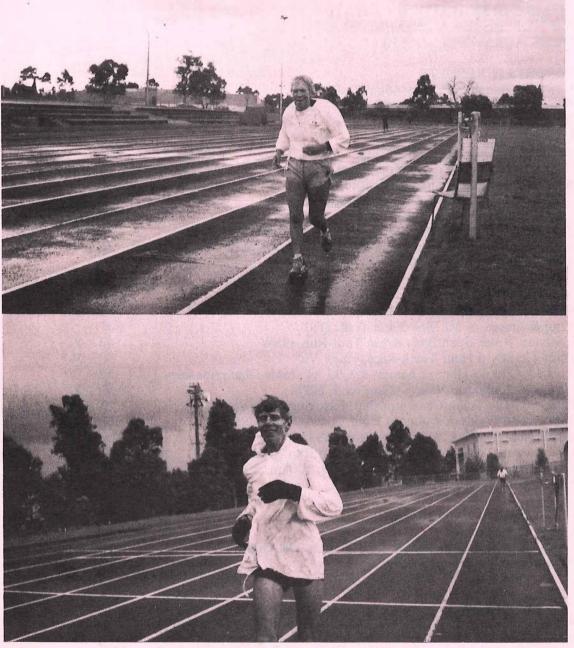
# OLTRAMAG

VCL. 11. No. 1.

MARCH 1996



The indomitable Shirley Young and Randall Hughes during their World Age Track Record -breaking runs in 1995.



Official publication of the Australian Ultra Runners' Association Inc. (Incorporated in Victoria). Registered office: 4 Victory Street, Mitcham 3132 Aust. Ph: (03)874 2501 AV

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# **EDITORIAL**

#### Dear Members,

It was a pity to learn of the cancellation of the Greek venue for this year's ultra distance world championship, the IAU 100km World Challenge under the patronage of the IAAF. The venue was cancelled in mid-January, with the race scheduled for 30th March. Many top athletes were well into their serious training so it was a blow to them to have the event cancelled.

The reasons for the cancellation include trouble with the major sponsor withdrawing and the political instability caused by the severe illness of the Greek President.

Within a few weeks, Malcolm Campbell, President of the IAU, was able to secure Russia as an alternate venue. The actual location will be along the Moscow River. Even though we had not secured our teams for the Greek venue before its cancellation, we were confident of forming both men's and women's teams. It is therefore with regret that we have not been able to form any teams for the Russian venue, the main reason being the change of venue and date to 4th May, and of course, the perennial problem of lack of money. Our best athletes cannot be expected to find money needed to pay for the transport and accommodation when just getting the time off work is a burden. The subsidies they get are meagre and they need a willing sponsor - an impossible task. We have the talent in ultrarunning to be highly competitive, but probably won't get a chance to demonstrate this to the rest of the world.

Is ultrarunning becoming a warm weather sport? The Nanango 1000 mile track race started on 13th March and has a large field of competitors, with some internationals. I wish the organisers much success with the conduct of such a gruelling event and success also to all competitors to achieve personal goals.

There are now many ultra races in Queensland and most are very well attended by competitors. NSW is also doing well. But here in Victoria, the position is very different. John Harper tried to get an excitingly new trail race close to Melbourne off the ground in February, but had to cancel with only 4 entrants. This 55km Two Bays Trail Race promised to be an excellent event, so it was disgusting to learn that some runners were thinking of entering, but were leaving it to well after the entry closing date, or intended to try and enter on the day. Their effort may have saved the race. My recent trail race, also close to Melbourne around Maroondah Reservoir, had only 6 entries and 5 starters. Not enough to counter all the work needed, but the race went ahead to thank them for their support in entering before the closing date. Unless runners support race organisers with entries on time, many of our prime races may disappear off the calendar.

Meanwhile, stay fit and healthy,

Kind regards,

Geoff Hook



- April 14 50KM ULTRA ROAD RACE, ACT, as part of the Canberra Marathon, AA Certified course. Upon completion of the normal marathon course (& being an official marathon finisher), immediately follow and out and back course along Telopea Park and the cycle path along Lake Burley Griffin to Commonwealth Avenue bridge, 7.00am start. For more details, contact Trevor Jacobs on (06) 2547177 (H) or (06) 2790134(W) or Dave Cundy (marathon organiser), P.O. Box 624, Civic Square, ACT 2608 or Phone on (06) 231 8422 (H) or (05) 275 1207(W)
- April 13/14 VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, VIC. supported by Vets. 24 Hour Relay Challenge. Harold Stevens Athletic Track, Coburg, Maximum of 10 individual racers per team. Entry \$10 per team member. Open and Vets team categories. Also individual 24 Hour Track event. Entry \$30. Both relay and individual events start 12 noon on Saturday. Entry forms available from: Gordon Burrowes, 37 Douglas Avenue, St.Albans 3021 Ph. (03)9366 0326
- April 21 KING & QUEEN OF MT.MEE 50KM & 25KM, Q'LD, out and back course (twice for 50km) on bitumen and dirt roads; 50km start 6.00am, 25km start 7.30am. Sealed Handicap.\$20 entry for both events.Presentations and light lunch at Mt.Mee Hall after race at 1.30pm. A QURC event. Contact: Gary Parsons P.O. Box 1664, Caboolture 4510, Ph. (074) 957208
- April 27

  BRISBANE WATER BUSH BASH, NSW, 47km trail run. start at 6am at Gosford Olympic Pool, finish Gosford Sailing Club, Time limit 9 hours, \$30 entry, Entries to Greg Love, 76 Birdwood Avenue, Umina 2257, Ph. (043) 41 6384
  - April ROSS TO RICHMOND ROAD RACE, TAS. 100km, between the two oldest bridges in Australia, 7am start, Need support vehicle and helper, contact Tallays Running Shop, phone (002) 34 9566 or Therese March (002) 391432 or Alan Rider, Dept of Tourism, Sport & Recreation, GPO Box 501, Hobart 7001.
  - May 4 IAU 100KM WORLD CHALLENGE under the Patronage of the IAAF, Russia. 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)
  - May 5 AURA 6 HOUR TRACK RACE, KNOX, VIC. 400m track, \$25 entry, Percy Cerutty Memorial Race, 9am start, Race Director: Dot Browne. 4 Victory Street Mitcham 3132, phone (03) 9874 2501 (H) or FAX (03) 9873-3223 for entry form.
  - May 5 BANANA COAST ULTRA MARATHON, NSW. 85km. Coff's Harbour to Grafton, 6am start, Entry fee \$5, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire 2450, NSW, phone (066) 536831
  - May 5 TAMWORTII 24 HOUR CHARITY RUN, NSW, Viaduct Park, Tamworth, 10am start. \$35 entry, 10am start on Saturday, Contact Dallas Earsman, 143 Bridge Street. Tamworth 2340, Ph. 657216 (H) or 653511 (W)
  - May 16 18 AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS, Gold Coast QLD. 500m grass track in good condition at the Gold Coast Eagles Rugby Ground, Brighton Parade, Southport..9am start on Friday 17th May for 48 hours & 9.00am Saturday 18th May Entry fee: \$50 for 48 Hour, \$40 for 24 Hour, both include Tee-shirts. A QURC event. Contact Ian Cornelius P.O. Box 469, Broadbeach 4218 Qld.(07) 5592 2349 or Fax (07) 5531 6171

- June 16 SHOALHAVEN ROAD ULTRAMARATHON NOWRA TO KANG-AROO VALLEY 46KM, NSW \$15 entry, \$20 on the day 8am start at Cambewarra Public School, finish Kangaroo Valley Show-ground, mail entries close 5th June, 1996, Entries to Rick Foster, P.O. Box 258, Nowra 2541 NSW, Ph. (044) 215339 Transport back from Kangaroo Valley to the start provided.
- July 27 AURA 50 MILE TRACK RACE, VIC. (Australian Championship) at East Burwood (Bill Sewart Athletic Track), Burwood Highway, East Burwood, 400m track, 8am start, \$26 entry (AURA members), \$30 others; contact Geoff Hook, 42 Swayfield Road, Mt.Waverley, 3149 or phone (03) 9808-9739.
- Aug 4 TAMBORINE TREK, GOLD COAST, 68kms out and back course & 34km encouragement section, Road Race, Entry fees, a QURC event. \$20 (QURC and GCRC members \$15). Contact Ian Cornelius, (07) 5592 2349
- Aug 17/18
  6/12 NSW & AUSTRALASIAN 24 HOUR TRACK CHAMPIONSHIP,
  NSW, at Beaton Park, Foleys Road, Wollongong City, 12 noon start, Entry fee \$35
  incl. tee-shirt, Entry forms to Bill Joannou, 14 Cranberry Street, Loftus 2232 NSW
- Aug 18 MANDARING TO YORK ROAD RACE, WA, 64.36km (40 Miles) start at Mundaring Shire Offices, conducted by the WA Marathon Club, Contact Phone: Runners World (09) 227 7281 or Marathon Club (09) 388 1227
- Sep 2-6

  FIVE DAY STAGED FOOT RACE, Q'LD (Start & finish at Nanango, South Burnett, 180km north of Brisbane), approx. 330km with an average daily distance of 66km per day, handicap start. \$125 entry fee . A QURC event. (QURC members \$115) Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld. Ph (071) 63-1645
- Sept 100KM ROAD RACE, NSW. Bathurst, 6am start at the Courthouse, Russell Street, Bathurst, time limit 12 hours. Pewter goblets to finishers. Contact Big Chris Stephenson, GPO Box 1041, Sydney, 2001, phone (02) 259 3981 (W)
- Sept 15 SHEPPARTON RUNNERS' CLUB 100KM & 50KM ROAD RACE, start & finish at Victoria Park Lake, Shepparton, good 10km loop road surface & bike track. every km marked, shady course, and no traffic, time limit 12 hours, 6am start, contact Brian Gawne, 11 Morrish Street, Shepparton 3630 Ph. (058) 211 693 or Russell Weavers, (058) 211 490
- Sept 28/29 100 MILE / 100KM / 50KM TRAIL RUNS, (Q'ld) Glasshouse Mountains. Loop course, 53.5km circuit. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, Q'ld, phone (074) 95 4334.
- Oct ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE, SA, 6am start, Adelaide Town Hall,, finish Advance Recreation, Victor Harbour, \$20 entry contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood. SA 5034 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, phone (002) 72 5170 (H)
- Oct 12

  AUSTRALIAN CENTURIONS CLUB 24 HOUR, 100 MILE, 50 MILE, 50KM RACEWALKS, Adelaide Harriers Track, Adelaide SA. Entry fees \$15 (24 Hour & 100 Mile), \$10 for 50 Mile, \$5 for 50km, Start time, 12 noon Saturday 12th 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 Dennis Parton (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 Data not set. 11TH 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) 321406, Application form must be ledged by 30th June, 1996 Stall to be confirmed.

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

Jan

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 5

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 26

  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 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 CRADLE MOUNTAIN TRAIL RUN, TAS. 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southem 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 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

  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

  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 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

  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

  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

JAGUNGAL WILDERNESS TRAIN RUN, NSW - 80km from 3 Mile Dam near Kiandra, NSW to Guthega, along firetrails and foot-tracks through Kosciusko National Park. 6.30am start \$20 entry includes map. The course averages 1600m elevation with 900m only of rises. Limited and qualified entry. Application forms, send SAE to Leigh Privett, 695 Hodge Street, North Albury 2640 or Ph. (060) 25 4959. Cancelled 1996

Mar

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

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

March

FRANKSTON TO PORTSEA ROAD RACE, VIC, 34 miler, contact Kon Butko, 66 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

# NZ ULTRARUNNERS ASSN INC NEWS

10th MARCH

50KM ULTRA-MARATHON ALBANY CONTACT: KERRY PASCOE PH 09-4837197 09-2563479

18&19th MAY

24HR NSB 400M TRACK RACE R.TOUT Ph 09 4181054 or 025 95469

NOVEMBER

THE MOLESWORTH RUN 82KM

**BLENHEIM** 

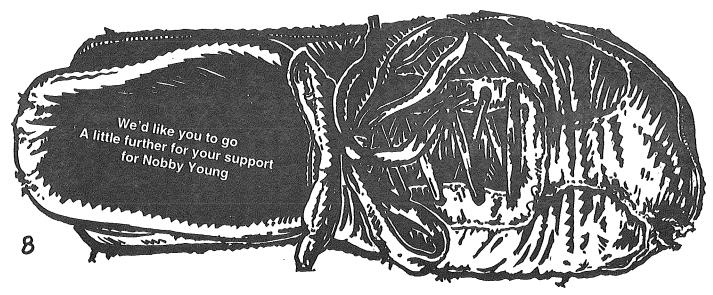
7 DECEMBER

KEPLER CHALLENGE 67KM

**MOUNTAIN RUN** 

**DECEMBER** 

12 Hr BLEMHEIM D,COSGROVE



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

AURA will be holding its 10th Annual General Meeting in July, at which a new Committee of Management must be elected.

Nominations for elected Committee positions will close in June 7, 1996. Positions open for nomination and election by ALL members of AURA are the Officers of the Association, namely: President, Vice President, Secretary, Assistant Secretary, Treasurer.. For the sake of reasonable management of committee meetings, filling these positions are open only to members living in or near Melbourne, except the position of President. The position of President is open to all AURA members; however, the person so nominated must undertake to personally guarantee to attend all Committee and General Meetings of the Association (sickness or illness excepted) at no cost to the Association, otherwise the nomination is invalid. All meetings will be held in Melbourne.

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

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

#### Positions available are:

NSW	Entitlement	2 Ordinary Members of Committee	1	Note: You do not need
Q'LD	Entitlement	2 Ordinary Members of Committee	1	a formal nomination for these
S.A.	Entitlement	2 Ordinary Members of Committee	1	positions; you only need
W.A.	Entitlement	2 Ordinary Members of Committee	<b>&gt;</b>	to indicate your willingness
A.C.T.	Entitlement	2 Ordinary Members of Committee	(	to stand.
TAS.	Entitlement	2 Ordinary Members of Committee	)	

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

Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business, please notify the Secretary by the 28th June, 1996

In summary then, if you are interested, we require from you by the 28th June, 1996, the following:

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

3. If you have any ocheral business.
********************************
Example of Form of Nomination:
I nominatebeing a member of AURA
i holimatevellig a member of AOKA
for the position of
to be decided at the Annual General Meeting of the Association to be held in 1996.
Name of Proposer:Signature
Name of SeconderSignature

#### **AUSTRALIAN CHAMPIONSHIPS**

# 1ST AUSTRALIAN CHAMPIONSHIPS OFFICIALLY ENDORSED BY \_ATHLETICS AUSTRALIA ?

As of the end of February, 1996, Athletics Australia has not endorsed our first official championship races. However the signs are good that the endorsement will come through. This will be a great step forward for the ultrarunning community here in Australia.

The nominated race will be in Shepparton on a 10km loop course on 15th September. The organisers will be the Shepparton Runners Club. The course will be mostly on a sealed bicycle path with the remainder on roads which will be either blocked to traffic or coned-off for runner safety.

Please support this race as it will be one of the highlights of the year and will grow in status in coming years. If it is endorsed, Athletics Australia medals will be awarded both in the individuals' events and teams' events (States' Challenge). Medals for teams will be subject to a minimum of 3 officially entered teams.

Teams must be declared before the event and comprise a minimum of 3 and maximum of 6 runners with the first 3 across the line to score. Team members must be of an acceptable standard (8½ hours for men and 9½ hours for women or equivalent over other distances) and current financial members of Athletics Australia (local athletic club) and AURA.

Eventually, teams will be selected through State Associations and State AURA representatives (committee members) but for now an ad hoc arrangement will suffice.

If you have more than 6 runners for a team, a number of reserves can be declared. Substitution of a reserve for a sick or injured team member can occur up to 1 hour before the race start. No substitution after that time and no substitution at anytime by a runner who is not a declared reserve.

For further information and entry forms, contact:

Russell Weavers (058) 211 490 or Brian Gawne (058) 211 693

#### IAU 100km WORLD CHALLENGE 1996

This event was to have taken place in Greece on 30th March but had to be cancelled by the race organisers.

The IAU has been able to secure a substitute venue in Russia scheduled for 4th May.

The position of our teams is doubtful. There appears to be less interest (or maybe lack of finance for the longer journey) for the Russia venue than the Greek one. We may not be able to field either a men's team or a women's team.

Let us hope that we can put together our best teams for one of the championships in the next few years and really show the rest of the world what we are capable of.

# **AURA CLOTHING & BADGES**

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

We also have printed cloth badges and car windscreen stickers.

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

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

Order form below. Send to: Kevin Cassidy, 4 Grandview Road, Preston 3072 Vic. Telephone: (03) 478 3687 (H) \* AURA CLOTHING ORDERS COSTS: T-shirt \$8.00 Postage \$1.40 \$1.40 L/S T-shirt \$12.00 Postage Singlet \$ 8.00 Postage \$1.40 Fleecy wind-cheater \$18.00 Postage \$2.80 NAVY RED WHITE **GOLD GREY** COLOURS 20 22 24 SIZES: 12 16 ADVERTISING MATERIAL AURA PRINTED CLOTH BADGES Black AURA logo on bright green background overlocked, circular, standard 3" size suitable for sewing on track suits or windcheaters. COST: \$2.50 each, no extra for postage required. \*\*\*\*\*\*\*\*\* vinyl, black AURA logo on white background, approx. 10cm (4") in diameter, long-lasting. CAR WINDSCREEN STICKERS COST: \$3.00 each, no extra postage required. Kindly fill in details in BLOCK LETTERS: NAME: ..... ADDRESS: .....

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

11.

Dear Dot.

Hope all is well with you and yours in "the land of ice and snow" (Victoria). With lots of input from Ian Cornelius and Queensland Ultra Runners, the Red Rock - Coff's event looks set for a "big one". The road ultra from Coffs - Grafton is also a definite goer BUT we were unable to get our 6/12 Hour Track event together last year and do not see an immediate likelihood of getting it off the ground in 1996, so please leave it out of the next ULTRAMAG.

Thank you for your continued efforts Dot & Geoff on our behalf.

Yours in running,

Steel Beveridge (North Sapphire NSW)

\*

Dear Dot,

A big thankyou to whoever took the time to put together the Australian Rankings for men's 100km Track. Well done! The Editorial (Dec.'95) bade farewell to David Sill as NSW rep, and generally paid out on NSWelshmen. It was just enough to get me out there recruiting more of them to badger you and keep you on your toes.

Thanks for the mag....Another good read. Keep it up.

Nick Drayton (Wahroonga NSW)

\*

To the AURA Team...

Congratulations to you all on another great year. "AURA" requires more endurance than the track or the road! Thanks for all your efforts.

Regards,

Nobby Young

To whom it may concern...

Linda Meadows picked up where Mary Morgan left off, and then some. The course Australian and Australasian Records are underscored by the 6th fastest time in the world for 1995, according to my information. This, on a challenging course. Ms.Meadows is an outstanding ambassador for Australia and Australian sport. It will be our privilege to have her back again in 1996.

Sincerely.

Scott Leonard (NZ - Race Director of the Australasian 100km "That Dam Run")

\*

Dear Dot,

I still have the Ross River Virus nearly two years now, and can only do a little training and very little competition. I am still hoping I may come good if I live long enough, but even if I had no virus, I'm slowing down fast, I suppose with advancing age. I still enjoy running and race walking and am hoping to leave something for others to chase when I reach the over 80 mark - not long now!

I get a burst of inspiration when I read your wonderful magazine. Congratulations to all our champions and would-be champions. I think I had the world best 6 Day distance for over 75 year olds, but realized it would be gone not long after Drew Kettle passed 75. Congratulations to him from me.

EDITOR

Best wishes to you and Geoff and all concerned with ultra-running.

John Petersen (Ormiston, Q'ld)

12.

#### Dear Geoff,

I have enclosed copies of newsletter from John Foden about results of the Spartathlon and also entry forms for 100km races in England which we thought runners in Australia might be interested in. We have had some lovely letters from John Foden which we thought might be good to put in ULTRAMAG. We enjoyed our stay in Greece though next time, we would be more prepared now we know the situation. Now more about the race.Bryan (Smith) had sickness from 100km to the end, which was a draw-back, plus had to run 18km in the dark without a battery for his torch, so this slowed him up. Also looking for marker tags on the trees in the dark. I am sure more Australians would love to try this race. Hope you find this newsletter from John Foden interesting.

Cheers, Janet Smith.
************************
Hi Hookie!

Thanks for putting on the Bogong-Hotham race. I did enjoy myself although on the day I was absolutely knackered. I couldn't believe the marshalls, hiking out into the middle of nowhere to look after us. Fantastic! And we all appreciate their efforts. Here's a photo you might like to put in ULTRAMAG of Peter Armistead, Mike Ward, Ross Shilston, Kevin Cassidy and Greg Love at the Mt.Beauty Pizza Bar the night before the run.

Thanks again for a great weekend in Victoria, and also, congratulations to Andrew, for his unbelievable run and race record.

Keep fit,

Greg Love.

Dear Dot,

Is it really 10 years since our inaugural meeting at Geoff's place? I was a fit 60 year old then and have deteriorated into a fat & unfit 70 year old. After 9 weeks of inactivity due to injury, I am now walking 40 - 60 minutes each day and hope to jog again in the near future.

Thank you for publishing "A Day on the Run". A number of Queensland ultra-runners commented on it at the Gold Coast Runners' Club this morning. I now enclose a copy of "Dry Bones", which Jon Stebbins published in "Fun Runner" mag. some years ago. You may use it if you wish.

Regards,

Dear Dot,

Thanks a lot for the latest issue of ULTRAMAG and the back issues that you sent me. I noticed that no one ever sent in a write-up of Sri Chinmoys 24 Hour in Adelaide. So this year, I'll send in a report. In '95 I entered the race but went ratshit and only covered 135kms. But it's all a learning curve I guess. This year, I won't have my shoe-laces so tight, and hopefully it won't be raining, but that's no excuse, as David Standeven ran over 200km that day.

Thanks a lot,

#### **AURA MEMBERSHIP STATE - BY - STATE**

NSW	157	WEST. AUST.	15	
The VIVACIOUS VICS	117	TASMANIA	15	
Q'LD	54	OVERSEAS	24	
SOUTH AUSTRALIA	19		· ·	13.
ACT.	19	TOTAL	418	

Dear Dot & Geoff,

Everything is going to plan in regard to the 240 days of running in New Farm Park, Brisbane next year. I am now jogging 170km. a week, stationary cycling 50km. per week, walking 20kms. per week. Just recently, I ran 40 laps (450km) up and down Mt. Wooroolin in Kingaroy (425feet) in daylight hours over 16 days, On the first Sunday, I ran 4 laps (45km) with little rest.

The committee and myself set out to raise \$1,000 for the S.E.O.E.B helicopter rescue service, in fact the crew I have raised almost \$2,000.

As for the 2 ultra-marathons, almost no-one is willing to crew or help me, except for a few from the bush. FAI Insurance in Sydney have picked up the premium and Paul's Warehouse are giving me heavily discounted running shoes and the Mars Confectionery Company has come up with a good idea re. fundraising. Also, Bernie Pramberg of the "Courier Mail" newspaper wants to interview me. It is still early days as yet but I feel that a crew will turn up and a committee will be formed to help.

The Dept of Sport and Tourism is looking into this venture to see if it is possible for them to help. I have to wait to see what they say. QMRRC Inc, Q'ld Ultra Runners Inc, Toowoomba Road Runners Club and the Gold Coast Road Runners have all been asked to help!

Well cheerio for now. God bless!

"Bazz" Stewart 3/4 Tuite Street, Kingaroy Q'ld.

\*

Dear Dot,

I'm on the move again! I have just accepted a promotion and a subsequent transfer to Canberra, my 4th move since 1991.

I have had good intentions of organising more 12 HOUR events, but since the 2 in Griffith, subsequent moves to Port Macquarie and Dubbo left me little time, for either training or organising.

My performances since the last Westfield in 1991 have been, apart from few and far between, pretty ordinary, with not enough commitment to training. Once settled in Canberra I hope to plan a comeback and know that if the work is put in my performances can improve. The disappointment of not finishing the Westfield, and not getting a second chance to complete it, took along time for me to get over personally, and really affected all aspects of my running.

The desire is still there and hopefully the next 12 months will see a positive turnaround. It's been great to see alot of familiar names still performing so well and again I look forward to catching up with all again.

I was saddened by the death of Craig Rowe and will always remember our duel into Benalla in 91 when we both narrowly made the cut. His performance in that race and beyond were very creditable.

Please find enclosed my renewal, a donation and order for Cliffy's book, hope to be back into the ultra scene soon.

Regards,

HARRY CLEMENTS

Please send all material for inclusion in this magazine to:

Dot Browne (Hon Sec)

4 Victory Street Mitcham 3132

or by fax (03) 873 3223

We gladly accept work typed on computer disk, Mac or IBM, preferably saved in text format. You get your disk back! Thanks, we need your contributions to keep this going.



#### Dear Dot,

Looking forward to catching up with you sometime this year. May be a 24 Hour. I will also be down for the Melbourne Marathon in October. Incidentally, I remarried a beautiful and wonderful Danish lady, Anni on the 18th November, 1995 in Royal National Park. It was a wonderful wedding on a beautiful day in a magnificent park. We had about 150 guests - family, friends & lots of runners. Now I have 3 daughters aged 18, 22 and 26 years and a son of 13 yrs.

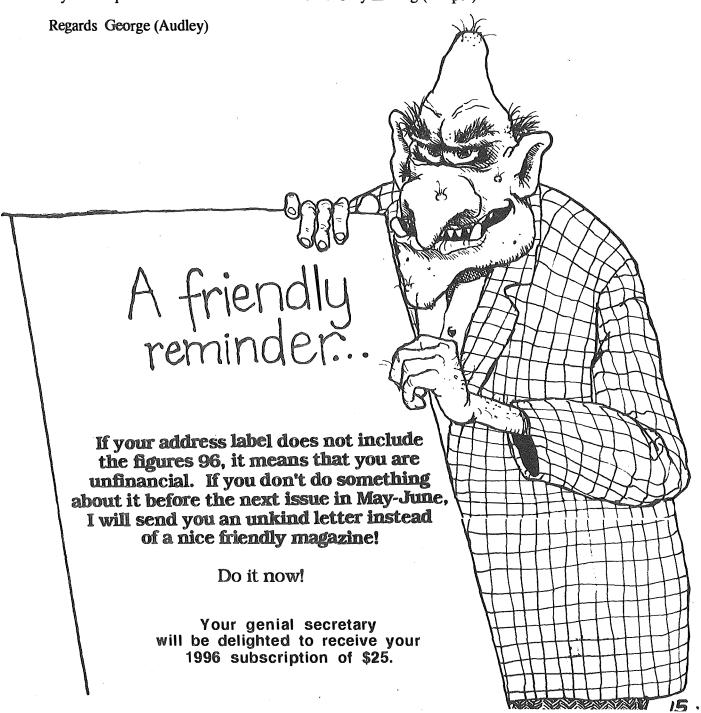
Love Bobby Fickel.

\*

Dear Dot,

The Colac 6 Day was a real test this year and I was really pleased to have coped. The main problem was the hardness of the track and the cold wind. It's not often I run in a tracksuit and wear gloves, but I did this year, during the daytime as well! I had got to the stage where I was thinking of trading in my running shoes, but 6th place and finishing in front of Peter Gray has given me ideas and I will keep on plodding.

Next Saturday March 8th, I'm off to Nanango and the 1000 Mile event, so I thought I'd better send in my subscription in case I don't make it back ...Only kidding (I hope!)



# NOWRA ROADRUNNERS NOWRA to KANGAROO VALLEY 1995 Inaugural ULTRAMARATHON

by Terry Threlfall

Rick Foster's dream came true on Sunday 18 June 1995. After years of participating in Ultras around the state, of officiating in Sydney to Melbourne Runs, Rick organised a very successful first Ultra-marathon on the NSW South Coast. Held in conjunction with the annual 32 km King of the Mountain (which has been going since 1966), the ultra, with minimum publicity, attracted 15 quality entrants. Thirteen brave souls started and finished the 46 km course.

The conditions were ideal; cold and fine. When the 13 ultra-marathoners set off from Cambewarra school at 8 am, we, the officials, turned our attention to the shorter run. We were secure in the idea that we would not see the ultra runners again until we had checked in the bulk of the bot-shots in the 32 km run (it started 1 hour later). But Trevor Jacobs, closely pursued by Greg Love, just flew up and down the foothills of Budjong, and, on hitting the rough stuff on the Bugong Fire trail went even faster! When he turned for home (16 km to go) on the down hill bitumen of Tallowa Dam Rd, he really burnt up the miles.

So when the 32 km King of the Mountain leader, Andrew Llyod (THE Andrew Lloyd), stormed down Mt Scanzi and out of the bush, joining the Ultra route 6 km from the finish at Kangaroo Valley, he saw runners in front of him! Trevor Jacobs and Greg Love finished in front of all the 32 km runners, having run 14 km extra. Not bad for an hour in a challenging ultra!

Competitors were very happy with the support and the organisation (and the traditional cuppa and scones for all finishers); we are sure they will be back next year, bringing all their mates (by the way, where were the Victorians?). Special thanks must go to the many volunteer officials from the Nowra Athletics Club (over 30 of them!) led by President John Morris. And thanks Rick, for a great idea!

