

ULTRAMAG

Vol.11, No.3

September 1996

Grueling 1000 mile race begins with the crack of the whip



Nanango Shire mayor Cr. Reg McCallum prepares to crack his whip only seconds before the race begins as competitors try not to think about the enormous task they have set themselves for the next sixteen days.

(Reprinted from The Adviser, local community newspaper, Nanango, 15th March, 1996)

 **AURA**
MAGAZINE



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

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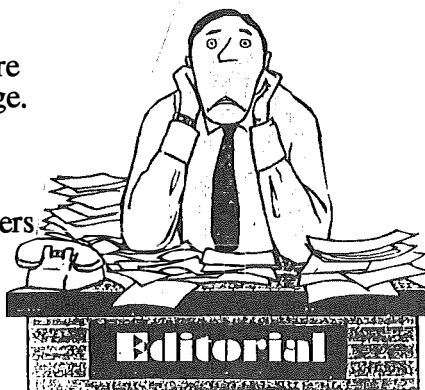
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Dear Members,

The first Australian 100km Championships were very successful. They were held in Shepparton on 15th September and included a State Teams Challenge. A milestone in ultrarunning in Australia has been achieved with the official endorsement of these championships by Athletics Australia and AURA.

Even though ultra races in Victoria are struggling to achieve sufficient numbers of entrants to keep them viable, the Vics were victorious in the event with a clean sweep of championships. Yiannis Kouros won the men's in 6:56:46, Shirley won the women's in 10:47:13 and the Victorian Team was first in 25:02:31.



One notable result was by Mick Francis. He ran a P.B. but failed to surpass his wife's (Mary) best time. He may have to continue to eat humble pie until the next championships.

The next World Challenge is in Holland in September 1997, which makes the holding of next year's Australian Championship in September impossible. Therefore, the Australian 100km Championships will be held in Shepparton during early May next year, most probably 4th May. Please make every effort to support this race which will be used to directly select part of the Australian teams for the World Challenge.

We include in this issue a report on the Boags Three Peaks Race in Tasmania over Easter. This event has been held for many years and our correspondent was surprised we had never previously published a report on the event. For those that don't know the event, it consists of a sailing race from near Launceston to Hobart, with the unusual interspersation of running to 3 peaks, one of which is an ultra. Not an event for runners who succumb to seasickness.

Also in this issue is an appeal from Malvern Harriers for ex-members to get in touch for the book launch of "Running into History".

We again had a successful AGM in July. The AURA executive remains unchanged and most committee members are continuing to serve. A full report of the AGM appears in this issue.

We have also included the 50 Mile Rankings, and they go on for pages. The rankings data base continues to be refined so the lists are looking better. It would help to have all the ages on race day, which are automatically calculated by the computer. So if you see any name on the ranking list without an "age on race day", and you know the respective date of birth, we would be very pleased to be informed.

The current Australian Track and Road Records are also listed. The AURA Committee has decided to rationalize the record list to agree with the practice in other countries. The marks to be retained are: 50, 100, 150, 200, 500, 1000, 1500km; 30, 40, 50, 100, 500, 1000 miles, 6, 12, 24, 48 hours and 6 days. If you wish to comment, please direct them to Geoff Hook.

It is a shame to note that Ultramarathon Canada has ceased publication. Not enough time to devote to its continued publication is cited by its editor. The editors of this magazine know how true the reason is.

Kevin Tiller is doing a fine job with the home page on the Internet for us. The first page is shown in this issue (p.60). However, there are many more pages of useful information behind the first one.

And finally, Pete Armistead, the old sea dog, has turned into a phoenix. His running has risen from ashes dormant for many years, and within 2 weeks has brought himself up to 6 day race material. Wow! what a meteoric rise! Just to prove his fitness, he's off next weekend to run the Royal National Park Ultra and enjoy other attractions.

Stay fit and healthy,
Kind regards,

A handwritten signature, likely "Geoff Hook", written in ink.

1996 ULTRA CALENDAR

- Sept 28/29 **100 MILE / 100KM / 50KM TRAIL RUNS**, (Q'ld) Glasshouse Mountains. Loop course, 53.5km circuit. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, Q'ld, phone (074) 95 4334.
- Sept 28 **ROYAL NATIONAL PARK ULTRA**, NSW, 50km, 6am start at Grays Point Oval, Grays Point, \$30, Entries to Royal National Park Ultra, P.O. Box 380, Sutherland, NSW 2232, phone/fax Billy Collis (02)520 6774 answering service
- Oct 6 **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE**, SA, 6am start, Adelaide Town Hall,, finish Advance Recreation, Victor Harbour, \$20 entry contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood. SA 5034 or Des Paul, ph. (08) 8298 5005.
- Oct 12 **AUSTRALIAN CENTURIONS CLUB 24 HOUR, 100 MILE, 50 MILE, 50KM RACEWALKS**, Adelaide Harriers Track, Adelaide SA. Entry fees \$15 (24 Hour & 100 Mile), \$10 for 50 Mile, \$5 for 50km, Start time, 12 noon Saturday 12th October, Contact Tim Erickson, 1 Avoca Cres, Pascoe Vale 3044 Vic, Ph. (03) 9379 2065 (H)
- Oct 26/27 **SRI CHINMOY 12/24 HOUR TRACK RACE**, SA.(Australian 24 Hours Championship) Starts 8am on Saturday 24th at Adelaide Harriers Track, \$75 entry, Contact Sipra Lloyd, Sri Chinmoy 12/24 Hour Track Race, P.O. Box 554, North Adelaide, 5006, phone (08) 8332 5797. Send a large stamped self-addressed envelope with cheque and application form.
- Oct **ALBANY TO PERTH 560KM ROAD RACE**, WA. Contact Ross Parker, 33 Burradine Way, Craigie 6025 W.A., ph. (09)401 7797 to apply for invitation to run.
- Nov 9 **RAINBOW BEACH TRAIL RUN**, Q'LD (beach and forest trails) 15km,30km 52km Rainbow Beach, near Gympie, a QURC + Rainbow Surf Club event, contact races organiser Dennis Parton, c/- P.O. Rainbow Beach 4581, phone Dennis Parton (074) 86 3547 or Ron Grant (071) 63 1645 or Gary Parsons (074) 95 7208
- Nov **BRINDABELLA CLASSIC**, ACT organised by the ACT Cross Country Club, 53km trail run over the Brindabella mountains, just south of Canberra. Contact Trevor Jacobs on (06) 254 7177 (H) or (06) 279 0134 (W). or ACT C.C. Club, GPO Box 252, Canberra 2601
- Nov 16 **AUSTRALASIAN 100KM ROAD CHAMPIONSHIPS**, Waitaki District of North Otago, New Zealand, 6.00am start, 12 hours time limit, Closing date October 14 Entry fee NZ\$60.00, Contact: Race Director, Scott Leonard, 4/69 View Road, Mt.Eden, Auckland, New Zealand. Phone/Fax 64 9 623 0567. "That Dam Run"
- Nov 17-23 **11TH AUSTRALIAN 6 DAY RACE**, COLAC, VIC. Memorial Park, 3pm start - and finish on Saturday 25th November, \$100 entry, handicap section also.Enquiries and entry forms to: P.O. Box 163, Colac 3250. Vic. or phone President (052)321816Secretary (052)312682 or Treasurer (052) 321406 or Cliff McAliece, Publicity Officer (052) 321 406, Application form must be ledged by 5th August, 1996
- Nov 30 **BRUNY ISLAND JETTY TO LIGHTHOUSE** , TAS. 64km
Enjoy the ferry trip to the start, then the fantastic ocean and rural scenery as you run along nice quietroads. A weekend away for family and friends. An event for solos and teams. Contact Mark Hey, Ultra Tasmania, 7 Hone Road, Rosetta, Tas 7010 or phone (002) 727233 (H)

