abide by the race rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the competition of this event. This waiver, release and discharge shall be and operate separately in favor of all persons, corporations and bodies involved of 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 use any photographs, videotapes, motion pictures, recordings or any other records of this event for any legitimate purposes. I have read and understood the race rules.

Please PRINT in your neatest and clearest handwriting .

SURNAME _____

FIRST NAME _____

ADDRESS _____

SUBURB _____ POSTCODE _____

CONTACT PHONE NUMBER _____

SEX M / F Date of Birth ____/____/____ (this is needed)

Road Marathon P.B. TIME ____hrs ____mins Marathon ____19____

Circle the Six Foot Track Marathons you have completed :-

'84 '85 '86 '87 '88 '89 '90 '91 '92 '93 '94 '95

ARE YOU ELIGIBLE FOR A BUCKLE ? (YOUR SIXTH 6 FOOT TRACK) Y / N

RUNNING CLUB _____

Signed _____ Date ____/____/____

MARATHON ENTRY @ \$35.00

BUS RESERVATION

____return from finish for runner @ 5.00
____persons - Runner and family @10.00

TOTAL

(ENTRIES CLOSE ON THE 17TH FEBRUARY 1996)

Please send TOTAL fee , payable to Six Foot Track Marathon) and this completed form to :-

Race Organiser
SIX FOOT TRACK MARATHON
GPO BOX 1041
SYDNEY NSW 2001

Sunday 3rd March 1996
RED ROCK/COFFS JETTY
(A W.R.A.T.S. Event)

Beach and Headland Ultra Marathon
45 Kilometres

START: Northern End Red Rock Beach 10.00 AM / 10.30 AM

FINISH: Coffs Harbour Jetty

PRESENTATIONS: Coffs Harbour Yacht Club

ENTRY FEE: \$5.00 payable to "Woolgoolga Fun Run"

POST ENTRIES TO: Steel Beveridge,
2 Lakeside Drive, North Sapphire NSW 2450

ENQUIRIES: Phone 066-536831 (home) or 066-541500 (work)

COURSE SURVEY: Saturday, 2nd March 1996, meet at Arrawarra Headland 3.00pm

CARBO LOAD: Unofficial, at Bella Cibo Cafe, Woolgoolga
from 7.30pm Saturday 2nd March 1996

WAIVER

1/ I, the undersigned, in consideration of and as a condition of my entry in the Red Rock/Coffs Jetty Ultra Marathon for myself, my heirs, executors and administrators, hereby waive all and any claim, right or course of action which I, they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of our consequent upon my entry or participation in the said event.

2/ I will abide by all the competition rules.

Signed..... Date.....
(if under 17 or under parent/guardian must sign as well).

parent/guardian.....

Previous Ultra Marathon experience.....

.....

.....

Best Marathon time.....Event.....Year.....

Name.....Address.....

Age..... Sex: M or F.....

JAGUNGAL WILDERNESS TRAIL RUN ENTRY FORM

NAME:.....
ADDRESS:.....
PHONE:..... FAX:.....
AGE ON RUN DAY:..... SEX:.....

BRIEF HISTORY OF SIMILAR TYPE EVENTS;
Last Year:

PREVIOUS 3 YEARS:

I declare that I am fit and adequately trained for this event.

WAIVER:

As a condition of my entry in the Jagungal Wilderness Trail Run, for myself, my heirs, my executors and administrators, I hereby waive all and any claim for or arising out of loss of my life or injury, damage or loss of any description whatsoever I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.

SIGNED DATE

FEES:

Entry fee includes map \$.00
Accom. at end @ \$15 a head (No.) =

(chqs. payable to L. Privett). TOTAL ENCLOSED

Do you require pub meals on Saturday night? Number.....

Do you require help transporting vehicle from start to finish? Y / N

Can any extras in your party drive other vehicles from start to finish? Y / N

We will be able to assist a few people back to start to their vehicles the next day.

QUALIFICATION:

If your previous history above does not include similar type events, have the following statement completed by a qualified person:-

I understand that the above named is to enter in a 80km trail run described in the entry information shown to me. I know the above named to be suitably qualified and trained to complete such an event and not become a risk in inaccessible country.

SIGNED DATE

QUALIFICATION:.....
ADDRESS & PHONE NO.

Send completed entry form and cheque to:- Jagungal Wilderness Trail Run,
L.G. Privett,
1/695 Hodge Street,
NTH ALBURY. NSW. 2640

** Before 5th March 1995**

You will be contacted with pre-start information in a mailing on 10th March next year. If you have any difficulties with travel to or from the event let me know - we may be able to help.

JAGUNGAL WILDERNESS TRAIL RUN

80 km Trail Run through Australia's highest wilderness

Kosciusko National Park

EVENT INFORMATION

DATE:- Sat. 24th March, 1996.
START:- 6:00 am at 3 Mile Dam near Kiandra
FINISH:- AT GUTHEGA RESORT
COURSE:- 80 km of trails & bush tracks at altitude of 1500-1700m. Reasonably flat course except for a 200m rise beside beautiful Valentine Falls. A route map will be supplied to each runner. Beautiful pristine wilderness country.
ENTRIES:- Open to runners who can demonstrate previous ability to complete 80km through inaccessible country. ENTRIES CLOSE 5th March 1996.
NO ENTRIES ON THE DAY. Minimum age 18 yrs. Limited number of runners.
COST:- See entry form herewith.
ORGANISER CONTACT:- Leigh Privett, 1/695 Hodge Street, North Albury, 2640.
Phone & Fax. (060) 254959

ABOUT THE RACE

THE START is about 4 km south of KIANDRA at 3 Mile Dam at 6:00 a.m. Runners must present for checking safety gear at 5:45am. The nearest accommodation and supplies is at Adaminaby (40km away) but it is suggested you camp at 3 Mile Dam Camping area where there are toilets but no showers or other facilities. There may be some accommodation at Cabramurra 25km South.

There will be access for supporters at 2km at Selwyn Resort, where runners may drop warm up gear (excess to minimum requirements) for collection by supporters or the organisers. After that point there is no supporter access until the finish.

At Happy Jacks Road 22km(CP-22km) there will be a check point where runners may pick up any additional requirements(i.e. food) that has been handed to organisers at the start in a numbered and named plastic bag.

From this point on the country is inaccessible to any support access until Grey Mare Hut at CP-58 km. The organisers will therefore be paying attention to the condition of any runner passing through CP-22km and if any runner in the opinion of the organisers is a risk to continue, will be withdrawn by the organisers.

Between checkpoints CP-22km and CP-58km (the Jagungal Wilderness) the organisers will provide a sweep runner to run with the last runner/s. The last runner/s and the sweep must stay together through this section. This is a condition of entry. After CP-58km this condition does not apply and the last runner/s may separate.

At CP-58km there will be first aid and very limited extra food available.
At CP-62km there will be a little food available. There will be other checkpoints before the finish.

CUT OFF TIMES Cut off at CP- 22km will be 9:00 a.m.

THE FINISH is near Guthega Power Station.

2. **AFTER THE FINISH** A lodge has been booked at Guthega @ \$15 a head. Cooking facilities and beds(without coverings) are provided. Runners and supporters will be arriving at various times so dinner is self catered. Breakfast will be provided next morning. Bring own sheets or sleeping bag. The nearest supplies are 20 km away towards Jindabyne. There is a pub nearby for an evening meal if pre-advised. See entry form.

Presentation There will be a 'wash up' & presentation(9am) next morning after breakfast(8am). All participants & supporters are strongly encouraged to utilise these facilities and join the other 'achievers'.

SUPPORTERS There is no public access to the run between CP-3km and the finish. From Kiandra travel to Adaminaby-Berridale-Jindabyne(supplies) and then Guthega. The chalet accommodation is available after midday on Saturday.

FITNESS A high degree of endurance fitness is required. Your times will not be directly related to say Marathon PB's. Please do not underestimate the difficulty of this event. The winning time may be about 9 hrs.

THE TRACK ITSELF is not particularly rough underfoot but is uneven and grassy in some places. There is little or no boggy country but you can expect to get feet wet at soaks and creek crossings. A smooth shoe may be suitable if there has not been any recent rain but a treaded sole is preferable. The track is clear with little or no undergrowth. The track is marked only in a few places where accessible - rely on your map.

WEATHER Will be typically 6 degrees celsius at start warming to 18 degrees midday but high altitude weather may change quickly.

SAFETY All competitors must carry or wear the following minimum equipment.

1. Waterproof top (non tearable).
2. Thermal top (long sleeved & collared) & thermal pants.
3. Thermal hat or beanie.
4. Survival bag - available commercial'y or 2 aluminised blankets adequately taped together.
5. Sun protection.(UV - very intense at high altitudes) UV cream, a brimmed hat, neck & shoulder protection.
6. First Aid Kit. An elastic bandage, an adhesive bandage, wound dressings(bandaids etc).
7. Lighter or matches(items 6 and 7 to be in waterproof plastic bags).
8. Map(provided - keep accessible - waterproof it), compass and whistle.
9. Food(not including emergency food). Runners to carry own food. Do not rely on the organisers providing any food. Nutrition for a long run like this is a complicated subject. You are responsible for knowing your own requirements.
10. Emergency Food. Runners to carry 4000 kj of emergency food(equivalent to 200g block of chocolate). Separate from normal food carried.
11. What to carry the gear in. Bum bags or small pack. It is a condition of the run that you understand and have tested your equipment before the run. Do not attempt 80k with ill-fitting gear.
12. General. Between CP-22km and CP-58km is completely inaccessible. Runners are requested to run in safety - take extra care i.e. in creek crossings, run within yourself - prevent injuries and exhaustion. Remember it is not when you can still run that you are in any danger from exposure but if you have to stop or walk out. Observe tail end group. Stop and assist any other runner in trouble.
13. Water. There is plenty of clean drinking water along the way. You must carry a min. 500ml bottle. Refill upstream of crossings and then cross at the usual spot without disturbing upstream.

There will be a gear check at 5:45am plus at finish.

Remember non compliance - no start.

ALL SAFETY GEAR MUST BE CARRIED FOR THE WHOLE RUN.

3.

ENVIRONMENT This is a pristine delicate environment. The continuation of this event is dependant upon you:-

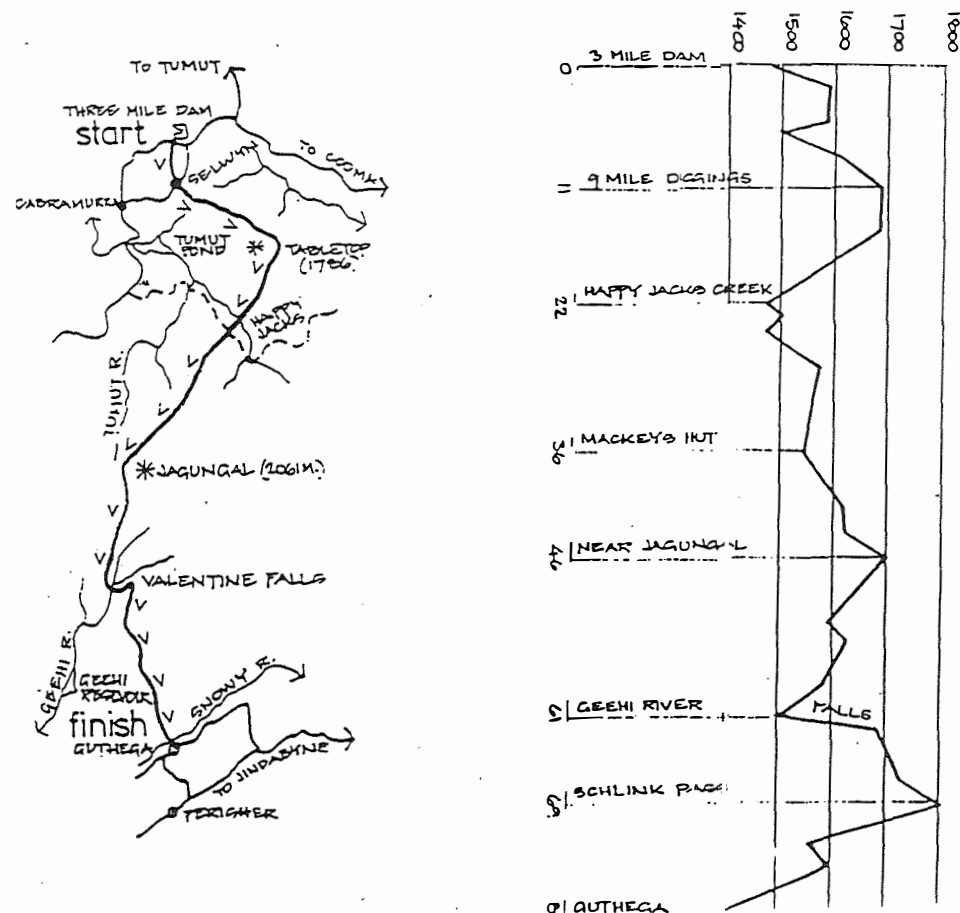
1. Causing minimal off track underfoot disturbance.
2. Carry out everything you take in (don't drop food wrappers etc.)

BEFORE Adequate food loading, preparation of gear and self. Prevent rubbing - vaseline & bandaids. Arrive in plenty of time at start.

ENTRY Fill in the entry form fully and return with payment. Unless the organiser questions your ability to complete the event you will be accepted and not contacted until final information and map is sent on 10th March. Keep a copy.

WARNING

This is exposed Alpine country. Any entrant judged by the organisers to be unfit to participate or not sufficiently equipped will be scratched. The organiser has the right to vary or cancel the event should weather conditions be unsuitable.



KING & QUEEN of MT MEE

Sunday 21st 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**

54
**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

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

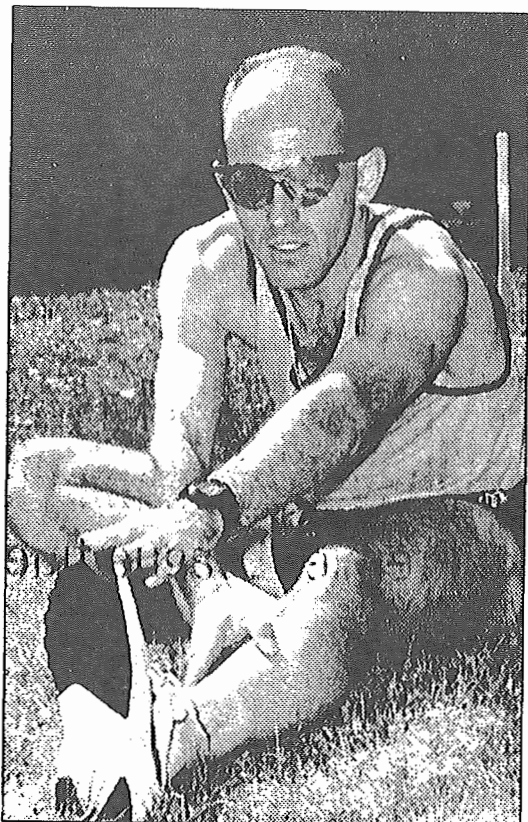
VIC 24HR TRACK CHAMPIONSHIP

- ◆ 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

Sani's proud to wear the green and gold



MONASH POST, Tuesday, September 19, 1995

1988 Olympian Sani Badic is hoping to give something back to his adopted homeland by starting a running group for local athletes.

WHEN he arrived in Australia two years ago Sani Badic couldn't speak a word of English and his run in the 1988 Olympic Marathon seemed forgotten as his homeland of Bosnia was consumed by a bloody civil war.

But in the style typical of a dedicated marathon runner Sani, 35, has overcome language problems, now speaking excellent English, and forced his way to National selection for his newly adopted homeland.

Without doubt the carnage and conflict in Bosnia has weighed heavily on Sani's mind and he did concede that at times it was difficult to concentrate on training when his former homeland was engulfed in conflict.

The decision to leave Bosnia and head to Australia was not an easy one

as he had to "leave so much behind".

"It was very hard to leave my homeland," he said, "but you have to leave politics behind!"

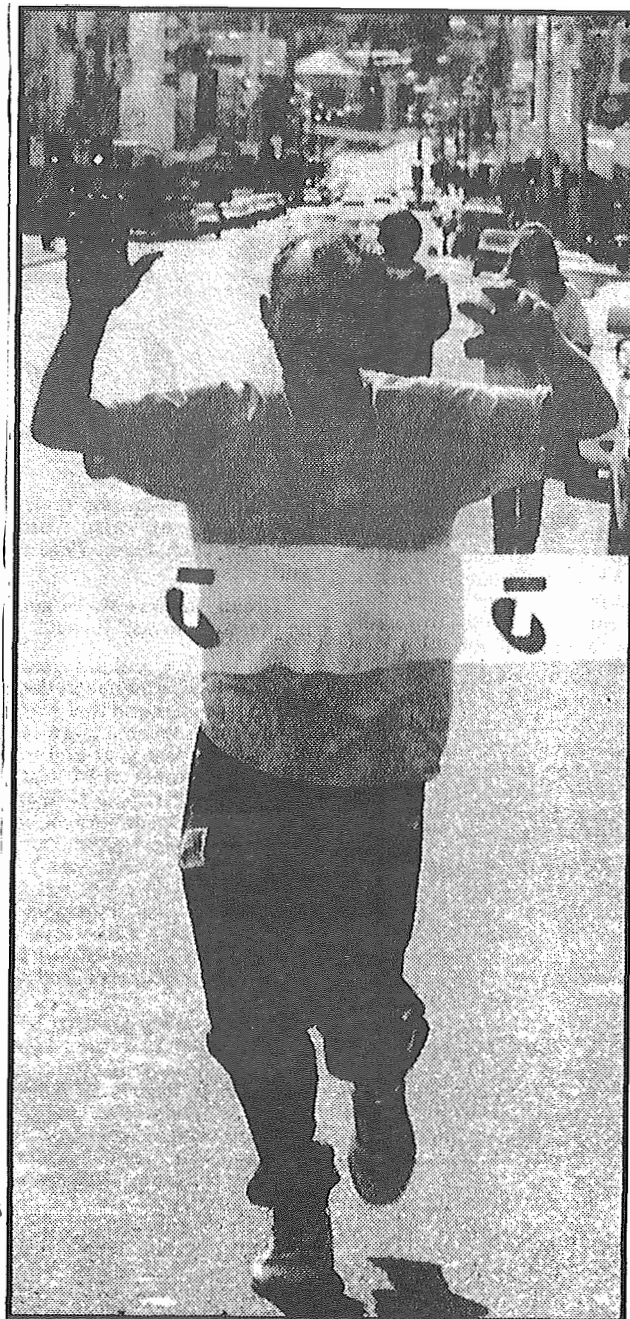
However the move to opposite end of the world has begun to pay divi-

dends for the former Bosnian national champion and he was only denied the chance to run for Australia at the last World Championship because he had not fully qualified for citizenship.

However with the qualifying period served he has been adopted by his new home and on November 18th will don the 'green and gold' for the very first time in the Australasian Championships in Christchurch New Zealand.

Though currently a member of the Springvale Athletic Club Sani is generally unable to spend too much time training at the club and, instead, clocks up around 160 to 180 km on the road every week.

THE MERCURY — 41



Barry Dike, of Collinsvale raises his hands in triumph after completing his 200-kilometre run.

Ultramarathon takes its toll

ONLY two out of five starters managed to complete the Launceston to Hobart ultramarathon yesterday.

First to cross the finish line in Liverpool St was front-marker Barry Dike, 57, of Collinsvale.

Running his first 200-kilometre race, Dike admitted he had pulled up with a few aches and

pains.

However he hoped to use his experience to compete in the round-Tasmania run next year.

Second over the line, with the fastest time, was Andrew Lucas of Hobart.

The 26-hour marathon started at the Penny Royal in Launceston on Saturday morning.

As the Australasian Championships approach Badic will lift his training workload to around 200km per week. As part of a commitment to not only his own training but to develop running in his newly adopted 'home' Sani

is keen to start a local running group around Jells Park in Mulgrave.

"I live just a five minutes from Jells Park and it's a beautiful place to run. I hope to get the group started and introduce them to running and help them with their running," he said.

It's mind that matters

By DUNCAN LAY

ULTRAMARATHON running could be described as a battle between the runner's body and mind, how long the mind can drive the body forwards, across distances equivalent to two marathons or more a day.

But when Eschol Park's Pat Farmer runs, as he did in the Trans-American Footrace for the past two months, his body never stands a chance against his mind.

He ran for 64 days, 42 of them after suffering a stress fracture of the leg, across deserts and over mountains.

"When I knew I couldn't win it, and I had everyone back home saying I should pull out, I should come home, but I thought I had never dropped out of a race yet, and I wasn't about to start now," he said.

This was Farmer's second run across America, he finished second in 1993, and went over in 1995 to win it.

He and eventual winner Dusan Mravlje were locked in a fierce battle for the early stages of the race.

"It was getting to the stage where one of us had to break, and unfortunately it was me," Farmer said.

But despite the injury, he kept running.

"It would either fall off, or get better, and it got better," he said.

"I was having work on it every night, including acupuncture - some nights my leg looked like a porcupine."

This was apart from the blisters and other minor injuries - but Farmer said he does not want people to think of him as "crazy", a "masochist" or even "superhuman".

"We [ultramarathon



ABOVE: Pat Farmer receives the key to the City of Campbelltown from Mayor Russell Matheson
BELOW: Time to take the weight off his weary feet



runners] just want to be recognised as legitimate sportspeople," he said.

"People have told me the reason why everyone has been so interested in

me this time around, is because I got the injuries, but kept going, so ordinary people could relate to me, but if I'd run the whole distance without getting

the injuries, they wouldn't have been able to understand that."

Farmer kept himself running for many reasons, but the main ones were his family, and his country.

"People talk about the flag debate, and I say I don't care what the flag looks like, it's what it stands for, a country where you can achieve your dreams, be it in business, sport or the arts, a country where you have the freedom to find your niche."