#### RESULTS

Plac	e Time	Name	Age	Locality
1	3.00.42	Trevor JACOBS	43	Latham ACT
2	3.02,20	Greg LOVE	41	Umina NSW
3	3.22.16	Andrew MCKENZIE-HICKS	37	Bexley NSW
4	3.26.55	Barry PRICE	36	Caringbah NSW
5	3.29.56	Jonathon WORSWICK	32	Annandale NSW
6	3.32.36	,Kelvin MARSHALL	31	Lane Cove NSW
7	3.39.44	Jack ROBINSON	50	Mollymook NSW
8	3.50.02	Ross BILL	44	Mosman NSW
9	3.55.59	Mike WARD	42	Balmain NSW
10	4.06.55	Rob KIMBREY	47	Appin NSW
11	4.14.07	Roger STEPHENS	43	Lindfield NSW
12	4.22.47	John MAZURKIEWICZ	26	Kaleen ACT
13	4.46.40	Georgina McCONNELL	51	Baulkham Hills

This years event will be Sunday 16 June, 1996. Entry form below, or available from PO Box 258 Nowra NSW 2541

# LESTOFFINALISTS -- -- \*\*

47 58 FOXALL PETER M UNITED KINGI 48 9 FUNADA KIMIE F← JARAN 49 150 OGAWA MASATOSHI M JAPAN 50 119 FOURNARIS MARIOS M HELLAS 51 207 SAMBALIS JOHN M HELLAS 52 166 MCDONALD DON M IRELAND 53 39 RITTEL KARL-LUDWIG M GERMANY 54 48 KÔPP JOACHIM M GERMANY	TIMING
131   SORENSEN   KARSTEN   M   GERMANY     158   ARAYA   MITSUO   M   JAPAN     158   ARAYA   MITSUO   M   JAPAN     158   ARAYA   MITSUO   M   JAPAN     159   144   ONOKI   JUN   M   JAPAN     150   38   ROETHER   WOLFGANG   M   GERMANY     151   38   ROETHER   WOLFGANG   M   GERMANY     152   20   WESSIAK   WALTHER   M   AUSTRIA     153   LUDWIG   MANFRED   M   GERMANY     150   143   SAGAMA   TSUTOMU   M   JAPAN     164   47   KÜHNE   THOMAS   M   GERMANY     165   140   WATANABE   FUKUYOSHI   M   JAPAN     167   JORDAN   EDGAR   M   AUSTRIA     154   WATANABE   FUKUYOSHI   M   JAPAN     157   WILLIAMS   MARK   M   UNITED KING     158   AUSTRIA   TERO   M   GERMANY     159   COLLINS   MARK   M   UNITED KING     150   AUSTRIA   TERO   M   GERMANY     151   AUSTRIA   TERO   M   GERMANY     152   AUSTRIA   TERO   M   GERMANY     155   AUSTRIA   TERO   M   GERMANY     158   AUSTRIA   TERO   M   GERMANY     159   COLUBO   KOICHI   M   JAPAN     150   AUSTRIA   TERO   M   GERMANY     150   AUSTRIA   TERO   M   GERMANY     151   AUSTRIA   TERO   M   GERMANY     152   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     154   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     156   KNOL   WIMBART   M   AUSTRIA     157   MILLNER   NORBERT   M   AUSTRIA     158   AUGUSTEDANIEL   M   FRANCE     159   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     150   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     151   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     157   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     157   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     159   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     152   AUGUSTEDANIEL   M   AUSTRIA     157   AUGUSTEDANIEL   M   AUSTRIA     158   AUGUSTEDANIEL   M   AUSTRIA     159   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     152   AUGUSTEDANIEL   M   AUSTRIA     153   AUGUSTEDANIEL   M   AUSTRIA     154   AUGUSTEDANIEL   M	SDOM 25.59.42
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131   SORENSEN   KARSTEN   M   GERMANY     158   ARAYA   MITSUO   M   JAPAN     158   ARAYA   MITSUO   M   JAPAN     158   ARAYA   MITSUO   M   JAPAN     159   144   ONOKI   JUN   M   JAPAN     150   38   ROETHER   WOLFGANG   M   GERMANY     151   38   ROETHER   WOLFGANG   M   GERMANY     152   20   WESSIAK   WALTHER   M   AUSTRIA     153   LUDWIG   MANFRED   M   GERMANY     150   143   SAGAMA   TSUTOMU   M   JAPAN     164   47   KÜHNE   THOMAS   M   GERMANY     165   140   WATANABE   FUKUYOSHI   M   JAPAN     167   JORDAN   EDGAR   M   AUSTRIA     154   WATANABE   FUKUYOSHI   M   JAPAN     157   WILLIAMS   MARK   M   UNITED KING     158   AUSTRIA   TERO   M   GERMANY     159   COLLINS   MARK   M   UNITED KING     150   AUSTRIA   TERO   M   GERMANY     151   AUSTRIA   TERO   M   GERMANY     152   AUSTRIA   TERO   M   GERMANY     155   AUSTRIA   TERO   M   GERMANY     158   AUSTRIA   TERO   M   GERMANY     159   COLUBO   KOICHI   M   JAPAN     150   AUSTRIA   TERO   M   GERMANY     150   AUSTRIA   TERO   M   GERMANY     151   AUSTRIA   TERO   M   GERMANY     152   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     154   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     156   KNOL   WIMBART   M   AUSTRIA     157   MILLNER   NORBERT   M   AUSTRIA     158   AUGUSTEDANIEL   M   FRANCE     159   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     150   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     151   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     157   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     157   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     159   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     152   AUGUSTEDANIEL   M   AUSTRIA     157   AUGUSTEDANIEL   M   AUSTRIA     158   AUGUSTEDANIEL   M   AUSTRIA     159   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     152   AUGUSTEDANIEL   M   AUSTRIA     153   AUGUSTEDANIEL   M   AUSTRIA     154   AUGUSTEDANIEL   M	29.18.24
131   SORENSEN   KARSTEN   M   GERMANY     158   ARAYA   MITSUO   M   JAPAN     158   ARAYA   MITSUO   M   JAPAN     158   ARAYA   MITSUO   M   JAPAN     159   144   ONOKI   JUN   M   JAPAN     150   38   ROETHER   WOLFGANG   M   GERMANY     151   38   ROETHER   WOLFGANG   M   GERMANY     152   20   WESSIAK   WALTHER   M   AUSTRIA     153   LUDWIG   MANFRED   M   GERMANY     150   143   SAGAMA   TSUTOMU   M   JAPAN     164   47   KÜHNE   THOMAS   M   GERMANY     165   140   WATANABE   FUKUYOSHI   M   JAPAN     167   JORDAN   EDGAR   M   AUSTRIA     154   WATANABE   FUKUYOSHI   M   JAPAN     157   WILLIAMS   MARK   M   UNITED KING     158   AUSTRIA   TERO   M   GERMANY     159   COLLINS   MARK   M   UNITED KING     150   AUSTRIA   TERO   M   GERMANY     151   AUSTRIA   TERO   M   GERMANY     152   AUSTRIA   TERO   M   GERMANY     155   AUSTRIA   TERO   M   GERMANY     158   AUSTRIA   TERO   M   GERMANY     159   COLUBO   KOICHI   M   JAPAN     150   AUSTRIA   TERO   M   GERMANY     150   AUSTRIA   TERO   M   GERMANY     151   AUSTRIA   TERO   M   GERMANY     152   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     154   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     156   KNOL   WIMBART   M   AUSTRIA     157   MILLNER   NORBERT   M   AUSTRIA     158   AUGUSTEDANIEL   M   FRANCE     159   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     150   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     151   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     157   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     157   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     159   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     152   AUGUSTEDANIEL   M   AUSTRIA     157   AUGUSTEDANIEL   M   AUSTRIA     158   AUGUSTEDANIEL   M   AUSTRIA     159   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     152   AUGUSTEDANIEL   M   AUSTRIA     153   AUGUSTEDANIEL   M   AUSTRIA     154   AUGUSTEDANIEL   M	29.25.36
131   SORENSEN   KARSTEN   M   GERMANY     158   ARAYA   MITSUO   M   JAPAN     158   ARAYA   MITSUO   M   JAPAN     158   ARAYA   MITSUO   M   JAPAN     159   144   ONOKI   JUN   M   JAPAN     150   38   ROETHER   WOLFGANG   M   GERMANY     151   38   ROETHER   WOLFGANG   M   GERMANY     152   20   WESSIAK   WALTHER   M   AUSTRIA     153   LUDWIG   MANFRED   M   GERMANY     150   143   SAGAMA   TSUTOMU   M   JAPAN     164   47   KÜHNE   THOMAS   M   GERMANY     165   140   WATANABE   FUKUYOSHI   M   JAPAN     167   JORDAN   EDGAR   M   AUSTRIA     154   WATANABE   FUKUYOSHI   M   JAPAN     157   WILLIAMS   MARK   M   UNITED KING     158   AUSTRIA   TERO   M   GERMANY     159   COLLINS   MARK   M   UNITED KING     150   AUSTRIA   TERO   M   GERMANY     151   AUSTRIA   TERO   M   GERMANY     152   AUSTRIA   TERO   M   GERMANY     155   AUSTRIA   TERO   M   GERMANY     158   AUSTRIA   TERO   M   GERMANY     159   COLUBO   KOICHI   M   JAPAN     150   AUSTRIA   TERO   M   GERMANY     150   AUSTRIA   TERO   M   GERMANY     151   AUSTRIA   TERO   M   GERMANY     152   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     154   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     156   KNOL   WIMBART   M   AUSTRIA     157   MILLNER   NORBERT   M   AUSTRIA     158   AUGUSTEDANIEL   M   FRANCE     159   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     150   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     151   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     157   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     157   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     159   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     152   AUGUSTEDANIEL   M   AUSTRIA     157   AUGUSTEDANIEL   M   AUSTRIA     158   AUGUSTEDANIEL   M   AUSTRIA     159   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     152   AUGUSTEDANIEL   M   AUSTRIA     153   AUGUSTEDANIEL   M   AUSTRIA     154   AUGUSTEDANIEL   M	. 29.33.00
131   SORENSEN   KARSTEN   M   GERMANY     158   ARAYA   MITSUO   M   JAPAN     158   ARAYA   MITSUO   M   JAPAN     158   ARAYA   MITSUO   M   JAPAN     159   144   ONOKI   JUN   M   JAPAN     150   38   ROETHER   WOLFGANG   M   GERMANY     151   38   ROETHER   WOLFGANG   M   GERMANY     152   20   WESSIAK   WALTHER   M   AUSTRIA     153   LUDWIG   MANFRED   M   GERMANY     150   143   SAGAMA   TSUTOMU   M   JAPAN     164   47   KÜHNE   THOMAS   M   GERMANY     165   140   WATANABE   FUKUYOSHI   M   JAPAN     167   JORDAN   EDGAR   M   AUSTRIA     154   WATANABE   FUKUYOSHI   M   JAPAN     157   WILLIAMS   MARK   M   UNITED KING     158   AUSTRIA   TERO   M   GERMANY     159   COLLINS   MARK   M   UNITED KING     150   AUSTRIA   TERO   M   GERMANY     151   AUSTRIA   TERO   M   GERMANY     152   AUSTRIA   TERO   M   GERMANY     155   AUSTRIA   TERO   M   GERMANY     158   AUSTRIA   TERO   M   GERMANY     159   COLUBO   KOICHI   M   JAPAN     150   AUSTRIA   TERO   M   GERMANY     150   AUSTRIA   TERO   M   GERMANY     151   AUSTRIA   TERO   M   GERMANY     152   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     154   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     156   KNOL   WIMBART   M   AUSTRIA     157   MILLNER   NORBERT   M   AUSTRIA     158   AUGUSTEDANIEL   M   FRANCE     159   AUSTRIA   AUGUSTEDANIEL   M   FRANCE     150   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     151   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     157   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     157   AUSTRIA   AUGUSTEDANIEL   M   AUSTRIA     159   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     152   AUGUSTEDANIEL   M   AUSTRIA     157   AUGUSTEDANIEL   M   AUSTRIA     158   AUGUSTEDANIEL   M   AUSTRIA     159   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     150   AUGUSTEDANIEL   M   AUSTRIA     151   AUGUSTEDANIEL   M   AUSTRIA     152   AUGUSTEDANIEL   M   AUSTRIA     153   AUGUSTEDANIEL   M   AUSTRIA     154   AUGUSTEDANIEL   M	30.03.09
158	30.03.09
158	30.57.40
12	31.06.21 31.07.45
13   38   ROETHER   WOLFGANG   M   GERMANY   ILEDA   KAZUYOSHI   M   JAPAN   IS   20   WESSIAK   WALTHER   M   AUSTRIA   IS   LUDWIG   MANFRED   M   GERMANY   IT   143   SAGAMA   TSUTOMU   M   JAPAN   IS   47   KÜHNE   THOMAS   M   GERMANY   IS   154   WATANABE   FUKUYOSHI   M   JAPAN	31.22.52
IKEDA   KAZUYOSHI   M JAPAN     15   20   WESSIAK   WALTHER   M AUSTRIA     16   135   LUDWIG   MANFRED   M GERMANY     17   143   SAGAMA   TSUTOMU   M JAPAN     18   47   KÜHNE   THOMAS   M GERMANY     19   59   COLLINS   TONY   M JAPAN     10   59   COLLINS   TONY   M JAPAN     11   154   WATANABE   FUKUYOSHI   M JAPAN     12   154   WATANABE   FUKUYOSHI   M JAPAN     13   27   WILLIAMS   MARK   M UNITED KING     14   ROBINSON   NIGEL   M GERMANY     15   27   WILLIAMS   MARK   M UNITED KING     16   70   TOYRYLĀ   TERO   M FINLAND     17   136   SCHMIO   REINHARD   M GERMANY     18   139   SIPOS   ISTVAN   M HUNGARY     19   NOVIKOY   VLADIMIR   M RUSSIA     109   NOVIKOY   VLADIMIR   M RUSSIA     100   NOVIKOY   VLADIMIR   M RUSSIA     100   NOVIKOY	31.39.37
15	31.50.00
143   SAGAMA TSUTOMU M JAPAN   18   47 KÜHNE THOMAS M GERMANY   19   59 COLLINS TONY M JAUSTRALIA   16   76 JORDAN EDGAR M AUSTRIA   16   16   16   17   16   17   16   17   17	31.54.21
143   SAGAMA TSUTOMU M JAPAN   18   47 KÜHNE THOMAS M GERMANY   19   59 COLLINS TONY M JAUSTRALIA   16   76 JORDAN EDGAR M AUSTRIA   16   16   16   17   16   17   16   17   17	31.59.08
18	32.01.09
19 59 COLLINS TONY M AUSTRALIA 1.0 76 JORDAN EDGAR M AUSTRIA 1.1 154 WATANABE FUKUYOSHI M JAPAN 2.1 154 WATANABE FUKUYOSHI M JAPAN 4.1 154 WATANABE FUKUYOSHI M JAPAN 4.1 154 WATANABE FUKUYOSHI M JAPAN 2.2 44 ROBINSON NIGEL M GERMANY 1.2 27 WILLIAMS MARK M UNITED KING 1.5 142 OKUBO KOICHI M JAPAN 1.5 142 OKUBO KOICHI M JAPAN 1.6 150 OKUBO KOICHI M GERMANY 1.6 150 OKUBO KOICHI M FRANCE 1.6 150 OKUBO KOICHI M JAPAN 1.6 150 OKUBO KOICHI M KOICHI M KUSIA 1.6 150 OKUBO KOICHI MARIO M JAPAN 1.6 150 OKUBO KOICHI MARIO M ITALY 1.6 150 OKUBO KOICHI M GERMANY 1.6 150 OKUBO KOICHI M FRANCE 1.6 150 OKUBO KIMIE F.€ JAPAN 1.6 150 OKUBO KIMIE F.	32.03.03
1.0 76 JORDAN EDGAR M AUSTRIA 154 WATANABE FUKUYOSHI M JAPAN 12-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-	32.27.10
121 44 ROBINSON NIGEL M GERMANTY L 123 27 WILLIAMS MARK M UNITED KING 24 84 DAMMEKENS WILSON M BELGIUM 25 142 OKUBO KOICHI M JAPAN 15 70 TOYRYLĀ TERO M FINLAND 16 70 TOYRYLĀ TERO M FINLAND 17 136 SCHMIO REINHARD M GERMANY 18 98 LESPINAS AUGUSTEDANIEL M FRANCE 19 77 MILLNER NORBERT M AUSTRIA 19 SIPOS ISTVAN M HUNGARY 11 65 KNOL WIMBART M THE NETHER! 19 140 YOSHIKOSHI MIYAKO F ← JAPAN 13 141 YOSHIKOSHI OSAMU M JAPAN 13 141 YOSHIKOSHI OSAMU M JAPAN 14 109 NOVIKOV VLADIMIR M RUSSIA 15 94 ROCHOTTE CHRISTOPHE M FRANCE 123 ORLOVS ALEXANDER M LATVIA 15 16 CASTAGNOLI MARIO M ITALY 15 16 CASTAGNOLI MARIO M ITALY 16 CASTAGNOLI MARIO M UNITED KING 17 ISHIKURA MASAMI M JAPAN 14 73 SUGAWARA TATSUO M JAPAN 14 73 SUGAWARA TATSUO M JAPAN 15 16 SANGLIM SACHIO M JAPAN 16 17 ISHIKURA MASAMI M JAPAN 17 ISHIKURA MASAMI M JAPAN 18 KODAIRA SACHIO M JAPAN 19 JAOUEN JEANBENOIT M FRANCE 19 FUNADA KIMIE F ← JARAN 19 SERMANY 19 JAOUEN JEANBENOIT M FRANCE 19 FUNADA KIMIE F ← JARAN 19 SOGAWA MASATOSHI M JAPAN 19 SOGAWA MASATOSHI M JAPAN 19 SOGAWA MASATOSHI M JAPAN 19 FOURNARIS MARIOS M HELLAS 19 FOURNARIS MARIOS M HELLAS 19 FOURNARIS MARIOS M HELLAS 19 POURNARIS MARIOS M GERMANY	32.27.10
121 44 ROBINSON NIGEL M GERMANTY L 123 27 WILLIAMS MARK M UNITED KING 24 84 DAMMEKENS WILSON M BELGIUM 25 142 OKUBO KOICHI M JAPAN 15 70 TOYRYLĀ TERO M FINLAND 16 70 TOYRYLĀ TERO M FINLAND 17 136 SCHMIO REINHARD M GERMANY 18 98 LESPINAS AUGUSTEDANIEL M FRANCE 19 77 MILLNER NORBERT M AUSTRIA 19 SIPOS ISTVAN M HUNGARY 11 65 KNOL WIMBART M THE NETHER! 19 140 YOSHIKOSHI MIYAKO F ← JAPAN 13 141 YOSHIKOSHI OSAMU M JAPAN 13 141 YOSHIKOSHI OSAMU M JAPAN 14 109 NOVIKOV VLADIMIR M RUSSIA 15 94 ROCHOTTE CHRISTOPHE M FRANCE 123 ORLOVS ALEXANDER M LATVIA 15 16 CASTAGNOLI MARIO M ITALY 15 16 CASTAGNOLI MARIO M ITALY 16 CASTAGNOLI MARIO M UNITED KING 17 ISHIKURA MASAMI M JAPAN 14 73 SUGAWARA TATSUO M JAPAN 14 73 SUGAWARA TATSUO M JAPAN 15 16 SANGLIM SACHIO M JAPAN 16 17 ISHIKURA MASAMI M JAPAN 17 ISHIKURA MASAMI M JAPAN 18 KODAIRA SACHIO M JAPAN 19 JAOUEN JEANBENOIT M FRANCE 19 FUNADA KIMIE F ← JARAN 19 SERMANY 19 JAOUEN JEANBENOIT M FRANCE 19 FUNADA KIMIE F ← JARAN 19 SOGAWA MASATOSHI M JAPAN 19 SOGAWA MASATOSHI M JAPAN 19 SOGAWA MASATOSHI M JAPAN 19 FOURNARIS MARIOS M HELLAS 19 FOURNARIS MARIOS M HELLAS 19 FOURNARIS MARIOS M HELLAS 19 POURNARIS MARIOS M GERMANY	32.52.58
24 84 DAMMEKENS WILSON M BELGIUM  25 142 OKUBO KOICHI M JAPAN  10 70 TOYRYLĀ TERO M FINLAND  21 136 SCHMIO REINHARD M GERMANY  24 98 LESPINAS AUGUSTEDANIEL M FRANCE  14 77 MILLNER NORBERT M AUSTRIA  25 139 SIPOS ISTVAN M HUNGARY  31 65 KNOL WIMBART M THE NETHER!  35 141 YOSHIKOSHI MIYAKO F ← JAPAN  36 109 NOVIKOV VLADIMIR M RUSSIA  36 123 ORLOVS ALEXANDER M LATVIA  37 16 CASTAGNOLI MARIO M ITALY  38 165 ANGLIM MICK M UNITED KING  39 37 NUSSBAUM RUDOLF M GERMANY  40 147 ISHIKURA MASAMI M JAPAN  41 73 SUGAWARA TATSUO M JAPAN  41 73 SUGAWARA TATSUO M JAPAN  44 71 SHIKURA MASAMI M JAPAN  45 31 MEYER HANS-JOACHIM M GERMANY  46 31 MEYER HANS-JOACHIM M GERMANY  47 158 NOGAMI OSAMU M JAPAN  48 NOBAMI OSAMU M JAPAN  49 1 JAOUEN JEANBENOIT M FRANCE  46 88 NEMES ATTILA M HUNGARY  47 158 FOXALL PETER M UNITED KING  48 9 FUNADA KIMIE F ← JARAN  50 119 FOURNARIS MARIOS M HELLAS  51 166 MCDONALD DON M IRLLAS  52 166 MCDONALD DON M IRLLAS  53 39 RITTEL KARL-LUDWIG M GERMANY  54 48 KÕPP JOACHIM M GERMANY  55 48 KÕPP JOACHIM M GERMANY  56 169 GERMANY  57 166 MCDONALD DON M IRLLAS  58 168 MC GERMANY  59 48 KÕPP JOACHIM M GERMANY  50 19 FURNARIS MARIOS M HELLAS  50 19 GERMANY  50 19 FURNAND MASATOSHI M JAPAN  50 119 FOURNARIS MARIOS M HELLAS  50 10 GERMANY  51 166 MCDONALD MASARIOS M GERMANY  52 166 MCDONALD MARIOS M GERMANY  54 48 KÕPP JOACHIM M GERMANY  55 10 GERMANY  56 10 M GERMANY  57 10 M GERMANY  58 10 M GERMANY  59 10 M GERMANY  50 10 M GERMANY  51 10 M GERMANY  52 10 M GERMANY  53 10 M GERMANY  54 18 M GERMANY  55 10 M GERMANY  56 18 M GERMANY  57 10 M GERMANY  58 18 M GERMANY  59 10 M GERMANY  50 10 M GERMANY  50 10 M GERMANY  50 10 M GERMANY  51 10 M GERMANY  51 10 M GERMANY  52 10 M GERMANY  53 10 M GERMANY  54 18 M GERMANY  55 10 M GERMANY  56 10 M GERMANY  57 10 M GERMANY  58 10 M GERMANY  59 10 M GERMANY  50 10 M GERMANY  50 10 M GERMANY  51 10 M GERMANY  51 10 M GERMANY  51 10 M GERMANY  51 10 M GERMANY  52 10 M GERMANY  53 10 M G	33.06.30
25 142 OKUBO KOICHI M JAPAN 1 10 70 TOYRYLÄ TERO M FINLAND 1 136 SCHMIO REINHARD M GERMANY 28 98 LESPINAS AUGUSTEDANIEL M FRANCE 1 14 77 MILLNER NORBERT M AUSTRIA 3 SIPOS ISTVAN M HUNGARY 3 1 65 KNOL WIMBART M THE NETHER! 5 140 YOSHIKOSHI MIYAKO F ← JAPAN 3 141 YOSHIKOSHI OSAMU M JAPAN 3 199 NOVIKOV VLADIMIR M RUSSIA 3 109 NOVIKOV VLADIMIR M RUSSIA 3 123 ORLOVS ALEXANDER M LATVIA 5 16 CASTAGNOLI MARIO M ITALY 5 16 CASTAGNOLI MARIO M UNITED KING 3 3 7 NUSSBAUM MUDOLF M GERMANY 4 17 ISHIKURA MASAMI M JAPAN 4 17 ISHIKURA MASAMI M JAPAN 4 17 SUGAWARA TATSUO M JAPAN 4 1 13 MEYER HANS-JOACHIM M GERMANY 4 91 JAOUEN JEANBENOIT M FRANCE 4 88 NEMES ATTILA M HUNGARY 4 91 JAOUEN JEANBENOIT M FRANCE 4 88 NEMES ATTILA M HUNGARY 4 91 JAOUEN JEANBENOIT M FRANCE 4 88 NEMES ATTILA M HUNGARY 4 150 OGAWA MASATOSHI M JAPAN 5 119 FOURNARIS MARIOS M HELLAS 5 207 SAMBALIS JOHN M HELLAS 5 166 MCDONALD DON M IRELAND 5 119 FOURNARIS MARIOS M HELLAS 5 3 9 RITTEL KARL-LUDWIG M GERMANY 5 48 KÕPP JOACHIM M GERMANY	DOM 33.06.30
15	33.14.29
271 136 SCHMIO REINHARD M GERMANY 128 98 LESPINAS AUGUSTEDANIEL M FRANCE 149 77 MILLNER NORBERT M AUSTRIA 300 139 SIPOS ISTVAN M HUNGARY 31 65 KNOL WIMBART M THE NETHER! 31 140 YOSHIKOSHI MIYAKO F ← JAPAN 32 141 YOSHIKOSHI OSAMU M JAPAN 33 141 YOSHIKOSHI OSAMU M JAPAN 34 109 NOVIKOV VLADIMIR M RUSSIA 35 141 YOSHIKOSHI OSAMU M FRANCE 36 123 ORLOVS ALEXANDER M LATVIA 37 16 CASTAGNOLI MARIO M ITALY 38 165 ANGLIM MICK M UNITED KING 39 37 NUSSBAUM RUDOLF M GERMANY 40 147 ISHIKURA MASAMI M JAPAN 41 73 SUGAWARA TATSUO M JAPAN 41 73 SUGAWARA TATSUO M JAPAN 41 73 SUGAWARA SACHIO M JAPAN 44 91 JAOUEN JEANBENOIT M FRANCE 45 88 NEMES ATTILA M HUNGARY 46 193 NOGAMI OSAMU M JAPAN 47 158 FOXALL PETER M UNITED KING 48 9 FUNADA KIMIE F ← JARAN 50 119 FOURNARIS MARIOS M HELLAS 51 166 MCDONALD DON M GERMANY 52 166 MCDONALD DON M IRELAND 53 39 RITTEL KARL-LUDWIG M GERMANY 54 48 KÕPP JOACHIM M GERMANY	33.15.30
28	33.24.13
144 77 MILLNER NORBERT M AUSTRIA 30 139 SIPOS ISTVAN M HUNGARY 31 65 KNOL WIMBART M THE NETHERI 31 140 YOSHIKOSHI MIYAKO F C JAPAN 33 141 YOSHIKOSHI OSAMU M JAPAN 34 109 NOVIKOV VLADIMIR M RUSSIA 35 141 YOSHIKOSHI OSAMU M RUSSIA 35 142 ORLOVS ALEXANDER M FRANCE 36 123 ORLOVS ALEXANDER M LATVIA 36 165 ANGLIM MICK M UNITED KING 37 16 CASTAGNOLI MARIO M ITALY 38 165 ANGLIM MICK M UNITED KING 38 37 NUSSBAUM RUDOLF M GERMANY 49 147 ISHIKURA MASAMI M JAPAN 40 147 ISHIKURA MASAMI M JAPAN 41 73 SUGAWARA TATSUO M JAPAN 44 91 JAOUEN JEANBENOIT M FRANCE 45 31 MEYER HANS-JOACHIM M GERMANY 44 91 JAOUEN JEANBENOIT M FRANCE 45 88 NEMES ATTILA M HUNGARY 46 193 NOGAMI OSAMU M JAPAN 47 58 FOXALL PETER M UNITED KING 48 9 FUNADA KIMIE F JAPAN 47 150 OGAWA MASATOSHI M JAPAN 47 150 OGAWA MASATOSHI M JAPAN 47 150 OGAWA MASATOSHI M JAPAN 58 19 FUNADA KIMIE F JAPAN 59 19 FOURNARIS MARIOS M HELLAS 51 19 FOURNARIS MARIOS M HELLAS 51 166 MCDONALD DON M IRELAND 53 39 RITTEL KARL-LUDWIG M GERMANY	33.26.47
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#### THE SPARTATHLON

Starts 7am
Friday 27th September, 1996
at the Acropolis in Athens

It finishes 7pm Saturday 28th September, 1996 at King Leonidas' Statue in Sparta

> Entry forms: John Foden 141 Davies Road, Mottingham NG2 5HZ

#### THE 1995 SPRRTRTHLON

This year 154 competitors from fifty countries, some as far away as Australia, set out from Athens for Sparti. The start is now from the steps of the Acropolis. At 7 am full of hope, under an overcast sky, they left encouraged by the music of the city band.

The route out of Athens is still through an industrial zone and heavy traffic. It was not attractive in 1982. It isn't now.

By 20 miles, when they had reached the coast road, the sun had burnt off the clouds. The runners sweltered as the road switch backed, with the heat reflected from the sea on one side and steep sandstone cliffs on the other. It became like running in a furnace.

The narrow bridge over the 300 foot deep cutting of the Corinth Canal again found out who suffered from vertigo. Two crossed at a snail's pace desperately clutching the hand rail. Whatever would the Emperor Nero have said. He ceremoniously began digging the canal nearly two thousand years ago with a golden spade.

About 20 competitors retired at the nearby elimination point. But our Greek hosts were justifiably delighted that Kostas Repos was leading in a time of 6 hrs 18 mins. He seemed as comfortable as Yiannis Kouros, but had a better running style. He was dramatically dressed all in black.

The British were cheered to see Martin Eccles in second place in 6 hrs 44 ins. But he looked worried. He was followed by a Japanese called Kenji Okiyama in 6 hrs 45 mins. James Zarei was in fourth place with 6 hrs 56 mins. As always he politely thanked everyone for any assistance he was offered.

Here the large support team of the Japanese contingent made its first appearance. Four handlers made each Japanese athlete lie down, removed his or her shoes and carefully inspected his feet for the first signs of blisters before giving a massage. Other supporters offered drinks, food, ice packs and put on fresh socks. The Japanese runners were grimacing. They were not as stoical as I had thought.

British athletes used the excellent official refreshments and masseurs, but must still have felt a trifle envious of the pampering the Japanese were receiving.

Amongst them was probably Martin. I thought he had arrived looking rather tired, but I was not concerned as I expected him to recover during the cool of the evening. In fact he was

suffering from severe cramp in both legs from the hip downwards. For several hours the Greek masseurs worked on him.

Then as the cut off time approached, a doctor offered Martin an injection to relax his muscles. He refused. I think he was right. He could not have made up the hours he had lost, and any side effects of the drug were unpredictable. A risk not worth taking as he entered a mountainous area of a strange country with night coming on.

The foothills of the Peleponese mountains waited for those carrying on. In picturesque Akrokorinthos the local taverna had been converted into a welcoming refreshment point.

The flat coastal plain of the North Peloponese follows. There the dusty track leads past delightful refreshment points in vineyards and orchards, shaded by archways made from grape vines. The kindly Greek ladies at some points were so concerned with the runners' welfare it needed great determination not to sit down and be mothered.

At one elimination point there was a muddle over cut off times. Some runners who were required to withdraw, protested they should have been allowed to continue.

At Nemea the village priest asked me to go into the church with him to light a candle on the altar in prayer for Kostas' success. Actually, under my breath, I said James and Bryan.

It was an appropriate thing to do there. In ancient times games were held at Nemea that rivalled those of Olympia for religious importance. At Olympia winners were crowned with olives wreaths, but in Nemea with asparagus. Laurel leaves that we now associate with success were a Roman military award.

Between Zevgolation and Maladrenion the order did not change much. As usual many refreshment points were in crowded tavernas. The race is the great annual festival of the mountains and the villagers tick off runners in their programmes.

Kostas continued to lead. He was running extremely well, though he mentioned a niggle in his left knee. He was still impeccably dressed and behaved towards his admiring countrymen like an emperor. He certainly had great style.

Some enthusiastic farmers used to offer runners kebabs, wine and ouzo during the evening. This now seems to have stopped. I was never certain whether this hospitality was to show appreciation of the great effort being made, or to nobble a runner. Certainly there still seems to be some gambling going on.

During the evening between Maladrenion and Sangas the hardest part of the course and the 100 mile mark are reached.

By now competitors were very tired. All that is except Kostas who still looked fresh, but was limping when he reached Lurkia in 13 hrs 30 mins. Most runners in difficulty scowl and complain. He asked for a drink in the relaxed manner of a man ordering beer in a pub. I have never seen anything like it before.

Kenji was still in second place in 13 hrs 41 mins.

Third, and about half an hour behind, was James, the only other runner to appear relaxed and running within himself. He still found time to thank everyone who gave him drink or food. When I told him how far Kostas and Kenji were in front, so that he could judge how to overtake them. He was very grateful. Competitors without personal handlers to keep them informed have no idea how far ahead or behind their opponents are.

On the climb up the Bey's Ladder Kostas' knee gave out and he retired. But with great determination Kenji continued to struggle on, desperately holding on to first place though loosing energy like a bath looses water when the plug is pulled. Behind him many others gave up on the the mountain.

James finally passed Kenji near the village of Tegea. It was here one of the original RAF runners hallucinated and Herodotus stated Pheidippides saw the god Pan. Whilst overjoyed for James, I felt sorry for the Jap. I am sure all those who have run to Sparti will feel the same. So far. So near. And yet to be passed in the final stretch.

As Sparti comes in sight in the valley far below euphoria always takes over and every competitor attempts to run those last ten downhill kms. The problem is exhausted knees scream in agony with every step. So most don't run the whole way down.

Nowadays each competitor is escorted from the city boundary through the streets by a police car, and four teenagers dressed in ancient Greek tunics each carrying a palm frond. Its a bit like Jesus entering Jerusalem. By the time they reach the cheering crowd round the statue of King Leonidas most Spartathletes have magically regained their energy.

The finish ceremonies improve every year. First Spartathletes are given a drink of water taken from the spring in the temple of Sparta's akropolis by girls again dressed in ancient tunics. Then they are crowned with an olive wreath.

To the delight of everyone "Gentleman" James Zarei won for the second year running in a personal best time of 25-59-42. It was a magnificent achievement.

Behind him across the Plain of Arcadia the positions changed dramatically as those who had paced themselves best bore down on the leaders. Of these Vasilios Chalkias, a Greek who had not been near the front before the mountain, was the most successful. He stormed through to second place in 27-49-46. Behind him Bryan Smith of Australia also came from no where to grab third place in 28-12-24. Edward Dudek of Poland was fourth in 29-18-24 and everyone was delighted that Kenji hung on to finish fifth in 29-25-36.

The first lady, and sixth overall, was Helga Backhaus of Germany in 29-33-00. It was her second consecutive win also.

When the 157 mile course closed after 36 hours, 58 of the 154 starters became Spartathletes. Bob Meadowcroft, the only athlete to have competed in every Spartathlon, was one of those who retired. He said the disappointment will provide the incentive to try again so that he can retire from running with a success.

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.

A gleaming white replica of an ancient Greek temple had been erected in the centre. All the Spartathletes 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. Each VIP gave finishing medals to three Spartathletes, who, poor souls, were in some cases scarcely able to stand up.

Then James Zarei, Vasilios Chalkias, and Bryan Smith took their places on podiums in the temple to receive trophies, replica Spanan sickles, from the President of the Greek Olympic Committee.



Vasilios Chalkias Greece 27-49-46

James Zarei Great Britain 25-59-42

Bryan Smith Australia 28-12-24

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.

As always novices had one final shock ahead of them. The next day they were driven back to Athens. Then for the first time they saw the rugged steep sided mountains they ran through in the dark. Most were utterly incredulous. Some said that had they been asked to run that route in daylight after having already covered many miles, they would have adamantly refused.

