

ULTRAMAG

Vol 11, No.2

June, 1996



Gary Parsons and Sandra Brown toast their victories in the 1000 MILE WORLD TRACK RECORD attempt held at Nanango .
March 13th - 29th, 1996

(Reprinted from South
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 **AURA**
MAGAZINE

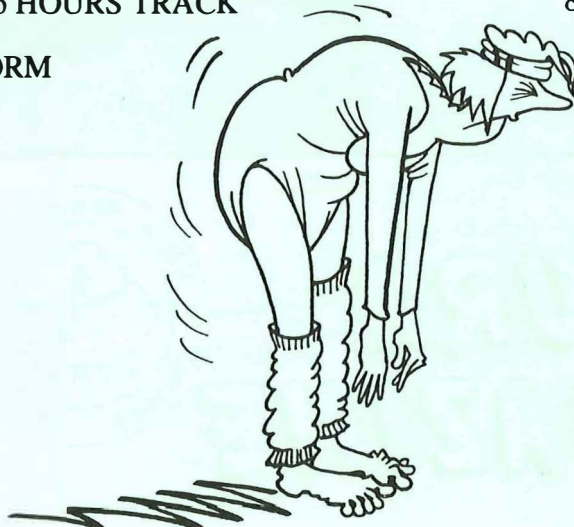


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The following list comprises all people who are on the AURA database for race rankings for whom we do not have the state in which they normally reside and their date of birth. We need this information so our ranking lists get printed out correctly. If any reader of this magazine knows any or several of the people in the list, please notify Geoff Hook, 42 Swayfield Road, Mount Waverley 3149. I would like both the state in which they live and their date of birth. If you don't know either but can supply an address or telephone number for me to contact, that would be equally appreciated.

Many thanks,

Geoff Hook

NAME	COMPETED IN FOLLOWING RACES
Graeme ALFORD	East Burwood, Vic 1990, Mans - Buller 1992
Graham ALLEN	Campbelltown, NSW 1989
Frank ANDERSON	Wyong NSW 1991
Danny BEARD	Toukley, NSW 1994
Bob BERTOLI	Mans-Buller, Vic 1993
Alan BOWMAN	Campbelltown NSW 1991
John BROWN	Melb. Uni, Vic 1982
Martin BURKE	Adelaide SA 1994
Minali CLARKE	Adelaide SA 1994
Ron CLISSOLD	Tamworth NSW 1990
William COURTNEY	Parramatta NSW 1991
Denis DAVIS	Melb. Uni Vic. 1981
Barry DIKE	Ross - Richmond. Tas 1992, Launc-Hobart, Tas 1995
Brian DUFFY	Tamworth NSW 1990
Stuart DUNN	Sydney NSW ?
Philip ESSAM	Woden Park, ACT 1990
Bernie FARMER	Campbelltown NSW 1989
Christopher FARMER	Parramatta NSW 1991
Joe FAULKNER	Sydney NSW ?
Bill FENNY	Toukley NSW 1994
Lesley FILMER	Tamworth NSW 1990
John FLANAGAN	Parramatta NSW 1990
Tony FRANHAM	Liverpool, NSW 1994
Peter GANDER	NSW 1990, Campbelltown NSW 1991
Brett GOULD	Caboolture Qld 1993
Daniel GREEN	Tamworth NSW 1994
Warren GREEN	Adelaide SA 1994
Ribin GUNNING	Tamworth NSW 1990
Janelle HALL	Toowoomba Qld 1993
Andrew HALLAM	Burwood Vic 1990
Denis HAMS	Parramatta NSW 1990, Campbelltown NSW 1990
Tom HANKS	Toukley NSW 1994
Michael HEIRS	Caboolture Qld 1990
Bill HICK	Toukley NSW 1995
Bill HOLLAND	Campbelltown NSW 1990, Tamworth NSW 1991
James HOLMES	NSW 1990, Campbelltown NSW 1989
Hans JENSEN	Burwood, Vic 1990
Bob JONES	Caboolture Qld 1993
Marcia KEAHY	Liverpool NSW 1994
G. KEATING	Ballarat Vic 1989
Chris KELLAR	Burwood Vic 1993
Doug KEWLEY	Adelaide SA 1993
Darryl KLUMP	Tamworth NSW 1990
Shane LEAHY	? NSW 1990
Marcia LEAHY	Campbelltown NSW 1990

J. LEWIS	Campbelltown NSW 1990
Anthony LITTLE	Tamworth NSW 1990
John MACCARONE	Parramatta NSW 1991
Murdock MACKENZIE	Mans. - Buller Vic 1991
Paul MAHONY	? NSW 1990, Campbelltown NSW 1989
Brian MANNIX	Campbelltown NSW 1989
Warren MARTIN	Campbelltown NSW 1990
Jimmy MELLAN	Sydney NSW ?
Asim MESALIC	Ipswich, Q'ld 1991, Toowoomba Q'ld 1994
Brian MILLS	Campbelltown NSW 1989
Michael MUNRO	Campbelltown NSW 1991
Geoff McCONNELL	Parramatta NSW 1991
Colin McDONALD	Campbelltown NSW 1988
Col McLEOD	Toowoomba Q'ld 1990
Graham McPHAIL	Mans - Buller, Vic 1994
Tom NAYLOR	Adelaide SA 1994
Peter NELL	Salisbury SA 1991, Coburg Vic 1991
Denise NICHOLSON	Toukley NSW 1994
John NUMAC	Campbelltown NSW 1990
Chris NORRIS	Campbelltown NSW 1990
Anton OBERSHEIDER	Mans - Buller. Vic, 1991
Alan OLIVER	Hensley NSW 1985
Dennis PARKER	Tamworth NSW 1990
Graham PARKER	Toukley NSW 1994
Stephen PASCOE	Adelaide SA 199
Choi PENG	Adelaide SA 1993
John PITMAN	Caboolture Qld 1990
Helen POWERS	Liverpool, NSW 1994
John PRESLEY	Bunbury WA 1992
Tony PULVIRENTI	Burwood Vic 1990
Dennis QUARREL	Campbelltown NSW 1989
John RAUWENDAAL	Toowoomba Qld 1994
Trevor RICHTER	Box Hill, Vic 1985
Michael RILEY	? ACT 1990
Peter ROBELL	Toukley NSW 1994
Andrew SHERMAN	? NSW 1990
Peter SLAGTER	Adelaide SA 1993
Larry SMITH	Campbelltown NSW 1990, Bathurst 1992
Ann SMYTHE	Liverpool, NSW 1994
Corrine SOMMERS	Caboolture Qld 1990
Murray STRATFORD	Toowoomba Qld 1991
Jan STRONG	Burwood Vic 1990
Bill SYMINGTON	Wyong, NSW 1991
Ray TAYLOR	Campbelltown NSW 1991
Amery THOMPSON	Tamworth NSW 1993
Roger THOMPSTONE	Toowoomba Qld 1991
Dennis TOLLEY	Campbelltown NSW 1989
Joe TORRE	Burwood Vic 1993
Peter TWARTZ	Adelaide SA 1994
Mick VARKER	Ballarat, Vic 1988
Graeme WALKER	Caboolture, Qld 1990
Peter WHITEMAN	Caboolture Qld 1990
Bryan WHITECROSS	Ballarat, Vic ?
Peter WHITEMAN	Caboolture Qld 1990
Norbert WICHMANN	Burwood, Vic 1990
Michael WILKINS	Adelaide SA 1994
Ross WILLIAMS	Toukley NSW 1994
Bob WILLIAMSON	Parramatta NSW 1991
Adrian WILSON	Banana Coast NSW 1994
George WILSON	Mans - Buller Vic 1995
Geoff WORMSLEY	Frankston - Portsea, Vic, 1995

SPECIAL FEATURE
1996 A DECADE OF 100KM WORLD CHAMPIONSHIPS
WORLD 100KM ULTRA MARATHON CHAMPIONSHIPS, MOSCOW
4TH MAY, 1996
by Linda Meadows

Russia hosted the 10th World 100 km Ultra-Marathon Championships in Moscow on May 4th 1996. With over 210 athletes from 21 countries participating and the Olympic Flame being held in Moscow throughout the event, the stage was set for a great challenge for all runners.

Originally the event was planned for March 31st in Athens Greece, but due to the late withdrawal of Greek sponsors the IAU (International Association of Ultra-Runners) had to re-schedule the race and seek sanction from the IAAF for it to be held in Moscow instead, just over one month later.

This totally decimated the Australian Teams planned to attend. In fact it was to have been the first time Australia had both a full Men's and Women's Teams race. The sudden change of schedule resulted in only one runner who had qualified from Australia being able to adjust plans and 'toe the starting line' in Moscow.

However, the final result for Australia was good with the Australasian Womens 100km Champion, Linda Meadows becoming the highest placed Australian ever in a decade of 100km World Championships by taking out the Silver Medal behind the Russian Women's Champion Valentina Shatyuaeva. The Bronze Medal in the Women's race also went to a Russian, Elena Sidorenkova.

Russia also took Gold and Bronze in the Men's race. Konstantin Santalov winning the Mens event, Jaroslav Janicki of Poland took Silver and Alexey Kruglov completing the trio of winners.

Being on home turf seemed an advantage for the Russians as they also won both the Men's and Women's Teams event. In the Men's Team race the placings were: 1. Russia, 2. South Africa, 3. Poland, while the Women's Teams came across the line in the following placings: 1. Russia, 2. Germany, 3. Ukraine. However, it should be remembered that Russia is recognized as having a great depth of quality Ultra-Marathon Runners, but many cannot compete as often as liked, due to the now sparse economic situation for Russian Athletes. According to the President of the IAU, Mr. Malcolm Campbell, this was in fact one of the reasons why Russia was chosen to host the Championships after Athens fell through. He explained that the Committee felt it gave Russia a great opportunity to enter all their top athletes at World Class level for the first time in years and so were expected to place prominently. The results now obviously now justify this claim.

Mr. Campbell also noted that the Course was the same one used for the 5km walk when the Olympics were held in Moscow in 1980. However, running 100km over a 5km tight loop course did not make for fast times. Most runners commented on their slower than expected times and added that in addition to the style of the course, the warm 25 C heat and very windy conditions along the Moscow river slowed their momentum, making the race a very tough one to contest.

Next year's World 100km Ultra-Marathon Championships are expected to be held in France on a notoriously fast course at Amiens and Australia hopes that 1997 will see it able to finally enter both full Men's and Womens Team's.

IAU 100KM WORLD CHALLENGE UNDER THE PATRONAGE OF THE IAAF
Moscow 4th My, 1996
(5km Loop course x 20 laps)

MEN

1. Konstantin SANTALOV	(RUS)	6:32:41
2. Jaroslov JANICKI	(POL)	6:35:40
3. Alexey KRUGLOV	(RUS)	6:36:13

77 finishers

WOMEN

1. Valentina SHATYAEVA	(RUS)	7:33:10
2. Linda MEADOWS	(AUS)	7:46:27
3. Elena SIDORENKOVA	(RUS)	7:48:25

26 finishers

TEAMS

1. Russia	19:57:47
2. South Africa	20:42:18
3. Poland	21:02:16

TEAMS

1. Russia	23:14:49
2. Germany	24:19:01
3. Ukraine	25:54:10

- NOTES:**
1. Australia was represented by only 1 woman competitor who competed as an individual.
 2. The slower than normal times were due to the stiff breeze (encountered for 50km of the race) and the rather warm conditions.



RACING THE WORLD OVER 100KM

by Linda Meadows

The challenge of racing a 100 km. Ultra-Marathon is a daunting one at any level, but when you are to be the sole representative for your country and expected to take on the rest of the World, it is hoped that will be the only major issue one has to face. How wrong one can be.

But first lets put the 1996 100 km. World Ultra-Marathon Championship and 10th staging of this prestigious race into perspective.

Originally the 1996 race was scheduled for March 31st. in Athens, Greece and to be a special event due to this being the centenary year of the modern Olympics. However, around mid-January the Greek sponsors withdrew leaving the I.A.U.(International Association of Ultra Runners) to negotiate with the I.A.A.F. for a new date and venue. Many countries offered, but finally a decision was made to accept Russia's offer to hold the World Championship 100 km. event on May 4th in Moscow.

According to the President of the I.A.U., Mr. Malcolm Campbell, various factors swayed the Committee to recommend Russia, one being that the proposed date was only one month after the original, which according to most athletes was preferable, but most significantly it would give many Russian athletes the opportunity to participate in this prestigious event. The vastly changing social, political and economic conditions in Russia during the late 1980's and 1990's has reportedly left the Russian sporting structure in disarray. Thus leaving many Russian athletes with little financial assistance to travel overseas to events. So like Australian Amateurs and non Olympic world class athletes, they must finance their own sporting careers.

With Russia being recognised as being one of the strongest Ultra-Running nations in the world, by staging the event in Russia it gave them the opportunity to field all their top athletes and thus were expected to place prominently.

So along with strong local support and being able to race on home ground the Russians, as predicted, dominated this years World 100 km Ultra-Marathon Championships taking out every Gold Medal in every event ie. individual and teams Mens and Womens events. As it was also the Russian National 100 km. Championships, other Russians beyond their 6 designated top athletes for each Team, also participated in the race. It was held on a tight 5 km. looped course set beside the Moscow River. In fact it was reportedly the same course used for the 5 km. walk when the Olympics were held in Moscow in 1980 and located about 1 km from the former Olympic Stadium. The Olympic connection was continued with the Olympic Flame being held in Moscow during the staging of the World Championships. It was announced at the opening ceremony that special Olympic Flame cups were to be presented to the first 6 individual placegetters in the race, definitely something to be sought after and cherished if won.

But winning was to be a difficult task as over 210 International athletes contested the race from 21 different countries on a warm 25 C, very windy day, on what turned out to be a slow course due to the tight turns at each of the two turning points on the course. The bottom turn furthest from the finish was made even more difficult due to cobblestones and an uneven road surface. The eventual mens winner reportedly ran 15 minutes slower than his P.B. and bears testimony to similar reports from other athletes who were expecting faster times, over what most finally considered to be a fairly difficult and demanding race due primarily to the weather and style of course.

However, in Championship races, especially the Worlds, times usually take 2nd place in an athletes' mind as it is the medals that are sought. Australia's chances seemed slim in this area as due to the change from Athens to Moscow the strong Australian contingent of Mens and Womens Teams gradually dwindled. This was disappointing as we had for the first time enough top class runners to enter both a mens and womens team. However, various factors forced the withdrawal of Australians due to a variety of factors eg. the additional cost of fares to Moscow, injury, other race commitments or inability to change already pre-set leave applications from work. So Australia was left with only one representative, the Australasian Womens 100km. Ultra-Marathon Champion, Linda Meadows.

But the final result was good for Australia with Linda becoming the highest placed Australian ever in the 10 years the World 100 km. Ultra-Marathon Championships have been held, by taking out the Silver medal behind the Russian Womens and 1994 World Champion, Valentina Shatyuaeva. This split the Russian Womens Team with the Bronze going to another top Russian runner Elena Sidorenkova.

In the Mens Individual event Russian Konstantin Santalov, 1993 World Champion, became the 1996 World Ultra-Marathon Champion with the Polish runner Jaroslav Janicki taking Silver and Bronze going to another Russian, Alexey Kruglov. Placings in the Mens Teams event were as follows: Russia, 1st; South Africa, 2nd; Poland, 3rd, and the Womens Teams placed Russia, 1st; Germany, 2nd and the Ukraine, 3rd.

will be going down; seemingly strict control over where foreigners were going, or how they were allowed to do things; some of the most unhygienic toilets ever experienced and an incredible amount of bureaucracy.

In contrast the Russians, once accepting of a foreigners openness and friendship, were overly helpful, within their bureaucratic parameters, friendly and incredibly generous and grateful when something was freely offered in kindness or friendship. Overall one becomes both frustrated and bewitched by their charm and at times openness.

An example of such a moment that epitomizes this aspect of their culture was at the awards ceremony. After presenting all the standard medals, trophies and certificates, a point was made of presenting a special memento, as a sign of sporting achievement ie: our Australian having beaten all the Russian women except one, they also presented Linda with a finishers medal for the Russian National 100km.Ultra-Marathon Championships. Obviously a medal that should usually only be given to Russians. This generous gesture is one that will long be remembered and cherished.

Now that this 10th running of the World 100 km. Ultra-Marathon Championships is over, it is hoped full teams of both Australian Men and Women can qualify and so proudly wear the Green and Gold in Amiens, France (the proposed host of the next years Worlds) in 1997, as was done in Moscow 1996.

But having the race over and results in the record books doesn't tell the whole story from Australia's point of view. For having to fly more than half-way around the world for 2 days, only to find ones luggage had taken a different route is a little unsettling. Especially knowing that with no luggage there would be no run. Finally 2 days late the luggage turned up, but it did mean having to return to the main Moscow airport and battle through more Russian bureaucracy in order to finally retrieve the gear. Then another hellraising drive through, round and nearly over Russian traffic to get from one side of Moscow to the other where the official Hotel for the athletes was located and taking nearly a full day to complete. The Hotel did, however, have an Olympic connection as it was originally built and used for the athletes who attended the Moscow Olympics.

Though not being able to afford the luxury of a support crew like other countries, but being lucky enough to have an Australian race official, Mr Geoff Hook, sent by the I.A.U., at least mean't that Linda had someone to hand drinks to her and provide encouragement from a fellow Aussie. Apart from this stroke of luck other limiting factors included: a nagging injury, no access to massage, unsettled preparation, lack of usual food sources and water, even having to run from the stadium, where the international athletes were bussed later than expected for the race start, with a full box of 24 drinks and bag of gear, left time only for a quick toilet stop, 20 seconds to stretch what already felt like tired limbs followed by a sprint to the starting line as the 10 second count to race start began. Yes, a few extra obstacles were thrown in the way, but the rest of the world forgot that we Australians are a tough breed.

Despite all this it must be stated that overall the race was well conducted despite the obvious clash of cultures that most of the English speaking athletes felt. It seems the rest of the World has an accepted way of doing things and then there is the Russian way of doing things. From people sitting doing jobs all day that see them probably doing a total of 10 minutes actual work for the day; lifts that groan, open their doors at floors where no-one has pushed buttons or decide to go up instead of lighted buttons that indicate the lift

Linda ready for Moscow

GEELONG ADVERTISER, Wednesday, May 1, 1996 — 25

By Greg Buckle

RUNNING 100 kilometres along a chilly Moscow River course would not be high on most people's lists of things to do on Saturday.

But the International Amateur Athletics Association-sanctioned International Association of Ultra Runners 100 km World Challenge and fame (of sorts) beckons in Moscow.

And for Corio Athletics Club member Linda Meadows, 37, the fact that she is the only Australian competing at the championships makes the challenge even greater.

"It will be fairly lonely on your own against the rest of the world. I train alone so I'm used to it," Meadows said.

The gruelling event was originally scheduled for Athens, Greece, on March 31 and the late venue and timing

changes have forced nine of Australia's team of 10 to withdraw because of injuries, extra expenses or work commitments, Meadows said.

"Sponsorship fell through so they had to cancel that," Meadows said.

"About six weeks ago they had other offers and they took up the Russian offer. It's quite expensive to fly to Moscow compared to Greece.

"Usually there are about 30 countries. This is my first world championship.

"I'm just glad that I'm able to go, but it makes it a lot harder.

Meadows is no stranger to isolation or hardship. The Melbourne-based sports masseur has osteoporosis, her

bones described as being as brittle as those of a 100-year-old woman.

In 1979 she won the Australian women's road cycling championship.

Three years later she completed a 27,500 km bicycle ride around the "world" including Europe, the United Kingdom and the United States.

Meadows in 1993 interrupted a 16,000 km around Australia bicycle trek while on the Nullarbor to run in the Melbourne Marathon in a time of 2 hours, 48 minutes.

A year later she set a world record for the women's 50-mile (about 80 km) track ultra marathon at the East Burwood Reserve, Melbourne, in a time of 6h7.58min.

Last November, Meadows won the women's Australasian 100 km ultra marathon championship in a new Australasian record time of 7.40.57.

The former recreation officer for the now defunct Shire of Corio has strong credentials for a big result in Moscow on Saturday, not the least of which will be her ability to overcome extraordinary physical challenges.

Australian Ultra Runners Association secretary Dot Browne said from Melbourne yesterday Meadows was "a brilliant athlete".

"She's really come into her own in the last three years in terms of coming into world class level," Browne said.

"She's won the Australasian 100 km championship twice now in the last two years. Her times are world class. I don't know if she'll win, but she'll certainly run a good placing."

AURA CLOTHING & BADGES

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

We also have printed cloth badges and car windscreen stickers.

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

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

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

AURA CLOTHING ORDERS

COSTS:	T-shirt		\$8.00	Postage		\$1.40
	L/S T-shirt		\$12.00	Postage		\$1.40
	Singlet		\$ 8.00	Postage		\$1.40
	Fleecy wind-cheater		\$18.00	Postage		\$2.80
COLOURS	RED	WHITE	GOLD		GREY	NAVY
SIZES:	12	14	16	18	20	22 24

AURA ADVERTISING MATERIAL

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

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

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

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

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

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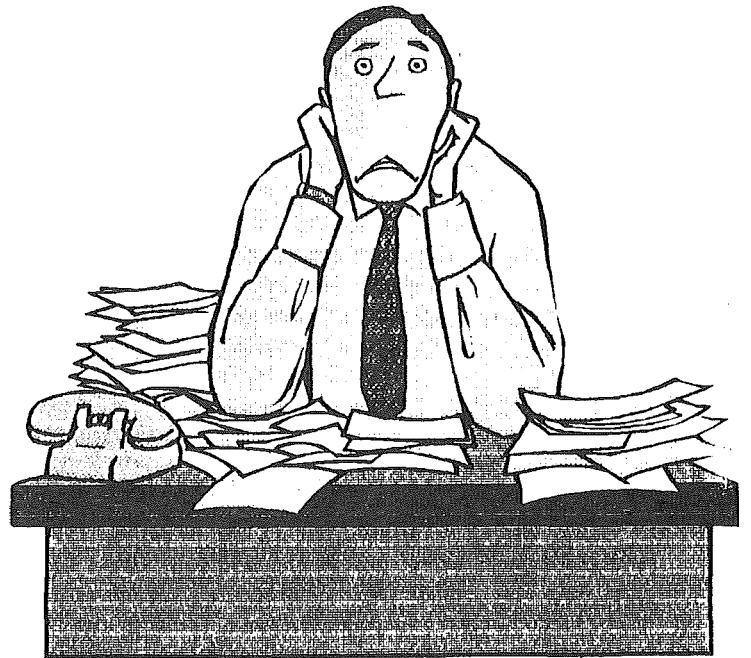
SIZE: COLOUR:

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(Please include postage. Make cheque payable to AURA)

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



LETTERS TO THE EDITOR



Dear Dot,

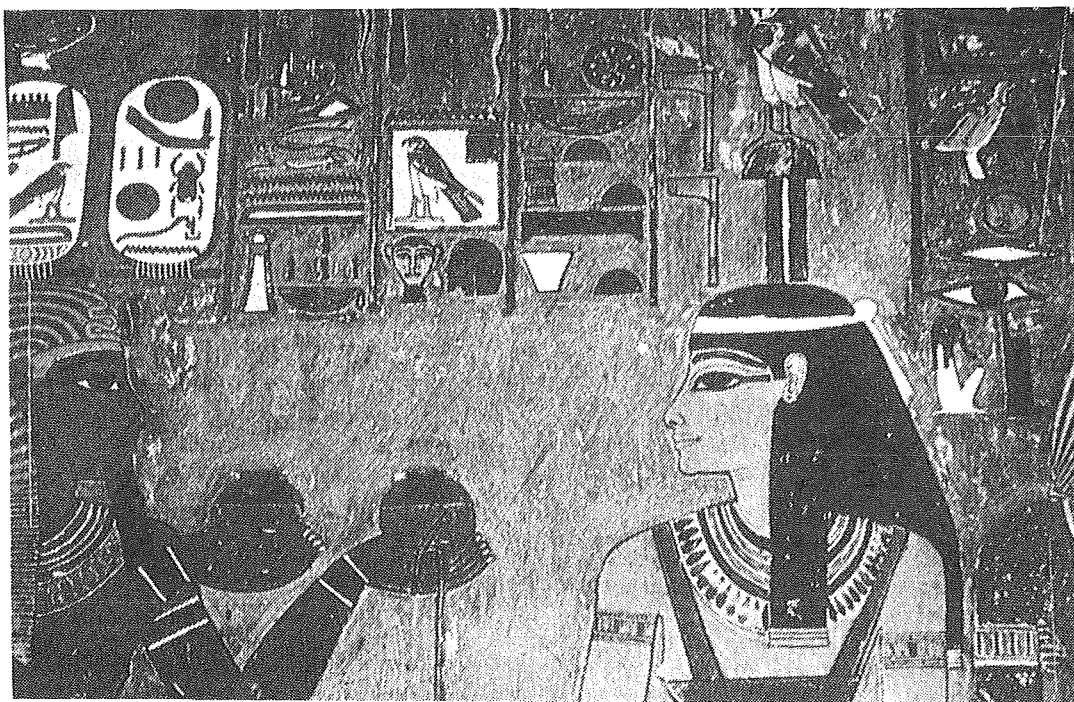
I survived Egypt. The Great Pyramids Marathon was cancelled. However I finished second (27.02 mins) for the 8km Pyramid Run from Giza, out and back into the Sahara Desert, finishing at the base of Micerinus Pyramid. (the small pyramid). I was interviewed on Egyptian TV, which was a unique experience for a hack runner. I spent two weeks on a cruise between Aswan and Luxor - visited Abu Simbel, Philae, Komombo, Edfu. Esna, Karwak - the Valleys of the Kings and Queens, missed the shoorings in Cairo by a couple of weeks. In hindsight, the armed soldiers that seemed to appear on every street corner in Cairo was justified.

Running around the pyramids was a terrific experience. I think every one in the race ran with a greater energy. The race was organised by the Cairo German School and is held annually on the first Friday in March. Most of the runners were German school kids. I was amazed that three year old kindergarten children ran the whole 8 kilometres - There is no way Australian children would be allowed to contemplate or be able to finish such a difficult course.

I am interested in attempting the spartathlon in a couple of years. Are there any entry qualifications?

Best wishes,

Stephen Dunn (Ed.'s note: Bryan Smith may have info on entry qualifications Stephen!)



Did Stephen run inside the pyramid during his race and photograph the wall paintings?

Dear Dot,

Helen Stanger, Peter Goonpan and myself recently completed the Coburg 24 Hour Track Run. This was my first 24 hour race and, whilst I have been involved in crewing and lap-scoring, it was certainly different to spend so much time on the other side.

I've competed in 2 other track ultras, Coburg (50km) in 1992 and the Toukley 12 Hour in 1995. On both occasions, the conditions were terrible. Gales in Coburg and wind, rain and a poor surface at Toukley.

Coburg this year was like the other two combined. It was very cold, windy and raining on and off, and the track flooded. For nearly half the race, we were running three lanes wide on the bends to try and avoid the deepest water on the track. There were some pluses and minuses for the organisation over the weekend. (Please take as "constructive criticism")

On the down side was the requirement that interstate runners (we all came down from Sydney) supply their own lap-scorers. A bit of a disincentive for runners to travel all the way to Melbourne. I would have thought a large athletic club could have provided some assistance to "out-of-towners".

The other gripe was at the finish. The three of us received patches to say we had competed in the relay and a computer printout of the results with a congratulations message on the back. Nothing else. I would have thought that in today's computer age, somebody could have whipped up a decent certificate of some sort to recognise our efforts.

Now I've got that off my chest, to the pluses! The hourly computer results were great, and the final printout with our hourly progress was given out at the presentation. Very efficient. When the track became flooded, spectators and officials did their best to sweep the water away (a losing battle)

The presence of the first aid personnel throughout the race was comforting, and I noticed that they were kept busy (at one stage, trying to stop Peter Gray sleeping in their tent). Michael Gillan was a lifesaver for me. His unique technique kept me going and his advice will help me in future races.

The relay runners were great. My pre-race concerns about sharing the track with them proved unfounded. They provided motivation, moral support and company throughout the race (and the occasional jelly bean) Some of their performances were inspirational. One team had an injured runner who walked his relay lap because he didn't want to let the team down. That's what I call commitment,

During the evening, Jan and Bryan Smith dropped in to say hello and finished up staying all night, helping with lap-scoring and motivation. Jan and Bryan typify the camaraderie of ultrarunning.

My particular goal for the race was to try and better my 12 hour total of 104kms. After 12 hours, I didn't care what I did. I finished up with 114.8km in the 12 hours and then had a massage, a cup of tea, something to eat and went to bed until just before 6.00am. Apparently it rained during the night. (Just kidding!) It poured! I laid in our van listening to it pounding on the roof and thought "This is great! I've done my 12 Hours and I don't have to get up if I don't want to" I'm not proud.

I got up just before 6.00am (when the rain had eased) and walked a couple of laps, got another massage from Michael and hit the track again about 6.20am. I finished up with 164.2kms for the 24 hours.

Finally, the people. The other runners were great. My companions Helen and Peter provided company and inspiration. Our crew, Billy Collis, Pauline Goodall and Janice Vanston provided for all our needs and worked tirelessly throughout. Billy slept for about 17 hours straight after the race. We only slept for 3 hours because of his snoring.

Peter Gray and his mum were there backing up after Peter's top effort in the Queensland 1000 mile race, and of course Yiannis Kouros was there having a crack at his own world records. I feel privileged to have shared a track with the world's greatest ultra runner (not to mention the shower after with him and his bodyguards.)

Well, now the big question. Would I go back next year? Injuries permitting, and a rock-solid, absolute guarantee of fine weather and I would „.....think about it.

Regards ,
Bill Hick.

5th May, 1996.
76 Birdwood Ave,
Umina. 2257.

Hi, Dot and Geoff,

Just forwarding you the results of the 1996 Brisbane Water Bush Bash. Michael Burton has achieved a hatrick of wins - something he is justifiably proud of! Wendy Downes has cracked 5 hours, and she can also be proud of her new record.

We were once again blessed with a beautiful day and the balcony of the Gosford Sailing Club, at the finish was full of smiling faces.