"My family said I could stop, and still be a hero in their eyes, but I wanted to be able to look my daughter in the eye and be able to tell her I did the best I could, and that's all you can do."

Farmer said he tries to promote his sport by always looking and sound-

ing good when he gives one of his many talks to schools and organisations.

"Since the Sydney-Melbourne ultramarathons stopped, there hasn't been much in Australia, and I'd like to organise a run from, say, Broome or Perth to Sydney," he said.

"But this would be organised by a runner, rather than by people who have no idea of what it is like to run an ultramarathon."

"It would really lift the sport, it would give Australia a great profile overseas as well."

As to the future, he will take time off, then have another crack at the Trans-American in 1997.

"I want to be the best, I'm not there yet, but I'll just keep working towards it."

CLIFFY'S BOOK still available. This would make a great gift for either yourself or for one of your fanatic running mates. Great value at \$12.00 plus \$1.50 for postage.

Send \$13.50 to:

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Cheque payable to AURA.
Book will sent by return post.

ULTRARUNNER IN PROFILE

TAYLOR'S CELEBRATION OF THE SENSES

BY

TONY RAFFERTY

"What's wrong. Where are you going?," yelled a footsore Maurice Taylor as his support car sped off. "Dad. Look, we've made it. We've made it," his son, Ray, called back. A vocal crowd lined each side of the FINISH sign at Doncaster Shoppingtown car park. They clapped and cheered as Taylor, with sunken cheeks and bloodshot eyes, celebrated his first successful attempt to race 1,011 kilometres from Sydney to Melbourne, to place fifth in seven days seven hours. "The final 150 metres was the greatest moment of my life. I had done it," he said. "Place, position and time didn't matter. Even now years later I still get a tingle from its memory."

He had turned adversity into triumph. A year had passed since Taylor, dejected, struggled like a wounded warrior to the side of the highway at Bairnsdale with a partially-torn Achilles tendon in the 1988 race. "Despite running more than 200 kilometres in each of three 24 hour races to qualify, I found racing between the two capitals, hard, gruelling work," he said. But wisdom comes from suffering. "From that moment I had fire in my belly to finish the Westfield classic. After all it was ultrarunning's *raison d'être*."

Like most athletes competing in multi-day events Maurice Taylor found sponsorship hard to secure. Reluctantly, to help pay the costs of competing, he sold his beloved violin. "I had paid hundreds for it. But my desire to run made everything else insignificant."

With his familiar long stride and Hawke-ish stoop he loped from Sydney to Melbourne again in 1990 to place 4th in 6 days 18 hours 40 minutes, and a year later to 2nd place in corrected time behind race winner Bryan Smith.

"After getting it valued the people who bought my violin offered it back to me at the price I sold it," he said. "It was worth more money than we realised and they felt I should know about it. Nice people."

Taylor makes no adjustment in his training program for road and track. "After work on Friday and on Sunday I run from 70 to 80 kilometres with a backpack. I do what I can the rest of the week. Before the Westfield races I trained 250 kilometres a week. Half that distance was done at weekends." Mentally, track races are the toughest, he said. "We often check our watches in track events when realistically we should be looking at the calendar."

Born in a small coalmining village he went to Sheffield's Woodhouse Grammar School. "I look back on those days with mixed feelings. It was a difficult learning period. If you couldn't play soccer you had the choice of emptying inkwells - or running. I should have stuck with the inkwells," he said, with a sardonic grin.

He knew then that to satisfy his intrinsic needs for self-expression, belief in himself and continued concerted effort to perform his best in whatever he challenged, would allow him a greater chance to achieve his potential. At that time when Roger Bannister raced over the mile, Taylor covered the distance in a credible 4 minutes 11 seconds. "I had plenty of competitive instinct but not much ability. A bad combination," he said, modestly.

He landed on Australian shores in 1966, aged 18. "I came for two years and stayed 30 to prove a point to my peers at home who believed I'd regret the move. It was the greatest case of overkill." He is married to Betty and is the father of one. He has three step-children.

In competitive races he regards as incidental the other athletes. "It's myself and the distance," he said. "To help me relax in multi-day races I play classical music." Often during the first 24 hours he plays over and over again Pachelbel's (hypnotic, ethereal) Canon in D. "It's inspiring stuff. Arguably, the greatest piece of music ever written." At other times he recalls passages of prose from his favorite author, Kingsley Amis. "He uses the English language in a magical way. No turgid, long sentences. Short and clipped." In the company of Amis, Taylor would have been at ease, as he would be joyful in conversation with a five-year old. A bereavement councillor, he shows to all he meets, a sensitive quality - a grace, gentility, respect, that has all but disappeared from daily life.

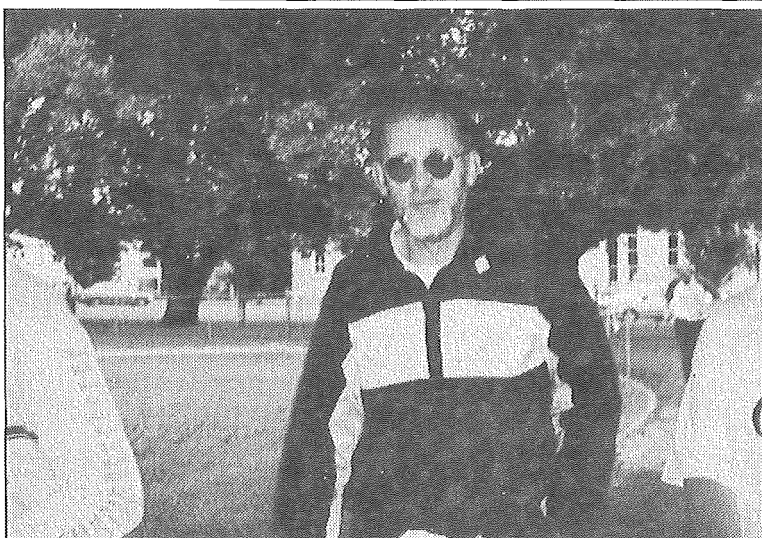
Recognising my need for a boost in morale at crucial periods during the 1989 Rotoract 1000 mile challenge against Pat Farmer, Taylor arrived with homemade pasta one day and delicious cakes the next. On my own from Melbourne and in an atmosphere where Farmer had keen family and local support, Taylor undeterred by heavy rain, offered me quiet words of encouragement - enough to spur me through the nights to win the race in record time.

Yiannis Kouros breaking George Littlewood's 93 year world six day mark was a feature of our era. But Taylor said the modern day pioneers of the sport must not be forgotten. "Eventually, six day track races will peter out. It might take 20 years but they will become the dinosaurs of the sport. We must remember those who in our time resurrected the sport from the 1880s."

Taylor is thankful for the many opportunities to compete alongside Kouros, Boussiquet, Record, Mravlje - "the greats of the ultra." And what does the future in ultra-distance running hold for Maurice Taylor?: "It's race to race. I no longer have the fire, spirit or enthusiasm of the past. I'm not the runner I was in the Sydney to Melbourne. I'm more realistic now. The same person, different runner."

Protected by a group of people through Melbourne's busy streets on the last leg of the 1989 Sydney to Melbourne race a police escort arrived to direct him to the finish. A police officer asked which runner was Maurice Taylor. Showing a keen sense of humour despite throbbing legs and blistered feet, he said, "Can't you tell," with the joke on himself, "he's the one with his nose on the ground."

TONY RAFFERTY. September 1995.



Maurice Taylor at the Australian
6 Day Race at Colac.

George Audley, Ultra-Marathon Runner

What will you do on your sixtieth birthday? George Audley, of Albany, Western Australia, celebrated his this year, by running 60 kilometres round a local athletics track, alone.

George is an ultra-marathon runner.

He is listed 8th. in the Australian 6-Day Track Rankings and has been in training for the 1995 6-Day Colac Race which started at 3p.m. on Sunday 19th. November. There are twenty-two participants this year, eighteen of them from Australia. Cliff Young and Drew Kettle, both from Victoria, are there, and Mark Pritchard from Bunbury, along with runners from New Zealand, France, the Czech Republic, and Russia.

George has already taken part in two Colac Races What is it like, to run round a 400-metre course for six days and nights?

The problems start, George says, with deciding how to get from Albany to Colac, 90 miles north of Melbourne. Flying is expensive.. By coach, it takes 30 hours. Even though he gets off the bus and runs for as long as he can, whenever he gets the chance, he still arrives feeling stiff and sore.

He takes his running gear with him, and a first-aid kit. Then comes the matter of begging or borrowing the other things he needs.

Like all the competitors, George shares a tent at the side of the track with another runner (the first time, he shared with Cliff Young.) In his half of the tent, he needs a mattress, a table and chairs, and bowls to soak his feet in. He also needs weather gear, for the temperature in Colac in November can drop from 35 degrees in the afternoon, to 4 at night.

Once set up, George tries to have a sleep, or at least a rest before the gruelling race. He wants to be as fresh as possible for the 3p.m. start. This year it will be even more important, as a new rule stipulates that runners must spend at least 18 hours a day on the track.

The runners meet and are introduced, an occasion to which George does not look forward. It is the custom among many Europeans, to hug and embrace their rivals. George submits gracefully, but he's glad when it's over.

At last the race begins. George settles into a rhythm, being careful not to get dragged along too fast by those runners who start at an exuberant rate.

He is tired after two hours, but there are still days to go, so he stops for a ten-minute break every hour. His feet feel red-hot. He takes his shoes off, steps into a bucket of water to cool his feet down, and sleeps for five minutes. Then it's on with his shoes again and back to the track.

Children come to say hello, on their way to and from school, and again at lunch-times. The runners make friends with these children, who give them cheerful encouragement. Other people settle down at the side of the track with cans of beer. Some of them are pleasant and helpful, some abusive. It's all part of the race.

In the past, runners changed direction at the start/finish line every six hours, but the rules have just been altered. This year, they will change every four hours.

Those in front, as they turn, meet all those who are behind them. It is a custom for them to touch hands, gently, as they pass each other.

Some spectators also put out their hands for the runners to touch as they go past, but not all of them realise how hard they are resisting, and how the impact can hurt the runner. Cliff Young had his shoulder put out once, George says, by a too-enthusiastic supporter.

Portable toilets are placed at strategic points along the track. The runners have to climb up steps to get to these toilets, and often their legs are so tired that they put off the necessary visit for as long as possible. At night-time, too, they need a torch, George says, in order to know where to aim.

Masseurs are available free, if anybody has a problem. There is also a sauna at the track-side, which runners can book. Often they are so tired that their helpers have to undress them, and even dry them before dressing them again and pushing them back onto the track.

In 1993, it rained so heavily on the first day, that shire workers were called out in the middle of the night to spread sawdust on the track. It was hoped that this would solve the problem, but in fact it proved a disaster for the runners. The abrasive mixture of mud and sawdust chafed George's ankles above shoe level. It hurt so much that although the temperature was only 4 degrees that night, George tipped the sponges out of the sponge buckets, and dipped his feet into the cold water, to get rid of the mud and sawdust. Then he bound tape around his ankles, to stop the problem from recurring.

This year, he hopes he has solved the problem. He has discovered that if he puts Coles bags around his feet, he can run for about 12 kilometres before they start to disintegrate!

Nothing is easy, but some things help to make the race more bearable. For instance, there is great camaraderie among the runners. Rivals they may be, but each one understands the pain and difficulties of the others. They will share items of first-aid, lend each other hired equipment such as ultra-sound for damaged muscles, or even run with each other when encouragement and understanding can help a runner over a difficult patch, and prevent him or her from giving up.

At the same time, each one keeps an eye on his closest rival, to make sure that if both take a break, one is not off and running before the other. They also keep a close eye on the Progress Board, on which an up-to-date record is posted every hour.

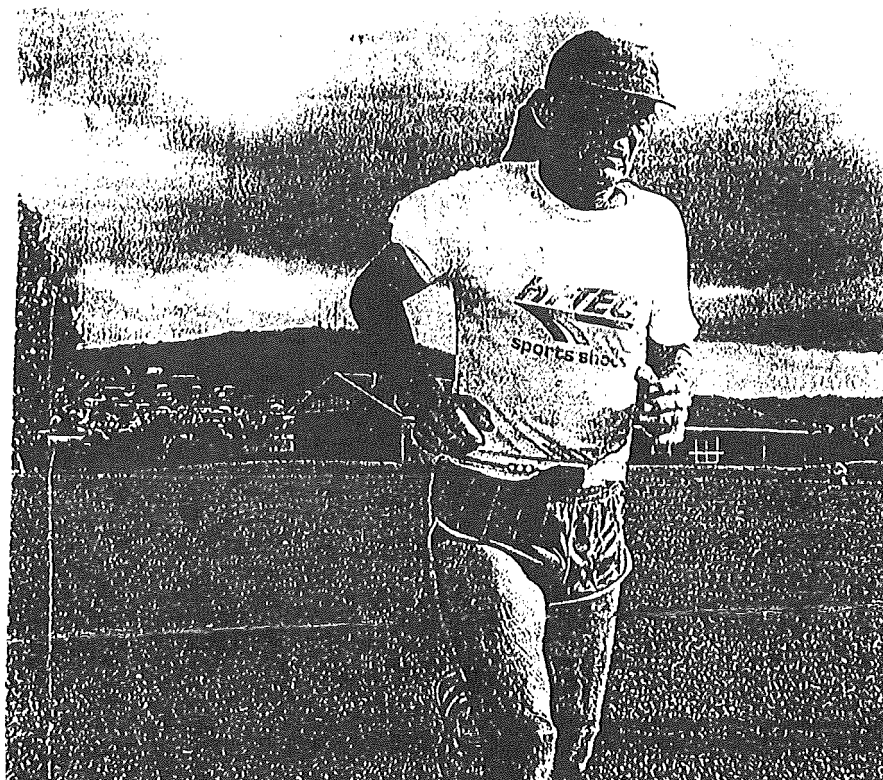
Pain and tiredness threaten to defeat the will to carry on. George gives himself little rewards, like walking around the bends after running along the straight. He also uses mental tricks. The thought that most keeps him going is, that he mustn't let his crew down.

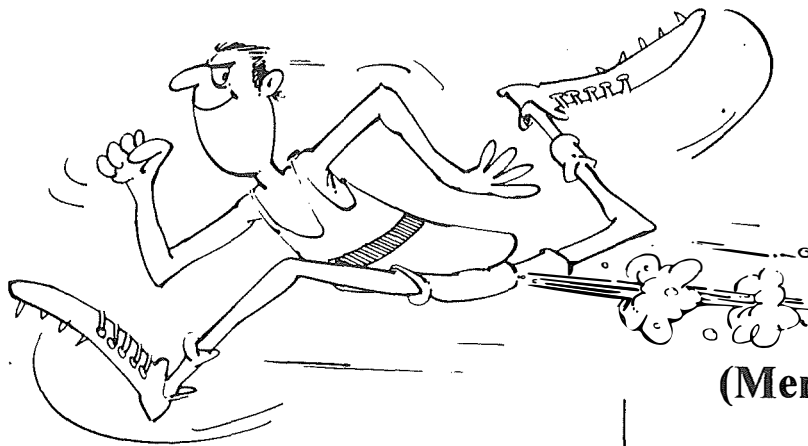
The runners put plasters over their nipples, to prevent them from bleeding. They daub vaseline over their chapped legs and armpits. Their clothes are wet with rain or sweat. They have to give samples for drug tests. "Once, I'd just been," says George. "I couldn't squeeze another drop out!"

So why do they do it? It's obviously not for money. Compared to other sports, the prizes are not large - \$5,000, \$3,000, and \$1,000 for the first three. going down from \$700 to \$250 for the next seven contestants - so most of them will have to pay all their own expenses. What keeps them shuffling along through the lonely and painful days and nights?

"I've found something I can do well at", George says simply. "It's a gift, and I've got to use it."

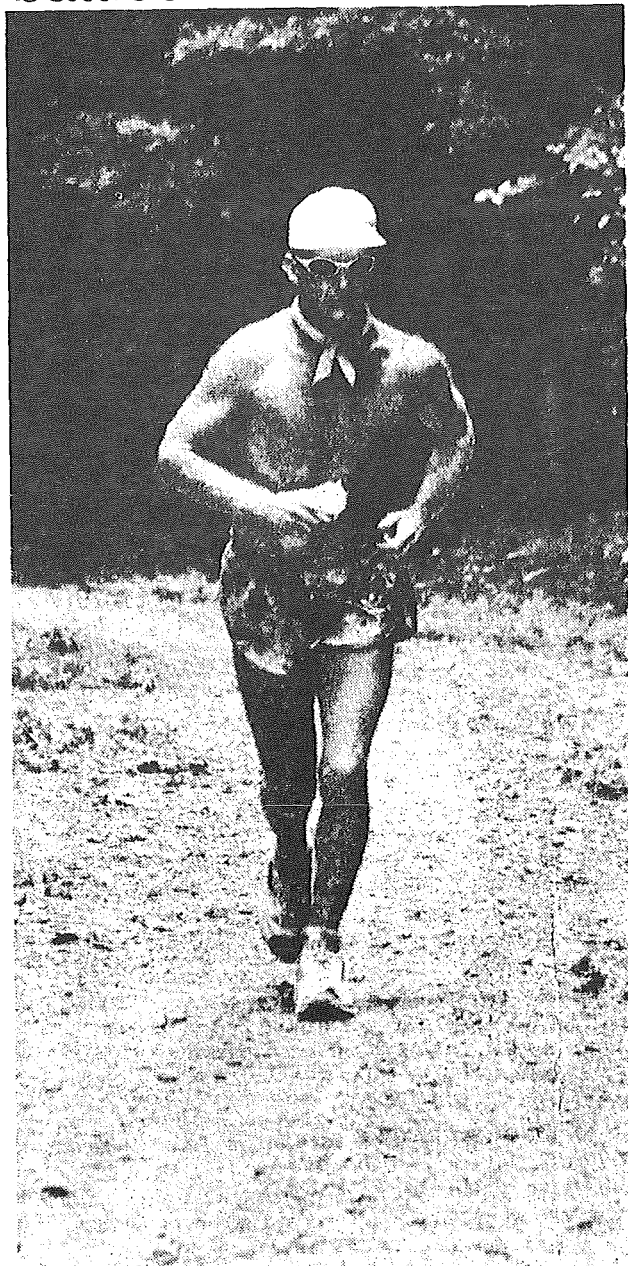
BY: Peggy Millidge
Box 5269
Albany W.A. 6330
Tele. No. 098-411061





South Burnett Times, Tuesday, 5 December, 1995

World 1000 mile champ battles forest for 52km



Determination... World 1000 mile track record holder Gary Parsons is a picture of concentration as he climbs the last hill in the 52km Forest Footrace in the East Nanango State Forest on Sunday. Parsons finished third.

Trevor Jacobs (Member Profile)

Full Name	Trevor Allen Jacobs
Place of Birth	Bordertown, South Australia
Age	44
Family	Wife and 3 daughters
Occupation	Civil Engineer (in water - Murray Darling Basin)
Best Feature	Patience and determination
Worst Feature	Having no bum (nickname at work is "Nobum")
Favourite non-running mag	Readers Digest Short Stories
Favourite music	Slim Dusty (and songs where you can hear the words)
Favourite food	Breakfast Cereals
Best time of day	Eating breakfast
Other hobbies and pastimes	Cycling, occasional triathlon, tennis, gardening, travelling and running club admin (shame you don't live in Sydney Trev)
People (living or dead) you admire	My dad and mum, Pat Farmer and Dave Cundy (Canberra M'thon Race Director) for his admin abilities
Dreams & ambitions	Run under 7 hours for 100Km and under 2hrs 30 in a marathon
Years running	13 (after many years of Aussie Rules and soccer)
Why did you start	Inspired by my sister when she ran a marathon
Running ambitions	Improve on all my running PBs
Races you are most proud of	Course record at Brindabella 1992 (53Km), and my 1993 Comrades (90Km South Africa)
Training partner	John Muir and Rod Higgins (when I can keep up with them)
Advice to a new runner	Aim for a steady progression over a number of years and don't get too obsessed.
Personal Bests	10Km 32:40, ½-M'thon 71:30, M'thon 2:30:32, 100Km 7:08, and 24 hours 201Km

Having read the details of the Ultra List on the Internet (AURA March 1995), I was very keen to subscribe and explore the possibilities presented by such a group. I had no previous knowledge of the Internet but was helped tremendously by Jenny, our school expert, who took me over each step until I was then able to work independently and do the following; check the incoming mail for the day, transfer it to my box, sort through and delete whatever is not relevant or interesting, print out interesting material, reply to articles, and also submit my own biography, which all members are asked to do.

I had a feeling that the Trans -Am had been followed to some degree last year and was pleased to see some people ask if anyone could provide any updates during the first week.. Lo and behold, up popped Scott Krell, who in the end virtually provided a day to day update of each stage result, along with overall times, positions and a brief comment about the events of the day. Many children at school became interested and the "60 Minutes" report shown on television was seen by some and others who wanted to see it had the chance to watch it on video at school. Pat Farmer became a familiar name around Scotch College and many people told me of hearing his reports on Radio Australia in the mornings. "The Net" also put me in contact with a lady who was visiting the race for a day, and I was able to get a message of best wishes and encouragement to Pat during the race, (I presume he did receive it, I'll have to drop him a line and find out). One particular grade three class took a real shine to the whole event and they are pictured here with the map of the USA (along with Pat's picture), which helped them follow the race and helped display the awesome distance these super athletes covered in their epic 64 day trek across the country. This particular class asked fantastic questions which did far more than 'scratch the surface' of ultra running knowledge, and were desperate to hear my daily reports at the beginning of each German lesson!