# **BRINDABELLA CLASSIC**

Australia's Toughest Downhill Mountain Race
12/11/45

# 1995 RACE RESULTS

I	Craig Ambler	1M30	NSW	3.42.20	56	Glenn Hunter	6M25	NSW	5.16.43
2	Geoff Carter	1M35	ACT	3.48.44	57	Ted Harrison		ACT	5.18.48
3	Trevor Jacobs	1M40	ACT	3.51.23	58	Jenny Kiss 6F		NSW	5.20.52
4	Peter Spehr	2M30	NSW	3.55.19	59	Keith White	13M40		5.24.41
5	Greg Love	2M40	NSW	4.00.34	60	Nigel Coldrick		ACT	5.26.24
6	Brenton Walters		ACT	4.04.35	61	George Herisson			5.26.28
7	Jonathon Worsw			4.07.12	62	Alan Duus		ACT	5.27.20
8	Bob Harlow	1M45	ACT	4.07.16	63	Rodney Sturch		NSW	5.27.52
9	Richard Lane	4M40	QLD	4.10.04	64	Mal McGregor		ACT	5.27.56
10	Philip Hugill	2M35	NSW	4.16.44	65	Glenn Rosevear	11M30		5.27.56
11	Peter Clarke	2M45	ACT	4.17.21	66	John-Richard Ha			5.30.23
12	Craig Wisdom	3M35	ACT	4.19.51	67	Peter Gray	12M30		5.31.16
13	Mo Bartley 1F	1F40	USA	4.21.06	68	Phillip Clarke	15M40		5.34.41
14	Basil Hanna	3M40	WA	4.21.50	69	Keith Law	12M45		5.36.31
15	Col Bridge	1M50	ACT	4.26.39	70	Harry Spragg	16M40		5.37.03
16	Raymond Potter		NSW	4.27.08	71	Paula Whitehous			5.37.17
17	Hugh Jorgensen		ACT	4.27.14	<b>7</b> 2	Jim Screen	10M50		5.37.59
18	Kevin Cassidy	4M35	VIC	4.27.45	73	John Smith	1M55	NSW	5.38.26
19	Mark Steinberg	6M30	NSW	4.28.23	74	Dennis Cunniffe	2M55	NSW	5.39.09
20	Kelvin Marshall	7M30	NSW	4.30.22	75	Dave Girvan	2M60	NSW	5.39.09
21	John Glen	5M35	NSW	4.39.09	76	Bruce Hall	17M40	NSW	5.40.27
22	Peter Sinfield	6M35	ACT	4.39.49	77	Alf Field		NSW	5.42.41
23	Ian Colqhhoun	4M40	ACT	4.39.49	78	Mark Wood		ACT	5.42.51
24	Buzz Burrell	5M40	USA	4.40.55	79	Tony Famham	13M45		5.43.11
25	Ken Hickson	3M45	NSW	4.43.11	80	Allan Vernon	13M30		5.45.00
26	Andrew Taylor	8M30	NSW	4.45.00	81	Vic Anderson	18M40		5.48.32
27	Mike Ward	6M40	NSW	4.46.25	82	Joan Eisenhuth 8		NSW	5.48.32
28	Pip Thom 2F	1F35	NSW	4.47.23	83	William Rannard			5.50.35
29	Dan Dawes	3M50	ACT	4.50.35	84	James Griffiths	20M40		5.56.26
30	Paul Every	9M30	NSW	4.50.54	85	Michael Corlis		ACT	5.57.32
31	Jonathon Trope	4M45	NSW	4.50.54	86	Trevor Harris		ACT	5.57.51
32	Steve Appleby	7M40	ACT	4.51.14	87	Julius Horvath	21M40		5.59.50
33	Debbie Cowell 31		ACT	4.51.16	88	Mick Kilham ~	10M35		6.05.26
34	Kevin Tiller	2M25	NSW	4.53.50	89	Colin Konemann			6.07.31
35	Jeff Visser	10M30	VIC	4.54.32	90	Robert Simms	15M45		6.07.31
36	Derek Smith	4M50	NSW	4.57.18	91	Scott Grant	14M30		6.07.31
37	Bronwyn Hanns			4.57.32	92	Barbara Allen 9F		NSW	6.10.47
38	Murray Town Graeme Wood	5M50	NSW	4.58.12	93	Patrick Austin		NSW	6.12.46
39 40		5M45	ACT	4.58.27	94 95	Peter Allen Mick Konemann	16M45		6.13.55
40 41	Rodney Lovel	8M40	NSW	5.00.01	95 96	Kon Sotiropoulos		ACT	6.18.45 6.27.02
42	Tony Hatch Neil Harper	6M45	NSW	5.00.25	90 97	Ted Lilliss	11M50		6.30.35
43	Ian Forsyth	3M25 9M40	NSW NSW	5.01.29	98	Andrew Callan	11M35		6.31.22
44	Ross Shilston	10M40		5.03.06 5.04.20	99	Peter Peronis	23M40		6.33.05
45	Andrew Perry	4M25	NSW	5.04.20	99	Graham Bundocl			6.33.05
46	Ludwig Herpich		NSW	5.05.52	101	Grahame Kerruis			6.35.17
47	Brian Colwell	7M45	NSW	5.08.25	101	Dale Sinclair	12M35		6.39.49
48	Peter Hammerscl				103	Colin Francis	17M45		6.40.06
49	Steve Crane	11M40		5.08.45	103	Cristine Ashcrof			6.41.06
50	Bob Dent	8M45	ACT	5.09.22	105	Carl Simpson	24M40		6.43.18
51	Michael Smith	9M45	ACT	5.11.07	106	John Brett		NSW	6.46.55
52	Geoff Orr	12M40		5.13.21	107	Matthew Stephen			6.49.40
53	Judd Boeker	5M25	ACT	5.15.00	107	John Dimitriou	13M50		7.12.59
54	John Alcock	7M50	ACT	5.15.25	109	John McLeish	18M45		7.12.37
55	Carol Harding 51		ACT	5.16.16	110	Toru Namba		NSW	7.32.07
	23.01 1.010.116 51	22 30		2,10,10		- 5.5		,	
									-

#### Results Summary

At the Sydney Marathon held in August I had a good tussle with Craig Ambler and afterwards asked him to "do" the Brindabella Classic. Craig not only took me up on this but won the race outright in the great time of 3.42.20 (best for the current course). Geoff Carter also ran very strongly to finish only several minutes behind Craig to take out second place. Congratulations Craig and Geoff. Whenever female runners from the USA show up, they win! Randi Bromka

did this in 1991, followed by Mo Bartley this year. Mo's time was a very fast 4.21.06, which is the second fastest time ever, and the best on the current course. Pip Thorn was second in a quick time of 4.47.23, and Pip was followed home closely by Debbie Cowell (on her debut run) and previous dual winner Bronwyn Hanns. Jenny Kiss, winner in 1992 and second in 1994, ran a good time and finished 6th this year.

The Husband and Wife category (each running 54 km) was ONCE AGAIN (for the 4th time) won by Barbara and Peter Allen from Sydney - well done!! Although Joan Eisenhuth finished 19 minutes in front of Barbara and Peter, Joan's husband unfortunately did not finish.

Relay teams were *very* competitive this year with many records set. The first 4 person male team, "South Canberra Tuggeranong No. 5" (Stuart Shaw, Geoff Munro, Luke Grattan and Ty Morrisey), set a record of 3.20.31 lopping a whopping 10 minutes off the previous record! - well done fellas. They received the Mike March Perpetual Trophy. The 2 person relay team was won in a record time of 3.21.01 by the John Muir/Glen Patterson combination, taking 11 minutes off the record set last year (by John Muir and Roger Palazzo). The first 4 person women's team was won by "The Runners Shop" (Debbie Cowell, Fiona Jorgensen, Keri Vaughan and Elizabeth Simpson) in 4.03.28, a time that was only just outside the record (4.01.53), and they received the Wanda Foley Perpetual Trophy.

The mixed relay team of 2 was taken out in record time by the "Trinity Triers" (Anne and Winston Chapman) in 4.38.20, slashing almost half an hour off the previous record set last year. There were new mixed team combinations this year, setting records; namely FMFF "Beaudies and the Beast" (Margaret White, Andrew Smith, Penny Taylor and Amanda Dawson) in 4.33.00; MFM "The Brindy Bears" (Hugh Jorgensen, Monica Loheni and Jim Tucker) in 4.28.48; and FFMF "3.5" (Wendy Downes, Dawn Tiller (and baby), Geoff Taylor and Wendy Downes again) in 4.25.32. Other winning categories are detailed in the results. Well done to all the teams.

#### Thanks to Supporters

Three buses were required this year from Lever Coachlines, and once again they did a great job transporting runners to the top of Mt Ginini. Support from the main sponsors FM104.7, DAS Distribution, Renew Massage Therapies, Instant Colour Press, The Runners Shop, Energise and the Lakeside Hotel is gratefully acknowledged. The ever reliable Wireless Institute of Australia once again provided race-day communications, without which there would not be an event. A donation will be made to that organisation in recognition of their assistance. St Johns was out in force, mending scrapes and bruises on those that fell, including myself. As usual a donation will be made to St Johns. The ACT Emergency Service kindly provided a crew at Vanity's Crossing to assist in case the river was deep, but thankfully the level had fallen markedly just prior to the race. They will also receive a donation. The were numerous other volunteers on the day, and their assistance is greatly appreciated, particularly the Aid Station volunteers, marshals and the mass of helpers at the finish line. Also, I would like to particularly thank the friends and spouses of runners who volunteered on the day at the finish line, assisting in many ways. The Om Shanti School of Tactile Therapies kindly provided massages to tired bodies.

#### Carafes for Six Runs/ Tenth Event Award/ Permanent Green Numbers

Four runners qualified for carafes this year by completing 6 individual runs - namely Vic Anderson, Patrick Austin, Phil Clark and Trevor Harris - well done fellas! But remember, you

tenth event and there could be 4 to complete a perfect ten out of ten - namely Brian Colwell, Mike Ward, Grahame ("Mountain Man") Kerruish and Ted Lilliss. An appropriate prize hasn't been decided yet and I would appreciate ideas. I'd like to continue the pottery theme, for example by providing two candle stick holders or a large plate to hold the goblets and carafe - what do you think?

In addition, on completion of 10 events these four will also receive a green race number that will be theirs permanently. Bronwyn Hanns would have received the same this year if she had won the women's race, making it 3 wins. This was not to be, however - maybe next year?

#### "Best" Aid Station Award

This year the individual runners voted aid station 9, or the "One Stop Pub" (organised by AQUIS staff), as "best". They received \$ 200 from **DAS Distribution**. Station 6 won second prize of \$100, and third prize went to Station 7. All stations once again did a great job providing assistance with lots of atmosphere. Thank you runners for taking the time to vote.

#### Finisher Certificates

I have plenty of certificates left over after the race, so if you missed out and would like one, just let me know and I'll post one (or more for teams).

#### Donations to Charity

Donations to the ACT and Region Disabled Sport and Recreation Association totalled more than \$810 this year - a record result - thank you. A receipt is enclosed for those that made a donation.

Finally, I would like to thank all the competitors and helpers for making the 1995 event the best ever, and I look forward to the very special 10th event next year. Any feedback to help improve the race would be appreciated. See you all next year.

Trevor Jacobs Race Director



John Morris presenting Trevor Jacobs with his trophy.

# Brindabella Classic: "Australia's Toughest Downhill Race"

Phil Hugill

Some people may disagree with me, but having just completed my first Brindabella run I would like to know where the 'downhill' sections were?

To clarify for the uninitiated, the Brindabella Run is a 54k trail race, starting at the summit of Mt Ginini which is approximately two hours west of Canberra. It then undulates along fire trails until the finish at The Cotter Hotel which is about thirty minutes from Canberra.



The author (3rd from left) and some of his mates at the Brindy

I travelled down to this race with Kevin and Dawn Tiller and as usual we shared some classic conversation, ie "What's your race plan, Kevin?"; answer: "go out hard and hang on". I won't share any more with you as it's all too embarrassing, as Dawn pointed out "stop whingeing and get on with it". I think this was directed at both me and Kevin. Dawn has a strong humanitarian streak in her, almost Mother Theresa in magnitude, probably summed up with her view that "if you're still able to moan about it you haven't suffered enough".

#### Your toe-nails will grow back

Anyway moving along to the Race Report, Ultras are so much more than the run itself, for all you runners yet to experience the pain and the pleasure of an Ultra, try it, you won't regret it. Well maybe, but after a few months your toe-nails will grow back and you'll treasure the memory.

The event actually started on the Saturday night, when about 20-25 Striders, family, friends and guests got together for a pasta dinner (many thanks to Mike Ward for organising this) The meal was an Ultra in itself, the Garlic bread starting the night, which we slowly devoured as we waited and waited for the soup. We settled into the hard long endurance part of the night, after 1-2 hours the pasta arrived on large communal plates.

#### La Grande Bouffe

I'm unsure as to the consistency and flavour of the pasta, but anyone who has seen the original 'Alien' film where the green object explodes from the stomach of one of the crew will be able to visualise the food moving in front of us. There followed a slow tiring decline in our performance, suddenly interrupted by the unexpected arrival of chicken and fish main courses, (much to this vegetarian's delight!). This was around the three hour mark. We felt duly satisfied that we had completed this arduous meal journey when we were caught out by the appearance of salad. At this point I gave up, unable to stay the pace and face the prospect of coffee at dawn.

The next day, ready to face anything after the previous night's test, we gathered at the Cotter Hotel for the coach transport to the race start. The race is quite unusual in that you start with a steep decline over loose ground for a few hundred metres then proceed for 2-3k along a flat fire trail. Relay teams also compete so you find yourself racing far too quickly, not remembering that you're going the full distance and the relay runners drop off after 9k, (well that's my excuse). In this early stage there's also a steep climb and descent to the summit of Mt Franklin, though only about 1k in both directions, followed by a long up-hill climb which took nearly an hour to complete (remember this is a downhill event!).

#### A wee pit-stop

After some two hours of running I was going along steadily with Johnathan Worswick from the Striders, when we were joined by another runner (non-Strider) who amazed both myself and Jonathan as he proceeded to urinate mid-stride. The skill and dexterity of this runner was quite something as he directed his stream high and left with not an apparent drop touching him, he

informed us mid-stream that he was just training in preparation for the Hobart Marathon, hoping to beat his PB of 2hr 32, In total awe of his skills and ability, both running and bodily, we dropped off his pace and wished him well.

At this point I basically 'blew' and was unable to stay with Jonathon, with my chest going tight and legs like lead I struggled into the half way point at Bulls Head.

#### Everything else is irrelevant

I have yet to confirm this but my memory of Bulls Head aid station is of a large crowd of people being entertained by a jazz band, which is a bizzare sight in the middle of an Ultra. Anyway several squeezys later I was still going and remember just a long slow grinding couple of hours as I struggled through this never ending section, a mostly dusty fire trail through a valley and down hill to Vanity's crossing.

This is followed by a steep up hill climb with my head never once raised, at this point in an Ultra, I have to say scenery the environment, other runners or anything become irrelevant as you focus totally on conserving energy and keeping going. After what seemed an eternity plodding along a rolling down hill section, suddenly the fire trail ends and you come out on to the road and can see the finish.

#### Wished for a leg transplant

The finish, what can I say, well thank you to the organiser Trevor Jacobs and to all his helpers and volunteers at the aid stations. Much as usual I remember little of my conversation or actions, at this point I basically lay down and wished my legs could be transplanted onto somebody else, anyone would do.

All the Striders competing, I believe about 23 in all, seemed to enjoy themselves and complete the event successfully, though some did need medical attention for cuts and bruises.

My personal thoughts on the run are:

- \* it's a wonderful challenge and a good experience;
- \* the run is well organised and supported;
- \* the uphill sections should not be underestimated;
- \* the relay team idea is a very good concept and more Ultras should adopt this, as it introduces more people to the events and means there's always runners about on the course so you're not left isolated and lost.

That's all, and thanks again to Trevor Jacobs for all his efforts in putting the run on.



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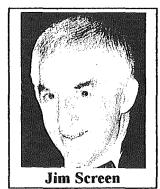
### THANK YOU FOR YOUR DONATIONS!

We again acknowledge and wish to thank sincerely those members who have added extra donations to their subs. We have been able to keep our AURA subscriptions at \$25 per year with no price rises for 4 years now and it is only due to members continuing to subscribe plus these extra donations. Thank you again so much!

Ernest Hartley \$25, Sharman Parr \$5, Graeme Robertson \$5, Gary Parsons (QURC) \$20, Brian Bloomer \$225!!!, Ken Riches \$15, Peter Sinfield \$5, Barry Stewart \$5, Dawn Parris \$5, Ian Walker \$5, Godfrey Pollard \$10, Phil Huggill \$10, Colin Konemann \$5, Ian Javes \$5, Ian Cornelius \$5, Isobel Buckland \$5, Ron Grant \$10, James Bazzo \$5, Peter Nelson \$10, Max Scherleitner \$6.50, Kevin Tiller \$15, Bill Johnston \$15, Kev Cassidy \$10, Bill Beauchamp \$5, Brad Boyle \$5, A;an Styles \$5, Nick Drayton \$5, Don Nesbitt \$5, Steel Beveridge \$15, Cec Walkley \$5, Sandy Kerr \$5, Jean Claude Morre \$5, Greg Love \$5, Mike Hodgson \$10, Anthony Farnham \$2, Linda Meadows \$15, Bryan Smith \$5, Grahame Herruish \$5, Rudi Kinshofer \$5, Ross Shilston \$25, Nigel Bilton \$5, Julius Horvath \$25, Nobby Young \$15, Bob Sayers \$5, Marty Grogan \$5, Errol Smith \$5, Paul Every \$1.50, Derek Smith \$25, Keith Jackson \$5, Tony Collins \$5, Rob Channells \$5, Shaun Scanlon \$10, Cliff Young \$5, Dick Crotty \$5, Harry Clements \$10, Nigel Davis \$5, George Audley \$5, Greg Reid \$5, Bob Fickel \$15, Ian Forsyth 10, Helen Stanger \$5, Rob Duckworth \$10, Kevin Mansell \$5, Ross Parker \$5, Geoff Boase \$10, Chilla Nasmyth \$15, James Cronk, Alan Trevenen \$5

### **Brindabella: A Second Opinion**

Jim Screen



Ultra marathons are really super to go in and you can have a lot of fun. For starters they are longer than your ordinary old 42.2 marathon. You get time to walk some and there are nice views to take in as you stroll along. They are held away

from pollution and traffic and provide an opportunity to strip down to singlet and shorts and almost be as one with nature.

And the stories that abound about the joys of ultra marathoning are designed to lure the unsuspecting into an experience which will not be forgotten. Sydney Striders has many accomplished story tellers who spend much of their time spreading the word (not necessarily the facts).

The story tellers gloss over the facts somewhat, which are that you have fun either the day before or two weeks after but mostly never on it, the reason they are longer than 42.2 kms is that you only successfully wreck your quads ,knees and ankles between 42.2 and the finish. Walking is usually dictated by the vertical nature of the roads and trails and the natural survival instincts of the human body. Remote wilderness has something to do with the lack of pollution and how else can you suffer hypothermia and sunburn unless you take off most of your clothes.

#### Mike Ward moves in

Mike Ward is one such story teller. His line is old and not always effective. For example as witnessed at a recent Sunday Training Run. He targets an unsuspecting but likely looking lady Strider and moves in.

"See, these are Striders. Their names are Wendy and Peter and George. See how they run. They run down hills and they enjoy it so much. See the profile of the run. If I hold the page on an angle it makes the run even more down hill and easy. See the pretty names on the Run. This is the Magic Forest. This is where the Striders enjoy themselves after running 32 kms with another 22 kms to go. And this is Moonlight Hollow.It takes you all the way down just so you can run all the way up." On

this particular occasion his quarry didn't fall for the story. But many did.

The gathering point this year was the night before at a convivial Italian restaurant. Mike Ward organised a group of 30 Striders and friends who enjoyed some fine wine, pasta, salad and a good time. This get-together provided an interesting glimpse into the Strider psyche. Drink lots of wine and whatever before a big event because you probably won't be able to after it. Alf Field alleges that the two Russian Ultra Marathoners, Gennardy and Igor, who visited the Club in 1994 said that red wine was good for long distance runners. I thought they said after the race. Perhaps this helps explain why Alf fell over no less than twice during the run and recorded as he said, a personal worst. (Alf keeps muttering something about being overseas for six months and six kilos overweight being the cause of his woes.)

Paula Whitehouse managed to remove the skin from both knees in a most spectacular way. She at least recorded a great P B. An improvement of 36:36 and was first lady Strider home for the second year in a row. Well done Paula.

#### Talking to no one in particular

George Herrison was observed talking to no one in particular as he came down off Bulls Head. It seems his legs were hurting and he was seeking some assistance from the fairies in the Magic Forest. Something must have worked as he went on to finish his first Brindabella in good form.

Dashing Derek Smith was seen "walking" down hill. Who would have believed it. Perhaps it was his pre-race hydration program? Not to be outdone in any preparation department, our urbane restaurateur of the decade, Peter Hammerschmidt, continually delves into his" bum bag" during long runs for tasty snacks. But what does he eat? Perhaps a portion of cod fillets wrapped in leeks and served on a celeriac remoulade. Whatever it is it certainly doesn't slow him down. But we digress.

#### Looked like \$2

Race day was coolish and overcast. Ideal for running. Mt Ginini was very busy with runners and friends. This year record entries were received for both the full run and the relay events. We had time for a few photos, a bit of vaseline here and there, a quick drink and greetings to old friends. Trudy Rae

looking like a million dollars was there from the Terrigal Trotters. Mountain Man looking like \$2.00 was also there from the Western Districts Joggers and Harriers as well as lots of other friendly faces from both clubs. About 8.30 AM the race started and away we went.

Well it must have been good for running because records in the relays were set and no fewer than 7 of the 17 Striders running the full distance bettered last year's time or set a PB. Overall, the first four females 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. Race winners were Mo Bartley from the USA in 4.21.06 and Craig Ambler from Wagga in the fine time of 3.42.20.

Top runs came from Jonathan Worswick in 4.07.12 and Brian Colwell whose 5.08.25 took a mighty 46.45 off his '94 time. Striders relay teams performed exceptionally well setting two records.

#### Andrew "The Beast"

In the Category FMFF the Striders Team of "Beaudies and the Beast" comprising Margaret White, Andrew Smith, Penny Taylor and Amanda Dawson set a record of 4.33.0. Well done. Not to be upstaged the other record setting Striders Team ,the "3.5 s", of Wendy Downes, Dawn Tiller (responsible for the "point five"), Geoff Taylor

and Wendy Downes (only one Wendy, she ran twice) finished in the excellent time of 4.25.32. Wow.

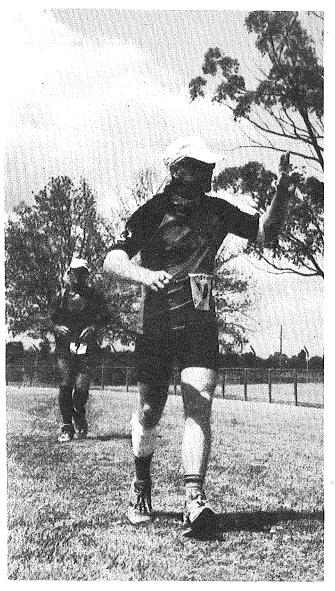
Mike Ward and Brian Colwell are members of an exclusive group of 4 runners who have completed all 9 Classics. This is a great achievement which might help explain why Mike spends so much time telling all and sundry about the wonderful Brindabella. This brings me to thanking and congratulating the Race Director, Trevor Jacobs, his organising committee, Graham Skelton, Ken Eynon, Dave Cundy and Graeme Small on yet another successful event. Very special thanks to all the other organisations and volunteers who provided communications, massage, first aid, aid stations, course marshals and starting and finishing line personnel. All the volunteers are tremendously friendly and helpful and go out of their way to make you welcome.

For those wondering what the Brindabella Classic is, it is a 54km Trail Run which starts at the top of Mt Ginini (1762 M) and finishes at the Cotter Reserve (475 M) which is near Canberra. The course is a combination of dirt road, four wheel drive tracks and a little bit of bush for good measure. It is a superbly organised event, scenic, challenging and ever so satisfying to finish. See you there next year.





(Left): What is this man doing? And (Right) why is he looking so peeved? Answers in a plain brown envelope, please, to Blister Editors. Confidentiality assured.



Liverpool 24 Hour Track Race 29/1/94 Chilla Nasmyth & Shaun Scanlon.



HAPPINESS IS...
THE ANTICIPATED RUSI
OF NEW VICTORIAN
MEMBERS DURING '9

I.Forsyth

J.Cusack

## LIVERPOOL 24 HOUR - 14TH/15TH OCTOBER, 1995 RESULTS

Graveyard Award:

Craig Rowe Medal:

#### MEN:

TATTIT	٧.	
1.	I.Forsyth	207.167km
2.	C.Nasmyth	185.365km
3.	E.Vega	162.320km
4.	T.Farnham	148.710km
5.	C.Young	146.500km
6.	J.Cusack	119.603km
7.	S.Bryce	116.900km
8.	G.Cormack	112.800km
9.	A.Staples	107.800km
10.	L.Smith	104.119km

#### WOMEN:

1.	G.McConnell	181.900km
2.	I.Buckland	112.467km

\*



# AUSTRALIAN 6 DAY RACE COLAC INC.



## FACTS, FIGURES & TRIVIA

COMPETITORS	Age	Home	Times_ Colac	<u>Previous</u> Best	<u>1995 result</u>	No <u>v</u> ice 6 Day
Bill Beauchamp	. 48	Melbourne	3	728K	758.4K	o zou <u>r</u>
Dawn Parris	42	Victoria	2	614.8K	676.4K	•
Shaun Scanlon	52	NSW	4	567.2K	340.8K Withdre	w
John Timms	53	Colac	4	663.2K	300.4K Withdre	
Godfrey Pollard	64	Geelong	4	504.4K	467.6K	
Ivan Davis	42	Tasmania	0		664.4K	YES
Ron Hill	55	Victoria	5	681.2K	570.0K	
George Audley	60	WA	4	805.2K	713.6K	
Maurice Taylor	47	NSW	5	8940K	780.4K	
Georgina McConnell	52	NSW	3	677.2K	699.2K	
Peter Gray	30	Geelong	6	810.0 <b>K</b>	701.6 <b>K</b>	
Mark Pritchard	48	WA	0		641.2K	YES
Graeme Watts	42	QU ·	0		657.6K	
Tony Rafferty	56	Box Hill	10	743.6K	655.2K	
Cliff Young	73	Colac	9	746.6K	600.8K	
Neville Mercer	34	NZ	0		182.4K Withdre	wYES
Kevin Mansell	44	Mt Gambier	4	702.0K	764.4K	
Drew Kettle	75	Colac	5	601.6 <b>K</b>	584.8K	
Keith Fisher	30	Geelong	3	732.4K	551.6K	
Anatoli Krouglikov		Russia	1	750.0K	820.8K	
Tomas Rusek	47	Czech Republic	0		812.4K	
Valery Kristenok		Ukraine	0		Did not appear	
Serge Debladis		France	0		Did not appear	

#### SIX DAYS AT COLAC

On day ONE, a runner said, "If I run for six days until stiff, You'll call me 'a dill' But in Colac they will,

Proudly boast of their runner; YOUNG CLIFF."

On day TWO, a runner said, "Gee!
I'm fighting the pain in this knee,
It's letting me down,
I can't win the crown."
Goodbye! NEVILLE MERCER - a gutsy Kiwi.

On day **THREE**, a runner said, "Golly! Look at all that beautiful lolly. Five thousand for first, I'll win that or burst, Or my name's not KROUGLIKOV ANATOLI."

On day FOUR, a runner said, "Well.
We'll book some rooms at the hotel.
When bored with the track,
We'll head for the sack.
Alone, together, KEVIN & GWENDA MANSELL."

On day FIVE, a runner said, "There is, No favours these guys give the fair sex.

But GEORGIE & me,

We don't need any see!

You guys can swallow the dust of DAWN PARRIS."

On day SIX, a runner said, "Whee!
I go round & round like a flea.
I'm built close to the ground,
And round after round,
Nobody notices tiny GEORGE AUDLEY."

On day SEVEN, a runner said, "Hauntin' Me, is the spectre of one, GRAEME THORNTON, He wants me back, For the six day at Colac, Next year & the next, ad infinitum.

#### WORLD RECORDS

Drew Kettle M75 48Hr Track 219.8991K (175.193K) Cliff Young M70 48Hr Track 233.4355K (230.05K) Georgina McConnell W50 6 Day 699.2K (675.925 Road)

During this 10th staging of the Australian 6 Day - Colac, Georgina McConnell crossed the line to bring the total laps recorded by competitors during the ten years to 250 000 (100 000K). During this race George Audley's (M60) personal total in training & Ultra runs passed the 80 000K mark.

## CENTENARY LAKES 50KM/6 HOUR TRACK EVENT Saturday 6th January, 1996

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. 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



Duo champions. Bryan Smith congratulates Randall Hughes after his World Age Track Record - breaking runs at East Burwood in the AURA 50 Mile Track Championship in July 1995.

# Centenary Lakes 50km/6Hr Race

	50km Male	Time		
			42.195	
	Glen Matinca	04:12:21	דפ כ	00
				1
	Peter McKenzie	04:19:51	330	30
٠.	Bruce Cook	04:43:25	, ,	40
٠.	Dave Holleran	04:49:54		
).	Geoff Williams	05:02:45		
ì.	Frank Heath	05:15:58	425	45
	Mark Walcroft	05:30:00	432	53
Inf	Steve Roach	(36.13km)	-	

	50km Female	Time	42.195
1.	Lyn Gordon	04:54:12	44.50
2.	Angie Cottrell	05:30:00	43253

	6 Hour Male	Km	Š.	
			48.19	•
1. 2. 3. 4. 5. 6. 7.	Pete Gibson Cliff French Gary Parsons Graham Watts Ian Cornelius Rod Morgan Peter Gray Ian McKloskey Sandy Buchan Bob Clarke Gerard Hocks Murray Stratford Mal Grice Don Hilleary Baldy Chalmers Nihal Wickeramasinge Brian Evans Bruce Hargreaves	69.33 63.87 60.22 56.92 56.15 55.31 54.99 54.83 50.00 47.04 44.16 42.70 42.70 39.05 38.52 36.86 35.40 25.90	3 3/ 34/	30 47 05 30 25 01 20 10
8.	Bruce Hargreaves	25.90		

	6 Hour Female	Km	42.195
1.	Aileene Markham	54.52	4333 <sub>0</sub>
2.	Angela Clarke	54.18	43501
3.	Shelley Smith	45.77	53004

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

#### AURA "BOGONG TO HOTHAM" TRAIL RUN 7/1/1996

At last a new course record! Andy Kromer not only broke the old record, he smashed it. Neil Hooper set the previous record of 6:58:52 in 1985 and it has been hard to imagine until now that it could be surpassed. So Andy's result of 6:41:02 is amazing. Congratulations Andy on a fine performance.

Andy produced a first half record last year and had to withdraw with stomach problems so we had a glimpse of his huge potential. It appears Andy went astray on the course a couple of times this year for short periods so even a sub 6:30 performance by this fine athlete is possible.

The course adjustment worked well and Langford Gap is a better place for controlling the "1/2 way" checkpoint. There were many comments from the runners that the new section was more interesting and did away with the drudgery of the old road section. I decided to be flexible regarding the cut-off because this was the 1st year with new course and so 12 runners qualified to go on (although 2 chose not to go on). Conditions were tough this year - partly due to the warm to hot day and there were numerous trees down on T Spur. It is interesting to note that had the 1/2 way been at Watchbed Creek, only 6 runners would have made the cut-off so the extra 20 minutes to Langford Gap is generous as I had suspected.

It was great news when I got the insurance organised and so we should be OK from now on. It costs over \$1000 per year so part of your race entry money goes towards a contribution to AURA to help fund this high charge.

Kevin Cassidy finally achieved his transport journey after missing out for many years. (I was too tired to think up any dirty tricks to foil him) - I should have charged you double just for the privilege Kevl

George Christodoulou cooked a fantastic meal at Mountain Creek the night before the event. All those runners who went into town for a meal missed out on a great spread of food that would have seen them run much better the next day.

Many runners remarked how great it was to see so many helpers strung out across the course. So, it is traditional for me to produce the honour roll for the large band of helpers who generously gave a lot of their time, effort and expense to assist you runners in the tough Rooftop Run. In fact, you runners have the easy bit - it's hard work being a helper. On behalf of all the runners, a very big thank you to you all:-

·	WICEN Radio Operators	Race Marshalls
Mountain Creek Bivouac Hut Bogong Summit	Bob Tait (VK3UI)	Geoff Hook Tony Mandile Robin Rishworth
Cleve Cole Hut Madison Hut Site Big River	Grant Jeffrey (VK3KGM)	Greg Mandile Margaret & Jody Fisher Ron Crane & Friend
Roper Hut	Roy Veith (VK3TMJ)	Reg & Elaine Splatt
Warby Corner Watchbed Creek	Fred Anderson	Jan Garrard & Kitty Penfold Brian Flynn
Langford Gap Aqueduct Junction	Len Greaves (VK3BGM)	Peter Logan & Geoff Hook Laurie Black
Pole 333 Pole 267	Col Finnie (VK3VCF)	Gary & Olga Meyland Clive Davies
Dibbens Hut	Damien Huf (VK3FCA	Alan & Nola Cichero
Derrick Hut	lan Dyson (VK3MDG) Richard Hoskins (VK3JFK)	Len & Faith Lammin
Loch Car Park	Murray Toogood (VK3THJ)	
Mt. Hotham Summit	Alan Burgess (VK3QL) Gavin Hobbs (VK3TLN)	Pat Pelly/Geoff Hook George Christodoulou
Mobile Medical Officer Bus Driver	Cleaver Duell (VK2MUA)	Geoff Hook Phil Lemin Lindsay Clapperton

In total, 13 WICEN Operators and 26 Race Marshalls/Helpers which equals 39 people for just 27 competitors which just goes to prove what an easy time of it the runners have.

Until next year's event, (January 6th), stay fit and healthy and have nice dreams about the event. refl flook

GEOFF HOOK. **Event Organiser** 

#### **AURA**

#### BOGONG TO HOTHAM RUN 1996 (ROOFTOP RUN)

#### RESULTS - BOGONG TO HOTHAM RUN 7/1/1996

1	Andrew KROMAR, 29, VIC	6:41:02*
2	Nigel AYLOTT, 29, VIC	8:06:45
3	Greg LOVE, 41, NSW	8:22:08
4	Jonathon WORSWICK, 32 NSW	8:44:25
5	Philip HUGILL, 37, NSW	9:25:15
6	Kevin TORY, 26, VIC	9:42:50
7	Ross SHILSTON, 42, VIC	10:23:18
8	Kevin CASSIDY, 38, VIC	10:36:40
9	Kevin TILLER, 29, NSW	10:42:52
10	Max SCHERLEITNER, 65, NSW	10:52:15

#### MOUNTAIN CREEK - LANGFORD GAP

#### LANGFORD GAP - MT. HOTHAM

	1	Andrew KROMAR, 29 VIC	3:41:16*	1	Peter MITCHELL, 32, VIC	2:44:55*
	2	Nigel AYLOTT, 29, VIC	4:21:57	2	Greg LOVEJOY, 53, VIC	3:18:10
	3	Greg LOVE, 41 NSW	4:33:01	3	Jenny MITCHELL, 26, VIC	3:22:35
	4	Jonathan WORSWICK, 32, NSW	4:34:27	4	Len BUDGE, 44, VIC	3:54:35
	5	Kevin TORY, 26, VIC	5:02:16	5	John HUNT, 52, VIC	4:33:25
	6	Philip Hugill, 37, NSW	5:12:40			
	7	Ross SHILSTON, 42, VIC	5:19:59		Order of Second Half	
	8	Kevin TILLER, 29, NSW	5:20:23		Peter MITCHELL	2:44:55
	9	Bill LOWEN, 52, VIC	5:21:38		Andrew KROMAR	2:59:46
	10	Max CARSON, 46, VIC	5:25:10		Greg LOVEJOY	3:18:10
	11	Kevin CASSIDY, 35, VIC	5:26:03		Jenny MITCHELL	3:22:35
	12	Mike WARD, 43, NSW	5:32:38		Nigel AYLOTT	3:44:48
	13	Neil HARPER, 28, NSW	5:37:15		Greg LOVE	3:49:07
	14	Max SCHERLEITNER, 65 NSW	5:50:10△		Len BUDGE	3:54:35
	15	Glen HAYWARD, 28, NSW	5:55:02		Jonathon WORSWICK	4:09:58
=	16	Jason HAAS, 19, VIC	5:58:49		Philip HUGILL	4:12:35
=	16	Franz ZIKESCH, 22, VIC	5:58:49		John HUNT	4:33:25
	18	John FOTAKIS, 27, VIC	6:04:48		Kevin TORY	4:30:44
	19	Keith FISHER, 30, VIC	6:25:49		Max SCHERLEITNER	5:02:05
	20	Peter ARMISTEAD, 49, VIC	6:26:20		Ross SHILSTON	5:03:19
	21	Claude HAAS, 43, VIC	7:12:58		Kevin CASSIDY	5:10:37
			•		Kevin TILLER	5:22:29

DNF David HUNT, 22, VIC

- = course record.
- = Max qualified for an early start of 27 minutes.