At the moment, this is a very amateur race (from the organisational point of view). Just myself and many, many friends helping out. From all the feedback I've received, everybody likes the run, so if I am to keep it going (and improving) I am going to need some help (such as insurance advice, sponsorship etc.) If anyone thinks they can help, please let me know.

Also please accept my 1996 Subscription - I didn't realise that I was unfinancial. I would hate to have that character in the Ultra Mag knocking at my door!

Keep Fit,
See you on the run.
Greg Love.

Dear Dot,

Congratulations to Tony Rafferty for his inspiring story on Kevin Mansell. Kevin, your life story left me feeling very sad, but then I thought, "He wouldn't want pity". I saw so much strength and courage in your life, with the way you then pursued everything 110%. You are a credit to yourself and to the sport of ultrarunning. If you are looking for a hero, please don't go past yourself. "What a man!"

God bless you Nails!

Dawn Parris.

Dear Dot,

Please find enclosed my subs for '96. Sorry it's late but I keep forgetting. I've been flat out organising and training for my upcoming solo run down through the Canning Stock Route in W.A. I'll give you a complete report when I get back. I leave end of June and will return around mid August.

Would you also please accept my resignation as Queensland AURA Rep. I've very much enjoyed doing the job, but now feel someone else should have a go. Gary Parsons has said he would accept the job. It certainly was a great effort by Gary to again win the 1000 Mile Track Race. It was truly a great effort and a great race. I used it as a training run and had a great time relaxing and enjoying the experience of being in a great race with wonderful people. If I had to pick a great moment, I couldn't go past big Bill Beauchamp finishing. Fair dinkum, he looked like he'd been in a nuclear holocaust!!

Good training and keep on running!,

Dave Holleran

Sri Chinmoy Marathon Team

PO Box 554, Nth Adelaide, Sth Australia 5006

Dear Dot,

Results of 1995 Sri Chinmoy 24 Hour Race

I must apologise for the 1995 race results not coming in 1995. It was an oversight on my part; assuming someone else had sent them. However, I thought it would be better to send them now rather than never!

Also enclosed is a list of all the Australian Champions both men and women from each of the races.

The 1996 Sri Chinmoy National 24 Hour Race incorporating a 12 hour race will be held on the weekend of October 26-27.

thankyou for all your efforts and hard work at keeping ultra running with a high profile in Australia.

Yours in running



Sipra Lloyd

QLD ULTRA RUNNERS CLUB INC

PO Box 469 Broadbeach Qld 4510

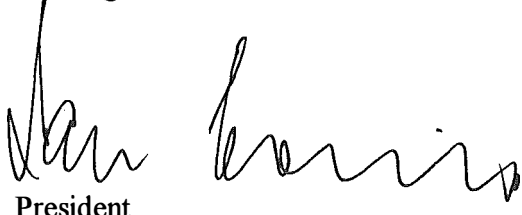
Tel (07) 5592 2349 Fax (07) 5531 6171

This Club intends to compile a handbook of the longer road races, solo and adventure runs undertaken within Australia. This would include the runs such as Fremantle to Sydney, Westfield Sydney-Melbourne, Dave Taylor's Syd-Melb-Syd, around Australia, Albany-Perth, Geraldton-Perth, Canning Stock route and so on.

We are able to gather quite a lot of the required information from our own sources. However, we would appreciate you publishing this letter in Ultramag inviting people to come forward with the results of any such runs.

Interested parties should contact Dell Grant of 96 Brisbane Street, Nanango, Qld 4615, Tel 071 631 645.

Best regards



President

A Long Run

by Reg Warren

Liverpool City Council - Boomerang - Ultra Marathon

Ran from Saturday 4th March 1995 to Saturday 25th March 1995 distance 1743 kilometres. Liverpool Sydney to Parliament House Melbourne and return to Liverpool Sydney.

I had the pleasure of being a crew member on Georgina McConnell's team. She was the only lady to take part in this race and her main aim was to be the first lady to run from Sydney to Melbourne and back, particularly under race conditions. There were four male competitors : Tony Collins a dental surgeon from NSW, Dave Taylor a building services contractor from NSW, Cluffy Young a farmer from Colac in Victoria and Larry Smith a NSW police officer. All five runners are well known accomplished ultra marathon multi day contestants. Having completed in such events at the "Westfield" Sydney to Melbourne, this run was one direction only no return trip but the runners were allowed to run 24 hours per day where as the Liverpool Council Boomerang was Melbourne and return to Sydney. Because of safety, runners were only allowed to run during daylight hours 6 am to 6 pm. Sounds easy, but everyday the body has to be prepared for a twelve hour run. Prior to this year's race the record was held by Dave Taylor at 19 days 22 hrs so over 19

days you have to face consecutive 12 hour runs.

Georgina is a very accomplished ultra-marathon multi day runner, holding quite a few ladies long distance road and track records. Last year she ran in the inaugural round Tasmania run of 7 days covering approximately 700 kilometres and finished 16th in a field of crack ultra marathon runners male and female from Europe, England, South Africa and Australia in some foul weather conditions including one day which had three blizzards and gale force winds. The snow was travelling parallel to the ground at one stage coming through the passenger side door and splattering all over me on the driver's side of our support vehicle. That run gave Georgina the confidence needed to take on the challenge of being the first woman to run from Sydney to Melbourne and return a distance of 1743 kilometres with a maximum running time each day of 12 hours except for day one (1) with a 12 noon start and 7 pm finish allowing 7 hours only.

Georgina's day started at 4.10 am with a wake up call, cup of coffee and breakfast cereal prepared by one of the crew. I had a quick bite to eat also, then started the daily chore of taping her feet to prevent blisters etc.

Each toe was taped with elastoplast stretch tape longitudinally to protect the toe nails, then wrapped around the toe to prevent blisters. A pad covering the ball of the foot was taped on to protect the flesh and help cushion the metatarsals to prevent bruising from the rough surface of the road. This taping usually took 30 to 40 minutes. If a blister did form it was pierced with sterile needle and cotton, the cotton was cut on each side of the blister to act as a wick for any fluid build up to leak out. The blister was then covered daily with a strip of "second skin" (duoderm), a medical preparation usually used in burn cases, to protect this area a pad of elastoplast was placed on top of the covering or "second skin" application. Clean socks were put on being very careful not to pick up any edges of the elastoplast, once checked the running shoes were put on having had a generous amount of talcum powder sprinkled inside. Shoe lace tightness was left to Georgina, who in the first hour may loosen them several times as the feet heated up. Georgina was then transported to the spot on the highway where we had finished the night before where her initials had been painted on the road surface. An official from one of the other crews would meet us

July 1995

A Long Runcontinue

there to ensure a correct time and place of restarting. Our second vehicle would be doing the same check for one of the other runners. Prior to the start at 6 am Georgina would do a series of static stretch routines and a general warm up. I would assist her with a series of P.N.F. (proprioceptive neuro muscular facilitation) stretches for leg, thigh and groin adductor and abductor muscle groups. These P.N.F. stretches would be done first with light pressures with a 15 sec hold then relax for 5 secs, second stretch slightly more pressure - hold for 20 secs relax for 5 secs, third stretch with maximum pressure from Georgina, hold for 25 secs then relax. We would use these type of stretches again at lunch time or at any time during the day if it was needed. An interesting point of the value of P.N.F. stretching, on day one Georgina could only manage leg elevation of just over 30° from the table before tightness in the hamstring group was encountered, this improved daily to a point where the leg would go to 90° from table with no hamstring problems. At 6 am the days run started at a slow jog to loosen all muscles and thoroughly warm up the body, Georgina would gradually build up her pace to run at about 9 km per hour.

At 6.30 am she would have a drink usually 250 mls of "Exceed" soy milk meal, this and all other drinks or eats would be drank or eaten while

walking at about 6 km per hour pace for a few minutes. At 7 am a drink of "Exceed" sports drink to maintain body fluid electrolytes etc. a point to be noted here, because of the amount of fluids (up to 8 litres or more depending on the heat) that Georgina would drink during the day the "normal" strength of the fluid was diluted 2/3 water 1/3 sports drink. A biscuit or similar would also be eaten. This procedure would continue throughout the day, on the half hour fluid only and on the hour fluid plus something to eat. Drinks were alternated with the milk drink first thing then, two of sports drink with electrolytes then either diluted lemonade, coca cola, water or iced coffees (Moove) milk drink depending on heat of day. The main thing was two drinks of electrolytes bearing fluid then one of the other types. This routing would go on all day, except when the weather became really warm drinks would be given every 20 minutes with food still only on the hour. On a few days the weather during the afternoon was so hot (mid to high 30 °C) it required the 200 ml to 250 ml drinks every 20 minutes and supplemented with a couple of mouthfuls of fluid every five minutes. Duration of this was determined by observation of Georgina to avoid any dehydration possibility. Georgina would eat a variety of food during the day such as, a biscuit, 1/3 of a banana, 2 crackers with fresh cheese, 1/2

an orange, 3 jelly beans, small piece of chocolate, teaspoon of honey, biscuit with honey, 1/4 of an apple, 1/2 a sandwich. No big items of food on the hour but a steady intake of nutritious food no less to keep up the fuel. At 12 o'clock we would stop for a 1/2 hour lunch break, the shoes and socks would come off to cool her feet and I would check all the taping and trim any pieces that may have moved. To help cool the feet I would swab them with methylated spirits. While her feet were cooling lunch would be eaten such as a sandwich, tub of "hotshot" quick snack pack, frankfurts in bread, meat pie, baked beans on toast or similar with usually a cold milk drink. Then on with the shoes again with clean dry socks some P.N.F. stretches and back on the road again.

Georgina would build her pace up again slowly to ensure an even muscle warm up. The drink-food routine would continue as before until the 6 pm finish. On a couple of afternoons early in the race when Georgina was not feeling well she would walk for the last two hours. This would still be done at a 6.5 to 7 kilometres per hour pace so she really did not lose that much time. At 6 pm an official from one of the other crews would be with us to mark on the road surface, with paint, Georgina's initials. This would then be the spot we would meet them the next morning to restart at 6 am. One

A Long Runcontinue

of our crew would be doing the same for another runner.

The running having finished for another day we would travel to a nearby caravan park for the night. On arrival Georgina would go into the bigger van, her shoes and socks came off and be given her evening meal, usually very substantial, I would make up a foot bath with salts and essential oils to help relax and rejuvenate her tired feet. I would also have my meal at this time. On completion of the meal I would remove all the taping from her feet, check her feet for blisters or general soreness then resoak for another ten minutes.

Georgina would then have a shower and I would set up my table, usually in the laundry area and get prepared to give her a massage. The massage consisted of a general relaxing therapeutic type checking all muscle for any problems, if any muscles were sore or tight, cold packs would be used in conjunction with remedial work in that area. I used a variety of oils but mainly a heat retaining type as extra virgin olive oil with cold pressed grape seed with a varying selection of essential oils such as juniper, clary sage, cypress, rosemary, marjoram, lavender and bergamot. During the 1 to 1.5 hours of the massage another crew member would prepare Georgina's bed and lay out her clothes, shoes etc., for the next day. After the massage she would generally go straight to bed in her support van. The

crew slept in a 6 berth mobile home vehicle where the somewhat melodious snoring didn't interfere with Georgina's sleep. I mentioned earlier that she was not well in the early days of the run, after 73 kilometres on day one in 7 hours then 87.5 kilometres on Day 2. On day three on water collected at Goulburn which affected a couple of the runners including Georgina who got very weak at about 4 pm. she walked for the last two hours and still accomplished 81 kilometres for the day. We decided to go onto bottled water for the rest of the run for Georgina only which paid dividends but it took until the end of day seven for her to be back to normal with a very healthy appetite returned. During the run in Tasmania last year Georgina used to get severe shivering on completion of a days run. We thought this was due to the extremely cold weather, but on doing some research into body fluid and electrolytes I realised the effort she was putting in to make "cutoff" times in that race, her blood sugar must be dropping to low levels, especially as due to extreme cold she was having any small dehydration problems this would effect her. In this run which was going to take approximately 21 days I thought we had to try something different so I discussed this with Georgina and her husband and we decided to "try" two (2) plain

sugar cubes, as used in tea, coffee, etc., ten minutes before the end of each day. This worked like a charm, no shivering. There was one exception to this, at 3.35 pm on day three, the day she was effected by the water she had to stop outside Canberra on the Barton Highway. After stopping she started to shiver badly, I gave her two sugar cubes and within a couple of minutes the shivering stopped. (A point here to mention the shivering was from internal core temperature as no matter how many blankets etc. were put on she took a long time to recover warmth whereas the sugar cubes worked within minutes.) Twenty minutes rest and Georgina walked for the last two hours and accomplished 13 kilometres.

On the way back from Melbourne, with about five days to go a blister on Georgina's heel was being aggravated by her shoe rubbing on it even with the second skin and covering pad protecting the blister site. I had to find some way of preventing the rubbing, I thought of trying what the ultra marathon runners call 100 miles per hour tape which is a smooth backed 50 mm wide grey insulation tape used on refrigeration lagging etc. We used it to stick sponsors signs on the side of the vans. I cut one strip for each shoe and placed one end under the inner sole then ran it up inside the

A Long Runcontinue

back of the shoe and over the top, giving the inside of the heel section a nice smooth surface for the foot to contact. When Georgina put the shoes on there was a bit of anxiety waiting to see if it would work, would it wrinkle or slip, but due to the strong adhesive qualities it worked really well although not removing all the pain it allowed Georgina to run the last few days at an average pace of 84 kilometres a day which I do not

think we could have achieved without the "tape" and a very "gutsy" little lady. During the race Georgina accumulated eleven record claims for ladies road race distances which have to be ratified, one of which is the greatest distance ran by a woman under race conditions in Australia, 1743 kilometres. Tony Collins was the first runner home on Day 19 with a new race record, Dave Taylor finished on Day 20, Georgina

Day 21, Clifly Young came home in fourth place not too bad for a young 73 years of age lad. Bad luck struck Larry Smith who had to pull out at Mittagong on Day One with hamstring problems.

Well done all and congratulations Georgina !!

Sri Chinmoy Australian 24 Hour Race National Champions

1995	David Standeven	211.797km	Helen O'Connor	136.000km
1994	Joe Skrobalak	198.423km	Lorraine Lees-McGeough	172.791km
1993	David Standeven	209.218km	Sandy Barwick	174.490km
1992	Rudi Kinshoffer	216.856km	Sue Worley	136.812km
1991	David Standeven	237.436km	Helen Stanger	207.969km
1990	Peter Gray	202.014km	Sue Worley	141.036km
1989	Mike March	257.767km	Helen O' Connor	155.317km
1988	Owen Tolliday	253.063km	Cheryl Standeven	168.584km
1987	David Standeven	234.566km	Sue Worley	155.279km
1986	David Standeven	228.566km	Cynthia Cameron	200.615km
1985	Cliff Young	235.969km	Eleanor Adams	167.917km
1984	Gerry Riley	204.51km	Helen O'Connor	170.96km
1983	Bob Bruner	205.315km	Helen O'Connor	154.682km
1982	Bob Bruner	199.767km	Kay Haarsma	161.612km

SRI CHINMOY NATIONAL 24 / 12 HOUR RACE 21 / 22 OCTOBER 1995

by Simahin Pierce

The 1995 Sri Chinmoy 24 hour race was held in bleak, chilly conditions with a gusty wind and persistent rain showers - the wind was so strong that the race banner could not be fixed at the starting line.

Most runners started with protective clothing - a pattern which continued for the rest of the race.

After a few moments of silence we were on our way. I soon adopted a energy conserving strategy of race walking into the wind and running with the wind at my back - other runners huddled behind each other for protection.

At the 12 hour mark perennial champion David Standeven had a 5 km lead over 1992 winner Rudy Kinshofer -a welcome injection of freshness as the 12 hour runners charged around the cold, wet track. The warm soups and mashed potatoes were keeping me alive and I was still moving. A pair of digeridoo players boomed their mantric sounds into the night and some of the body pain evaporated with it.

Dawn came and David Standeven was looking very comfortable, passing through 200 km in 21-43 and was now 10 km ahead of Rudy. In third place Peter Twartz was hanging on by his teeth as older brother John was closing in.

John Twartz passed me at 23 hours and I said to him " You are only two laps behind - you can catch him ". John replied " He's too stubborn - he never lets me win! "

Peter went through 200 km in 23-28-39 and John followed just 40 seconds behind in 23-29-19. John then overtook Peter to take third place. Both South Australian brothers showed tremendous grit to go past 200 km in their second 24 hour race.

In the womens division multiple champion Helen O'Connor finished with 136 km ahead of former winner Sue Worley who covered 122 km.

Allan Devine was a clear victor in the Sri Chinmoy 12 hour peace race with a solid 108 km followed by Bob Wiese with 98 km. In the womens section 22 year old Karen Metcalf ran 80 km in her first ultra outing.

Sri Chinmoy National 24 Hour Race 1995

RESULTS

Place	final distance	NAME	Marathon	50km	50miles	100km	100miles	200km
1.	211.797km	David Standeven	3:55.13	4:40.21	7:34.38	9:33.08	16:43.59	21:43.28
2.	206.400	Rudi Kinshofer	3:59.59	4:46.05	7:44.15	9:47.27	17:37.20	22:49.21
3.	203.522	John Twartz	4:19.05	5:07.30	8:30.40	10:44.04	18:16.57	23:29.19
4.	201.200	Peter Twartz	3:42.44	4:25.19	7:28.00	9:52.32	17:46.51	23:28.39
5.	179.108	Peter Gray	3:52.47	4:46.05	8:08.40	10:40.50	18:48.08	
6.	165.122	Michael Wilkins	5:26.57	6:32.20	10:47.01	13:48.07	23:15.49	
7.	164.434	Simahin Pierce	4:23.58	5:17.33	9:26.21	12:58.44	23:32.45	
8.	164.028	Chris Holmes	3:42.44	4:38.22	8:10.07	10:36.10	22:47.12	
9.	151.142	Brett Molloy	4:44.27	5:40.28	9:29.16	12:22.55		
10.	145.976	Peter Slagter	5:26.57	6:32.25	10:47.01	13:48.07		
11.	136.000	Helen O'Connor	5:07.07	6:20.31	11:03.06	14:48.40		
12.	135.142	Jerry Zukowski	3:58.07	4:50.53	8:46.13	11:28.55		
13.	126.000	Michael Slagter	4:16.28	5:03.13	8:19.01	10:44.04		
14.	122.514	Sue Worley	5:41.07	7:06.10	12:48.50	17:43.07		
15.	119.328	Dean Brown	5:26.30	6:54.11	12:59.45	18:32.03		
16.	109.200	Keith Fisher	4:25.53	5:21.20	9:01.50	11:40.56		
17.	100.000	An 'Kip' Melham	3:50.47	4:38.19	8:09.00	12:39.22		
17.	100.000	Doug Kewley	3:46.49	4:31.58	8:26.40	11:23.59		
18.	89.064	Stan McCartney	6:45.30	8:15.45	20:34.57			
19.	51.600	Steve Pascoe	5:18.36	7:11.20				

Sri Chinmoy 12 Hour Peace Race 1995

Place	Final Distance	Name	Marathon	50km	50 miles	100km
1.	108.128km	Allan Devine	3:43.10	4:32.54	7:57.50	10:36.49
2.	98.010	Bob Wiese	4:22.07	5:18.27	9:21.07	
3.	90.506	Steve Schwartzkopff	4:05.02	5:14.55	22:06.55	
4.	85.238	Mark Juddery	4:32.40	5:48.11	23:10.46	
5.	80.877	Karen Metcalf	5:25.30	6:47.21	23:57.42	
6.	72.402	Tom Naylor	5:14.31	6:29.47		
7	27.200	Warren Green				

Mt Bogong to Hotham 60km, 7 Jan 1996

Reports by Kevin Tiller & Jonathan Worswick

Results:

Halfway times in brackets:

1. Andrew Kromer 6:41 (3:41) (race records)
2. Nigel Aylott 8:06 (4:21)
3. Greg Love 8:22 (4:33)
4. Jonathan Worswick 8:44 (4:34)
5. Phil Hugill 9:25 (5:12)
6. Kevin Tory 9:42 (5:02)
7. Ross Shilston 10:23 (5:19)
8. Kevin Cassidy 10:36 (5:26)
9. Kevin Tiller 10:42 (5:20)
10. Max Scherleitner 10:52 (5:50) (Age 65)

Another 10 failed to make the cut, Mike Ward included, who finished in an honourable 5:32. So near but so far. Better luck next year Mike!

Report from Kevin Tiller

Only a few desperados went down to the Victorian Alps for the annual Bogong to Hotham Trail run this year. Last year's record of 7 Striders was reduced to 4 through either injury, pregnancy or just gutlessness. A rare treat was that for the first time in living memory there were THE most fantastic views from the top of Mt. Bogong - the highest point in Victoria. Also, the course was changed this year to cut out a section of dirt trail which was replaced by even more bush - leading to a slightly longer first half.

The cut-off time for halfway (on the hills above Falls Creek) was extended until 5hrs 30mins. If you make it after this time you are not allowed to continue any further. Although only 32km, running the first half in around 5 and a half hours is a harder effort than Six Foot Track in about 5 hrs 10mins.

A very worthwhile run, even if only the first half is attempted (this will provide you with the most fantastic scenery and running in any trail run around).

Report from Jonathan Worswick

Well, if you're a true bushie and run ultras then this is the one for you. I'm in the process of changing my mind (I think I'll stick to roads in future!!).

The so called race (more like survival trek if you ask me), is about 62 kms (ish). Now I don't sound too clear on the distance do I? Well that's

because I reckon that at least 10km can be added on because of the hills (mountains!!) and also Geoff Hook just altered the course this year. He reckoned there wasn't much added on, I think you're wrong Geoff.

The race is down in the Victorian snowfields and passes through Falls Creek. The course follows ski poles most of the way, which is very useful as sometimes there can be only 10m visibility when the mountain mist comes down and also the bush tracks get a little indistinct in places. Although there should be no real excuse for getting lost as wireless crews (from WICEN) are present at many checkpoints, some of them walking into the bush with their wireless equipment and staying overnight.

The killer

The first half of the race is the killer with the monster climb to Bogong summit 2km from the start being the main culprit. From the top of Bogong there were beautiful views (usually it's misty) then the course takes you through varied mountain terrain and eucalypt bush with another stiff climb before half way.

The cutoff is fairly severe (ask Mike Ward) so a brisk pace has to be maintained. After a short break, food and water replenishment the second half is again mountain tracks (and marsh) followed by bush after dropping off the plateau. The final climb leads to a fairly flat 10 or so km to the finish at the top of Hotham.

Monners didn't appear

Most of the second half I was suffering severe bouts of depression (due to Greg Love slowly disappearing into the distance), lack of caffeine (due to there being no coffee shops up on the range) and disappointment in Steve Moneghetti not coming up from his Falls Creek training camp to say hello so I can't remember too much only that I was amazed I actually made it to the finish. I must admit to lying down in the grass exhausted for five minutes at the top of the last climb.

Dawn's excuse

Dawn Tiller usually gets her name on the finishers list but she was embarrassed at beating Kev's time last year so didn't enter (oh and also there was some excuse about having a baby).

RED ROCK TO COFF'S HARBOUR JETTY BEACH AND HEADLAND ULTRAMARATHON - 45KM SUNDAY 3RD MARCH, 1996

Once again, there was an invasion of Queenslanders. This year they were in even greater numbers than last, with 35 of the 42 starters being from north of the border. They were a mixture of Queensland Ultra Runners Club and Gold Coast Road Runners Club members plus Corrie Davel recently arrived in the Sunshine State from South Africa.

Corrie had been there done that ten times in the Comrades Marathon so was not greatly phased by extra time on his legs/feet or hands and knees, depending whether he was running along or climbing up or down. Others were experiencing their first ultra, in some cases, their first event longer than a "half". That 37 people stuck to their guns and reached the Jetty upright and mobile was wonderful. That some did so after starting in very soft sand with nothing more to guide them than the instruction, "Keep heading south with the ocean on your left" was even more amazing.

The event went from a double to triple start when several novices decided they needed more time than the 10.00 / 10.30 starts allowed. They started at just about dead high tide at 9am. Most spent at least some time lost but the desire to throttle the race director had dissipated by the finish and been replaced by bonhomie and the joy of being still (or still being?)

Hyland Park, a small enclave near Nambucca Heads (dangerously near Bob Channells territory), produced the run winner, Gary Colston, who was running his first ultra. His 4 hours 6 mins involved some scenic detours but still gave him a ten minute buffer at the finish over Nigel Bindon who had run in '95. Peter O'Sullivan in third spot was a 10.00am starter and despite running his first marathon, he actually was the first to finish. He had almost no idea where he'd been though, as he managed to out-distance those who may have directed him and missed most of the water stops. He may have had a faster time if he had started at 10.30am.

Lyn Gordon made it two from two with her win this year although her race record set in '95 was not in danger this time. In fact, almost everyone who had run previously was slower this time, probably due to the warmer conditions. The only improver time-wise was third lady, Sandra Brett who cruised along to a twenty minute course p.b. in 5 hours 36 mins.



The start of the Red Rock to Coff's Harbour at 10.30am
It looks like at least one competitor has a foot over the
start line. Did he gain an advantage from this?

RED ROCK TO COFF'S HARBOUR JETTY BEACH AND HEADLAND ULTRAMARATHON - 45KM SUNDAY 3RD MARCH, 1996

RESULTS:

MEN:

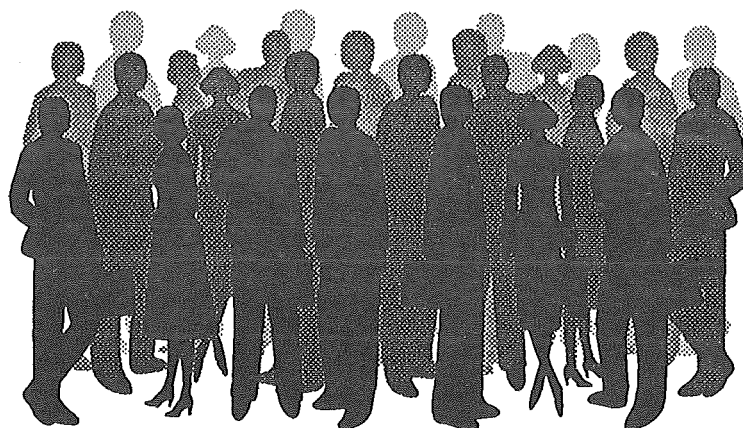
1.	Gary Colston	Hyland Park, NSW	37 years	4 hours 6 mins.
2.	Nigel Bindon	Benowa, Q'ld	38 years	4 16
3.	Peter O'Sullivan	Carrara, Qld	36 years	4 17
4.	Robert Herd	Armidale, NSW	41 years	4 19
5.	Ken McGrath	Labrador, Q'ld	34 years	4 25
6.	David Allison	Hyland Park	45 years	4 27
7.	John Heffernan	Bundall, Q'ld	42 years	4 33
8.	Glen Matinca	Caboolture, Q'ld	42 years	4 44
9.	Greg Hubbard	Sandy Beach, NSW	15 years	4 43
10.	Jason Evans	Garrara, Q'ld	27 years	4 48
11.	Peter Leis	Main Beach, Q'ld	40 years	4 49
12.	Jeff Courtney	Burleigh Heads, Q'ld	46 years	4 50
13.	Harry Davis	Hope Is. Q'ld	53 years	4 51
14.	Steel Beveridge	Nth.Sapphire, NSW	45 years	5 02
15.	Ben Boyle	Burleigh Waters, Q'ld	43 years	5 03
15.	Bill Ross	Labrador, Q'ld	41 years	5 03
17.	Peter Moore	Labrador, Q'ld	39 years	5 13
18.	Gary Harper	Carrara, Q'ld	46 years	5 23
19.	Ian Cornelius	Broadbeach, Q'ld	55 years	5 31
20.	Alan Cossey	Labrador, Q'ld	49 years	5 36
21.	Geoff Hain	Lennox Head, NSW	48 years	5 53
22.	Peter Pike	Pt.Macquarie, NSW		5 58
23.	Eric Markham	Helensvale, Q'ld	48 years	6 04
24.	Corrie Davel	The Gap, Q'ld	39 years	6 46
25.	Graham Sivyer	Southport, Q'ld	46 years	8 31

WOMEN:

1.	Lyn Gordon	Wamuran, Q'ld	40 years	4 36
2.	Angie Cotterel	Browns Plains, Q'ld	47 years	5 09
3.	Sandra Brett	Broadbeach Waters, Q'ld	46 years	5 36
4.	Eileen Markham	Helensvale, Q'ld	48 years	5 56
5.	Suzy Rigby	Beechmont, Q'ld	35 years	6 46
5.	Judy SeeRoe	Surfers Paradise, Qld	32 years	6 46
7.	Francoise Robertson	Broadbeach, Q'ld	26 years	6 48
7.	Theresa Heffernan	Bundall, Q'ld	37 years	6 48
9.	Shelley Smith	Brisbane, Q'ld	38 years	7 20
10.	Marilyn David	Hope Is., Q'ld	50 years	7 24
11.	Anthea Trencher	Mermaid Waters, Q'ld	47 years	7 34
12.	KarenSivyer	Southport, Q'ld	43 years	9 31

42 starters, 37 finishers

A patient crowd of Victorian ultra runners were recently photographed on their way to work, avoiding the rush, and queuing up at the AURA offices, eager to sign up to boost the numbers of the superior state.



NANANGO 1000 MILE FOOTRACE

Dear Dot

Following our conversation on the phone here it all is. Hope you like lots of hard work down there in Melbourne. I suppose it could have been worse - you could have been us planning and carrying out the event. I slept for two days once it was over!

As discussed on the phone I have sent you the originals for Gary, Peter, Kevin, Bill, Georgina and Drew. I have sent a photo copy of all the score sheets for these people, ^{except for Georgina} plus Tony Collins, Alfredo Uria, Istvan Sipos and Sandra Brown to Andy Milroy for his scrutiny and confirmation of world rankings, for the seven, plus Drew W.R. 75 -79 yrs and Tony claiming UK records. Have filled out the forms as discussed with list of records claimed attached.