1996 ULTRA CALENDAR

- Dec 1 **6 HOUR & 50KM TRACK RACES (& 6 HOUR RELAY)**, Moe, Victoria
Moe Athletic Track, Bass Street, \$20 entry for 6 Hour & 50km, \$30 for both.
Enquiries: Geoff Duffell, 7 Shaw Street, Churchill 3842 Vic, Ph. (051)22 2855 (H)
- Dec 8 **MARYBOROUGH WONGAI WATERHOLE 60KM TRAIL RACE (30 & 10KM)**, Maryborough, Queensland. Entry fee \$20, 6.30am start. Contact : Brian Evans (071) 24 4543 or Ian Cornelius (07) 5592 2349
- Dec 8 **NANANGO FOREST FOOTRACE, Q'LD, 52KM**, an out and back trail run through State Forest (3 times) on formed roads. Estimated own time event; finisher who finishes closest to noon wins! Graduated start. Meal & social evening the night before. BBQ afterwards. A QURC event. Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld for entry forms. Ph. (071) 63 1645

1997 ULTRA CALENDAR

- Jan 4 **CENTENARY LAKES 50KM & 6 HOUR TRACK RACE, Q'LD**, Caboolture. Certified grass track. Need own lapscorer, 6pm start. \$20 Entry, club members \$15. A QURC event. Contact Gary Parsons P.O. Box 1664 Caboolture 4510 Phone (074) 957208 or Ian McCloskey - 16 Conondale Avenue, Caboolture 4510, Phone (074) 95 2864
- Jan 5 **AURA BOGONG TO HOTHAM, VIC.** 60km mountain trail run, a tough event with 3,000m of climb, 6.15am start at Mountain Creek Picnic Ground. 3,000m climb! Phone Geoff Hook, (03) 9808 9739, entries close 23rd Dec, 1996. No entries on the day.
- Jan **TOUKLEY ROTARY 12 HOUR TRACK RACE, NSW**, starts Tacoma Oval, Tuggerawong Road, Wyong, NSW, 7pm Saturday start, \$36 entry (includes T-shirt), 400m grass track, Entries to : Race Director: Tony Collins, 36 Bungary Road, Nørarah Head 2263 Ph. (043) 963281.
- Jan 26 **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$15 entry, 7am start. Closing date: 14th January, 1997. Entry forms available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 9781 4305 or Dot Browne, 4 Victory Street, Mitcham 3132 (03) 9874-2501(H) or FAX (03) 9873-3223
- Feb 8 **6 or 12 HOUR + 50K, 50 MILE, 100KM QUEENSLAND ROAD CHAMPIONSHIP**, Caboolture Historic Village, Q'ld. Contact Ray Chatterton (07) 33762548 or Dell Grant (071) 631 645
- Feb 8 **CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston, Tas 7250, phone (003)95-4294 Entries close: 21st January, 1997
- Feb 17 **HOBART TO CYGNET , TAS.** 53km, An ideal event for first time solo runners, but also open to teams. An undulating rural course that finishes with a friendly counter lunch at Howards Hotel. Contact Mark Hey, Secretary Ultra Tasmania, 7 Hone Road, Rosetta, Tas 7010 or phone (002) 727233 (H)
- Mar **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW**, 46km mountain trail run, 9am start Saturday from Katoomba to Jenolan Caves, \$35 entry. Time limit 7.5 hours. Contact Chris Stephenson, Six Foot Track Marathon, G.P.O. Box 1041, Sydney 2001 NSW. Entries close: 10th Feb'96, Ph. (02) 259 3981 (W)

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- Mar 16** **RED ROCK TO COFF'S JETTY, BEACH & HEADLAND 45KM ULTRA MARATHON NSW.** Starts at 6.00 - 6.30am at the northern end of Red Rock Beach. \$5.00 entry or \$10 on race day. Finish Coff's Harbour Jetty. Course survey Sat 15th March 1997 at Arrawarra Headland at 3.00pm. Contact Steel Beveridge on (066) 53 6831 (H) or (066) 541 500 (W). Or by post, 2 Lakeside Drive, North Saphire 2450, NSW by 12th March, 1997
- Mar** **50KM ROAD CHAMPIONSHIP & 6 HOUR FUN RUN, QLD. & 6 HOUR RELAY** (6 runners x 1 hour each) Toowoomba. QMRRC event on a 1.2km circuit, 4.00am. Race organiser, G. Medill, 13 Ramsey St, Toowoomba 4350 Qld. Phone (076) 382023 .
- Mar** **6 OR 12 HOUR RACE + 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP, WA,** Bunbury, organised by the Bunbury Runners' Club, certified 500m grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact : Brian Kennedy, 64 Knight Street, Bunbury 6230, Ph. (097) 959546
- Mar** **30 DAY 1400KM TREK FROM QUEENSLAND BORDER TO VICTORIAN BORDER,** down the coast of NSW, following major highways and visiting settlements on route. Support crews needed. Anyone interested contact Mr. Robyn Davis on either (042) 56 3763 (H) or Cherie Davis on (042) 28 4133 (W) or 12 Madden Street, Oak Flats 2529 NSW for 10-12 day stints, as trip will be broken into 3 sections, taking approximately 10 days for each section. Crews would be expected to donate 12 days maximum to travel from start to finish of the section.
- Mar** **JAGUNGAL WILDERNESS TRAIN RUN, NSW - 80km** from 3 Mile Dam near Kiandra, NSW to Guthega, along firetrails and foot-tracks through Kosciusko National Park. 6.30am start \$20 entry includes map. The course averages 1600m elevation with 900m only of rises. Limited and qualified entry. Application forms, send SAE to Leigh Privett, 695 Hodge Street, North Albury 2640 or Ph. (060) 25 4959. Cancelled 1996
- Mar 24** **AURA DAM TRAIL RUN 50KM (ADT 50) Vic,** A beautiful 50km trail run close to Melbourne, around Maroondah Dam, 9am start, Fernshaw Reserve, finish Maroondah Dam wall. \$25 entry for AURA members, \$30 for non-members. Closing date for entries 11th March, \$5 surcharge for late entry to 20th March, 1997. Phone Geoff Hook (03) 9808 9739
- March** **LIVERPOOL BOOMERANG MARATHON RACE, LIVERPOOL TO ALBURY AND RETURN, NSW,** 863km road race. Contact Dave Taylor, 56 Grandview Parade, Lake Heights 2502 NSW, phone (042) 74 0054, mobile 015 00 9279. More information later.
- March** **FRANKSTON TO PORTSEA ROAD RACE, VIC,** 34 miler, contact Kon Butko, 66 Allison Road, Mt. Eliza, 3930, phone (03) 9787-1309, 7am start, cnr. Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed
- April** **50KM ULTRA ROAD RACE, ACT,** as part of the Canberra Marathon, AA Certified course. Upon completion of the normal marathon course (& being an official marathon finisher), immediately follow and out and back course along Telopea Park and the cycle path along Lake Burley Griffin to Commonwealth Avenue bridge, 7.00am start. For more details, contact Trevor Jacobs on (06) 2547177 (H) or (06) 2790134(W) or Dave Cundy (marathon organiser), P.O. Box 624, Civic Square, ACT 2608 or Phone on (06) 231 8422 (H) or (05) 275 1207(W)