It has been a very interesting exercise which has also enabled me to make contact with the organiser of The Peace Run in Japan, locate a man in America who has sent me an entry package for the Spartathlon in Greece,(something I have not been able to achieve because of the sheer unreliability of the Greek post) and I have had some race reports the day after the event, i.e. Western States 100 miler, The Comrades in South Africa and this year's 100km. event at Lake Saroma in Japan. I feel it is perhaps time to move on and I may now change subscriptions to an ultra group on the World Wide Web, which has been started by David Blaikie, a Canadian Ultra Running magazine writer. I am preparing myself for my first 24 hour in Caboolture in two weeks and hope to run the Brindabella in Canberra in November.

Internet experiences to be continued.....



Date: Wed, 16 Aug 95 16:05:17 PDT
X-Sender: scottk@192.245.81.7
Mime-Version: 1.0
To: ultra@caligari.Dartmouth.EDU
From: scottk@NEOPATH.COM (Scott Krell)
Subject: MoonBat TransAmerica Foot Race Stage 60 Results + Stage Info
Sender: owner-ultra@caligari.Dartmouth.EDU
Status:

Standings after 60 of 64 stages
From: Gettysburg, PA to Lancaster, PA

Stage- 49.75 miles

1	Nobolaki Koyago	7:09:03
2	David Horton	7:27:13
3	Pat Farmer	7:37:43
3	Dusan Mravlje	7:37:43
3	Jun Onoki	7:37:43
3	Ray Bell	7:37:43
7	Manfred Leisman	7:49:56
8	Ms. Aiko Endo	8:45:06
9	Michiyoshi Kaiho	9:09:58
10	Don Winkley	13:35:34

Overall- 2723.75 miles total

1	Dusan Mravlje	398:57:10
2	Ray Bell	+13:17:34
3	David Horton	+21:17:53
4	Pat Farmer	+33:03:17
5	Nobolaki Koyago	+36:13:51
6	Manfred Leisman	
7	Jun Onoki	
8	Ms. Aiko Endo	
9	Michiyoshi Kaiho	
10	Don Winkley	

Runners are all doing fine. Nobolaki is still pushing for fourth place with only 3 competitive stages remaining. Will Campbell (Board of Directors of Ultra Runners Assoc.) put everyone up for the night and all had a nice evening. Mr. Okata MoonBat sponsor arrived from Japan to escort the runners into NY. Phone number for updates is 206-548-1524.

Stage	Finishing Point	Date	Miles
61	Kutztown, PA	8/16	48.1
62	Washington, NJ	8/17	49.0
63	South Orange, NJ	8/18	50.1
64	New York, NY	8/19	29.9

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*****
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Ultra Stuff on the Internet

There are now three places on the Internet that may be of interest to ultrarunners, two discussion groups (mailing lists) and one World Wide Web site:

- The ULTRA list. To add your name to the mailing list, send an e-mail message to: listserv@caligari.dartmouth.edu In the body of the message, put the line (using your first name and last name): subscribe ultra FirstName LastName

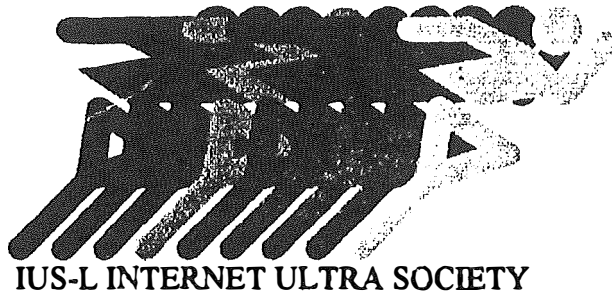
If you have any questions, contact one of the list administrators: Joe Jurczyk (e-mail: an241@cleveland.freenet.edu phone: (216) 546-9870) or Joel Zucker (e-mail: zuckerj@snyalfva.cc.alfredtech.edu).

- A relatively recent arrival on the scene is the Internet Ultra Society list (IUS-L), started by Dave Combs. To add your name to its mailing list, send a message to listserv@american.edu

In the body of the message, put the line (using your first name and last name): subscribe IUS-L FirstName LastName

If you have any questions, contact Dave: (e-mail: combs@sybase.com phone: (415) 943-8338 (w)).

- David Blaikie, publisher of the *Ultramarathon Canada* newsletter, has set up an excellent Web site ("Ultramarathon World") with news items on ultra events worldwide. The address is <http://fox.nstn.ca/~dblaikie> His e-mail address is dblaikie@fox.nstn.ca



A new list is now available on the Internet. It is called the Internet Ultra Society, or IUS-L for short. The focus of the group is best illustrated by the following:

"I was first attracted to ultrarunning when I agreed to help crew and pace at the Western States 100 in 1986. When I got out on the trail, I found that I was hooked--on the scenery, on the running, on the heat, on the effort, and most especially on the community of people involved in the sport."

IUS-L is intended to be an on-line version of the ultrarunning community, a place for on-line discussion of anything of interest to members of the ultra community--what exactly constitutes an ultra, a description of your latest race (from the front, middle, or back of the pack), how to deal with black toenails, the latest in ultra-related gadgets, ultra prose or poetry, what you think about while running the trails, people you've met, interesting scenery you've seen on a run, etc. Sometimes people in the ultra community even discuss things that aren't related to ultrarunning at all!

IUS-L is based at American University, in Washington D.C. It is very simple to join.

1. Send an e-mail message to the following address:

LISTSERV@AMERICAN.EDU

2. In the body of the message, write the following:

SUBSCRIBE IUS-L <FIRST NAME> <LAST NAME>

(e.g. Subscribe ius-l Dave Combs)

Soon afterward you will receive more detailed instructions concerning how to send and receive messages and the few rules and guidelines of the list. This list is not moderated. If you have any problems subscribing, send a message to ius-l-request@american.edu or send a message to listowner Dave Combs at combs@sybase.com

Second Internet ultra group

A new ultramarathon running group has opened on the Internet, following a dispute between several participants and Joel Jurczyk, one of the original Internet Ultra Group's owners. Jurczyk suspended, or removed, several members from the original list in late June because of a disagreement over content. His view is that every posting should be related directly to ultrarunning and not to topics that stray into more general areas. One of the subjects that brought the issue to a head was a series of postings related to dog bites. Jurczyk felt it was too general. Others disagreed, including Matt Mahoney who has opened a new group reachable on the World Wide Web at:

<http://canyon.epg.harris.com/~mvm/ultra/>
Or you can join by e-mailing Matt at:
mvm@epg.harris.com.

* * *

Benji Durden, publisher of *Running Stats*, has opened a site on the World Wide Web. He has started off by posting most of the race results from his most recent weekly issue. The write-ups are not included. It's well worth checking out for anyone who has an Internet connection that allows them to browse the World Wide Web. The address is:
<http://rainbow.rmii.com/~benjid/rs.html>

* * *

Running Down the Superhighway

Kevin Tiller

I have recently connected to that object of much hype, the Internet / Infobahn / Superhighway (call it what you will) and quickly became aware of something of interest. There is an Ultra Runners' Discussion Group on a truly global scale.

It works like this: (1) you send an email message to an address stating you want to join the group; (2) from then onwards, any messages you send to the required address will be sent to ALL other subscribers; (3) therefore you receive all messages sent by anybody.

In-tray flooded

After only a couple of days, my in-tray was flooded by approx. 10 messages a day on subjects such as: (1) Race results of the current stages of the Trans-America race (60 days straight of 80km a day). Australian Pat Farmer is placing extremely well; (2) Why some ultra runners piss themselves a lot after a long time running; (3) Race reports from all over the world; (4) Runner "biographies" from newly-subscribed people; (5) Discussions on diet / drinks / training; (6) Discussions / announcements on more things than I had the time to read.

In my short time as a subscriber I have received messages from a dozen different countries although there is a USA bias. Subscription is free, subject to the your usual internet provider's connection / email charges. The only problem is you could spend so long reading email you wouldn't get time to train. **My own email address is:** email: 100244.1707@compuserve.com.

Below is a list of other running-related discussion groups: (last revised April 9, 1995). There are numerous other running and related discussion areas out there on the Internet. They fall into two categories: mailing lists and newsgroups. Mailing lists are accessed via e-mail. Instructions on how to subscribe to each of the mailing lists below are included with their description. Newsgroups are accessed via a news reader available through many Internet services. Ask your Internet service provider to give you details on how to access newsgroups.

Running Discussion Groups

ULTRA: This mailing list discusses the sport of ultramarathoning, that is, distances greater than

a marathon (26.2 miles) and other extreme races. To subscribe, send a message to: *listserv@dartcms1.dartmouth.edu*. In the body of the message, put the line: *subscribe ultra FirstName LastName*.

DRS (Dead Runners Society): The mother-of-all running mailing lists (1400+ subscribers) discusses running and other topics in a very informal setting. To subscribe, send a message to: *listserv@dartcms1.dartmouth.edu*. In the body of the message, put the line: *subscribe drs FirstName LastName*.

DRM (Dead Runners Mind): This offshoot of DRS, another mailing list started by Chris Conn, discusses the philosophical and psychological aspects of running. To subscribe, send a message to: *listserv@dartcms1.dartmouth.edu*. In the body of the message, put the line: *subscribe drm FirstName LastName*.

rec.running: This Usenet newsgroup is a more formal discussion area covering the general topic of running.

Orienteering: This mailing list discusses the sport of orienteering. To subscribe, send to: *orienteering-request@graphics.cornell.edu*. Your request will then be forwarded to the listowner.

t-and-f: This mailing list discusses the sport of track-and-field. To subscribe, send a message to: *listproc@gac.edu*. In the body of the message put the line: *subscribe t-and-f FirstName LastName*. For further information, send the message: *info t-and-f* to: *listproc@gac.edu*. The list manager for t-and-f is Derrick Peterman *dwp@mps.ohio-state.edu*.

HASH-L: This mailing list covers the hashing scene. To subscribe, send a message to: *listserv@ym.usc.edu*. In the body of the message, put the line: *subscribe hash-l FirstName LastName*.

Various other local mailing lists

There also exist many regional mailing lists (in Cleveland, for example, we have the DRNEO - Dead Runners of NorthEast Ohio list) which cover local running scenes. You'll have to find these on your own (for now).

Related Discussion Groups

rec.sport.triathlon This Usenet newsgroup discusses....Take a guess!

OUTDOR-L: This mailing list deals with the great outdoors, camping, hiking, and backpacking. To subscribe, send a message to: *listserv@vm.temple.edu*. In the body of the message, put the line: *subscribe outdoor-l FirstName LastName*

rec.backcountry: This Usenet newsgroup discusses hiking and other outdoor activities.

SPORTSCI: This mailing list discusses the uses of science to enhance performance in sport. To subscribe, send a message to: *majordomo@stonebow.otago.ac.nz*. In the body of the message, put the line: *subscribe sportsci*

misc.fitness: This Usenet newsgroup covers general fitness topics.

weights: This list discusses weightlifting of all types from weight training to bodybuilding to power lifting. Send a request to Michael Sullivan at: *weights-request@fa.disney.com*.

SPORTPSY: This mailing list deals with exercise and sports psychology. To subscribe, send a message to: *listserv@vm.temple.edu*. In the body of the message, put the line: *subscribe sportpsy*

FirstName LastName

SPORTSOC: This mailing list deals with the sociological aspects of sports. To subscribe, send a message to: *listserv@vm.temple.edu*. In the body of the message, put the line: *subscribe sportsoc FirstName LastName*

SportHist: This mailing list is for those interested in sports history. To subscribe, send a message to: *listserv@pdomain.uwindsor.ca*. In the body of the message, put the line: *sub sporthist FirstName LastName*.

racewalk: This manually administered mailing list covers the sport of racewalking. To subscribe, send a request to: *racewalk-request@reed.edu*.

Any omissions, changes or comments about this list should be sent to Joe Jurczyk (ULTRA list co-listowner) at *an241@cleveland.freenet.edu*.

Kev's Korner

"I rang up in September, so it was, like, ten months into the year" (Kevin Tiller, at Striders' Committee meeting). [Editors' note: Yes, of course, that's why they call it September, from the Latin "septem" (ten).]



Striders at the 6-Foot Track (L-R): Phil Hugill, Jonathan Worswick (rear), Wendy Downes, Steve Urwin, Murray Town, John Craig-Sutherland, Geoff Taylor, Carl Hayes, Mike Ward.

The Bore of Running

Kevin O'Kane

Much attention is focused on the mechanics of the runner - how you hold your head, position of the arms, where you put your feet etc. However, there appears to be a shortage of research on what to do with the grey matter between the ears. Do you use it, leave it in the car, or stuff it down the front of your shorts in case it might come in handy.

Theorists in this area divide runners into the associators (asses) and the dissociators (dissolutes). Each runner has to decide whether to closely and continuously monitor the functions of their well oiled bodily machines or to drift off with the fairies. The word is that elite runners tend to be asses while the proletariat are dissolutes.

It clearly takes considerable concentration to be one of the asses. This concentration must be kept directed at the body and its immediate environment. During a marathon, for example, one might monitor one's breathing, hip extension, push off, or shoulder tension. The dissolute, however, might be savouring last night's bottle of red, or what he/she got up to afterwards. He/she only listens to the body when it bellows with all the passion of a politician protesting innocence.

A dysfunctional body can be both a great assistance and a distraction to would be asses. There's nothing like a bout of the runs to concentrate the mind on how quickly the legs can cover the last two kilometres. Conversely, the gentlest whispers of discomfort from a rogue hamstring can be a cacophony within an hour. By that time, concentration on the body is not a problem. Dissolutes, however, can also use their abilities to enhance their running. They claim that their ability to conjure up a tropical paradise can be most useful in covering the boring miles, or in case the runner beside you decides to tell you "How I ran the Comrades" - mile by endless mile.

Some bastards you just have to pass

The mind can also be used for focusing on externals. You can concentrate on running a PB, conning the handicapper, or just finishing. Or you can direct your energies at a particular person. There are some bastards you just have to pass 50m from the finish, or pull out 110% to keep them in their place.

As an insight into the inner workings of the (my) mind, I need only to refer to my run in the Six Foot Track race a few years ago. I was, as usual, grossly undertrained, so each passing kilometre increased the imperative of keeping my body upright by whatever means the mind could use.

Human pincushion

In the early stages, I jogged past Alan Phillips, in full Comrades training, while he was in the walk phase of the Alf Field walk/run theory. The first time he went past me, at about 7 or 8 kms, I was feeling merely irritable, which feeling was compounded by his usual infernal cheeriness. Instead of watching powerlessly as his rear end disappeared in the distance, I fashioned myself an imaginary dartboard with the obvious centre. After several mental bullseyes, the pain I had started to feel was adequately compensated by my perverse delight in contemplating the human pincushion. So much so that I felt no great animosity when I plodded past during another of his walking sections. Thus sustained, I floated along for a couple of hours until the chorus from my abused fibres sent me back to the mind in search of inspiration. A smile returned with the thought of the discomfort Alan must be feeling with each step. However, after the 20th comforting replay, I realised it was possible the mental darts might fall out after a while. A few well placed barbs were attached. The resultant mood lift carried me up and over the big hills. No-one had passed me for over 2 hours until, somewhere along the long grind above the Pluviometer hill, I could feel my spirits and energy ebbing away as I faced the depressing prospect of the last 15k with legs on fire. At that precise moment, the "G'day Kevin" hit me like a thunderbolt as he whooshed past me (smiling!) with not a dart in sight. Despite my exhaustion, I reacted quickly and seconds later the harpoon shot him 15 feet up a eucalypt, arms and legs protruding like a swastika. Feeding on the sight in my mind's eye, I coasted to the end, tired but exultant.

The point of all this is: Think not what you can do for your mind, but what your mind can do for you. And don't smile when you run past me.

Women may tolerate hardship better than men

Reprinted From Ultramarathon Canada, Vol. 6 No. 6 Oct/Nov. 1994

Antana Locs' victory in the Sri Chinmoy 1300-Mile Race was her second straight outright multi-day race victory. She defeated all men and all women challengers, just as she did last May at the Sri Chinmoy Seven Day Race in New York. In this article, she talks about the differences between men and women, the difficulties she faced and maintaining control with techniques derived from meditation.

*By Antana Locs
(c) Ultramarathon Canada*

Do I think women can equal men or better them in long races? I don't really give it much thought. Sometimes when women win it's just the particular circumstances. I won outright this time. But Al Howie was injured. Otherwise he would easily have won the race. And Dan Coffey fell and broke his wrist. These unfortunate things do happen.

However, I do think women are more willing to tolerate and persevere to the end, more willing to accept the hardships and difficulties encountered in a multi-day race. They are more willing to stick with it, to live with a hard day, and not write it off and say, 'Well, that's too bad, there goes the race.' Men seem to put more importance on their goals, whether it's making a record or achieving a mark. They tend to give up the race more readily if they are not going to make their goal.

A good example is in the Sri Chinmoy Seven Day Race last May. The two top men both dropped out. They had both set high goals. One of them wanted to run a new American six-day record and the other also had a high goal. They both ran over 100 miles on the first day, which is not bad by anybody's standard. But by the second day it just wasn't going well enough to meet their goals, and they both dropped out.

From the physical standpoint, men definitely have more strength, but multi-days also require tolerance and stamina. Men do have these qualities, but they can use and expand them more. For women and men alike, a multi-day race is a great opportunity to increase all our good qualities.

To me this was as hard as any other 1300-mile race. But the advantage in having experience is that you know what to expect. When it is really hard to continue, you've been there before. You know that hardship comes and goes, and that gives you a little advantage over people who are attempting it for the first time. They don't know what to expect.

The first two days, I couldn't run properly due to some kind of fluid imbalance. So I took a lot of salty food and drinks, and eventually solved that problem. Then, for a couple of days, I felt sick. Food was repulsive and water was repulsive. I had to force myself to drink. Everything was making me nauseous. After that, I had some problem with my throat. Everything went down so painfully that even water was hard to swallow. The problems just went on. At least they changed, which was fortunate, because new challenges

keep us alert. The funny thing is that by the time I got to the third week I completely forgot about everything I had gone through. Dr. Raabe arrived from Germany, and the first time I visited him in medical he said, 'So, what have your problems been?' I couldn't remember anything! It was only after a while that a few things came back to mind. I guess you are living so much in the moment that yesterday doesn't matter. Each day has its challenges to focus on.

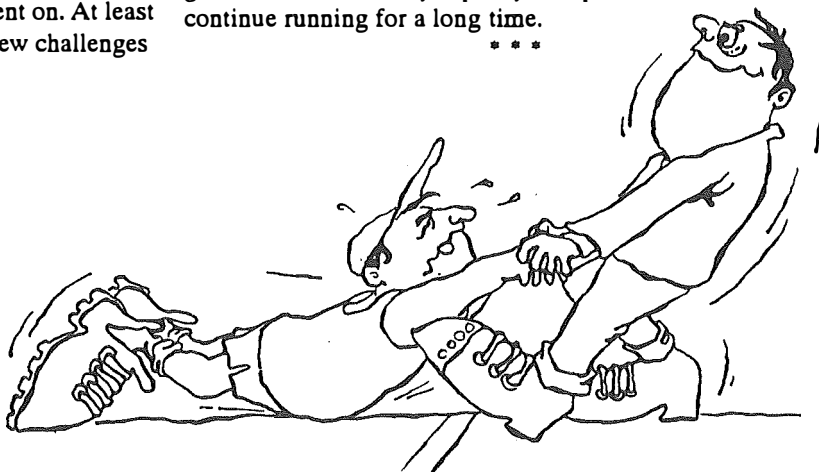
In the final week my only fear was that I would not hear my alarm and sleep in. There was no time for extra sleep. By this time it took the same effort to squeeze in 65 miles a day as it did to run 70 miles a day in the first week. My handler was waking up at the same time as me, to be sure that I was up and preparing myself to go out and run. We left nothing to chance. Fortunately, I never missed wake-up, and somehow I managed with 2 3/4 to 3 hours sleep nightly, which never felt sufficient. The last night I gave up sleep in order to break my previous record. I didn't break it by much, but it was a satisfying finish.

The reason I run multi day-races is to make spiritual progress. Sri Chinmoy is, and has always been, the inspiration behind ultrarunning for me. It is not with words that he encourages me; rather it is through his inner presence and guidance. Being a spiritual teacher of great magnitude, he is able to help me to become conscious of the lessons that I get from my own inner being. It is this 'inner learning' that motivates me to continue to run, to improve and to be more and more 'with the spirit.'

I don't believe that this sort of learning is only for people in the spiritual life. In fact, I think that most runners are compelled from within to use and expand their capacities, to derive what they can from their own personal effort. No doubt we all have different reasons for running; but I think we all learn something about life from this discipline.

Although I ran for 19 days, I tried to focus as much as possible on a higher reality, what I would call the Divine - sometimes repeating a mantra with my incoming and outgoing breath, sometimes repeating poems written by Sri Chinmoy, sometimes just keeping silent. And sometimes I just tried to keep my thoughts positive instead of dwelling on pain or an unfortunate experience. I tried to remain happy, or at the very least, cheerful.

I know this would not be possible without the support and encouragement of other runners and the people who work hard to put the race on: handlers, counters, cooks, medical staff and maintenance crew. It is the feeling of oneness with others, the feeling of receiving and giving our good qualities, that makes the race meaningful for one. In it I feel pure love for humanity and the Supreme. I am grateful that the Supreme has chosen me to be a long-distance runner, and has given me the necessary capacity. I hope it is His Will that I continue running for a long time.



A DAY ON THE RUN

by Stan Miskin
November 1983

2

The words I devour as I read by the hour
of running exploits in every nation
tell me "Ultras are best" (the ultimate test)
From my reading I gain inspiration

I read during one Christmas, that on the Panama isthmus
(in a land where malaria is rife)
Indian runners supreme - as if in a dream
run an ultra each day of their life

When one goes for a run (to him it's great fun),
he seems to go on forever.
He runs day and night, with all of his might
and does so whatever the weather.

Within a day's span it's quite often a man
will run more than ONE HUNDRED MILES.
To him it's sheer bliss, HE THINKS NOTHING OF THIS,
as he runs, he talks and he smiles.