'eather conditions: excellent for helpers, friends and family. Warm to hot for the runners. Light breeze.

Not a cloud in the sky when the runners were on top of Mt. Bogong. Broken cloud in the afternoon which cleared away again.

#### AURA BOGONG TO HOTHAM RUN 7/1/96

CHECK POINT TIMES

Mountain Creek Start Time = 6:23am

Max Scherleitner Start Time = 5.56 am

Langford Gap

Start Time = 11:00am

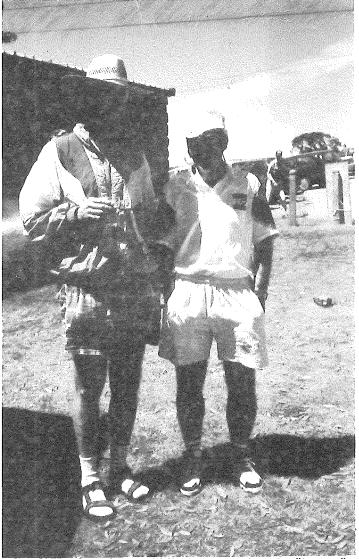
Race No.	Competitor	Bivouac Hut	Bogong Summit	Cleve Cole	Madison Hut Site	Big River	Roper Hut	Warby Corner	Watchbed Creek	Langfo	ord Gap	Aqueduct Junction	Pole 333	Pole 267	Dibbens Hut	Derrick Hut	Lock Car	Mt Hotham
100.		Hut	8.3°C	Hut	Tidi Site	Tilvel		Come	CIECK	In	Out	Junction		207	Hut	TIGE	Park	Summit
5	Jonathon WORSWICK, 32	0:55	1:29:47	1:52	2:04	2:31	3:26:06	3:47	4:22	4:34:27	4:38:00	5:32	6:12	6:32	6:58	7:45	8:37	8:44:25
23	Nigel AYLOTT, 29	0:47	1:23:00	1:38	1:52	2:20	3:07:33	3:30	3:47	4:21:57	4:24:40	5:24	6:08	6:21	6:47	7:27	8:02	8:06:45
26	Greg LOVE, 41	0:54	1:33:00	1:52	2:04	2:31	3:26:16	3:47	4:14	4:33:01	4:38:00	5:31	6:08	6:28	6:53	7:38	8:15	8:22:08
30	Neil HARPER, 28	1:03	1:48:02	2:11	2:26	3:07	4:19:17	4:44	5:15	5:37:15								
31	Kevin TILLER, 29	1:01	1:44:55	2:06	2:18	2:56	4:00:50	4:28	5:08	5:20:23	5:22:38	6:48	7:35	8:05	8:40	9:48	10:37	10:42:52
32	Mike WARD, 43	1:01	1:46:10	2:06	2:20	2:56	4:04:00	4:31	5:02	5:32:38								
33	Kevin CASSIDY, 35	1:01	1:45:33	2:06	2:19	2:56	4:02:16	4:29	4:59	5:26:03	5:28:00	6:48	7:32	7:58	8:33	9:38	10:27	10:36:40
36	Max CARSON, 46	1:01	1:45:35	2:06	2:19	2:56	4:02:30	4:13	4:59	5:25:10								
38	Kevin TORY, 26	1:01	1:44:38	2:06	2:19	2:51	3:51:10	4:14	4:37	5:02:16	5:20:00	6:22	7:07	7:32	8:04	8:56	9:35	9:42:50
39	David HUNT, 22	1:01	1:45:-															
40	Glen HAYWARD, 28	1:03	1:48:11	2:11	2:27	3:07	4:19:50	4:54	5:32	5:55:02								
41	Ross SHILSTON, 42	1:01	1:44:30	2:07	2:19	2:56	4:01:34	4:29	4:59	5:19:59	5:22:12	6:25	7:07	7:42	8:22	9:22	10:13	10:23:18
42	Peter ARMISTEAD, 49	1:06	1:55:12	2:19	2:35	3:12	4:28:42	5:02	5:32	6:26:20								
44	Philip HUGILL, 37	0:59	1:44:50	2:04	2:18	2:56	3:58:21	4:27	4:42	5:12:40	5:18:53	6:22	7:07	7:32	7:59	8:45	9:19	9:25:15
45	Bill LOWEN, 52	1:00	1:42:50	2:03	2:16	2:51	3:55:05	4:29	?	5:21:38								
46	John FOTAKIS, 27	1:01	1:49:10	2:12	2:27	3:12	4:20:30	5:00	5:42	6:04:48	-							
48	Max SCHERLEITNER, 65	1:06	1:50:50	2:15	2:30	3:08	4:16:56	4:47	5:21	5:50:10	5:54:00	6:14	7:59	8:25	8:59	9:59	10:45	10:52:15
49	Keith FISHER, 30	1:07	1:58:50	2:20	2:34	3:12	4:28:40	4:54	5:37	6:25:49								
56	Andrew KROMAR, 29	0:44	1:17:30	1:29	1:40	2:00	2:43:44	3:02	3:23	3:41:16	3:42:22	4:37	5:03	5:18	5:35	6:10	6:32	6:41:02
57	Claude HAAS, 43	1:06	1:58:16	2:21	2:39	3:21	5:06:59	?	?	7:12:58								
58	Jason HAAS, 19	1:01	1:43:17	2:03	2:17	2:51	4:05:20	4:42	5:27	5:58:49								
59	Franz ZIKESCH, 22	1:01	1:43:17	2:03	2:17	2:51	4:05:50	4:42	5:27	5:58:49			hina and and and	tono comina di la comi	www.companies.com			
50	Peter MITCHELL, 32										-	0:40	1:04	1:21	1;42	2:16	2:41	2:44:55
51	Jenny MITCHELL, 26		<u> </u>						_		-	0:48	1:18	1:34	1:55	2:41	2:17	3:22:35
52	John HUNT, 52										-	0:57	1:39	1:59	2:34	3:40	4:25	4:33:25
53	Gregory LOVEJOY, 53										-	0:45	1:12	1:27	1:52	2:37	3;12	3:18:10
55	Len BUDGE, 44											0.56	1.22	1-46	ク・1 斥	3.05	2.17	2.54.25



The night before the Bogong to Hotham run. (It's no wonder they did so poorly!) Pete Armistead, Mike Ward, Ross Shilston, Kev Cassidy, Greg Love. (January 1996)



Kelvin Marshall, happy after finishing 4th in the Mansfield to Buller 50km Run, January'96



Geoff Hook and Ross Shilston surveying the "happy" competitors still slogging it out uphill in the Mansfield to Buller Run., January'96.

# 6

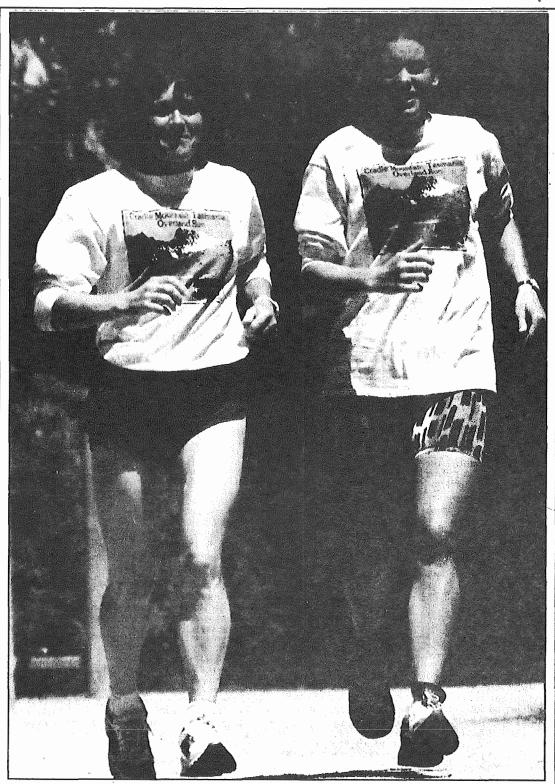
## MANSFIELD TO MT.BULLER 50KM ROAD RACE SUNDAY 28TH JANUARY, 19946 RESULTS

PL.	COMPETITOR	5km	10km	15km	25km	30km	35km	45km	50km
1.	Peter GOONPAN	23.08	46.05	1:07:00	1:54:21	2:14:00	2:47:40	3:38:00	4:19:40
2.	Max BOGENHUBER	23.15	47.20	1:09:00	1:59:28	2:21:00	2:55:24	3:45:00	4:25:04
3.	Brian GAWNE	22.48	48.08	1:08:00	1:54:40	2:14:00	2:51:36	3:49:00	4:39:57
4.	Kelvin MARSHALL	20.42	42.58	1:03:00	1:48:30	2:09:00	2:45:50	3:52:00	4:41:00
5.	Garrie SCOTT	24.03	49.15	1:13:00	2:04:40	2:28:00	3:07:20	4:09:00	5:02:15
6.	Keith FISHER	23.08	46.20	1:08:00	1:59:26	2:24:00	3:07:53	4:20:00	5:23:48
7.	Geoff DUFFELL	25.11	53.10	1:18:00	2:14:40	2:39:00	3:21:55	4:27:00	5:25:45
8.	Brian O'FARRELL	24.03	50.20	1:13:00	2:09:25	2:36:00	3:21:55	4:36:00	5:34:36
9.	Bill BEAUCHAMP	24.32	52.00	1:16:00	2:13:40	2:39:00	3:25:02	4:41:00	5:52:50
10.	Peter ALLEN	29.27	62.12	1:31:00	2:40:33	3:13:00	4:13:36	5:36:00	6:42:33
11.	Barbara ALLEN	29.30	62.12	1:32:00	2:41:25	3:14:00	4:13:39	5:36:00	6:42:36
12.	Roger WEINSTEIN	29.27	61.50	1:29:00	2:31:33	3:00:00	3:48:53	5:22:00	6:57:26
DNF	Kevin BROWNE	29.30	61.50	1:29:00	2:34:00	3:06:00	44 44 A 15		
	Ken RICHES	25.11	53.10	1:18:00	2:18:20	2:48:00	3:45:52		

Race Organiser: Race Director: Peter Armistead Dot Browne.

## **CRADLE MOUNTAIN RUN Saturday 4th February, 1996**

	•	Clock					Elaps		Est.
		time				Pos	time	Pos	time
No.	Runner	Cradl	Peli	DuC	Narc	Narc	Cynth	Cynth	Cynth
	Kromar Andrew	0608	900	1055	1147	1	07:25	_	08:21
	Aylott Nigel	0608	953	1218	1326	2	09:34		10:00
	Ross David	0608	944	1224	1332	3	09:45		10:00
	Miller Paul	0608	953	1232	1343	5	09:55		11:00
	Chetwynd Bruće	0608	1002	1233	. 1341	4	10:08	5	11:00
	Strohfeld Doug	0608	1012	1309	1424	6	11:09		10:30
32	Tadman Glenn	0608	1029	1334	1447	9	11:09	6	10:00
8	Taylor Rob	0608	1029	1309	1444	7	11:23	8	11:00
2	Privett Leigh	0608	1049	1327	1446	8	11:26	9	10:00
29	Hoskinson Peter	0608	1043	1345	1504	11	11:56	10	12:00
44	Rand Peter	0608	1013	1326	1502	10	11:58	11	12:00
25	Stancombe Paul	0608	1043	1345	1524	12	12:12	12	11:00
9	Killalea Patrick	0608	1038	1355	1525	14	12:29	13	11:00
10	Palfreyman Andrew	0608	1040	1356	1524	13	12:33		12:30
	Gray Sue (F)	0608	1043	1410	1541	16	12:44		12:00
	Andrewartha Rod	0608	1043	1410	1541	17	12:44		12:30
	Sweetman David	0608	1043	1410	1541	18	12:48		12:00
	Johnson Allan	0608	1043	1410	1541	19	12:48		12:00
	Sonnerveld Steve	0608	1059	1428	1554	21	12:56		11:00
	Stary David	0608	1043	1421	1554	22	12:57		11:30
	Wright Sue (F)	0608	1116	1444		23	13:19		13:00
18	Wright Catherine (F)	0608	1116	1444	1614	24	13:19	21	13:00
35	Pridgeon David	0608	1046	1435	1627	25	14:10	23	12:00
	Breier Sarah (F)	0608	1109	1449	1637	27	14:10	23	13:30
3	Crook John	0608	1110	1449	1637	28	14:10	23	12:35
1	Simpson Robert	0608	1110	1449	1637	29	14:10	23	12:35
22	Bartlett Richard	0608	1122	1513	1650	36	14:17	27	14:30
16	Madden Kaye (F)	0608	1110	1515	1705	39	14:22	29	13:00
19	Lancaster Dale (F)	0608	1110	1514	1705	37	14:22	29	12:30
30	Whittemore Dan	0608	1119	1510	1646	32	14:34	31	12:16
	Fennell Graeme	0608	1122	1512	1650	35	14:34		14:00
	Nunn Peter	0608	1.123	1514	1646	34	14:54	33	12:00
	Casey Mike	0608	1119	1512	1646	31	14:58	3 4	12:00
	Priestly Rod	0608	1020	1355	1530		Narc		11:00
	Olive Michael	0608	1100	1428			Narc		12:30
	Skvaril Vlastik	0608	1100		1634		Narc		13:00
	Collin Jeanette (F)		1122	1505	1644		Narc		12:00
	Clark Neil	0608	1119	1510	1646		Narc		12:30
	Febey Lloyd	0608	1116	1515	1705		Narc		45
	Scott Larry	0608	1122	1522	1712		Narc		13:50
	Brown Bernard	0608	1117	1527	1718		Narc		13:00
	Watson James	0608	1105	1 <b>5</b> 23	•		Narc		12:00
45	Evans David ***	*0620			1748	43	Narc		13:00



**CATHERINE JOINS HER MARATHON MUM:** Sue (left) and Catherine Wright - the first mother and daughter combination in the Cradle Mountain to Lake St Clair race. Picture: Grant Wells.

## Kromar cracks Cradle Monthly 12/2/16. Mountain run record

RUNNING 80 km wou hard enough...but the flooded creeks, mud and sl

That was the scenari competitors in the 16th at Cradle Mountain run on S day.

A total of 43 people cont the course, which covered Overland walking track.

The conditions did not vent Victorian runner Ar Kromar from smashing the record by 57 minutes.

Kromar ran the courabout 80 km in seven hou minutes — not bad when considers it takes about days to walk the track.

Another Victorian, Aylott, was second in nine and 34 minutes, followe Hobart's David Ross (9:45)

The first female to finish Coastal runner Sue Gray.

Burnie teenager Cath Wright also established a r as the youngest finisher of event.

Catherine (18) and mother, Sue, were also the daughter and mother conation home in 13 hours minutes.

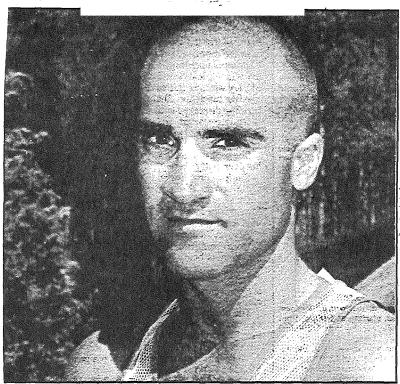
Catherine was first in under 18 division at Luxmore Grunt 25 km r tain run in New Zealar December.

Sue said conditions on S day were very muddy boggy.

"Some of the creeks are usually dry at this tithe year were full — there a lot of water on the track said.

The Wrights are membrathe Professional Cross Co Club of Tasmania and also together regularly.

## Mountains no obstacle for Kromar



Ultra mountain runner Andrew Kromar

LAST week Andy Kromar received an enticing offer from the International Athletics Union.

It was an invitation to represent Australia at the 100km World Championships in Moscow, Russia.

This is just reward for the Howman's Gap runner after an extraordinary 13 months during which he competed in five Australian ultra mountain races and set records in each.

The trip to Russia will be in May, two months after Kromar competes in the 'Six Foot Track Marathon,' a 46km run in the Blue Mountains on March

Kromar, 29, says ultra mountain running is very much a solo sport. He trains alone and while racing is generally racing the clock rather than an oppo-

Although he has enjoyed success at other sports, Kromar has definitely found his athletic niche. Prior to devoting his training to ultra distance running he was an accomplished cross country skier (a sport he still pursues) and a member of the Australian junior ski team.

For a while he competed in triathlons but objected to the swimming leg.
"It wasn't my forte, I didn't enjoy swimming laps."

Kromar says the appeal in ultra mountain running lies in the test against himself, seeing if it is possible to run at a fast pace after several hours covering rough

Before and during a race Kromar says he gets "pretty toey" but by the end of a race this has given way to feeling "pretty tired but ecstatic."

#### THE KROMAR FILE

January '95 - Rooftop Run, 63km, 3000m vertical. Came first and set new short course (30km) record of 3hr 26min.

March '95 - Mt Bogong Conquestathon, 19km, 1400m vertical. Came first, fourth consecutive win and a new record, the 51min.

April '95 - Jagungal Wilderness Trail Run, 85km, 1000m vertical. Came first setting new record of 7hr 40min. The old record of 8hr 45min was held by Russian Gunady Grosher, the European 24 hour record holder.

August '95 - Kangaroo Hoppet, 42km, Australian leg of Worldloppet cross country ski series. Was 10th overall and fourth Australian.

September '95 - Mt Hotham to Fall Creek ski race, 27km, 850m vertical. Came first in fastest time for an Australian. 1hr 43min. Fifth consecutive win.

December '95 - Bruny Island Ultra Run, 65km. Came first in record time of 4hr 25min 6sec beating old record by eight seconds.

January '96 - Rooftop Run, 63km, 3000m vertical. Winning time of 6hr 41min bettered old record by 17min 50sec.

February '96 - Cradle Mountain Run, 85km, 1000m vertical. Came first, his time of 7hr 22min was 57 minutes better than old mark set by Australia's 100km record holder. Tim Sloan.

## Kromar smashes mountain record

#### By TERRY MORRIS

VICTORIAN runner Andrew Kromar vesterday smashed the 80 km Cradle Mountain overland run record by 57 minutes.

The 29-year-old carpenter from the Victorian high country town of Mt Beauty ran the distance in 7:25, which eclipsed the previous record held by Tasmanian Tim Sloane.

#### CRADLE MOUNTAIN OVERLAND RUN

Kromar is an experienced crossmany times during the run and in one incident slid several metres along a muddy track, which provided him with some terrifying close-ups of the rocky outcrops.

"I've never seen so much mud in all my life", Kromar said after the race.

"The scenery surrounding the country snow skier but said he fell track is simply magnificent and I will definitely be returning to walk it in a more leisurely fashion."

> Kromar is getting to see quite a deal of Tasmania as he recently competed in the Bruny Island race and is now considering the Three Peaks event.

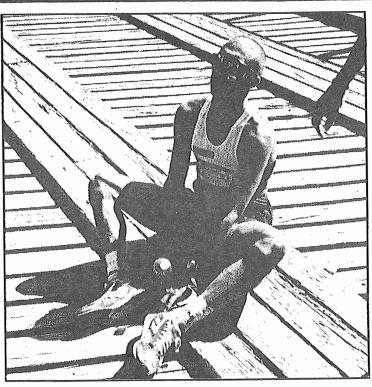
"I've heard about the Three Peaks race and I'd like to do it as I'm told it takes in fantastic scenery as well as being a very tough physical challenge," he said.

It was an all-Victorian finish yesterday, with Nigel Aylott finishing 2:09 behind Kromar. The first Tasmanian home was experienced overlander David Ross in a time of 9:45, which was just 11 minutes behind Aylott.

A field of 43 runners faced the starter at 6 am yesterday and while there were perfect conditions overhead they found it difficult to handle the slippery and muddy surface on the track. Many were outside the five hour cut-off at Narcissus at the northern end of Lake St Clair.

#### **RESULTS**

1, Andrew Kromar (Victoria) 7:25; 2, Nigel Aylott (Victoria) 9:34; 3, David Ross (Tasmania) 9:45; 4, Paul Miller 9:55; 5, Bruce Chetwynd 10:08.



Andy Kromar: blitzed the field and race record at the 1996 Rooftop Run. ALPINE TIMES

DISTANCE runner Andy Kromar smashed the old record for the Rooftop Run by 17 minutes and 50 seconds.

The race, held on Sunday, January 6, was the 11th Rooftop Run.

Runners were required to make their way from Mountain Creek to the summit at Mount Hotham.

Of the 20 who started the race, 10 finished, with the remainder withdrawing at the halfway mark which was at Longford Gap.

It was an incredible performance from Kromar, who completed the race in six hours, 41 minutes and two seconds.

Nigel Aylett of Melbourne was second in 8.06.45 and Greg Love of Gosford was third in 8.22.08.

The old race record of 6.58.52 was set in 1988 by master of the course and four-time winner Neil Hooper.

It was inevitable that Hooper's record would eventually fall but no-one expected the astonishing margin of nearly 18 minutes

Kromar, a former ranger at Mount Buffalo now working at Howman's Gap, has enjoyed great success in many sporting endeavors including triathlons, cycling and skiing.

He was the fourth Australian home in the 1995 Kangaroo Hoppet.

Humid conditions took their toll on runners and many were left (with the obvious exception of Kromar) disappointed with their times.

Last year's winner ran 45 minutes slower than in 1995 but Kromar thrived under the difficult conditions.

The race was conducted by the Ultra Runners Association and controlled by a team of voluntary members of the Wireless Institute Community Emergency Network.

## Victorian runner sets stunning recor

MOUNTAIN runner Andrew Kromar from the Victorian high country town of Mt Beauty sliced a stunning 57 minutes off the record for the Cradle Mountain overland run yesterday.

The previous record was held by Tasmanian Tim Sloan (8.22)

The 29-year-old carpenterjoiner claimed the record with a superb time of 7 hours 25 minutes for the arduous 80 kilometre overland run.

"I've never seen so much mud in all my life," said a weary Kromar.

The experienced crosscountry snow skier said he fell many times and on one occasion slid metres along the muddy track getting terrifying close-ups of rocky outcrops.

"The scenery surrounding

the track is simply magnif and I'll definitely be retur to walk in a more leist fashion," he said.

Kromar said he had h about the Three Peaks 1 and would like to do it.

"I'm told that it take fantastic scenery as wel being a tough challenge."

Experienced Tasmanian David Ross c in third in 9h45m, 11 min behind second-placed N Aylott from Victoria.

The field of 43 faced alr perfect overhead condit but most found the slipp muddy ground difficult handle and missed the 5pm off at Narcissus on the no ern end of Lake St Clair.

Resulte: A. Kromar 7h25m; N. 4 9.34; D. Ross 9.45; P. Miller 9.5 Chetwynd 10.08.

#### MERCURY SUNDRY. 11/2/96

Kromar yet again 40 - The Alpine Times, Tuesday, March 5, 1996.

#### LOCAL RUNNERS EXCEL OVER WEEKEND

Howman's Gap runner Andrew Kromar has won the Six Foot Track Marathon through the Blue Mountains.

His winning time over the 46 kilometre course was three hours and 29 minutes was 16 minutes ahead of his nearest rival.

Kromar had aimed to set a new record for the race, held on Saturday March 2, but was thwarted by the hot and dry conditions.

Most competitors' times were down from last year.

Kromarwas pleased with his time and the win, which was against a strong field.

There were a record number of runners in the race, 332. The course from Katoomba

to Jenolan Caves was extremely hilly.

It began with a descent from 1000 metres above sea level to 400 metres, followed by a climb to 1200 metres then a descent 600 metres.

Kromar returned to Wodonga on Sunday at 2am then competed in the Festival Fun Run in Albury later that morning.

He finished ninth in the fun run, which was won by Myrtleford's Tito Sgariglia.

The run was the first in the North East Runner of the Year series.

The relay section of the race was won by Sgariglia, Alex Tadic of Myrtleford and David Innes of Bright.

#### "THE MERCURY" 3/12/95

year's event, said he looked forward to the challenge of

winning back the race record.

The relay team of Gerry and the Pacemakers lived up to their name and sliced 1.05 off the previous record in running 3:16.38s.

Cripps Anniversary, previous record holders, were relegated to second in a time of 3:21.13.

Northern Suburbs women slashed the women's team record to run 4:36.22s and the North Hobart Coca Cola Demons were the overall teams handicap winners.

#### lighthouse Records broken in run to

A RECORD solo run by 29-year-old Victorian ultra distance trail runner, Andrew Kromar was the first of three records to be broken in the eighth annual Bruny Road run from Dennes Point to the Bruny lighthouse yesterday.

Kromar took 38 seconds off the previous record held by

Andrew Law when he completed the tough undulating run in a time of four minutes 25.06 seconds. Kromar said he ran hard early and almost the record as his legs cramped over in the final rugged five, kilometres to the lighthouse

"This was my first time in Tasmania and Bruny was a tough introduction," he said.

"I'll be coming back next year and also running in the Cradle Mountain Overland Run in early February.'

Law, the previous record holder, officiating in this

#### CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN.

The Caboolture Historical Village Dusk to Dawn commenced at 6pm Saturday 10 February and finished at 6am 11 February, 1996. Within the twelve hour period four events were contested. A 12 hour and 6 hour fun run, plus the Queensland 100 kilometre Road Championships and the Queensland 50 kilometre Road Championships.

Twenty-nine people in total lined up for all the events, 2 in the 100 k, 8 in the 50 k, 6 in the 6 hour and 13 in the 12 hour.

The 100 k was a tightly fought contest between to well matched runners, Cliff French and winner of last years Nanango 5 Day Stage race, Geoff Williams. Unfortunately Cliff pulled out after an old injury troubled him which allowed Geoff to spend time harassing the lap scorers and he finished in a time of 11:34:19.

Only seven minutes separated the first three place getters in the 50 k which emphases the struggle that took place to get Glen Matinca in first place with a time of 4:09:34. Special mention must be made of Harry Davis, running in his first ultra to come in at 4:15:16, and also Angie Cottrell, 1st female at 5:24:56, who ran in bare feet.

The 6 hour was won by Bruce Cook who covered 61.195 k, followed closely by Rod Morgan at 57.180 k. Stan Miskin at 70 years walked a very brisk 42.063 k.

The excitement of the night was the battle in the 12 hour between Angela Clarke and Aileen Markham. It was another of their regular clashes which seem to bring out the best in each of them. At the end of the 12 hours only 3 kilometres separated them, and their final distances of 103.261 k and 100.618k does not tell the full story of the preceding 12 hours. Subject to ratification, Angela is in contention for the following records. Australian and Queensland open 12 hour road Champion plus age group records in the 55-59 age group for 100 k.

This event is becoming increasingly popular due to the range of events, very attractive venue and friendliness of the competitors. It is planned to continue this as an annual event at approximately the same time each year.

### 50 KILOMETRE OUEENSLAND STATE CHAMPIONSHIPS

Ray Chatterton	30 KIEGMETKE QUEENDEAND STATE CHAMITONSHIT						
Race Director	(1) Glen Matinca	4:09:34	42				
·	(2) Peter Sinfield	4:13:42	36				
	(3) Harry Davis	4:15:16	53				
	(4) Phil Clarke	4:43:36	32				
	(5) Angie Cottrell	5:51:38	47	1st Female			
	(6) Corrie Davel	5:51:38	39				
	(7) Lyn Gordon	DNF					
	(8) Steve Roach	DNF			41.		

#### 1996 CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN

#### **12 HOUR RUN**

	121		I CIV
		AGE	
(1) Peter Gibson	113.374 k	40	
(2) Ian McCloskey	108.847 k	44 .	
(3) Angela Clarke	103.261 k	56	1st female
(4) Murray Flemming	101.666 k	31	
(5) Aileen Markam	100.618 k	48	2 nd female
(6) Gary Parsons	98.166 k	46	
(7) Brett Molloy	95.512 k	35	
(8) Kelvin Woods	84.500 k	30	
(9) Shelley Smith	80.569 k	37	
(10) Darryl Flemming	80.500 k	33	
(11) Don Hillaery	73.793 k	54	
(12) Kerry Hall	70.598 k	34	3nd Female (walker)
	SIX	HOUR	RRUN
		AGE	
(1) Bruce Cook	61.192 k	39	
(2) Rod Morgan	57.180 k	48	
(3) Geoff Hain	55.622 k	49	
(4) Dave Holleran	51.000 k	39	
(5) Bob Clarke	50.012	58	
(6) Stan Miskin	42.063 k	70	
100 KILOMET	RE QUEENS	LAND	STATE CHAMPIONSHIPS
		4 CP	
		AGE	

44

52

11:34:19

DNF

(1) Geoff Williams

42. (2) Cliff French

#### ADT50

#### AURA DAM TRAIL 50km - 17th MARCH, 1996

#### **RACE REPORT**

This year's race was not as perfect as I had hoped, but it was a great improvement on last year. No one ran further than 54km compared with 70km for some runners last year.

The reason for the improvement was that I arrived on course the day before the race to mark it out, instead of trying to do it all on the day as per last year. The reason for the imperfection was that I arrived on course much later than intended, got rained out and only achieved a small portion marked, the balance attempted the next day. So both years running now, the lead runner passed me while I was still marking out, which is why Safet went off course for a couple of kilometres. So I'm glad Safet was still able to win the race.

I was very disappointed with the lack of numbers for the race. Six entries and five starters. It really is not worth the effort to put on a race for so few competitors. Unless runners better support the few events left in Victoria, more races will disappear.

To the six entrants, thank you for your supporting the race. I'm glad you enjoyed the day - it is such a beautiful run and its great to have it so close to Melbourne. A special thanks to Kelvin for coming down from Sydney for the race.

The race helpers easily outnumbered the competitors.

Thanks a million to:-

Brian Simmons at Carters Gap, Dom Dom Saddle and the finish and organising the hotel and showers

Sandy Kerr and Pete Feldman at Dom Dom Saddle and the finish

Laurie Black and Brian Flynn at Black Spur and 45km

John and Daniel Harper at Mt. Monda

Peter Armistead and Ross Shilston at Mt. St. Leonard

George Christodoulou and Michael Grayling at Donnelleys Weir

Congratulations on another fine win to Safet. Maybe next year the course will be fully marked and we will get to see what sort of course record can be set on the intended distance.

Hoping for bigger numbers in next year's race.

Geoff Hook

Your unscrupulous Race Organiser

#### **RESULTS**

		CARTERS GAP	DOM DOM 1	BLACK SPUR	DOM DOM 2	MT. MONDA	MT. ST. LEONARD		FINISH
		6.2km	9. <b>8km</b>	16.4km	19.2km	30km	37.7km	45km	50.6km
1.	Safet BADIC, 35	33:37	52.58	1:19:-	1:35:50	2:32:14	3:12:00	3:52:-	4:31:42
2.	Nigel AYLOTT, 29	35:42	56:52	1:25:-	1:42:18	2:57:20	3:38:30	4:22:-	4:48:00
3.	Kevin TORY, 26	38:30	59:40	1:27:-	1:45:44	2:55:50	3:40:56	4:26:-	4:55:02
4.	Kelvin MARSHALL, 31	38:35	1:01:58	1:32:-	1:51:57	3:07:55	4:01:30	4:52:-	5:25:19
5.	Kevin CASSIDY, 35	45:48	1:10:54	1:45:-	2:09:29	3:32:40	4:25:40	5:21:-	5:56:33
	1997 RACE	48.00	1:09:00	1:44	2:01	3:14:	1:00	Marine,	5:13:15
		43			-8	-18	-25		43.

## The ACT Cross Country Club Inc. presents the 21st annual



incorporating the

- Australian Veterans Marathon Championships
  - NSW Veterans Marathon Championships
  - ACT Veterans Marathon Championships
    - ACT Marathon Championships
  - ACT Wheelchair Marathon Championships
    - Australian Championship for
    - Ambulatory Athletes with a Disability
       Canberra 50k Ultra Marathon

#### **7 AM SUNDAY 14 APRIL 1996**

and the 11th annual

## Marathon Eve 5k & 10k Fun Run

4 PM SATURDAY 13 APRIL 1996

SUPPORTING SPONSORS







#### Race records

Open	John Andrews	NSW	2: 15:02	1995
	Susan Hobson	ACT	2:32:57	1994
Resident	Gerard Barrett	ACT	2:15:07	1988
	Susan Hobson	ACT	2:32:57	1994
Debut	Gerard Ryan	ACT	2:24:05	1989
	Susan Hobson	ACT	2:32:57	1994
M40	Garry Hand	ACT	2:19:00	1987
M45	8ill Raimond	NSW	2:29:07	1982
M50	Tony Larkum	NSW	2:36:30	1991
M55	John Gilmour	WA	2:40:56	1978
M60	Gordon McKeown	VIC	2:57:49	1984
M65	George McGrath	NSW	3:01:17	1987
M70	Randall Hughes	VIC	3:20:09	1995
W35	Susan Hobson	ACT	2:32:57	1994
W40	Dot Browne	VIC	2:47:47	1984
W45	Bev Lucas	SA	2:43:45	1995
W50	Lavinia Petrie	VIC	3:08:03	1994
W55	Marie O'Donovan	NSW	3:18:50	1988
W60	Marie O'Donovan	NSW	3:30:28	1993
W/Chr	Paul Bowes	QLD	1.47.21	1991
	Paul Wiggins	WA	1.47.21	1991
	Ingrid Lauridsen	DEN	2 05 55	1990
Quad	Alan Dufty	QLD	2.10.55	1990
50k	Steve Evans	QLD	2.56.29	1995
	Linda Meadows	VIC	3:27:22	1995
10k	Pat Carroll	ACT	29:33	1993
	Lorraine Davis	NSW	34:08	1995
5k	Clayton Clews	ACT	14:58	1994
	Michelle O'Rourke	ACT	17:46	1994

#### Official race hotels

**Rydges Canberra** . . . a legend in its own lifetime. Situated on the shores of Lake Burley Griffin and a short walk from the city centre Rydges Canberra offers unparalleled views from all rooms.

A special rate of \$99 per room per night is available to competitor and spectators. For bookings phone Toll Free 1800 026 169.

**Rydges Capital Hill**, Canberra's luxury boutique style hote situated less than 200 metres from the marathon start/finish line.