1997 ULTRA CALENDAR

- April** **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, VIC.** supported by Vets. 24 Hour Relay Challenge. Harold Stevens Athletic Track, Coburg, Maximum of 10 individual racers per team. Entry \$10 per team member. Open and Vets team categories. Also individual 24 Hour Track event. Entry \$30. Both relay and individual events start 12 noon on Saturday. Entry forms available from: Gordon Burrowes, 37 Douglas Avenue, St.Albans 3021 Ph. (03)9366 0326
- April 13** **KING & QUEEN OF MT.MEE 50KM & 25KM, Q'LD,** out and back course (twice for 50km) on bitumen and dirt roads; 50km start 6.00am, 25km start 7.30am. Sealed Handicap.\$20 entry for both events.Presentations and light lunch at Mt.Mee Hall after race at 1.30pm. A QURC event. Contact: Gary Parsons P.O. Box 1664, Caboolture 4510, Ph. (074) 957208
- April** **BRISBANE WATER BUSH BASH , NSW,** 47km trail run. start at 6am at Gosford Olympic Pool, finish Gosford Sailing Club, Time limit 9 hours, \$30 entry, Entries to Greg Love, 76 Birdwood Avenue, Umina 2257, Ph. (043) 41 6384
- May** **SRI CHINMOY PEACE RIVER FOOTRACE,** 10 day staged race covering most of the length of the Murray River from source to mouth. More information in race advertisements.
- May 4** **BANANA COAST ULTRA MARATHON, NSW.** 85km. Coff's Harbour to Grafton, 6am start, Entry fee \$5, by 1st May, 1997, \$10 on race day, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire 2450, NSW, phone (066) 53 6831
- May** **TAMWORTH 24 HOUR CHARITY RUN, NSW,** Viaduct Park, Tamworth, 10am start. \$35 entry, 10am start on Saturday, Contact Dallas Earsman, 143 Bridge Street. Tamworth 2340, Ph. 657216 (H) or 653511 (W)
- May 16-18** **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS, Gold Coast QLD.** 500m grass track in good condition at the Gold Coast Eagles Rugby Ground, Brighton Parade, Southport..9am start on Friday 16th May for 48 hours & 9.00am Saturday 17th May Entry fee: \$50 for 48 Hour, \$40 for 24 Hour, both include Tee-shirts. A QURC event. Contact Ian Cornelius P.O. Box 469, Broadbeach 4218 Qld.(07) 5592 2349 or Fax (07) 5531 6171
- June** **TOOHEYS FOREST up to 100km, Q'ld,** Phone Bruce Cook (07)33445255
- June 15** **SHOALHAVEN ROAD ULTRAMARATHON - NOWRA TO KANGAROO VALLEY 46KM, NSW** \$15 entry, \$20 on the day, 8am start at Cambewarra Public School, finish Kangaroo Valley Show-ground, mail entries close 4th June, 1997, Entries to Rick Foster, P.O. Box 258, Nowra 2541 NSW, Ph. (044) 215339 Cheques payable to Nowra Road Runners. Transport back from Kangaroo Valley to the start provided.
- July** **AURA 50 MILE TRACK RACE, VIC.** (Australian Championship) at East Burwood (Bill Sewart Athletic Track), Burwood Highway, East Burwood, 400m track, 8am start, \$26 entry (AURA members), \$30 others; contact Geoff Hook, 42 Swayfield Road, Mt.Waverley, 3149 or phone (03) 9808-9739.
- Aug** **ROSS TO RICHMOND ROAD RACE, TAS.** 100km, between the two oldest bridges in Australia, 7am start, Need support vehicle and helper, contact Tallays Running Shop, phone (002) 34 9566 or Therese March (002) 391432 or Alan Rider, Dept of Tourism, Sport & Recreation, GPO Box 501, Hobart 7001.

1997 ULTRA CALENDAR

- Aug 3 **TAMBORINE TREK, GOLD COAST**, 68kms out and back course & 34km encouragement section, Road Race, staggered start, Entry fees, a QURC event. \$20 (QURC and GCRC members \$15). Contact Ian Cornelius, P.O. Box 469 Broadbeach, Qld 4218 or (07) 5592 2349 or Fax (07) 5531 6171.
- Aug **AUSTRALASIAN 24 HOUR TRACK CHAMPIONSHIP & NSW 6/12 HOUR**, NSW at Beaton Park, Foleys Road, Wollongong City, 12 noon start, Entry fee \$35 incl. tee-shirt, Entry forms to Bill Joannou, 14 Cranberry Street, Loftus 2232 NSW
- Aug **MANDARING TO YORK ROAD RACE**, WA, 64.36km (40 Miles) start at Mundaring Shire Offices, conducted by the WA Marathon Club, Contact Phone: Runners World (09) 227 7281 or Marathon Club (09) 388 1227
- Sept 1 - 5 **FIVE DAY STAGED FOOT RACE, Q'LD** (Start & finish at Nanango, South Burnett, 180km north of Brisbane), approx. 330km with an average daily distance of 66km per day, handicap start. \$125 entry fee. A QURC event. (QURC members \$115) Contact Ron Grant, 96 Brisbane Street, Nanango 4615 Q'ld. Ph (071) 63-1645
- Sept **100KM ROAD RACE, NSW**. Bathurst, 6am start at the Courthouse, Russell Street, Bathurst, time limit 12 hours. Pewter goblets to finishers. Contact Big Chris Stephenson, GPO Box 1041, Sydney, 2001, phone (02) 259 3981 (W)
- Sept **SHEPPARTON RUNNERS' CLUB 100KM & 50KM ROAD RACE**, start & finish at Victoria Park Lake, Shepparton, good 10km loop road surface & bike track. every km marked, shady course, and no traffic, time limit 12 hours, 6am start, Entry fee 100km \$35, 50km \$20, closing date 2/9/96, contact Brian Gawne, 11 Morrish Street, Shepparton 3630 Ph. (058) 211 693 or Russell Weavers, (058) 211 490