You will note we have used the ~~XXXXXX~~ example score sheets favoured by Andy Milroy, plus acting on his advice, have noted the re-entry to the track time in the comments column after an extended break. Andy also suggested that smaller breaks, where the runner stops trackside, instead of leaving the track completely such as for an extended break, be noted in the usual way (eg. feet, toilet, food, etc). We exchanged letters with Andy Milroy quite a lot over the preceeding few months fine tuning the technical side of the event, and also received a phone call from Malcolm Campbell a week prior to the start for a long chat - more of a morale booster and encourager than anything else, which was very kind of him. He will be featuring the race in a display at a big expo in London soon. During the day from 6am to 6pm I was in attendance in the lapscorers tent supervising, and from 6pm to 6am each night Corporal Clive Dick from the Joint Telecommunications School, Cabalah was in charge with JTS personnel under his command.

You will notice on page 15 of Gary Parsons score sheet there is white out from lap 1121 to lap 1131. On page 14 the previous lapscorer 'Robyn Parmeter' inadvertantly went from page 14 to page 15 after only filling out the first column on page 14. This was picked up at the hourly update and then corrected by Jason Wilson under supervision of Clive Dick and myself. Jason and myself then signed this area.

Dot, I have enclosed an extra copy of the results for you for the magazine, as well as some other bits and pieces. A story will arrive in due course from Peter Davies who helped crew for various runners. I think it is relevant to note that we had a heat wave during most of the event, then buffetting winds (but the nights were perfect, which shows on the score sheets). Also of importance is that 10 runners ran more than 720 kilometres in six days - what an effort - then kept going! This event certainly rewrites the record books, effectively doubling the number of successful 1000 mile track runners accumulated over 150 years. Also, not many events can boast of three world record holders, plus the long list of world, national, state, international and personal achievements. Many thanks for all your help Dot and Geoff in getting all this ratified and world ranked. Looking forward to hearing from you in the near future with verification of the new world rankings.

Sincerely

29.

Dill Groat

Gary Parsons
PO Box 1664
Caboolture Q 4510

NANANGO 1000 MILE FOOTRACE

Thanks to the beautiful weather in the South Burnett, many runners were able to achieve their goals. Pleasant nights to cold, some foggy mornings till 8-9 a.m., some drizzly times that cleared to warm to hot by midday and afternoon.

I believe the Nanango 1000 Mile had the most experienced and seasoned ultra runners ever assembled for such an event. Some runners worked the nights to late mornings, Sandra Brown (England) ran/walked the nights and walked through the heat of the day. Others went hard in the heat and found it more difficult later. As the race unfolded 9 runners covered over 700kms for the six day mark (that would be great for a six day event).

Records fell for World, Australian, State, Age, and Overseas Country categories, it was good to see. Seven runners finished the 1000 miles before the 16 day cut-off, Yes seven in one event, which nearly doubles the all time list for 1000 mile track. It stood at 8 before the event.

While circulating I saw some really gut runs, people that had bad days and still held their heads high. Georgina McConnell was such a person. Small in stature, but big in heart she is a true ultra runner - didn't complain or blame things for her bad times, she just adjusted and had a rethink, then back on the track. Sometimes she was the only person on the track. As a result of her efforts Georgie achieved 9 Australian Track records. Drew Kettle (10 World Age records) it was my first meeting with Drew, what a nice bloke. Day, night, wet, cold and hot Drew was there he just never stopped. He would talk or sing to all to pass the time away. Bill Beauchamp paced himself well, he had some low days but focussed and came home under the 16 day cut-off. I would say "how's things Bill", and his reply would be "I'm getting there".

All entrants put in their best efforts, but these three I found were special to me because they asked for nothing they just had a job to do and **did their best**.

To Ron and Dell Grant, the Nanango Shire along with the lap scorers and the townspeople that helped to make the event a success.

Thanks from the Parsons Crew.

Gary Parsons.

When Gary heard that another 1000 mile race was being held in March 96, he could hardly control his excitement. No matter what I said to try and talk him out of entering this race I could not convince this determined man. My arguments included that he was already the record holder and there was no need for him to compete again, as I thought it was a great record and very hard to break. My arguments became a little weaker when Gary secured Flight Centre as a major sponsor. This took a lot of the financial burden of preparing for this event from us.

After reading some of the comments from interested competitors, we got the general idea that there was quite a few people who believed the record was a little 'soft' and could be easily broken. Even the race organisers were saying that there was any number of entrants that could 'smash' Gary's record. This information only spurred Gary on to train harder than ever before and the whole family saw less and less of him as he pounded the trails. Even on Christmas and New Year's day saw him take his leave and go training. I suppose I had to be grateful that running is my hobby and as his pace during these long training runs was more my pace, I could trot along with him for a while on most days. This gave me a little time to catch him up on what was happening to the rest of the family's lives. Because of his long hours working as a commercial builder, and his training time, there was very little time left for family get togethers. This extra training for me proved invaluable during the race, as it kept me fit and alert till the finish.

Gary and I discussed his diet at length, changing it dramatically. I used my skills as a nurse-to help work out what he would lack and right from the start of the training we changed his eating and drinking habits, as well as a vitamin supplement, which I believed he needed. We put a complete ban on alcohol (he slipped up on Boxing Day and had a lite stubbie).

By the time March came around, he was jumping out of his skin with health. He confided to his family that he was not only going to break his own record, but he was going to break 13 days. By this time we had been watching and listening to him for months, so it wasn't hard to believe and have faith in him. When he had people telling him to be prepared to have his record broken by any number of overseas competitors, he had to hold his tongue in case they thought he was 'big noting' himself. Gary has always hated listening to people blowing their own trumpet, especially when they still have a lot to prove, so he quietly listened and grew even more determined to do well.

At the pre-race dinner Gary met a lot of the overseas and interstate runners for the first time and thought they all needed to be treated with a lot of respect and caution, as they all seemed to be there for the same reason as him.

Once the race started, the family all fell into a planned routine, all there with the same aims - to assist with Gary's needs, while he got down to the business of running. Even 6 months old grandson, Mikie, played his part, bringing to Gary the sounds of home, as he laughed and cried and played in his playpen for the whole duration of the race.

It was hard for me to leave our crew site to render a little nursing assistance to other competitors when they asked, but of course I did all I could and hurried back in case I was needed. This gave me a little time to meet all the wonderful people that follow and support their husbands or friends, including Norma Grey, Gwen Mansell and Gordon (Drew Kettle's devoted friend).

As the race was closing to a finish for Gary, we all realised his dream had come true and he was heading for a great record time. Not for a moment did we ever doubt him, but I think he gave a few people a shock, as all they seemed to see was the big name overseas runners, and forgot the little Aussie bleeder who has such a wonderful discerning mind.

Not everyone doubted his ability. Many people remembered his great record breaking race that he ran 2 years before, and came from everywhere to encourage him on. As the race finished, my 80 year old father, who came down to the track every day to watch him, reached out to hug him with tears in his eyes and said, 'you did it, mate. Done them all like a dinner, eh.'

No time for relaxation when we got home to the real world. Back to work on Monday and the last minute rush to finish planning his Mt Mee Classic that he is race director for, and that will be run on the 21st April.

Gary and I would like to mention a few runners that could not escape our attention. Peter Gibson, whose ultra distance running career is very short, put in a wonderful race, as did Kevin Mansell, who proved what a tough little guy he really is by overcoming medical problems and finishing a great race. Bill Beauchamp who used no protection against the heat of the day, looked like he had run through a bush fire and survived - what a run Bill, hold your head high. Georgina McConnell's race made us proud to know this wonderful runner - her efforts bought tears to my eyes a few times during this long race, may you run forever Georgie. Great crewing by Reg. Our thanks to you also Reg for your expert help in helping to overcome Gary's muscular problem earlier in the race which enabled him to continue his race with minimum time loss. Also thanks to Gary's old running mate, Bob Burns, for his very helpful and timely advice during the race.

Well done on your achievements Gary you have done yourself proud, and all of your family and friends are proud of you. Already, this man is talking about 'next time'. I just hope we survive.

Sharon Parsons

Gary breaks world record

CABOOLTURE grandfather and local builder Gary Parsons shattered the world 1000 mile track record by 22 hours yesterday morning.

Gary completed the gruelling international event in 12 days, 19 hours, 44 minutes and 34 seconds.

32. In that time he completed 4000 laps of the Nanango oval.

As he headed into his last few laps yesterday morning the

small town of Nanango came alive.

Family, friends and local residents rallied to cheer him and offer their congratulations as he crossed the line.

For Gary though it was more than just winning a race.

To him it meant successfully defending his 1994 title and setting a new world record in the process.

Two years ago, Gary out-per-

formed a similar field to take out the world title the first time.

Yesterday he not only broke that, he also shattered nine other world records.

A field of 20 athletes competed in the event organised by international marathon runner Ron Grant.

Second and third place is being fought out between Spain's Alfredo Uria and Queenslander Peter Gibson.

March 13 - 29 1996 Nanango, Queensland

Graeme Watts	Queensland	Age 42			
	1200 Kms	14 Days	1994		
	6 Days	657 Kms	1995		
George Audley	West Australia	Age 60			
	Sydney - Melbourne	Twice	Best Place 6th		
	6 Day Race	Colac	Four Times		
	24 Hrs Walk	100 Miles			
	24 Hrs Run	101 Miles			
Bill Beauchamp	Victoria	Age 48			
	24 Hrs	213 Kms			
	48 Hrs	347 Kms			
	6 Days	758 Kms			
Kevin Mansell	South Australia	Age 45			
	24 Hrs	191 Kms	1990		
	1000 Kms	Under 6 Days			
	6 Days	902 Kms	Australian Road	Best	1988
	Sydney/Melbourne	Five Times; Best: 5 Days 22 Hrs 59 Mins			
Peter Gray	Victoria	Age 31			
	This will be his 100th Ultra-Distance Race				
	Five Colac 6 Day Races				
	Marathon	2 Hrs 56 Mins			
	Sydney - Melbourne finisher twice 1028 Kms: 7 Days 21 Hrs 28 Mins				
Drew Kettle	Victoria	Age 76			
	Does fund-raising walks all over inland Australia for the Royal Flying Doctor Service for past 13 years - with his dog - Laddie.				
	6 Day 1993	601 Kms	World Record	70 - 74 years	
	6 Day 1995	584 Kms	World Record	75 - 79 years	
	48 Hrs 1995		World Record		
Tony Collins	NSW	Age 48			
	1995	Sydney - Melbourne & Return		1st 1743 Kms	
	1991	Sydney - Melbourne		2nd	
	1995	Spartathlon 250 Kms	32 Hrs	Finished 19th of 207	
Georgina McConnell	New South Wales	Age 52			
	1995	Sydney - Melbourne & Return		1st 1743 Kms	
				Only woman to run this far in Australia	
	6 Day 1995	699 Kms	World Record	50 - 54 Years	
John Timms	NSW	Age 53			
	24 Hrs	171 Kms			
	48 hrs	270 Kms			
	6 Days	663 Kms			
Peter Gibson	New Zealand	Age 40			
	Queensland Ultra-Runner of the Year 1995				
	Marathon	2 hrs 55 Mins			
	24 Hrs	185 Kms			

Track Standing before March 13 -29 1996

Gary Parsons	AUS Nanango, Qld,	Australia	13d:17:37.21	10 - 24 Mar	1994
Georgs Jermolajevs	LAT Odessa	Ukraine	13d:23:25.18*	19 Oct - 2 Nov	1993
Rusten Giniatullin	RUS Odessa	Ukraine	14d:11:43.31	7 - 22 Oct	1995
Tony Rafferty	AUS Granville, NSW	Australia	14d:11:59.04	13 - 25 Aug	1989
Vladimir Vasutin	UKR Odessa	Ukraine	14d:17:03.32	7 - 22 Oct	1995
Pat Farmer	AUS Granville, NSW	Australia	14d:18:27.47	13 - 25 Aug	1989
Malcolm Campbell	GBR Gateshead	UK	15d:21:07.43	11 - 26 Nov	1985
William Gale	GBR Lillie Bridge	UK	16d:16:00.00	21 Nov - 7 Dec	1880

(* = Not ratified as a World's Best for technical reasons.)

Jermolajevs has recently run 12d:20:14.27 for 1000 Miles on the road as a 50 year-old.

Day 1

An Olympic-style opening complete with National Anthems and a parade, greeted the crowds assembled for the expected Nanango whip-crack start to the 1000 Mile race. The night Lap Scorers were again from the Australian Army's Joint Telecommunications School under the command of Cpl Clive Dick. The days were taken care of by local people.

Pomp and circumstance was forgotten as the official time clock clicked over to 11:59am.

Nervous hands reached for the start button on Stop Watches, underwear was suddenly too tight, shoelaces never seemed to be quite right. Then they were off!

The crowd buzzed as the runners ran past. Numbers were matched with names and countries. Armchair athletes showed uncommon knowledge of running style and what it would take to win the event. Unaware, the runners feeling self-conscious before the large crowd, settled into the first of four thousand laps of the Nanango Rugby League Football field.

Robert Brown, the Englishman forged ahead, treating the event as one would a 20 Kms training run.

Another treating the event without due care was the American, Eric Schulze. Unknown, he was using the event to see how far he could travel without food and water. This brave young man had already come through unscathed, a few serious errors of judgment.

His first mistake was not bringing a crew that had at least some interest in his welfare. Secondly, he arrived in Sydney, 11th March, after a twenty hour flight from Washington DC USA. The same day he flew on to Brisbane, then by car to Nanango, some 200 Kms inland. All without sleep, suffering jet-lag, and no time to acclimatise.

Thirdly, he lost his gear in transit from Sydney, and fourthly, he refused food and drink for the first twenty four hours of the event; though it must be said, he accumulated a creditable 75.75 Miles on his first day. This had repercussions as during the heat of the second day, the alarmed crew of other runners had to rescue him from an impromptu 'walkabout' off the track. The boy was delirious, dehydrated, and, in the opinion of seasoned observers: lucky to be alive!

At the end of Day 1: - Richard Brown had covered 117.75 miles; next was Michel Careau on 106.25 miles; Sandra Brown, 104 miles. Twenty miles further back came the current World Champion, Gary Parsons on 83.75 Miles. "He's gone!" said one, "The foreigners have got him," added another know-all. Gary went to bed and slept the sound sleep of an honest workman.

Day 2

The next day saw George Audley unable to eat food and suffering from dry retching. He tried drinking 'flat' lemonade to get some fluid into himself - but eventually brought it back up.

Just ten minutes after the noon change of Day 2, George had to call it a day having covered 106.25 Miles.

The race settled down to speculation over how long Richard Brown would last with his greyhound performance versus the great heat experienced during the day. Little did the on-lookers know, but it was easier for the runners to endure the heat, than for the days to be cold, and them to waste precious energy keeping their core temperature steady.

Brown continually topped the Leader Board by maintaining the advantage he had taken during the first day's run.

Gary Parsons duplicated his first day run of 83.75 miles to bring him surging up the Leader Board - from 14th to 6th position. John Timms put in a big day as well, seeing him move from 13th to 9th place. The leaders remained unchanged: R Brown; M Careau; S Brown; T Collins and K Mansell.

Day 3

The Third Day saw Parsons, with an average of 83 miles per day, eclipse Kevin Mansell for 5th spot. Michel Careau, the Canadian ex-diplomat, was slowly hauling in Richard. From Richard's initial lead of eleven and a half miles, in two days he brought it back to just over eight and a half.

Wheels finally fell off for George Audley. Succumbing to his stomach problem, he withdrew just after the Noon day-change, finishing with 106.25 miles.

Then speculation arose over the possibility of Richard Brown having to leave the race half way through. "He has to return to England because of their daughter at Boarding School," was one reason. "They (Richard and Sandra), have had a blue!" was another.

Throughout this, the English couple maintained a *bon homie* with all, saying nothing of Richard's plans.

Day 6

At the end of Day 6, organiser Ron Grant was jubilant. "Ten people were over 723 Kms – that was the quality of the runners in this event." "No other event has had so many runners do so many Kilometres in 6 Days." It also marked the end of the race for Englishman Brown.

His wife, Sandra, later told us he had to return to London for the official launch of his book, "The Winning Experience", published by the Institute of Human Development, ISBN 0-9527437-02. She gave copies to the runners with the advice, "Be careful about reading health books. You may die of a misprint."

Meanwhile, there was a dramatic change in the fortune of the leaders, causing hurried searching through Records.

Tony Collins had been hot on the heels of Richard since the fourth day and now found himself outright leader on 563.5 miles – half way there in time and over half way in miles. He also had claim to a 900 Km British record, with Gary breaking his 900 Km Queensland record, set in 1994, by a whopping twenty hours!

Nick Drayton, from Sydney, had run his last as he was called away by his business. This lad had entered the race having just a 12 hour event under his belt and has to be commended for his effort.

Day 7

Michel Careau had faded with troubled (blistered to buggery) feet. He had been running in Ron Grant's Desert Gear to avoid sunburn, and had done no road running. At home in Canada, he trained on a treadmill – it was too cold outside – minus 20°!

New Zealander, Peter Gibson, who had made his presence felt over the past few days, now moved to third place behind Tony and Gary. Such was the great daily mileage, Richard – now out of the race – quickly dropped from first to tenth!

During a lull, Kevin Mansell lying fourth, and in Ron Grant's opinion, 'one of the greats of Ultra running', was having a conversation with Ron about Peter Gibson: "The bugger shouldn't still be here. He should have capsized days ago!" said Kevin, amazed at the tenacity of the Kiwi. Kevin was rewarded for *his* tenacity with South Australian distance records coming his way nine hours into the eighth day.

Alfredo Uria, chasing Kevin, was having an up-and-down race. Lying mostly in the middle of the field for much of the race, he secured 5th spot, then fell again to be behind a charging Istvan Sipos.

Earlier Alfredo had been concerned that the Board was wrong, or that one of his laps was missed. Both of which proved untrue, but due to the language barrier, he could not get it in his head that someone had to physically write the Leader Board – and that after having collected the latest figures from the Scorers. It all took time, with the Update not occurring for around 10 minutes. Maybe in Spain they do it electronically – here we work on Queensland time – slow, but sure!

Uria had allowed this misconception to affect his performance, which showed in his erratic position on the Board. As crew, Alfredo had brought along the Mayor of his home town, a bloke rejoicing in the name of Jose Antonio Bastagieta. When they got together to discuss race tactics it was as though they were having a blue! Maybe the good Mayor will show his command of the Australian language when he gets home – the words he was taught could not be printed here, but they will make for an interesting discussion among English speaking Spaniards!

John Timms maybe feeling the stress of the race, moving into the seventh day, sacked his Crew. In hind sight this may have been disastrous, as John was forced to retire after running 11 miles on Day 8.

Local runner Graeme Watts was putting in a super-human effort. During the 1994 1000 Mile attempt it took him nine and a half days to reach 500 miles. In this event he reached it in under seven days. How would you like a 25% improvement on your time over such distance? It looked like the local boy was going to shake the field.

Just before midnight Sandra Brown became the first woman in the world to reach 900 Kms. To celebrate she had a bowl of porridge and was off again, with each step setting a new record distance.

Peter Gibson was in serious trouble. His left ankle became so swollen it was thought he would not be able to continue. His race plan had no room for this injury. His hope of making the 1000 miles came crashing down.

He had trained for months, as had the others for this big event. Stripping down from a jovial president of a Gold Coast Bowling Club who once weighed eighteen stones to a lean and hard runner, had been a hard and determined effort.

Now aged 40, and named 1995 Queensland Ultra-Runner of the Year, this man with only one 24 hour race as credentials, looked finished.

Providentially, Karen Sivyer, the wife of the official from the Australian Institute of Sport was at track-side. She stepped in with some serious pain relief, and the rest is history.

The blonde lady packed Peter's ankle to his knee in ice from the 500 mile mark and administered some clever spray to deaden the pain. It soon became clear when it was time for Peter to sleep - his face would contort with thoughts of blocks of ice wrapped around his leg for the next few hours. Quite comical to those of us never having endured it, but it became a real demonstration of the will to win.

Day 8

Just after half past four in the afternoon there was one happy young lady waltzing around the Track. Georgina McConnell had cracked a record that had long eluded her - she passed 500 Miles. A cheery smile, then she was away chasing the other records she knew were now on offer. In all, Georgina set ten new records, including the greatest distance an Australian woman has travelled on a Track - 835.75 Miles!

Three hours earlier, the grand-daddy of them all, Drew Kettle, claimed a World Record in the 75-79 age group as he sang his way through the 600 Km mark. This grand old feller was a great hit with the many children who showed natural affection for his down-to-earth manner. Unconcerned with the hi-tech mobile phones and modern dress of the other runners, Drew ambled along thinking about his dog Laddie, looked after by his granddaughter Sarah at home in Victoria.

With his bushman's hat cocked at a jaunty angle, this old warrior was composing poetry or singing a song of long ago. His Crew, Gordon Broomfield, was thinking of his coming birthday. This was duly observed with an impromptu party in the evening of Day 10 to commemorate Gordon's 62nd birthday - the 23rd of March.

Day 11

The past days had seen Gary Parsons consolidate his position at the top of the Leader Board, leaving Peter Gibson and Tony Collins to fight out second place. Since Day 6, Kevin Mansell had remained unchallenged at fourth spot, while Alfredo and Istvan Sipos had been fighting out fifth and sixth positions, both keeping a wary eye on the solid daily performance of Sandra Brown and Graeme Watts. To add to the drama, Tony's nose started to bleed profusely causing him to require outside medical attention. It was thought that he would have to withdraw, there and then, but Tony proved to be made of sterner stuff. An unscheduled rest, a clean handkerchief and he was back in the race.

Meanwhile Istvan Sipos was trundling around looking like a cowboy without a horse. He was bow-legged, walking on the outside of his feet. We thought he was chafed in the upper thigh area and was trying to keep his legs from brushing each other. No one gave it another thought as he had been able to cover around 60 miles per day in this manner. At the end of Day 11, the board told the story of the pain he was suffering - he had covered just over 46 miles. If he dropped below 40 miles per day he would automatically forfeit the race and be forced out. No one could speak Hungarian, which prohibited him from telling anyone his problem.

Like a man sent by God, a local arrived of Hungarian origin. Rapid fire dialogue between Istvan and the newcomer, revealed his plight. He could not put the soles of his feet on the deck! Enter again Florence Nightingale, in the guise of Karen Sivyer.

Swallowing the gall that rose in her throat at the sight of Sipos' raw feet, she soon had him walking properly - albeit in stockinged feet, no shoes.

This was turning into a great race; we had runners, we had walkers, we had singers. Now we had a tip-toe er. Well... Istvan tip-toed over 67 miles the next day without a Tulip in sight.

Not to be outdone, Kevin Mansell weighed in with a good headline-grabbing problem. He had Queensland maggots taking up residence under his South Australian toe-nail! The local doctor didn't know whether put a "Condemned" sign on him or fumigate him. Either way, the maggots left for pastures new and Kev trotted into history.

Tony's bleeding nose had caused him a trip to the local hospital in an attempt to stem the flood. It was not to be, and Tony withdrew with much honour.

Midst all this, Dell Grant had found a beauty of a motivational quotation: *If it is to be, it is up to me!*

Day 12

Gary Parsons had less than 150 miles to finish. Alfredo Uria pulled himself together and put in his best day's effort since Day 7. His 77.25 miles leap-frogged him into second position over Peter Gibson and the luckless Tony Collins. Since Day 2 there was a bloke by the name of Bill Beauchamp who had been quietly and consistently consolidating his position around the middle of the pack, moving up as those ahead dropped out.

With Tony unfortunately out of the race, Mr Consistent, Bill Beauchamp, looked like climbing another rung up the ladder. More fancied runners had fallen by the wayside, but this bloke, treating the race like the Hare and the Tortoise, just kept plugging away at the miles. A glance at the race statistics shows that once Bill had had a fling at the 'seventies', he settled down to grind out the race in the 60 mile-a-day mark. Good thinking, it got him a Guernsey in the end!

With Gary looking set to successfully defend his well-deserved Crown, attention turned to the absorbing race between Peter Gibson and Alfredo Uria.

Astonishingly, Gary was going to not only brush aside would-be challengers, but break his own record by many hours!!

Alfredo, protecting his slim eight mile lead ran right on Peter's shoulder. If Peter rested for ten minutes Alfredo would immediately stop - resting on a chair at track-side. Peter would get up, Alfredo would latch right on his shoulder and match him stride for stride.

Hour after hour, right through the night this pair battled for second place.

Observers thought they heard a muffled snore coming from Alfredo's lips - the bloke was running that close to Peter, he almost had his head on Gibson's shoulder!

As the sun rose over the football field, the people of Nanango filed around the Leader Board to witness history in the making. Gary Parsons had but a few laps to finish.

The man under the broad-brimmed straw hat did not break stride as the clock clicked over to half past seven, am. A few more laps and he again would be a hero. A lottery was run to predict the time he would finish. The urging of the crowd changed from encouragement to one of desperation, as their time elapsed. The clock read : 12 days, 19:44.34. Gary stepped into the Record Book for 1000 Miles. For the first time in twelve days, he smiled the Gary Parsons smile. The Man under the Straw Hat put into retirement 'till the next contest.

To the strains of "Advance Australia Fair", Gary did a few laps of honour while the runners formed a guard of honour as Sharon Parsons and his Crew ran around the track laughing and crying at the same time.

Day 13

Uria had forty four miles to finish and just eight miles away was the New

Zealander. No time now for extended congratulations. It was noon and a determined challenger was hot on his heels for second place.

Kevin Mansell was making a mighty effort to get among the action, his daily mileage had increased dramatically. This man was finishing the race doing more miles per day than he had done since Day 6!! I don't know what Gwenda was giving him but this bloke looked like he could run through a brick wall! Perhaps he was running away from our Queensland maggots??

How about the ladies during all this time?

Well, Sandra Brown had continued where husband Richard had left off, averaging a daily mileage in the high sixties. Keeping her own counsel, she was setting World Record after World Record.

Georgina McConnell had paced out the Vacant signs in the Australian Women's Track records and with grim determination was set to top 1300 Kms. She already had the Australian Record for Ladies, on the road - 1743 Kms in twenty-one days. Just after eleven that night, the Mayor of Euskadi, Jose Antonio Bastagieta, had become like a man possessed. He was jabbering all sorts of encouragement to Alfredo, pouring water over himself to cool down - and almost bursting into song as his boy started the final run home.

A crowd had gathered again as the Spanish National Anthem split the night air. Alfredo, totally exhausted from the strain of keeping Peter Gibson at bay, was almost running sideways - until he heard his Anthem. Straightening up, he gathered himself, said something like, "Don't run with me - dope," in Spanish, to his exuberant Crew, and ran the last few laps in fine style. Peter Gibson was the first to congratulate him as the pair did a few laps together.

Eight hours later, a jubilant Peter Gibson crossed the line, draped the New Zealand Flag around his shoulders and charged with success, did a few laps with his crew and well-wishers.

Day 14

The day wore on to the Noon change of days. Kevin Mansell was just nine miles from home.

At two o'clock in the afternoon - just two hours into the fourteenth day - Kevin decided he would have a break and a change of clothes to finish!

The crowd waited, and waited. Then the boy from South Australia crossed the line in fine style to the applause and congratulations of the people who had waited patiently.

At six that evening, Eric Schulze, the man from America running on (as he said), the power of the Lord, passed his goal of 1000 Kms. As has been said earlier, this bloke was the most unprepared, though the two things he did bring stood him in good stead.

One, was his boldly displayed faith that, 'the Lord would provide.' The other was an enormous courage, triumphing over a lack of Crew support.

At nine the next morning, having covered a further 100 Kms, Eric called it a day because he had to catch a flight home at three that afternoon.

I must say that I am truly astounded by the man: He came to a race of sixteen days duration and booked a return flight for the fourteenth day; he arrived just hours before the commencement of the race, thus denying himself acclimatisation; he brought a truly disinterested crew, but covered over 1000 Kms; he then had a minimum of five hours sleep, jumped into a car for the two hour trip to Brisbane and caught a flight to America. Further he brought no food nor provision for food, yet was fed better than I, a bystander! If you ever meet this bloke, take a good look at him - you might be surprised at what makes him tick.

As a final word on Eric's performance, during an impromptu and moving Certificate presentation awarded by Ron Grant, the Star Spangled Banner was played and a Christian song was sung by local, Ron Armstrong.

After the presentation, local people, Mrs & Mrs John McDonald, privately presented Eric with a video of the presentation. They were one of many who helped and fed him, heeding his call 'The Lord will provide for me.' When I asked Eric about all this he said, "Self denial is better than self degradation."

At ten that night Mrs Sandra Brown became the first woman in the world to travel 1000 Miles on a Certified Track. 'God Save the Queen' heralded the imminent

moment and the Union Flag trailed behind her like a bridal gown.
"Good, no more bloody porridge!" was her quiet remark as she made her way to her camp. Moments later she was carried to the site-phone to tell husband, Richard, home in the UK, of her success.

Sandra, from Pimlico, a Central London Suburb, is with the British government's Treasury Department. Earlier she had proposed a Research Fellowship to promote a healthier lifestyle and after the race was to attend meetings with both the Australian and New Zealand government officials.

Day 15

Georgina McConnell had been quietly plugging away at the Australian Women's Track Records with much reward. At seven this evening, her crew was preparing to cheer her through 800 Miles. In the dark, this champion petite woman gave a wan smile to the few that gathered, as the stirring strains of "Walk Five Hundred Miles" filled another hole in the record book.

Exactly an hour later, 'the big bloke' proved he had what it takes.

Bill Beauchamp crossed the finish line among a crowd of children, a tired but happy man. His entourage stayed with him as he did a few extra laps, 'just to make sure of it', draped with the Australian Flag. Peter Gibson looked like a wedding Groom as he held the train of the Flag with Georgina McConnell a blushing bridesmaid trailing along.

An hour and a half later, Georgina went through 1300 Kms and another record was added.