To be such a man, I then made a plan
and extended my hours of training.
With effort unceasing and fitness increasing
I ran further each day without straining.

And then, mental strength - I pondered at length
how I could increase mental powers.
My mind I would train to cope with the strain
of running for twenty-four hours.

I also decided drink should be derided
and cut my intake down to nought.
For two months I craved (although money I saved)
and all for the sake of my sport.

When I knew I was ready to run long and steady
I entered the Sri Chinmoy run,
determined to pace myself for the race
and do what the Indians had done.

At the Harrier's track, made of cinders and BLACK
thirty-one of us lined up to start.
We were all very fit, we thought "this is it";
and all of us were then in great heart.

At the sound of the gun, we all started to run,
and we each had a target ahead.
If we were to achieve, we just had to believe
or else we should stay home a-bed.

There was much talk and laughter, but many hours after
strain, tiredness and hurting took place.
We ceased then to talk and most had to walk
but we still continued to race.

Although we were sore, our helpers galore
encouraged us all on the way.
They worked without stint, with never a hint
that they'd had a hard, busy day.

The Sri Chinmoy team, the ultra folks dream,
had come from all over Australia.
They inspired us all, we felt ten feet tall
and none of us dared think of failure.

With music and song, they helped us along;
they provided much food and drink.
Each lap they did score, we couldn't ask more;
they wouldn't let our spirits sink.

Though the going was tough, we would not cry "enough";
we wanted to run to the end
of the twenty-four hours, and use all our powers
to justify faith of each friend.

By the end of the run, I had COVERED THE TON
like the men of the land of the fever.
But I paid a price, my knee packed in ice
so I DON'T THINK MUCH OF IT EITHER

I hobbled to enter the Sports Medicine Centre
afraid that my running was ended,
but then Doctor Tom said my knee will be strong,
with treatment it soon will be mended.

And Tom never shirked, for an hour he worked
on my knee to help make it better;
said "You're strong as a horse", prescribed tablets of course;
for my employer he wrote out a letter.

To return to the run, thirteen made the ton
within the twenty-four hours.
Will they do it again, like the Indian men?
It surely is within their powers.

Well, I've now done it twice, and if you ask my advice
I'll tell you "it's not worth the pain"
You just shouldn't do it, I'm sure you would rue it;
just think of how hard you must train.

But, like banging your head on a wall, if an ultra has reason at all
then no-one can claim it's a flop.
If you asked them to-day, each runner would say
"It really feels good - WHEN YOU STOP"

Now, if you should ask of this difficult task,
"Will you ever attempt it again?"
When this question arises, my answer surprises,
"Yes! - just tell me the where and the when."

Twenty-two verses read, but it's still not all said;
this vital point saved to the end.
"I couldn't give it a thought without the support
of Ellwyn, my wife and my friend."

International Ultra Update

Reprinted from
"Ultrarunning," July-August '95
by Andy Milroy

This edition of International Update focuses primarily on the Southern Hemisphere. This year has seen the continued emergence of a new major force in international ultrarunning — Australia. In 1994 Australian women became major figures in the 100-km, with two running under eight hours.

• This year the men have followed suit. In April at the Ross to Richmond 100 Km in Tasmania, Tim Sloan, tenth at the 1994 World Challenge at Saroma, produced a stunning 6:29:25 on an AIMS-certified course to set a new Australasian best and rank him number two on the 1995 list (at that time); Andrew Law was second in 7:17. Sloan seemed in good condition after the run, which suggests that there is more to come.

• A better known Australian took part in the Surgères 48 Hour in France May 6–8. Yiannis Kourros, originally from Greece but a long-time Australian resident, was listed as Australian in the results. Yiannis led through the 24-hour point in 285.362 kilometers / 177 miles 555 yards, which surpassed his own world track best, before moving on to cover 470.781 kilometers / 292 miles 932 yards in 48 hours, some 11 miles further than his own listed world best. I thought it would be interesting to compare the splits of the 1995 mark with that of his previous world best, set ten years earlier. In 1985 Yiannis went out fast, covering 15.6 kilometers in the first hour, as opposed to 13.8 kilometers and a more even pace in his more recent run.

The significant differences (apart from the much faster start in 1985) are that in 1985 Yiannis stopped at 23 hours to rest, whereas in 1995 he stopped at 24 hours, and in his previous 48-hour best he walked much of the way after the 400-km point, and in

fact rested for over two hours, whereas in 1995 he continued to churn out the miles, running 38 kilometers / 23.6 miles further in the last 12 hours than in 1985.

The 1995 mark was set in blazing heat, which suited Yiannis and the second-place runner, the 46-year-old Czech, Tomas Rusek. The rest of the field suffered somewhat, although Trishul Cherns managed to put together a fine 221 miles 203 yards for a new Canadian record. It is a pity that Rusek's fine mark in second place was somewhat overshadowed. With 247.303 kilometers / 153.66 miles at 24 hours, he made a good start, and a second day of 186 kilometers / 115 miles, gave him second place on the all-time list with 433.384 kilometers / 269 miles 514 yards (and a world age-group best).

Kourros is very well known, but the Czech may be an unknown quantity to some people. He is relatively new to the multi-day scene, he ran his first 48-hour on the road last year, and achieved 403.622 kilometers / 250.7 miles at Cologne. Tomas is, however, no newcomer to the ultra scene. I have a 1977 world ranking list which credits him with a 6:58:25 100-km. He has been a tough, consistent ultra journeyman for years, competing widely, organizing races, and serving as president of the Czech Ultrarunning Association.

If Kourros is now eligible to compete for Australia, their men's team could be a serious threat. Don Wallace, for several years their number one, is consistent at around 6:44, and Yiannis has a PR of about that time on a certified course set some years ago. (He ran 6:25 on an uncertified course in the mid-1980s.)

• On May 7 the IAU African 100 Km Championships were held in the Kalahari Race in Botswana. The race was dominated by Thomas Dlamini of Swaziland, who, it may be remembered, made a considerable impact on the early stages of the Saroma World Challenge. Dlamini ran 7:05:17, well ahead of the second-place runner, his fellow countryman, Enoch Ndlovu, with 7:56:22. The first woman was Marie Van Der Merwe of South Africa in 9:49:45. With eight nationalities featured among the finishers, and substantial contingents from South Africa

and Swaziland, the race was the strongest yet in depth.

• A fortnight later in the Comrades Marathon, Shaun Meiklejohn's win showed the benefits of becoming a full-time athlete. (He made the decision following his fourth place in the Saroma World Challenge, and his win in the London to Brighton.) Among the top finishers were Mahlala Mdhldli of Lesotho in fourth place, and Sipho Masango of Swaziland in sixth. Swaziland looks to be developing into a major force in African ultrarunning.

• On the same day as the Kalahari 100 Km, the Russian 100 Km Championships were held. The course was measured by Harry Arndt, who as well as being an IAU Executive member, is also an IAAF A Grade measurer. He was in Moscow to lead an IAAF measurement seminar. The race was won by Alexey Kruglikov in a modest (by Russian standards) 6:37:36 ahead of Nikolay Tetin in 6:41:44, with Grigoriy Murzin in third with 6:45:12. The first six at least were under seven hours, and they were all *unknown* internationally! The women's race was won by Larisa Golovacheva in 8:37:16, ahead of Shabalina Zinaida in 8:58:49.

Harry measured the Moscow course used in 1993 when Konstantin Santalov ran 6:15:17, and it was found to be over 400 meters short. He also attempted to measure the Kalingrad course on which spectacular times were set last year. Unfortunately the turnaround point used could not be definitely identified, and thus it was not possible to verify the course.

• Meanwhile, back in the Southern Hemisphere another major international 100-km was taking place, this time at San Paulo, Brazil, on May 16. The winner was Jose Angelo Correia Da Silva of Brazil in 6:30:25 (he ran 6:33 to win last year's San Paulo race), ahead of Andrezy Magier of Poland in 6:42:42, with Jaime Da Silva third in 6:55:24. Valmir Nunes stopped at 50 km in 3:10:01, and Jaroslav Janicki retired. The first woman was Maria Teresa Liras of Brazil in 8:29:19.

• On May 21 Simon Lund ran 6:56:04 to win the Nottingham 100 Km in Britain. He has looked a useful prospect for some time, running well at the shorter ultra distances. The first woman was Marianne Savage with 8:25.

• On May 27 the IAU European 100 Km Championships under the patronage of the E.A.A. was held in Chavagnes-en-Pailler, France. The race was held on a large multi-loop course. Roland Vuilleminot (FRA) led until 25 kilometers, when Igor Rybov (RUS) took over, and established a six-minute lead over Jaroslav Janicki, Andrzej Magier (both Polish), and Mikhail Kokorev (RUS). This situation stayed the same until around 75 kilometers when Janicki, who was lying some three minutes off the lead, started his charge. He retained his title with an excellent 6:28:35, a mark which placed him second on the 1995 list. Second was Igor Ryabov, who ran a remark-

Kourros' Splits &

	1985	1995
6 hours	87.6 km / 54.4 mi	81.4 km / 50.5 mi
100 km	6:56:25	7:26:32
12 hours	162.4 km / 100 mi 1602 yd	155.62 km / 96 mi 1228 yd
100 miles	11:52:40	12:27:12
200 km	15:11:09	15:51:29
18 hours	230.8 km / 143.4 mi	224.986 km / 139.8 mi
24 hours	283.6 km / 176 mi 388 yd	285.362 km / 177 mi 555 yd
300 km	25:38:02	26:37:54
200 miles	27:48:35	29:03:45
36 hours	394.4 km / 245 mi	375.178 km / 233.1 mi
400 km	36:43:56	38:49:03
48 hours	452.270 km / 281 mi 48 yd	470.781 km / 292 mi 932 yd

Pete Armistead slogging it out on the Frankston track and asking himself, "What the hell am I doing this for?"

able 6:30:03, for 15th place on the all-time list. Andrzej Magier was next in 6:35:36, a solid performance following his Brazilian run a fortnight earlier. Bernard Curton, current French number one, was fourth in 6:39:31, ahead of Alesander Motorin (RUS) with 6:39:49, with the reliable Mikail Kokorev sixth in 6:42:24. Eighth was the evergreen Roland Vuilleminot with 6:45:34, despite his earlier extravagance. In all there were 12 men under seven hours. Don Ritchie had a solid run finishing in 7:16. Russia won the team title, with 19:52:16, from Poland with 19:55:09, with France in third with 20:08:57.

The women's race was an interesting affair, with the top Russians at the Comrades. The women's race was dominated by Isabelle Olive (FRA), who led from the start. Lynn Harding (a 2:31 marathon runner), new to the British team and making her ultra debut, looked threatening, but lost some ground over the last few kilometers. Olive won in a personal best of 7:43:13, with Harding producing a promising 7:53:23. Third was Daniele Geoffroy, who had a double cause for celebration. Earlier in the month she had reached her 50th birthday, and her finishing time of 7:54:23 surpassed the tough 8:09 world over-50 best set by the redoubtable Sigrid Lomsky. Fourth was Ricarda Botzon of Germany with 7:54:59, with Nicole Duchemin in fourth with 8:01:37. Eleanor Robinson finished sixth in 8:07:49. The women's team title was won by France with 23:38:59, well clear of Britain and Germany in second and third.

• Finally some further information about the 50-km road race held at Rodenbach on April 8. Alfred Mielke set a new men's over-60 world road best of 3:39:34, (not far behind Bob Emmerson's track best), Heiner Gutbier set a new men's over-70 world best of 4:18:07, and Ursula Schmitz set a new women's world best of 4:11:34 for the over-60.

Going the Distance: 300 Times 100-km

I wonder how many of the more venerable ultrarunners with many miles and years of the sport behind them can recall what the sport was like way back in 1979. Park Barner was in his prime, and would surpass the world 24-hour track best in June; Jean-Gilles Boussiquet would run his first ultra at Belves-Millau.

In April that year at Belves a 42-year-old Frenchman ran his first 100-km in an undistinguished 14:49. He would run three 100-kms that year, the following year he ran seven, the next ten. The pattern was set, and Henri Girault was on his way to becoming a

legend.

It was obvious from such a beginning, that Henri Girault enjoyed running 100-km races, and enjoyed running them often. In 1984 he ran 18, in France, Belgium, Spain and Italy. The year thus also marked the development of another aspect of Henri's unique career, international travel. As a railwayman he had access to cheap travel in Europe, and by the time he had reached his 90th 100-km, he had added Germany, Finland, The Netherlands, Switzerland, and Austria to his ultra schedule.

In 1987 he went to Sweden, but 1988 saw him raise his relentless consumption of 100-kms to new levels. In January he crossed the Atlantic for the first time to race at Dallas, and then in February he returned to race in Mexico, slotting in a quick 100-km at Montlucon in France in between! Obviously his trans-Atlantic trips must have inspired him, for in 1988 he completed a phenomenal 37 100-km races in *nine* countries (*six* in June alone!).

More relaxed years were 1989 and 1990 (18 and 21), but he still found time to add a new continent to his list with the Australian Bathurst Race, and by now he had included Hungary and Poland to his gourmet ultra diet.

In 1991 he reached his 200th 100-km, but it was in 1992 that he once again moved out of Europe. In 30 100-km races he packed in visits to Sacramento and Washington in the USA in February and October, and between them sandwiched 100-kms in Spain, France, Finland, Japan (his fourth continent), Belgium, and Switzerland. To finish off, he went to New Zealand in December!

Nineteen ninety-three saw the indefatigable Girault complete 100-kms in Canada, Brazil, and South Africa (his fifth and sixth



continents), along with 24 other European 100-kms, again racing in nine countries that year. The following year he eased off a little, covering a mere 22 100-kms, as he savored the run up to his 300th 100-km.

In 1995 he added his 21st country to his 100-km list with Greece in April, and for his 300th he again returned to Africa, to the Kalahari 100 Km Race in Botswana, recording 11:47 for this 30,000 competitive km in 100-km races in 22 countries and six continents.

Henri has run 37 different races in France, and 51 abroad, making a total of 88 different races. His fastest time was in his 125th race when he ran 9:15 at Ransart, Belgium, in 1988, his slowest in his 280th at Roche La Moliere in France in July, 1994, when he ran 14:51. Generally he aims to run somewhere between 10 and 12 hours — which works out to around 3,300 hours running 100-kms, the equivalent of 137 days, 13 hours — around four and a half months non-stop!

Henri Girault doesn't bother to add his other ultra achievements to the list. He has run some 12 24-hour races (the 100-km splits of which are *not* included in his purely 100-km list), and well over 70 other races over the marathon distance.

Three hundred 100-km races is obviously just a milestone. In 1993 he expressed his philosophy in a *UR* profile — "To run no matter what, no matter where, no matter when, no matter how, but to run."

With the threatened onset of global warming, and the fact that the 58-year-old Frenchman obviously has quite a few races left in him yet, I wonder what the chances are of Henri Girault, the ultimate ultrarunner, celebrating his 400th 100-km in a seventh continent — Antarctica!

Reprinted from Ultrarunning International Ultra Update

May, 1995

This year is getting off to a good start, particularly bearing in mind Valmir Nunes's 6:22 at the U.S. 100 Km Championships in Sacramento. If it is as interesting as 1994, it should be fascinating.

- The first 100-km road event of 1995 was held at Rognonas in France on January 29. Bernard Curton improved his personal best to 6:32:41, well ahead of Lucien Taelman of Belgium (6:54:43). The first woman was Anny Floris with 9:03:05. The fastest performer was Didier Touat, a wheelchair competitor, with 5:56:02. (His time was outside the world best of Heinz Frei of Switzerland, who clocked 4:23:58 at Rodenbach in 1991.)

- The annual 24-hour indoor race was held at Podolsk, Russia, on February 4-5. The results were not quite as spectacular as usual. Aleksander Shchekin won with 258.145 kilometers / 160.4 miles from Maxim Vorobyev with 257.202 kilometers / 159.8 miles, with Sergei Ishmulkin in third with 243.334 kilometers / 151.2 miles. The women's marks were amongst the best ever recorded in the race. Yelena Siderenkova 220.645 kilometers / 137.1 miles. Irina Koval 210.237 kilometers / 130.6 miles and Nadezhda Tarasova 207.969 kilometers / 129.2 miles.

- Indoor ultra track races are unusual, and indoor 100-km races even more so. In Minsk, Belorussia (part of the former Soviet Union), on February 11 such a race was held on a 200-meter track. After 500 laps the winner was Ivan Sakovich (Belorus) in

7:01:18, a remarkable feat on such a course. Subject to the check of lap times and so on, this would be a new world indoor best. En route Sakovich also set a new 50-km indoor world best of 3:18:50! Second was Sergei Lavrenis (Ukraine) in 7:08:38 (also way inside the old world mark, and third was Vladimir Khiritsa (Belorus) in 7:44:24. There were 12 runners inside nine hours. The first woman was Hushra Kavalyauskene of Lithuania in 9:33:57.

- Forty-mile track races are not common outside the UK. Nevertheless, the Barry, South Wales, event has made a big impact on the sport over the years. In its nine-year history some 37 world bests have been set. Most of these have been age-group records, but there have been seven absolute bests as well.

The 1995 race was held on March 5. The cold, biting wind and squally showers hampered the runners, but despite the conditions there were a number of world age-group bests. Don Ritchie, now 50, set new bests at 30 miles (3:10:15), 50 kilometers (3:17:21), and 40 miles (4:21:34), his finishing time good enough for second place in the difficult conditions behind Robin Gardner's 4:17:46.

Finally, to tie up a few loose ends left from 1994:

- Nicole Carroll set a new Australian 50-km road best of 3:38:04 at Toowoomba, Queensland on March 13. A fortnight later at Wollongong, NSW, Australia, Helen Stanger set new national track bests for 100 kilometers (9:06:41), 12 hours (125.157 km), 200 kilometers (22:16:38), and 24 hours (213.491 km / 132.6 miles). On April 2-3, in Sunbury, Western Australia, Mary Morgan made her first breakthrough on the international scene, running 130.832 km / 81.29 miles to set a new national best, cov-

ering 30 miles in 3:40:36, 50 kilometers in 3:49:11, and 100 kilometers in 8:30:31 (these are all national bests). The 100-km track record was broken for the third time in six weeks when Linda Meadows ran 8:24:11 at Frankston, Victoria on April 20. (She was later to break the world 50-mile track mark in June.) This gives some of the background behind the major breakthrough by Australian women later in the year.

- A late result from November is an interesting mark from Belgium. The six-hour event has become popular there, and Lucien Taelman had set an inaugural world road best earlier in the year. At Cebazat on November 6, Jean Paul Praet ran 91.800 kilometers / 57.04 miles in six hours to win (this is the equivalent of a 6:33 100-km). Don Ritchie ran 97.2 kilometers / 60.3 miles on the track in six hours en route to his 6:10 100-km. Several women have run 50 miles under six hours on the road. The current six-hour track best for women was set by Linda Meadows at 78.742 kilometers / 48.92 miles last year.

- In December a major 24-hour road race was held in Sao Paulo, Brazil. The race featured Konstantin Santalov, Jean Pierre Guyomarch (FRA), and Valery Klement (GER). The conditions were hot and humid, but Santalov came through to win with 238.011 kilometers / 147.8 miles, despite taking a number of breaks towards the end. Jose Alves Costa set a new South American best of 232.360 kilometers / 144.3 miles in second, with Luciano Prado Dos Santos also of Brazil in third with 228.384 kilometers. Guyomarch was fourth with 228.040 kilometers with Klement fifth with 222.284 kilometers. The first woman was Theresa Da C. Rodrigues with 183.875 kilometers / 114.2 miles for a new South American best.

Andy Milroy

600-Miles in Six Days

The first man to break the 600-mile barrier in six days was George Hazael, born 22 NOV 1845 in London ENG. Hazael did it at Madison Square Garden in New York during a six-day race in 1882. (The race was also notable for the fact that Charles Rowell, a famous British pedestrian, ran 150m220y the first day — a world 24-hour mark that stood until 1931 when it was broken by Arthur Newton at Hamilton ON. Rowell ran 258m220y in the first 48 hours of the race.) Since Hazael cracked the 600-mile barrier, 10 other runners have joined the club, five in the 1800s and five in this century.

J.-G. Boussiquet FRA	La Rochelle FRA	16-22 NOV 1992	642m1094y i
Yiannis Kouros GRE	Queens NY	20-26 MAY 1988	639m0y rs
Gilbert Mainix FRA	La Rochelle FRA	16-22 NOV 1992	626m164y i
George Littlewood GBR	New York NY	26 NOV-1 DEC 1888	623m1320y i
Bryan Smith AUS	Colac AUS	13-19 NOV 1989	622m1080y
James Zarei GBR	Gateshead ENG	13-19 OCT 1990	622m525y T
James Albert USA	New York NY	6-11 FEB 1888	621m1320 i
Patrick Fitzgerald USA	New York NY	28 APR-3 MAY 1884	610m0y i
Daniel Herty US	New York NY	26 NOV-1 DEC 1888	605m0y i
Charles Rowell GBR	New York NY	28 APR-3 MAY 1884	602m0y i
George Hazael GBR	New York NY	27 FEB-4 MAR 1882	600m220y i

Sources *The Long Distance Record Book (Andy Milroy), National Police Gazette, The New York Times, UltraRunning, Ultramarathoning (Tom Osler/Ed Dodd), Runners and Walkers (John Cumming) LAU Newsletter, Ultramarathon Canada (David Blaikie)*

International Update

Reprinted From
UltraRunning, Jan-Feb 1995
by Andy Milroy

First to confirm and amplify some old news: Ferenc Gyori of Hungary ran 161.695 km (100 miles 831 yards) at Szeged on May 22. He was the first man to cover over 100 miles in an actual 12-hour event (Derek Kay, Cavin Woodward, and Don Ritchie ran 100 miles in less than 12 hours, and Yiannis Kourous set the current 12-hour road best in the first 12 hours of a 24-hour event in 1984 when he ran 162.543 km (101 miles) in 11:54:22. Gyori's 100-mile time is not known, but he would probably have run something like 11:56:30. (The course was a multiple-lap course and was not measured by calibrated bicycle. This must be borne in mind when comparing this mark with others.)