NZ ULTRARUNNERS' ASSOC. EVENTS

- 5th October **24 HOUR TRACK RACE NORTH SHORE BAY**
Richard Tout Ph. (09) 4181054 / 025954698
- 26 October **QUEEN CHARLOTTE ULTRAMARATHON 67KM**
Paul Jones, 75A Hampden Street, Picton
- 16th Nov. **THAT DAM RUN 100KM KOROW**
Scott Leonard Ph. 09 6230567
- 23rd Nov. **THE MOLESWORTH RUN 82KM, BLENHEIM**
Maurice Brown, Old Renwick Road, RD2
- 7th Dec **KEPLER CHALLENGE 67KM**
Mountain run over the Kepler Track
P.O. Box 11, Teana
- Dec **12 HOUR & 100KM BLENHEIM**
D. Cosgrove, Ph. 03 5782953
- 8 1997
27th March **24 HOUR ROAD, CHRISTCHURCH.**

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:

NAME:

ADDRESS:

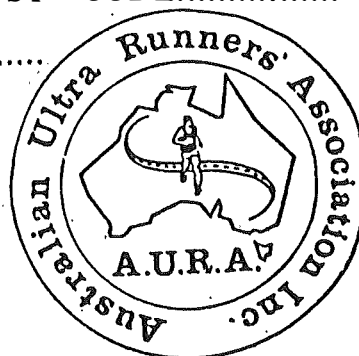
.....POST CODE:.....

TYPE:

SIZE: COLOUR:

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

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



AURA 1996/97 COMMITTEE

<u>PRESIDENT:</u>	GEOFF HOOK, 42 Swayfield Road, Mount Waverley 3149 Vic. (03) 9808 9739 (H), (03) 9826 8022 (W) Fax (03) 9827 7513
VICE. PRES.	TONY RAFFERTY, 8 George Rae Avenue, Harkaway 3806 Vic. (03) 9767 3969
HON SEC.	DOT BROWNE, 4 Victory Street, Mitcham 3132 Vic. (03) 9874 2501 (H), or Fax (03) 9873 3223
ASSIS. HON SEC	SANDRA KERR, 1 Olympus Drive, Croydon, 3136 Vic. (03) 9725 8346 (H)
HON TREAS:	JOHN HARPER, 21 Lancelot Cresc, Glen Waverley 3150 (03) 9803 7560 (H)
ORDINARY MEMBER (VIC)	KEVIN CASSIDY, 4 Grandview Road, Preston 3072 Vic (03) 9478 3687 (H)
ORDINARY MEMBER (VIC)	MICHAEL GRAYLING, 14 Banksia Court, Heathmont 3125 (03) 9720 1962 (H) or (03) 9429 1299 (W)
ORDINARY MEMBER (NSW)	Position vacant
ORDINARY MEMBER (NSW)	KEVIN TILLER, 6 Redwood Avenue, Berowa 2081 NSW (02) 9226 3914 (W) (02) 9456 1959 (H) email: tiller @ ozemail.com.au
ORDINARY MEMBER (ACT)	TREVOR JACOBS, 7 Dovey Place, Latham 2615 ACT (06) 279 0134 (W), (06) 254 7177 (H)
ORDINARY MEMBER (ACT)	Position vacant
ORDINARY MEMBER (TAS)	ANDREW LAW, 67 Gormanston Road, Moonah 7009 Tas Ph. (002) 72 5170 (H)
ORDINARY <u>MEMBER TAS</u>	ALAN RIDER, 102 Balook Street, Lauderdale 7021 Tas (002) 308142 (W) OR (002)486220 (H) Fax 61 02 23 8936
ORDINARY MEMBER (SA)	RUDI KINSHOFER, 6 Falcon Court, Hallett Cove 5158 SA. (08) 381 2819 (H)
ORDINARY MEMBER (SA)	KEVIN MANSELL, 12 Balambool Avenue, Mt.Gambier 5290 SA (087) 251 377 (H)
ORDINARY MEMBER (WA)	CHARLIE SPARE, 9 Rinaldo Cres, Coolbellup 6163 WAust.
ORDINARY MEMBER (WA)	BRIAN KENNEDY, 64 Knight Street, Bunbury 6230 WA (097) 959546 Phone/fax
ORDINARY MEMBER (QLD)	To be decided
ORDINARY MEMBER (QLD)	To be decided



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

(Incorporated in Victoria)

Registered Office: 4 Victory Street, Mitcham, 3132. Australia. Telephone: (03) 9874-2501

A.U.R.A. ANNUAL GENERAL MEETING

MINUTES OF ANNUAL GENERAL MEETING OF THE AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED HELD IN THE CLUBROOMS OF THE KNOX ATHLETIC TRACK, ON SATURDAY 20TH JULY, 1996

PRESENT: 13 members of the Association - Geoff Hook (Chair), Cliff Young, Bryan & Jan Smith, Kevin Cassidy, Nigel Aylott, Ian Clarke, George Christodoulou, John Harper, Les Clark, Mike Grayling, Dot Browne, Sandy Kerr.

APOLOGIES: Tony Rafferty, Peter Armistead, Ross Shilston, Brian Kennedy

MINUTES: of the previous AGM held on Saturday 29th June, 1995, printed in Vol.10 No.3 of the the Association's magazine, ULTRAMAG, were taken as read. Moved Mike Grayling/ Sandra Kerr that they be accepted as a true record of proceedings. Carried.

1.0 MATTERS ARISING: - nil

2.0 PRESIDENT'S REPORT: - Geoff Hook

The President circulated copies of his report which will be in the next issue of ULTRAMAG. Moved Geoff Hook/Mike Grayling that the President's Report be received. Carried.

3.0 SECRETARY'S REPORT - Dot Browne:

Dot Browne circulated copies of her Secretary's report, which also will be printed in the next issue of ULTRAMAG. Geoff Hook stated that the IAU (International Association of Ultrarunners) now regards Australia as one of the top ultra nations because of the brilliant performances across the board over the last few years, commented on by both the President and the Secretary.

Moved Dot Browne/ Sandy Kerr that the Secretary's Report be received. Carried.

4.0 TREASURER'S REPORT - Dot Browne

4.1 Assistant Treasurer, Dot Browne circulated copies of the financial statements for the Association for the period from 1/1/1995 to 31/12/1995, and commented on the figures, which again indicate that our Association is still surviving at the \$25 subscription rate firstly as a result of members' donations (even more generous than last year), and secondly due to the reduced printing costs charged by Bruce Cook in Queensland. We are very grateful to Bruce for the efficient job he does with the printing and distribution of the mags. We have also made an extra \$190 from the sale of "Cliffy's Book". As a result of these three main factors, we are in a healthy financial position and actually made an overall profit of \$2817,55 for 1995, around \$1500 more than the previous year. Consequently, Dot noted that the membership fee will be remaining at \$25 for another year.