The last night was quiet. Drew had reached 1000 Kms; Bill had done the thousand; Georgina had just passed 1300 Kms. The track was strangely quiet as the other runners had bedded down for the morrow's festivities and presentations. Just David la Pierre, Peter Gray, Dave Holleran and Georgina, shuffling around. La Pierre gaining further Open Men's Canadian records; Georgina making it harder for future up-and coming young ladies to best her 1300-plus Kms, Peter gaining more Personal Best mileage on a track, and Dave Holleran stripping down for his forthcoming Canning Stock Route run. The thousand milers were all asleep. To celebrate, Georgina McConnell's gaining both 800 Miles and 1300 Kms, Drew Kettle appeared out of the darkened track with a small bottle of Jelly Beans to brighten her new Australian record.

Day 16

Around eleven in the morning, crowds trickled through the gate of the football field and the finish of the 1000 Mile race.

On the track were: Peter Gray; Georgina McConnell - fresh from a scrub in a tub; Dave Holleran entertaining the crowd, and Drew Kettle collecting for his Charity, the Flying Doctor Service.

With minutes to go Dave Holleran decided to do some sprint work. Was this a foretaste of his Canning Stock Route run??

He sprinted a lap and asked his time; then off he went at full lick.

Eventually, he ran his 2844th Lap, the 711th Mile, in 1 min 12 secs - his best time. This gave him a PB of 72 secs for the standing quarter mile!

To add to the fun and games, Constable Greg Morris of the local Nanango Police took Drew 'captive', complete with handcuffs, and ran with him for a lap. Drew looked good after the run, the copperwell let's hope there are no Smash and Grabs in town.

The clock clicked over to 16:00:00:00, and the race was over.

Of the many kind and admiring words spoken during the presentations, I will end with Drew Kettle's ode to the achievement of Mrs Sandra Brown:

It was great that you came to Australia
for the Thousand Mile Nanango Footrace,
where the Kookaburras laugh in the early morn,
and there's a smile on every face.

You won the Women's section
In world Record time,
and held high your flag: "The Union Jack"
As you crossed the finish line.

May you return to England, feeling love
for this country your forebears discovered,
And rest your feet on a pouffe,
Until you are completely recovered.

After the Race, Ron Grant added these thoughts:

"This has been a good event, seven People completed 1000 Miles. I am really happy with the way the whole thing went."

Earlier he had been privately concerned over the turn around time for the runners, provisionally it was each four hours. Two hours was a time eventually determined on but half an hour would have been better on the feet.

He thanked the citizens of Nanango; the Shire Council; local Businesses; the Nanango Rugby League, and every one involved - especially the ladies who made a daily cake for the runners.

Two to three times a day the same ladies would turn up at the race. After the Awards they were invited in to chat with the runners.

Of the runners, Ron found it hard to nominate any single one person as impressing him more than any other. But of Alfredo Uria he said, "A very good performance. He would have done a little better if the race was in his own country."

On Peter Gibson, "He had the run of the race. Coming from no experience, he took the race to the other blokes, giving Uria no end of a chase over the closing days. He came from being an 18 stone Lawn Bowler to Number Three in the World of Ultra-running. He had really only done 180 Kms in a 24 hr event before this race."

"Sandra Brown was as good as the men."

"Bill Beauchamp had a magnificent run. He won the hearts of the people. The phone did not stop ringing as Bill neared the finish. 'When is Bill due to finish?' was the oft asked question of people wanting to be there. Quiet and unassuming before the race, he now is one *big* Man! He won the respect of the runners and his loyal followers. Never whingeing, never telling anyone how he was, or how he was going - he just got on with the job."

1000 MILE WORLD RECORD ATTEMPT

NANANGO QLD MARCH 13 - 29th 1996

MILES KMS

PARSONS Gary	(QLD)	1000.00	1609.34	12d.19:44:34
URIA Alfredo	(ESP)	1000.00	1609.34	13d.11:22:01
GIBSON Peter	(NZ)	1000.00	1609.34	13d.19:48:16
MANSELL Kevin	(SA)	1000.00	1609.34	14d.02:15:46
BROWN Sandra	(ENG)	1000.00	1609.34	14d.10:27:20
SIPOS Istvan	(HNG)	1000.00	1609.34	14d.22:46:10
BEAUCHAMP Bill	(VIC)	1000.00	1609.34	15d.08:52:38
La PIERRE David	(CAN)	903.00	1453.00	15d.18:25:17
GRAY Peter	(VIC)	871.25	1402.14	15d.23:56:24
COLLINS Tony	(VIC)	847.25	1634.00	11d.11:42:15
McCONNELL Georgina	(NSW)	835.75	1345.00	15d.23:56:24
HOLLERAN Dave	(QLD)	711.5	1145.04	15d.23:56:24
KETTLE Drew	(VIC)	706.75	1137.40	15d.23:53:31
WATTS Graeme	(QLD)	680.25	1095.00	9d.11:55:48
SCHULZE Eric	(USA)	648.25	1043.25	14d.21:16:13
CAREAU Michael	(CAN)	623.00	1003.00	9d.06:19:48
BROWN Richard	(ENG)	500.75	806.20	5d.21:27:36
TIMMS John	(NSW)	460.25	741.00	7d.08:28:54
DRAYTON Nick	(NSW)	301.25	485.00	6d.08:00:30
AUDLEY George	(WA)	106.25	178.90	2d.00:11:45

1000 Mile Track Standing March 29th 1996

Gary Parsons	AUS	Nanango	Australia	12d:19:44.34	13 - 26 Mar	1996
Alfredo Uria	ESP	Nanango	Australia	13d:11:22.01	13 - 26 Mar	1996
Peter Gibson	NZ	Nanango	Australia	13d:19:48.00	13 - 27 Mar	1996
Mansell Kevin	SA	Nanango	Australia	14d:02:15.00	13 - 27 Mar	1996
Rusten Giniatullin	RUS	Odessa	Ukraine	14d:11:43.31	7 - 22 Oct	1995
Sandra Brown (F)	ENG	Nanango	Australia	14d:10:27.20	13 - 27 Mar	1996
Tony Rafferty	AUS	Granville	Australia	14d:11:59.04	13 - 25 Aug	1989
Vladimir Vasutin	UKR	ODESSA	Ukraine	14d:17:03.32	7 - 22 Oct	1995
Pat Farmer	AUS	Granville	Australia	14d:18:27.47	13 - 25 Aug	1989
Istvan Sipos	HNG	Nanango	Australia	14d:22:46.10	13 - 28 Mar	1996
Bill Beauchamp	VIC	Nanango	Australia	15d:08:52.38	13 - 28 Mar	1996
Malcolm Campbell	GBR	Gateshead	UK	15d:21:07.43	11 - 26 Nov	1985
William Gale	GBR	Lillie Bidge	UK	16d:16:00.00	21 Nov-7 Dec	1880

Runners

Georgina McConnell
Peter Gibson

Crew

Cathy Caton & Reg
Wife, Mary, Daughter Hayley;
Ian & Jacqui Cornelius; Kelvin Woods; Eric & Aileen Markham;
Karen Sivyver
Gordon Broomfield
Cec Woods & Istvan's wife: Marta
Gwenda Mansell; Russell Smith; Darryl Rogers
Norma Gray; Michael Gillan
Norma Gray; Michael Gillan;
Dolly la Pierre
Yvonne Le Brink
Sharon; Julian; Brian and Jodi; Daniel & Fiona Cause, with baby Mikey;
and Ian McGloskey
Mayor of Euskadi, Jose Antonio Bastagieta
Charles Schulze;
Alana Watts
Don Hilleary and the locals of Nanango
Dudley Harris (NZ); Fred Baker (Eng)
Sylvia & Andy Raper (Nanango); and Ray Kruger (Nanango)
Local people
Local People

Masseurs:

Michael Gillan
Ron Armstrong

AIS: Blood & Urine Samples

Graham Sivyver
Karen Sivyver

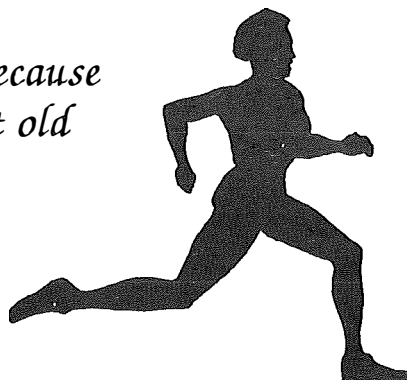
Lap Scorers:

JTS lap scorers under the command of Cpl Clive Dick
Local Nanango people

Peter H Davies, 12 May, 1996

*"We don't stop playing because
we get old; rather we get old
because we stop playing"*

- George Bernard Shaw





(left to right)
Istren Sipos
(Hungary), Mary
Gibson, Pete
Gibson, Haley
Gibson, Drew Kettle,
Kevin Mansell and
David La Pierre.
Peter Gibson is just
finishing the 1000
Miles Race.
(Left to right)



Gary Parsons,
race winner with
new world records,
Sandra Brown,
women's race winner,
also with world
records, Kevin
Mansell, who
finished fourth,
Peter Gibson, who
finished 3rd.



Jose Bastageta
(Alfredo's Manager
- left) with Gary
Parsons and Alfredo
Uria (Spain) who has
just finished the 1000
miles.

My Tribute to the 1000 Mile Track Event - Peter Lewis

A bloke set out around a track
With 19 others on the way
His name is Gary Parsons mate
He lives down in Caboolture way

With trodding round a footy field
They faced with courage task in hand
4000 laps they need to do
To be the best in any land

His dear sweetheart Sharon's there
With all their family crew to help
They've worked so hard supporting him
It lessens all the tiredness felt

The greatest track event of all
With Gary Parsons victory glow
He is the greatest in the world
His name stands proud for all to know

Others to break records were Sandra Brown, with world records, Tony Collins, Peter Gibson, Kevin Mansell, Georgina McConnell, Michel Careau, David La Pierre, Drew Kettle, not forgetting all other runners who had the courage to enter this event.

But what of the unsung heroes of this most fascinating event, Crew Members who worked so tirelessly to cater for their runner, lap scorers whose concentration is just as demanding mentally, as a runners is physically. And the dream-makers of it all, Ron and Dell Grant who promoted the event for 18 months, believing the record was achievable. And as the whip fell cracking its echo on a football field to signify the start of THE WORLD'S GREATEST TRACK EVENT, those who had worked behind the scenes knew that it was so.

~~NANNEK~~ Drew Kettle, at 76 was given his special nickname, Hoy! Still Going. His happy brought many a smile, while Gary would encourage his competitors. Dave Holleran the hat man. 25 novelty hats and one normal had children cackling, St Vincent De Paul with their donation of pyjamas for the runners. Cool to run in yet protecting them a little from the sun's rays.

To Sponsors, Nanango Businesses, Nanango Shire Council, Volunteers, I thank you. For without so much from so many, my fiancée and I would never have seen a miracle unfold.

"THE WORLD'S GREATEST TRACK EVENT"

Yours Respectfully



Peter Lewis

44.



NANANGO



1000 MILE FOOTRACE

13th - 29th March 1996

HUMEROUS MOMENTS FROM INSIDE THE LAPSCORERS TENT

Telephone rings - lapscorer answers
"Hello, 1000 miles per hour race !!!"

8.30 am any morning - "Where's Sandra?"
Answer - "She's just putting her pyjamas on."
Said in a normal voice.

"Where's Drew?" Answer - "He's over there standing behind that star picket."

Dave Holleran comes past with cap on with a horse head on the front.
Lapscorer - "Is that a donkey or an ass?"

Night time attractive female lapscorer answering query - "Yes, we rotate every night - I've had them all! Oops, I meant to say I've scored them all!!!"

To tent full of lapscorers - "You're all Groupies. You are just called 'lapscorers' to give you an official title and make you feel important."

Istvan Sipos at end of 1000 Miles to lapscorer - "I will take a long break now."

Lapscorer, upon seeing early morning regular arriving - "Oh good, here comes the scones."

OBSERVATIONS FROM THE INSIDE LOOKING OUT

Gary Parsons - Extraordinary grit and determination displayed the whole time. No lapses in concentration appeared at all.

Alfredo Uria - Incredible performance considering his age, poor head crew man and unable to communicate with scorers, or other runners in any way. Powerful concentration. When wearing his green tracksuit was dubbed the grasshopper - covered the ground quickly, lightly, no sweating or body odour.

Peter Gibson - The novice fighting for second place (finished third in the world). Only one 24 hour race to his credit - who would have guessed he could last the distance let alone do so well.

Kevin Mansell - To quote Willie Nelson 'I am what I am 'cause I ain't what I used to be'. Once Kevin came to terms with that he became mentally and emotionally in command and was overwhelmed with joy when he finished the 1000 Miles.

Sandra Brown - A world class performance amongst the men. Like a pendulum - always ramrod erect. Walked the whole event. Her stride and consistency of laps never varied. A pleasure to watch her in motion.

Istvan Sipos - He arrived as the Hungarian hero and most favoured to topple Gary. He left humbled by the other men, by Sandra, by the track and by the heat, but happy to have completed the race.

Bill Beauchamp - What a performance! Unfailing good manners. The gentleman of the track. Huge crowd when he finished. Open weeping amongst spectators and lapscorers as he crossed the line. He then gave a word perfect speech when accepting his trophy.

Sport

Ultra barrier is shattered

ULTRAMARATHONERS. They are a rare breed of masochistic athletes whose trade sends shivers up the spine of the armchair sportsman.

The endless training these endurance runners complete for major events shames those of us who drive up the road to get milk and newspapers.

Churning out hundreds of kilometres a week in mock events, however, pales in comparison to the mental and physical suffering the ultra runners endure during a race.

Gary Parsons' recent effort in conquering 4000 laps of the Nanango football oval last week was easily written up and more easily lampooned.

In effect, only an eyewitness could tell of the grind and the harrowed look these brave souls wear after 10 days of non-stop plodding.

History will show Parsons' 1000-mile track record run ranks as arguably the greatest in track history.

In humid days and bleak nights Parsons and a class field of 20 other runners wore the grass off the circular track — the Caboolture runner setting a world record of 12 days, 19hrs 44min and 34sec.

Parsons, whose demeanour and mannerisms cannot mask his larrakin nature, was all business during the race — his joy at winning tempered by the mental pain of an

By Chris Bishop

extra handful of laps.

Competitors at this sort of race suffer from terrible hardships. One runner's sore foot became fly blown and a doctor had to remove maggots from under his skin.

Saliva-speckled lips, diarrhoea, blisters, massive weight loss, sunburn and minor colds vie with the mental anguish — you could see pain on the runners' faces as they battled through low spots.

The question is, why?

Parsons says he always knew he was going to be the best in the world at something.

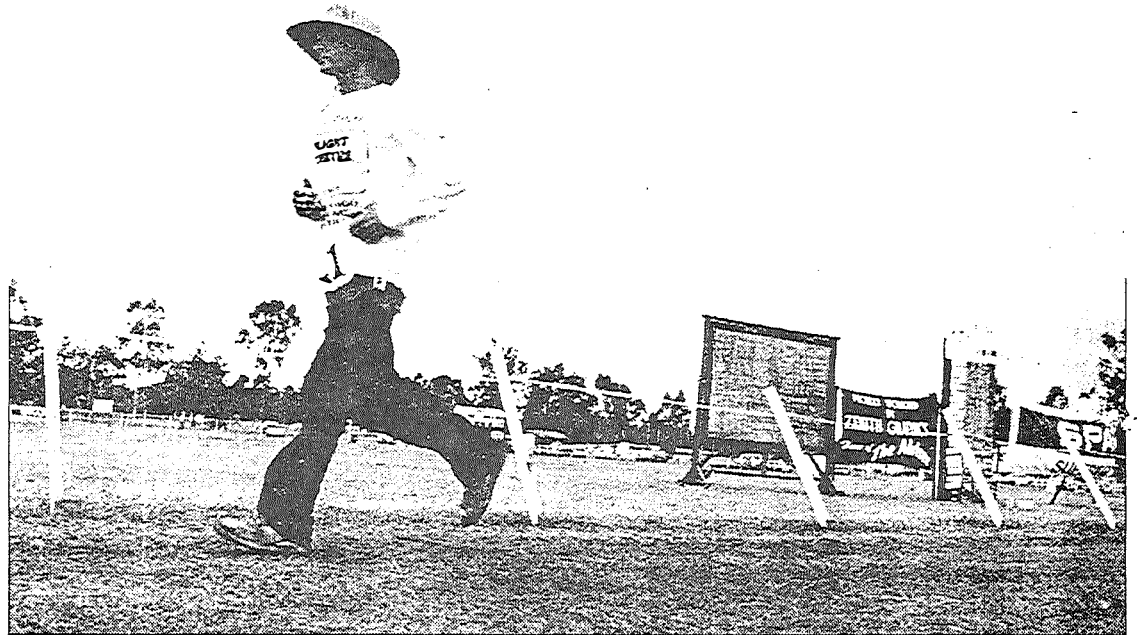
An aborted attempt at a world karate title as a young man only spurred Parsons to go better.

Even a few years ago he was an outsider for ultramarathon wins and was not considered a serious threat to the world record.

He changed that with a superb run in 1994 and since that event has been running against his own demons and standards.

"After about four or five days it's like you're in a different sort of field — you are floating along but remain so much in tune you can hear the birds," Parsons has remarked.

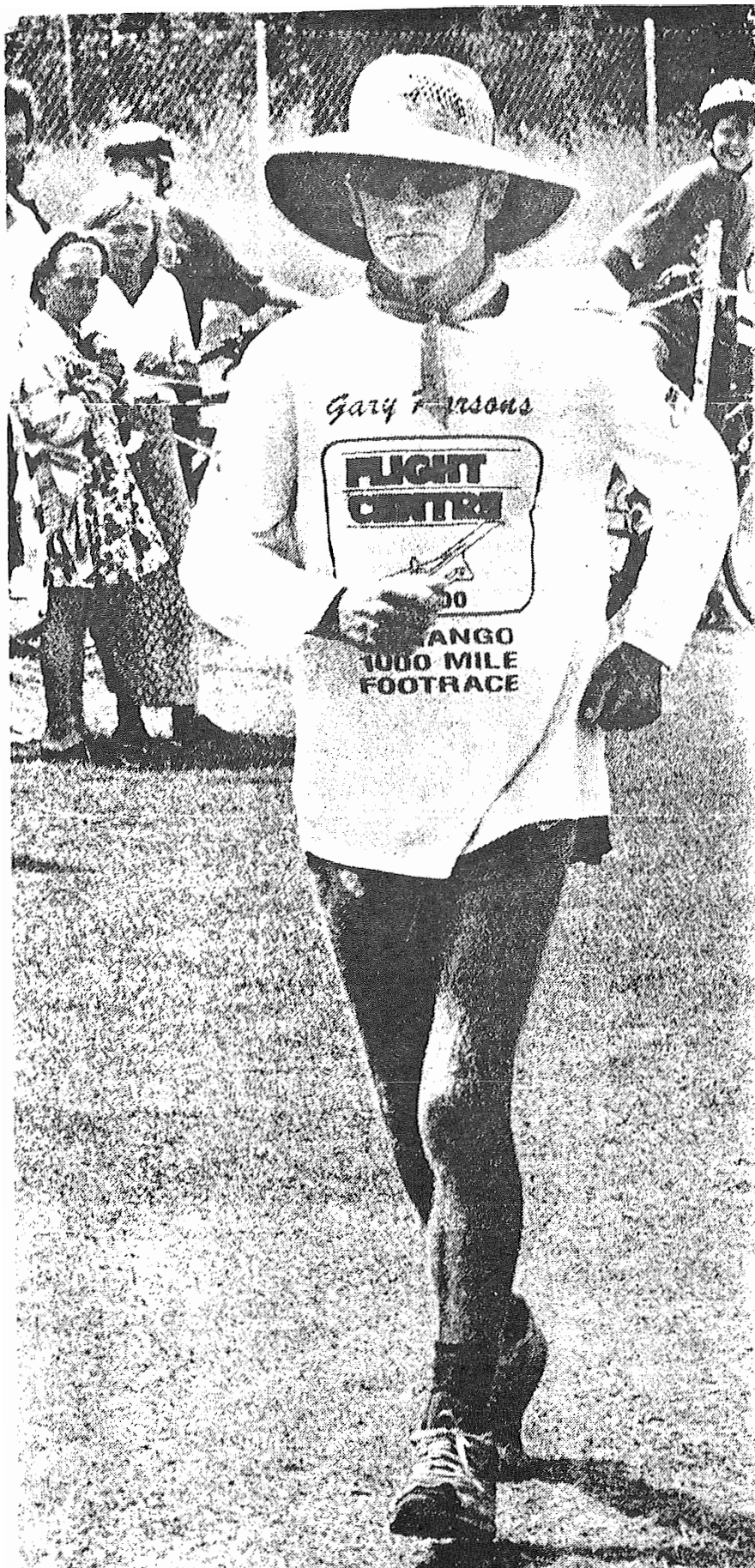
After breaking the mammoth track title twice Parsons has refused to rule out another attempt.



ABOVE: Endurance personified ... ultramarathon runner Gary Parsons heads towards his 1000-mile triumph at Nanango.

LEFT: Champ to champ ... Caboolture running legend Ron Grant gives Parsons his heartfelt congratulations.

NANANGO 1,000 MILE TRACK FOOTRACE RECORDS AND PERSONAL ACHIEVEMENTS



	Gary Parsons	Sandra Brown
900 km	06-21-53-26 Qld	07-11-59-26 Womens. World & U.K.
600 miles	07-10-13-54 Qld	08-04-14-54 Womens. World & U.K.
1000 km	07-17-36-55 Qld	08-12-06-20 Womens World & U.K.
1100 km	08-14-41-57 World, Aust, Qld	09-12-26-20 Womens World & U.K.
700 miles	08-18-57-43 World, Aust, Qld	09-19-57-10 Womens World & U.K.
1200 km	09-08-12-29 World, Aust, Qld	10-12-08-30 Womens World & U.K.
800 miles	10-02-28-53 World, Aust, Qld	11-06-55-05 Womens World & U.K.
1300 km	10-04-35-23 World, Aust, Qld	11-10-14-39 Womens World & U.K.
1400 km	11-01-49-51 World, Aust, Qld	12-10-10-37 Womens World & U.K.
900 miles	11-10-13-27 World, Aust, Qld	12-21-58-35 Womens World & U.K.
1500 km	11-23-04-03 World, Aust, Qld	13-10-29-48 Womens World & U.K.
1600 km	12-18-36-14 World, Aust, Qld	14-08-56-58 Womens World & U.K.
1000 miles	12-19-44-34 World, Aust, Qld	14-10-27-20 Womens World & U.K.

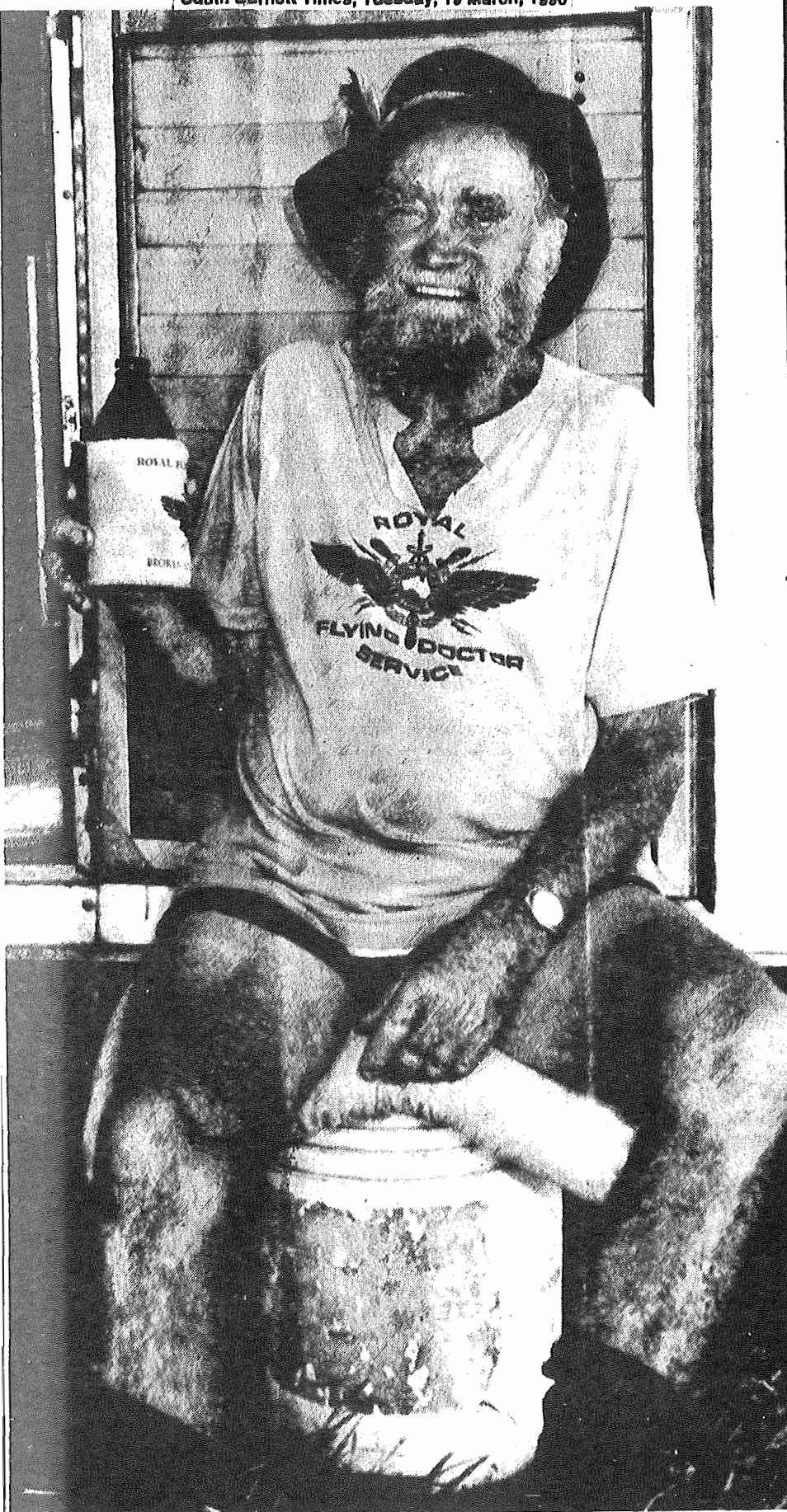
*NOTE: Times calculated in Days

- Hours - Minutes - Seconds

In the home straight... defending world 1000 mile record holder Gary Parsons i

Kettle remains on the boil at world 1000 mile attempt

South Burnett Times, Tuesday, 19 March, 1996



Cheers!... Oldest runner in the world 1000 mile field Drew Kettle, 76, pulls off the track for a quick stubbie at lunchtime on Sunday. Kettle is one of the true characters in the event and while he won't break the world record, he is motivation to all.

Inspiration

It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly, who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself in worthy cause; who, at best, knows in the end the triumph of high achievement; and who, at worse, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat.

[Theodore Roosevelt].

THE BLISTER NO. 58
JULY-SEPTEMBER 1995

MELBOURNE HERALD-SUN

Footy gets flick

WHILE on the theme of country football, try this for inspiration and ingenuity.

Seventy-three-year-old Drew Kettle is a popular figure in the Colac and District Football League, having run the boundary for Irrewarra-Beeac for the past 35 years.

But as happens to us all, age has caught up with Drew and his throwing style has been affected.

The problem comes in getting his arm over his head to propel the ball back into play.

Being a farmer, Drew is used to improvising and has overcome his problem in unique fashion.

Last weekend against Winchelsea he unveiled his new style, complete with a stringless badminton racquet.

The ball is placed in the racquet's head and launched with a quick flick from Drew, giving him better results than ever.

MARY MORGAN - CHAMPION ULTRA RUNNER TIES THE KNOT

SOUTH

SPORT



MARY AND MICK: International distance runners Mary Morgan and Mick Francis tied the knot at the Bunbury Runners Club annual Pancake Run on Sunday. Picture: PAUL VERHAGEN

Runners warm to challenge

DISTANCE runners Mick Francis and Mary Morgan ran all the way to the altar at the Bunbury Runners Club annual pancake run on Sunday.

Francis was obviously keen to get the nuptials happening clocking the fastest time in the eight kilometre event while Morgan kept up the bridal tradition of keeping the groom waiting by crossing the line in fifth place.

Both newlyweds are also newcomers to Bunbury with Morgan leaving the WA wheat-belt while Francis has forsaken the Scottish moors for his two loves.

By VITTORIO RECHICHI

The pair were dressed to the athletic nines in their track suits and running shoes to face the biggest challenge of their careers — marriage.

Morgan wore the traditional white track suit courtesy of her new sponsors while Francis went with the aqua track suit for the big event.

The 100 guests were also suitably attired in running shorts and sports shoes for the race to

the celebrant.

Francis said the idea to get married started when he ran the pancake run last year.

"Last year I came out for a holiday and I ran the Pancake Run and remembered what a lovely race it was," he said.

"When we decided to get married we put two and two together."

The couple's honeymoon lasted only one night and they will get down to the serious business of marriage and find jobs to bring the money through the door.

Club president Mike Jennings said the club would commemorate the anniversary at the pancake run each year, but could not promise another wedding next year.

"The precedent has been set for a significant event, but we'll have to wait and see what it is next year," he said.

For the record, the handicapped honours went to 13-year-old Kristy Chilcott in the eight kilometre event while Daria Gow took out the 4.8 kilometre event.

FRANKSTON TO PORTSEA - 55KM ROAD RACE

30TH MARCH, 1996

by Kevin Cassidy

This race is probably Australia's longest running ultra, having been first run in about 1972. It has always been a low key event, (someone says 'Go!' and you make your own way to the finish) averaging about 10 - 12 starters. This year however, was to be as low key as you could get, when I was the one and only starter.

The Peninsula Road Runners had left it too late to put the date in ULTRAMAG and family and injury reasons kept the regular Peninsula runners from turning up, so I was not surprised to be sitting in the early morning darkness of the Davey Street car park, waiting for someone to turn up. Soon after, Ross Shilston arrived and said, "I think you're it", so off I went, with Ross running the first few miles with me before deciding to head home for breakfast and promising to meet me at the finish. "Allow me about 5 hours", I said as he disappeared.