September and October are always busy ultrarunning months in Europe, and 1994 has been no exception.

- The German 100 Km Championships took place on September 24 at Neuwittenbek/Kiel. Kazimierz Bak confirmed his status as German number one with an easy win in 6:42:48 ahead of his fellow team members, Michael Sommer (6:48:30) and Lutz Aderhold (6:50:50). Two new faces followed — Guido Joerg with 6:59:04 and Michael Ruel with 6:59:46 — the stalwart Heinz Huglin made it six men under seven hours with 6:59:58.

In the women's race, Birgit Lennartz produced another good performance with 7:38:14, with Jutta Philippin clocking 7:53:22 for second, and a new face, 27-year-old Anke Drescher, running a promising 8:02:07.

- On the same day, the Amiens 100 Km Race was held in France. The race is always a major event, and this year was no exception. Russians had turned up in force and dominated the race. They took the first six places, and nine of the top 12! The winner was Sergei Soldatov with 6:38:21, just ahead of a tight battle for second and third between Leonid Krupsky (6:39:32) and Nikolai Gromov (6:39:51). Mikhail Soumotchkine and Igor Riabov were fourth and fifth with 6:43:58 and 6:44:51, before Anatoli Kruglikov, who is better known as a 24-hour performer — twice over 270 km (167 miles) this year finished with 6:55:32. Lajos Fazekas of Hungary was the seventh under seven hours (6:55:57) before the first of the Western Europeans finished. Paul Beckers ran a fine 7:01:53 for eighth place; he too is better known as a 24-hour performer.

The performance of the race came from Valentina Lyachova who produced the fastest time in the world this year (and a new PR) of 7:22:18. She has had an excellent year — winning the European 100 Km Championships and the Comrades as well. (The effects of the latter possibly affected her in the World Challenge at Saroma.) She has also spent a profitable time mopping up shorter events while living in France. In second place was Marta Vass of Hungary with 8:07:28.

- A week later (October 1) another major event took place in Spain. The race director of the now defunct Santander event is now organizing a new race at Santa Cruz de Benzana. With Alexei Volgin tackling his third 100-km, and his first since winning the World Challenge, and faced by Valmir Nunes, it looked to be an interesting race. However Nunes was hit by leg problems and he was to struggle to finish with 7:07:34. Volgin won easily in a fine 6:27:43 — his slowest time to date! Yet another of the vast army of Russian 100-km performers, Yuri Starikov was next with 6:49:45 with the strong Alexei Kononov also clocking under seven hours with 6:51:58.

Alzira Portela Lario of Portugal, who produced 7:34 in her ultra debut at Torhout earlier in the year, set out to demolish the world best mark. However that was not to be, and after a fast start she slowed drastically to finish in 8:44:52. Valentina Shatyaeva, the winner of the women's World Challenge took a more cautious approach, but still managed to produce 7:57:12. Sanet Beukes of South Africa, fourth in this year's Comrades behind Lyachova, Petrova, and Vass, took second with 8:15:16.

- The following weekend (October 8) on the other side of Europe, yet another major 100-km race took place, this time in Kalisz, Poland. Andrezej Magier, the joint European 100 Km champion, took the race comfortably with 6:35:37, with Ryszard Plochocki in second with 6:54:04, and Eugeniusz Suchomski third with 6:56:15. Yet another Russian ran under seven hours when Alexander Motorin produced 6:59:07.

As has been frequently the case this year, the performance of the race came from a woman, Maria Bak. Returning to her former homeland, she produced the second-fastest time in the world this year with 7:30:32. (With newcomers taking three of the top four places in the world rankings this year — Bak, Perkins, and Portela Lario — the rapid development of the women's 100-km event world-wide is clearly shown.) Second-place runner was Maria Ostrowskaja of the Ukraine with 7:56:33, a new national best.

Kazimierz and Maria Bak are clearly the top ultrarunning husband and wife team in the world — at least as far as the 100-km is concerned. With a combined PR time of 13:55:01 (an average of under seven hours for the 100-km!), they are a formidable addition to the world ultrarunning scene, and the basis for the renaissance in the German national teams.

- Meanwhile the 24-hour performers had not been idle. The French National 24 Hour Championships was held at Courçon on September 17–18. The winner was Michel Foucat with 250.068 km (155.3 miles), ahead of Rene de Sousa 245.358 km (152.4 miles), with Paul Dessalle in third with 243.594 km (151.3 miles). The outstanding performance of the race was by Marie Bertrand in winning the women's championships. Her 231.510 km (143.8 miles) was the best mark in the world this year. Pascale Mahe took second with 211.615 km (131.4 miles).

- On September 25 at Vannes, France, a famous name from the past returned to action. Ramon Zabalo, the first man over 260 miles in 48 hours way back in 1984, won the race in 231.692 km (143.9 miles),

well ahead of the opposition.

- On October 9 yet another 24-hour event was held in France, the Arcueil track race. Last year, a Japanese runner living in France had emerged as a major performer in the event. Seigi Arita consolidated this status with a fine win this year, moving into world class with 262.238 km (162 miles 1666 yards). Rune Larsson described Japan earlier this year as the sleeping giant of ultrarunning. Arita's performances, plus those at Saroma in the World 100 Km Challenge, seemed to indicate that the giant is beginning to awaken. Arita's mark was the eighth performance over 260 km (161.5 miles) this year thus far.

- On October 22–23 the British lined up for their National 24 Hour Championships, held this year at Tooting Bec, London. The field looked strong, but torrential rain at sporadic intervals led to blister problems for the majority of the field. Don Ritchie was the early leader, but came under increasing pressure from teammate Mick Francis. The latter eventually succumbed to severe blisters. Don eventually emerged as the winner with 236.861 km (147.1 miles) in his first major race as a 50-year-old. The most interesting performance of the race was the emergence of a new talent in the event — Sharon Gayter. (Sharon had won the national 100-km championships earlier in the year in the absence of most of the big names who were preparing for Saroma.) Despite blisters she produced a strong debut performance of 204.674 km (127.1 miles), and obviously had a lot left. Behind her, Marianne Savage made her return to big-time 24-hour running with 200.925 km (124.8 miles). Hilary Walker set a new world over-40 best for 50 miles on the track of 6:37:06, before walking briskly to 106 miles as a warm-up for a Himalayan walking holiday.

- The oldest road 24-hour race in the world at Niort, France, still attracts large fields. On November 5–6 this year's race had well over 90 runners, including Janos Bogar and Seigi Arita, last year's winner. But it was to be a 57-year-old who emerged on top at the end. Joseph Grall won the 242.005 km (150.3 miles) ahead of Alain Mallereau with 238.365 km (148.1 miles). The first woman was Matina Hausmann of Germany with 180.925 km (112.4 miles).

- Three days earlier the La Rochelle Six Day Race had finished. It had been anticipated that there would be a major clash between Jean-Gilles Boussiquet and James Zarei (who was in good form). Unfortunately Boussiquet withdrew because of injury and Zarei developed shin splints from too fast a start. It was left to two veterans of yesteryear to emerge as the main contenders. Stu Mittleman had come to La Rochelle as his swan song prior to retirement. Joe Record's competitive record in recent years has been patchy. However these two multi-day giants of the 1980s (Mittleman held the world 1,000-mile best, and Record, one of Australia's pioneering 24-hour performers, had later won La Rochelle) were to dominate the race. Mittleman won with 863 km (536 miles) and Record was second with 822 km (510 miles).

The message of this edition of International Update seems to be that you are never too old. With the successful return of Zabalo, Mittleman, and Record, Ritchie

winning his national 24-hour championships, and a 57-year-old winning Niort, vintage ultrarunners are in resurgence.

• A major 344 km (213.7 miles) five-day stage race between Vienna and Budapest (former twin capitals of the old Austro-Hungarian Empire) was held between October 19-23. The race was won by Janos Bogar (Hungary) in 22:32:16, ahead of Konstantin Santalov with 22:40:11, with Ferenc Gyori third in 23:29:28. The first woman was the resurgent Eleanor Robinson, who claimed her second stage race of the

year with 28:11:38, ahead of Agnes Bozan (Hungary), 29:31:31, and the very active Valentina Lyachova, 30:03:41. (Marta Vass, who had won the four previous women's races, retired after the second stage.)

• As winter draws on in the northern hemisphere, late spring and early summer begins in the southern. From Sao Paulo, Brazil, comes news of the latest 100-km. Held on November 13 in 80 percent humidity at a temperature of 30° C, the race was won by a new name, Jose Angelo Correia da Silva in 6:33:02; he is a 30-year-old 2:25

marathon runner. Second was Luiz Carlos Matos with 6:47:04. Irina Petrova of Russia was the first woman with 8:29:56, ahead of Maria de Lourdes Pereira of Brazil with 9:03:23. Valmir Nunes and Konstantin Santalov were both in the race but stopped; Nunes again had problems with his legs.

On December 11 a major 24-hour event will be held in Sao Paulo to which a number of major performers have been invited. The Sao Paulo races are just a couple of the increasing number being held now in South America.

June 1995 International Ultra Update

Reprinted from "Ultrarunning"

This edition of "Ultra Update" focuses primarily on the 50-km. The finest performance yet in the event was by Thompson Magawana of South Africa. In 1988 in the tough Two Oceans 56 Km Race, he led for most of the race, passing through 30 miles in 2:37:31 and 50 kilometers in 2:43:38, before finishing in 3:03:44 (which works out at 2:18 marathon pace!).

Sad to report, the 28-year-old South African died on New Year's Day from viral complications after a three-month illness. Magawana was one of the fastest marathon runners to ever tackle ultras — he had run 2:10:39 at Port Elizabeth in 1985 (a point-to-point course with a net drop of 149 meters).

His 2:43 50-km best was not Magawana's first world mark; he had run 2:47:04 for 50 kilometers on the same course the previous year. These two great efforts seem to have taken their toll, and he was never the same force again. In 1992 he was third in the Two Oceans (3:18), and fifth in the Comrades in 1993. Last year he finished 16th in the Comrades, running for the South African team in the international challenge. It could be some time before an athlete of his talent is willing and able to unleash that sort of speed over the 50-km distance.

Unusually, the 50-km took center stage as a major international event on April 8 at Hanau-Rodenbach in western Germany. Instead of the usual 100-km, organizer Harry Arndt had opted for the shorter event in 1995.

Abbreviated 50-km progressive combined track and road list:

First under 4:00	James Martin(GBR)*	3:50:14.0(R)	1850
First under 3:30	Albert Charbonnel(FRA)	3:22:40.0(R)	1901
First under 3:00	Arthur Keily(GBR)	2:57:29.4(T)	1956
First under 2:55	Jeff Julian(NZ)*	2:54:44.0(T)	1969
First under 2:50	Jeff Norman(GBR)	2:48:06.0(T)	1980
First under 2:45	Thompson Magawana(SA)	2:43:38.0(R)	1988

* Times taken at a longer distance — Martin 35 miles, Julian 31.25 miles.

The majority of the German international 100-km team took part, but it was to be an unknown Briton who took the title. When I say "unknown," this usually means someone new to the international scene. In the case of Shane Downes, despite having run a 2:25 marathon, apparently he is unknown even in Britain! He is apparently a German resident, running for a German club.

The 28-year-old Downes ran 2:55:45, a very solid performance for an ultra debut, ahead of Michael Sommer who set a new German best of 2:58:33. In third was Josef Schneider with 3:01:00, with Lutz Aderhold in fourth in 3:01:52. All three Germans are current members of the German 100-km team.

The first woman was Maria Bak, who ran 3:16:36 for a new German best, and also third place on the world all-time list behind Frith Van Der Merwe (RSA) 3:08:39 and Janis Klecker (US) 3:13:51. Ricarda Botzon was second with 3:29:52, for seventh place on the all-time list, and Birgit Lennartz-Lohrengel was third in 3:34:43. (One reason that South Africa heads both the male and female 50-km rankings may be that during the 1980s the Two Oceans offered a car to anyone breaking the course record!)

In Australia, the 50-km is seen as a way of attracting fast marathon runners into the ultra scene. The Melbourne Marathon last year incorporated a 50-km option.

On April 1, the Athens International 100-km event was held. The World Challenge is scheduled to be held in Greece in 1996, and this was the first Greek 100-km race to use the proposed course. The 1996 event will take place on March 30, close to the centenary of the first modern Olympic Games.

The race will start from the Marble Stadium in Athens, where that first Olympic Games took place, and will run by the sea, then through the countryside and villages of Attica, finishing at the Tomb at Marathon (where the Greeks killed in the Battle of Marathon in 490 B.C. are buried.)

The reputed run by Pheidippides from this battle back to Athens, collapsing and dying as he gasped out his message, is of course the well-known basis for the modern marathon, first held in 1896. That story was apparently a later addition by Roman writers. Contemporary sources only report Pheidippides' run from Athens to Sparta, of over 140 miles.

The 1995 race was won by Konstantinos Repos (Greece) in 7:22:40, from an international field, including the indefatigable Henri Girault who is moving inexorably towards his 300th performance at 100 kilometers.

Andy Milroy

NANANGO 1000 MILE FOOTRACE UPDATE

Helpers are needed from 13th March to 29th March, 1996 at the Nanango Football Oval to lapscore and relieve crew members. If YOU have any amount of time available, however short, during the 16 days of the race, your help would be greatly appreciated. Crew people will need relief - 16 days is a long time to be "on deck". Lapscorers are always in demand and are worth their weight in gold!

More than 20 runners have indicated strong interest in this race, with 7 of them from overseas. A new World Record is expected to result. If you can help in any way, please phone me on (071) 63 1645 or write to me at this address: 96 Brisbane Street, Nanango 4615 Q'ld

My sincere thanks,

Ron Grant
Queensland Ultra Runners Club Inc.

I'VE GOT A LITTLE LIST

by Malcolm Campbell.

Reprinted From IAU Newsletter Dec. 1994

Here's the way it works. The list is an attempt to record the ten best performances of the year. A runner has only one place on the list and this is for one specific performance. I always stress that this list is a reflection of my own opinions and whilst I naturally respect the views of many others I am rather inclined to agree with Oscar Wilde who said, "I dislike arguments of any kind. They are always vulgar, and often convincing". On the same theme I warm towards the Earl of Mansfield who suggested, "Give your decisions, never your reasons; your decisions may be right, your reasons are sure to be wrong". Right or wrong this list gives me an opportunity to reflect upon some of the great achievements of 1994. They were:

1. Alexey	Volgin	(RUS)	World Champion	100kms
2. Valentina	Shatyaeva	(RUS)	World Champion	100kms
3. Anatoly	Kruglikov	(RUS)	Tasmania Run Winner	617kms
4. Konstantin	Santalov	(RUS)	National Champion	100kms
5. Valentina	Liakhova	(RUS)	Amiens Winner	100kms
6. Alberto	Salazar	(USA)	Comrades Winner	87kms
7. Eleanor	Robinson	(GBR)	Tasmania Run Winner	617kms
8. Linda	Meadows	(AUS)	World Best Track	50miles
9. Gary	Parsons	(AUS)	World Best Track	1000miles
10. J. Janicki/	A. Magier	(POL)	European Champion/2	100kms

1. Alexey Volgin.

RUSSIA

He burst on to the scene on April 9th 1994 when he finished second in the National 100km Championships at Kalingrad with a time of 6.18.49- probably the best ever debut time. However greater honours were in store for this outstanding Russian athlete. On June 26th 1994, in only his second 100km race he became the IAU 100km World Champion at Lake Saroma. Japan. He did so by an amazing display of pace judgement taking the lead in the final 3kms and winning with 6.22.43. It is generally agreed that the field at Lake Saroma was the greatest ever assembled (the first five in the race would win major international races later in the year) and this was undoubtedly the best performance of the year.

2. Valentina Shatyaeva.

RUSSIA

All that has been said in the previous paragraph about the field at Lake Saroma applies equally to the women's race. In the 1993 100km World Challenge at Torhout, Belgium, Shatyaeva had failed to become Champion by the smallest of margins-20 seconds. This year she would make no errors of judgement and from the 30km point she dominated the race finishing over 7 minutes ahead of the second placed runner. A record number of eight women finished under 8 hours and Shatyaeva's winning time was 7.34.58. It was not the quickest 100km performance by a woman in 1994. It was, however, the best.

3. Anatoly Kruglikov.

RUSSIA

Yiannis Kouros (GRE) needs no introduction in these columns and when he returned to international competition in the Telecom Tasmania Run, a 7 day stage race over 617kms from August 6th to 12th 1994 there was intense media interest in the event. Although not fully prepared, and lacking recent competitive experience, Kouros was considered to be unbeatable in Australia. The race was absolutely engrossing and the photograph on the front cover of this edition displays quite clearly the way each daily stage was fought. Two or three runners would, very quickly, edge away from the rest of the

field and then during the final few kms accelerate towards the finishing line-in many cases the stage would be won by a sprint finish. Many runners would pay the penalty for such tactics and be obliged to retire with injuries but always Kouros and Kruglikov would remain in contention. Those who hoped that Kouros would recapture the form of earlier days and make a winning return were disappointed but it was an incredible performance by this great sportsman. Having said that one must then reflect on the performance of Kruglikov who on the last day, with a comfortable overall lead, could have taken the easy option and run with Kouros to the finish. Instead he struck out for victory winning the last stage by 13 minutes. The great strength of Anatoly Kruglikov was emphasised a few weeks later on August 28th when he set a National 24 Hour Track Record with 271kms 200 metres-at the time of writing the best distance achieved in 1994.

4. Konstantin Santalov

RUSSIA

On a train journey a travelling companion to President Hoover remarked that sheep in a field they were passing had been well sheered. Hoover, who was noted for his caution in public speaking looked and then said, "Well on this side anyway". I had some idea of the feelings of the travelling companion when I returned from Kalingrad with the news that Santalov had won the National 100km Championships on April 9th with a time of 6.16.21 which would, when ratified, be a world best performance. The reaction from many was that the course was probably short.

Kalingrad is "Space City" - the centre of the Russian Space Programme. Two astronauts were in orbit when I visited the mission control area and saw the project being conducted in vivid and dramatic detail. Most of those concerned with the race had worked for the Kalingrad Space Centre.

Spring was late and the winter snows had not cleared from the original course and many sections of the roads were waterlogged. As a result a new course was needed. The organisers found a flat section of road which was then closed for traffic. A 1.25km section was marked out and the runners ran up and down this section forty times. The course was checked and measured by an official course measurer of the Russian Federation.

Without wishing to become bogged down with the subject of course measurement the approved method is by calibrated bicycle. My understanding is that the measuring device on the bicycle is calibrated by a series of test runs over a small accurately measured distance on a flat stretch of road. If however the race is on a small "accurately measured distance" on a flat stretch of road the bicycle method might seem to be un-necessary.

Santalov was magnificent in this race. It was necessary to make a very sharp turn at the end of every 1.25km stretch but after each turn the extremely flat route was conducive to fast running. Volgin, who was later to become World Champion, always looked a danger and in order to win Santalov had to take himself to the limits. It may well be that the punishing effect on his muscles during this race was a contributory factor to the many injury problems he had later in the year-there is a narrow line between a world best performance and an injury.

76. I can only record what I saw and that was, one of the best runners in the world taking himself to his limits. I cannot say the course was short, or indeed long, but that part of me that recognises quality feels Santalov's run was something

special. It strains credulity to suggest that those people from the Space Centre, whose work involves precision of the highest level are unable to see that a short flat stretch of road is measured properly.

Having devoted more space than I would have liked to the subject the fact still remains that for a record to be ratified there has to be written submissions of the course measuring details and to date they have not been received. To be fair to those responsible for ratification there is a duty to protect existing records that have provided all the necessary information in the required form. Thankfully this list is my own creation and I take full responsibility for it. I feel (I cannot say I know) that Santalov's performance of 6.16.21 was one of the greatest of 1994, perhaps the greatest. In short I think the sheep were well sheered on both sides.

5. Valentina Liakhova

RUSSIA

The best she could hope for was to come second to Frith Van Der Merwe in the Comrades Marathon. This was a view expressed at the pre race conference. When the comment was translated for Valentina Liakhova later she muttered darkly "I haven't travelled all this way to come second". She won comfortably and stood at the finishing line waiting for Valentina Shatyaeva to finish five minutes later. This was an outstanding performance but more was to follow. On September 3rd she won the European 100km Championships at Winschoten, Holland with 7.36.39 finishing over sixteen minutes ahead of Nurzia Bagmanova-the 1992 100km World Champion.

Liakhova then set her sights on the Amiens 100km (FRA) which she won with 7.22.18. This was the best time in 1994 and her reason for this place on the list. It's worth looking at her race schedule and times and interesting to note that one week after the Amiens event she won a marathon.

Aug 20th. 20km race.	1.13.47.	Aug 21st. 21km race	1.18.53
Aug 27th. 20km race	1.12.47	Aug 28th. 22km race	1.30.14
Sep 3rd. 100km race	7.36.39	Sep 11th. 21km race	1.19.25
Sep 24th. 100km race	7.22.18	Oct 1st 42km race	2.48.58

6. Alberto Salazar

USA

His win in the Comrades Marathon, South Africa, on May 31st was one of the highlights of the year and this popular and modest marathon star will have done much to raise the profile of international ultradistance running. He took the lead shortly after the 20km point and was never seriously challenged although Nick Bester (RSA) made a determined effort to close the winning distance during the closing stages. Salazar's winning time for the 87kms was 5.38.39 and he will probably improve upon this in future races. Prize money will be available in the next Comrades Marathon and the indications are that other talented marathoners will be tempted to compete-they will not find the race an easy option. Meanwhile, Salazar has expressed an interest in running the National 100km Championships in Sacramento on February 18th and he will return for the Comrades Marathon on May 20th. Later in the year he may take part in the 100km World Challenge in Winschoten. The American men's team in the 1994 100km World Challenge won the Bronze medal at Lake Saroma and the prospect of Alberto Salazar being included in the team for 1995 will greatly add to the chances of further honours.