- 4.2 The clothing account has made a profit of \$33.15, slightly less than last year. However, Kevin Cassidy reported that he has a lot of unsold stock in hand. George Christodoulou suggested that a choice of either an AURA medal or an AURA tee-shirt could be offered to competitors in AURA races.
- 4.3 The AURA Race Account for monies raised from AURA events has made a small profit of \$236.44 for the 12 months, almost \$100 more than the previous year.
- 4.4 Invested monies with the Bank of Melbourne now amount to \$8012.12, with interest earned during the financial year being just on \$575. The President once again reminded members that this amount of investment has now achieved our earlier aim of saving sufficient funds to allow us to continue publishing ULTRAMAG for another year if our membership drops to the extent that we are not covering the costs of publication.
- 4.5 The books were audited by Jeffrey Briggs who has submitted his auditor's statement to indicate that the books and accounts of the Association were in order and that the financial statements were a true and correct record of the Association's finances.
Moved Dot Browne/Ian Clarke that the Treasurer's Report be accepted. Carried.

5.0 STATEMENT BY COMMITTEE:

The following statement was received from the committee.

In the opinion of the committee:

- (1) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association for the year ended 31st December 1995 the state of the affairs of the Association as at 31st December, 1995.
- (ii) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
- (iii) the accounts have been compiled by the simple Income and Expenditure format.

Moved Kevin Cassidy/Bryan Smith that the statement be accepted. Carried.

6.0 ELECTION OF OFFICE BEARERS:

Since the number of nominations exactly equalled the number of positions available, the following members were declared into office:

President:	Geoff Hook	Hon. Sec:	Dot Browne
Vice. Pres:	Tony Rafferty	Assistant Sec.:	Sandra Kerr
Treasurer:	John Harper	Ordinary members:	Kevin Cassidy
		(for Victoria)	Mike Grayling

7.0 APPOINTMENT OF AUDITOR:

Jeff Briggs has expressed his willingness to accept the appointment of Honorary Auditor
Moved Dot Browne/Kevin Cassidy that Jeff Briggs be appointed Honorary Auditor for the year ended 31st December, 1996 Carried.

8.0 GENERAL BUSINESS:

- 8.1 Geoff Hook suggested that races should be combined or extended to attract more runners, say a 6/12/24 or 50 miler/50km & 6 hour.
- 8.2 As there were no Motions put forward or other items of General Business, the meeting closed at 7.22pm.

**PRESIDENT'S REPORT
FOR THE AURA ANNUAL GENERAL MEETING
ON 20TH JULY, 1996**

By Geoff Hook

Well, what a year we've had! It was certainly a year dominated by a series of fantastic performances by Australians.

But first, I would like to mention the achievement of an event which has been a long time coming, however, it is expected to be of increasing importance over the coming years. This event is the first Australian championship race endorsed by Athletics Australia, which will be the 100km road race, to be held at Shepparton on 15th September this year. Not only will the entrants be competing for medals in the open men's and open women's divisions, but there will also be an interstate teams' challenge with medals available if we have a sufficient number of competing teams. While there are insufficient women to support a separate women's team division, combined teams will be permitted. This is certainly an exciting development in our sport of ultrarunning and I wish the organisers every success with their event.

With a year of fantastic performances, it is difficult to know where to begin. Linda Meadows must top the list with a gut wrenching performance in the recent World 100km Championships with her second placing. She beat some highly fancied Russians running in their own country, not to mention many other top female athletes from around the world. Linda had earlier won the women's division of That Dam Run (100km) in New Zealand against international competition. At last year's World Championship in Holland we only had a men's team and while our "boys" finished well down in the order, they struggled with heat problems and put in gutsy performances to ensure a team finish. Thank you for your efforts Tim Sloan, Greg Barton and Peter Spehr.

Yiannis Kouros continues to dominate the longer distance/multi-day events. At Coburg he set a new world record of 293.704km in 24 hours and then a few weeks later with a leg injury and in hot weather in France, set a new world record of 470.781km in 48 hours. Needless to say, he broke many other records along the way.

Gary Parsons put a stranglehold on the Nanango 1000 miles track race and the world record with a win and new world records in both events that have been held. His time of 12d,19:44:35 was set against tough international competition. Well done Gary!

A whole host of others achieved notable performances during the past 12 months. These include: Bryan Smith finishing 3rd in the Sportathlon; Mary Morgan winning the women's division at Lake Saroma last year; Safet Badic coming equal 1st in That Dam Run; Tim Sloan setting a new Australian 100km record and first Australian under 6.5 hours; Pat Farmer coming 4th in the Trans Am (world's longest stage race); Randall Hughes and Shirley Young setting 5 world age records each in the 50 miles track race; Andy Kromar doing the "impossible" and setting a new course record for the tough Bogong to Hotham and Cradle Mountain trail runs; and Drew Kettle's fabulous walks around Australia raising money for charity. Congratulations on such fine efforts to all of you.

There have been many new Australian records set in both track and road events, indicating a healthy competitive attitude held by many of our members. We have commenced work (not before time) compiling Australian Age Records but will take many, many months to complete. Del Grant and Tony Collins are going to compile lists of best performances of some stage, solo and interesting runs held in Australia. These will be published in our Magazine when the lists become available.

The Canberra 50km race continues to grow in numbers and is very successful, thanks to the hard work of Trevor Jacobs. Many more indicate their intention of going past the marathon to the 50km than actually do, but for those who actually complete the experience as first time ultrarunners, we hope they patronise some of our other races in time.

The Wollongong 24 hours track race is to become the Australasian Championships and we wish the organisers every success with the event. The Sri Chinmoy people will be putting on a couple of new and interesting races which partially offsets the cancellation of John Harper's Two Bays Run and Dot Browne's 6 & 12 hours track races.

Mary Morgan (one of our best ultrarunners) married Mick Francis (one of Scotland's top 24 hours runners) which now gives us an invincible team if 24 hours world championships are held in the near future. Congratulations to Mary and Mick.

The problem of Public Liability cover to include AURA races has now been resolved with our membership of the Victorian Tourism Operators Association (VTOA) and our cover is \$5 million. AURA races must give a contribution towards the cost of this insurance.

Trevor Jacobs has been nominated to represent Australia on the newly formed General Council of the IAU - congratulations Trevor!

Kevin Tiller is doing a fine job putting a home page on the Internet for AURA. Thanks Kev.

And another Kev, Cassidy this time, needs to take a good hard look at himself for bombing out for the second time at Western States. Offered some feeble excuse of being sick. Good luck at Leadville this year, Kev (and Ross)!

Finally, thanks to all the committee for all your help and assistance in such a stimulating year for ultrarunning.

**AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
ANNUAL GENERAL MEETING - JUNE 20TH, 1996
SECRETARY'S REPORT**

The noticeable rise in the quality of our top athletes which became evident during 1994 has continued during 1995. A select few have put Australia on the world ultra-running map - athletes such as Mary Morgan, Linda Meadows, Gary Parsons, Don Wallace, Safet Badic and Bryan Smith must be regarded as formidable opponents by athletes from other countries. Also, Cliff Young, Shirley Young, Randall Hughes and Drew Kettle have made their mark on the world age-best records. These members have now joined Bryan Smith to provide a solid core of world class ultra champions.

It seems that many of our members jetsetted all over the world to run ultra races during 1995. The successful year started when Don Wallace won That Dam Run, the Australasian 100km Road Championship held in New Zealand, for the third consecutive year, closely followed by Safet Badic in second position. Mary Morgan and Linda Meadows placed first and second in the women's race. The Aussies virtually blew the opposition away in that event, a clean sweep for our Aussies. The next running of this event was held early, in November 1995. Safet Badic and Linda Meadows won the event this time in full glory, with Tim Sloan placing 3rd. Another momentous Aussie victory.