A special rate of \$110 per room per night applies on a limiter number of rooms, subject to availability. Phone 1800 020 011 to take advantage of this offer.

**Rydges Capital Hill** . . . there's no better place to stay in Canberra.

## CANBERRA 50k ULTRA MARATHON

incorporated with the 21st annual

#### Mobil Canberra Marathon

#### 7am Sunday 14 April 1996

The ACT Cross Country Club invites all ultra runners to participate in the fourth annual Canberra 50k ultra marathon. This race is conducted in conjunction with the Mobil Canberra Marathon. Ultra runners run a further 7,805 metres after completing the marathon. In 1993 Trevor Jacobs and Carol Ey set Australian records on this AA Certified Accurate Course. In 1994 Lavinia Petrie set a world W50 record and Lorraine Lees-McGeough set a Canadian record. In 1995 Steve Evans and Linda Meadows set new Australian records.

For entry forms and full details, send stamped addressed envelope to:

#### Invitation

On behalf of the ACT Cross Country Club, I invite all runners, joggers and walkers to participate in our marathon weekend activities in 1996. We have events to suit people of all ages and abilities – a 5k and 10k fun run on Saturday 13 April and a marathon, with a 50k option, on Sunday 14 April.

Marathon weekend will be packed with highlights. We celebrate the 21st annual *Mobil Canberra Marathon* and the 11th annual *Marathon Eve 5k & 10k Fun Run*.

The marathon also caters for those wishing to run an ultra with the fourth annual Canberra 50k Ultra Marathon. The marathon also incorporates the Australian, NSW & ACT Veterans Marathon Championships, the ACT Marathon. Championships, the ACT Wheelchair Marathon Championships and, for the first time, the Australian Championship for Ambulatory Athletes with a Disability (ie: amputee, cerebral palsy, les autres). For more information on this inaugural championship, contact Geoff Perry on 06-249 6965. Other marathon weekend activities include a Runners Expo and Pasta Party.

A complimentary marathon program is provided to all marathon entrants; complimentary post-race refreshments are provided at all events, and certificates of merit and results books are mailed to all finishers. Photo proofs are mailed to all marathon finishers.

Autumn is a sensational time to run in Australia's national capital. Canberra residents extend a warm welcome to all visiting participants, their families and friends. Plan now to spend a few days exploring the capital while taking part in our marathon weekend activities. We look forward to your participation.

DAVE CUNDY. Race Director

## Information MARATHON

- Where: Start/finish at Telopea Park School.
- When: 7am Sunday 14 April.
- **Course:** See course map overleaf. AA Certified Accurate.
- *Eligibility:* Open to all runners over 18. All financial members of a Veteran Athletic Club will be eligible for the Australian Veterans Championship. All financial members of the ACT/NSW Veterans Athletic Club will be eligible for the ACT/NSW Veterans Championship. All first claim ACT registered athletes will be eligible for the ACT Championships. No roller skates, skis, blades, pets, etc.
- Entry dates: Entries must be postmarked no later than 25 March. Entries postmarked after 25 March or made in person on race weekend will be subject to a late entry penalty. On race weekend late entries will be accepted at the Expo on Saturday 13
   April. Late entrants will be eligible for all services and awards.

- Entry fees: \$35 if ACTCCC member; \$40 non-members; \$50 for all late entrants. Entry fees are non-refundable.
- *Time limit:* Road closures, aid stations, etc. are geared for a 4½ hour time limit. Competitors remaining on the course after the progressive opening of roads do so at their own risk. Regardless of the time limit, all finishers will be timed, recorded and receive a medallion and certificate.
- Aid stations: There will be drink or sponge stations at approximately every 3 kilometres. Water and a sports drink will be available at each drink station. Provision will be made for special drinks details will be available with ID cards.
- *Time splits:* Will be called or displayed at 1k, halfway and every 5k. Each kilometre will be signposted.
- Race number distribution: ID cards will be mailed to all entrants at the beginning of April. This card should be produced to collect your race number, which will be available at the Expo or after 6.00 on race morning. Race numbers are not transferable.
- **Weather:** Canberra's average temperature at 7am during April is 8° rising to an average of 14° at 10am.
- **Souvenir merchandise:** A collection of souvenir race merchandise will be available for sale at the Runners Expo. You may preorder merchandise on the attached entry form. Orders must be collected on race weekend.
- **Awards:** An awards ceremony will commence at 11.30am at race headquarters. Major awards include:

Scholarship money to first five male and female finishers, plus bonus money for race records in open, resident, debut, veteran and wheelchair categories. Full details from Race Director.

Airfares and accommodation for the first Australian male and female to compete in the Australian Marathon Championship at the Gold Coast in July 1996, courtesy of the Gold Coast Marathon. Awards to top 10 males and females; first 3 male and female wheelchairs; fastest male and female debuts; first male and female in each veteran category from M40 and W35; and first 3 males and females in 50k

#### **ULTRA MARATHON**

**When:** After completing the 42.195k marathon and being recorded as a marathon finisher, all marathoners will be eligible to continue and complete the Canberra 50k Ultra Marathon. Please indicate in the appropriate box on the entry form if you intend taking this option.

#### **FUN RUNS**

- Where: Start/finish at Telopea Park School.
- When: 4pm Saturday 13 April.
- **Course:** Multi-lap course around the streets of Barton trafficfree and AA Certified Accurate. Map mailed to all entrants with race numbers.

- *Eligibility:* Runners and walkers of all ages and abilities welcome and encouraged to participate.
- **Entry dates:** Entries by mail close 29 March. Entries accepted on race day but subject to late fee.
- *Entry fees:* Mail entries \$10 adult; \$7 under 20; or \$20 per family. Late entries \$12 adult; \$9 under 20; or \$22 per family. Family members can run either race. No entry fee for marathon entrants although marathoners MUST also enter by ticking the appropriate box on the entry form and collecting an official 5k/10k race number.
- Race number distribution: Race numbers and final instructions will be mailed to all entrants prior to the race. Race numbers are not transferable.
- Aid stations: There will be a drink station on each lap and at the finish.
- **Awards:** An awards ceremony will commence immediately after the event. Finishers must be present to win barrel awards.

Other than awards for the first male and female finishers in each race, all awards will be from the barrel. Bonus money will be paid for open male and female race records in the 10k.

There will be categories for under 20, 18, 16 and 14 males and females and all veteran categories from W35 and M40. Winners will be acknowledged in the Results Book.

#### **RUNNERS EXPO**

- Where: Race headquarters Telopea Park School, NSW Crescent, Barton.
- When: 2-6pm Saturday 13 April.
- **What:** Race number and program distribution; The Runners Shop with discounted shoes and clothing; sale of official race merchandise, books and magazines; athletic club displays; and screening of marathon videos.

#### PASTA PARTY

When: 7–9pm Saturday 13 April. Where: Rydges Capital Hill Hotel.

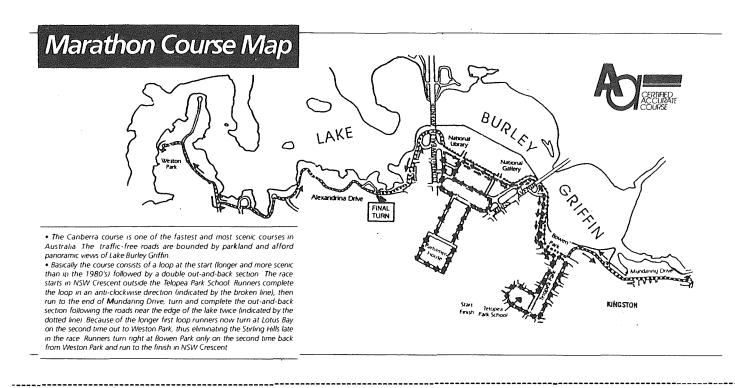
**What:** A traditional carbohydrate loading party featuring a special quest speaker.

**Menu:** Endorsed by Australian Institute of Sport nutritionist Louise Burke. Features a selection of pasta and sauces, fresh garden salads, continental breads followed by a selection of fresh fruit and low-fat ice cream. Includes orange juice and mineral water.

Cost: \$24 per head.

**Bookings:** Space is limited so order your tickets early by completing the appropriate item on the attached entry form. No bookings direct with hotel.

Organised for the ACT Cross Country Club Inc. by Cundy Sports Marketing, PO Box 624, Civic Square ACT 2608



#### Official entry form

PHOTOCOPIES ACCEPTED

#### FOR OFFICIAL USE ONLY

Chest No.:

#### ENTRIES CLOSE: MARATHON - 25 MARCH 1996; FUN RUN - 29 MARCH 1996

Please read the whole form carefully, fill in relevant details (both sides) and mail, with appropriate remittance, to Race Secretary, PO Box 624, Civic Square ACT 2608. Entry form must be signed – see overleaf.

Preferred first name:		Surname:			Initials:	
Postal address:				Suburb/Town:		
State/Country		Postcode:	TELEPHONE	(home)		(business)
SEX. M or F AGE on Race Day		owing events (tick approp Marathon   50k	·	t: 🖵 YES 🖵 NO Ambula	atory disabled: 🚨 YES 📮	⊒ NO
MARATHON ENTRANTS  FIRST MARATHON  HOUR  YES INO I	PREVIOUS BEST MARA MIN SECS	经分配 医胸膜切除 医氯甲烷二甲烷	ESTIMATED RACE TIME Hour Min	Are you a fin Club? □ YI Name of Vet		ans Athletic

#### REMITTANCE DETAILS

□ \$40 if postmarked before 26 March

#### MARATHON ENTRY FEE

ב	\$35 if ACTCCC member	\$
J	\$50 for all late entries	\$
FUI	N RUN ENTRY FEE	
Ü	\$10 adult/\$7 under 20 if postmarked before 30 March	\$
J	\$20 if family entry (pin forms together)	\$
ב	NIL if marathon entrant	\$
	\$12 adult/\$9 under 20 if late entrant	\$
J	\$22 if late family entrants (pin forms together)	\$
ME	RCHANDISE ORDER	

TOTAL REMITTANCE

ME	ERCHANDISE ORDER	
ב	Short Sleeve T-shirts @ \$15 (Size:)	\$
J	Long Sleeve T-shirts @ \$20 (Size:)	\$
J	Long Sleeve Sweat-shirts @ \$25 (Size:)	\$
PΑ	STA PARTY 🗇 @ \$24	\$

#### PAYMENT DETAILS

- Payment by. Cash/ Cheque/ Money Order/ Bankcard/ Mastercard/ Visa (circle type of payment)
- Please make cheques, etc payable to ACT Cross Country Club
- For Bankcard, Mastercard or Visa, please complete the following.

Cardholder's Signature: Card No. \_ \_ \_ \_

#### **DECLARATION**

Sign

\$.....

#### Please note: Entry form must be signed below.

1. I, the undersigned, in consideration of and as a condition of my entry in these events for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of 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 these events.

2. This waiver release or discharge shall be and operate in favour of Cundy Sports Marketing, the A.C.T. Cross Country Club Inc., any other organising club or clubs, all officers, members and employees of the Australian Federal Police and all race sponsors and shall so operate whether the damage or cause is due to any act or neglect of any of them.

ed	 Date	/	/

## KING & QUEEN of MT MEE Sunday 2451 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 -	Woodfo	ord <b>R</b> oad	l, Mt Me	e Qld
TIME:	50km Start 6.30am	25km 3	Start 7.3	0am	
WATER:		Fruit w	ill be pr		d to carry water bottle, especially for the the bottom turn around check point and
PRESENTATIONS:	At race finish area at 1.30	Opm. L	ight lunc	ch will be	provided for runners. \$5.00 for others.
CATEGORIES:	1st Male, 2nd Male, 3rd 1st Female, 2nd Female, 1st Male, 2nd Male, 3rd 1st Female, 2nd Female, 50km, 25km handicap wi	3rd Fer Male (2 3rd Fer	male (50) 25km) male (25)	km)	ikm, 1st walker Female 25km
NO WATCHES	ARE ALLOWED ON TO AT THE START / FIN				Æ CALLS WILL BE GIVEN IND POINTS
HANDICAP SYSTEM:	It is the runner's responsible decided on the runner	•			ated time for the event. The winner will heir estimated time.
*** A S	OUVENIR FOR EACH I	RUNNE	CR *** N	AANY R	ANDOM PRIZES ***
ENTRY FEE:	\$20.00 for 50km & \$20. \$5.00 discount for QUR			embers	
For information Phone:	Gary Parsons (074) 95 7	208,	Ian M	lcCloskey	(074) 95 2864
	*** E	NTRY	FORM	***	
NAME:				•••••	
ADDRESS:					
PHONE:			M	F	AGE
QUR, QMRRC Member Non Members Fee	rs Fee \$15.00 \$20.00	50km 50km	[]	25km 25km	[]
Estimated Time:		•••••			Light Lunch No. [ ] @ \$5.00
TOTAL PAYABLE			. (Mak	e cheque	s payable to Queensland Ultra Runners)
MAIL FEE & ENTRY I ENTRIES IN BY:	1st Apr	il 1996	- for cat	ering reas	aboolture 4510 sons tries 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.					

#### BRISBANE WATER BUSH BASH.

#### 47 KM TRAIL RUN.

**RUN DETAILS**;

GREG LOVE,

UMINA. 2257.

76 Birdwood Avenue,

START;

#### SATURDAY, 27TH APRIL, 1996.

GOSFORD SAILING CLUB, Masons Parade, Gosford (200 m south of the Olympic

	poorly
TIME;	6:00 a.m.
CHECK IN;	5:00 to 5:45 a.m.
TIME LIMIT;	7 hours
FINISH;	Olympic Motel, 48 Masons Parade, Gosford (opp the Olympic Pool)
MEDALS;	Early entries - on the day.  Late entries - by mail.
	ENTRY FORM.
NAME;	
हीं हुमार आठों कुन्या कुन्या कुन्या कारण क्षेत्रक तहां कुन्या कारण क्षेत्रक कारण क्षेत्रक कारण क्षेत्रक कारण क	
AGE; (18	Byears minimum) SEX;
ADDRESS;	POST CODE;
	( ) WORK - ( )
I, the undersigned, ir for myself, executors otherwise have arisir	n consideration and as a condition of acceptance of my entry in the Brisbane Water Bush Bash and administrators hereby waive all or any claim, right or cause which I or they might ng out of loss of my life or injury, damage or loss of any description whatsoever, which I may ne course of or consequent upon my entry or participation in the said event.
SIGNED;	DATE;
ENTRY FEE is	\$30, payable to BRISBANE WATER BUSH BASH.
for myself, executors otherwise have arisin suffer or sustain in the SIGNED;  ENTRY FEE is	and administrators hereby waive all or any claim, right or cause which I or they might ng out of loss of my life or injury, damage or loss of any description whatsoever, which I may ne course of or consequent upon my entry or participation in the said event.  DATE;

Phone; (043) 41-6384

#### BRISBANE WATER BUSH BASH 47km Trail Run

#### **GENERAL INFORMATION**

#### **NEARBY ACCOMMODATION**

Reeces Olympic Motel

48 Masons Parade, East Gosford

(043)247 377 .

Galaxy Motel

(at Gosford RSL - cheap beer!!)

6 Pacific Highway, West Gosford

(043)231 711

#### THE COURSE

The course is a scenic mixture of road track and fire trail that takes runners completely around the Brisbane Waters. It will be well signposted, with course marshalls at frequent points so you won't get lost.

#### **FOOD STATIONS**

There will be three (3) food stops on the course.

At approximately 15, 30 and 40 kilometres.

Any special drinks you have will be available at these stations.

#### **DRINK STATIONS**

Water will be provided as often as practical (depending on ease of access).

#### **FACILITIES**

After the run, at the Sailing Club, showers, a barbeque, tea, coffee, beer, fruit and cakes will be provided for all runners and officials.

#### **PRESENTATIONS**

Medals and certificates for all finishers. Awards for first, second and third plus first lady.

At Sailing Club at around midday.

MORE INFORMATION TO FOLLOW

# PERCY CERUTTY MEMORIAL 6 HOUR TRACK RACE

BETWEEN WORDS/NUMBERS where applicable.

50



Knox Park Athletic Track off Rushdale Road, Scoresby Vic. Sunday 5th May, 1996 9am - 3pm

## **ENTRY FORM**

IMPORTANT: PRINT CLEARLY! Please complete this Entry Form in BLOCK LETTERS. LEAVE ONE BLANK SPACE

suburb or town POSTCODE TELEPHONE HOME WORK
Ferson to be notified in case of emergency:
SURNAME FIRST NAME
Relationship TELEPHONE HOME WORK
Details of best track ultra performances:
6 Hour km 50km
12 Hour km 100km
24 Hour km 50 Miles
Best marathon
<u>W</u> AIVER
I, the undersigned, in consideration of and as a condition of acceptance of my entry in the PERCY CERUTTY MEMORIAL 6 HOUR TRACK RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.  This waiver, release or discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.
Data



# PERCY CERUTTY MEMORIAL 6 HOUR TRACK RACE

Information

LOCATION:

Knox Park Athletic Track, off Rushdale Road, Scoresby, Vic.

(Melways Ref. Map 73 D7, near Burwood Highway)

The track at Knox Park is a newly-laid synthetic track and is an excellent surface with 8 lanes. The track is surrounded by grassy parklands and support crews may set up on the grass beside the track.

TYPE OF TRACK:

400m. new synthetic track, excellent surface, 8 lanes.

**RACE DATE:** 

Sunday 5th May, 1996

TIME:

9am to 3pm

REPORT IN:

8.15am - 8.30am

**ENTRY FEE:** 

\$25.00. Cheques payable to Dot Browne (Race Director)

SENT TO:

4 Victory Street, Mitcham 3132.

**CLOSING DATE:** 

Friday 27th April, 1996

FACILITIES: 1.

Clean modern changing rooms adjacent to the track, which include toilets, massage rooms, hot showers, hall for presentations and well equipped kitchen with microwave oven and urn (for the use of runners' crews and lapsexorers)

- 2. Light refreshments provided for lap-scorers.
- 3. Leader board updated every hour to show placings & distances.
- 4. Masseur available for the runners before, during & after the event.
- 5. Results and photographs posted to competitors within a week of the event.

## 1996 AUST & QLD 48 HOURS & QLD 24 HOURS TRACK CHAMPIONSHIPS

**Date and Venue:** 9:00 am Friday 17 May 1996 for the 48 hours and 9:00 am Saturday 18 May 1996 for the 24 hours at Gold Coast Eagles Rugby Ground, (on the Nerang River), Brighton Parade, Southport.

Entry fees: 48 hr, \$50; 24 hr, \$40 if received by 3 May 1996, thereafter add \$10. Deduct \$10 if a member of QURC. Entry fee includes provision of quality commemorative tee shirt. Trophies to winners and placegetters. Medallions to all finishers. (For "finisher", see Race Rules).

Track: Grass, 500 metres, good condition. Certified by survey.

Facilities: Clean toilets and showers, staffed canteen providing a good range of runner's food at reasonable prices. No camping at ground, but small tents may be erected immediately before or during the race.

Race Conditions 1. No pacing allowed if, in the opinion of the Race Director, such would result in an unfair advantage; 2. SE Queensland and northern NSW entrants are expected to supply their own lap scorers. Lap scorers will be provided, if necessary, for other interstate and overseas competitors. Crewing and food is the responsibility of the runner. A staffed canteen will be operating throughout the duration of the race; 3. No artificial aids or unprescribed medications are to be used by any competitor. The race director must be advised of any prescribed medications; 4. Any competitors walking two or more abreast must move out, making the inner lane/s available to runners; 5. The Race Director may withdraw any runner at any time at his sole discretion; 6. Any runner who is absent for the track for 4 hours or more in any one break in the 24 hours event or for 6 hours or more in any one break in the 48 hours event shall be regarded as a DNF and will not receive a finishers medallion; 7. Race walkers are welcome.

Nearest motel: Park Regis, on the River, 200 metres from track, swimming pool, restaurant etc Freecall 1800 644851 normally \$99 per night per room, \$75 to us - ask for Gloria during business hours.

**ENTRY & DECLARATION** 

Nam						
	lress			_	e	
Tel l	No.	Sex	M / F	D.O.B	/ /19	
Tee	Tee shirt size: Medium [ ] Large [ ] Extra tee shirts available at \$15 each.					
1.	I have read and agree to abide by the conditions stated.					
2.	I am medically race fit and have	adequately pr	repared for this	s race.		
3.	I, my legal heirs and support creaccident sustained, loss of prop		_	•	• • • • • • • • • • • • • • • • • • • •	
Sign	ned		Date			

Please return this entry together with the fees and charges to the race director, Ian Cornelius, PO Box 469, BROADBEACH QLD 4218. Tel (07) 5592 2349 Fax (07) 5531 6171 The judges' decision will be final and no correspondence or disputes entertained

DECLARATION

any of the loss of my life or injury, damage or loss of any description whatsovever which I may suffer as a tors and administrators, hereby waive all an any claim which I or they might otherwise have for or arising out o 1. I, the undersigned, as a condition of acceptance of my entry in the above event for myself, my heirs, execuresult

#### **EVENT ONE**

#### 22NDANNUAL NU-STEEL HOMES KING OF THE MOUNTAIN

20 miles (32 km) over Mt. Scanzi

Start 9 am Cambewarra Public School

Finish Kangaroo Valley Showground

ENTRIES: \$15 - TO PO Box 258 NOWRA NSW 2541

\$20 - Entries on Day

ENQUIRIES: Kevyn Davis -

(044) 218811 (W) 478309 (H)

**EVENT TWO** 

#### SECONLD NU-STEEL HOMES **ULTRA-MARATHON**

46 kms on roads around Mt. Scanzi

Start 8 am Cambewarra Public School

Finish Kangaroo Valley Showground

ENTRIES: \$15 - TO PO Box 258 NOWRA NSW 2541

\$20 - Entries on Day

ENQUIRIES: Rick Foster - (044) 215339

 $\diamond$   $\diamond$   $\diamond$   $\diamond$ 

MAIL ENTRIES CLOSE: WED 5TH JUNE, 1996

#### NOTE:

- Minimum Age 12 Years
- Tranport provided from Kangaroo Valley back to start after event.
- No private vehicles allowed on course.

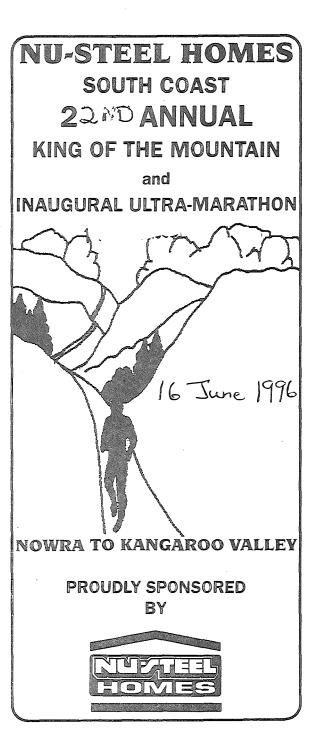
#### VENUE:

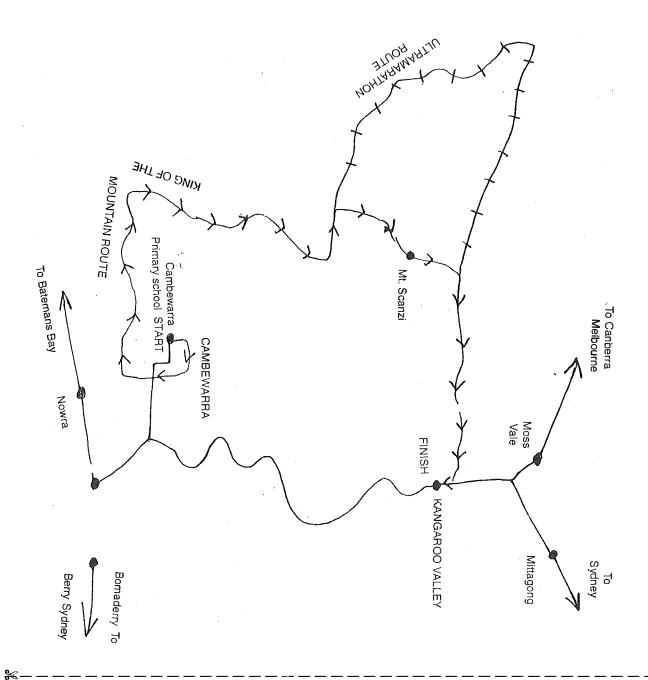
A scenic, challenging run through the foothills of Cambewarra and Budgong, over the summit of Mt. Scanzi then down into Kangaroo Valley.

(Refer to map on reverse).

The ultra-marathon skirts Mt. Scanzi along the Budgong fire trail returning to Kangaroo Valley along Tallowa Dam Rd.

This is an arduous event and entry by young or unfit competitiors is NOT recommended. The run will proceed in any weather. If necessary, the route will be changed to ensure your safety.





ENTRY FORM FOR SHOALHAVEN KING OF THE MOUNTAIN / ULTRAMARATHON 16TH JUNE, 1996.

Name:	, 	Phone:	
Address:			
DOB:	Age on Race Day	Sex: M 🔲	F 🔾
Event: King of the Mountain	Ultra' - Marathon		
Signed		Date	
Signature of Parent (under 18 ent			

#### AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

## 50 MILE TRACK RACE

#### **AUSTRALIAN CHAMPIONSHIP EVENT**

#### SATURDAY 27TH JULY, 1996

ENTRY APPLICATION please print clearly

,						
SurnameCall Name						
Sex M	Sex M/F Date of Birth Age (On day of race) Occupation					
Posta	1 Address Postcode					
Telep:	hone (Home) Area Code					
Pleas Ultra profi	e provide details (number of races, best times and placings) for official Marathons, s (50km and over), Triathalons, etc. for the purpose of race selection and runner les.					
	Tee-Shirt Circle Size: 14; 16; 18; 20; 22					
Note:	Tee-shirts are at additional cost and must be ordered with this application as no spares will be available on race day.					
	ountry and interstate applicants only: Yes No No ou provide a lap scorer?					
	CONDITIONS OF ENTRY					
1. 2. 3.	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 entrants, except country and interstate runners, shall provide one person to assist with lap scoring and any other people (seconds) to assist the runner as he or she may require. Failure to provide a lap scorer may result in cancellation of application.					
4. 5. 6.	The required entry fee must be paid by the nominated date (see information). A maximum field of 30 will be accepted for the track race. All rules for the race must be strictly observed.					
	WAIVER					
2.	I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Australian Ultra Runners' Association Inc. 50 Mile Track Race for myself, my heirs, executors, and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. 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					
3.	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.					
	d Date					
Fill o	Fill out completely this Entry application, sign and date it and send this sheet only, together with your entry fee to the nominated address by the required time.					

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#### 16TH 50 MILE TRACK RACE

AUSTRALIAN CHAMPIONSHIP EVENT - GENERAL INFORMATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CONDUCTED BY:

DATE: Saturday 27th July, 1996

Bill Sewart Athletic Track, Burwood Highway, East Burwood 3151 PLACE:

(Melway 62C8)

TIME: 8.00 a.m. Race Start

REPORT IN AT: 7.00 a.m. sharp

RACE NUMBERS: Will be issued at the venue at 7.00 a.m.

These people, supplied by each local participant for the duration of the LAP COUNTERS:

race, will be assigned their duties before the start.

Changing rooms, showers and toilets adjacent to the track. FACILITIES:

2. Canteen for the purchase of refreshments, may be open. Chairs and (if possible) a tent (for weather protection) will be provided for lap counters. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. 3. Personal tents are permitted on the lawn areas beyond the outer edge of the track (none are permitted inside the track). Covered

clubrooms are located close to the track.

Facilities for heating water.
A leader board will be displayed throughout the race to show distances covered by each runner and placings at the end of each

Car park close to the track. (Vehicles are not permitted beside track) PARKING:

1st: Neil Coutts Memorial Trophy 2nd: Perpetual Trophy TROPHIES & AWARDS: Other prizes may also be presented. Medallions and certificates will be presented to all finishers within the cut-off time. The Medallions and certificates

presentation ceremony will be held at 3.30 p.m. approximately.

5:15:00 - 1993 AURA EVENT RECORDS: Linda Meadows 6:07:58 - 1994 D. Isailovic 5:15:00 - 1993 5:15:00 - 1993 AUSTRALIAN RECORDS: Linda Meadows 6:07:58 - 1994 6:07:58 - 1994 6:07:58 - 1994 AUSTRALASIAN RECORDS: D. Isailovic Linda Meadows Don Ritchie (Eng) 4:51:49 - 1983 WORLD RECORDS: Linda Meadows

ENTRY FEE: \$26.00 for AURA financial members Make cheques payable to:

\$30.00 for non-members

G.L. Hook Mail or deliver entry & fee to:

Geoff Hook, \$10.00 extra for tee-shirt

(optional) 42 Swayfield Rd, Mount Waverley, 3149.

(Telephone: 9808 9739)

CLOSING DATE:

All entries shall be delivered by 18th July, 1995 Entries received after 18th July, 1995 may not be considered.

Geoff Hook, Tel. 9808 9739 (H) or 9826 8022 (W) FURTHER QUERIES TO:

#### RACE RULES

1.

All runners shall obey directions from officials.
All runners are strongly advised to have their own helpers (seconds). 2.

Personal requirements (food, drink and first aid materials) must be supplied by each

No pacing is allowed and helpers may not run with participants. Only officials and runners are permitted in lanes 1 to 4 inclusive. Seconds shall remain beyond the outer or inner edge of the track. The use of any banned substances by any competitor is prohibited.

Any interference by a runner's second (or friends) to another runner will result in a 5.

- withdrawal from the race of the runner associated with offending person.
  The decision of race officials to withdraw any runner during the race will be final.
  For reasons of courtesy and the avoidance of interference, all runners shall:
  (a) Leave lanes 1 and 2 clear for other runners when walking instead of running. (b) Not remain 3 or more abreast (preferably 2 or less) when running in a group. The race will be conducted in an anti-clockwise direction.

Race numbers shall be worn in a position which is clearly visible to the lap scoring 9.

Official cut-off time is 8½ hours.

# The 1996 Vita Realth Boods Australasian\*

## 24 Hour Track Championship



incorporating a 6 and 12 Hour run
Beaton Park, Wollongong
17/18 August 1996 (commencing 12:00 Noon)
Entry fee \$35\* (includes T-Shirt)



#### **ENTRY FORM**

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

STRAME		FIR:	ST (VAME)	( VII	INITIALS	SEX (M OK	<b>(</b> *)
Adjects www.echies	reet .				DATE OF E	IRTH Z	
				)		)	
kace entered . 1	6 Hour	12 Hour	u 751-1940 274 Hour		(work) on Race I		
Person to be notified to d							- , ,
SMAANE		FIRE	ST.NAME.	18 - 18 - 18 - 18 - 18 - 18 - 18 - 18 -			
			)		)		
RIECCE (BIJ18) BID		TEC	ETRENE (FRA	E) W	ORK)		/ x

#### WAIVER, RELEASE and INDEMNIFICATION

In consideration and as a condition of acceptance of my entry in the Vita Health Foods Australasian\* 24 Hour Track Championship (henceforth known as "the Austal24H"):

- I, for myself, my heirs, my executors and administrators hereby waive and release all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, loss or damage 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 hereby acknowledge that I have sole responsibility for my personal possessions and equipment during the Austal24H and it's related functions.
- 3. I hereby attest and verify that I am physically fit and have sufficiently trained for this event.
- I hereby consent to receive such medical treatment which may be deemed adviseable in the event of injury, accident and or illness during the Austal24H.
- I agree to comply with all the rules and directions of the Austal24H and it's servants and agents.

- I hereby allow the free use of my name and picture in broadcasts, telecasts and press as they pertain to the Austal24H and future events.
- 7. I hereby acknowledge that this waiver, release and discharge shall operate separately in favour of all persons, corporations, associations and bodies involved or otherwise engaged in promoting or staging the event and their servants, agents, representatives and officers and includes, but is not limited to the various committees of the Vita Health Foods Australasian 24 Hour Track Championship, The Australian Ultra Runners Association, Vita Health Foods, Wollongong City Council, Beaton Park Athletic Centre, The Australian Sports Medicine Federation and shall operate whether the loss, injury or damage is attributable to the act or neglect of any one or more of them.

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## The 1996 Vita Health Foods Australasian\* 24 Hour Track Championship

#### **Application Details**

- All applicants must complete the Application Form, Medical Questionnaire and sign the Waiver.
- Entries, accompanied by the entry fee, MUST reach the Race Co-ordinator by Friday 19 July 1996. Make Cheques payable to VITA HEALTH FOODS. Late entries will incur a \$15 late entry fee.
- Mail Entry Form to: Bill Joannou

14 Cranberry St Loftus NSW 2232

- All runners MUST provide a Lap Scorer and their own support crew.
- All competitors are to register by 10:00 a.m. Saturday 17 August 1996.

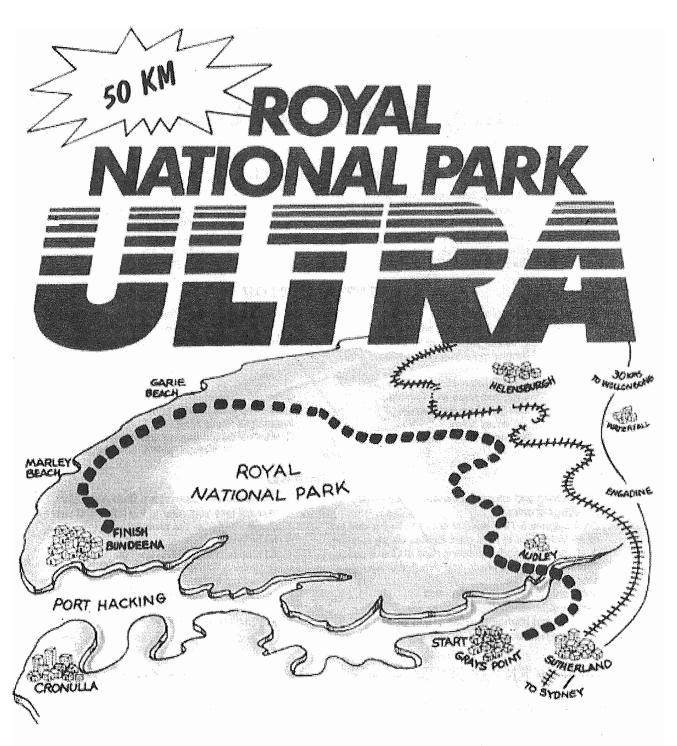
#### **Medical Questionnaire**

Please complete the following questionnaire carefully so that event medical staff can be best prepared to take care of you should an accident or illness require so. If you answer YES to any of the following questions please attach a separate piece of paper with additional details. All information will be treated in confidence to the attention of the Race Medical Director ONLY

in (	in confidence to the attention of the Race Medical Director ONLY.						
1.	Do you have any current or recurrent medical problems or conditions for which you are being treated by a Doctor?					N	
2.	Are you on any medication?				Υ	N	
3.	Are you hypersensitive to any	y insect sting	gs?		Υ	N	
4.	Are you allergic to any medi-	cations?			Υ□	N	
5.	5. Do you wish the medical staff to be aware of any particular medical problem?						
6.	6. Have you ever received treatment for either Hypothermia or Hyperthermia?						
7.	7. Have you required medical treatment during or following an endurance race?						
8.	3. Are you a carrier of Hepatitis B or any other infectious disease?						
Previous Ultra Experience							
Details of best ultra performances:							
6 F	łour km	50 km		Best Marathon			
12	Hourkm	100 km		Longest Run			
24	24 Hour km 50 Miles						
Otl	Other achievments of significance.						