7. Eleanor Robinson

GBR

During the Press Conference following her victory in the Telecom Tasmania Run Eleanor Robinson announced her retirement from international competition. She had wanted to finish her career in style and her win in this 7 day stage race over a total distance of 617kms was a dream ending to a remarkable career. I informed the reporters at the Press Conference that they should not take her intention to retire seriously and I was delighted to be proved right when she ran in and won the Wien to Budapest stage race which is reported in this edition. In Australia she had won \$8,000 and in Hungary she had won a car. Irina Petrova, the Russian National 100km Champion ran in the Australian event and Valentina Liakhova, the European 100km Champion ran in the Hungarian race. I asked Eleanor which she thought to be her best performance and she replied the Wien to Budapest event. Once more I have to say I beg to differ and her place on this list is for winning the race in Tasmania. It is true that she may have run faster in Hungary and equally true that she may have been faced with a greater depth of talent but in Tasmania she produced the almost perfect race and the absolutely perfect tactics. Petrova was obliged to run very quickly on the first day as Robinson dictated the pace and the Russian star won that stage by only 35 seconds. The importance of that first stage was that Petrova was probably convinced she needed to run at that pace for the rest of the race and as a result she would eventually be obliged to retire with an injury. Robinson, on the other hand, ran steadily after the first day and I have never seen her more relaxed. No one can really be sure if Robinson's decision to force the pace on that first day was tactical or intuitive but it was certainly the correct decision.

8. Linda Meadows

AUSTRALIA

Last year Hilary Walker (GBR) was in this list for setting the World Best Track Performance for 50 miles with a time of 6.10.11 beating the previous record held by Ann Trason (USA). In the Australian 50 Mile Track Race at East Burwood, Victoria on June 18th 1994 Linda Meadows finished as overall winner with with a World Best Track Performance of 6.07.58.

9. Gary Parsons

AUSTRALIA

In March 1994 Gary Parsons set a new World Best Track Performance for 1000 miles with 13 days 17 hours 37 mins 21 secs. The previous record had been held by Tony Rafferty (AUS). On route to the finish Parsons would set World Best Track Performances for a variety of intermediate distances. IAU Technical Director, Andy Milroy reports that the lap sheets have all been scrutinised and we hope to publish the times for intermediate distances in the next newsletter.

10. Jaraslow Janicki & Andrej Magier

POLAND

There are a number of talented ultramarathon runners in Poland and sadly it was not possible to send a full team to the 100km World Challenge at Lake Saroma on June 26th 1994. The two runners that took part were Janicki and Magier who finished 2nd & 5th. In the European 100km Championships at Winschoten on September 3rd 1994 these two runners were joined by Damian Bregula and Poland won the European Men's Team Championship. Janicki and Magier ran together for the last 50kms of the Winschoten race and were both timed at 6.33.43 as they crossed the finish line. However line judges decided

Janicki to be the winner. Janicki & Magier ran comfortably at Winschoten and both runners had a lot in reserve. The line judges were able to do so but I am unable to declare one performance better than the other. Both were quite outstanding.

1994 ULTRA SUMMARY by Andy Milroy

Reprinted from the IAU Newsletter, March, 1995

1994 saw yet another fascinating year in the ongoing development of Ultrarunning. There was an influx of new talent attracted by the growth of international ultra competition, particularly in the 100km. New areas of the world became involved in the sport over an increasingly widening spectrum of Ultra events as Ultrarunning continued it's expansion and development becoming a truly world sport.

The IAU 100km World Challenge under the Patronage of the IAAF was held at Lake Saroma in Hokkaido, Japan-the first time the event had been held in Asia. Virtually all the major 100km runners participated, and the race saw the greatest number of male runners ever under seven hours, (24). A newcomer, Alexey Volgin (RUS), in his second ever 100km, won with 6:22:43 (he does however have a background as a world class 50km walker); Jaraslow Janicki (POL) was second, Kazimiertz Bak (GER) third and Shaun Meiklejohn (RSA) fourth. All ran under 6:30, a feat that only nine men had achieved prior to this race on certified courses. All four were unknown internationally before this year, and had only run a handful of 100km races between them prior to the IAU 100km World Challenge. In the women's race at least, experience told and Valentina Shatyaeva, second in last year's event, won clearly with 7:34:58.

The year for the men in the 100km event had really started in April with the French and Russian Championships. Konstantin Santalov (RUS) won the French in 6:36:38, and then six days later had a real fight on his hands in the Russian. On a short flat out and back course measured by surveyor's wheel I understand, Santalov emerged the exhausted winner after a torrid battle with Alexey Volgin. The times recorded were remarkable-6:16:21 to 6:18:49, with Alexey Kononov being given 6:22:20 in third. Obviously the competition for places in the World Challenge team in the world's greatest ultrarunning nation is going to be fierce, but no measurement details have been received yet, and thus the reliability of these times remains uncertain.

Later that month Kazimiertz Bak, a former Pole, now a naturalised German, blazed his way into the record books on his 100km debut, setting a new German best of 6:27:59 at Rodenbach (setting a 50km best en route). The next major mark came in June when Jean-Paul Praet (BEL) produced his usual strong performance to win at Torhout with 6:29:42.

The first major 100km after the IAU 100km World Challenge was the International Harriers 100km event at Victoria, Canada on August 31st which incorporated the IAU North American Championships and the ACU (Association of Canadian Ultramarathoners) Championships. The men's race was won by Stefan Fekner (Can) in 6:54:31.

The next significant event was the IAU 100km European Championships at Winschoten in September. The two Polish athletes, Jaraslaw Janicki and Andrzej Magier, had figured highly in the World Challenge but with no other Polish runners in Japan, had failed to secure the team title. They made sure of

this at Winschoten, running in together in a time of 6:33:43, with team-mate Damien Bregula also going under 7 hours. In early October at the Santa Cruz de Bezana 100km Alexey Volgin produced his slowest time to date, a mere 6:27:43, to win easily. In November a new International 100km was held in Sao Paulo in Brazil. The race was won by Jose Da Silva (BRA) in 6:33:02, the fastest time ever recorded in the Americas. I am still awaiting details of the course measurement. The last winner of 1994 was Don Wallace who won the IAU Australasian 100km Championships winning "That Dam Run" in New Zealand for the third successive year. Apart from the IAU 100km World Challenge, the top runners seldom met head to head. Santalov was dominant early in the year, but was then sidelined by injury. The other major figures were Volgin, Janicki and Bak. Volgin was beaten by Santalov in early April, on his 100km debut, but went on to win the IAU 100km World Challenge at Lake Saroma when the latter was obliged to retire with leg problems. Volgin then ran well in Spain later in the year. Janicki finished second to Volgin at Lake Saroma and was adjudged the winner of the IAU 100km European Championships at Winschoten. Bak won two 100km races but finished third at Lake Saroma. Their positions at Lake Saroma, I feel, fairly reflect their world rankings for 1994. For the second year running five men ran under 6:30 on certified courses. The number of performances and actual performers under seven hours was however somewhat down on 1993 record numbers.

However the women continued to progress by leaps and bounds in the 100km. In February, Donna Perkins had run 7:33:46 on her 100km debut in the USA National Championships. In the Russian National Championships in April, Irina Petrova won with 7:22:55. At Torhout, Belgium in June, Alcira Lario (POR) made a very strong winning debut with 7:34:27. The IAU 100km World Challenge, won by Valentina Shatyaeva (RUS) in 7:34:58 from Trudi Thomson (GBR) in 7:42:17 saw the greatest number ever of women under 8 hours (eight) as well as the most ever under 8:10 and 8:20. The IAU 100km European Championships at Winschoten in September was won by Valentina Liakhova (RUS) with 7:36:39. Three weeks later she produced the best time in the world for 1994 with 7:22:18 at Amiens - former holder of the 100km world road best, Birgit Lennartz-Lohrengel won the German Championships on the same day with 7:38:14. In October, Maria Bak, wife of Kazimiertz, seized the spotlight for the family with 7:30:32 at Kalisz, Poland. Amidst these highlights, other newcomers made their marks. Mary Morgan, Maria Ostrovskaya, Anni Loenstad and Rae Bisschoff set new national bests under 8 hours for Australia, Ukraine, Denmark and South Africa whilst Olive (FRA), Duryea (USA), Drescher (GER), Evans (CAN) and Reymann (FRA) broke through into world class.

Ranking the top women is not easy. Valentina won the World Challenge and also ran 7:57 later in the year. Valentina won the European Championships and also ran the fastest time in the world. Trudi Thomson ran second in the World Challenge in her only 100km of the year. Maria Bak ran under 8 hours three times. However the IAU 100km World Challenge was by far the toughest competition of the year and I would rank the women Shatyaeva (1st), Liakhova (2nd), Thomson (3rd) and Bak (4th).

The improvement in depth in the 100km over the year was once again relatively greater among the women than the men. Eighteen women ran under 8 hours and 44 under 8:30 (13 and 36 in 1993; 10 and 29 in 1992).

It was a vintage year for the 24 hour event. Anatoly Kruglikov ran 270.296kms to win the Podolsk indoor event in Russia in February from Nasibula Khusnulin with 269.560kms. In May the major international event was the IAU 24 Hour European Challenge

in Szeged, Hungary. Janos Bogar won on home soil with 261.122kms, with Jean-Pierre Guyomarch (FRA) second with 254.013kms. Bogar's mark was to be the best road mark of the year until August when Paul Beckere (BEL) covered 262.758kms at Torhout. However 1994 marked the resurgence of the track event. In August, at Podulsk once again-this time outdoors-Kruglikov went over 270kms again with a fine 271.200kms (for fourth place on the alltime list) with Eduard Khirov running 268.975kms in second (for fifth place on the alltime list), and Michael Erimisov in third with 264.400kms (for eighth place on the alltime list). In October yet another runner went over 260kms on the track when Seigi Arita (JPN) covered 262.238kms at Arcueil in France.

For the third year running Sigrid Lomsky (GER) won the IAU 24 Hour European Challenge, this year covering 231.482kms. This mark was surpassed by Marie Bertrand in the French Championships in September, breaking through into world class with 231.510kms. These were to be the top marks of the year with Sue Ellen Trapp's distance of 220.125kms in the USA Championships the nearest contender.

The world number one in 1994 for 24 hours has to be Kruglikov with Bogar second. Lomsky remains the top woman-her 231kms in the extreme heat of Szeged was the top competitive mark for the year.

The 24 hour took a major step forward in it's development in 1994. The IAU 24 Hour European Challenge saw the strongest team event yet and major international events were held for the first time in China and Brazil with continental records being set in the latter race. There were eight men's marks over 260kms by seven athletes, the best ever tally in a year.

For the first time for some years the top 48 hour distance was not at Surgeres. At Koln on a road loop, Tomas Rusek (TCH) ran 403.622kms to win. The best track marks though were at Surgeres-Jean-Gilles Boussiquet producing 394.170kms and Sue Olsen (USA) winning the women's race with 348.939kms for second place on the world alltime track list.

Six day races this year were held in the USA, Ukrainia, France and Australia. The top mark was indoors at La Rochelle, won by Stu Mittleman (USA) with 863kms.

For some, even running for six days is not long enough. Gary Parsons (AUS) set a new World 1000 Mile Track Best of 13days 17hours 37mins 21secs at Nanango, Australia in March. The longest race on a certified road course is the Sri Chinmoy 1300 miler held in New York in September/October; it was yet again dominated by women, Antana Locs (CAN) won with Suprabha Beckford(USA) second-there were no male finishers. The top man was Argentinian, Nicola Sinisgalli who set a South American 1000 mile best. The 1000 mile race for women held in conjunction with the 1300 miler was won by Silvia Andonie (MEX) in 14:18:52:38. The longest race of the year was the Trans America Footrace of some 2995 miles in 64 daily stages. It was won by Istvan Sipos (HUN) in 517hrs:43mins:02secs, (it may be remembered that Sipos holds the world road best for 2000kms) - the five finishers included two Japanese runners.

The classic non-standard events still appeal to many. The London to Brighton was won by Sean Meiklejohn (RSA) in a record time for the new longer 88km course with 6:01:02. The first woman was Jackie Leake (GBR) in 7:06:02.

The Comrades was won from the front by a novice ultrarunner called Alberto Salazar. Perhaps the major American marathon star of the 1980s, Salazar had long been sidelined by physical problems, which now seem to be resolved. He is apparently interested in being part of the USA Team for the 1995 IAU 100km World Challenge at Winschoten, Holland. Nick Bester (RSA) was second some four minutes behind. The women's race was dominated by the Russian women after Frith Van Der Merwe retired with an injury. Valentina Liakhova won in 6.42.18 from Valentina Shatyaeva, with Marta Vass (HUN) third.

The longest of the classic events is the Spartathlon, from Athens to Sparta to commemorate Pheidippides' famous run. James Zarei(GBR) was first in 26:15 (ironically he was born in Iran, formally Persia) well clear of Ronald Teunisse (HOL). The first woman was Helga Backhaus (GER) in 30:41.

Some runners prefer stage races and there were some notable events in 1994. In a fiercely contested seven day stage event in Tasmania, Yiannis Kouros (GRE) returned to competitive ultras. He faced the redoubtable Kruglikov, Bogar and Santalov, amongst a stellar field. Kruglikov won by half an hour from the legendary Greek runner. Eleanor Robinson faced Irina Petrova, twenty-five years younger, as well as the more mature Sigrid Lomsky. Robinson emerged the winner when Petrova retired.

In October another stage race over 5 days took place from Vienna to Budapest. Bogar had a tough tussle with Santalov but emerged as winner by eight minutes (Kruglikov finished sixth). In the women's race Liakhova won the first day but Robinson proceeded to dominate the event and won by an hour and a half from Agnes Bozan (HUN).

The World Ultrarunning scene continues to grow and develop year by year. Naturally with Lake Saroma in northern Japan hosting the IAU 100km World Challenge, Asia became a focal area. In May the first international 24 Hour track race to be held in China took place at Guangzhou, with runners from China, Japan, Hong Kong and Singapore. The media coverage was considerable and seen by millions on the television.

Following a 250km road race from Nagoya to Kanazawa, Rune Larsson (SWE) described Japan as "a sleeping giant" of Ultrarunning. This year the "giant" has begun to stir. There were four Japanese runners under 7 hours in the 100km World Challenge in Hokkaido and their team finished second overall. Following the success of that event a second 100km race has been held at Nakamura in southern Japan. A thousand runners entered this inaugural race and a further 200 took part in a 60km race held in conjunction with it (60% of the field were novices). The Japanese have, in fact, shown considerable interest in Ultrarunning for years. The Spartathlon always attracts Japanese runners and the Trans America race is sponsored by a Japanese company. The emergence of Seigi Arita as a major 24 hour performer is sure to strengthen and develop their interest in ultras still further.

Another growth area in 1994 has been Latin America. There has been a 50km in Cuba, and the major Brazilian 100km moved to Sao Paulo, and attracted an international field. 24 hour events have been held in Brazil and Argentina and a 48 hour race also in the latter. Argentinian and Mexican runners have competed successfully in several multi-day races in the United States setting continental and national best performances (the Mexican Tarahumara Indians again dominated the Leadville 100 mile trail race in Colorado).

AUSTRALIAN RANKINGS FOR 100KM TRACK BY MEN.

Rank	Name	PB for 100KM	Place	Date	at Age					
1	JACOBS, Trevor	7:16:17	EAST BURWOOD	6/21/92	40	47 KINSHOFER, Rudy	9:14:29	ADELAIDE	10/24/92	38
2	THOMPSON, Martin	7:22:38	TIPTON UK	10/25/75	29	48 JAVES, Ian	9:15:67	BOX HILL	2/28/87	44
3	PERDON, George	7:26:14	OLYMPIC P	5/23/70	45	49 CHAMPNESS, John	9:17:56	HENSLEY	5/28/88	37
4	WOODS, Graeme	7:28:13	COBURG	8/28/88	41	50 TOWNSEND, Graeme	9:17:56	SYDNEY	9/30/90	33
5	COOK, Bruce	7:32:41	COBURG	9/14/86	30	51 WISHART, Greg	9:22:53	COBURG	9/13/87	49
6	TOLLIDAY, Owen	7:39:48	USA	10/3/90	40	52 SKROBALAC, Joe	9:23:09	COBURG	9/10/89	37
7	STANDEVEN, David	7:42:16	OLYMPIC P	4/8/90	38	53 DEVINE, Alan	9:23:12	PERTH	10/17/87	28
8	BREIT, John	7:44:09	OLYMPIC PARK	4/8/90	32	54 KIRKMAN, Geoff	9:24:04	ADELAIDE	11/9/85	35
9	TUTTY, Peter	7:44:27	NZ	8/22/87	22	55 McKELLAR, Jack	9:30:14	BOX HILL	2/15/86	45
10	KEYSSECKER, Don	7:48:11	CHRISTCHURCH	8/30/80		56 AUDLEY, George	9:33:42	PERTH	10/18/86	51
11	KIP.MELHAM, Anyce	7:50:37	LIANDILLO	4/13/80	22	57 WILSON, Greg	9:35:28	COBURG	2/22/92	
12	MERCER, Neville	7:57:37	OLYMPIC P	8/4/90		58 HUNTER, Bob	9:35:34	QLD	7/1/89	54
13	SMITH, Bryan	8:04:53	COBURG	8/28/88	44	59 COLLINS, Tony	9:36:40	SYDNEY	9/30/90	43
14	RECORD, Joe	8:06:39	OLYMPIC P	4/8/90	48	60 BRUNER, Bob	9:37:18	ADELAIDE	11/13/82	44
15	KELLY, Frank	8:12:43	CANBERRA	10/10/88	34	61 SCHNIBBE, Klaus	9:38:06	COBURG	9/15/85	42
16	DIETACHMAYER, Tony	8:16:31	COBURG	8/28/88	24	62 SUTCLIFFE, Roy	9:38:30	ADELAIDE	11/5/83	
17	BROOKS, Barry	8:16:55	COBURG	9/13/87	47	63 TAYLOR, Maurice	9:39:39	BOX HILL	2/28/87	38
18	BADIC, Safet	8:19:20	BURWOOD	3/10/90	29	64 RICHARDSON, Peter	9:40:06	HENSLEY	5/30/87	32
19	CARSON, Max	8:27:18	COBURG	8/28/88	39	65 SCOTT, Dave	9:43:16	PERTH	5/17/89	41
20	MEDILL, Graham	8:28:13	IPSWICH	4/18/92	44	66 MAHONY, Paul	9:44:02	NSW	9/1/90	
21	McCABE, Neil	8:31:47	COBURG	8/28/88		67 MICHELSSON, Leif	9:45:29	BOX HILL	2/28/87	45
22	BLOOMER, Brian	8:33:17	BOX HILL	2/15/86	45	68 PICKARD, Terry	9:45:37	QLD UNI	9/5/87	
23	GRAY, Peter	8:33:25	OLYMPIC P	4/8/90	25	69 CROXFORD, Alan	9:46:00	PERTH	10/18/86	43
24	PARCELL, Ashley	8:37:14	BOX HILL	2/15/86	30	70 QUINN, Peter	9:46:19	OLYMPIC P	8/4/90	
25	ZWIERLEIN, Bob	8:37:17	ROSEBUD	5/6/89		71 LIGHT, Graham	9:49:45	ADELAIDE	11/1/86	37
26	CLARKE, Ian	8:37:55	LIVERPOOL	2/5/95		72 RILEY, Gerry	9:49:54	COBURG	9/15/85	54
27	SCHULTZ, Peter	8:38:45	ADELAIDE	11/13/82		73 MURPHY, Les	9:49:57	CANBERRA	10/1/88	
28	CASSIDY, Kevin	8:43:28	COBURG	8/28/88	28	74 QUINTO, Derek	9:49:57	CANBERRA	10/1/88	
29	FRANCIS, Mick	8:43:53	BUNBURY	3/5/95		75 ROONEY, James	9:50:07	LIVERPOOL	2/5/95	
30	VISSER, Jeff	8:45:10	COBURG	9/10/89	26	76 BOYLE, Brad	9:50:29	SYDNEY	9/30/90	30
31	FISHER, Keith	8:47:32	AUCKLAND NZ	8/23/87	22	77 BUCHAN, Sandy	9:52:06	CABOOLTURE	7/1/89	35
32	BEAUCHAMP, William	8:48:50	COBURG	9/13/87	42	78 COX (JNR), Terry	9:52:23	COBURG	3/10/90	24
33	READ, Nick	8:54:28	COBURG	2/13/88	36	79 BOASE, Geoff	9:53:47	ADELAIDE	10/4/87	36
34	MARCH, Mike	8:56:36	ADELAIDE	10/28/89	46	80 ALLEN, Barry	9:55:29	COBURG	9/14/86	30
35	HOOK, Geoff	8:56:58	OLYMPIC P	4/8/90	45	81 WILKINSON, Graeme	9:56:17	ADELAIDE	10/4/87	41
36	HEPBURN, Brickley	8:57:44	COBURG	2/23/91	39	82 DONOVAN, Tom	9:57:31	COBURG	8/28/88	57
37	HILL, Ron	8:58:05	COBURG	9/14/86	46	83 LYNN, Charlie	9:59:07	ADELAIDE	11/9/85	40
38	HUTCHINSON, Ian	8:58:14	LIANDILLO	7/19/81	34	84 ARMISTEAD, Peter	10:00:50	FRANKSTON	4/30/94	48
39	SMITH, Jeff	9:01:20	ROSEBUD	5/4/91	40	85 McCORMACK, George	10:01:54	LIVERPOOL	2/5/95	
40	YOUNG, Cliff	9:02:52	ADELAIDE	11/9/85	63	86 WEINSTEIN, Roger	10:01:54	COBURG	2/23/91	40
41	TAGGART, Bob	9:03:07	ADELAIDE	10/29/88	41	87 YOUNG, Nobby	10:03:09	NSW	9/1/90	44
42	GOBEL, Joe	9:05:26	COBURG	9/15/85	48	88 CAMPBELL, Ron	10:04:24	COBURG	2/13/88	44
43	LAW, Andrew	9:07:04	ADELAIDE	10/24/92	33	89 COULTER, Greg	10:06:07	ADELAIDE	11/1/86	28
44	COX (SNR), Terry	9:08:10	COBURG	9/14/86	49	90 PARKER, Ross	10:06:55	PERTH	10/16/87	
45	DONNELLY, Bruce	9:09:14	NSW	9/1/90		91 CHANNELLS, Robert	10:07:33	CAMPBELLTOWN	10/28/89	47
46	LEAR, Phil	9:12:01	BOX HILL	2/4/84	39	92 CORMACK, George	10:10:00	WOLLONGONG	3/26/94	43
						93 COX, Murray	10:10:40	OLYMPIC P	8/4/90	44
						94 KIRK, Bruce	10:10:41	COBURG	2/25/89	25
						95 SMITH, Ronald	10:12:40	ROSEBUD	5/6/89	44
						96 BRYCE, Michael	10:15:41	ADELAIDE	10/29/88	