Some have gone across to run some of the tough American 100 mile trail races with varied success while another group headed off to South Africa to run the Comrades. Dipali Cunningham and Tony Rafferty ran well in the New York Seven Day Race in May. Tim Sloan, Greg Barton and Peter Spehr acquitted themselves well in the IAU 100km World Challenge in Holland in September, whilst Yiannis Kourou ran brilliantly in France in May. We all followed daily reports of Pat Farmer's progress in the gruelling Trans-America Footrace over 4719km from June to August and were relieved to read he hung on to place fourth overall, despite having problems of dehydration and stomach cramps in the intense desert heat. Bryan Smith ran third in the Spartathlon In Greece in September also under trying heat conditions. Amazing performances by our members and there are possibly more that we haven't been told about.

We are certainly much more in touch with the world ultrarunning community these days, particularly with ultrarunning information now being available via Internet. Access details were explained in our March'95 magazine.

As mentioned in my last Annual Report, we are extremely fortunate that Yiannis Kouros has taken out Australian citizenship and we can now claim him as an official Aussie. The list of World Ultrarunning Records that this man now holds is as long as your arm. Yiannis goes from strength to strength. In the Coburg Track 24 Hour in April 1995, Yiannis created a new Australian Record of 282.9818km, another amazing performance, smashing Mike March's long-standing record of 260.099km by 22km! He then went on to extend his own world records in both the 24 and 48 Hours events a month later in France with 285.362km. and 470.781km respectively. This man's gotta be Superman!

Helen Stanger has also been brilliant once again. She created a new Women's 24 Hour Track Record in April at Wollongong when she ran 219.782km. What a brilliant athlete she is!

In June, Mary Morgan continued her winning streak in the Lake Saroma 100km Road Race, Hokkaido. With three 100km road race starts and three wins, she has an incredible record.

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

I am delighted with the way this club has survived and I hope that it can go from strength to strength. Of course this depends solely upon a number of factors - runners must support events to keep them on the calendar, race directors must supply us with information about their events, both pre-race and post-race and all members must advertise the club at every opportunity and continue to supply us with material for ULTRAMAG. We are a grass roots organisation and our survival depends solely on the efforts of the members. Thank you particularly to Tony Rafferty for doing a series of excellent personality portraits for ULTRAMAG each issue. They always make interesting reading and we do appreciate his efforts.

Also, we gratefully acknowledged those members who have taken on the extra (and often arduous) responsibility of being race organisers and directors. It is a thankless job and the only feedback one usually gets is being reminded of something that has gone wrong, usually something minor. We do particularly appreciate your efforts.

The survival of ultrarunning in Australia has been assisted greatly by the fact that three states have now got themselves organised to form ultrarunning associations of their own, and this is fantastic and can only assist our overall development. Congratulations to Queensland and NSW who have now joined Tasmania in having a state ultra club.

Thank you again to Bruce Cook, one of our top athletes living in Queensland, who has continued to efficiently do the job of printing and sending out our magazines each quarter. By charging us a lot less than the going commercial rate, Bruce has enabled us to keep our subscriptions at \$25 for yet another year. Thank you!!!

Thank you also to those generous people who have added donations to their subscriptions. These also have helped us keep our subs. at the same level, particularly since our Public Liability insurance is now costing us an arm and a leg due to a change in government policy.

One comment regarding Rankings. If you are feeling disgruntled because your name has not been included in the Australian Rankings of a particular ultra event, please contact your Race Director and make sure he/she has sent us the results. Often we never receive the results, or else, we get the bare results but no splits.

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

Regards,

15.

Dot Browne (Hon. Sec)

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
Registered office: 4 Victory Street, Mitcham 3132
Telephone (03)9874 2501, Fax (03)9873 3223
STATEMENT OF INCOME & EXPENDITURE: MAIN ACCOUNT
1/1/195 TO 31/12 1995

	1995		1994
INCOME:			
297 (266 in 1994) subscriptions	7440.00		7493.00
Donations	1587.00		1299.00
AURA medals (from Race Directors)	95.00		60.00
Ultra books - Rules Manual	9.50		19.50
Sale of magazines	110.00		
Advertising in Ultramag			70.00
Donations for Leigh Privett			<u>20.00</u>
Sales of "Cliffy's Book"	323.00		
Cost of labels re-imbursed	<u>6.50</u>	9571.00	8961.50
<u>EXPENSES:</u>			
Postage	1655.80		2475.54
Magazine expenses	4595.31		4235.74
Computer expenses - repairs			85.00
Engraving costs	64.03		100.00
AURA Medals - Des Liston			262.25
Flowers - Bron Hans	10.50		
Copies of "Cliffy's Book"	133.50		
Record plaque wooden mounts			325.00
Statement of AGM - prescribed fee	32.00		32.00
Catering AGM	37.70		21.80
Public Liability Insurance	858.34		401.94
Team Managers' expenses:			
Trevor Jacobs, 100K	25.00		55.00
Bank charges	35.01		79.27
Telephone	<u>150.29</u>		<u>137.19</u>
		7597.48	8210.73
		\$ 1973.52	\$ 750.77
		Profit	Profit
		=====	=====

STATEMENT OF INCOME & EXPENDITURE - CLOTHING ACCOUNT
1/1/1995 TO 31/12 1995

	1995		1994
INCOME:			
Sale of garments, car stickers, cloth badges	516.30		706.40
Bank interest	<u>5.62</u>		<u>7.61</u>
		521.92	714.01
LESS EXPENSES:			
Atlas Screening - Peter Ryan	444.00		623.50
Postage	44.50		26.70
Bank charges	<u>.27</u>		.41
Wrapping paper			<u>5.20</u>
		488.77	655.81
	PROFIT	\$ 33.15	PROFIT \$ 58.20
		=====	=====

STATEMENT OF INCOME & EXPENDITURE - AURA RACE ACCOUNT

		<u>1995</u>	<u>1994</u>
INCOME:	Profits from AURA Races:		
	Mansfield to Mt.Buller, January 1994		62.45
	Bogong to Hotham, January, 1994	182.89	15.14
	50 Mile Track Race, June, 1994		58.95
	AURA Dam Trail (ADT)	43.86	
		226.75	136.54
	Bank interest	9.83	3.96
		-----	-----
		236.58	140.50
LESS EXPENSES:			
	F.I.D. charges	.14	.12
		236.44	140.38
		=====	=====
	PROFIT		PROFIT

FIXED TERM INVESTMENT ACCOUNTS AS AT 31/12/1995 Bank of Melbourne

		<u>1995</u>	<u>1994</u>
1.	Account No. 39795075 as at 1/1/95	6206.65	
	Plus interest: for the period to 9/11/95 @ 7.350%	465.50	
		6672.15	
	Less F.I.D.	.28	

		6671.87	6206.65
2.	Account No. 76895796 as at 1/1/95	1231.03	
	Plus interest for the period to 15/10/95	109.28	
		1340.31	
	Less F.I.D.	.06	