As far as road races go, this is a fairly tough course, but it is varied and interesting. The first half is continual undulations, with a few long climbs as it takes you through Mornington and some of the rural parts of the peninsula. The second half takes you onto the flat beach road through the many beachside towns on a road that is both narrow and busy. I was constantly jumping into the gravel to avoid being hit by the oncoming traffic. I went past the marathon point at the Rye pier where a large fellow was yelling at his dog as it hid under some bushes with its tail between its legs. The road starts undulating again at this point and the surrounding vegetation changes as you get closer to the end of the peninsula. With about 7km to go, I climbed up the road past the Early Settlers' Graves when Ross re-appeared. He told me I was too young to be an early settler so I would just have to keep running. So on I went, through the picturesque resort of Sorrento where I glanced over at the aquarium seaside cafe and looked forward to the lunch I would be eating there in about an hours time. The undulations continued through the million dollar homes to the Portsea gates where, in my 44th official ultra, I stopped my watch at 4 hours 44 minutes 44s. (Is there an omen in all those 4s?) I received the traditional winners' block of chocolate and was promised a certificate. (I'm still waiting)

Later in the day, I received a phone call from the incomparable Peter Armistead, "Congratulations on your fine win", he said sarcastically. "They tell me you defeated a crack field", he laughed.

Kev. Cassidy was **HORRIFIED** to find he was the only starter in the prestigious Frankston to Portsea 55km Road Race 1996.



RECORDS TUMBLE AT COBURG 24HR DESPITE WIND AND RAIN

Despite atrocious weather conditions, 3 World Records, & 15 Australian Records were broken at COBURG April 13/14.

Friday afternoon, during preparation for the event, the weather was lovely, even a bit too warm for running. Friday night was a lovely, crisp, starry night - a perfect night for running.

By Saturday morning the skies were black with clouds & only intermittent sunny breaks as a gusty north wind drove the clouds across the sky.

The wind gusts grew stronger & stronger destroying some of the shelters we had erected the previous day. **After the race started** at Noon, showers were brought by what was now a steady strong northerly wind, but the rain was not cold & never seemed to threaten to be anything more than a shower.

Things changed during the night: first for the better - clear skies & stars again, then - heavy continuous rain for hours. The trackside drains could not cope

COBURG 24HR CARNIVAL 1996 Noon Sat 13 to Noon Sun 14 April RECORDS ESTABLISHED

YIANNIS KOUROS (40)

World records

24 hours track 294.5046K

24 hours all time best (road or track) 294.5046K

Australian records

12 hours 158.00K

150K 11hrs19mins01secs

100 Miles 12hrs12mins51secs

200K 15hrs28mins30secs

150 Miles 19hrs12mins10secs

250K 20hrs09mins14secs

YAN YEAN ROAD RUNNERS

World record

24 hour track relay 384.4K (961 laps)

CARMELLA CARRASSI (43)

World walk records (female)

24 hour track 162.541K

24 hour all time best (road or track) 162.541K

Australian walk records (female)

50K track 6hrs47mins04secs

50 Mile track 11hrs16mins32secs

HELEN STANGER (45)

Australian record (female)

150K 15hrs23mins13secs

number of people who worked for many hours trying to keep the track clear of water during the downpour. These efforts were led by the manager & parents of the Little Aths team & they received a mighty cheer from the runners at the Presentation Ceremony for their work with the broom during many hours of rain. This was typical of the spirit that prevailed in very adverse conditions - the

with the downpour &, even running three lanes wide, the runners could not avoid ankle deep water. Daylight saw an improvement with a return to showers but they were cold showers now. Despite all these adverse conditions relay runners & Ultra runners persisted & World record attempts stayed on schedule.

A special gift of dry socks was made at the Presentation ceremony to acknowledge a

runners were keen to persist & endure & the onlookers were keen to help them in every way. **YIANNIS KOUROS (40)** "Yarni" (as the Greek Community call him) came to COBURG with two things on his mind; 1. his world track record in France was set on a 301M non-standard track & he wanted to prove himself on a standard track, 2. he was feeling so fit that he felt he could set a new record that would be out of the reach of everybody for

many generations.

He revealed after the race that his target was 306K (190 Miles). I'm sure that it was only the flooded track that made him fall short of this personal goal. The rain & wind could not stop him once he had his mind set. He becomes the first person ever to venture into **new territory; 290K+ for 24hrs.** He led the way into the 280K+ territory 10 years ago & no one has dared follow him in 10 years. So, the prediction that his new record will stand for many generations is safe - unless he sets his mind on that 300K goal again. In May he competes at Sureres

France in the world 48hr championship again - anything could happen. Please, Yiannis, don't take our World Record away from us at Coburg!

HELEN STANGER (45)
Current Australasian 24hr & 48hr record holder Helen (NSW) came to COBURG with her sights set on the world 100Mile record. At one stage the race director did some calculations & found Helen was above 24hr World Record pace so enquired of her crew what she was aiming at. By that time the rain had set in & Helen was feeling the effects of the cold & had vomited several times. She persisted with her 100 Mile attempt but it was not to be. This gutsy lady registered a total

NEW WORLD 24hr RECORD

294. 5046 K = 182.89 Miles

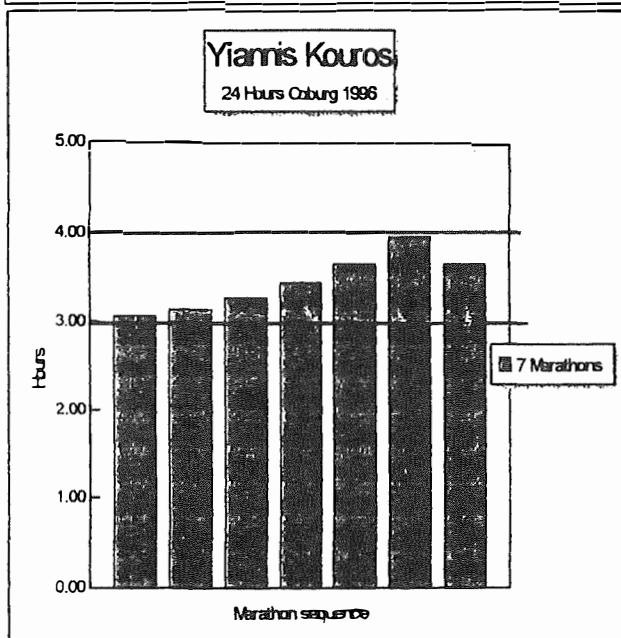
Yiannis Kouros

7 Marathons in 24 hours.

Shortest 3hrs 03mins

Longest 3hrs 56mins

Average 3hrs 25 mins



over 200K once again, to be placed 2nd, in front of all the men except YK.

JOE SKROBOLAK (43)

A personal best last year at COBURG (211K) but this year the elements caused him to lower his sights to "just another 200K" for 3rd place.

PETER GOONPAN (37)

In his first ever track Ultra, "Goony" (NSW) passed the magical 100 Mile mark to take 4th place.

BILL HICK (48)

Another NSW-man, Bill's aim was to beat his only previous Ultra distance for 12hrs. He succeeded in doing this by 10K (114.8K). He then slept for 5 hours (missing the worst of the rain - good planning Bill) & came back on the track for the last 7 hours to exceed 100 miles.

CARMELLA CARRASSSI (43)

A Veteran race walker who competes at all distances, Carmella not only set new times for Australian female walkers for 50K(6hrs47mins04secs) & 50Mile (11hr16min32secs) but also set a World Record for women for the 24hr distance - passing the 100mile mark & finishing mid-field ahead of 3 Ultra runners.

PETER GRAY (31)

Fresh (?) from his 1000 Mile attempt at Nanango 3 weeks previously (851 Miles in 16 days)

Peter was never

competitive & had many rest periods.

Peter is the first Australian & the youngest in the world to complete 100 Ultra races (multi-day events only counting as 1 in this series). We congratulate you Peter - but there are many of your friends who would like to see you compete less often & get back to the awesome endurance that used to carry you to high placings in many Ultras. next year will be Peter's 10th COBURG 24hr.

MICHAEL GRAYLING (39)

On the comeback trail but defeated by the weather & withdrew at 102K after 22hrs.

GERALD St JOHN (52)

Spurred into another attempt at Ultras (after a long break) by his recent listing in the Australian 100K rankings. Had

Victorian 24 Hour Ultra Track Championship and 24 Hour Relay team Challenge

Noon Saturday 13 April to Noon Sunday 14 April 1996

13&14 April 96

Victorian Ultra Track Championship - Completion Sheet

ULTRA RUNNER	ULTRA-Endurance Championship - Completion Sheet																								
	HOUR 1	HOUR 2	HOUR 3	HOUR 4	HOUR 5	HOUR 6	HOUR 7	HOUR 8	HOUR 9	HOUR 10	HOUR 11	HOUR 12	HOUR 13	HOUR 14	HOUR 15	HOUR 16	HOUR 17	HOUR 18	HOUR 19	HOUR 20	HOUR 21	HOUR 22	HOUR 23	HOUR 24	
	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	LAPS Km's	
6. Joe Skrobolak	31 12.4	61 24.4	90 36	118 47.2	142 56.8	152 60.8	178 71.2	202 80.8	223 89.2	245 98	267 106.8	288 115.2	308 123.2	329 131.6	347 138.8	367 146.8	379 151.6	395 158	413 165.2	433 173.2	452 180.8	469 187.6	485 194	504 201.86	
7. Gerald St John	25 10	51 20.4	75 30	91 36.4	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	97 38.8	
1. Carmella Carressi	19 7.6	37 14.8	56 22.4	75 30	93 37.2	111 44.4	128 51.2	144 57.6	161 64.4	179 71.6	196 78.4	212 84.8	229 91.6	245 98	261 104.4	277 110.8	299 119.6	308 123.2	324 129.6	340 136	355 142	372 148.8	388 155.2	406 162.54	
2. Peter Goonpan	31 12.4	61 24.4	91 36.4	119 47.6	146 58.4	171 68.4	195 78	211 84.4	233 93.2	254 101.6	273 109.2	282 112.8	301 120.4	320 128	336 134.4	353 141.2	358 143.2	359 143.6	376 150.4	384 153.6	400 160	416 166.4	431 172.4	446 178.79	
4. Bill Hick	31 12.4	60 24	89 35.6	114 45.6	137 54.8	161 64.4	183 73.2	203 81.2	223 89.2	243 97.2	265 106	287 114.8	287 114.8	287 114.8	287 114.8	287 114.8	287 114.8	289 115.6	303 121.2	325 130	348 139.2	370 148	390 156	410 164.21	
6. Helen Stanger	31 12.4	61 24.4	90 36	116 46.4	143 57.2	170 68	195 78	214 85.6	238 95.2	261 104.4	283 113.2	305 122	322 128.8	345 138	366 146.4	386 154.4	399 159.6	403 161.2	425 170	447 178.8	464 185.6	485 194	505 202	527 211.13	
9. Michael Graylin	31 12.4	59 23.6	84 33.6	106 42.4	111 44.4	137 54.8	152 60.8	160 64	177 70.8	188 75.2	202 80.8	202 80.8	202 80.8	225 90	242 96.8	253 101.2	253 101.2	253 101.2	253 101.2	253 101.2	253 101.2	255 102	255 102	255 102	
3. Peter Gray	28 11.2	53 21.2	70 28	86 34.4	96 38.4	110 44	128 51.2	141 56.4	147 58.8	165 66	179 71.6	192 76.8	198 79.2	198 79.2	206 82.4	212 84.8	212 84.8	212 84.8	212 84.8	223 89.2	233 93.2	245 98	254 101.6	266 106.4	277 111.01
8. Yannis Kouros	35 14	70 28	104 41.6	138 55.2	172 68.8	205 82	238 95.2	271 108.4	303 121.2	334 133.6	364 145.6	395 158	426 170.4	455 182	485 194	514 205.6	541 216.4	564 225.6	592 236.8	620 248	649 259.6	677 270.8	708 283.2	736 294.5	

Event Organiser:

Gordon R Burrowes
37 Douglas Ave.
St Albans 3021
(03) 366 0326

COBURG HARRIERS INC.

Harold Stevens
Athletic Track
Outlook Rd.
Coburg

Coburg Athletic Track

COBURG 24hr VICTORIAN CHAMPIONSHIP 14/4/96

Standings Current at Hour 24

	Place	Runner / Team	Laps	Kilometres
Individual Runners	1	8. Yiannis Kouros	736	294.5046
	2	6. Helen Stanger	527	211.126
	3	5. Joe Skrobolak	504	201.856
	4	2. Peter Goonpan	446	178.731
	5	4. Bill Hick	410	164.211
	6	1. Carmella Carressi	406	162.541
	7	3. Peter Gray	277	111.01
	8	9. Michael Grayling	255	102
	9	7. Gerald St John	97	38.8
Relay Teams	1	YAN YEAN	961	384.4
	2	TRARALGON VETS	881	352.4
	3	COBURG VETS	826	330.69
	4	TRARALGON OPEN	783	313.34
	5	ABERFELDIE VETS	782	313.18
	6	COBURG OPEN	770	308
	7	VETS COMBINE	758	303.24
	8	VIC. ROAD RUNNERS	684	273.79
	9	10 FAB FEMALES	644	257.68
	10	COBURG LITTLE ATHS	638	255.26



Best Individual Relay Leg = 24 Laps - Greg Mandile

YIANNIS KOUROS *Current World Records as at March 1996*

Nationality

Greek 1000 Miles (1609.34K) 10 days 10hrs30mins35secs

Greek 6 days Road 1028.368K

Greek 6 days Track 1023.197K Colac Vic

Australian 48 Hours 470.7795K

Greek 24 Hours Road 286.46K NY 1985

Australian 24 Hours Non Std Track 285.36K France 1995

Greek 24 Hours Std Track 283.58K

Greek 24 Hours All time best 286.46K

Coburg April 1996

294.5046K

awaits ratification as WORLD

Track record & All time best.

Greek 12 Hours 162.5433K

Australian records

established as Australian citizen

Established
at Coburg
April 1995

Awaiting ratification
Coburg
April 1996

200K
100Miles(160.934K)
12 Hours

15hrs51mins59secs
156K

15hrs28mins30secs
12hrs12mins51secs
158K

150K
250K
150 Miles (241.401K)

11hrs29mins12secs
20hrs12mins13secs
19hrs53mins25secs

11hrs19mins01secs
20hrs9mins14secs
19hrs24mins10secs

Established at Sureres France 1995

24 Hours

285.362K

294.5046K

48 Hours

470.7795K

200 Miles (321.868K)

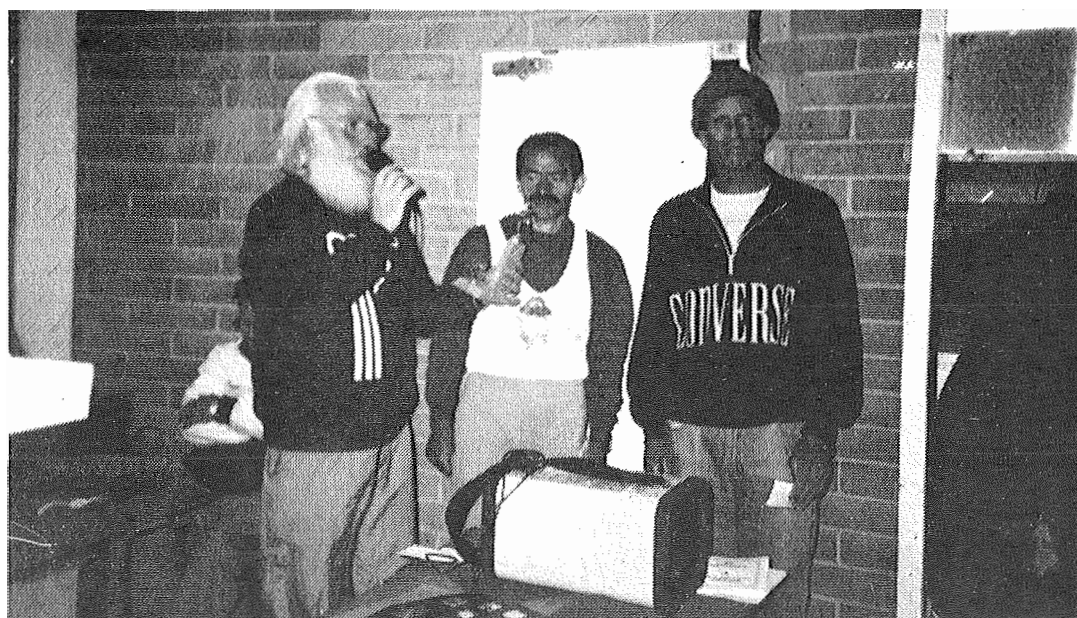
1day5hrs3mins45secs

250 Miles (402.335K)

1day15hrs4mins58secs

36 hours

375.178K



Race Organiser, Gordon Burrowes (left) presenting World Record Holder Yiannis Kouros with his race winner's trophy. Bill Beauchamp (right), who recently finished the 1000 Mile Race in Queensland assisted Gordon with presentations.

COBURG 24HR CARNIVAL 1996
Noon Sat 13 April to Noon Sun 14 April

RECORDS ESTABLISHED

YIANNIS KOUROS (40)

World records	24 hours track	294.5046K
	24 hours all time best (road or track)	294.5046K
Australian records	12 hours	158.00K
	150K	11hrs19mins01secs
	100 Miles	12hrs12mins51secs
	200K	15hrs28mins30secs
	150 Miles	19hrs12mins10secs
	250K	20hrs09mins14secs

YAN YEAN ROAD RUNNERS

World record	24 hour track relay	384.4K (961 laps)
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CARMELLA CARRASSI (43)

World walk records	24 hour track	162.541K
	24 hour all time best (road or track)	162.541K
Australian walk records	50K walk	6hrs47mins04secs
	50 Mile walk	11hrs16mins32secs

HELEN STANGER (45)

Australian record	150K	15hrs23mins13secs
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56.

Race winner, Yiannis Kouros on his way to a new 24 hours world record!



Women's race winner, Helen Stanger on her way to a new Australian 150km record in the 24 Hours event.

CANBERRA'S 50KM ROAD RACE

TOUGH BUT SUCCESSFUL

by Linda Meadows

One of Australia's oldest Marathons, the Canberra Marathon, has for the 4th year held a 50 km. Ultra-Marathon race in conjunction with its other races, 5 km. and 10 km sorties. One of the aims of combining these races is to introduce athletes to the Ultra-Marathon scene ie. 'to go beyond the Olympic Marathon(42.195 kms.)'.

As in previous years many entered the dual races, but some declined to finish the Ultra once they had reached the Olympic Marathon point. To continue on this year was made increasingly difficult due to a radical change in the weather conditions. The conditions at the start of the race were near perfect and as usual cool, as Canberra can be, but at about half way through the race a change came through bearing strong N.W. winds which made the running harder for the athletes than they would have liked.

Such is the timing and credibility of this race that many athletes from both Australia and U.S.A. used it as a qualifier for the world renowned Comrades Ultra-Marathon to be held in South Africa on June 17th 1996 over a tough hilly course. Though no Australian records were broken by either the men or women, as was done last year, both the Mens winner Peter Spehr(NSW) and Mary Francis(WA), formerly Mary Morgan, came close. As consolation both took out excellent placings in the Marathon with Peter taking 4th place and Mary 3rd.

Unfortunately, an expected strong dual between Mary and rising star Bronwyn Hanns(VIC) did not eventuate as Bronwyn unexpectedly had to withdraw half-way through the race due to serious back pain. This left the Womens field open resulting in another good 2nd place to Debbie Cowell(ACT), as she did last year, followed by Queenslander Aileene Markham in 3rd.

In the Mens race Mary's new husband, Mick Francis, formerly from Scotland and now residing in Western Australia, took 3rd place and well known and respected A.C.T. runner Trevor Jacobs ran into 2nd place.

1997 will again see the 50km Ultra-Marathon staged as part of the Canberra Marathon in mid-April. So for runners who would like to test themselves just a little bit further and take up the challenge of Ultra-Marathoning, put this well planned and conducted race on next year's calendar.

RESULTS

<u>Place</u>	<u>Name</u>	<u>Mara time</u>	<u>Sex</u>	<u>State</u>	<u>Age</u>	<u>50k time</u>
1.	Peter Spehr	2.32.04		NSW	34	3.03.31
2.	Trevor Jacobs	2.35.26		ACT	44	3.11.35
3.	Mick Francis	2.44.39		WA	37	3.15.52
4.	Andrey Reyer	2.39.03		UKR	23	3.24.22
5.	David Standeven	2.48.34		SA	44	3.24.43
6.	Colin Heywood	2.49.27		VIC	41	3.28.02
7.	Mary Francis	2.52.53	1F	WA	38	3.28.19
8.	Max Carson	2.58.05		VIC	47	3.35.02
9.	Peter Quigley	2.57.47		SA	36	3.36.38
10.	Stephen Bond	2.54.02		VIC	43	3.37.17
11.	Peter Clarke	2.59.49		ACT	45	3.43.48
12.	Derek Smith	3.11.01		NSW	54	3.51.32
13.	Brian Grant	3.10.46		NSW	39	3.51.45
14.	Ian Forsyth	3.14.06		NSW	41	3.56.00
15.	Mike Ward	3.14.45		NSW	43	3.57.12
16.	Jeff Visser	3.11.08		VIC	32	3.57.43
17.	James Rooney	3.13.29		NSW	43	4.00.47
18.	Philip Jamieson	3.24.22		NSW	39	4.03.15
19.	Debbie Cowell	3.22.23	2F	ACT	36	4.11.05
20.	Jim Screen	3.38.11		NSW	53	4.32.29
21.	Charles Reis	3.51.18		NSW	38	4.40.06
22.	Roger Rigby	3.52.50		NSW	53	4.40.22
23.	Christian Gruber	4.02.28		VIC	21	4.49.32
24.	Aileene Markham	3.59.35	3F	QLD	48	4.49.38
25.	Lachlan Lewis	3.58.04		ACT	58	5.14.08
26.	Mark McCrindle	4.12.13		NSW	23	5.15.01
27.	Alan Norden	4.40.08		ACT	51	5.42.55

Long course!

Canberra 50k Ultra Marathon

*Held in conjunction with the Mobil Canberra Marathon
by 50k Race Manager Trevor Jacobs*

This was the 4th year of the event and whilst the number of finishers was less than last year, it was the same as in 1994. About 40% of those indicating interest in going beyond the marathon did so on the day, about the same percentage as previous years. The decision to go on was not easy on the day after having pushed through a strong wind to finish the marathon.

Peter Spehr from NSW and Mary Francis from WA won in very quick times which were just outside the Australian records set last year. Mary was within one minute of Linda Meadows' record. Both also performed creditably in the marathon; Peter was 4th and Mary 3rd. Peter's 50k time was about one minute outside of his time last year. Third placegetter Mick Francis (WA), like Peter, ran quickly over the extra distance. Ukrainian ultra team rep Andrey Reyer finished the marathon full of steam but unfortunately went off course and covered several kilometres more than 50k to take out 4th place.

Debbie Cowell (ACT) completed her 2nd Canberra 50k and on both occasions was the second placegetter. Her marathon time was not as fast this year and her 50k time was similarly different. Third was Aileene Markham from Queensland. Aileene should feel very pleased with her efforts for having broken 4 hours for the marathon and 5 hours for 50k.

Congratulations to everyone completing the 50k, and thank you for your support. The object of the event is to introduce runners to events "beyond the marathon", demonstrating that they are achievable and very satisfying. The excellent times set have been a bonus, attracting positive attention to ultras.

24 HOUR RACE - THE HARDEST TO CONQUER?

by Laura McCloskey

Two years after the Queensland 24 Hour at Manly, a very dejected Ian vowed he would never run a 24 Hour again!! I told him, considering he'd been in a car accident 6 weeks earlier and had been unable to run for two weeks, that he had done very well. This was of no consolation as despair took hold.

1995 was a year to forget because of injury, so 1996 looked very promising. With advice and guidance from Gary Parsons, Ian was looking forward to conquering the 24 hour and was rearing to go!

Arriving at the Gold Coast the day before the event, we eagerly inspected the track. After all the rain in recent times, the track was in good condition with just a few muddy areas around the lap scorers' tent, so we went to the motel to rest before the big day.

The sun was shining for the start of the event, although it had been raining all night. Ian started well and to plan. Things looked promising. Between the showers it was warm and our son Dale was busy giving drinks to Ian, but when the sun went down, that was a different story!

Ian complained of stomach cramps. was sick, felt better, ran again, then was sick again! In the end, he could not keep plain water down, but no, he would not stop. I insisted that he rest, and he did for one hour but then was back on the track again. After a while, the whole thing started again! With great courage, Ian kept going to finish 4th male with a p.b of 169.65km. He was still vomiting after the race and a visit to the doctor revealed he had a virus.

Congratulations must go to Ian Cornelius and Pete Gibson who did a marvellous job finding this venue and staging the race, Cliff French who did a great job to win again, Roy Trealar to finish 2nd in his first 24 hour and Kelvin Woods, who finished 3rd in his first 24 hour.

The ladies also ran well and congratulations must go to Lyn Gordon for winning her first 24 Hour, and to everyone else who participated, runners and helpers. A special mention must go to Bryan Smith who helped Ian when he fell. He would not have got up if it had not been for your help and advice Bryan! Thank you!

Thanks also to Gary and Sharon Parsons for their help and advice before, during and after the race. If it were not for them, he would never have got back into ultra-running.

58 I was looking forward to a Melbourne holiday next year, but Ian wishes to return. I wonder who will get their wish?

QLD ULTRA RUNNERS CLUB INC

RACE REPORT - AUST & QLD 48 HRS AND QLD 24 HRS TRACK CHAMPIONSHIPS HELD AT THE GOLD COAST, 16-18 MAY 1996

These combined events were held at the Gold Coast for the first time. The venue was the James Overell Park, which is home to the Gold Coast Eagles Rugby Union Club. The Rugby Club was very supportive, making their facilities available to us, including hot showers, canteen, PA system, shelter and bar (not that anyone had much opportunity to use it, on this occasion). The ground is right on the Nerang River with a picturesque view of the Surfer Paradise skyline.

Much assistance was also provided by the Gold Coast Runners Club, in terms of clocks, tables, chairs, lapscorers etc. We had three 14 x 14 tents from the Army, courtesy Capt Sinfield. I bet Trevor Jacobs is sorry that Peter moved here from Canberra; his contribution is invaluable. As it turned out, the weather was unseasonably wet. Conditions would have been unbearable for lapscorers and crews without these tents and also a giant fully enclosed marquee provided by Club Banora.

The race was on a 500 metre loop around the football ground. It was extended to 500 metres so as to avoid damaging the playing surface. It was a delight for lapscorers, with 100 laps (50kms) per page. I think that some of the runners found it a bit strange at first, but there were no complaints. The surface of the track became very saturated and muddy in one section (opposite the lapscore tent; wouldn't you know it). Although heavy, it was not too uncomfortable.

Performances on the weekend were superb, notwithstanding the poor conditions. Bryan Smith was in a class of his own in the 48 and was never really extended to win with 333 kms. Don Hilleary was second and becomes the State 48 hours champion, with a great display of courage and persistence. His crew, Pete Gibson is not without some experience, finishing 3rd in the recent 1,000 miles track event. The ladies section was won by Shelley Smith, from Kerri Hall who walked the whole distance. Shelley is not the fastest runner in our Club, but her tenacity and courage certainly paid off. She kept battling against driving rain, heavy winds, fatigue and injury to become the National titleholder.

The 24 hours turned out to be a great event. There were 14 competitors, 10 male and 4 female. Of the 14, 6 managed to better 100 miles. One pleasing aspect is that our attempts to encourage more into the sport are meeting with some success, with 7 of the 14 being newcomers to the track. The men's was won by Cliff French (188k) from Roy Treloar (176k), Kelvin Woods (170k) and Ian McCloskey (169k). Roy and Kelvin were attempting the event for the first time. Ian McCloskey did extremely well to finish 4th considering that he suffered a severe stomach upset, courtesy some fast food taken at about the 15 hour mark and was ill for the remainder of the event. Cluffy Young did not run as well as expected with 139k, but was a constant source of inspiration and help to others. We thank him sincerely for making the trip North. In the ladies, Lyn Gordon emerged victorious, breaking Dell Grant's 1988 State record with a distance of 178.413 kms. Second was Aileene Markham with 169k. This was a first attempt at 24 hours for both Lyn and Aileene. Angela Clarke was attempting to break the world record for the 55-59 years age group for the 12 hours. She achieved this with a distance of 103 kms. Angela broke the Australian records for the 6 hours, 50 miles and 100k along the way.

The race was a great success and was well supported by the running fraternity and the community generally. There was a lot of media interest, with coverage on ABC radio, Channel 7, Channel 9 television, Prime TV and the print media. Thank you to all those who helped to make this event so successful.

Ian Cornelius Race Director,
20 May 1996

**RESULTS OF AUST & QLD 48 HRS AND QLD 24 HRS TRACK CHAMPIONSHIPS
HELD AT GOLD COAST ON 16 - 18 MAY 1996**

	NAME		12 hrs	24 hrs	36 hrs	48 hrs
48 hours						
1	SMITH Bryan	1st	120.0	197.5	265.5	333.303
2	HILLEARY Don	1QM	69.5	121.0	160.5	211.838
3	SMITH Shelley	1QF	77.0	119.0	163.0	208.543
4	HALL Kerrie	2QF	70.0	113.5	158.0	193.542
5	HEBEL Carl	2QM	67.5	116.0	142.5	191.947
24 hours						
1	FRENCH Cliff	1QM	108.5	188.819	Note 1	
2	GORDON Lyn	1QF	94.5	178.413		
3	TRELOAR Roy	2QM	106.0	176.289		
4	WOODS Kelvin	3QM	96.0	170.774		
5	McCLOSKEY Ian	4QM	102.0	169.650		
6	MARKHAM Aileene	2QF	96.0	169.234		
7	FLEMING Darryll	5QM	91.0	154.197		
8	HAIN Geoff		89.0	141.149		
9	YOUNG Cliff		76.0	138.819		
10	MORGAN Rod	6QM	80.5	123.000		
DNF	CLARKE Angela		103.0	Note 2 105.000		
DNF	EVANS Brian		84.0	87.500		
DNF	HENRY Mel		57.5	57.500		
DNF	DAVIES Jeanette		41.0	41.000		

Note 1 Lyn Gordon broke the Qld female 24 hours track record held previously by Dell Grant since 1988.