97	CROWLE, Keith	10:15:59	COBURG	9/14/86	47	147	EVERY, Paul	10:56:33	HENSLEY	5/28/88	23
98	PEACOCK, Alan	10:16:05	QLD UNI	9/5/87		148	BUTKO, Kon	10:57:20	ROSEBUD	5/4/91	
99	HARGREAVES, Bruce	10:16:36	CABOOLTURE	6/23/90	37	149	ALLEN, Greg	10:58:03	ADELAIDE	10/24/92	
100	SLAGTER, Michael	10:16:50	ADELAIDE	10/22/94		150	DUNLOP, Graeme	10:58:28	COBURG	9/15/85	27
101	WOLSTENCROFT, James	10:17:31	COBURG	2/25/89	34	151	MARTIN, Rod	10:59:02	HENSLEY	5/30/87	44
102	MARDEN, Bob	10:18:05	ADELAIDE	11/3/84	32	152	GREEN, Kaiti	11:02:57	TOOTGAROOK	5/2/92	
103	NASMYTH, Chilla	10:18:11	HENSLEY	11/29/86		153	KITTO, Max	11:03:52	ADELAIDE	10/4/87	41
104	BOGENHUBER, Max	10:19:41	BOX HILL	2/28/87	44	154	JERRAM, Col	11:04:13	COBURG	3/10/90	40
105	BURNS, Bob	10:20:42	IPSWICH	4/18/92	48	155	BELL, John	11:06:24	BOX HILL	2/15/86	41
106	PARSONS, Patrick	10:22:02	COBURG	3/10/90		156	SAYERS, Bob	11:06:48	FRANKSTON	4/30/94	52
107	STUART, Roger	10:22:33	ADELAIDE	10/28/89	46	157	FIRKIN, Graham	11:09:30	NSW	9/1/90	52
108	BOHNKE, Michael	10:24:07	COBURG	2/22/92	38	158	McCOMBE, Andrew	11:10:11	ADELAIDE	11/1/83	53
109	THOMPSON, Mike	10:24:08	PERTH	5/28/88	40	159	BROWN, Dave	11:10:17	IPSWICH	5/10/91	34
110	SUTTON, Denis	10:24:20	BUNBURY	4/3/94	44	160	DOCHERTY, Andy	11:11:11	COBURG	9/15/85	54
111	SHERIDAN, Sammukh	10:24:24	ADELAIDE	11/13/82	26	161	PRITCHARD, Mark	11:12:39	BUNBURY	4/3/94	46
112	SMITH, Alan D.	10:25:20	PERTH	5/27/89		162	HANNAMAN, Martin	11:14:05	CAMPBELLTOWN	10/13/90	
113	BROWN, David	10:26:12	HENSLEY	5/28/88	30	163	BENCZE, John	11:14:10	COBURG	2/25/89	55
114	ROSS, Howard	10:26:12	BOX HILL	2/28/87	41	164	NASH, Robert	11:14:33	COBURG	2/13/88	37
115	HART, Gerry	10:26:28	COBURG	9/15/85	47	165	YEAMAN, David	11:14:33	COBURG	2/13/88	51
116	LOGAN, Peter	10:26:42	ADELAIDE	11/3/84	37	166	BRAY, Steve	11:15:59	ADELAIDE	10/24/92	
117	MANSELL, Kevin	10:27:46	SYDNEY	9/30/90		167	DAVIS, Ivan	11:17:20	COBURG	2/23/91	
118	KAPARELIS, John	10:27:47	COBURG	8/28/88	21	168	BRISTOW, Ralph	11:19:15	ROSEBUD	5/6/89	49
119	DONALD, Colin	10:28:13	BOX HILL	2/28/87		169	GRAY, Dan	11:19:38	HENSLEY	5/20/87	40
120	STEPHENSON, Chris	10:30:11	COBURG	2/25/89	32	170	KERRUISH, Graham	11:22:40	COBURG	2/13/88	48
121	REID, Stuart	10:30:51	CANBERRA	10/1/88		171	COLWELL, Brian	11:23:39	CANBERRA	10/1/88	39
122	STENNER, Graham	10:34:25	OLYMPIC PK	8/19/89	44	172	O'CONNELL, Keith	11:24:40	HENSLEY	5/28/88	49
123	PEARCE, Phil	10:35:27	PERTH	5/26/90		173	DUNN, Stephen	11:26:18	ABERFELFIE	1/23/88	21
124	HARRIS, Trevor	10:36:41	COBURG	2/25/89	42	174	JOANNOU, Bill	11:27:10	WOLLONGONG	3/26/94	37
125	SILL, David	10:38:10	ADELAIDE	10/24/92	45	175	PHILLIPS, Lindsay	11:27:27	CAMPBELLTOWN	10/8/88	23
126	MORELY, Darren	10:38:32	IPSWICH	4/18/92	30	176	FARNHAM, Tony	11:27:31	WOLLONGONG	4/2/95	
127	FICKEL, Bob	10:39:18	NSW	9/1/90	38	177	LEWIS, Stephen	11:27:47	IPSWICH	5/10/91	32
128	KEWLEY, Doug	10:39:42	ADELAIDE	10/16/93		178	BIRD, David	11:28:04	PERTH	5/27/89	
129	TWARTZ, Peter	10:40:12	ADELAIDE	10/22/94		179	BARNES, Phillip	11:37:02	ROSEBUD	5/6/89	
130	FARMER, Pat	10:41:16	CAMPBELLTOWN	10/13/90	28	180	JORY, Derek	11:39:44	QLD UNI	9/5/87	
131	WHITEOAK, Michael	10:42:17	ADELAIDE	11/3/84	39	181	WOODHOUSE, Paul	11:39:58	HENSLEY	5/30/87	25
132	FOX, Allan	10:43:14	ADELAIDE	11/5/83		182	TRIPP, Tony	11:41:35	PERTH	5/27/89	42
133	VEGA, Eduardo	10:43:22	NSW	9/1/90	49	183	KING, Les	11:42:07	ADELAIDE	10/24/92	
134	BIVIANO, Frank	10:45:58	COBURG	9/15/85	41	184	MARTIN, Claude	11:42:32	ABERFELDIE	1/24/88	52
135	SUMNER, John	10:47:03	BOX HILL	2/28/87		185	TIMMS, John	11:42:48	ADELAIDE	10/22/94	52
136	GRAYLING, Michael	10:48:51	TOOTGAROOK	5/2/92	35	186	BIRD, John	11:45:24	PERTH	5/28/88	
137	FOREMAN, Kevin	10:49:16	ADELAIDE	11/5/83		187	CATTLE, Ernie	11:45:50	HENSLEY	5/30/87	37
138	SCHUBERT, Guy	10:49:30	ADELAIDE	11/1/86	35	188	HAİN, Geoff	11:46:23	CABOOLTURE	6/23/90	43
139	LOMBARDI, Rudy	10:50:00	ROSEBUD	5/4/91		189	ZUKOWSKI, Jerry	11:47:04	ADELAIDE	10/22/94	
140	MILNE, Peter	10:50:03	COBURG	2/13/88	32	190	TWARTZ, John	11:49:52	ADELAIDE	10/22/94	
141	MISKIN, Stan	10:50:17	COBURG	9/15/85	60	191	McCARTNEY, Stan	11:51:24	COBURG	9/14/86	41
142	RAFFERTY, Tony	10:50:48	ADELAIDE	11/3/84	45	192	WILLIAMS, Reg	11:51:36	BOX HILL	2/15/86	34
143	BEVERIDGE, Steel	10:51:47	SYDNEY	9/30/90	39	193	McCOOL, Tony	11:51:40	ADELAIDE	11/9/85	
144	OOSTDAM, Bert	10:54:14	PERTH	5/26/90		194	CHRISTOFFEL, Jeff	11:54:28	QLD RRC	7/1/89	35
145	PROSSER, Graham	10:54:49	PERTH	5/27/89		195	SILCOCK, Colin	11:55:18	COBURG	9/15/85	52
146	LACHLAN, Robert	10:55:40	HENSLEY	2/23/85		196	HILLIER, Greg	11:56:29	ABERFELDIE	1/23/88	32

197	SCANLON, Shaun	11:57:35	SYDNEY	/ /	
198	LOVE, Greg	11:58:29	CAMPBELLTOWN	10/28/89	
199	PARTINGTON, Ian	11:58:33	PERTH	10/18/86	
200	POTTER, Simon	11:59:43	CANBERRA	10/1/88	
201	MARTIN, Ross	12:00:16	ADELAIDE	11/1/86	57
202	SPENCER, Don	12:02:22	ADELAIDE	11/3/84	
203	MILLER, Bill	12:04:54	HENSLEY	5/30/87	34
204	COLLINS, Gary	12:04:54	HENSLEY	11/29/86	26
205	DRAYTON, Nick	12:05:18	LIVERPOOL	2/5/95	
206	SMITH, Wally	12:05:44	ADELAIDE	11/5/83	
207	RICHARDS, Duncan	12:07:59	NSW	9/1/90	
208	KENNEDY, Brian	12:10:20	ADELAIDE	10/16/93	
209	TAYLOR, Dave	12:10:40	BOX HILL	2/15/86	34
210	STAPLES, Alan	12:13:20	NSW	9/1/90	41
211	TAYLOR, Bob	12:16:20	COBURG	2/13/88	47
212	SHERMAN, Andrew	12:18:16	NSW	9/1/90	
213	CURRIE, Stuart	12:18:24	ADELAIDE	10/29/88	42
214	TAYLOR, Ian	12:18:28	HENSLEY	5/30/87	35
215	RISSTROM, P	12:18:50	COBURG	2/23/91	
216	CLARK, Gary	12:19:10	PERTH	10/18/86	
217	RAMELLI, Ray	12:23:06	BOX HILL	2/15/86	40
218	LUCAS, Andrew	12:24:17	COBURG	2/22/92	27
219	WIGGER, Ron	12:28:18	CAMPBELLTOWN	10/13/90	
220	BYRTH, Robert	12:30:56	ADELAIDE	11/1/86	37
221	CLEMENTS, Harry	12:34:41	NSW	9/1/90	
222	VENUS, Graham	12:34:57	ADELAIDE	10/28/89	
223	GUTTERIDGE, Bill	12:36:31	ADELAIDE	11/5/83	
224	HOUGH, Ken	12:37:00	COBURG	2/25/89	44
225	GRANT, Stephen	12:38:44	HENSLEY	5/28/88	30
226	WALDECK, David	12:38:57	ADELAIDE	11/3/84	
227	SINCLAIR, John	12:39:11	QLD UNI	9/1/87	45
228	HARBER, Tony	12:43:37	NSW	9/1/90	
229	STEGEMANN, Prachar	12:43:49	ADELAIDE	10/22/94	
230	CLARKE, Phillip	12:46:36	HENSLEY	5/28/88	36
231	TAYLOR, Bill	12:47:02	PERTH	10/18/86	44
232	MARSHALL, Keith	12:47:22	BOX HILL	2/15/86	59
233	PFISTER, Peter	12:48:58	HENSLEY	11/29/86	47
234	TURNBULL, Jim	12:49:02	PERTH	5/28/88	51
235	GLADWELL, Mark	12:51:50	HENSLEY	11/29/86	
236	VERNON, Peter	12:53:51	BOX HILL	2/28/87	32
237	EARSMAN, Dallas	12:54:10	HENSLEY	5/30/87	59
238	SLAGTER, Peter	12:56:52	ADELAIDE	10/16/93	
239	RYAN, Peter	12:59:01	ADELAIDE	11/3/84	36
240	AUSTIN, Patrick	13:00:08	NSW	9/1/90	51
241	POWER, Tony	13:02:10	COBURG	3/10/90	
242	JACKSON, Keith	13:02:44	HENSLEY	5/30/87	36
243	HARTNETT, Kerry	13:04:12	BOX HILL	2/28/87	52
244	FOLEY, Mark	13:06:46	CAMPBELLTOWN	10/13/90	37
245	WORLEY, Peter	13:07:55	ADELAIDE	10/4/87	
246	COX, Don	13:08:06	ADELAIDE	10/28/89	42

247	SMITH, Errol	13:08:16	CAMPBELLTOWN	10/8/88	39
248	NEWMAN, Harry	13:09:10	CAMPBLRTOWN	10/28/89	
249	HAYNES, John	13:15:21	ADELAIDE	11/5/83	
250	NORDISH, Steve	13:16:19	NSW	9/1/90	
251	MARDEN, Ken	13:16:39	COBURG	2/23/91	
252	ST JOHN, Gerald	13:18:07	PERTH	5/28/88	43
253	MILLS, Brian	13:19:11	CAMPBELLTOWN	10/28/89	
254	HARRISON, Max	13:19:15	COBURG	2/25/89	49
255	WOOLGAR, Chris	13:22:31	BOX HILL	2/15/86	42
256	ASHWELL, Tony	13:23:10	ADELAIDE	11/9/85	
257	PIERCE, Simahin	13:24:02	ADELAIDE	10/22/94	
258	MARTIN, Kevin	13:26:07	PERTH	5/27/89	
259	MORRE, Jean-Claude	13:26:10	COBURG	2/25/89	
260	SPARE, Charles	13:28:52	PERTH	10/18/86	47
261	MANNING, Peter	13:28:59	HENSLEY	5/30/87	34
262	BURROWES, Gordon	13:29:53	BOX HILL	2/28/87	51
263	MOORE, Bob	13:30:45	BOX HILL	2/28/87	46
264	ELLIS, Ray	13:31:17	COBURG	2/13/88	57
265	KING, Peter	13:32:30	PERTH	10/17/87	
266	COSTELLO, Warren	13:36:50	SYDNEYNSW	9/1/90	48
267	HOLLERAN, David	13:37:00	IPSWICH	4/18/92	35
268	MATTHEW, Alex	13:47:51	ADELAIDE	11/5/83	45
269	JANOVSKY, Peter	13:52:21	NSW	9/1/99	
270	TAILSFORD, Brian	13:55:11	HENSLEY	5/28/88	40
271	CROTTY, Dick	13:57:49	ADELAIDE	11/3/84	54
272	NORRIS, Chris	13:58:25	CAMPBELLTOWN	10/13/90	
273	BREGANT, Anthony	14:00:52	CABOOLTURE	6/23/90	22
274	ALLEN, Graham	14:01:10	CAMPBELLTOWN	10/28/89	
275	FRY, Gordon	14:02:55	ADELAIDE	11/1/83	44
276	BRUER, Marcus	14:05:20	ADELAIDE	10/24/92	
277	WALSH, Colin	14:06:03	PERTH	10/17/87	
278	KALEY, Matthew	14:09:36	HENSLEY	5/28/88	20
279	YANNA, George	14:11:04	COBURG	2/25/89	32
280	BARKER, Carl	14:15:44	CAMPBELLTOWN	10/28/89	30
281	WIESE, Bob	14:15:44	ADELAIDE	10/27/90	
282	POLLARD, Godfrey	14:19:19	COBURG	2/25/89	57
283	HARVEY, James	14:24:22	ADELAIDE	11/3/84	
284	WILKINS, Michael	14:27:59	ADELAIDE	10/22/94	
285	BUXTON, Terry	14:34:45	ADELAIDE	10/16/93	
286	JOHNSTON, Norm	14:34:54	COBURG	3/10/90	53
287	MANNIX, Brian	14:35:46	CAMPBELLTOWN	10/28/89	
288	CONNOR, Mick	14:35:50	CAMPBELLTOWN	10/8/88	
289	BARWICK, David	14:41:52	CABOOLTURE	9/26/92	49
290	ARTHUR, John	14:42:52	PERTH	5/27/89	
291	PETERSON, John	14:43:54	QLD UNI	9/5/87	71
292	LATCHFORD, Stan	14:46:00	PERTH	10/17/87	
293	GARLICK, Peter	14:46:32	ADELAIDE	10/19/88	30
294	CIRCOSTA, Paul	14:49:05	QUEENSLAND UNI	9/5/87	34
295	GRIGNOL, Max	14:49:29	ADELAIDE	10/4/87	44
296	BROWN, Dean	14:50:56	ADELAIDE	10/22/94	

297 BAZZICA, Nick	14:54:53	ADELAIDE	11/3/84	
298 DEDMAN, Kaven	14:55:05	ADELAIDE	10/29/88	41
299 DOWN, Jeff	14:56:31	BOX HILL	2/15/86	28
300 MARTIN, Norm	14:58:52	ADELAIDE	11/13/82	
301 WARD, Wayne	14:59:57	HENSLEY	5/30/87	32
302 CHATTERTON, Ray	15:02:00	CABOOLTURE	6/23/90	41
303 MOYLE, John	15:04:10	ADELAIDE	10/22/94	43
304 MATCHETT, Ken	15:04:56	COBURG	2/27/93	71
305 RYAN, Cliff	15:06:04	COBURG	3/10/90	60
306 RAINES, Wayne	15:13:32	CABOOLTURE	9/1/91	33
307 SYRED, Creece	15:22:40	HENSLEY	2/28/88	16
308 GAILLARD, Jacques	15:23:12	OLYMPIC P	8/4/90	43
309 SMITH, Larry	15:23:44	CAMPBELLTOWN	10/13/90	
310 GREEN, Warren	15:45:11	ADELAIDE	10/22/94	
311 SMITH, Jonathon R.	15:54:58	ADELAIDE	11/3/84	
312 MACKAY, Mark	16:01:09	ADELAIDE	10/16/93	27
313 HAMS, Denis	16:01:33	CAMPBELLTOWN	10/13/90	
314 FOULKES, Stephen	16:03:02	ADELAIDE	11/1/86	32
315 CULLEN, Stephen	16:23:08	QLD UNI	9/5/87	
316 CARROLL, Ray	16:30:06	ADELAIDE	10/5/87	36
317 PATTERSON, Michael	16:35:42	ADELAIDE	10/4/87	
318 BARNES, Max	16:38:16	ADELAIDE	11/3/84	63
319 FORD, Peter	16:44:50	CAMPBELLTOWN	10/28/89	
320 CLARKE, James	16:47:43	COBURG	2/23/91	
321 RAMSDEN, Graeme	16:48:10	QLD	7/1/89	43
322 HALEY, William	17:14:35	QLD UNI	9/5/87	
323 QUADRIO, Doug	17:45:03	QLD UNI	9/5/87	35
324 BRYAN, Greg	17:55:14	COBURG	2/13/88	
325 WEIR, Steve	18:04:35	ADELAIDE	10/28/89	
326 TOLLEY, Dennis	18:19:41	CAMPBELLTOWN	10/28/89	
327 HUME, James	18:24:25	ABERFELDIE	1/23/88	56
328 VARLEY, Chris	18:32:07	WOLLONGONG	3/26/94	
329 DAVIS, Robyn	18:50:33	CAMPBELLTOWN	10/28/89	
330 PARSONS, Gary	19:15:14	NANANGO	3/9/94	45
331 FARMER, Bernie	19:24:54	CAMPBELLTOWN	10/28/89	
332 ADAMS, Brian	19:45:49	CAMPBELLTOWN	10/8/88	
333 EATT, Ken	19:54:24	PERTH	5/28/88	
334 DAHM, Murray	19:58:26	HENSLEY	5/30/87	44
335 LANHAM, John	20:34:01	QLD UNI	9/5/87	
336 CORNELIUS, Ian	20:46:00	NANANGO	3/9/94	53
337 WALKELY, Phil	21:12:10	ADELAIDE	11/13/82	
338 WHELAN, Robert	21:29:05	BOX HILL	2/28/87	33
339 WILLIAMS, Glen	21:44:40	ADELAIDE	10/24/92	
340 WHITEMAN, Peter	22:42:49	CABOOLTURE	6/23/90	48
341 COX, Graeme	22:49:12	ADELAIDE	10/16/93	
342 HOLMES, James	22:52:22	CAMPBELLTOWN	10/28/89	
343 HOLLAND, Bill	22:56:39	CAMPBELLTOWN	10/13/90	
344 WAKEFIELD, Charlie	23:25:59	CABOOLTURE	6/22/90	36
345 WATTS, Graeme	23:28:11	NANANGO	3/9/94	
346 GLOVER, Gary	23:34:31	PERTH	5/28/88	

347 CHAV, Lee	23:36:42	WOLLONGONG	3/26/94	
348 RAINES, Wayne	15:13:32	CABOOLTURE	9/1/91	33
349 SYRED, Creece	15:22:40	HENSLEY	2/28/88	16
350 GAILLARD, Jacques	15:23:12	OLYMPIC P	8/4/90	

AUSTRALIAN RANKINGS FOR 100KM TRACK BY WOMEN.