		1340.25	1231.03
	Total Fixed Term Investments as at 31/12/95	\$8012.12	7437.68
		=====	=====

CASH IN HAND, AT BANK OR INVESTED as at 31/12/1995

		<u>1995</u>	<u>1994</u>
	Commonwealth Bank Cheque Account	\$ 6007.06	4430.17
	Bank of Melbourne Clothing Account	210.91	177.76
	Bank of Melbourne Race Account	532.46	296.02
	Bank of Melbourne Investments:	8012.12	7437.68
		-----	-----
	Total Cash in Hand, at Bank or Invested	\$ 14762.55	12341.63
		=====	=====

COMBINED PROFIT & LOSS STATEMENT 1/1/95 to 31/12/1995

		<u>1995</u>	<u>1994</u>
INCOME	Main Account	9571.00	8961.50
	Clothing Account	521.92	714.01
	Race Account	236.58	140.50
	Interest on investments	574.78	321.12
		\$10904.28	10137.13
LESS EXPENSES:			
	Main Account	7597.48	8210.73
	Clothing Account	488.77	655.81
	Race Account	.14	.12
	Investments	.34	.20
		-----	-----
		8086.73	8866.86
	PROFIT	\$ 2817.55	\$ 1270.27
		=====	=====

STATE REPORTS

WESTERN AUSTRALIA

Western Australia has been going backwards on the ultrarunning scene for the last 2 or 3 years, but I believe this trend can be reversed with effort and encouragement from those of us who are interested in going "beyond the marathon".

We will need to look for sponsors and competitors and the right timing of the year to create interest and now with 3 top ultra runners living in Bunbury (Mick & Mary Francis & Mark Pritchard), we should be able to attract sponsors & competitors.

1996 will see only ONE ultra and that is the annual Mundaring to York (64km) run in August by the WA Marathon Club.

1997 will be the start of a long-term program with sponsorship and the track already organised for the Bunbury 6 & 12 Hour events to be run in March 1997 (date to be confirmed)

1998 could see a 24 hour event run for the first time for many years. This may have to be held in Perth. Negotiations will soon start to see if the great Don Ritchie will come to WA for a holiday run. He is a very good friend of Mick and Mary Francis and has already indicated he would come here if the timing was right. There is also the possibility that a 100km solo and teams road race may be held in 1996 or '97.

The benefits of attending a World 100km Challenge Road Race are huge, with valuable contacts being made with the various national athletes with the thought of holding a BIG BIG 100km road race during the year 2000. To achieve a truly international event, all states would need to get together and organise a national calendar and be willing to give up some of the major dates. At present, there seems to be too few runners for so many events.

Regards,

Brian Kennedy (AURA Interstate Rep.)
Western Australia

QUEENSLAND

Ultra running capital of Australia

The last year has seen the continued increase of ultrarunning in this state. The race calendar has now expanded to include events for the first timers to the seasoned veterans. Fifteen events offered ranged from 6 hour fun runs on tracks, 50km, 52km beach and trail runs. An increasing number of shorter distance road races were also offered for the "I hate the 400m track" group.

Championship events were offered at a number of distances for people wanting to have their name inscribed forever in the record books. These events included 100km road, 50km road, Queensland's 24 Hour track and Australian 48 Hour track Championships.

While it never seems fair to single out one person or event from an impressive array of events and achievements over the last 12 months, the 1000 mile event warrants special mention. This event was originally organised as a "few people having a run around a football field" and has progressed to an international, multimedia event. Having soundly broken the 1000 mile record (and many others on the way) two years ago, Gary Parsons lined up against 19 runners from 8 countries again this year and not only beat every one but again broke a long list of records, including, most importantly, the 1000 mile record. An amazing run on Gary's part, and an amazing effort on the part of Ron and Dell Grant to get it all organised and conducted without a hitch.

To know more about the events being held in this great state, why not join the Queensland Ultra Runners' Club? For a \$25 a year subscription to Ian Cornelius, P.O. Box 469, Broadbeach 4218 Q'ld, you will receive regular club newsletters with information on the local running scene.

18. Ray Chatterton (AURA Interstate Rep.)
Queensland.

SOUTH AUSTRALIA

Long distance running is going well in South Australia and is seeing the return of good form from well known competitors. There is also a new wave of newcomers which promises to raise the standard over the next few years. Our 24 hour race is the main event where we preform but we also have a very good looking 100 km road race.

David Standeven has come back from semi-retirement with new goals and ambitions and has not lost his iron will to cross the line first. He has gone back to the basics. 18-25 km packruns on Sunday mornings with the SA roadrunners, trackwork, short races, stretching , massages, and the odd marathon. David was almost beatable in 95 but showed sighns that he is on track to do great things again.

It is my year off, unless I change my mind, so it is up to John and Peter Twartz to progress and make things interesting again.

Murrey Cox (50) is good for a surprize if he does not pull out after two laps. Murrey often gets very technical and trips himself up. But I have seen him do the hard slog before and his running shoes show that he is getting ready for something. What will it be?

John Moyle, the "Human Pharlap" is on the road again. He has been around Australia for charity and is presently doing the Riverland circuit. He is loved by the people he runs for and is raising money, which is not easy to do. He finds just the right words on T.V. interviews and comes across so genuine. Some people just have the gift of the gabe. John also runs for fitness and health and is not prepared to brake all those barriers some of us endure. Where does he go after a 24 hour run while we limp to the car? He jogs to his Sunday morning partime job.

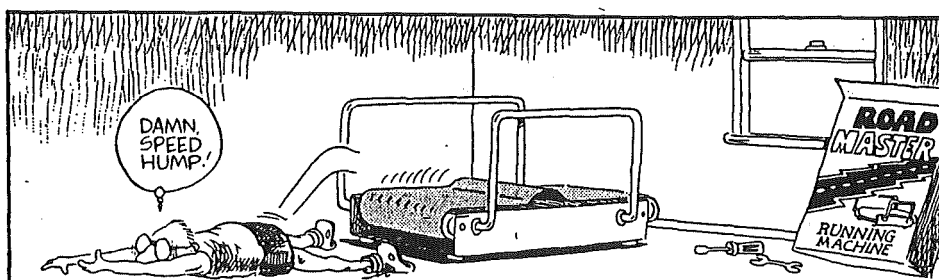
Helen O`Conner was not pushed too hard by Sue Worley to win the 24 hour event. Perhaps a newcomer in Karen Metcalf could provide more compentition in 96. Karen run more than 80 km in 12 hours and had the 24 hour race in mind .

Actually, we would like to see more inter-staters. The Sri Chinmoy National 24 Hour race with an incorporated 12 hour peace run is first class. The Sri Chinmoy marathon team will provide everyone with the right conditions to do well and it is the Australian Championship. The weather had been cold and rainy. We are due for fair conditions in 96.

The Adelaide to Victor Harbor 100 km Road Race has stunning scenery. It is flat at times and hilly the next along ocean roads and through bushland. It could rain and get cold but also get very warm when the sun comes through. Be prepared as once again, good weather is due. The 100 km is on the first weekend in October and always will be. It is organized by Des Paul. Sometimes there are three of us plus some relay runners. Good chance to get a prize!!! Thanks to the Distance runners club of SA we have this good event.