<sup>\*</sup> Provisional Title subject to confirmation.



### Saturday 28th September 1996

An ultra marathon run through the magnificent Royal National Park, just south of Sydney.

A combination of bushtrail and hill running awaits the endurance athlete.

Sponsored by ComFrig



### Saturday 28th September 1996

#### RACE DETAILS

Date:

Saturday, 28th Septemer 1996

Time:

6.00am Individuals 6.30am Teams

Starting Place:

Grays Point Oval, Grays Point

(1

(Refer Gregorys)

Finish:

Bundeena RSL, Bundeena

Course: Undulating, hilly, bush trails

and sand tracks (Refer Map)
Commencing outside the Royal

National Park through the park roads and trails ending at the Bundeena RSL

Club Picnic Area.

#### INFORMATION

Entry Fee:

\$30.00 Individual

\$30.00 Teams of Three (3)

Cheques payable to R.N.P. Ultra

Prizes:

Trophy Individual Outright Male and

Female

\$200 Outright Male and Female \$100 2nd Male and Female \$50 3rd Male and Female

Individual 50km.

Teams: Trophy - 1st, 2nd, 3rd

Male Team and Female Team

(No mixed teams)

Team Distance: 1st Leg - 19km

2nd Leg - 16km 3rd Leg - 15km Total - 50km

Changeover points (Exchange Official disc)

Lady Carrington (South End) Wattamolla Picnic Area

Course will be marshalled and runners recorded at

check points, no substitutes.

#### **GENERAL**

- Course map and information sheet will be posted out on receipt of entry.
- Drink stations 5-7km, special drinks to be handed to race official prior to race start. Bottles clearly marked.
- Fruit and cake available during race at Check points.
- First Aid course marshalls and directional markers at appropriate places.
- After race dinner at Bundeena RSL (Details information sheet)
- Showers and change facilities at finish.
- · Results will be posted out.

- · Presentation 1.30pm sharp Club Auditorium
- Bus will take your gear to the finish and return to Grays Point after the presentation.
- No refunds
- · All proceeds to various charities
- Organising Group Billy's Bushies (Inc.)
- Co-ordinator Barry Bulmer
- Information PO Box 380 Sutherland 2232 Phone/Fax 520 6774 (Answering Service) 525 5126 Billy Collis

Organised by Billy's Bush Runners Inc. P.O. Box 380, Sutherland, NSW 2232, Australia

#### ENTRY FORM

NAME:

AGE:

SEX:

ADDRESS:

STATE:

POSTCODE:

COUNTRY:

In case of emergency contact person, STD area code and phone number:

WAIVER I. the undersigned in consideration of and as a condition of acceptance of my entry in the Royal National Park Ultra 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 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 competition 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. I hereby grant full permission to use any photographs, videotapes, motion pictures, recordings, or any other records of this event for any legitimate purposes.

Signed:

Date:

Send entry to: Royal National Park Ultra, P.O. Box 380, Sutherland, NSW 2232, Australia. Cheques payable to: Royal National Park Ultra.

60.

#### The IAU Australasian 100km Championship



& ECNZ DAM

may the

be with you

New Zealand 16 November 1996

HALF MARATHON - RELAY MARATHON

air new zealand the pride of the pacific



## NEW ZEALAND

Participate in the IAU Australasian <u>100</u>km Championship incorporating AIMS measured <u>1/2</u> marathon, <u>full</u> marathon & relay (5 person maximum) over 100km course.

Join us for

sport, adventure & a New Zealand running holiday

through some of New Zealand's most spectacular landscapes.

The Waitaki District



Hotel, farmstay, motel, camping and activity options available upon request.

Training Grant sin 100km event wit hMajor Spot Prizes for all distances

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

## "THAT DAM RUN"

ENTRY FORM and INFORMATION request

Date: SAT	URDAY 16 NOVEMBER 1996 (North Otago, S.I.)
Time limit: 1	4 hours Start time: 6:00am 100km, marathon, relay 7:00am 21km
Deadline: A	pplication deadline 31 Oct. 1996 (late entries will be accepted on yment of New Zealand \$10.00 late entry fee, until 4.00pm 15 November '96)
First Name	Surname
Postal Address	
	Town/ City
Phone/Fax (Hm)	(Bus)
Birth Date	Age on Race Day (18yrs required 42 & 100km)
Occupation	
Distance Chosen (c	ircle one): relay or 21km 42km 100km Predicted Time:
Entry fee: (NZ\$150	relay/ \$35 21km/ \$70 marathon & 100km) Previous Best:
shirt size: SM ME	D L XL details of accomodation (circle preference): Brydone Hotel/Farmstay/motel campground
"THAT DAM RUN", any and all sp arising out of my participation in this	e accepted without signature). In consideration of the acceptance of my entry, I for myself, my executors, heirs, administrators and assigns, do hereby release and discharg onsors, and all volunteer groups, or individuals and Athletics New Zealand from all claims for injuries and damage I may suffer caused by the negligence of any of them and event, including pre and post race activities. I am physically fit and sufficiently trained to participate in this endurance event and assume all risks of such participation. I accept and will comply with them. Also, I grant my permission to the ROC and its authorised agents to use my name, photographs, videotapes, broadcasts, telecasts, advertising vent free of charge.

Entries will be confirmed with further details provided.

Race Director 4/69 View Rd. Mt. Eden, Auckland, NZ tel/fax: 64 9 623 0567



62.

#### GLASSHOUSE TRAIL - 1996

Major changes are proposed for this year's Glasshouse Trail Event . The Glasshouse Trail Event commenced in 1990 with 28 competitors in three events over 10 , 33 , and 55 kilometres. In 1995 there were over 140 competitors in four events - 10 , 20 , 35 and 55 kilometres. Obviously runners and walkers enjoy the event even though a few may have taken the wrong trail at times. The event has outgrown the start/finish area near the Lookout which has been used in the past.

A chance meeting with a local macadamia nut farmer , Don Barlow , led to an expression of interest in assisting the Q M R R C from the local G M A N organization ( Glasshouse Mountains Advancement Network ) whose charter is to promote the Glasshouse area for tourism and recreation . A loop course of just over 50 kilometres has been established so that walking and running events can be conducted over 10 , 25 , 35 , 50 and 100 kilometres as well as 100 MILES . The three shorter events will use part of the loop only and competitors will be bussed to the start area half an hour before the start time . All events will finish at the Glasshouse Mountains Sportsground which is easily accessible off the Glasshouse Mountains road just south of the Glasshouse township . Finishing at the Sportsground will mean that showers and other facilities will be readily available. It is planned that all events will have a cut off time of midday on Sunday , 29th September and a smorgasboard luncheon ( free to all entrants ) will be held between then and 1.30pm . Friends and family members accompanying the entrants may also partake in the luncheon at a cost \$8 per person . This luncheon will be followed by presentations.

The change in date from J UNE is considered necessary for the following reasons:

- 1. The weather will be more pleasant at that time of the year.
- 2. The sportsground is not available at the June date .
- 3. The new date will give the QMRRC members something to aim for after the main marathon events are over.

The Glasshouse Mountains area is recommended as one to visit by most tourist brochures on South East Queensland . Perhaps the most fascinating thing about these weird trachyte structures is the way their shapes change as you view them from different angles. Some entrants may wish to cary a camera with them to record these views . There will be checkpoints at intervals with radio communication to base and good supplies of food and drink. Entrants will be required to carry a water bottle in case they should lose their way .Ultra competitors will be asked to undergo simple medical checks at some checkpoints ( weight and blood pressure ) .

Much of the trail is through natural vegetation but there are many parts along forestry roads through pine forests and a few parts along pineapple plantation headlands. The Aboriginal legend surrounding these mountains is also of interest.

There are numerous motels and caravan park along the roads from Caboolture to Maleny so you may wish to make a weekend of it. The Sunshine Coast beaches are only about half an hours drive from the start / finish area.

#### THE EVENTS

• 100 MILES - 3 Loops entrants by 1st September ,1996 Only proceed if there are more than 15

- 100 KM 2 Loops
- 50 KM 1 Loop

**NOTES:** 1. Pacers will be allowed on the third loop of the 100 miles event or after 6pm Saturday,28th September in ultra events. Persons over 60 years of age may have a pacer with them throughout the event. Pacers are not allowed to assist the runners, but are there for safety reasons.

2.All three ultra events will start at 6am Saturday, 28th September, 1996 unless there are insufficient entries in the two longer events by 1st September, 1996. If these two events do not proceed then the 50 km event will start at 4am Sunday, 29th September, 1996.

- 3. Total field limit for the ultras is 200.Late entries will not be accepted after the 22nd September for ultra events. All entrants in the ultras will need to undergo a simple medical check (weight and blood pressure) at Glasshouse Mountains Sportsground on Friday evening ,27th September,1996 or at least one hour before the start on Saturday morning. Ultra competitors will have a hospital band attached with their name, race number, weight and blood pressure on it. This band will be removed at the finish or at the nearest checkpoint if a competitor decides to withdraw early. There will be simple medical checks at some checkpoints.
  - 4 .Competitors may run or walk in the ultra events as long as they meet the cut off times. Start of loop 2 cut off is 8pm Saturday Start of loop 3 cut off is 2am Sunday.

- 35km Start 6am Lookout, Sunday, 29th September, 1996.
- 25km Start 7.30am Lookout, Sunday , 29th September , 1996 .
- 10km Start 9am Beerburrum, Sunday, 29th September, 1996. NOTES:
  - 1. Field limit for each event is 150.
- 2. Late entries at least one hour before the start only if the field limits have not been reached by the close of postal entries on 22nd September, 1996.
- 3. Competitors will be taken by bus to the start area half an hour before the start time. Friends and family are not allowed to drive over forestry or national park track or roads.
- 4. Persons under 18 years are only allowed in the 10km event . Parents or guardians must sign their entry.

ENTRY FEES: 100 MILE -\$100 100KM - \$75 50KM - \$50

35 KM - \$35 25 KM - \$25 10 KM - \$20

#### AWARDS

All finishers receive a hand made pottery mug from Glasshouse Pottery. There are 6 different mugs with outlines of the mountains Beerwah , Tibrogargan , Tunbubudla , Coonowrin , Ngungun , Beerburrum . These can not be purchased.

Finishers in the ultra events will also receive good quality embroided caps.

- 100 miles under 24 hours GOLD
- 100 miles between 24 and 30 hours BLUE
- 100 km GREEN
- 50 KM GREY

#### **ENQUIRES TO**

Ian Javes 25 Fortune Esplanade Caboolture , 4510 . (074)954334

OR

Strider Sports 64 Troughton Rd Sunnybank , 4109 Ph (07)33445255 Fax (07)33445266

IMPORTANT: ENTRANTS FOR THE 100 MILE OR 100KM EVENT MUST HAVE THEIR ENTRIES IN BY SEPTEMBER 1, 1996 OR THESE EVENTS MAY BE CANCELLED. THEY ARE TOO DIFFICULT TO ORGANIZE FOR SMALL NUMBERS OF ENTRANTS,

Lorraine Page PO Box 589 TOOWONG 4066 December 13, 1995

Dot Browne AURA 4 Victory Street MITCHAM 3132

Dear Dot,

I have enclosed for your magazine the following information on a significant ultra running event set down for next year.

"The small country town of Nanango in Queensland will once again set the stage for sporting history in March as host of a 1000-mile track event that is luring ultra runners from around the world.

Queensland runner Gary Parsons, 45, shot to international prominence in 1994 when he became the world 1000-mile track record holder with a time of 13 days: 17 hours: 37 minutes and 21 seconds.

Parsons stripped more than 18 hours off the title previously held by Irish Australian Tony Rafferty.

Interest in the event has been shown by almost 20 runners, some from as far afield as Denmark, Canada, England and France.

Among the line-up are several Westfield Sydney to Melbourne finishers and runners with substantial experience in six-day track events.

The event has drawn Canadian Michel Careau, 55, a veteran of New York's Sri Chinmoy 1300-mile race, the longest certified footrace in the world, and a Westfield Sydney to Melbourne finisher.

The only female starter at this stage is Sydney woman Georgina McConnell, 52, the Australian female six-day track champion.

The gruelling footrace will be under the direction of Nanango resident and Australian ultra running legend Ron Grant, famous for his round Australia run in 1983 and three Simpson Desert crossings.

Grant has set a punishing time limit of 16 days which forces runners to maintain a daily minimum of 63 kilometres (40 miles) on a certified 440 yard track to remain in the event.

The 1000-mile track race will begin at noon on the Nanango Rugby League Football oval on Wednesday, March 13, 1996. The township of Nanango is 190km north-west of Brisbane".

Should you need more information closer to your deadline, I can be contacted on (07) 3377 9795 (Mon-Wed) and (07) 3245 4266 (Thurs-Fri) and home on (07) 3376 2548 after 5pm.

Sincerely,

Lorraine Page

Lonaine lage.

Publicity Officer for the 1000-mile race

#### ENTRANTS IN THE NANANGO 1000 MILE TRACK FOOTRACE

NAIL BAIRAMGALIN RUSSIA

Age 35 years Single. Journalist with Sovetski Sport newspaper

Vice President of Russian Ultrarunning Association.

Best marathon 2.31.13 100 K 7.08.27

24 hr 241 kilometres

RICHARD BROWN ENGLAND

Age 47 years Married.

Best 24 hours 145 miles

48 hours 250 miles (401 k)

6 days 517 miles

Land's End to John O'Groats 830 miles - 10 days 2 hr 25 min. Men's

record holder.

SAMDRA BROWN ENGLAND

Age 46 years Married.

Best 24 hours 134 miles

24 hours walk 200 kilometres

6 days 426 miles

Land's End to John O'Groats 230 miles - 13 days 10 hours. Mamen's record holder.

MICHEL CAREAU CANADA

Age 55 years Divorced. Retired career diplomat.

Rest 6 days 539 miles 1491 yards (1993)

1000 Miles 13 days 21 hours 34 minutes. New York (road) 1988

Finished Australian Sydney - Melbourne race 1988

DAVID DA PIERRE CANADA

Age 55 years Married. Transport business.

Best Marathon 2.36.46

Numerous 48 hour and 6 day events in Australia.

CHRISTOPHE ROCHOTTE FRANCE

Age 33 years Single. Teacher. Interests are litersture, music,

travelling. Preparing for Trans America race.

Best marathon 2.30.40

100 K 7.45 (1995)

24 hours 200 kilometres (1994)

Spartathlon 250 k in 33 hrs 55 min (1995)

ERIC SCHULZE USA

Age 33 years Postal worker - mailman

Unknown at the moment

ISTVAN SIPOS HUNGARY

Age 36 years Married. Professional sportsman

2000 Kilometres in 15 days 23 hrs 8 min 4 sec (Sri Chinmoy Road race) 1993 World Best

1300 Miles in 16 days 17 hrs 36 min 14 sec (Sri Chinmoy Road race)
1993 - World Best

Moonbat Trans America race 1994 - winner in 517 hrs 43 min (2926 miles)

ALFREDO URIA. SPAIN

Age 56 years Married. Professional driver

Best marathon 2 hr 39 min

24 hours 275.175 kilometres (World record) 1983

48 hours 399 kilometres (World Record)

6 days 815 kilometres (Spanish record) 1995

#### AUSTRALIANS

GEORGE AUDLEY Western Australia

Age 60 years Married. Ex armed services. Interstate bridge representative.

Sydney to Melbourne twice - best place 6th. Colac 6 day race four times 24 hours Walk 100 miles

Run 101 miles

KEVIII MAMSELL South Australia

Age 45 years Married. Product maker - Kraft Foods

Best 6 Day 902 kilometres - Australian road best 1988
Sydney to Melbourne finisher five times. Best of 5 days 22 hrs 59 min in 1989.

24 hours 191 kilometres - 1990 1000 Kilometres in under 6 days

BILL BEAUCHAMP Victoria

Age 48 years Divorcee. Factory worker

Best 24 hour 213 kilometres 48 hours 347 kilometres 6 days 758 kilometres

PETER GRAY Victoria

Age 31 years Single. Demolition worker. This will be his 100th ultra distance race.

Best marathon 2 hr 56 min
Two Sydney to Melbourne races - best of 1028 km in 7 days 21 hr 28 min
Five Colac 6 day races

DREW KETTLE Victoria

Age 76 years Married and great grandfather. Does fundraising walks

all over inland Australia for the Royal Flying Doctor

Service for past 13 years with his dog Laddie.

Best 6 day Colac 1993 with 601 km World Record 70-74 yrs

Colac 1995 with 584 km World Record 75 - 79 yrs

World age record for 48 hours also in 1995

TONY COLLINS New South Wales

Age 48 years Married with four children. Dental surgeon. Pilot,

sailor and race organiser.

1995 - Sydney to Melbourne and return first place 1743 kilometres

1991 - Sydney to Melbourne 2nd place

1995 - Spartathlon 250 k in 32 hours finished 19th from 207 starters

NICK DRAYTON New South Wales

Age 38 years Married with five children. Plumbing consultant

Fest - completed 100 kilometres

GHORGINA McCCONHELL New South Wales

age 52 years - Married with two children.

1995 - Sydney to Melbourne and return 1743 kilometres. Only woman to run

this for in Australia 995 Colac 6 day 699 kilometres new World age record 50 - 54 yrs.

JOHN TIMMS New South Wales/Victoria

Age 53 years Married. Printer.

Pent 2' hour 171 kilometres

48 hours 270 kilometres

6 Days 663 kilometres

PETER GIBSON Queensland/New Zealand

Age 40 years Married. Water Meter Reader

Best Marathon 2 hr 55 min 24 hour 185 kilometres

Queensland Ultra runner of the year 1995.

DAVE HOLLERAN Queensland

Age 39 years Cleaning contractor. Father of five and grandfather.

Thirty-two marathons and fifty-three ultra events

Crossed the Simpson Desert on foot in 1995

Training for running of the Canning Stock Route.

GARY PARSONS Queensland

Age 46 years Married. Works in building industry.

Best 1000 Miles 1994 track world record in 13 days 17 hrs 37 min 21 sec.

48 hours 312 kilometres

12 hours 122 kilometres

GRAEME WATTS Queensland

Age 42 years Married, with three children.

Best 6 days 657 kilometres (1995) 1200 kilometres in 14 days

## **Sun**People

# Georgina takes it long and steady

By LINDSAY VARCOE

T AN age when most people begin winding down from strenuous physical activity. Hills runner Georgina McConnell (pictured) is still going strong, breaking records along the way.

Mrs McConnell. 52, recently returned from the 10th running of the Australian Six Day Race in Colac. Victoria, where she ran a total distance of 700km, beating the world record distance in the 50-54 years elivision by a huge 24km.

Bettering the world record distance set by German Hilde Schmidhuber was a great personal victory for Mrs McConnell, despite the fact that the Colac track was not an officially sanctioned venue.

"I was very pleased with how I ran, but my knee caused a few troubles along the way," she said.

"It's inevitable that some part of the body gets sore when you run such long distances in just a few days."

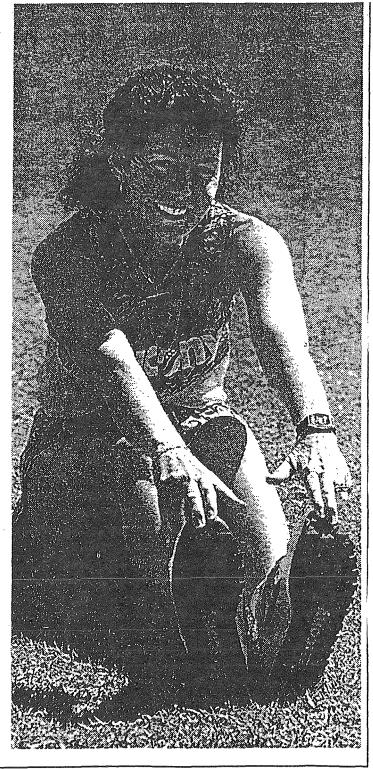
Mrs McConnell began her running career 19 years ago when she wentin a long-distance walk with her husband.

From that moment on her interest in walking, then running, increased to the point when she ran her first ultra marathon eight years ago.

Now sponsored by shoe and fitness wear company Saucony, Mrs McConnell sees a 500km run as a simple taining run.

Her recent Colac run was "just a warm-up" for an went she hopes to compete in next year in Queensland.

The Nanango 1000km run will be held from March 23 to 29, and at this stage Mrs McConnell looks like being a starter.



## Barton adds new dimension to South Burnett five-day

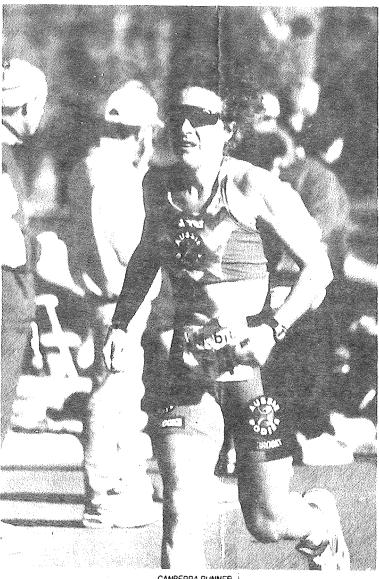


Top pair... Brisbane's Greg Barton (winning male) and Nanango's Dell Grant (winning female) show their relief shortly after completing the gruelling 330km live-day run.



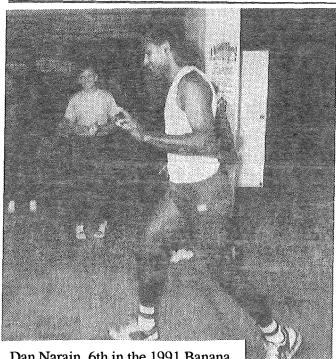


Professional outlit... Nanango Foodstore manager Phil Stern presents South Burnett Pioneer Five Day Footrace overall winner Greg Barton with his trophy and certificate of appreciation for competing in the event.



CANBERRA RUNNER

Victorian Linda Meadows on her way to a new Australian 50k record of 3.27.22. (Photo - Andrew Dawson, Sportshot)



Dan Narain, 6th in the 1991 Banana

Coast Race.

## Six days on the road nothing special for veteran Rafferty

RUNNING for one marathon of 26 miles is hard enough but for one Box Hill athlete November every year spells the time for him to visit a small town in Victoria's south west for a casual six day run that will see him covering distances approaching 700km.

Every year Tony Rafferty heads to Colac to contest one of the world's premier ultra marathon events, the AustralianSix DayRace(Colac), and he now holds a record that can never be broken.

Since the inception of the race in 1984 Rafferty has become the only runner to start in every one of the ten races rivalled only by ultra marathon legend Cliff Young who has run nine times. After days of battle with the Colac track Rafferty finished a creditable 12th in the event covering 655km.

The Colac Six Day Race is an astounding test of endurance (both mental and physical) and sees runners running for six days around a grass track in the town's Memorial Square.

Runners generally run for something like 18 hours aday stealing briefrest, sleep and massage breaks before hitting the track once again.

After grabbing the initiative on the opening day with 237km (the second best distance ever) Kruglikov looked set to storm away however a bunch, including NSW's Maurice Taylor and Brunswick's Bill Beauchamp, ran him down over the next three days winning by eight km from Czech Tomas Ruske.

The race was created in 1984 after the feats of local runner Cliff Young in winning the Westfield Melbourne to Sydney run and in its first year attracted Greek legend



THE only man to have competed in each of the Colac Six Day events, Box Hill's legendary marathon runner, Tony Rafferty

Yannis Kouros who ran a staggering 1023.2km in the six days to set a race record that has yet to be approached.

Rafferty achieved his best distance in 1984, Kouros' record breaking year, when he covered 743.6km during the six days. Personal bests, race records, or not there is one record that cannot be broken and Tony Rafferty will always be the only man to have been out on the track every time the field has set out around Colac's Memorial Square.



George Audley

## es for

GEORGE Audley has finally found the ultimate ultra-marathon challenge.

After finding the Sydney to Melbourne run a doddle and the Colac Six-Day Race a breeze, 60year-old Audley will join 21 international endurance runners in a 1000-mile track event in the small Queensland town of Nanango.

Next month when the runners converge on Nanango, 200km north-west of Brisbane, only one thing will be on their minds breaking the 1000-mile track record of 13 days, 17 hours and 37 minutes.

To do that they will have to negotiate a mind-numbing 4000 laps of the 400m track on the town's rugby eval, averaging at

least 120km a day.

Just to finish within the 16-day time limit the runners will have to maintain a daily minimum distance of 63km.

Only eight people have completed the 1000-mile distance since Englishman William Gale first accomplished the feat in

#### THE FAIR WEATHER SUPPORTER

#### By Kevin Cassidy

SEVERAL YEARS AGO, UPON HIS RETIREMENT, CHAMPION AUSTRALIAN RULES FOOTBALLER, JOHN MURPHY, WAS ASKED BY THE PRESS WHAT HIS BIGGEST DISAPPOINTMENT WAS DURING HIS 300 GAME CAREER, "THE FAIR WEATHER SUPPORTERS" HE SAID BLUNTLY, "THOSE THAT PAT YOU ON THE BACK WHEN YOU WIN THEN STAB YOU IN THE BACK WHEN YOU LOSE." TO CALL SUCH PEOPLE "SUPPORTERS" IS REALLY QUITE ABSURD AS THEY ARE NOT SUPPORTERS AT ALL. YOU JUST DON'T NEED SUCH PEOPLE. TRUE SUPPORTERS NEVER LET YOU DOWN, THEY ARE THERE IN GOOD TIMES AND BAD, IN FACT IT IS DURING THE BAD TIMES THAT YOU APPRECIATE THEM THE MOST.

THE PRESS WERE ABSENT WHEN STEVE MONAGHETTI RETURNED FROM A DISASTROUS RUN IN THE 1992 OLYMPICS BUT HE WAS GLAD TO BE WELCOMED HOME BY THOSE THAT ARE CLOSE TO HIM, HIS WIFE AND FAMILY.

I CAN ONLY ENVY HIS SITUATION.

SO WHAT HAS ALL THIS GOT TO DO WITH ULTRARUNNING? READ ON.IN JUNE 1995 IRAN IN THE WESTERN STATES 100 MILER IN THE MOUNTAINS OF NORTHERN CALIFORNIA, I HAD PUT IN A LOT OF TRAINING AND THE RACE MEANT A LOT TO ME SO YOU CAN IMAGINE MY DISAPPOINTMENT WHEN I ARRIVED AT MICHIGAN BLUFF (55 miles) VOMITING CONTINUOUSLY UNTIL I HAD LOST SO MUCH WEIGHT AND STRENGTH THAT I COULD NOT STAND UP, MY VISION WAS BLURRED AND MY WHOLE BODY HAD PINS AND NEEDLES. MY RACE WAS OVER.

MY D.N.F. WAS A BIG DISAPPOINTMENT, BUT EVEN WORSE WAS THE ENSUING BEHAVIOR FROM THE ONE PERSON WHO I THOUGHT MATTERED MOST. "GREAT" SHE YELLS, THROWING HER HANDS IN THE AIR, "NOW I HAVE GOT TO GO HOME AND TELL EVERYONE THAT YOU FAILED." THE TEMPER TANTRUM THAT FOLLOWED LEFT ME WONDERING WHAT THE AMERICAN PEOPLE NOW THINK OF AUSTRALIANS, BUT MAYBE AFTER YEARS OF ENDURING JOHN MCENROE THEY ARE USED TO PEOPLE MAKING COMPLETE FOOLS OF THEMSELVES.

IN THE DAYS FOLLOWING THE TANTRUMS DID NOT STOP, ALL AND SUNDRY WERE TOLD ABOUT HOW ALL THE TRAINING THAT I DID, ALONG WITH \$6,000, WAS WASTED. ARRIVING BACK HOME IN MELBOURNE I WAS REALLY MISERABLE, BUT IT DID NOT STOP THERE, I WAS CONTINUALLY REMINDED THAT "I HAD TO LIVE WITH IT" AND "I THOUGHT YOU WERE TOUGHER THAN THAT." I NEEDED THOSE COMMENTS ABOUT AS MUCH AS I NEEDED A HOLE IN THE HEAD. (no mention that half of the "wasted"\$6,000 was spent carting my fair weather support around).

IN LIFE, WE ALL HAVE OBSTACLES WE MUST OVERCOME, SOME OF US HAVE MORE THAN OTHERS, I NOW FEEL THAT I HAVE A LOT IN COMMON WITH EX FOOTBALL CHAMPION, JOHN MURPHY.

AS A RESULT OF THE HAPPENINGS IN JUNE 1995, SOME BIG CHANGES HAVE OCCURRED IN THE CASSIDY HOUSEHOLD. CONSULTATION IS NO MORE AND NEGATIVE BEHAVIOR HAS BEEN STOMPED ON IN NO UNCERTAIN TERMS.

NOW, IN 1996, A NEW KEVIN CASSIDY WILL RETURN TO THE WESTERN STATES 100 MILER, HAVING TRAINED ALONE, TRAVELLED ALONE AND RACED ALONE AND AS FOR MY FINISHERS BUCKLE, YES, THAT'S RIGHT, IT WILL BE MINE AND MINE ALONE.

#### ULTRARUNNER IN PROFILE

#### MANSELL - FROM TURMOIL TO TRIUMPH

Life is not all goodness and light.
TONY RAFFERTY talked with Kevin
Mansell who surmounted obstacles
to endure and prevail.

When Kevin Mansell crossed the finish line in 14th place at Doncaster in 1987 to complete his first race from Sydney to Melbourne, a friend said he looked like the Hunchback Of Notre Dame. Like many others fortunate to finish the classic road race before the cut-off time the physical pain and the mental anguish was nullified by the euphoria in achieving the objective. "I had never achieved anything in my life and here I was about to finish the greatest road race in the world," he said, with a hint of a tear. "Coming up the hill was the most breath-taking experience of my life. I dragged one foot after the other. I fell all over the place."

Mansell invited tough trainer, Bill Carlson, to prepare a running program for the Westfield event. Twenty kilometre runs a night and a fifty kilometre, with Mark Gladwell, was a normal week's work. Hundred kilometre jaunts happened occasionally.

Mansell completed his first marathon in 3 hours 23 minutes. Later he ran 100 miles in 20 hours 30 minutes. He listened to Carlson's every word dedicated to finishing the inter-capital race. Weary and road-stained at the line, his moment of rapture realised, visions as radiant and as dim as those of an evening sky moved him to challenge the high country and the highways between Sydney and Melbourne another four times. In the 1988 race he lopped off 38 hours from the previous year's result. The following year he became the fourth person to break 1000 kilometres in fewer than six days; and in 1991 in the ninth and last Westfield Run Mansell, motivated by the charismatic Charlie Lynn, gained third place behind Maurice Taylor and Bryan Smith.

Always ready to give credit where it's due he said that ultrarunning's modern day pioneers provided him the incentive to attempt feats he didn't think possible. "Successful runners who travelled at my pace gave me a lot of hope." During the presentation ceremony after the Australian Six Day Race at Colac last November when Steve Monaghetti presented the trophies, Mansell said: "I'm honoured to share the same stage with a great champion."

Deep wounds lie beneath Kevin Mansell's confident smile. An aunt in South Australia adopted his sister when his mother died in 1964 and she placed Kevin and his brother in an orphanage. He, later, followed the impetuous footmarks of his father, an alcoholic, and developed a drinking problem. "As a child I had been abused...beaten. Raped by a man when I was 10. I had guilt for 20 years."

He felt like his feet were submerged to his neck in a pit of mud. Drunken sprees spun his mind aimlessly; 80 cigarettes a day rendered him breathless after minor exertion. He had plunged to the depths of an abyss. "Twice in 1977 I attempted suicide." Dragged through the pits of life resulted in a sharpness, a coldness; his psyche – a chip of ice. But wherever he ventured despite his mind's ever-thickening jungle, his affable personality and whimsical humour won him friends, abundant.

Mansell, not a religious person, nevertheless believes in a power greater than himself. "I choose to call it God," he said. He

attended meetings when Val from Alcoholics Anonymous heard his cry of grief. One evening, prompted by that still, silent voice within, he gained courage to address the group. "A lady told about being raped behind a tree as her house burned down," he said. "Geez! If she can tell these personal things then so can I."

Cemented deep in his mind are dates he won't forget: No alcohol since 20 September 1977; no cigarettes since 20 April 1983.

Long distance running is a great leveller. It allows people from life's avenues and alleys to compete on an equal basis. "I consider running races like attending meetings at AA. One gains knowledge but nobody graduates. We are all learning," he said. "You get educated types, and people who learn from life's experiences. Maybe I've had a PHD in Life. I've had a wide abusive life. Others have had comfort; on the track we are all equal. We compete against the course and ourselves."

Music of the '60s, country and western, John Farnham, help him relax. Bob Hawke is his hero. He admires Greg Norman. "And although I'm not a politician I look up to Mahatma Gandhi. I cried through the movie." Actors? "I like Dustin Hoffman; Charles Bronson." (Mansell appeared in a tele-movie, *The last Day Of Chez Nous*, albeit briefly, in February 1995.) I play golf for relaxation. I'm hopeless. It's a frustrating sport; but I keep improving. At home we play crib and canasta."