Rank	Name	PB for 100KM	Place	Date	At age
1	MEADOWS, Linda	8:24:11	FRANKSTON	4/30/94	35
2	MORGAN, Mary	8:30:31	BUNBURY	4/3/94	36
3	STANGER, Helen	9:06:41	WOLLONGONG	3/26/94	43
4	PARRIS, Dawn	9:10:47	MINNESOTA USA	10/12/90	37
5	HERBERT, Cynthia	9:15:26	COBURG	9/14/86	44
6	GRANT, Dell	10:05:06	BRISBANE	6/10/93	39
7	WOODS, Sally	10:20:24	COBURG	8/28/88	
8	McCONNELL, Georgina	10:22:32	OLYMPIC PK	8/19/89	46
9	SPAIN, Trisha	10:39:32	OLYMPIC P	8/19/89	47
10	KERR, Sandra	11:30:24	ROSEBUD	5/6/89	43
11	O'CONNOR (MORRIS), Helen	11:38:12	ADELAIDE	11/1/84	
12	WORLEY, Sue	12:07:53	ADELAIDE	11/1/86	39
13	RILEY, Geraldine	12:08:05	BOX HILL	2/15/86	22
14	TAIT, Merrilyn	12:12:27	OLYMPIC PK	4/8/90	40
15	STANDEVEN, Cheryl	12:29:15	ADELAIDE	10/29/88	32
16	HAARSMA, Kay	12:30:10	ADELAIDE	11/13/82	
17	MILBOURNE, Colleen	12:31:49	PERTH	5/27/89	
18	FOLEY, Wanda	12:36:39	CAMPBELLTOWN	10/8/88	42
19	TALBOT, Kim	12:53:30	COBURG	2/25/89	20
20	SALTER, Bronwyn	13:01:37	PERTH	5/28/88	40
21	SOMMERS, Corinne	13:07:23	CABOOLTURE	6/23/90	29
22	CASE, Valerie	14:06:44	HENSLEY	5/28/88	51
23	WARREN, Val	14:11:54	CAMPBELLTOWN	10/28/89	55
24	GORDON, Leonie	14:18:06	ADELAIDE	11/3/84	
25	GLADWELL, Lucille	14:30:35	CAMPBELLTOWN	10/28/89	
26	McCARTHEY, Marilyn	14:43:07	ADELAIDE	11/2/86	37
27	BARNES, Helen	14:45:59	ADELAIDE	10/28/89	39
28	LEAHY, Marcia	14:55:00	CAMPBELLTOWN	10/13/90	
29	LUSH, Eileen	15:42:59	ADELAIDE	11/1/86	39
30	YOUNG, Mary	16:59:56	BOX HILL	2/2/85	24
31	BENSON, Carolyn	17:32:40	ADELAIDE	10/27/90	43
32	BARDY, Sue	17:57:59	ADELAIDE	10/24/92	59
33	BRUNER, Patty	18:36:33	ADELAIDE	11/5/83	46
34	BECK, Carol	19:29:03	ADELAIDE	10/24/92	
35	CURRAN, Michelle	20:30:45	WOLLONGONG	4/2/95	
36	WISHART, Lois	20:47:47	COBURG	2/22/92	
37	GUTERES, Elaine	21:24:03	ADELAIDE	10/9/85	

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN TRACK RECORDS as at September, 1995

MEN - CLASS 1 RECORDS (Official rankings are kept and AURA plaques issued)

50km	Bruce COOK (ACT)	3:09:50	Parramatta NSW (NS)	5/3/89
100km	Trevor JACOBS (ACT)	7:16:17	East Burwood Vic. (S)	21/6/92
200km	Yiannis KOUROS (Vic)	15:51:59	Surgeres, France (NS)	7/5/95
50 Miles	Dragan ISAILOVIC (Vic)	5:15:00	East Burwood, Vic (S)	19/6/93
100 Miles	George PERDON (Vic)	12:25:09	O.P. Melb Vic (S)	23/5/70
12 Hours	Yiannis KOUROS (Vic)	156.000km**	Coburg Vic (S)	8/4/95
24 Hours	Yiannis KOUROS (Vic)	285.362km	Surgeres France (NS)	7/5/95
48 Hours	Yiannis KOUROS (Vic)	470.781km	Surgeres France (NS)	8/5/95
6 Days	Bryan SMITH (Vic)	1001.410km	Colac Vic (NS)	19/11/89

MEN CLASS 2 RECORDS (Only official rankings are kept)

150km	Yiannis KOUROS (Vic)	11:29:12	Coburg, Vic (S)	8/4/95
250km	Yiannis KOUROS (Vic)	20:12:13	Surgeres, France (NS)	7/5/95
500km	Bryan SMITH (Vic)	2d.19:00:21	Colac Vic (NS)	16/11/89
1000km	Bryan SMITH (Vic)	5d.23:52:23	Colac Vic (NS)	19/11/89
1500km	Gary PARSONS (Qld)	12d.21:06:44*	Nanango Qld(NS)	21/3/94
30 Miles	Martin THOMPSON (NSW)	3:01:19	Ewell Court UK (S)	29/4/78
40 Miles	Dragan ISAILOVIC (Vic)	4:07:33	East Burwood (Vic) (S)	19/6/93
150 Miles	Yiannis KOUROS (Vic)	19:53:25	Coburg (Vic) (S)	9/4/95
200 Miles	Yiannis KOUROS (Vic)	1d. 5:03:45	Surgeres France (NS)	7/5/95
500 Miles	Bryan SMITH (Vic)	4d.19:05:09*	Colac Vic (NS)	18/11/89
1000 Miles	Gary PARSONS (Qld)	13d.17:37:22	Nanango Qld (NS)	22/3/94
{ 6 Hours	Trevor JACOBS (ACT)	83.600km**	East Burwood Vic (S)	21/6/92
{ 6 Hours	Yiannis KOUROS (Vic)	83.600km**	Coburg Vic (S)	8/4/95
3 Days	Bryan SMITH (Vic)	542.400km**	Colac Vic (NS)	16/11/89

MEN - CLASS 3 RECORDS (Rankings may or may not be kept, and if so, may be incomplete)

300km	Yiannis KOUROS (Vic)	1 d. 2:37:54	Surgeres, France (NS)	7/5/95
400km	Yiannis KOUROS (Vic)	1d. 14:49:03	Surgeres, France (NS)	8/5/95
600km	Bryan SMITH (Vic)	3d.8:43:27	Colac, Vic (NS)	16/11/89
700km	Bryan SMITH (Vic)	4d.1:27:31	Colac, Vic (NS)	17/11/89
800km	Bryan SMITH (Vic)	4d.18:32:50	Colac, Vic (NS)	18/11/89
900km	Bryan SMITH (Vic)	5d.8:26:07	Colac, Vic (NS)	18/11/89
1100km	Gary Parsons (Qld)	9d. 9:03:00*	Nanango Qld (NS)	17/3/94
1200km	Gary Parsons (Qld)	10d.6:15:08*	Nanango Qld (NS)	18/3/94
1300km	Gary Parsons (Qld)	11 d.3:37:51*	Nanango Qld (NS)	19/3/94
1400km	Gary Parsons (Qld)	12d.1:30:35*	Nanango Qld (NS)	20/3/94
150 Miles	Yiannis KOUROS (Vic)	19:26:14	Surgeres, France (NS)	7/5/95
250 Miles	Yiannis KOUROS (Vic)	1d 15:04:58	Sturgeres France (NS)	8/5/95
300 Miles	Bryan SMITH (Vic)	2d.13:57:10*	Colac, Vic (NS)	16/11/89
400 Miles	Bryan SMITH (Vic)	3d.18:00:17*	Colac, Vic (NS)	17/11/89
600 Miles	Tony RAFFERTY (Vic)	8d.1:38:58*	Parramatta NSW (S)	21/8/89
700 miles	Tony RAFFERTY (Vic)	9d.17:36:17*	Parramatta NSW (S)	21/8/89
800 Miles	Gary Parsons (Qld)	10: 23:48:51	Nanango Qld (NS)	19/3/94
900 Miles	Gary Parsons (Qld)	12d.9:34:07	Nanango Qld (NS)	20/3/94
36 Hours	Yiannis KOUROS (Vic)	375.178km	Surgeres, France (NS)	8/5/95
96 Hours	Bryan SMITH (Vic)	691.600km **	Colac, Vic (NS)	17/11/89
120 Hours	Bryan SMITH (Vic)	841.200km**	Colac, Vic (NS)	18/11/89

For notification of errors or corrections, please contact Geoff Hook, c/- AURA Inc, 4 Victory Street, Mitcham 3132, Vic. Any claim must be fully supported by appropriate documentation (that is, lap-score sheets, Record Claim Form and track details)

WOMEN - CLASS 1 RECORDS (Official rankings are kept and AURA plaques issued)

50km	Mary MORGAN (WA)	3:44:18	Bunbury WA (NS)	4/3/95
100km	Linda MEADOWS (Vic)	8:24:11	Frankston Vic (S)	30/4/94
200km	Helen STANGER (NSW)	21:40:52	Wollongong NSW (S)	2/4/95
50 Miles	Linda MEADOWS (Vic)	6:07:58	East Burwood, Vic (S)	18/6/94
100 Miles	Margaret SMITH (Vic)	16:01:43	Manly, NSW (NS)	21/4/84
12 Hours	Mary MORGAN (WA)	130.832km**	Bunbury WA (NS)	3/4/94
24 Hours	Helen STANGER (NSW)	219.782km	Wollongong NSW (S)	2/4/95
48 Hours	Helen STANGER (NSW)	329.256km	Lota, Q'ld (NS)	2/6/95
6 Days	Georgina McConnell (NSW)	738.103km	Campbelltown, NSW (NS)	24/11/90

WOMEN - CLASS 2 RECORDS (Only official rankings are kept)

150km	Helen STANGER (NSW)	15:32:23	Wollongong NSW (S)	2/4/95
250km	Helen STANGER (NSW)	1d. 9:49:12	Lota, Q'ld (NS)	2/6/95
500km	Georgina McConnell (NSW)	3d.23:51:52	Colac, Vic (NS)	19/11/92
1000km	Vacant			
1500km	Vacant			
30 Miles	Mary MORGAN (WA)	3:36:45	Bunbury WA (NS)	4/3/95
40 Miles	Linda MEADOWS (Vic)	4:51:52	East Burwood, Vic (S)	18/6/94
200 Miles	Helen STANGER (NSW)	1d. 22:59:02*	Lota, Q'ld (NS)	2/6/95
500 Miles	Vacant			
1000 Miles	Vacant			
6 Hours	Linda MEADOWS (Vic)	78.742km	East Burwood, Vic (S)	18/6/94
3 Days	Georgina McConnell (NSW)	392.000km ***	Colac, Vic (NS)	18/11/92

WOMEN - CLASS 3 RECORDS (Rankings may or may not be kept and, if so, may be incomplete)

300km	Helen STANGER (NSW)	1d. 19:21:24	Lota, Q'ld (NS)	2/6/95
400km	Helen STANGER (NSW)	3d.2:27:08	Campbelltown NSW (NS)	21/11/90
600km	Georgina McConnell (NSW)	4d.0:53:57	Campbelltown, NSW (NS)	22/11/90
700km	Georgina McConnell (NSW)	4d.22:42:53	Campbelltown, NSW (NS)	23/11/90
800km	Vacant			
900km	Vacant			
1100km	Vacant			
1200km	Vacant			
1300km	Vacant			
1400km	Vacant			
150 Miles	Helen STANGER (NSW)	1d.13:54:01*	Campbelltown, NSW (NS)	19/11/90
250 Miles	Helen STANGER (NSW)	3d.2:45:18*	Campbelltown, NSW (NS)	21/11/90
300 Miles	Georgina McConnell (NSW)	3d.21:09:10*	Colac, Vic (NS)	19/11/92
400 Miles	Georgina McConnell (NSW)	5d.6:47:28*	Campbelltown, NSW (NS)	23/11/90
600 Miles	Vacant			
700 Miles	Vacant			
800 Miles	Vacant			
900 Miles	Vacant			
36 Hours	Helen STANGER (NSW)	252.520km	Lota, Q'ld (NS)	2/6/95
96 Hours	Georgina McConnell (NSW)	500.000km**	Colac, Vic (NS)	19/11/92
120 Hours	Georgina McConnell (NSW)	608.000km**	Campbelltown NSW (NS)	23/11/90

LEGEND

- * Times are the next official recorded times AFTER the nominated distances were passed.
- ** Distances are the previous official recorded distances BEFORE the nominated time was passed.
- (S) Standard Track (i.e. standard IAAF shape with a nominal distance of 400 m. or 440 yards)

_AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN ROAD RECORDS as at August, 1995

MEN - CLASS 1 RECORDS

50km	Steve EVANS (Q'ld)	2:56:29 (a)	Canberra ACT	9/4/95
100km	Tim SLOAN (Tas)	6:29:26 (a)	Ross to Richmond Tas	23/4/95
200km	John BRIEF (Vic)	18:49:36(d)	L'ston - Hobart, Tas	16/10/88
50 Miles	George PERDON (Vic)	5:22:55 (c)*	Portsea - Melb. Vic	May 1968.
100 Miles	Keith SWIFT(NSW)	14:02:54 (c)	Melb - Colac, Vic	23/11/84
12 Hours	Peter SULLIVAN (Q'ld)	138.562km (d)	Caboolture, Q'ld	15/4/89
24 Hours	Bryan SMITH (Vic)	251.050km (a)	Milton Keynes, UK	4/2/90
48 Hours	George AUDLEY (WA)	335.000km (b)	Perth, WA	18/10/87
6 Days	Kevin MANSELL (NSW)	902.500km (d)	Campbelltown NSW	12/11/88

MEN - CLASS 2 RECORDS:

150km	Graham MEDILL (Qld)	15:57:34 (d)	QRRC 24 Hr.Q'ld	26/6/88
250km	Kevin MANSELL (NSW)	less than 2 days	Campbelltown, NSW	8/11/88
500km	Bryan SMITH (Vic)	3d.14:17: -- (c)	Albany to Perth WA (560km)	17/10/93
1000km	David STANDEVEN (SA)	5d.13:55:-- (c)	Syd - Melb (1011km)	24/5/89
1500km	Ian JAVES (Qld)	13d.8:03:37(a)	Sri Chinmoy, N.Y.	1/10/89
30 Miles	George PERDON (Vic)	2:53:48 (d)	Princes Park, Vic	15/8/65
40 Miles	Martin THOMPSON (NSW)	4:04:36(d)	Isle of Man ,UK	5/5/77
200 Miles	Dave TAYLOR (NSW)	2d.11:02:03 (a)	Caboolture,Qld	3/9/91
500 Miles	Tony RAFFERTY (Vic)	Less than 6 days (d)	Melb - Colac, Vic	Nov.'83
1000 Miles	Tony RAFFERTY (Vic)	14d.16:45:11 (d)	Hull,UK	26/7/86
6 Hours	Cliff FRENCH (Qld)	70.000km (c)	Toowoomba, Qld	10/3/91
3 Days	Kevin MANSELL (NSW)	427.500km (d)	Campbelltown, NSW	9/11/88

MEN - CLASS 3 RECORDS:

300km	Dave TAYLOR (NSW)	2d.5:20:57 (a)	Caboolture,Qld	3/9/91
400km	Graham WOODS (Qld)	2d.6:00:46 (d)	Perth-Albany, WA(407km)	1/10/88
600km	Dave TAYLOR (NSW)	4d.13:56:17 (a)	Caboolture, Qld	6/9/91
700km	Dave TAYLOR (NSW)	5d.8:59:37 (a)	Caboolture,Qld	6/9/91
800km	Ian JAVES (Qld)	7d.6:08:47 (a)	Sri Chinmoy, NY	25/9/89
900km	Ian JAVES (Qld)	8d.4:15:31 (a)	Sri Chinmoy, NY	26/9/89
2000km	Ian JAVES (Qld)	17d.4:55:37 (a)	Sri Chinmoy, NY	5/10/89
150 Miles	Ian JAVES (Qld)	1d.18:59:34 (a)	Sri Chinmoy, NY	19/9/89
250 Miles	Ian JAVES (Qld)	3d.4:53:16 (a)	Sri Chinmoy, NY	21/9/89
300 Miles	Dave TAYLOR (NSW)	3d.17:28:40 (a)	Caboolture, Qld	5/9/91
400 Miles	Dave TAYLOR (NSW)	4d.22:04:54 (a)	Caboolture, Qld	6/9/91
1500 Miles	George PERDON (Vic)	25d.22:9:-- (c) *	Transcont. Aust	1973
2000 Miles	George PERDON (Vic)	32d.19d.43:-- (c)*	Transcont. Aust	1973
2500 Miles	George PERDON (Vic)	42d.04:03:-- (c)*	" " " (2600 Miles)	1973
36 Hours	Dave TAYLOR (NSW)	212.818km (a)	Caboolture, Qld	2/9/91
4 Days	Kevin MANSELL (NSW)	570.500km (d)	Campbelltown, NSW	10/11/88
5 Days	Kevin MANSELL (NSW)	722.500km (d)	Campbelltown, NSW	11/11/88

LEGEND:

- (a) Accurately measured course to AIMS standards.
- (b) Reasonably accurate course (uncalibrated bike, measuring wheel etc.)
- (c) Questionable course accuracy (car, motor-bike, etc.)
- (d) Unknown accuracy
- * Solo run but the run has been well documented and subject to official scrutiny.

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN ROAD RECORDS as at May, 1995.

WOMEN - CLASS 1 RECORDS:

50km	Linda MEADOWS (Vic)	3:27:22 (a)	Canberra ACT	9/4/95
100km	Mary MORGAN (WA)	7:45:04 (a)	That Dam Run, NZ	31/12/94
200km	Cynthia HERBERT (Vic)	1d.4:51:50 (d)	Airport West-Colac (207km)	30/11/85
50 Miles	Mary MORGAN (WA)	6:07:26 (a)	Harriers, Canada	31/8/94
100 Miles	Robyn WALLACE (Qld)	20:14:31 (d)	QRRRC 24 Hour, Qld	26/6/88
12 Hours	Helen STANGER (NSW)	101.390km (d)	M'quarie Fields NSW	14/4/90
24 Hours	Helen STANGER (NSW)	206.497km (a)	Basel, Switzerland	3/5/92
48 Hours	Wanda FOLEY (NSW)	228.000km (d)	Campbelltown, NSW	8/11/88
6 Days	Wanda FOLEY (NSW)	619.012km (d)	Campbelltown, NSW	12/11/88

WOMEN - CLASS 2 RECORDS:

150km	Robyn WALLACE (Qld)	17:55:26 (d)	QRRRC 24 Hour, Qld	26/6/88
250km	Wanda FOLEY (NSW)	less than 3 days (d)	Campbelltown, NSW	9/11/88
500km	G. McCONNELL (NSW)	4d.2:27:-- (c)	Albany - Perth, WA (560km)	16/10/93
1000km	Cynthia HERBERT (Vic)	8d.10:55:00	Syd - Melb (1060km)	27/3/87
1500km	Open for claim			
30 Miles	Open for claim			
40 Miles	Open for claim			
200 Miles	Open for claim			
500 Miles	Open for claim			
1000 Miles	Open for claim			
6 Hours	Nicole CARROLL (Qld)	62.600km (c)	Toowoomba, Qld	10/3/91
3 Days	Wanda FOLEY (NSW)	331.000km (d)	Campbelltown, NSW	9/11/88

WOMEN - CLASS 3 RECORDS:

300km	Wanda FOLEY (NSW)	2d.21:0:0 (c)	Ger'ton to Perth WA	18/10/92
400km	Trisha SPAIN (WA)	3d.11:15:16 (d)	Perth - Albany WA (410km)	29/9/88
600km	Wanda FOLEY (NSW)	less than 6 days. (d)	Campbelltown, NSW	12/11/88
700km	Open for claim			
800km	Open for claim			
900km	Open for claim			
2000km	Open for claim			
150 Miles	Wanda FOLEY (NSW)	less than 3 days (d)	Campbelltown, NSW	9/11/88
250 Miles	Wanda FOLEY (NSW)	less than 4 days (d)	Campbelltown, NSW	10/11/88
300 Miles	Wanda FOLEY (NSW)	less than 5 days (d)	Campbelltown, NSW	11/11/88
400 Miles	Open for claim			
36 Hours	Phillipa BOLT (Qld)	122.624km (a)	Caboolture, Qld	7/9/91
4 Days	Wanda FOLEY (NSW)	417.000km (d)	Campbelltown, NSW	10/11/88
5 Days	Wanda FOLEY (NSW)	517.450km (d)	Campbelltown NSW	11/11/88

For notification of errors or corrections, please contact Geoff Hook, c/- AURA Inc, 4 Victory Street, Mitcham 3132, Vic or Fax (03) 873 3223. Any claim must be fully supported by the appropriate documentation.

**1996 AURA SUBS ARE NOW DUE!
\$25 FOR AN AUSSIE MEMBERSHIP
STILL GREAT VALUE FOR MONEY.**

90 .

SEND TO DOT BROWNE, 4 Victory Street, Mitcham 3132

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I
(Full name of Applicant)

of
(Address)

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

desire to become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED. I the event of my admission as a member, I agree to be bound by the rules of the Association for the time being in force.

.....
(Signature of Applicant) (Date)

I a member of the Association, nominate the applicant, who is personally known to me, for membership of the Association

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

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

.....
(Signature of Secunder) (Date)

Current membership fees for 1926(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 Secunder for new members is a constitutional requirement for incorporated associations, really a formality. We'll be happy to provide the Proposer and Secunder for you if you simply fill in the Membership Application with your own details. Thanks!



Drew Kettle on the road with his best mate "Laddie"
"Laddie" has now retired from the extra long walks
due to old age.