Note 2 Angela Clarke broke the Australian records for 6 hours (now 53.5 kms, previously vacant); 50 miles (now 9:18:45, previously 11:02:10); 100 kms (now 11:39:29.72, previously 14:11:54) and the world record for 12 hours (now 103 kms, previously 101.998), for her age group, 55-59 years.

Clarke breaks world record

by Scott Rowe

Gordonbrook ultra distance athlete Angela Clarke is the new women's world 12-hour age champion.

Clarke, 56, broke the 12-hour record for the 55-59 age group during the Australian 24 and 48 hour championships held on the Gold Coast at the weekend.

The previous record of 101.9 kilometres was set by American ultra athlete Ruth Anderson in 1986.

Clarke smashed the long standing record completing 103 kilometres in 12 hours.

"I only took up distance running at age 50 after meeting Ron and Del Grant," Clarke said.

"I have been setting myself to break this world record and everything went to plan."

Clarke said she completes 120 kilometres each week as part of her training.

"I do a lot of training around Gordonbrook and then once a week I go over to Nanango and have a run with Del (Grant)," Clarke said.

"I have competed in a few marathons and other ultra distance events and just want to keep enjoying my running."

On the way to setting a new world record Clarke broke three Australian records.

"I broke the Australian six hour record and the Australian 50 miles and 100 kilometre records.

"I felt very strong during the event and am delighted I have achieved this goal."

Nanango mayor Reg McCallum contacted Clarke yesterday and congratulated her on behalf of all South Burnett residents.

"Anybody who has had anything to do with Angela and her family will realise what a wonderful lady she is," McCallum, said.

"She has crewed and competed in several of our South Burnett five-day races and she is delightful.

"For her to achieve this goal at 57 is a credit to her and all her tightly-knit family."

McCallum said if it was not for ultra distance champions Ron and Del Grant the new world champion may never have been introduced to the sport.

"Just the respect, popularity and support Ron and Del have given to ultra running and sport in general in our community is exceptional," McCallum said.

"To learn that Angela only took up ultra running after meeting the Grants six years ago is such a wonderful thought and must make Ron and Del very proud."

Clarke said her next event will be the Gold Coast marathon. She was recuperating from the 12 hour championships at her Gordonbrook property yesterday.

World champ crowned

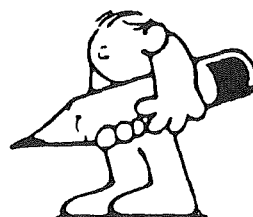


Queen crowned!... New world 12-hour distance champion Angela Clarke was crowned by Queensland Ultra Runners Association committee member Del Grant yesterday. Clarke set a new world record last weekend for women aged 55-59 over 12 hours. She completed 103 kilometres.

South Burnett Times, Tuesday, 21 May, 1996

ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



Any articles will be considered.

Cartoons, photographs, reports or thoughts!

BRISBANE WATER BUSH BASH - 27TH APRIL, 1996

A 47km circumnavigation of the Brisbane Water

by Kevin Cassidy

It was Friday morning when the crack Victorian team (Ross Shilston and myself) flew out to Sydney ready to tackle the NSW Nancy Boys at Brisbane Water. Our trip was delayed at Sydney Airport when some idiot (me) left his luggage on the plane. A bus ride took us to Central Station where we made a one hour train trip to Gosford. Our regular Sydney contact (the lovely Helen Charters) had run off to Wollongong for a triathlon, but we were privileged to be met in Gosford by Helen's sweet sister Sue. We stayed the next two nights at sister Sue's house with her delightful children and mother, Noelene, where we had several in-depth discussions covering topics such as snakes in sleeping bags and elephants sitting on houses.

Saturday morning was race day and the weather was ideal. This is probably the most variable race you can do, as it dishes up all types of terrain in a part of the country that is as picturesque as you could ever wish for. The race was just great, plenty of aid stations and very well marked. I was going well, and as we drew very close to the finish, I was looking good for a course p.b., when myself and a Sydney Striders' runner missed a turn and ended up doing an extra loop around the busy streets of Gosford before treating the race officials and spectators to the unusual sight of having two runners approach the finish banner from the opposite direction. (I was peeved with the fact that this error cost me my course p.b. but I laughed about it later)

Included in your entry fee is free drinks back at the Gosford Sailing Club overlooking the water and the beautiful National Park. It really is the most beautiful place. It is here at the Sailing Club that all the runners get together and drag out their tall stories that seem to get taller as each year goes by. (Back in the old days, I outran 12 lions and 9 crocodiles)

Spot prizes, medals, certificates, superb course, lots of aid stations and helpers, free post-race drinks and lots of good people make this race exceptional value for your \$30 entry fee.

Ross and I spent the next few days in Gosford with sister Sue and Mum, Noelene, where we took in a movie and indulged in sister Sue's favourite passion, visiting coffee shops. In the space of two days, we managed to exhaust all the stocks of coffee in Gosford, Terrigal and Avoca. In face, if sister Sue ever left Australia, I think the coffee bean industry would go broke.

A train ride took us back to Sydney for a 2 day visit at Helen's place before a plane delivered us back to Melbourne.

1996 BRISBANE WATER BUSH BASH RESULTS. 27/4/96

Place	Name	Time.
1st	Michael Burton	3.42.47.
2nd	Kelvin Marshall	3.52.56
3rd	Philip Hugill	3.53.30
4th	Bruce Renwick	4.02.15
5th	Paul (Duke) Mahony	4.07.04
6th	Murray Antony	4.12.19
7th	Jon Worswick	4.13.47.
8th	Mike Ward	4.19.22.
9th	Murray Town	4.19.22.
10th	Kevin Cassidy	4.29.50
11th	Geoff Taylor	4.29.53
12th	Ken Hickson	4.29.59.
13th	Ross Shilston	4.41.37.
14th	Ian Forsyth	4.43.17.
15th	Kevin Tiller	4.46.28.
16th	Dave Girvan	4.53.44.
17th (NEW RECORD)	Wendy Downes (1st Lady)	4.55.59.
18th	Roger Rigby	4.57.14
19th	Jim Screen	5.00.35.
20th	Glenn Hayward	5.06.05.

Brisbane Water Bush Bash

by Graham Butler

A 6am start at Gosford followed by a 47 kilometre run isn't everyone's idea of a great way to spend a birthday. In previous years I'd missed the event owing to illness or injury, but I was convinced this year that my Canberra Marathon finish needed backing up just two weeks afterwards.

The Brisbane Water Bush Bash (BWBB) has certainly become one of the classic runs on the calendar. If you like Six Foot Track or the Brindabella Classic, then this is a run and a half for you. Aside from the challenge of a tough 47 kilometre course, the complete circumnavigation of the BW region isn't such a bad way to spend a Saturday morning after all. A reasonable entry fee, high standards of race organisation and friendly no nonsense runner support are all features of this excellent event.

Good race conditions, great scenery and a wide variety of terrain were bonuses for the sizeable pack of Striders who dominated the field in this year's race. For less agile, stumblebums like myself, the BWBB was never going to be easy or fast. As the race title implies, the amount of rough bush track makes it a struggle for some of us just to stay in the vertical. Notwithstanding this, the day has some particular good and not quite so good personal memories.

Good ones:

- The superb sunrise and panoramic views after a solid ascent to the 10 kilometre mark.
- Listening to one competitor who had finished the Forster Ironman only the weekend prior. That's what I really call backing up! This same bloke had trashed his bike the week before the triathlon by riding into the back of a parked four-wheel-drive.
- Running alone on a superb leafy forest track at the entrance to the Bouddi National Park and being at one with the nature spirits.
- Being almost delirious at around the 39k mark, descending from the forest to a drink station, waving my arms and shouting "Thanks God for the Salvos!" to a lone, startled woman. She didn't call the police or the Salvos, thank God.
- Seeing the marvellous sign which read "Bags of Horse Poo, 80 cents". This gave me a good laugh late in the run when I really needed it.

Not such good ones -

- Passing the church at Kincumber where I was married.
- Making competitors climb the rocky outcrop at the top of Mount Kincumber. Just climbing the hill was enough to turn the legs to jelly.
- The sod of a hill about 7k from the end.
- The last 5k or so where you think it can't possibly be much further, but it seems to just go on and on.

Congratulations to Greg Love and his team of helpers for a wonderful event. I'm sure lots of Striders will be back next year.

(Results continued from previous page)

21st	Mark Tuxford	5.07.19.
22nd	Breath Molloy	5.08.32.
23rd	John Trotter	5.09.23.
24th	Don Nesbitt	5.10.46.
25th	Wayne McCarthy	5.12.41
26th	Peter Hammerschmidt	5.14.14
27th	Peter Malinowski	5.24.43.
27th	Robert Potter	5.24.43.
29th	John Davidson	5.31.04.
30th	Graham Butler	5.31.49
31st	Paul Every	5.33.49.
32nd	Vic Anderson	5.34.15.
33rd	Trudy Rae (2nd Lady)	5.34.37.
34th	Julius Horvath	5.34.38.
35th	Anthony Farnham	5.37.54.
36th	Dominic Boidin	5.40.32.
37th	Sue Ingham (3rd Lady)	5.42.00
38th	Ron Clark	5.44.22.
39th	Mark Boyd	5.50.12.
40th	Travor Allen	5.50.22.
41st	Andrew Mildren	5.59.30.
42nd	Ralph Bristow	6.05.30.
42nd	Tom Hobbs	6.05.30.
44th	Bruce Hall	6.07.50.
45th	Ted Lillis	6.18.55.
46th	Colin Francis	6.31.15
47th	Barbara Allen (4th Lady)	6.52.35
47th	Peter Allen	6.52.35
49th	Maureen Parker (5th L)	7.12.43
49th	Graham Parker	7.12.43
51st	Pat Freeman	7.16.00
52nd	Joseph McCallum	7.18.00
52nd	Clark McCallum	7.18.00
54th	Danny Beard	30 kms.

49 48 Hours Track Championship - SURGERES FRANCE 4/5 MAY 1996

Distance per lap = 0.30159K (301.59 metres)

Total Dist	NAME	Forename	County	Total	laps	Ave dist/hr	Laps prior to last hour	Laps during last hour	Dist during last hour
473.79789K	KOUROS	Yiannis	Australia	1571	9.870789K		1549	22	6.63498K
405.03537K	ARITA	Seigi	Japan	1343	8.438237K		1320	23	6.93657K
383.92407K	GOUBAR	Valeri	Russia	1273	7.998418K		1253	20	6.0318K
378.49545K	BOUSSIQUET	Jean Gilles	France	1255	7.885322K		1235	20	6.0318K
366.73344K	MALLEREAU	Alain	France	1216	7.64028K		1195	21	6.33339K
363.41595K	TRAPP	Sue Ellen	United States	1205	7.571166K		1188	17	5.12703K
343.8126K	GOBIN	Jean Francois	France	1140	7.162763K		1115	25	7.53975K
336.27285K	OLSEN	Susan	United States	1115	7.005684K		1096	19	5.73021K
329.33628K	ADAMS-ROBINSON	Eleanor	England	1092	6.861173K		1072	20	6.0318K
322.39971K	MALLEREAU	Guy	France	1069	6.716661K		1037	32	9.65088K
315.46314K	BAYER	Else	Germany	1046	6.572149K		1027	19	5.73021K
307.92339K	HAUSMANN	Martina	Germany	1021	6.415071K		1001	20	6.0318K
304.90749K	MITTELMAN	Stuart	United States	1011	6.352239K		987	24	7.23816K
304.30431K	FRICKE	Gisela	Germany	1009	6.339673K		989	20	6.0318K
300.68523K	BACKHAUS	Helga	Germany	997	6.264276K		975	22	6.63498K
259.97058K	OUDART	Josiane	France	862	5.416054K		845	17	5.12703K
183.06513K	BARWICK	Sandy	New Zealand	607	3.813857K		585	22	6.63498K
143.85843K	CHULAKOVE	Sacha	Moldavia	477	2.997051K		444	33	9.95247K
Relay teams (2 persons)									
561.56058K	GAUDIN/GINDRE	Bernard/Gilbert	France	1862	11.69918K		1825	37	11.15883K
538.63974K	MAINIX/MEREAUX	Christian/Marc	France	1786	11.22166K		1749	37	11.15883K
228.30363K	DEXET/OLLIVAUX	Bruno/Daniel	France	757	4.756326K		757	0	0

3 WEEKS in the life of YIANNIS KOUROS

April 13/14	WORLD RECORD	24Hr Coburg	294.5046K	(increase of 8.04208K)
	Blisters			
April 16	Flight to Greece via London			
	Legs swollen from long hours in plane.			
April 17/May 1	Training in Greece			
	Continues research for Masters thesis on Greek poetry.			
	Training accident injures leg.			
May 4/5	WORLD RECORD	48Hr Surgeres	473.79789K	(increase of 3.01839K)
May 9	Receives Honours degree.			Latrobe University Melbourne

DECLARATION

1. I, the undersigned, as a condition of acceptance of my entry in the above event for myself, my heirs, executors and administrators, hereby waive all an any claim which I or they might otherwise have for or arising out of any of the loss of my life or injury, damage or loss of any description whatsoever which I may suffer as a result of my participation in the said event. This waiver, release and discharge shall be and operate in favour of all persons and bodies involved in the promotion and staging of the event and their servants and representatives.
2. The judges' decision will be final and no correspondence or disputes entertained.

EVENT ONE

22ND ANNUAL 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

2ND 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

◆ ◆ ◆ ◆ ◆

MAIL ENTRIES CLOSE: WED 5TH JUNE, 1996

NOTE:

- ◆ Minimum Age 12 Years
- ◆ Transport 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 competitors is NOT recommended. The run will proceed in any weather. If necessary, the route will be changed to ensure your safety.

DIRECT PRINTING (044) 215684

NU-STEEL HOMES

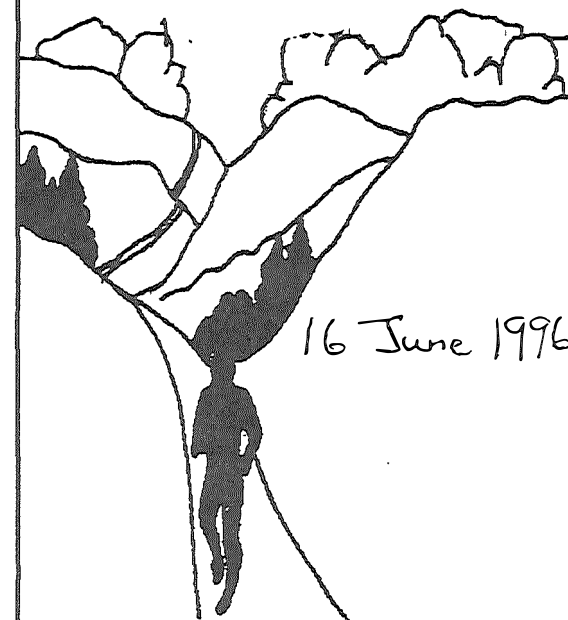
SOUTH COAST

22ND ANNUAL

KING OF THE MOUNTAIN

and

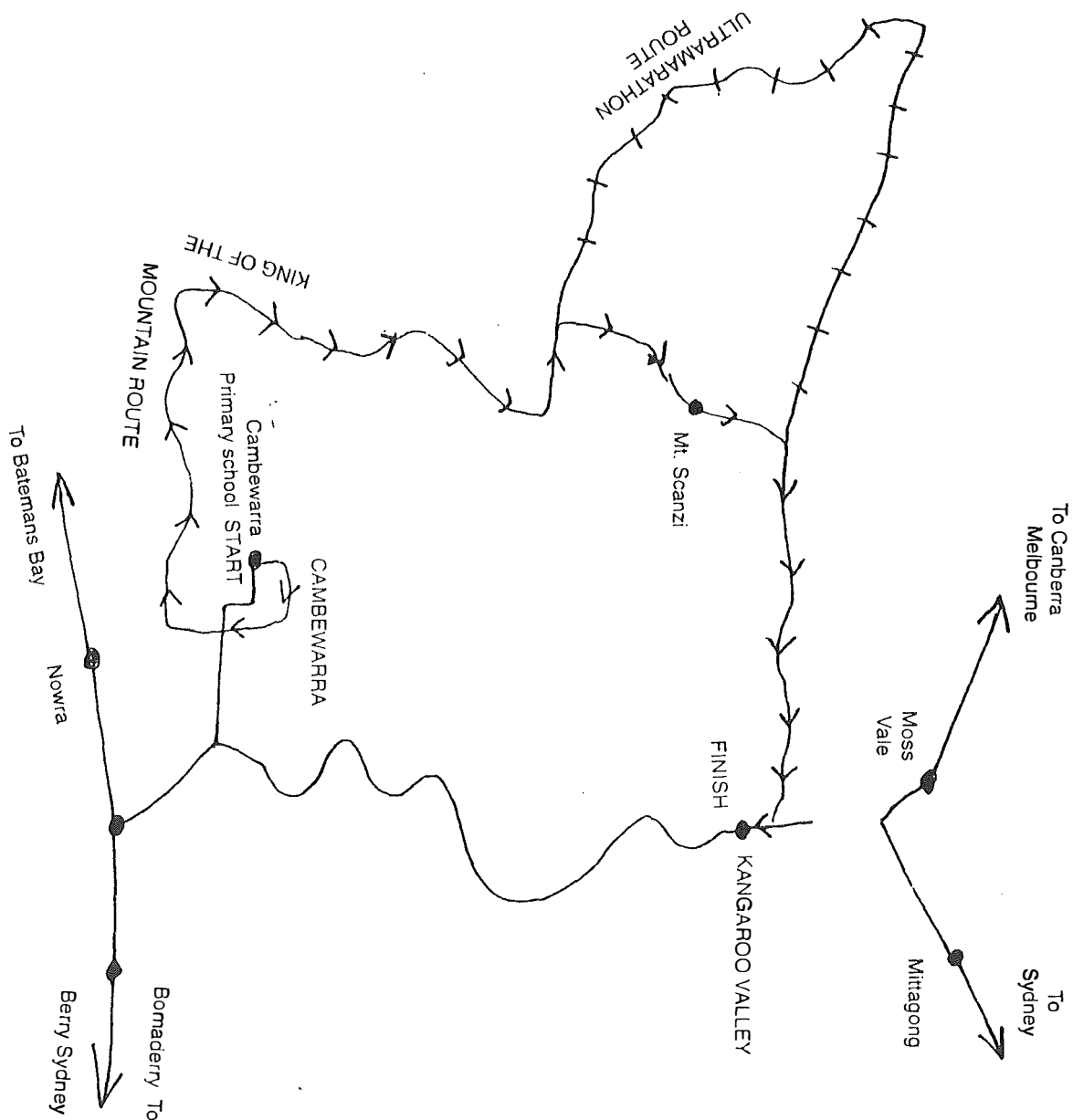
INAUGURAL ULTRA-MARATHON



NOWRA TO KANGAROO VALLEY

**PROUDLY SPONSORED
BY**





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 entries):.....

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

50 MILE TRACK RACE

AUSTRALIAN CHAMPIONSHIP EVENT

SATURDAY 20TH JULY, 1996

ENTRY APPLICATION
please print clearly

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

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

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

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

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

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

CONDITIONS OF ENTRY

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

WAIVER

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

Signed Date.....

Fill out completely this Entry application, sign and date it and send this sheet only, together with your entry fee to the nominated address by the required time. 67.

16TH 50 MILE TRACK RACE

AUSTRALIAN CHAMPIONSHIP EVENT - GENERAL INFORMATION

- CONDUCTED BY: AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
- DATE: Saturday 20th July, 1996
- PLACE: Bill Sewart Athletic Track, Burwood Highway, East Burwood 3151 (Melway 62C8)
- TIME: 8.00 a.m. Race Start
- REPORT IN AT: 7.00 a.m. sharp
- RACE NUMBERS: Will be issued at the venue at 7.00 a.m.
- LAP COUNTERS: These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.
- FACILITIES:
1. Changing rooms, showers and toilets adjacent to the track.
 2. Canteen for the purchase of refreshments, may be open.
 3. Chairs and (if possible) a tent (for weather protection) will be provided for lap counters. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Personal tents are permitted on the lawn areas beyond the outer edge of the track (none are permitted inside the track). Covered clubrooms are located close to the track.
 4. Facilities for heating water.
 5. A leader board will be displayed throughout the race to show distances covered by each runner and placings at the end of each hour.
- PARKING: Car park close to the track. (Vehicles are not permitted beside track)
- TROPHIES & AWARDS: 1st: Neil Coutts Memorial Trophy 2nd: Perpetual Trophy
Other prizes may also be presented. Medallions and certificates will be presented to all finishers within the cut-off time. The presentation ceremony will be held at 3.30 p.m. approximately.
- AURA EVENT RECORDS: D. Isailovic 5:15:00 - 1993 Linda Meadows 6:07:58 - 1994
- AUSTRALIAN RECORDS: D. Isailovic 5:15:00 - 1993 Linda Meadows 6:07:58 - 1994
- AUSTRALASIAN RECORDS: D. Isailovic 5:15:00 - 1993 Linda Meadows 6:07:58 - 1994
- WORLD RECORDS: Don Ritchie (Eng) 4:51:49 - 1983 Linda Meadows 6:07:58 - 1994
- ENTRY FEE: \$26.00 for AURA financial members . Make cheques payable to:
\$30.00 for non-members G.L. Hook
\$10.00 extra for tee-shirt & Mail or deliver entry & fee to:
(optional) Geoff Hook,
42 Swayfield Rd, Mount Waverley, 3149.
(Telephone: 9808 9739)
- CLOSING DATE: All entries shall be delivered by 11th July, 1996
Entries received after 11th July, 1996 may not be considered.
- FURTHER QUERIES TO: Geoff Hook, Tel. 9808 9739 (H) or 9826 8022 (W)

RACE RULES

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

Good running and enjoy this event.

TAMBORINE TREK

Sunday 4th August 1996.

Distance (a) Main event - 68 kms from McIntosh Island to top of Mt Tamborine and return, with a staggered start (not before 4:00am), timed to finish at 2:00 pm or

(b) 47 kms from Tennis Courts at Cnr Maudsland and Guanaba Roads to top of Mt Tamborine and thence to Gold Coast Runners Club on McIntosh Island, two waves, one starting at 9:00 am, the other at 10:00 am.

Entry fees: \$20 or \$15 if members of QURC or GCRC

Awards: Finishers of the main event receive a free tee shirt. Finishers of the lesser event receive a medallion.

Water stops: At intervals of approx 5 kms. Crew cars should be unnecessary and are prohibited on the mountain section.

Race conditions: Keep to the footpaths where possible. If running on the road, stay on the right hand side, facing oncoming traffic. All runners must obey directions from officials. Race walkers are welcome.

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

ENTRY & DECLARATION

Event entered: 68kms [] 47ms []

Name

Address

..... Postcode

Tel No. **Sex** M / F **D.O.B** / /19

Tee shirt/singlet size: Medium [] Large [] Extras 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 prepared for this race.
3. I, my legal heirs and crew will not hold the organisers responsible for any injury, illness or accident sustained, loss of property or death resulting from my participation in this event.

Signed **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

Office Use Only

24 Hour Track Championship

Beaton Park, Wollongong

Entry fee \$35* (includes T-Shirt)



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

[illegible]

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"):

1. 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.
2. I hereby acknowledge that I have sole responsibility for my personal possessions and equipment during the Austral24H and it's related functions.
3. I hereby attest and verify that I am physically fit and have sufficiently trained for this event.
4. I hereby consent to receive such medical treatment which may be deemed advisable in the event of injury, accident and or illness during the Austral24H.
5. I agree to comply with all the rules and directions of the Austral24H and it's servants and agents.
6. I hereby allow the free use of my name and picture in broadcasts, telecasts and press as they pertain to the Austral24H 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.

Please ensure that the Medical Questionnaire and previous Ultra experience sections on the reverse of this form are completed.

* Provisional Title subject to confirmation.

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**.

- | | | |
|---|----------------------------|----------------------------|
| 1. Do you have any current or recurrent medical problems or conditions for which you are being treated by a Doctor? | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| 2. Are you on any medication? | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| 3. Are you hypersensitive to any insect stings? | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| 4. Are you allergic to any medications? | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| 5. Do you wish the medical staff to be aware of any particular medical problem? | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| 6. Have you ever received treatment for either Hypothermia or Hyperthermia? | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| 7. Have you required medical treatment during or following an endurance race? | Y <input type="checkbox"/> | N <input type="checkbox"/> |
| 8. Are you a carrier of Hepatitis B or any other infectious disease? | Y <input type="checkbox"/> | N <input type="checkbox"/> |

Previous Ultra Experience

Details of best ultra performances:

6 Hour	km	50 km	Best Marathon
12 Hour	km	100 km	Longest Run
24 Hour	km	50 Miles	

Other achievements of significance.

* Provisional Title subject to confirmation.



An Australian Ultra Runners Association (A.U.R.A.) event.

THE SHEPPARTON RUNNERS CLUB INC. INVITES YOU TO RUN THE
1996 AUSTRALIAN 100Km ROAD CHAMPIONSHIPS

ENDORSED BY ATHLETICS AUSTRALIA AND AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

ALSO RUNNING

50Km RACE and 30Km RUN

Starting at 6 am SUNDAY 15th SEPTEMBER 1996 Victoria Lake Shepparton.

Run according to the rules of the International Association of Ultrarunners.

- * TRAFFIC FREE FLAT 10 Km COURSE ON SEALED ROADS & BIKE PATHS
- * ACCURATELY MEASURED USING A JONES COUNTER
- * TWO FULLY EQUIPPED AID STATIONS WITH ADDITIONAL WATER STOPS
- * 12 HOUR TIME LIMIT
- * ENTRY FEE. Before 2/9/96. 100km \$35 50km \$20 30km run \$5. (This is not a race.)
(Please note. There will be a \$10 surcharge for entries recieved after 2/9/96.)
- * CHAMPIONSHIP MEDALS from ATHLETICS AUSTRALIA presented to FIRST 3 MALE and FEMALE placings. (A State team challenge will also apply if there are sufficient entries).
- * ALL YOU CAN EAT PASTA. Sat. Evening 14th Sept. \$15 per head. (Please indicate on entry.)

SEE REVERSE FOR CONDITIONS OF ENTRY AND ADDITIONAL INFORMATION

Send your entry application to. The Shepparton Runners Club
c/o 2 Tassone Court Shepparton 3630

Please include a stamped self addressed envelope for return of your race details.

Contact. Russell Weavers 058 211490 or Brian Gawne 058 211693.

Please return this **ENTRY APPLICATION** by 2nd September 1996. (There will be a \$10 surcharge after this date.)

NAME: AGE: on 15/9/96. DATE OF BIRTH:

ADDRESS: POST CODE:

HOW MANY FOR ALL YOU CAN EAT PASTA? PHONE:

Please indicate which race you are entering and enclose	100 km,	50 km,	30 km run.
your cheque made out to the Shepparton Runners Club.	\$35	\$25	\$5

Estimated Race Time: Best Previous Time:

I understand that as a condition of acceptance of my entry in either of the 100km, 50km or 30km runs conducted by the Shepparton Runners Club Inc on 15/9/96 for myself, my heirs, executors and administrators, hereby waive all and any claim, sight or cause of action which I or they might otherwise have for or arising out of loss of my life or injury I may suffer or sustain in the course of or consequent upon my entry or participation in this event. I attest and verify that I am physically fit and sufficiently trained for the event I have entered. 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.

72.

Signed.

Date.

CONDITIONS OF ENTRY

1. The correct entry fee must be paid with your entry application. Parents/Guardians will need to sign the waiver for competitors under the age of 18 years on 15/9/96.
2. The Australian 100Km Championships are open to Australian permanent residents or financial members of a club affiliated in some way with Athletics Australia.
3. The organisers reserve the right to reject any application.
4. All applicants must sign the waiver and pay the appropriate fee before being eligible to run.
5. Late entries after 2/9/96 with a \$10 surcharge will be accepted no later than 5.30am 15/9/96.
6. All entrants will be required to wear an official race number.
7. Medals for a State Teams challenge will only be given if there is a minimum of 3 teams competing. There may be up to 6 runners nominated for each team of which only the first 3 to finish will be counted in the team category. The teams should be organised through AURA.
8. It is possible that one or more runners will be asked to submit to a random Drugs Test. If you are unsure of your medication, you can contact the Australian Sports Drug Agency: Tel. 06 281 1822 or 1800 020506.

OTHER INFORMATION

1. The rules set out in the International Association of Ultrarunners Race Handbook will be the basis of this competition.
2. All runners are strongly advised to have their own helpers. Handlers may assist their runner with food, drinks, changes of clothing, medical requirements, information and similar permitted support. Assistance must be on foot and only last a few paces within 200 meters of the official refreshment and water stations.
3. Pacing of any sort will not be permitted and may result in disqualification from the race if detected. This means no bicycles, unofficial runners or vehicles along side in front of or behind a competitor.
4. No person other than official entrants will be permitted to participate in any event between the hours of 6am and 6pm.
5. The Medical Officer will have the power to withdraw a runner from the race if in his professional judgement a runner is not fit to continue.
6. Protests concerning the result or conduct of the event must be lodged with the Race Referee within 30 minutes of the official announcement of the results.
7. **INSURANCE.** Whilst The Shepparton Runners Club Inc. has a current public liability insurance policy, entrants in any event are not covered for any injury they may suffer. If this is of concern it would be advisable to take out your own insurance.