Achilles tendon pain and severe shin soreness suffered after the Colac race left him with serious reservations about returning to the tree-lined circuit. Although he will compete in the Nanango 1000 mile track race in March, he said: "Dust tracks don't suit me. The asphalt and one-mile circuits like Ward's Island Park in New York would be ideal. I hope to compete there one day."

These days most athletes and sports personel adopt a complex carbohydrate food programme to help maximise their endeavors to achieve peak performance. Puzzled, would be nutritionist, Rosemary Stanton, if she were to learn about Kevin Mansell's "secret" diet to ultrarunning success. "Ninety per cent is based on sugar. Lollies, lemonade, cordial, custard, ice cream. Every thing you shouldn't eat, "he said. "My favorite foods? Lemon meringue pie and Coke; meat pies and cake. I cope. I believe it's an individual thing."

The Mount Gambier-based runner relies on a strong positive outlook during races. His posture: bowed head, stooped shoulders and short steps are not conducive to rhythmic running, but his power of concentration as he moves one foot in front of the other for hours and sometimes days on end with short cat-naps, force world-class athletes to show him respect. Yiannis Kouros remarked that Mansell's mental attitude is his strength and with his (Kouros's) physical ability, would go close to beating him.

Life throws up interesting and unexpected experiences for everyone from time to time. Mansell is no exception. "One time in Mount Gambier where I have my home, I was broke. No job. My bags packed for Sydney. The next day casual work came up. And then I met Gwenda."

Frustration at the lack of prize money in the sport since the demise of the Westfield Run, he threatened retirement. "But Gwenda won't allow me. She believes I can get to my best again. She encourages me; she pushes me to train."

Mansell's desire to achieve goals beyond what most people regard as realistic is due in no small way to Gwenda. Her moral support and motivation helped him ascend a well of loneliness, loss and meaningless struggle, to gain a spirit of meaning, challenge and

fulfillment.

Nobel prize-winning author, Patrick White, said that nothing great is achieved without long-term diligence and even a certain stubborness. Mansell in every race, tough as ironbark, maintains a rage when he attempts a personal best.

His journey of exploration, a long distance journey within, that few people thought possible, brought about a metamorphosis. His face in the past, sullen, lined with fatigue and privation is today, sometimes road-smirched, but brims with enthusiasm. Mansell has endured a journey from a time when in his mind, dark as Erebus - monsters screamed. Today a similarity exists with another redbearded sportsman - Boris Becker. Not in athleticism, nor physique - but attitude: Boris - mean, remorseless, with a tennis racquet. Kevin - niggardly, merciless, in running shoes.

Doubts of his ability to compete in his first Sydney to Melbourne race struck him six hours before the start. "I was at my most anxious. Doubts one minute, and the next on a high. Then somebody said something negative and I eat their head off."

As the race progressed he gained confidence until injured joints and tendons slowed his progress. He struggled with a single-minded goal - to finish. "Only two small vans. No hot food. No hot coffee. Bad legs. But I made it," he said. "Up until that race I thought I was second class and considered myself less than a man. It was the first time in my life I found me...the real me. I realised for the first time I was something better than nothing."

#### TONY RAFFERTY (February 1996)



Kevin Mansell with his wife, Gwenda.

EZEKIEL CRIED....."DRY BONES"
EZEKIEL CRIED....."DRY BONES"
EZEKIEL CRIED....."DRY BONES"
NOW HEAR DE WORD OF DE LORD.

Many non-runners who claim to be our friends say that we run because we are "weak in the head", "around the twist" or "only 40 cents in the dollar"; and, in the case of long distance runners "solid muscle from the neck down and solid bone from the neck up." These cruel slanders may, without emotion, be logically and scientifically refuted and as runners we each have a sacred duty to refute them.

EZEKIEL CONNECTED DEM.....DRY BONES EZEKIEL CONNECTED DEM....DRY BONES EZEKIEL CONNECTED DEM....DRY BONES

NOW HEAR DE WORD OF DE LORD.

We enjoy the feel of running and in simple lay terms, the physiology is that this good feeling is stored in the cerebral cortex which sends a cortical message to the hypothalamus which integrates emotional stimuli with bodily functions such as eating, breathing and sexual behaviour. Now, how about that?

WHEN YO TOE BONE CONNECTED TO YO.....FOOT BONE
YO FOOT BONE CONNECTED TO YO.....HEEL BONE
YO HEEL BONE CONNECTED TO YO.....ANKLE BONE

The hypothalamus functions via the autonomic nervous system and the hormonal system via the pituitary gland.

YO ANKLE BONE CONNECTED TO YO.....LEG BONE
YO LEG BONE CONNECTED TO YO.....KNEE BONE
YO KNEE BONE CONNECTED TO YO.....THIGH BONE

When we are about to run the pituitary gland releases the hormone ACTH, which causes the adrenal glands to secrete cortisol, adrenline and other hormones.

YO THIGH BONE CONNECTED TO YO.....HIP BONE
YO HIP BONE CONNECTED TO YO.....BACK BONE
YO BACK BONE CONNECTED TO YO....SHOULDER BONE

What do these hormones do? Well, their function is to:

- metabolise carbohydrates, fat and protein,
- · change the pulse rate and blood pressure and
- trigger the release of glucose into the bloodstream

These changes increase the blood and energy supply to the muscular system and at the same time reduce the blood supply to the brain and other organs.

YO SHOULDER BONE CONNECTED TO YO......BONE BONE
YO NECK BONE CONNECTED TO YO......BONE HEAD - sorry - HEAD BONE

NOW HEAR DE WORD OF DE LORD.

Enough of this lay language - let us re-inforce our case in scientific terms by stating, as the physiologist would, that "this response prepares the body for running".

It is indeed fortunate for those of us who get so much pleasure from it, that this response is triggered again and again, every time we think about it - "It" being running - of course!

You see; it is a self perpetuating system, so we may proudly inform our non-running so-called friends that; "We run, and we are always ready to run - because of an increased blood and energy supply to the muscular system" Hurrah!

DEM BONES...DEM BONES GONNA RUN AROUND DEM BONES...DEM BONES GONNA RUN AROUND DEM BONES...DEM BONES GONNA RUN AROUND

It may be wise however, to omit to mention that this ability and readiness is achieved only at the cost of reduced blood supply to the brain. Some of our detractors may be aware that blood carries oxygen and that the brain does not function well when it is deprived of oxygen.

At least, that is what the so-called experts claim, but we ultra-runners know better - don't we?

There is nothing wrong with our brains.

### **Tapering Can Give You The Edge**

Keiran Barry, B.Ex.Sc

If, like most runners, you've been training hard in preparation for this season's races, you may be wondering what little bit extra you can do to give yourself the edge on race day. The answer is not more but less - in the form of a balanced taper.

To taper means to reduce your training workload prior to an event, or series of events, by a) training less frequently, b) training at a lower intensity or c) training for less time. But how and why does tapering work, and which is the right formula for you?

#### Why taper?

Intense long term endurance training results in a decreased ability to exert muscular power due to the draining of energy-producing enzymes and intra-muscular fuel supplies. Research shows that tapering can overcome these problems.

The following are just a few examples of numerous studies evaluating the effects of reduced training on performance on professional and recreational athletes

recreational afficies.								
Author	Taper involved	Result						
Houmard	Runners:	VO2 max stable; Time to						
	Vol: 70% drop	exhaustion up by 9.5%;						
]	Intensity: Same	Improved running						
	Freq:17% drop	efficiency						
	Taper:21 days	]						
Wilson	Runners:	Increased lactate						
	Vol: 50 % drop	threshold; Increased						
	Freq: 30% drop	oxidative enzymes;						
	Taper: 6 days	Increased muscle						
		glycogen						
Costill	Swimmers:	Improved power;						
	Vol: 50% drop	Improved swim times;						
	Freq: 10% drop	Lactate production same						
1	Intensity: Same							
	Taper: 14 days							
Neufer	Swimmers:	VO2 max maintained;						
	Vol: 50% drop	Decreased swimming						
	Freq: 50% drop	efficiency						
	Taper: 28 days							

The research highlights a number of interesting facts, most importantly the increased running and swimming efficiency. This means that the athlete will be able to achieve a faster speed for the same amount of energy than prior to the taper.

This adaptation comes about primarily through increased glycogen storage and use of blood glucose at sub maximal levels, combined with an increase in the oxygen carrying capacity of the blood and the greater ability of the muscles to utilise that oxygen.

However it should be noted that in studies such as Neufer's, if frequency is reduced by more than 40% or more over an extended period, then a drop in performance occurs.

A large fall in frequency can lead to an alteration in motor recruitment patterns, and consequently your technique will become less effective and performance will suffer. This is most evident in swimming, where a 'feel' for the water can quickly be lost.

Many athletes and coaches still believe that reduced training leads to reduced performance, but as can be seen from the above studies, the benefits - both physiological and psychological - far outweigh the risks.

#### Physiological benefits of tapering

- \* Increased time to exhaustion
- \* Improved exercise efficiency
- \* Increased haemoglobin and haematocrit concentration leading to increased oxygen carrying capacity. (Running damages red blood cells, so decreasing your running volume alone may increase their concentration)
- \* Increased muscle glycogen levels
- \* Increased oxidative enzymes
- \* Improved lactate threshold
- \* Increased power

#### **Psychological benefits**

- \* Feel fresher and faster
- \* Decreased training stress leads to improved mood state and performance.

NB: Athletes who underwent a taper larger than normal initially had a lower mood state prior to the race (which would indicate imminent poor performance) yet they showed increased performance.

When the same athletes undertook the same taper a second time; their mood state was vastly improved prior to the race and they had a further increase in performance.

#### THE GEORGE LITTLEWOOD RECORD

#### by Malcolm Campbell

Reprinted from IAU Newsletter, March 1994
We have come a long way since 1888-or have we?. In that year George
Littlewood of Sheffield (GBR) won the Six Day Race in Madison Square
Gardens, New York (USA) with 1003kms 832mtrs. Only Yiannis Kouros
(GRE), Jean-Gilles Boussiquet (FRA) and Gilbert Mainix (FRA) have
bettered the distance in a Six Day Race. Only Bryan Smith (AUS), James
Zarei (GBR) and James Albert (USA in 1888) have come close to it.

Six Day Racing pre dates the modern Olympics and in Victorian England was one of many sporting attractions being offered to a public that seemed to relish competitions requiring strength, skill and endurance-if added to this was the possibility of a decent wager so much the better. The bookmaker was always available.

Littlewood was born in 1859 and it is not difficult to imagine how he took up the sport. Certainly he had an athletic background. His father was a talented sprinter and soon introduced George to handicap races that were popular in Sheffield where they lived. It is reported that George, at the age of 9 beat a field of all comers in a 100 yard sprint race.

Many Six Day Events in England were staged at the Agricultural Hall, Islington, London and these were certainly the most publicised but outside of London there were other Six Day Races and one of these venues was The Drill Hall in Edmund Road, Sheffield.

Six Day racing owes much to the promotional flair of Englishman ,Sir John Dugdale Astley MP and Edward Payson Weston an American walker who was an oustanding competitor of the day and one attracting considerable publicity. Weston established a world track record of 500miles ( $804\,\mathrm{kms}$   $675\,\mathrm{mtrs}$ ) in 1874. The following year another American, Daniel O'Leary duplicated this performance and in 1875 took the record up to  $806\,\mathrm{kms}$   $635\,\mathrm{mtrs}$ .

In 1877 Astley decided to back Weston against any challenger for £500 in a Six Day Walking Race and the challenge was taken up by Daniel O'Leary who won with a new record of 835kms 701 mtrs. The race, at the Agricultural Hall was an enormous success and Astley is reported as having made a considerable profit on the enterprise. He staged another event in 1878 but this time titled the race a "go as you please" contest allowing competitors to run or walk. This was also the first race in the Astley World Championship Belt Series. Leary won the race again and took the record up to 520 miles. Unless a "fair heel and toe" contract was signed most competitors would in future mix walking and running. Another race in the series followed in September with O'Leary winning comfortably.

The resulting publicity and the possibility of a third win enabling O'Leary to become the permanent holder of the belt obliged Astley to find a strong challenger. He did so in the shape of Charles Rowell (GBR). The race took place at the Gilmore Gardens(now Madison Square Gardens), New York and Rowell won comfortably with 500 miles amd brought the Astley Belt and about \$20,000 back to England.

Weston had for many years combined very long walks with lecture tours and early in 1879 Astley challenged the American to complete 2000 miles in 1000 hours in a nationwide walk. During the walk Weston would give a number of lectures at selected venues. Weston was allowed to rest and ride when he wished but an Official was on hand to record the distance walked daily.

In major towns that Weston visited there was so much interest shown that he was inevitably impeded by crowds wishing to be close to this amazing athlete. Eventually he took the decision to complete the final part of many stages by horse-carriage. There was a packed house at the Alexandra Theatre, Sheffield when he gave his lecture in February. There is no record that Fred Littlewood and his son, George, were in the audience but in June 1879, at the Agricultural Hall, Weston became World Champion with a new record of 550 miles. Weston's name was now on the belt but also on the belt, listed as one of the competitors, was G.Littlewood.

In September 1879 Charles Rowell won the Astley Belt outright by winning the next World Championship event at the Madison Square Gardens beating the defending Champion , Weston reasonably comfortably with 530 miles.

By November 1880 Rowell had taken the record up to 566 miles and there was a certain inevitability that eventually 600 miles would be reached. In 1881 three Americans moved the record forward- John Hughes achieved 568 miles in January; Robert Vint achieved 578 in May and Patrick Fitzgerald completed 582 miles on the last day of the year.

the Madison Square Gardens, George Hazael (GBR) became Ιn 1882 at the first man to pass 600 miles-his winning distance was 600 miles 220 yards/ 965kms 811mtrs. Littlewood made steady progress in the event and had by this time, competed in America. The experience would have been invaluable and at The Drill Hall in Sheffield in March 1882 he completed 531 miles.

There were many promotions in the years following. Littlewood returned to America in 1887 and registered 569 miles in Philidelphia before moving on to New York. In February 1888 at the Madison square Gardens the record was increased to 621 miles 1320 yards by James Albert (USA) who deserves special mention as the first to pass 1000kms (1000.613)

At the same venue a few months later Littlewood would push his own personal best distance up to 611 miles. In November he returned to the Gardens and set a record that would last for 95 years. He completed 1003kms 832mtrs.

Interest in Six Day Racing gradually declined and at the beginning of this century it was replaced by cycling, football, baseball and organised amateur athletics over shorter distances. The Golden Age was over-with Littlewoods record never seriously challenged.

In 1898 Littlewood became a Publican at the "Kings Head" in Attercliffe, Sheffield which became known locally as the "Champion's Rest". He died in 1912-he was 53 years old.

Modern Day Six Day Racing was revived in America in 1980 and in the United Kingdom in 1981. Currently there are events in Australia, America, Ukrainia and France. The event at La Rochelle (FRA) probably duplicates more than any other the concentrated atmosphere excitement that must have been experienced in those earlier races. The format of those early World Championship Series events seems to have involved matching the Champion against a main challenger with the field being made up of good-but not necessarily the best of other challengers. Those competitors from the Victorian era would compete often and well and it might be significant that the most successful of today's Six Day runners are also regular competitors. Littlewood's World Record would eventually fall to Yiannis Kouros (GRE) and this in turn would be beaten by Jean-Gilles Boussiquet (FRA). It is to be hoped that there are other runners capable of beating the Littlewood record but they are not readily apparent. Is there anyone out there can run 1003kms 832 mtrs (623miles 1320yards) in Six Days?

# How to Run (and Walk) an Intelligent 48-Hour Race

Reprinted From Ultranunning, December 1994

by Jeff Hagen

Jeff Hagen has written several articles for Ultrarunning over the years; a common thread has been that it is possible to do well at ultras without excessive training or excessive speed, if you use your head. Recently Jeff has put his mind to the 48-hour.

The popularity of 24-hour races is increasing, judging from the number of 24hour events and finishers listed in the "race results" section of Ultrarunning. As more ultrarunners attempt and survive 24-hour races, it seems inevitable that many of these runners will eventually feel the need to pursue even greater challenges. The 48-hour race is the next logical step in the progression that has seen many runners switch from marathons to 50-mile races and from 50milers to 100-mile and 24-hour events.

The purpose of this article is to offer some hints that may be helpful to someone contemplating a 48-hour run. Since running my first and only 24-hour race, which was at the 1990 Gibson Ranch Ultras in Sacramento. California. I have entered the 48hour at Gibson Ranch for each of the last three years. The reason that I have focused on the 48-hour is simply that I think I finally might have "found my distance." At the close of my article in the March. 1991. issue of Ultrarunning ("Trying the Low-Key Approach at a 24-Hour Race"). I stated. "The longer or tougher a race is, the better the low-key methods seem to work. Maybe someday I'll come across a race that fits the low-key approach perfectly. Who knows what could happen then?" For me. the 48hour seems to be that race.

The 48-hour could be your race, too. especially if you are not blessed with the gift of speed that is necessary to do well in "short" races, such as the 50-mile events. While I am not usually a back-of-the-pack runner. I'm no speedster, either. In my last two 50-milers, the 1993 and 1994 American River 50, I finished in 175th place and 155th place, respectively. Fortunately, being slow in the 50-milers does not necessarily mean that you will be doomed to a poor performance in a 48-hour event. Indeed, my observation has been that fast 50-mile runners often have a more difficult time than their slower counterparts in a two-day race. I believe the main reason is that they are accustomed to running fast, and almost invariably they start out at a pace that they cannot maintain. Thus, in a very long race the "gift of speed" can turn into the "curse of speed."

With that introduction, here are my tips for running a 48-hour race:

1. Pacing and Walking. The most efficient way to run any race is to keep the pace as even as possible throughout the event. Typically, though, runners in a 48-hour race start out with nine-minute miles for the first 10 or 20 miles and then slow to ten-minute miles for another 20 or 30 miles. Then fatigue sets in, the runners start walking, andtheir pace rapidly deteriorates. By the 75mile point, many of these fast starters are averaging 15 to 20 minutes per mile, and a

high percentage of them will not make it beyond the 24-hour or 100-mile mark. The luckier ones will feel somewhat rejuvenated by this new slower pace and will decide to continue, even though the prospect of running for another 24 hours is likely to be most unappealing at this point. If they persevere, the fast starters might recover enough to pick up the pace later. but the chances of doing another sub-10-minute mile are very

For those of you who might be thinking. of trying a 48-hour race, you should be aware that this grim scenario is not inevitable. All you need to do is to start at a pace that you can maintain for a longer period of time. This is where the concept of "planned walking" comes in. The keys to running a successful 48-hour race are knowing when to start walking, how often to walk, how long to walk, and how fast to walk. Yiannis Kouros probably didn't do any walking when he set the world 48-hour record, but for mere mortals like you and me, walking is absolutely mandatory in a two-day race. Not only does walking allow you to rest, but it enables you to use a different combination of muscles. which makes your legs last longer.

There are two ways to accomplish your walking. The first is to run until you can't run any more, and then walk. If you choose this method, make sure that you get your race photos taken early in the race. If you wait until the second day, your photos will look like you died standing up, assuming that you are still in the race by then. The second, and more sensible, way is to have a plan for walking which addresses the following elements:

A) When to start walking: Each runner should find what works best for him or her. but I believe it is important to start walking within the first 30 minutes of the race, preferably within the first 15 minutes. At Gibson Ranch, which in the past has been run on a one-mile loop. I have always started my first walking segment during the second mile.

B) How often to walk: This will depend on personal preference, which varies widely. and on the length of the course. If you are "playing the wind" (more on that later). it is convenient to schedule one walking segment per lap. At Gibson Ranch I walk a portion of every mile, that's right, every mile, until the last hour or so. Then, if I have done everything right, I eliminate the walking and "kick it in."

C) How long to walk: This is another "personal preference" item, and it is closely linked to how often you walk. Obviously, the more often you walk, the shorter each walking segment will be. The idea is to end up with an overall minute-per-mile pace that you can maintain for an extended period of time. At Gibson Ranch I start with three minutes of walking per mile. If I start feeling tired, I extend this to four minutes of walking per mile until I feel rejuvenated.

D) How fast to walk: Walk as quickly as you can without feeling uncomfortable. Strolling is too slow to be efficient, but extreme "power-walking" may be too fast to give you the rest that you need.

I read with great interest the Ultrarunning article (May, 1994) by Karl King that described Kevin Setnes' 160-mile effort in a recent 24-hour run. Kevin used the run/ walk technique throughout the race, thereby proving its value even for the elite runner. Mr. King's conclusions about the benefits of this technique are very similar to the conclusions presented in my 1991 article. We differed only in our recommendations regarding the length and frequency of the walking segments.

If the run/walk technique works for a 24-hour race, it should not be surprising that it works for an event that is twice as long. The only difference is that the walking segments should be longer or more frequent in a 48-hour, in order to conserve energy for a longer period of time.

2. Training Technique. Every ultrarunner knows that the best way to prepare for a 100-mile trail race is to train on trails - ideally on the race course itself. The best way to prepare for a 48-hour race is likewise to mimic your race strategy during at least one training session per week. This means mixing walking and running in the proportion that you expect to use during the race. If you wait until race day to determine your walking strategy, you will have put yourself at a big disadvantage. You will not do as well as you could have done with a little "homework."

As you are doing your walk/run training, you might be amazed at how efficient it can be. The time it takes me to do a 20-mile training run with no walking is not significantly shorter than the time it takes me to do the same run with three minutes per mile of walking. The earlier miles are faster with the run-only technique, but eventually the tide turns in favor of the run/walk technique. The reason is that the rest that I get during the walking segments enables me to run faster during the running segments. As the distance to be travelled increases, the relative efficiency of the run/walk technique also increases, which is why it is so important in a 48-hour run.

3. Training Mileage. This is an easy one. Just put in the same mileage as you would for a 100-miler or 24-hour run. whether that happens to be 20 miles per week or 120 miles per week. Increasing your training mileage beyond what you would do for a 24-hour race is futile, because you simply cannot train your body to run 200 miles or more on reserves. In an event of this length the other factors mentioned in this article take over, making the extra mileage a moot issue.

4. The Wind. The wind might not be a big deal at some 48-hour races, but it has been a significant factor every year at Gibson Ranch. The rule here is to adjust your walking segment so that you walk against the wind and run with the wind. When the wind shifts, as it often does at Gibson Ranch, you need to change your walking segment to match the new wind direction. In the November, 1993, event the wind shifted several times, and for a while it was blowing at 30 miles per hour or more. To run against a wind that strong was very inefficient, but some people were doing exactly that.

5. Eating and Drinking, Most runners find it increasingly difficult to eat and drink adequate amounts as a 50-mile or 100-mile race progresses. Food that tasted good at mile 15 just won't go down at mile 45. This problem is largely related to the pace you are running — the faster the pace, the quicker your stomach acts up. The good news is that it is much easier to eat in a 48-hour event, assuming that you are pacing yourself properly. The slower pace, frequent walking, and resulting lower energy expenditure make all the difference.

At Gibson Ranch eating is also made easier by the *real food* served at regular meal times. There is a big difference between trying to force down cookies and crackers, as is typical fare in the shorter ultras, and having food such as pierogie sandwiches, lasagna, or pizza to whet your appetite. If your 48-hour race offers "real" foods such as these, make sure that you take advantage of them. They will give you much-needed energy that you will need later in the race.

And in case you are worried about the fat in these foods, read Barry Mink's article in last month's issue of this magazine. Research has finally substantiated what some of us have been saying for 15 years: If all you can think of during the race is quarter-pound cheeseburgers, your body is trying to tell you that it is time to "bring on the grease." Go ahead and eat a cheeseburger. and throw in some french fries for good measure.

You might also want to try the new "taste treat" that Larry Simonson and I started using in 100-mile trail races a few years ago. A McDonald's or Dairy Queen milk shake is the one thing that still tastes good to us when nothing else seems appealing. There is something about milk products that seems to settle the stomach. I don't know if the soy-based shakes offered by some fast-food places will work as well.

Regarding fluids, dehydration does not seem to be a problem, simply because most of the 48-hour events are held in the cooler seasons of the year. Just drink as you would in any other ultra, and hydration should not be a problem. Using electrolyte replacement drinks is probably a good idea, but before you automatically start drinking the electrolyte provided by race management, make sure that brand agrees with you. I personally don't do well on the "Reptile-Ade" that is provided at many races, including Gibson Ranch, so I make sure that I bring my own electrolyte drink.

6. Stretching. Don't wait until your muscles get tight before you start stretching. Stopping every five miles for a minute or two of stretching seems to help a lot. If you are concerned about losing too much time stretching, you can shorten your next walking segment, since both stretching and walking give you "rest time."

7. Sleeping. When it comes to the need for sleep, everyone is different. In the January, 1993, Gibson Ranch race, Jim Drake stayed awake the entire 48 hours when he broke the North American 50–54 age group record by 25 miles. This is great if you can do it, but I can't stay awake that long. Taking a half-hour nap each night is about the minimum amount that I need to function. You will have to experiment to determine what works best for you, but I do not recom-

mend planning your sleep breaks. Just keep going until you can't keep your eyes open, and then go down for a short nap. If you try to plan your sleep breaks, you might waste time trying to fall asleep at a time when you're not sleepy.

8. Course Layout. Remember to consider the length and layout of the course when planning your race strategy and walk/ run training. Races run on a quarter-mile track or a three-mile bike path will require different strategies than those run on a one-mile loop. As suggested earlier, the course length will help you to determine how far to walk and when to walk. The Gibson Ranch loop will be shortened from 1.000 miles to .847 miles this year, which will require a change in my strategy for future races.

Paying attention to these factors has enabled me to have three respectable 48-hour races of 193.8 miles. 190.5 miles, and 213.75 miles, for an average of 199.4 miles. In last year's race, consistent pacing enabled me to stick to my plan of walking three minutes per mile for the first 209 miles. It was then that I caught the men's leader, after trailing him by nine miles at mile 191.

At mile 209 I decided to eliminate the walking segment and take a shot at the men's course record. I covered almost five miles during the remaining 46 minutes of the race and nipped the record by a mere three-quarters of a mile. Even though this turned out to be the best men's 48-hour performance in North America last year, I finished ten miles behind the overall winner, Sue Ellen Trapp. who shattered both the American women's open record and the women's masters world record. Sue Ellen was also using a run/walk technique. As I recall, she was running three miles and then walking a half-mile.

Although the 48-hour race is perhaps my favorite ultrarunning event, I must end with some words of caution: A 48-hour race is also a grueling challenge that can be hazardous to your health. No kidding! Running a maximal-effort 48-hour race is not twice as hard on the body as a 24-hour event; it's more like three or four times as tough on the body. At the 24-hour mark in my last 48hour race I had covered 118.5 miles, had just awakened a few hours earlier from a refreshing 90-minute nap, and my legs felt great. Had I stopped at 24 hours. I probably could have gone dancing that night without any major discomfort. After 48 hours, I could hardly walk!

Almost all of the 48-hour runners that I know have experienced major swelling and soreness in their ankles or legs, or both. For me the weak link is my right leg. Somewhere between the 150 and 180-mile point, either my right ankle swells or my right calf seizes up. When I was "sprinting" during the last few miles of the November '93 race, I was doing so with a calf muscle that felt like an ice pick was being driven into it. The good news(?) was that it hurt about the same whether I ran, walked, or stood still, so I

figured that I might as well run.

You will also probably burn up a few pounds of muscle mass that will take a month or two to rebuild after the race. This muscle comes from the whole body, not just the legs. For several weeks after a 48-hour race I drop all the weights in my Nautilus workouts by about 20 percent, upper body machines as well as lower body, because I simply can't lift as much weight as before the race. I find that my full strength returns at about the same time that my body weight returns to the pre-race level.

Finally, a 48-hour race can wipe out your resistance to infection. A week after last year's race I had a recurrence of a nasty viral eye infection that had lain dormant for over 12 years. It took four months for it to clear up, and it caused permanent scarring on my cornea. The other two years I caught a bad cold following the race. Of course, these races are usually held during the "cold and flu season." which doesn't help.

It is important to get plenty of rest after the race. I have always gone back to a full work schedule the day after the race, which probably has contributed to my post-race illnesses. Another contributing factor is that losing two nights of sleep during the race always messes up my sleep cycle. This has never happened to me in a 24-hour or 100-mile event. I find that I can sleep only three hours at a time for a couple of days after the 48-hour. Then I'm wide awake for about three hours until I'm ready for another three hours of sleep.

This schedule gradually reverts back to normal within five or six days, but by then I am exhausted — my body wants to sleep when I'm at work and stay awake when I'm in bed. It makes sense to take a few days off after the race to allow your body to rest and readjust to its normal cycles. It might keep you from getting sick.

These caveats are not meant to discourage you from taking the 48-hour challenge. but I wanted to make you aware of the pitfalls ahead of time, so that you can avoid as many of them as possible. If you enjoy 24-hour events and are thinking about trying a 48-hour, I hope the hints in this article will help you to have a very successful run. For a change of pace (so to speak) I have decided to switch back to the 24-hour event at Gibson Ranch this year. One of these years, though, maybe we'll meet in a 48-hour race. If so, make sure you say "hello." I'II be the guy walking during the second mile.

Postscript: I ran with Sue Ellen Trapp in my very first ultra about 15 years ago in Yakima, Washington. It was a pleasure to run with her again. After the race I discovered that Sue Ellen and I both graduated from Midwestern dental schools in the same year (1971), which I thought was quite a coincidence. Let's see, that means the men's and women's winners in the last Gibson Ranch 48-Hour, and the co-director of the race, Norm Klein, are all dentists. This doesn't prove that the dental profession is planning a "hostile takeover" of Gibson Ranch, but it does look a little suspicious.

Reprinted from Ultrarunning"
To the Editors: September 1995

I have watched the correspondence relating to pacing with some interest. Having worked with many others around the world to establish a set of rules and guidelines for the sport (the Ultra Marathon Race Handbook, a guide for organizers of ultra events, has been or is in the process of being translated into some 13 languages, and has been incorporated into the national federation rulebooks in a number of major ultrarunning countries), I was interested in Joseph Reynolds' letter in the last issue in which he recommends that there should be rules that allow pacing in races of 50 kilometers or more since "pacing is an accepted practice in most ultra events.'

In the *Handbook* pacing is specifically forbidden in track and road events. The reason for this is to ensure fair competition between ultrarunners. Just as runners benefit from being paced, so unpaced runners are disadvantaged by not being paced. If this nopacing rule is ignored, then the local runner is always going to have a major advantage over runners who may have come from further away and have been unable to bring "pacers" with them.

I would like to give a personal viewpoint on pacing. Many years ago I had no clear views on pacing, and in several of the ultra races I went to as an official, pacing took place late in the race as the runners tired. I had a chance to see what effect such accompaniment had on tired runners.

The effects were as follows:

- 1. Having someone to talk to takes the runner's mind off of the fact that their legs and feet are hurting.
- 2. Having someone providing personal, direct, continuous encouragement lifts the runner's spirits.
- 3. The accompanying pacer is often able to set a faster pace and encourage the runner to match this.

What happened was that the accompanied runner's slow plod was often transformed into a faster jog and they became revitalized. Runners who had been in front of them in the race, through the dint of better strategy or fitness, who had not had the advantage of being paced, were subsequently passed, and finished behind them. Without the intervention of the pacers the unpaced runner would almost certainly have finished ahead. The unpaced runner was definitely placed at a considerable disadvantage.

I subsequently discovered that there are other useful services a pacer can provide. If the pacer is on foot or on a bicycle, they can shield the runner from a headwind, thus saving the runner considerable energy compared with a runner who had to battle through the conditions on their own. Anther neat trick is for the pacer to carry additional supplies for the runner and to provide them to him on demand, whereas the unpaced runner has to carry them personally, or wait until the aid station.

Some race directors may feel that by providing pacers for any runners without them, out-of-town runners would no longer be disadvantaged. However, once the floodgates are opened, pacing can be very difficult to control. The enthusiasm of some pacers has to be seen to be believed. I have seen local runners with a considerable band

of pacers, attending to their every need. Of course several pacers are an advantage over just one. The runner can be paced by a relay of pacers who can instantly provide what the runner requires. Besides which, a group of pacers make a better shield against the wind (if those pacers are on bicycles they can protect their runner the whole way against any headwind, but of course ensure taking full advantage of any tailwind). Pacing can easily turn into physical support. A runner turns an ankle, and the pacer naturally supports the runner. Towards the end of a race, some runners have been helped to the finish line by their supporters. I have heard reports and seen photographs of runners with their arms draped over the shoulders of handlers finishing a race. I have seen one photograph of a runner crossing the line horizontally carried by others. Is it fair that such runners are credited with superior performances to those who made their own way to the finish?

Are such pacers necessary in road races for the safety of the road runner? Well I have heard of pacers being used on a twomile loop in broad daylight - the chances of getting lost on such a course are remote, I would have thought. The Ultra Marathon Race Handbook provides detailed advice for ultra road race directors which makes such pacing unnecessary. Refreshment stations can be stationed every five kilometers, and water stations every two and one-half kilometers between them. Handlers can have access to the runners at these stations, at 400-meter-long handling zones centered on the stations. (If the race medical officer thinks that due to extreme climatic conditions water stations need to be more frequent, under IAAF rules that is allowable. Such stations do not have to be staffed.) In other words handlers can provide their runner with liquids and so on as frequently as they need them, but they cannot run with the runner except in the 400-meter long handling zones. Night running in long point-topoint races can be a problem. In such an event, the race director can authorize a vehicle to drive close behind the runner to illuminate the competitor in the interest of safety.

Roads, unlike trails, are specifically designed for ordinary people to travel on in some numbers, and they wind their way through areas of habitation. If a runner gets lost there is a good chance they will find someone they can ask. Cafes, restaurants, bars, and food stores are unlikely to be found along side a mountain trail, but are quite common alongside roads. Roads are usually signposted, often have clear curbs, and in most countries have names.

Some people compare the pacing in international track races, like the 1,500-meters, and sometimes major marathons, with that in ultra events. There are very significant differences between the two types of pacing. If a pacer starts with the rest of the field, and goes out in front of the whole race, then such assistance is open to any competitor in the event. In an ultra event, handlers, friends, and so on who accompany specific individuals with the intention of aiding just that individual are providing assistance denied to at least some other competitors.