AURA MEMBERSHIP - STATE BY STATE

NSW	116
THE CLASSY VICS	97
Queensland	49
South Australia	17
ACT	15
West Australia	14
Tasmania	13
Overseas	9
Total	<u>330</u>

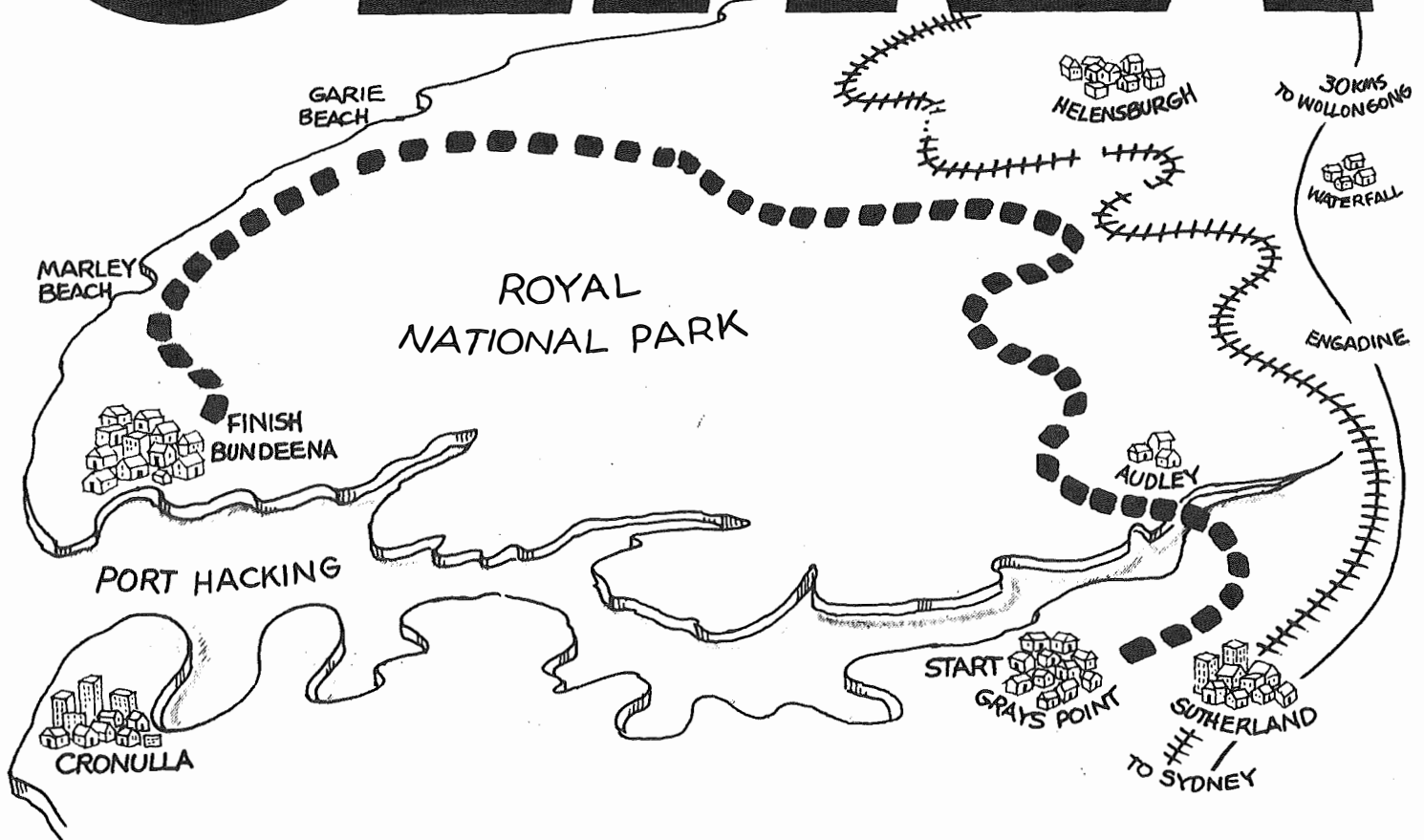
The **BOTTOM LINE** is that the Vics have got **QUALITY** if not quantity!



50 KM

ROYAL NATIONAL PARK

ULTRA



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.

74. **Sponsored by ComFrig**



Saturday 28th September 1996

RACE DETAILS

Date: Saturday, 28th September 1996
Time: 6.00am Individuals
6.30am Teams
Starting Place: Grays Point Oval, Grays Point
(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)
Prizes: Cheques payable to R.N.P. Ultra
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.

SRI CHINMOY TEAM ANNOUNCE NEW SUPER-RACE ALONG MURRAY RIVER

The inaugural **Sri Chinmoy Peace River Footrace** is planned for May 1997. The event is a 10-day stage race covering most of the length of the Murray River, from source to mouth. A typical day's stage will comprise anywhere between 10 and 120 kilometres of running, with the total journey covering about 500 kilometres. As this is only about one quarter of the river's length, the route will not be continuous, with runners being driven from the end of each stage to the start of the next day's stage.

The race is the brainchild of the **Sri Chinmoy Marathon Team**, and recognises the dedication in 1993 of the **Murray River** as a **Sri Chinmoy Peace River**, joining the international programme of **Sri Chinmoy Peace-Blossoms**, over 800 significant and inspiring landmarks, monuments, cities and states around the world dedicated to the cause of peace and international friendship. Other prominent Australian "Peace-Blossoms" besides the Murray River include the State of New South Wales, the cities of Canberra, Sydney and Melbourne, the Sydney Opera House, the Great Barrier Reef Marine Park and Kosciusko National Park.

The Sri Chinmoy Marathon Team are renowned for staging some serious endurance events, including the world's longest footrace, an annual 1,300 mile (over 2,000 kilometre) race held annually in New York; the **Australian National 24-Hour Championship** in Adelaide each October; and the largest triathlon event in the Southern Hemisphere, the **Sri Chinmoy Peace Triathlon Festival** in Canberra each February. They also organise the world's largest relay run, the biennial **Sri Chinmoy Oneness-Home Peace Run**, a torch relay run which last year linked 83 countries and covered a distance greater than twice the earth's circumference.

According to event co-ordinator, Prachar Stegemann, the race is bound to become a popular event:

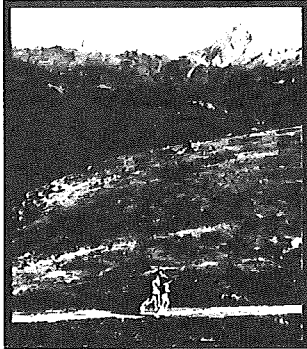
"Since the demise of the Westfield Sydney to Melbourne run, no comparable race has taken its place in the imagination of the Australian sporting public. Linking the States of Victoria, New South Wales and South Australia, and providing life and livelihood to countless thousands along its course, the Murray River is a symbol of unity, and thus an ideal focus for a race dedicated to peace and harmony. Australians generally have a strong pioneering spirit which is captivated by journeys of adventure, so this race, taking in the natural beauty and varied lifestyles of our greatest river, will be like a symbolic journey to the heart of our nation."

The organisers are seeking sponsorship to cover food and accommodation along the route. Each contestant will probably need to provide their own vehicle, and helper.

Any club, organisation, business or individual interested in joining a steering committee to help plan and organise any particular stage of this great race, please contact Mr Prachar Stegemann on ph: (06) 248-0232 or fax: (06) 248-7654.

1996 Information: Himalayan 100 Mile Stage Race follows same itinerary as in 1995, starting Tues. Oct 29. Mirik Resort and ending Tues. Nov 5 (stage race Oct 31-Nov 4). Price \$1200. **Mt Everest Challenge Marathon & Darjeeling 10k** trip follows same itinerary as 1995 starting at Mirik Tues. Nov 5 and ending Nov 12 (marathon Nov 9 & 10k on Nov 11). Price \$1200. **Early arrival** package at Mirik Resort includes 2 days lodging, all meals, sightseeing Oct 27 & 28 or Nov 3 & 4. Price \$60. (\$150. value). **Sikkim Half Marathon** (race Nov 6) **(1) HSR extension:** Nov 5 & 6 in Gangtok, Nov 7 in Delhi for \$300. extra, **OR (2) as part of ECM:** Nov 5 & 6 in Gangtok, Nov 7 Darjeeling, Nov 8 join main ECM group for \$150. extra. **Agra/Delhi extension** on Nov 12, 13, & 14 is \$350. extra. **Hotel in Delhi** on sharing basis with airport transfers is \$100. per person per night. Single supplement \$50. per night in Delhi and/or Mirik. **Mt Everest Bike Rally** to be held simultaneously with **Everest Marathon** trip, Nov 5-12. Price \$1200. For further information contact: **Force 10 Expeditions, PO Box 1925, Eagar AZ 85925 USA, 1-800-922-1491, phone/fax (520) 333-4840**

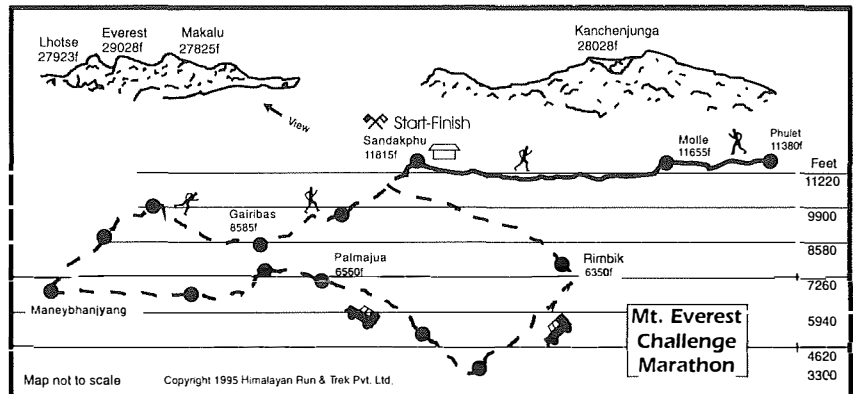
MT. EVEREST CHALLENGE MARATHON & DARJEELING 10K RACE



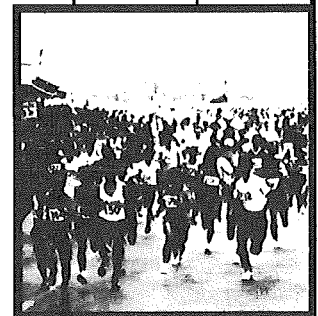
Nov. 7-14, 1995 8 days / 7 nights

\$1200. From Darjeeling, India

The **Mt. Everest Challenge Marathon & Darjeeling 10K Race** are new and exciting events for 1995. On arrival at Mirik Lake Resort, expect warm and sunny weather. There is a full day to relax, sightsee, and shop in Mirik and Darjeeling before walking to Sandakphu along a historic trail marking the boundry between Nepal to the west and India to the east. Passing through rural villages, Nepalese and Tibetan culture mix together with everchanging scenery as you move higher toward Sandakphu National Park and the Mountain Huts which form the "basecamp" for the *Mt. Everest Challenge Marathon*. From Sandakphu Hill (12,000 ft), the panoramic sunrise views of Mt. Everest, Lhotse, and Makalu in Nepal and Kanchenjunga in Sikkim, will heighten anticipation of even better views during the *Marathon*. On race day Nov. 11, runners from all around the world will start at Sandakphu (11815 ft), follow a winding trail gradually down over 8 miles to a lowpoint of 10,800 ft, then climb to Molle Turn at 11655 ft. The remaining 4 miles to the turn-around point at Phulet (11380 ft) will bring even more spectacular views of the world's highest mountains around every turn. Clear blue sky, warm sunshine, and smiling aid station staff will cheer your own pace, whether running at full speed, relaxed running, or walking hills and running flats/downhills. Non-runners can walk or mountain bike toward Phulet with time to chat with Yak herders, watch for wild ponies and other wildlife unique to Sandakphu National Park. The day after the *Marathon*, walk down to Rimbik and drive to Mirik Lake Resort for Awards Ceremonies. Next day, expect a big crowd to watch foreign and local runners compete for valuable prizes in the **Darjeeling 10K Race**. With Kanchenjunga reflecting in Lake Mirik, this will be an exciting event and fitting climax to an unforgettable week of running in the Himalaya's!



Sat-Mon	Tue. Day 1	Wed. Day 2	Thu. Day 3	Fri. Day 4	Sat. Day 5	Sun. Day 6	Mon. Day 7	Tue. Day 8	Wed.Option	Thu.Option	Fri.Option
TRAVEL Transfer to Bagdogra Airport on your own by air or train from Delhi or Calcutta.; by road via Nepal. Bagdogra serves Mirik, Darjeeling, & Sikkim. Allow \$30. for extra nights at Mirik Lake Resort.	MIRIK Trip starts on arrive Bagdogra Airport with transfer to Mirik Lake Resort near Darjeeling. All meals included until trip ends at Bagdogra. Mirik Lake Resort.	MIRIK (5500 ft) Sunrise views of Kanchenjunga reflecting in Lake Mirik. Visit tea estates, monastery, Darjeeling shopping, Himalayan Musuem, and markets. Mirik Lake Resort.	SANDAKPHU (11,800 ft) Early drive to Manbj. (6600 ft). Walk to Sandakphu National Park with time to visit local villages. Mountain Huts.	SANDAKPHU Sunrise views of Everest, Lhotse and Makalu in Nepal, Kanchenjunga in Sikkim, peaks in Tibet and Bhutan. Day walks help to acclimize. Mountain Huts.	SANDAKPHU Mt. Everest Challenge Marathon from Sandakphu past Molle Turn to Phulet and back on trails. Spectacular views throughout the Race. Sub-4:30 winner expected. Full aid stations. Mountain Huts.	MIRIK Walk about 10 miles downhill to Rimbik. Bus to Mirik. Panoramic views along rural roads. Awards Ceremony in Gardens. Mirik Lake Resort.	MIRIK Darjeeling 10K Race is three laps on footpath around Mirik Lake. Hundreds of runners expected from Darjeeling, Sikkim, and other parts of India. Cash prizes. Mirik Lake Resort.	TRIP ENDS Drive to Bagdogra airport. Connect to air or train to Delhi, Calcutta, or bus to Nepal. EXTRA OPTION Taj Mahal & Delhi sightseeing. 3 nights in Delhi included. \$300. extra.	DEPART INDIA -OR- OPTION Taj Mahal & Red Fort Delhi hotel included.	OPTION Delhi sightseeing tour by bus. Delhi hotel included.	DEPART INDIA. Trip ends with airport transfer.



Darjeeling 10K Race

FOR FURTHER INFORMATION CALL 1-800-922-1491 OR FAX (602) 333-4840

Exploring the ever-transcending frontiers
of the human spirit ...

- ▲ For INDIVIDUALS in search of a new and Herculean personal challenge
- ▲ For TEAMS of 3 or more seeking an exhilarating day of athletic camaraderie
- ▲ 3 CHALLENGING swims in 3 separate lakes
- ▲ 3 THRILLING mountain bike courses through bushland and pine forests
- ▲ 3 SPECTACULAR cross-country runs on rugged mountain trails
- ▲ 3 triathlons, one after the other - 9 continuous legs
- ▲ Climbing and descending 9 separate peaks
- ▲ A 150 kilometre journey spanning the length and breadth of Canberra



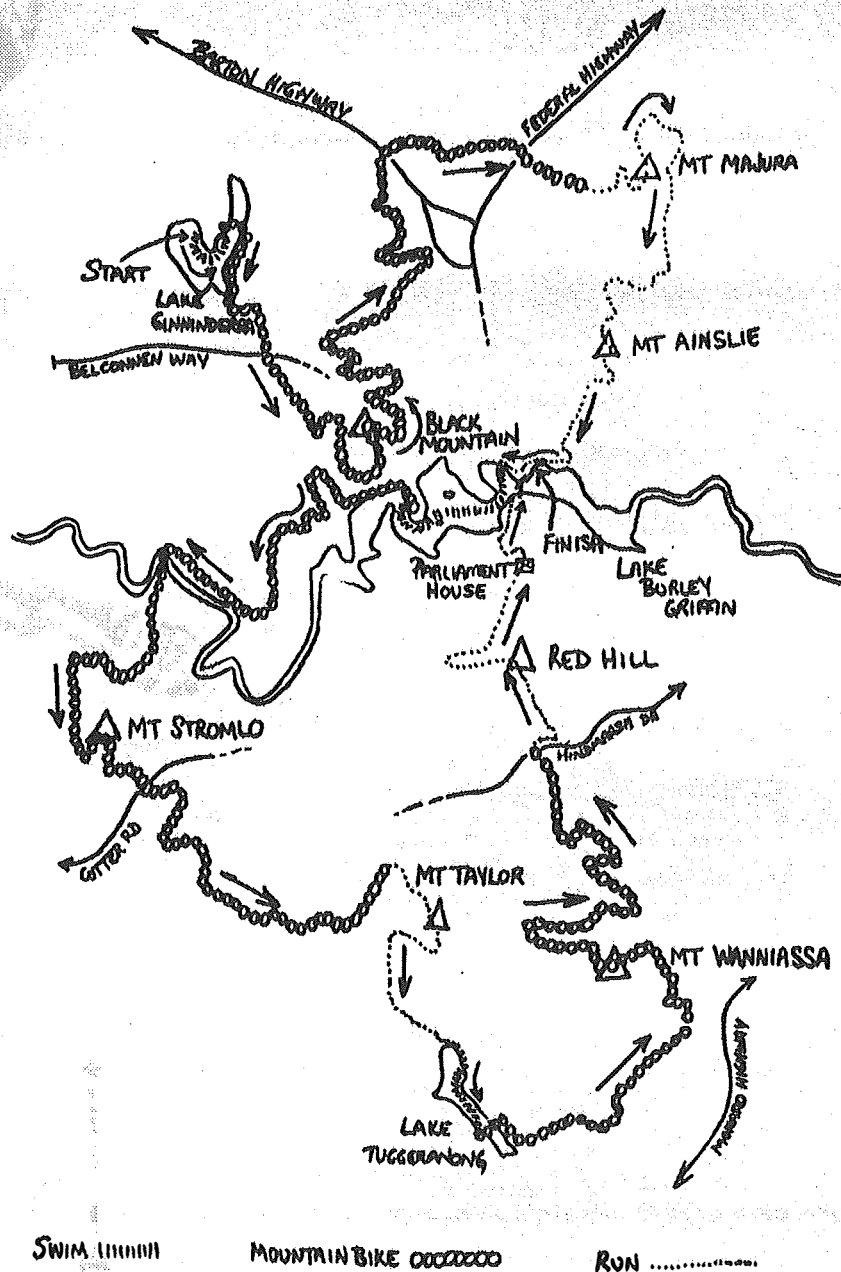
The SRI CHINMOY MARATHON TEAM is proud to introduce a new dawn-to-dusk adventure offering the ultimate experience of our Nation's Capital...



SRI CHINMOY PEACE CAPITAL TRIPLE TRIATHLON

Sunday November 24, 1996

Course Map



Entry Details

Close of entries: October 25, 1996
 Cost of entry: Individual \$90*
 Team \$108*

*Add \$5 one day licence fee if not association member

Late entries (if received after October 25) will be accepted only at the discretion of the event organisers. If so, late entry fee of \$20 for individuals, or \$32 for teams will apply.

Mail your entry as early as possible to:

Sri Chinmoy Peace Capital Triple Triathlon
 GPO Box 3127
 Canberra City
 ACT 2601

For information, phone (06) 248 0232 or (06) 251 2813

NEW ZEALAND'S

Participate in the IAU Australasian 100km Championship incorporating AIMS measured 1/2 marathon, full marathon & relay (5 person maximum) over the 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, motel, farmstay, camping and activity options available upon request.

Air New Zealand
for travel arrangements contact your nearest Air New Zealand agent:

Europe
Air New Zealand Toll Free
Telephone:

Italy
phone: 16 7876126 Toll Free
fax: 06486793

Luxembourg
phone: 0800 2527 Toll Free

Sweden
phone: 020 792 939 Toll Free

Norway
phone: 800 11080 Toll Free

Denmark
phone: 800 17055 Toll Free

Finland
phone: 980 14488 Toll Free

Belgium
phone: 0320 21358 Toll Free

Netherlands
phone: 060 221016 Toll Free

France
phone: 059 07712 Toll Free

Spain
phone: 900 993241 Toll Free

Germany, Switzerland, Austria
Air New Zealand
Friedrichstrasse 10-12
60323

Frankfurt
phone: 069 971 4030
fax: 069 971 40390

USA
Air New Zealand Travelcentre
phone: (310) 648 7077
fax: (213) 648 7017

Canada
Air New Zealand Travelcentre
phone: (604) 640 4608
fax: (604) 640 4616

United Kingdom
Air New Zealand - London
Retail Sales Department
phone: 0171 846 9595
fax: 0170 839 1604

Japan
Air New Zealand - Tokyo
District Office
phone: 03 3213 0968
fax: 03 3213 1034

Hong Kong
Air New Zealand Travelcentre
phone: (852) 524 9041
fax: (852) 845 5366

Singapore
Air New Zealand
phone: (65) 532 3846
fax: (65) 535 5912

Australia
Sydney
phone: (02) 223 4666
fax: (02) 221 6812

Melbourne
phone: (03) 602 5900
fax: (03) 600 1730

Brisbane
phone: (07) 229 2799
fax: (07) 221 7289

Perth
Travelcentre
phone: (09) 325 1099
fax: (09) 221 1490

South Africa
Johannesburg
phone: 011 886 6121
fax: 011 787 3800

Durban
phone: 031 216 061
fax: 031 217 809

Capetown
phone: 021 419 9382/3/4
fax: 021 419 5208

Zimbabwe
phone: 79 1944
fax: + 2634 72 2616

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"

INFORMATION and/or ENTRY FORM

Date: **SATURDAY 16 NOVEMBER 1996**

Time limit: 14 hours Start times: 6:00am 100km, marathon, relay
7:00am 1/2 marathon

First Name _____ Surname _____

Postal Address _____

Town/ City _____

Phone/Fax (Hm) _____ (Bus) _____

Birth Date _____ Age on Race Day (18yrs required 42 & 100km) _____

Occupation _____

Distance Chosen (circle one): 21km 42km 100km Predicted Time: _____

Entry fee: (NZ \$150 relay/\$40 21km/ \$80 marathon & 100km) Previous Best: _____

shirt size: sm med l xl details of accomodation (circle preference): Brydone Hotel/Farmstay/motel

For race brochure, entry form, further information on New Zealand and other New Zealand running events please fill out & return to:

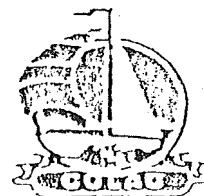
80.

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

SOUTH ISLAND



AUSTRALIAN 6 DAY RACE COLAC INC.



President: (052) 322471
Secretary: (052) 315310 or 014 825 352
Treasurer: (052) 312558

P.O. Box 163
Colac 3250
Victoria

1996 AUSTRALIAN 6 DAY RACE ENTRY FORM SUNDAY 17 NOV - SATURDAY 23 NOV 1996

NAME: _____
ADDRESS: _____

PHONE:(H) _____ (B) _____
AGE: _____ D.O.B. _____ NATIONALITY: _____

ENTRY FEE: \$100 - to be made payable to Australian 6 Day Race Committee.
\$25 LATE FEE for entries after AUGUST 5TH 1996

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Australian 6 Day 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 rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.

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

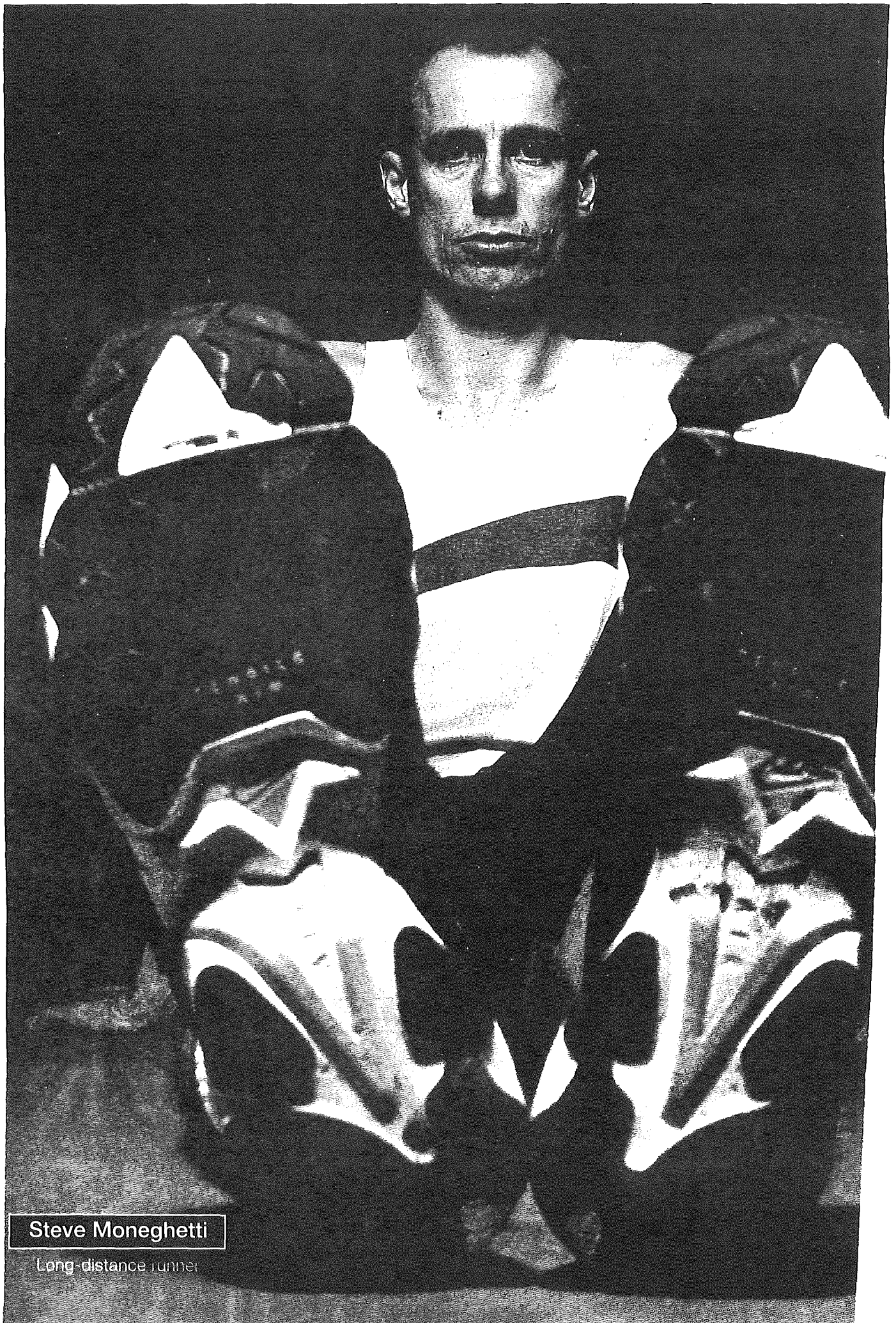
SIGNED: _____ DATE: _____

PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:

NAME: _____
RELATIONSHIP: _____
PHONE: _____

RUNNER'S CREW - Please supply the names of at least one crew member who will assist you during the race. Remember, NO CREW, NO START!

CREW: _____



Steve Moneghetti

Long-distance runner

STEVE MONEGHETTI A MODEST CHAMPION

An inspiration to us all

(Article reprinted from Good Weekend, "The Age" 18/5/96)

Marathon man

Article by **Peter Cotton** Photograph by **Sandy Nicholson**

Australian marathon champion Steve Moneghetti admits he might perform better at his long-distance specialty if he kept to himself a little more, were a bit lonelier.

The social whirl that comes with success in his gruelling event is a distraction, he says, but he wouldn't have it any other way. "I go to a lot more social functions than I should and that might be detrimental to my training, but I really enjoy meeting people. If I didn't do it, I don't think I'd be as dedicated as I am."

Affable and open to discussing personal details, Moneghetti doesn't see himself as famous: "I'm just a person like everyone else," he says. The 200 km he clocks each week in training is rarely run alone. "If you can run along with us, you can join us."

Like many long-distance runners, Moneghetti is intense. Answers in interview are full but delivered rapid-fire. When asked about relations with marathon rivals, two things surprise. Though he's only ever spent half an hour talking to Kenyan runner Douglas Wakiihuri, he regards him as one of his best friends. "You have great respect for the other people in a marathon because you know all the hard work they've put in," says Moneghetti. "I've had major battles with Douglas and that's made us very close."

On the other hand, Moneghetti's relationship with another Australian marathon great, Robert de Castella, is far from close. But, says Moneghetti, there were no "ding-dong battles" with de Castella. "We are developing a far better relationship now," he adds.

Moneghetti has been running marathons for a decade and while he loves racing, he's not so fond of the training and people's expectations. Before sport took over his life, he was a high school maths teacher. Now he chairs a Victorian Government review of physical education in State schools and, when he's not tied up with that, he's training or in competition, replying to mountains of letters, or filling a regular spot on Melbourne commercial radio. But his busyness doesn't end there. He and wife Tanya also have toddler Emma to care for, a responsibility that Moneghetti says has given him a different perspective on life.

"You can't be selfish when you have your own child," he says. "A child makes you think of things beyond your own life expectancy."

He admits to being naturally insecure and his

sense of self-worth was never lower than when he placed 48th in the marathon at the 1992 Barcelona Olympics. "I felt I'd let everyone down," he says. "I couldn't have done better, but my physio, coach and some friends after the race questioned my performance. I'm sure the Australian public did as well."

After Barcelona, Moneghetti resolved to avoid hot-weather marathons where possible. He also used the Olympics failure as a spur and went on to win the 1994 Tokyo Marathon and gold at the Commonwealth Games in Victoria, Canada. The wins prompted authoritative British publication *Athletics International* to rank him world number one in the marathon.

The financial rewards for world-class marathon runners are significant, but Moneghetti generally forsakes the lucrative city races for the more prestigious championship events. "I grew up thinking that representing your country meant everything and that the Olympics are the pinnacle of sport," he says. He's focused on the upcoming Atlanta Olympics. It's another hot-weather run, but a gold medal there would fulfil a lifelong ambition. "If I'd won gold earlier I would have moved to another sport," he says. "I haven't won Olympic gold and that keeps me hungry."

His main opposition in Atlanta is expected to be Mexican Dionicio Ceron, the man who edged him out to win last year's London marathon. The race with Ceron has already started in Moneghetti's mind. "He vomited straight after he beat me in London," says Moneghetti. "So I know now that even if he's looking pretty good, he'll be struggling more than you'd think."

Moneghetti's preparations for the Olympics marathon in August have been less than perfect. He came only 10th in last month's Boston Marathon behind a pack of Kenyans who filled the first five placings. It was Moneghetti's last race before Atlanta but he says he's relaxed and doesn't feel the weight of public expectation like he did four years ago, before Barcelona. "That pressure's now on other people like Cathy Freeman," he says.