Mr. Reynolds specifically mentioned slower runners. It is they who are often the

most affected by pacing. It is amongst the strugglers where pacing can be most effective, and most soul destroying for the unpaced. Less affluent runners who seek to test themselves in distant races, but are unable to afford to bring pacers with them, can run a well-planned race, closing in on an age-group award or coveted placing, only to see their main opposition pass them in the last miles urged on by accompanying handlers

When developing the Ultra Marathon Race Handbook, I deliberately sent copies of the draft documents to anyone who I thought would be interested in contributing. The Handbook has been sent to such individuals and organizations in 34 countries around the world. Individuals from 13 countries contributed to the Handbook, all of whom received a copy of the final book. The number of comments received (none related to pacing) can be counted on the fingers of one hand. This plus the widespread acceptance of the Handbook worldwide, and its subsequent translation strongly suggest to me that pacing is not accepted practice in most ultra events around the world.

Pacers may be deemed necessary in trail races in the USA, but I had always understood that the reasons for this were related to the remoteness of the areas in which such races were held, and the potential dangers for tired competitors, particularly at night. To extend pacing into ultra road running does not have such a justification. Pacing does make running ultras easier, but isn't the very difficulty of ultras the attraction? Perhaps some want the kudos of being an ultrarunner without being willing to pay their dues in terms of developing the physical and mental toughness to complete the course unaided. Surely part of the challenge of ultras is to be able to cope with one's own company.

> Andy Milroy Trowbridge, England



Geoff Hook during the 1994 Bruny Island race.



# AUSTRALIAN 6 DAY RACE COLAC INC.



P.O. Box 16. · · Colac 3250 VIctoria.

#### AUSTRALIAN 6 DAY RACE

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DATŁ 25/11/95

.Work done under the asupices of the Eastern School of Tactile: Therapies ( Principal and Founder - Mr Raymond Carroll)

HEAD MASSUER 1993.1,994.1995.

Developed by Michael Gillan C.T.T. ( E.S.T.T.) assisted by Rohana Waterhouse and Monique Camerand, students at E.S.T.T.

COMPRESSION MOBILISATION MASSAGE

THE GILLAN METHOD

An initial working paper - for discussion

BENEFITS OF MASSAGE - FOUND BY MASSUERS AND ATHLETES - IT MAY CAUSE

- 1. Relaxation of muscles without pain
- 2. Relaxation of athlete without loss of form
- 3. Loss of apprehension and pain when stretching due to muscle being able to stretch
- 4. Faster recovery time.
- 5. Athletes stay dressed
- 6. No oil used.

Due to fatigue I changed the massage over to  $\alpha$  fast but gentle to me, massage – and nearly hurt a runner.

·Fortunately, it was correctable. Lactic Acid retention occurred on one occasion when a runner had put on a brace for a knee problem and came in for a massage. With moans that came from him which were the first I had all week reminded me of the past two Ultra Marathons I had attended.

We need to look further at the Lactic acid problem and the possible breakthrough that has occured. 

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#### BASIC TECHNIQUE:

- 1. Athlete lies face down on Plinth
- Rocking and compression of buttocks keeping up rocking. With one hand move up ERECTOR SPINAE

  Pushing opposite side with heel of hand, move to top and compress scapulae with both hands and continue rocking down other side to other buttock.
- 3. Put knee under shin to shorten hamstring muscles and mobilise hands each side of thigh (wobble thigh) Compress sides and top of hamstrings from back of knee up to buttock then mobilise each side and repeat until muscle is felt to give (alternate with compressions)
- 4. On calf start at knee and work backwards up to achilles heel compressing gently then compressions and mobilise back down until softness is felt.
- 5. Move into SOLEUS STRETCH
- 6. Move into GASTROC STRETCH
- 7. Do other side
- 8. Turn athlete over raise legs onto a box higher than body under calves not into Hyper extension not too high to be uncomfortable
- 9. Mobilise hamstrings and quads mobilise adductors/abductors
- 10. Bring knee up to chest PN F as high onto chest as possible
- 11. Remove box and do illiotibial band stretch
- 12. Do PSOAS stretch /and/or other stretches as required OVER THE RUN USING PREVIOUS SEQUENCE:

In using above method before Lactic acid started to build up no discomfort was fel by the runners and pressure from Lactic acid was minimised.

No cramping was experienced in 100% of cases when stretching over the week and no pain was felt except normal soreness associated with long term competiveness. Flexibility was increased, very little athlete apprehension was experienced.

Injury incidence was reduced to basic blister management and icing shin pain (expected due to constantly pounding the track) one knee injury, and a few abrasions

The main injuries occurred with athletes who did not use the massage service provided until too late and had to pull out of the race for various reasons.

Having attended 3 Colac 6 Day races - 1993 and 1994 as a student and 1995 as Head of the Massage Services I am experienced in the types of injuries we have treated in past runs and the change in this years run has been remarkable.

Signed Museum Callen

Contact Address:

5 Jordan Court, P.O. Box 63, RAWSON 3825

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L. to R. Brian Gawne, Brian O'Farrell, Garrie Scott relax after completing the tough Mansfield to Mt.Buller 50km.



## World Track 1000-Mile Rankings

By Andy Milroy Ultramarathon World

**Odessa, Ukraine -** Odessa is becoming a something of a centre for major multi-day track events. Two big races, a six-day race and a 1000-mile event, were held October 7-22.

The 1000-mile event was strongly contested. Rustem Giniatullin of Russia with a final time of 14 days, 11 hours, 43 minutes, 31 seconds (14d:11:43:31). Vladimir Vasutin of the Ukraine was second at 14d:17:03:32.

The six-day race was run by Anatoli Fedorchenko with 769.320km (478m58y).

The 1000-mile world track ratings now stand as follows:

- → Gary Parsons AUS (Nanango 10-24 MAR 1994) 13d:17:37:21
  Georgs Jermolajevs LAT (Odessa 19 OCT-2 NOV 1993) 13d:23:25:18\*
  Rusten Giniatullin RUS (Odessa 7-22 OCT 1995) 14d:11:43:31
- → Tony Rafferty AUS (Granville 13-25 AUG 1989) 14d:11:59:04 Vladimir Vasutin UKR (Odessa - 7-22 OCT 1995) 14d:17:03:32
- Pat Farmer AUS (Granville 13-25 AUG 1989) 14d:18:27:47
  Malcolm Campbell GBR (Gateshead 11-26 NOV 1985) 15d:21:07:43
  William Gale GBR (Lillie Bridge 21 NOV-7 DEC 1880) 16d:16:00:00

(\* Not ratified as a world best for technical reasons. Jermolajevs has recently run 12d:20:14:27 for 1000 miles on the road as a 50 year old). (Ultramarathon World: http://fox.nstn.ca/~dblaikie) (07ja96)

Ultramarathon World News Ultramarathon World Home Page

from Internet

Andy Milroy is the Technical Advisor for the International Association of Ultrarunners, and advisor to the Guinness Bock of World Records.

#### **CURRENT WORLD RECORDS - TRACK**

6 Days	Jean Gilles Boussiquet (Fr.)	640 r	niles 21	yards	
1100 km	Gary Parsons (Aust)	9 day	's 9 hou	ırs 2 mi	n 53 sec.
700 Miles	Tony Rafferty (Aust)	9	17	36	17
1200 km	Gary Parsons (Aust)	10	6	15	7
800 Miles	Gary Parsons (Aust)	10	23	48	50
1300km	Gary Parsons (Aust)	11	3	37	50
1400km	Gary Parsons (Aust)	12	1	30	34
900 Miles	Gary Parsons (Aust)	12	9	34	6
1500 km	Gary Parsons (Aust)	12	21	6	43
1600 km	Gary Parsons (Aust)	13	16	15	40
1000 Miles	Gary Parsons (Aust)	13	17	37	21

548 Miles 558 yards

6 Days

Sandra Barwick (NZ)

Rank	Name	State	PB for 100ML	Place	Date	at Age
1	PERDON, George	VIC	12:25:09	OLYMPIC PARK	/23/05/70	45
2	THOMPSON, Martin	NSW	12:42:50	TIPTON UK	/25/10/75	29
3	STANDEVEN, David	SA	14:02:47	ADELAIDE	/01/11/86	34
4	KIP.MELHAM, Anyce	NSW	14:05:05	ADELAIDE	/28/10/89	31
5	BREIT, John	VIC	14:14:00	COBURG	/25/02/89	31
6	SMITH, Bryan	VIC	14:21:00	COBNURG	/10/03/90	46
7	SCHULTZ, Peter	SA	14:27:37	ADELAIDE	/13/11/82	0
8	TOLLIDAY, Owen	QLD	14:28:18	ADELAIDE	/29/10/88	39
9	YOUNG, Cliff	VIC	14:37:54	MANLY	/02/04/83	61
10	MARCH, Mike	TAS	14:45:00	COBURG	/25/02/89	45
11	BLOOMER, Brian	VIC	14:51:07	BOX HILL	/15/02/86	45
12	HEPBURN, Brickley	VIC	15:06:19	COBURG	/23/02/91	39
13	SWIFT, Keith	NSW	15:10:52	MANLY	/21/04/84	0
14	WALLACE, Alistair	NSW	15:16:05	MANLY	/29/03/86	44
15	WOODS, Graeme	QLD	15:28:27	ABERFELDIE	/23/01/88	41
16	QUINN, Peter	VIC	15:35:51	OLYMPIC PARK	/04/08/90	0
17	FISHER, Keith	VIC	15:38:20	AUCKLAND	/ 22/08/87	22
18	KELLY, Frank	NSW	15:55:38	?	/ 28/05/88	34
19	GRAY, Peter	VIC	16:00:00	COBURG	/10/03/90	25
20	JAVES, lan	QLD	16:06:13	BOX HILL	/28/02/87	44
21	KINSHOFER, Rudy	SA	16:09:06	COBURG	/23/02/91	36
22	KEYSSECKER, Don	NSW	16:09:48	NSW	/25/05/79	0
23	BROOKS, Barry	VIC	16:20:00	BOX HILL °	/28/02/87	46
24	BOGENHUBER, Max	NSW	16:22:21	MANLY	/06/04/85	42
25	MASSINGHAM, Barry	NSW	16:22:44	LIANDILLO	/13/04/80	0
26	McCRORIE, Wal	NSW	16:26:40	MANLEY	/02/04/83	52
27	TUTTY, Peter	VIC	16:32:48	NZ	/22/08/87	22
28	COX (JNR), Terry	VIC	16:40:00	COBURG	/10/03/90	24
29	AUDLEY, George	WA	16:45:02	PERTH	/18/10/86	51
30	McKELLAR, Jack	VIC	16:45:48	BOX HILL	/15/02/86	45
31	KIRKMAN, Geoff	SA	16:46:14	ADELAIDE	/09/11/85	35
32	DEDMAN, Kaven	SA	16:49:05	ADELAIDE	/28/02/87	39
33	VISSER, Jeff	VIC	16:52:43	COBURG	/10/03/90	26
34	DILLON, Buck	NSW	16:59:00	NSW	/26/05/79	0
35	TAGGART, Bob	SA	16:59:22	ADELAIDE	/29/10/88	41
36	RILEY, Gerry	VIC	17:15:59	ADELAIDE	/01/11/86	56
37	DEVINE, Alan	WA	17:19:20	PERTH	/17/10/87	28
38	McMANUS, Alistair	HK	17:20:00	HONG KONG	/17/11/84	34
39	CHANNELLS, Robert	NSW	17:22:01	CAMPBELLTOWN	/28/10/89	47
40	TAYLOR, Maurice	NSW	17:25:56	ADELAIDE	/04/10/87	39
41	LYNN, Charlie	NSW	17:26:30	ADELAIDE	/ 09/11/85	40
42	ELLIOT, Emie	VIC	17:27:01	NSW	/13/04/80	0
43	PEACOCK, Alan	QLD	17:31:46	QLD UNI	/05/09/87	0.
44	DIETACHMAYER, Tony	VIC	17:32:57	COBURG	/13/02/88	24
45	READ, Nick	ACT	17:33:50	COBURG	/13/02/88	36
46	COX, Murray	SA	17:40:29	OLYMPIC P	/04/08/90	44
47	YOUNG, Nobby	NSW	17:42:59	NSW	/01/09/90	44
48	MARDEN, Bob	NSW	17:43:00	MANLY	/10/04/84	31
49	BOYLE, Brad	NSW	17:44:30	CAMPBELLTOWN	/28/10/89	29
50	WISHART, Greg	VIC	17:46:30	COBURG	/25/02/89	50
51	STEPHENSON, Chris	NSW	17:47:43	NSW	/02/04/83	26

<b>E</b> 2	DEALICHARAD Milliam	\/IC	47.40.50	ADEL AIDE	10.4.14.0.10.7	40
52	BEAUCHAMP, William	VIC	17:48:53	ADELAIDE	/04/10/87	42
53	BRUNER, Bob	VIC	17:51:48	BOX HILL	/15/02/86	47
54	SKROBALAC, Joe	VIC	17:53:07	ADELAIDE	/23/10/94	42
55	ROSS, Howard	VIC	17:59:56	BOX HILL	/ 28/02/87	41
56	PEARCE, Phil	WA	18:04:46	PERTH	/26/05/90	0
57	MEDILL, Graham	QLD	18:05:20	CABOOLTURE	/ 26/09/92	44
58	HOOK, Geoff	VIC	18:12:35	MANLY	/06/04/85	40
59	DONNELLY, Bruce	QLD	18:16:02	CAMPBELLTOWN	/08/10/88	0
60	ARMISTEAD, Peter	VIC	18:17:44	COBURG	/10/03/90	43
61	WOLSTENCROFT, James	VIC	18:20:20	COBURG	/ 25/02/89	34
62	PARSONS, Patrick	VIC	18:25:00	COBURG	/ 10/03/90	0/
63	FOX, Allan	SA	18:26:20	ADELAIDE	/05/11/83	0
64	WILKINSON, Graeme	NSW	18:28:25	HENSLEY	/29/11/86	40
65	NASMYTH, Chilla	NSW	18:30:03	CAMPBELLTOWN	/13/10/90	0
66	THOMPSON, Mike	WA	18:30:31	PERTH	/27/05/89	41
67	HARGREAVES, Bruce	NSW	18:32:45	CABOOLTURE	/ 23/06/90	37
68	TOWNSEND, Graeme	NSW	18:33:06	HENSLEY	/28/05/88	30
69	SMITH, Jeff	VIC	18:33:10	COBURG	/ 23/02/91	40
70	SCHNIBBE, Klaus	VIC	18:33:57	ADELAIDE	/ 09/11/85	42
71	COOK, Bruce	QLD	18:38:40	QLD UNI	/06/09/87	31
72	HILL, Ron	VIC	18:42:34	HENSLEY	/29/11/86	46
73	FIRKIN, Graham	NSW	18:43:17	NSW	/01/09/90	52
74	BELL, John	VIC	18:43:38	BOX HILL	/15/02/86	41
75	GRAY, Dan	NSW	18:45:27	HENSLEY	/30/05/87	40
76	BURNS, Bob	QLD	18:45:42	QLD RRC	/01/06/89	45
77	TWARTZ, Peter	?	18:46:44	ADELAIDE	/23/10/94	0
78	STUART, Roger	SA	18:47:13	ADELAIDE	/29/10/88	45
79	ALLEN, Greg	SA	18:48:00	ADELAIDE	/24/10/92	0
80	SLAGTER, Michael	SA	18:48:00	ADELAIDE	/24/10/92	0
81	COLLINS, Tony	NSW	18:48:58	CAMPBELLTOWN	/28/10/89	42
82	NASH, Robert	VIC	18:51:00	COBURG	/13/02/88	37
83	CHAMPNESS, John	VIC	18:57:08	HENSLEY	/28/05/88	37
84	BRISTOW, Ralph	VIC	19:00:38	TAMWORTH NSW	/ 09/03/91	51
85	MARKULIN, Doug	NSW	19:01:09	LIANDILLO	/13/04/80	0
86	STENNER, Graham	SA	19:03:31	COBURG	/25/02/89	44
87	PARKER, Ross	WA	19:10:40	PERTH	/16/10/87	0
88	OOSTDAM, Bert	WA	19:15:56	PERTH	/26/05/90	0
89	WOODHOUSE, Paul	NSW	19:17:15	MANLY	/29/03/86	23
90	BENCZE, John	VIC	19:25:30	COBURG	/25/02/89	55
91	PARTINGTON, Ian	WA	19:31:04	PERTH	/12/10/85	0
92	BRYCE, Michael	VIC	19:35:35	ADELAIDE	/29/10/88	0
93	SMITH, Ronald	VIC	19:36:13	COBURG	/13/02/88	43
94	WILSON, Greg	VIC	19:43:18	COBURG	/22/02/92	0
95	HART, Gerry	VIC	19:47:44	NSW	/13/04/80	41
96	COX (SNR), Terry	VIC	19:50:30	HENSLEY	/29/11/86	49
97	WEINSTEIN, Roger	VIC	19:51:50	COBURG	/23/02/91	40
98	TWARTZ, John	?	19:53:08	ADELAIDE	/23/10/94	0
99	WHITEOAK, Michael	VIC	19:55:41	ADELAIDE	/03/11/84	39
100	CASSIDY, Kevin	VIC	19:57:55	HENSLEY	/30/05/87	26
101	MILNE, Peter	VIC	19:59:49	COBURG	/13/02/88	32
102	MARTIN, Ross	SA	20:05:19	ADELAIDE	/02/11/84	55
103	BOASE, Geoff	QLD	20:10:52	ADELAIDE	/28/10/89	38
104	YEAMAN, David	VIC	20:13:33	COBURG	/13/02/88	51
105	MANSELL, Kevin	NSW	20:23:27	CAMPBELLTOWN	/13/10/90	0
106	FARMER, Pat	NSW	20:24:20	CAMPBELLTOWN	/08/10/88	26

107	O'CONNELL, Keith	NSW	20:25:03	HENSLEY	/28/05/88	49
108	MISKIN, Stan	QLD	20:25:22	ADELAIDE	/03/11/84	59
109	GOBEL, Joe	VIC	20:34:03	MANLY	/06/04/85	47
110	KITTO, Max	SA	20:49:31	ADELAIDE	/04/10/87	41
111	McCOOL, Tony	SA	20:49:56	ADELAIDE	/09/11/85	0
112	LOGAN, Peter	VIC	20:52:41	ADELAIDE	/08/11/83	36
113	KIRK, Bruce	VIC	20:54:57	COBURG	/25/02/89	25
114	JERRAM, Col	VIC	20:59:31	COBURG	/10/03/90	40
115	TAYLOR, lan	NSW	21:02:01	HENSLEY	/30/05/87	35
116	PICKARD, Terry	QLD	21:03:36	QLD UNI	/05/09/87	0
117	HARRIS, Trevor	QLD	21:05:31	QLD UNI	/05/09/87	40
118	TAYLOR, Dave	NSW	21:07:00	BOX HILL	/15/02/86	34
119	BROWN, David	NSW	21:07:11	HENSLEY	/28/05/88	30
120	FICKEL, Bob	NSW	21:09:01	CAMPBELLTOWN	/28/10/89	37
121	KAPARELIS, John	VIC	21:15:18	COBURG	/25/02/89	21
			21:15:16 21:17:26		/12/10/85	0
122	HAMILTON, Kevin	WA		PERTH		44
123	HOUGH, Ken	VIC	21:18:18	COBURG	/25/02/89	
124	SUTCLIFFE, Roy	SA	21:19:59	ADELAIDE	/13/11/82	0/
125	BOHNKE, Michael	NSW	21:20:40	COBURG	/22/02/92	38
126	SPENCER, Don	SA	21:23:25	ADELAIDE	/03/11/84	0
127	DAVIS, Ivan	TAS	21:30:00	COBURG	/23/02/91	0
128	CLARKE, Phillip	NSW	21:30:05	HENSLEY	/28/05/88	36
129	KEWLEY, Doug	?	21:35:20	ADELAIDE	/16/10/93	0
130	LIGHT, Graham	VIC	21:35:35	MANLY	/21/04/84	35
131	DONALD, Colin	VIC	21:37:40	BOX HILL	/28/02/87	0
132	BOIDIN, Keith	NSW	21:40:54	LLANDILLO NSW	/13/04/80	0
133	VEGA, Eduardo	NSW	21:41:12	NSW	/01/09/90	49
134	BIRD, David	WA	21:41:53	PERTH	/26/05/90	0
135	RAMELLI, Ray	VIC	21:41:53	BOX HILL	/15/02/86	40
136	PIERCE, Simahin	SA	21:46:19	ADELAIDE	/23/10/94	0
137	BRAY, Steve	SA	21:47:34	ADELAIDE	/24/10/92	0
138	ALLEN, Barry	VIC	21:50:05	ADELAIDE	/09/11/85	29
139	DOCHERTY, Andy	SA	21:51:12	MANLY	/21/04/83	51
140	MARTIN, Rod	NSW	21:52:38	HENSLEY	/28/05/88	45
141	TURNBULL, Jim	WA	21:54:56	PERTH	/28/05/88	51
	GRANT, Stephen	NSW	21:54:59	COBURG	/13/02/88	30
	BIVIANO, Frank	VIC	21:56:24	ADELAIDE	/01/11/86	42
144	TRIPP, Tony	WA	21:58:10	COBURG	/13/02/88	41
	LAW, Andrew	TAS	22:02:45	OLYMPIC PARK	/19/08/89	29
146	KENNEDY, Brian	WA	22:07:31	PERTH	/27/05/89	0
147	SPARE, Charles	WA	22:10:49	PERTH	/18/10/86	47
148	STAPLES, Alan	NSW	22:11:54	MANLY	/17/04/87	37
149	ASHWELL, Tony	SA	22:12:00	ADELAIDE	/ 01/11/86	0
150	RICHARDSON, Peter	VIC	22:21:14			32
	•			HENSLEY	/30/05/87	
151	SCHUBERT, Guy	SA	22:25:45	ADELAIDE	/01/11/86	35
152	WALTERS, Ken	VIC	22:28:31	CLIFTON HILL	/ 09/10/94	62
153	LOVE, Greg	NSW	22:30:18	CAMPBELLTOWN	/28/10/89	0
154	GUTTERIDGE, Bill	SA	22:38:07	ADELAIDE	/ 05/11/83	0
155	KERRUISH, Graham	NSW	22:40:27	MANLY	/17/04/87	47
156	COULTER, Greg	SA	22:42:35	ADELAIDE	/ 01/11/86	28
157	SINCLAIR, John	QLD	22:42:36	QLD UNI	/05/09/87	45
158	BIRD, John	WA	22:42:39	PERTH	/28/05/88	0
159	ELLIS, Ray	VIC	22:43:46	COBURG	/ 13/02/88	57
160	PHILLIPS, Lindsay	QLD	22:44:32	CAMPBELLTOWN	/08/10/88	23
161	WARREN, Morris	WA	22:44:34	PERTH	/12/10/85	0

162	COLWELL, Brian	NSW	22:44:56	SYDNEY NSW	/ 02/09/90	41
163	CLEMENTS, Harry	NSW	22:46:31	NSW	/01/09/90	0
164	HUTCHINSON, lan	NSW	22:47:14	HENSLEY	/30/05/87	40
165	MARSHALL, Keith	VIC	22:49:02	BOX HILL	/15/02/86	59
166	WILLIAMS, Reg	VIC	22:54:47	COBURG	/25/02/89	37
167	RAFFERTY, Tony	VIC	22:54:59	ADELAIDE	/03/11/84	45
168	HEPPELL, Barry	WA	23:01:17	PERTH	/12/10/85	0
169	TAYLOR, Bill	WA	23:02:25	PERTH	/18/10/86	44
170	BYRTH, Robert	SA	23:03:28	ADELAIDE	/09/11/85	36
171	POWER, Tony	VIC	23:05:00	COBURG	/10/03/90	0
172	NORDISH, Steve	NSW	23:05:49	NSW	/01/09/90	0
173	MARTIN, Claude	VIC	23:07:19	ABERFELDIE	/ 24/01/88	52
174	EVERY, Paul	NSW	23:08:39	HENSLEY	/28/05/88	23
175	MARTIN, Kevin	WA	23:10:00	PERTH	/27/05/89	0
176	WALDECK, David	SA	23:14:10	ADELAIDE	/03/11/84	0
177	GRAYLING, Michael	VIC	23:14:4 <b>7</b>	COBURG	/25/02/89	32
178	LITTLE, Bob	NSW	23:18:00	MANLY	/21/04/84	45
179	SCOTT, Dave	WA	23:18:17	PERTH	/27/05/89	41
180	KING, Les	SA	23:19:46	ADELAIDE	/24/10/92	0
181	SILL, David	NSW	23:23:19	ADELAIDE	/24/10/92	45
182	HAIN, Geoff	NSW	23:26:52	CABOOLTURE	/23/06/90	43
183	CLARK, Gary	WA	23:29:38	PERTH	/16/10/87	0
184	HILLIER, Greg	VIC	23:29:58	ABERFELDIE	/23/01/88	32
185	HANNAMAN, Martin	QLD	23:30:00	CAMPBELLTOWN	/13/10/90	0
186	MAHONY, Paul	?	23:31:20	CAMPBELLTOWN	/28/10/89	0
187	GLADWELL, Mark	NSW	23:32:35	MANLY	/29/03/86	0
188	McCARTNEY, Stan	SA	23:33:21	ADLEIADE	/03/11/84	39
189	WIESE, Bob	SA	23:33:29	ADELAIDE	/27/10/90	0
190	VERNON, Peter	VIC	23:34:00	BOX HILL	/28/02/87	32
191	HAYNES, John	SA	23:35:16	ADELAIDE	/05/11/83	0
192	VENUS, Graham	SA	23:37:13	ADELAIDE	/28/10/89	0
193	KING, Peter	WA	23:41:14	PERTH	/17/10/87	0
194	HOLLERAN, David	QLD	23:41:18	COBURG	/22/02/92	35
195	LUCAS, Andrew	TAS	23:45:11	COBURG	/13/02/88	22
196	RISSTROM, P	?	23:47:40	COBURG	/23/02/91	0
197	BARKER, Carl	NSW	23:49:50	CAMPBELLTOWN	/28/10/89	30
198	SHERMAN, Andrew	?	23:56:56	NSW	/01/09/90	0
199	MILLS, Brian	?	23:57:20	CAMPBELLTOWN	/28/10/89	0
200	DUNN, Stephen	SA	29:34:56	ABERFELDIE	/23/01/88	21
201	HUME, James	VIC	33:20:27	ABERFELDIE	/23/01/88	56
202	WAKEFIELD, Charlie	VIC	42:01:34	CABOOLTURE	/22/06/90	36
203	LEWIS, Stephen	QLD	47:13:17	QLD	/01/07/89	30
	*					

#### AUSTRALIAN RANKINGS FOR 100ML TRACK BY WOMEN

Rank	Name	State	PB for 100ML	Place	Date	at age
1	SMITH, Margaret	VIC	16:01:43	MANLY	/21/04/84	48
2	STANGER, Helen	NSW	17:07:40	WOLLONGONG	/02/04/95	44
3	PARRIS, Dawn	VIC	17:52:53	OLYMPIC PARK	/19/08/89	36
4	HERBERT, Cynthia	VIC	18:11:37	ADELAIDE	/01/11/86	44
5	McCONNELL, Georgina	NSW	18:47:20	OLYMPIC PARK	/18/08/89	46
6	SPAIN, Trisha	WA	20:05:16	PERTH	/27/05/89	47
7	GRANT, Dell	QLD	20:10:43	QLD UNI	/05/09/87	33
8	RILEY, Geraldine	VIC	21:49:34	BOX HILL	/15/02/86	22
9	HAARSMA, Kay	SA	22:25:31	ADELAIDE	/13/11/82	Q
10	STANDEVEN, Cheryl	SA	22:44:40	ADELAIDE	/29/10/88	32
11	TALBOT, Kim	VIC	22:48:48	COBURG	/25/02/89	20
12	KERR, Sandra	VIC	22:55:22	COBURG	/10/03/90	44
13	WORLEY, Sue	SA	23:17:20	ADELAIDE	/01/11/86	39
14	FOLEY, Wanda	QLD	23:19:28	COBURG	/13/02/88	42
15	BOWER, Jill	WA	23:24:52	PERTH	/12/10/85	0
16	WARREN, Val	NSW	23:25:30	CAMPBELLTOWN	/28/10/89	55
17	MILBOURNE, Colleen	WA	23:49:48	PERTH	/27/05/89	0
18	LEAHY, Marcia	?	23:50:10	CAMPBELLTOWN	/13/10/90	0
19	LUSH, Eilleen	SA	31:35:55	ABERFELDIE	/23/01/88	40
20	CASE, Valerie	QLD	32:41:00	CABOOLTURE	/24/06/90	53

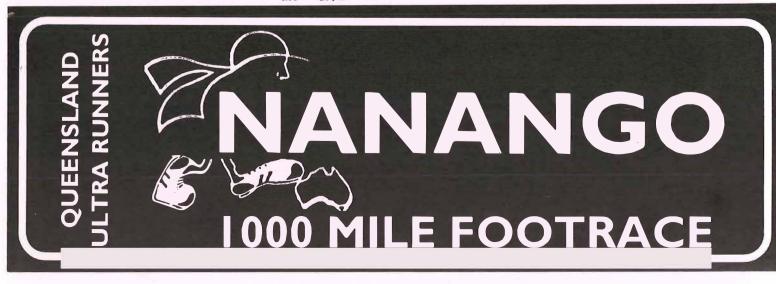
#### **AUSTRALIAN RANKINGS FOR 100ML ROAD BY MEN**

Rank	Name	State	PB for 100mIRD	Place	Date	at Age
1	SWIFT, Keith	NSW	14:02:54	MELB-COLAC	/23/11/84	0
2	PERDON, George	VIC	14:32:04	RICHMOND	/24/07/68	43
3	RECORD, Joe	WA	16:06:10	PERTH-BUN	/05/10/91	50
4	HEDLEY, Dave	WA	16:16:50	PERTH-BUN D	/01/10/91	0
5	BOOTHMAN, Kerin	WA	16:22:20	PERTH-BUNBURY	/05/10/91	0
6	PEARCE, Phil	WA	16:29:35	PERTH-BUN	/05/10/91	0
7	MEDILL, Graham	QLD	16:59:40	QLD	/25/06/88	40
8	McCABE, Neil	QLD	17:18:48	CABOOLTURE	/25/06/88	0
9	McCABE, Neil	QLD	17:18:48	QLD UNI	/26/06/88	0
10	MOLLOY, Geoff	VIC	17:44:00	MELB-COLAC D	/23/11/84	42
11	FISHER, Keith	VIC	18:27:59	QLD D	/25/06/88	23
12	ROSS, Howard	VIC	19:26:00	MELB-COLA D	/23/11/84	39
13	SCHNIBBE, Klaus	VIC	19:58:00	MELB-COLAC D	/23/11/84	41
14	BIVIANO, Frank	VIC	19:58:00	MELB-COLAC	/23/11/84	40
15	McCLOSKEY, lan	QLD	20:19:18	CABOOLTURE	/07/09/91	39
16	MACKAY, Mark	QLD	20:46:17	CABOOLTURE	/10/09/93	27
17	LOGAN, Peter	VIC	21:26:00	MELB-COLAC D	/23/11/85	38
18	PFISTER, Peter	VIC	21:49:00	MELB-COLAC D	/23/11/84	45
19	CURRIE, Stuart	QLD	22:04:10	QLD	/25/06/88	41
20	HOOK, Geoff	VIC	22:17:00	MELB-COLAC	/24/11/84	40
21	BAZELEY, Gavin	QLD	23:02:17	CABOOLTURE	/07/09/91	28
22	TAYLOR, Dave	NSW	23:34:20	CABOOLTURE	/01/09/91	40
23	HEATH, Frank	QLD	23:34:25	CABOOLTURE	/01/02/91	43
24	PETERSON, John	QLD	23:37:45	QLD	/25/06/88	71
25	TAYLOR, Maurice	NSW	23:39:00	QLD	/25/06/88	40
26	BURNS, Bob	QLD	26:04:58	CABOOLTURE	/01/09/91	48
27	GRANT, Ron	QLD	26:16:48	CABOOLTURE	/10/09/92	49
28	ROWE, Craig	QLD	28:52:54	CABOOLTURE A	/01/09/91	24
29	HOLLERAN, David	QLD	30:25:54	CABOOLTURE	/10/09/92	36
30	LEWIS, Stephen	QLD	31:19:46	CABOOLTURE A	/01/09/91	32
31	STOCKMAN, John	QLD	42:41:08	CABOOLTURE	/12/09/93	43
32	CHATTERTON, Ray	QLD	45:27:48	CABOOLTURE	/01/09/92	43
33	STEWART, Barry	QLD	57:19:38	CABOOLTURE	/12/09/92	59

#### AUSTRALIAN RANKINGS FOR 100ML ROAD BY WOMEN

Rank	Name	State	PB for 100mIRD	Place	Date	at Age	
1	WALLACE, Robyn	QLD	20:14:31	QRRC 24HR, QLD	/26/06/88	30	
2	STREET, Carol	QLD	21:13:13	CABOOLTURE	/07/09/91	50	
3	CASE, Valerie	QLD	32:41:00	CABOOLTURE	/22/06/92	55	4
4	BOLT, Phillipa	QLD	40:35:00	CABOOLTURE	/02/09/89	33	91.

Some great record - breaking results are anticipated at the -



## **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) desire to become a member of the AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED. I the event of my admission as a member, I agree to be bound by the rules of the Association for the time being in force. (Signature of Applicant) (Date) \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* I ...... a member of the Association, nominate the applicant, who is personally known to me, for membership of the Association (Signature of Proposer) (Date) \* I ...... a member of the Association, second the nomination of the Applicant, who is personally known to me, for membership of the Association. (Signature of Seconder) (Date) Current membership fees for 1996 in Aust. dollars) are as follows: Cheques payable to AURA Inc. Please circle desired rate: \$ 25 within Australia Asia \$38 NZ USA Europe Air Mail (up to 1 week delivery) \$43 \$34 \$41 Send Application and money to: Dot Browne (Hon.Sec), AURA Inc, 4 Victory Street, Mitcham 3132

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

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