Before and during a marathon, the biggest hurdle for a runner is the thought of the race itself. "Sometimes, just finishing is a win," says Moneghetti. "If I get to 35 km and I don't think I'm going to hit the wall, then I get competitive and worry about beating the opposition." □

ULTRADISTANCE SUMMARY FOR 1995

by Andy Milroy

It can be argued that 1995 was the greatest year yet seen in International Ultra Running. In the standard events, the 100km and 24 hours, new world bests were set and unprecedented levels of performance were achieved. In the wider spectrum of ultra performance, there was a similar high level, even in the more extreme events.

Right from the start, 1995 began with a flourish. Bernard Curton (FRA) ran 6.32.41 at the Rognonas 100km in January; then the Brazilian, Valmir Nunes set a new Western Hemisphere 100km best of 6.22.13 in February at the US National Championships, to rank him third on the alltime list. In April Tim Sloan set a new Australasian 100km best of 6.29.25 in Tasmania. May saw the European 100km Championships at Chavagnes, France and the Pole, Jaraslow Janicki won with 6.28.36, and in Brazil Jose Correira Da Silva ran 6.30.25 at Sao Paulo.

This level of performance continued into June as first Konstantin Santalov (RUS) returned to form with 6.28.52 at Torhout, and then Kaminari Kondo (JPN) set a new Asian best of 6.26.23. It became obvious that 1995 was going to be special-five men had broken 6.30 in the first six months, equalling the best ever for any ONE year.

Thus the World 100km Challenge in Winschoten in September was set to be a remarkable race, and it was. Valmir Nunes, after three successive retirements in the World Challenge, was determined to win, went to the fron early and stayed there. Despiet the best efforts of the 1994 Champion, Alexey Volgin, Nunes was not to be denied. He won in 6.18.09, the second best performance ever and Volgin, in second, produced the third best performance ever with 6.20.44. The torrid pace took it's toll, and it was to be Tom Johnson with a new US record, who was to take third place with 6.30.11. The strength in depth behind them equalled the greatest number under seven hours in one race (24). However these epic performances were over-shadowed by the winner of the women's race. Ann Trason (USA) set out at sub 7 hour pace, and only slowed slightly to achieve 7.00.48, a remarkable new world road best. Helena Joubert (RSA) was second in 7.31.47 and Maria Bak (GER) third with 7.35.48. Fourteen women broke eight hours, the greatest ever in one race. The team races were, perhaps, even more impressive, in some ways. 21 of 22 national teams finished in the men's race and 9 of 10 national teams finished in the women's race.

There were still fireworks to come in the 100km event later in the year. In early October in Spain, Santalov again clocked under 6.30 with 6.29.14 but the surprise of the year came at Amiens in France when the Czech, Jiri Jelinek ran 6.25.19, in a remarkable breakthrough into the highest level. More was to come from Eastern Europe. At Kalisz in Poland, later in the month, Janicki, who had retired at Winschoten, showed his true ability with a personal best of 6.22.33. This was the tenth prformance in 1995 under 6.30, and that distinction was achieved by a record number of seven men. New national records were set for Brazil, the Czech Republic, Australia, Japan, Russia, the United States and Ukraine.

For the women, the year rankings were to be dominated by Winschoten. However the European Championships at Chavagnes had seen an excellent women's race when Isobel Olive (FRA) won in 7.43.14 ahead of Lynn Harding (GBR) making her ultra debut with 7.52.23. 50 year old Danielle Geffroy (FRA) was third with 7.54.10. With four women under 8 hours and nine under 8.18, the competition was second only to the World Challenge. Mary Morgan (AUS) weighed in with 7.49.20 to win at Lake Saroma in June and a new French star, Sylvie Laville won her national championships in 7.58.46 in July. In September, Sybille Mollensiep (GER) ran 7.43.36; in October, after a relatively lean season, Valentina Liakhova (RUS) returned to form with a late season win in Spain with 7.40.58 and in November Linda Meadows (AUS) set a new Australasian best in New Zealand with 7.40.57. Joubert, Olive, Cosgrove and Hirosova set national records for South Africa, France, New Zealand and Japan respectively.

Ranking the top performers this year, Valmir Nunes was dominant, with the first and third best times of the year as well as a commanding win in the World Challenge. Volgin and Janicki are second and third. Janicki was more consistent, but Volgin set a new Russian record, ranking him second only to Nunes, and of course finished second at Winschoten. Tom Johnson (USA) probably deserves fourth spot ahead of Santalov, who ran well a couple of times with Sean Meiklejohn (RSA) up there too.

The women's ranking must be determined by the World Challenge, with Trason first, Joubert second and Bak third. Valentina Shatyaeva (RUS) probably deserves fourth place ahead of Isobel Olive (FRA) and Carolyn Hunter-Rowe (GBR).

Although the 100km performances reached a new peak of excellence in 1995, the strength in depth was down on the 1993 record levels as far as the men were concerned, and for the women a little down on 1994-possibly the result of the sport becoming more professional at the highest levels.

The 24 hour event was also to see some remarkable performances, despite the fact that unfortunately there was no International Championship in 1994. The Podolsk Indoor event, early in the year, in Moscow was won by Aleksander Shchekin (RUS) with 258.145kms from Maxim Vorobyev (RUS) with 257.202kms, somewhat down on the race's usual high standard. But in April the 24 Hour Year began in earnest. Yiannis Kourou (GRE) has been in semi-retirement for a couple of years and he decided to test his fitness prior to a trip to the Surgeres 48 Hour Track Race in France. His "time-trial" of 282.981kms, was only a couple of laps shy of the world track best! He duly went to Surgeres in May where he extended himself further further in the very hot conditions he enjoys. En route to a remarkable 48 hour performance he set a new world 24 hour track best performance of 285.362kms.

In June the Podolsk outdoor 24 hour event saw remarkable strength in depth from the Russians. Anatoly Kruglikov ran 275.982kms, Eduard Khironov 272.619kms and Ivan Labutin 267.088kms with Enver Balabekov in fourth covering 258.382kms in what was the greatest 24 hour event ever.

Such an incredible level of competition could, obviously, not be maintained but in July, Labutin also won at Odessa with 251.815kms, which together with his Podolsk run gave him the IAU 24 Hour Europa Cup title. At Worschach, Austria, Karsten Sorensen (GER) ran 254.542kms and current French number 1, Jean-Pierre Guyomarc'h covered 243.251kms in the national championships at Vannes. The German championships were won by Michael Maier with 240.526kms at Bobingen in September. The end of season races were dominated by Seigi Arita (JPN) who won twice, with a best of 240.010kms at Niort in November.

The women's 24 hour events were less spectacular but there were solid performances from Yelena Siderenko (220.645kms) indoors at Podolsk in February, and in Australasia, Helen Stenger (AUS) and Wynnie Cosgrove (NZL) ran 219.782kms and 216.770kms in April and May. In June Siderenko set a new Russian track record at Podolsk (226kms). The best road marks came from the consistent Helga Backhaus (GER) with 221.655kms and Marie Bertrand (FRA) with 224.758kms.

Despite the absence of an international championships, ranking the top 24 hour performances is not too difficult. Obviously Kouros was the Number 1 with Kruglikov second and Khironov third. The consistent Labutin was fourth. The top woman has to be Siderenkova from Bertrand with Backhaus third, followed by Stenger and Cosgrove. The last couple of years has seen a resurgence in the 24 hour event at the highest level. The European Challenge event at Courcon (FRA) in September 1996 should ensure this continues.

There were remarkable 48 hour results at Surgeres. Behind Kouros' new world best of 470.781kms, Tomas Rusek (TCH) gained second place on the alltime list with 433.384kms. The best women's mark of the year was achieved by Helen Stenger (AUS) with 329.256kms at Lota, Queensland in June.

Multi-day events are expensive to promote, and the number world-wide tends to be few, but they are wide spread. Australia, Ukraine, South Africa, Australia and the United States. The best Six Day Mark of the year was 791.797kms by Georgs Jermolajevs (LAT) who set an unratified 1000 mile mark at Odessa some years ago. He had travelled to the longest race on a certified circuit in New York. His Six day mark was a split; he passed 1000miles in 12days 20hours 14mins 27secs and 2000kms in 16days 00 hours 31mins 50secs; he was on route to a new best for the 1300 mile event. In 1996 the organisers plan a 2700 mile/ 4345km race!

The longest event of 1995 was the Trans-Continental race across the United States. Dusan Mravlje (SLO) won the 4676.800km stage race in an elapsed time of 427hours 59 minutes averaging 10.9kms per hour-the fastest ever.

The classic events also reflected the upsurge in standards. The London to Brighton race (GBR) was won in record time by Sarel Ackermann (RSA) in 5.55.49 for the 88km course, and Lesley Turner was first woman in 7.11.39. The Comrades Marathon (90kms) in South Africa in May was won by Sean Meiklejohn, after a tough battle with Charl Mattheus, in 5.34.02. The first woman was Maria Bak (GER) in the second fastest time ever of 6.22.45 ahead of Helene Joubert and Valentina Shatyaeva. The

first two runners were to reverse their positions in the 100km World Challenge , behind Ann Trason who also started the Comrades.

The Spartathlon (246kms) in Greece was won for the second year running by James Zarei (GBR) in 25hrs 59mins 42secs and Helga Backhaus (GER) was the first woman with 29.33.00.

Stage races are also popular and zarei won one of the most significant events-the 450kms Hiroshima to Nagasaki Peace Run in 52.55 held between August 6th and 9th. In October the 355km Vienna to Budapest stage race was won by Janos Bogar (HUN) in an elapsed time of 24.06.29 and the woman's race was won by Alciro Lario of Portugal with 29.45.45.

The world ultra scene continued to develop in 1995. The significant areas focussed on in last year's summary, Asia and Latin America have continued to progress. Kaminari Kondo's 6.26.23 at Lake Saroma took him to eleventh place on the 100km alltime list and his fellow countryman Seigi Arita has established himself as one of the foremost 24 hour performers with 2nd place in the IAU 24 Hour Europa Cup Competition, following wins in major French races in October and December. Latin America made a major impact on the world scene with Valmir Nunes (BRA) stamping his authority on the 100km and other Brazilians have produced significant performances on home soil.

The Russians have been a dominant force for some years, but this year other ultrarunners from Eastern Europe have made a major impact. Poland has one of the most consistent of the top 100km performers in Jaraslow Janicki, the double European Champion and their national team was third in the World Team Competition. The Czech republic has a new find in Jiri Jelinek, and Yuri Kasmin of Ukraina took seventh place in the World Challenge. In the longer events Georgs Jermolajevs (LAT) won the 1300 miler and Dusan Mravlje of Slovenia won the Trans-America Race.

In the 100kms the emergence of the United States as a world force has been gradual, and the result of a long term strategy. It could be argued that at present, they and the Russians are the dominant teams, especially bearing in mind that the Americans have reserves like Alberto Salazar to be called upon. The Japanese are progressing year year on year, and the French, Germans and British are developing new talent. The South Africans are still fixated by the Comrades Marathon but the efforts of Sean Meiklejohn and Helena Joubert may attract attention to more standard events.

With runners from four different continents in the first four places in the men's race in the IAU 100km World Challenge , and the top three from three different continents filling the first three places in the women's race, the world wide development of ultradistance running is obviously making excellent progress. This impression is confirmed by the fact that the seven men who broke 6.30 for 100kms this year came from four different continents, and a runner from a fifth continent ran just outside with 6.30.11, and from a sixth continent a runner ran 6.30.28 (and ran 6.26.58 in 1994!).

Andy Milroy
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AUSTRALIAN RANKINGS FOR 6HRS TRACK by men

Rank	Name	State	PB for 6HRS	Place	Date	at Age
1	BADIC, Safet	VIC	87.372km	KNOX	30/10/94	34
2	JACOBS, Trevor	ACT	83.600km	EAST BURWOOD	21/06/92	
3	KOUROS, Yiannis	VIC	83.600km	COBURG	8/4/95	39
4	DUCK, John	VIC	81.332km	KNOX	30/10/94	
5	WILSON, Greg	VIC	78.426km	BURWOOD	25/10/92	
6	SMITH, Jeff	VIC	77.083km	BURWOOD	27/06/91	41
7	DIETACHMAYER, Tony	VIC	76.707km	BURWOOD	25/10/92	29
8	BOASE, Geoff	QLD	76.439km	KNOX	30/10/94	43
9	STANDEVEN, David	SA	76.140km	FRANKSTON	30/04/94	42
10	MEDILL, Graham	QLD	75.458km	IPSWICH	18/04/92	44
11	FRANCIS, Mick	WA	74.519km	BUNBURY	04/03/95	
12	SKROBALAC, Joe	VIC	73.562km	BURWOOD	27/10/91	39
13	ALEXANDER, Keith	VIC	72.752km	COBURG	27/02/93	
14	CURTIS, Bob	VIC	72.563km	BURWOOD	25/10/92	
15	GRAY, Peter	VIC	72.258km	BURWOOD	27/10/91	27
16	SIMMONS, Brian	VIC	72.199km	BURWOOD	24/10/93	
17	LOVE, Greg	NSW	71.060km	WOLLONGONG	26/03/94	
18	JOANNOU, Bill	NSW	70.644km	COBURG	27/02/93	36
19	TORRE, Joe		70.064km			
20	WON, Kar	WA	69.811km	PERTH	30/05/92	
21	BOHNKE, Michael	NSW	69.770km	EAST BURWOOD	27/10/91	37
22	SMITH, Bryan	VIC	69.660km	TOORGAROOK	2/5/93	49
23	CAMPBELL, Ron	VIC	68.984km	BURWOOD	25/10/92	49
24	GAYNOR, Brendon	WA	68.626km	BUNBURY	04/03/95	44
25	QUINN, Peter	VIC	68.518km	BURWOOD	28/10/90	
26	BELL, John	VIC	68.474km	EAST BURWOOD	27/10/91	47
27	WRIGHT, Doug	WA	68.301km	BUNBURY	02/04/94	48
28	SILL, David	NSW	68.000km	BURWOOD	19/06/93	46
29	HEPBURN, Brickley	VIC	67.732km	OLYMPIC P	04/08/90	39
30	DE FANIS, Sam		67.671km	BURWOOD	24/10/92	
31	CORMACK, George	VIC	67.281km	WOLLONGONG	1/4/95	44
32	ARMISTEAD, Peter	VIC	66.825km	FRANKSTON	30/04/94	48
33	BEAUCHAMP, William	VIC	66.358km	BURWOOD	25/10/92	47
34	MARIS, Tony	WA	66.348km	BUNBURY	29/02/92	
35	CROUCH, Lawrence		65.993km	BURWOOD	24/10/93	
36	DUFFELL, Geoff	VIC	65.936km	BURWOOD	24/10/93	42
37	FICKEL, Bob	NSW	65.279km	WOLLONGONG	1/4/95	43
38	FARNHAM, Tony	NSW	65.250km	WOLLONGONG	26/03/94	
39	KIP.MELHAM, Anyce	NSW	65.200km	WOLLONGONG	1/4/95	
40	GIBSON, Peter	QLD	65.160km	CENTENARY LAKES	07/01/95	39
41	KILLNER, Roger	WA	64.954km	PERTH	30/05/92	
42	DUCKWORTH, Steve	VIC	64.625km	BURWOOD	24/10/93	
43	GRAYLING, Michael	VIC	64.602km	BURWOOD	27/10/91	35
44	HERPICH, Ludwig	NSW	64.400km	WOLLONGONG	26/03/94	
45	HARPER, John	VIC	64.303km	KNOX	30/10/94	
46	MEALEY, John	WA	63.927km	BUNBURY	04/03/95	
47	LOMBARDI, Rudy	VIC	63.737km	BURWOOD	27/10/91	
48	KELLAR, Chris		63.681km	BURWOOD	24/10/93	
49	TAYLOR, Maurice	NSW	63.647km	IPSWICH	18/04/92	43
50	VISSER, Jeff	VIC	63.585km	TOOTGAROOK	2/5/93	29
51	DONNELLY, Bruce	QLD	63.510km	WOLLONGONG	26/03/94	
52	HUGHES, Randall	VIC	63.354km	BURWOOD	25/10/92	68

53 SAYERS, Bob	VIC	63.180km	FRANKSTON	30/04/94	52
54 FRENCH, Cliff	QLD	63.029km	CENTENARY LAKES	07/01/95	51
55 JENKINS, Rick	VIC	62.955km	BURWOOD	27/10/91	38
56 MORELY, Darren	QLD	62.880km	IPSWICH	18/04/92	
57 ROONEY, James	NSW	62.800km	WOLLONGONG	26/03/94	
58 DUNN, Stephen	SA	62.619km	BUNBURY	02/04/94	27
59 GRAEME, Alford	VIC	62.538km	EAST BURWOOD	28/10/90	
60 ALFORD, Graeme		62.538km	EAST BURWOOD	28/10/90	
61 SUTTON, Denis	WA	62.483km	BUNBURY	02/04/94	44
62 LEONARD, Simon	WA	62.431km	BUNBURY	02/04/94	34
63 McCLOSKEY, Ian	QLD	62.424km	IPSWICH	18/04/92	
64 WOODS, Peter	VIC	62.049km	COBURG	27/02/93	
65 PRITCHARD, Mark	WA	62.033km	BUNBURY	02/04/94	46
66 JENSEN, Hans		61.807km	BURWOOD	28/10/90	
67 HOOK, Geoff	VIC	61.391km	KNOX	30/10/94	49
68 WITT, Alan	VIC	61.267km	BURWOOD	27/10/91	
69 BAZELEY, Gavin	QLD	60.567km	IPSWICH	18/04/92	29
70 HARTLEY, Ernest	VIC	60.490km	BURWOOD	27/10/91	41
71 BLACKMAN, Fred	VIC	60.435km	EAST BURWOOD	28/10/90	
72 BURNS, Bob	QLD	60.321km	IPSWICH	18/04/92	48
73 BAXTER, Bill	VIC	59.692km	EAST BURWOOD	27/10/91	
74 CHANNELLS, Robert	NSW	59.597km	IPSWICH	10/04/93	
75 PARSONS, Gary	QLD	58.761km	IPSWICH	10/04/93	44
76 BEVERIDGE, Steel	NSW	58.670km	TOOWOOMBA	28/03/93	42
77 RABL, Dave	VIC	58.390km	BURWOOD	24/10/93	
78 GREEN, Keith	VIC	58.152km	BURWOOD	24/10/93	
79 GREEN, Colin	WA	58.000km	BUNBURY	27/02/93	
80 COX (JNR), Terry	VIC	57.840km	E BURWOOD	28/10/90	25
81 PEARCE, Phil	WA	57.830km	BUNBURY	04/03/95	
82 MATCHETT, Ken	VIC	57.753km	BURWOOD	25/10/92	
83 BILTON, Nigel	WA	57.548km	BUNBURY	29/02/92	
84 ROWE, Craig	QLD	57.290km	WOLLONGONG	26/03/94	26
85 BUTKO, Peter	VIC	57.105km	FRANKSTON	30/04/94	16
86 PICKARD, Terry	QLD	56.899km	IPSWICH	18/04/92	
87 BRISTOW, Ralph	VIC	56.850km	WOLLONGONG	26/03/94	54
88 DONOVAN, Tom	VIC	56.708km	EAST BURWOOD	28/10/90	59
89 JOHNSTON, Norm	VIC	56.618km	BURWOOD	25/10/92	55
90 KENNEDY, Brian	WA	56.424km	BUNBURY	29/02/92	
91 RAINES, Wayne	QLD	56.422km	IPSWICH	18/04/92	33
92 BISHOP, Graeme	VIC	56.217km	EAST BURWOOD	27/10/91	
93 CLARKE, Ian	VIC	56.008km	BURWOOD	25/10/92	
94 COLLINS, Tony	NSW	56.000km	WOLLONGONG	26/03/94	46
95 WISHART, Greg	VIC	55.732km	BURWOOD	28/10/90	52
96 HILLBRICK, Adam		55.536km	BURWOOD	24/10/93	
97 MASON, Don	WA	55.011km	BUNBURY	29/02/92	
98 SHAW, Doug	WA	55.000km	BUNBURY	04/03/95	
99 POLLARD, Godfrey	VIC	54.771km	BURWOOD	25/10/92	61
100 MACKAY, Mark	QLD	54.716km	NANANGO	08/03/94	27
101 SCANLON, Shaun	NSW	54.400km	WOLLONGONG	26/03/94	49
102 TIMMS, John	QLD	54.270km	FRANKSTON	30/04/94	51
103 POWER, Tony	VIC	54.181km	BURWOOD	28/10/90	
104 CARRIGAN, John	NSW	54.031km	CENTENARY LAKES	07/01/95	42
105 HARRISON, Max	VIC	53.908km	BURWOOD	27/10/91	52
106 CLARKE, James	VIC	53.849km	BURWOOD	24/10/93	
107 WALKLEY, Cecil	WA	53.830km	BUNBURY	02/04/94	64

108 EVANS, Brian	QLD	53.600km	BRISBANE	10/6/93	
109 JAMES, Lyle	WA	53.339km	BUNBURY	02/04/94	53
110 HALLAM, Andrew		53.068km	BURWOOD	28/10/90	
111 PLANT, Jim	QLD	53.058km	CENTENARY LAKES	07/01/95	
112 CLARKE, Tom	WA	52.584km	BUNBURY	04/03/95	48
113 BUCHANAN, Lester	VIC	52.451km	EAST BURWOOD	28/10/90	
114 BRYCE, Steven	NSW	52.426km	WOLLONGONG	1/4/95	
115 WORGER, Don	QLD	52.373km	CENTENARY LAKES	07/01/95	43
116 HARRIS, Gary	WA	52.198km	BUNBURY	04/03/95	
117 GRANT, Ron	QLD	52.101km	CENTENARY LAKES	07/01/95	51
118 O'CONNELL, Keith	NSW	52.000km	WOLLONGONG	1/4/95	
119 SODERSTROM, Phillip	VIC	51.907km	BURWOOD	28/10/90	
120 YEAMAN, David	VIC	51.754km	BURWOOD	18/10/90	54
121 DOAK-SMITH, Alan	WA	51.697km	BUNBURY	05/03/94	33
122 SMITH, Alan D.	WA	51.697km	BUNBURY	02/04/94	
123 PETRIE, Bob	VIC	51.630km	BURWOOD	27/10/91	
124 MORGAN, Rod	QLD	51.317km	CENTENARY LAKES	07/01/95	47
125 TAYLOR, Dave	NSW	51.200km	WOLLONGONG	26/03/94	42
126 TUTCHENER, Frank	VIC	51.073km	BURWOOD	28/10/90	
127 HOLLERAN, David	QLD	50.764km	IPSWICH	18/04/92	35
128 STEPHENSON, Bill	VIC	50.008km	BURWOOD	25/10/92	
129 HENRY, Peter	NSW	50.000km	WOLLONGONG	1/4/95	
130 WICHMANN, Norbert		49.774km	BURWOOD	28/10/90	
131 ROBINSON, Barrie	WA	49.668km	BUNBURY	29/02/92	
132 BOYLE, Brad	NSW	49.200km	BRISBANE	10/6/93	32
133 VARLEY, Chris	ACT	48.666km	WOLLONGONG	1/4/95	
134 YOUNG, Nobby	NSW	48.000km	WOLLONGONG	1/4/95	48
135 CHAV, Lee	NSW	47.600km	WOLLONGONG	26/03/94	
136 VEGA, Eduardo	NSW	47.600km	WOLLONGONG	26/03/94	53
137 CAMERON, Charles	VIC	47.249km	BURWOOD	28/10/90	
138 YOUNG, Cliff	VIC	47.000km	WOLLONGONG	26/03/94	72
139 PHILLIPS, Lindsay	QLD	46.881km	IPSWICH	10/04/93	27
140 GAILLARD, Jacques	VIC	46.644km	BURWOOD	25/10/92	45
141 HOCKS, Gerard	QLD	46.000km	BRISBANE	10/6/93	
142 STOCKMAN, John	QLD	45.600km	LOTA QLD	12/6/93	43
143 PULVIRENTI, Tony		45.558km	BURWOOD	28/10/90	
144 SMITH, Jason	NSW	45.290km	WOLLONGONG	26/03/94	
145 WATTS, Graeme	QLD	45.200km	BRISBANE		
146 CORNELIUS, Ian	QLD	44.658km	NANANGO	08/03/94	53
147 ROBERTSON, Graeme	VIC	44.540km	BURWOOD	28/10/90	45
148 KETTLE, Drew	VIC	43.227km	KNOX	30/10/94	74
149 SINNOTT, Denis		43.142km	BURWOOD	28/10/90	
150 BROOKE, Norm	VIC	43.019km	COBURG	27/02/93	66
151 CHALMERS, Bruce	QLD	42.675km	CENTENARY LAKES	07/01/95	42
152 CUSACK, John	NSW	42.400km	WOLLONGONG	1/4/95	
153 MEYER, Rudy	QLD	40.600km	CENTENARY LAKES	07/01/95	48
154 HEBEL, Karl	QLD	40.400km	BRISBANE	10/6/93	53
155 JARVIS, Glenn	NSW	40.200km	WOLLONGONG	26/03/94	24
156 VAN DER VEEN, Wiebe	QLD	38.416km	CENTENARY LAKES	07/01/95	56
157 FOLEY, Mark	NSW	38.400km	BRISBANE	10/6/93	39
158 STAINES, Alan	WA	37.759km	BUNBURY	02/04/94	53
159 PAGER, Steven	WA	34.500km	BUNBURY	04/03/95	
160 RUSSELL, Rick	WA	5.000km	BUNBURY	04/03/95	

AUSTRALIAN RANKINGS FOR 6HRS TRACK by women

Rank	Name	State	PB for 6HRS	Place	Date	at Age
1	MEADOWS, Linda	VIC	78.742km	EAST BURWOOD	18/06/94	35
2	MORGAN, Mary	WA	74.167km	BUNBURY	02/04/94	36
3	PETRIE, Lavinia	VIC	72.783km	EAST BURWOOD	21/06/92	48
4	STANGER, Helen	NSW	69.600km	WOLLONGONG	26/03/94	43
5	KERR, Sandra	VIC	66.338km	COBURG	27/02/93	47
6	PARRIS, Dawn	VIC	66.115km	BURWOOD	25/10/92	39
7	BALDWIN, Cherie	VIC	64.642km	BURWOOD	25/10/92	
8	YOUNG, Shirley	VIC	63.425km	BURWOOD	27/10/91	61
9	ROBINSON, Jacqui	WA	61.355km	BUNBURY	27/02/93	
10	DURRANT, Nicole	WA	60.163km	BUNBURY	04/03/95	27
11	BRINSDEN, Carolyn	WA	60.163km	BUNBURY	04/03/95	
12	GRANT, Dell	QLD	60.003km	IPSWICH	10/04/93	39
13	CLARKE, Jacquie	WA	58.926km	BUNBURY	29/02/92	
14	McCONNELL, Georgina	NSW	58.200km	WOLLONGONG	26/03/94	
15	SKROBOLAC, Sharon	VIC	55.384km	BURWOOD	27/10/91	34
16	DE GROOT, Corrie	VIC	54.278km	BURWOOD	27/10/91	
17	PARSONS, Sharon	QLD	51.891km	CENTENARY LAKES	07/01/95	43
18	HILL, Lorna	QLD	51.092km	CENTENARY LAKES	07/01/95	29
19	COULTER, Joan	NSW	50.690km	WOLLONGONG	1/4/95	
20	DOW, Doreen	WA	50.387km	BUNBURY	29/02/92	
21	CLARKE, Angela	QLD	48.690km	CENTENARY LAKES	07/01/95	55
22	STREET, Carol	QLD	48.000km	BRISBANE		
23	TAYLOR, Jacqueline	VIC	47.018km	BURWOOD	25/10/92	
24	CURRAN, Michelle	QLD	45.600km	WOLLONGONG	1/4/95	
25	STEDMAN, Jenny	WA	45.003km	PERTH	30/05/92	
26	CATON, Kathy	QLD	44.554km	CENTENARY LAKES	07/01/95	31
27	MITCHELL, Veronica	QLD	44.554km	CENTENARY LAKES	07/01/95	34
28	DICKSON, Norma	VIC	44.245km	BURWOOD	28/10/90	
29	COX, Sandra	QLD	43.240km	CENTENARY LAKES	07/01/95	43
30	HALL, Kerrie	QLD	43.035km	CENTENARY LAKES	07/01/95	33
31	HALL, Jannelle		42.720km	TOOWOOMBA	28/03/93	
32	HUCKER, Patricia	NSW	42.690km	WOLLONGONG	1/4/95	
33	HOLLERAN, Kay		42.250km	TOOWOOMBA	28/03/93	
34	SMITH, Shelly	QLD	39.653km	CENTENARY LAKES	07/01/95	37
35	BUCKAN, Judy	QLD	38.244km	CENTENARY LAKES	07/01/95	38
36	KONDI, Gina	QLD	37.996km	CENTENARY LAKES	07/01/95	
37	SMITH, Grace	VIC	37.702km	BURWOOD	28/10/90	71
38	DAVIES, Karen	QLD	36.123km	CENTENARY LAKES	07/01/95	45
39	WHITE, Debbie	QLD	33.734km	CENTENARY LAKES	07/01/95	35
40	FOREMAN, Rhonda	QLD	31.143km	CENTENARY LAKES	07/01/95	44
41	HICK, Dorothy	VIC	29.551km	BURWOOD	28/10/90	
42	STRONG, Jan		28.328km	BURWOOD	28/10/90	
43	DAWSON, Maureen	QLD	25.649km	CENTENARY LAKES	07/01/95	48
44	WILLIAMS, Betty	QLD	25.649km	CENTENARY LAKES	07/01/95	48

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*"Growing old is no more than a bad habit
which a busy man has no time to form"*

- Andre Mauries

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I
(Full name of Applicant)

of
(Address)

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

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

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

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

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

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

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

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

Please circle desired rate: \$ 2 5 within Australia

	NZ	Asia	USA	Europe
Air Mail (up to 1 week delivery)	\$ 3 4	\$ 3 8	\$ 4 1	\$ 4 3

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

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

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