I do not know about the Millicent Six Day Race. That is Kevin Mansell territory. As I know how long 1600 km are I am in awe, as to how Kevin and others do them in such a short time span.

Rudolf Kinshofer (AURA Interstate rep.)
South Australia



A.C.T.

Although there are few ultra events in the ACT, there are two points to note. The first is that the ultra events in the ACT are of good quality; and the second is that very significant developments are presently taking place through the Sri Chinmoy organisation in the ACT, as described below.

There were two ultra events in 1995-96. The first was the Brindabella Classic held in November 1995. This was the 9th running of this event. Record entries were received, particularly for teams. Whilst most runners were again external to the ACT, local participation is increasing fast. The interstate runners seem to relish the trail running through the beautiful Brindabella Ranges. The 10th event on 10 November 1996 is expected to be bigger and better than ever.

The second ultra was the 50km race held as part of the Mobil Canberra Marathon in April 1996. This was the 4th running of this event. Although participation did not grow in 1996, the race again produced fast times (close to the Australian records set on this course in previous years). In addition, a number of runners used the event to qualify and train for the Comrades (Ultra) Marathon in South Africa later in the year.

The exciting news is that the local branch of Sri Chinmoy is organising a Peace Capital Triple Triathlon to be held on 24 November 1996. It will consist of three swim legs, three mountain bike riding courses and three running legs, spanning 150km across the length and breadth of Canberra. The event is open to teams as well as individuals. It is sure to develop over the years into a legendary event.

The second event for the future calendar is the Sri Chinmoy Peace River Footrace along the mighty River Murray. It will be a staged race over 10 days, starting somewhere in or near the Great Diving Range and finishing at the Murray Mouth in South Australia! The first event was originally scheduled for early 1997, but this may need to be delayed until 1998 in order for all necessary arrangements to be finalised with local Councils and business houses. Negotiation over these arrangements are very important in order to ensure that the event will be sustainable and will grow in stature over the years.

On a final note, whilst Aura membership in the ACT is low, it remains on a par with SA, WA and Tasmania. So whilst there is obviously a *lot* of room to move on this front, it is still a relatively good result in view of the small population base of the ACT. It would be interesting to see the results of applying in the ACT and in these other States of the very successful means used in recent years to achieve growth in membership in Queensland and New South Wales.

Trevor Jacobs (AURA Interstate rep.)
A.C.T.



WHAT IS HAPPENING TO ULTRA RUNNING IN VICTORIA?

Three years ago at an AURA Annual Meeting, the comment was made there were not enough Ultra Races in Victoria. After some discussion about the amount of work required to Race Direct such an event, no one at the meeting was willing to have a go at adding an extra Ultra Run to the Victorian calendar.

This set me thinking that maybe I could Race Direct an event. Such was born the "BASS TO BAY TRAIL RUN" which I advertised in the Club Magazine. Organization of the event went smoothly until the Department of Conservation and Natural Resources wanted a cover of \$5,000,000 Public Liability Insurance which was going to cost over \$2000 just for one race. AURA offered to let me use their Insurance cover which was for \$2,000,000 but the Department had their rules so I cancelled the event.

AURA, realizing they had to bring their cover up to \$5,000,000 for future events, increased theirs, thanks to a lot of hard work by Geoff Hook. It was then decided if I could get my race up and running again I could run it under the AURA umbrella with rules attached.

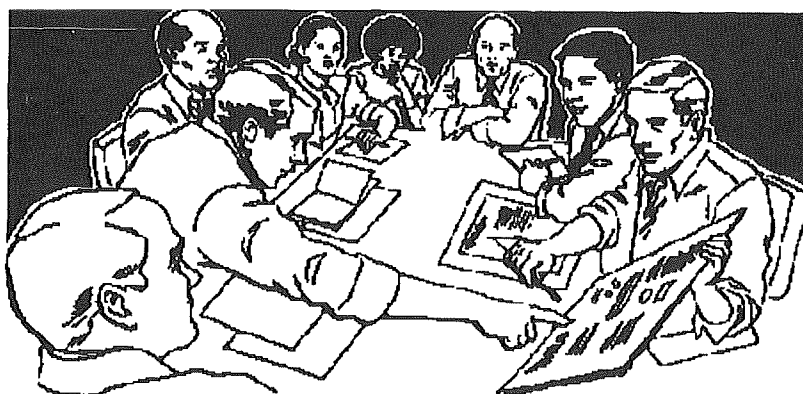
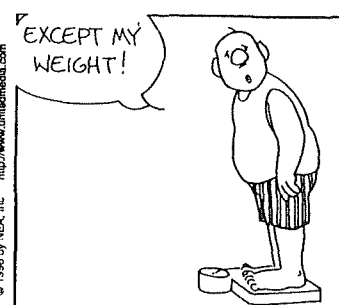
This time I decided to call the event the "TWO BAYS TRAIL RUN" and advertised it all over Victoria. At the closing date I had received only 4 entries with an additional arriving the next day. To break even, I required 15 entrants to run the race. Much to my disappointment I had to cancel the event.

I would like to thank Geoff Hook who helped me mark the track and the ten other friends who had offered to act as officials on the day.

From all of this I now realize being a race director is not an easy task and also think entrants take them for granted (myself included) especially by not getting their entries in on time. I actually generated more interest for this event after I had cancelled it. Also, Race Directors lose money if they don't get their event up and running or don't receive enough entries to cover the costs. This is not meant to put people off from being a Race Director as I would love to direct a successful Ultra Race.

THE MAIN AIM OF THIS LETTER IS TO GENERATE SOME DISCUSSION ABOUT THE LACK OF RACE ENTRIES IN VICTORIA. OTHER RACE DIRECTORS ARE ALSO HAVING THE SAME PROBLEM.

JOHN HARPER



ITEMS OF INTEREST FROM RECENT COMMITTEE MEETINGS.

1. Del Grant and Tony Collins have offered to compile best performances for stage races. Del will also compile lists of solo and other notable runs in Australia.
2. John Harper had to cancel his Two Bays Trail Run due to lack of entrants. This event won't be offered again due to lack of interest in Victoria.
3. Trevor Jacobs is our representative on the IAU General Council.
4. AURA has begun the enormous task of compiling age group records. The categories will be restricted to:
 50, 100, 200, 500 and 1,000 km
 50, 100, 500 & 1,000 miles
 6, 12, 24 & 48 hours & 6 days
 All-comers records in the same categories will also be compiled.
5. Kevin Tiller has volunteered to be our Internet Agent - thanks Kev! He has a home page for AURA, which can be viewed at:
<http://www.ozemail.com.au/~tiller/aura.html>
6. Preparations are well underway for our first official Australian 100km Road Championships in Shepparton on 15th September. This event is endorsed by Athletics Australia.
7. Linda Meadows placed 2nd in the recent World 100km Road Championships in Moscow - well done Linda!
22. 8. The following records were ratified:

TRACK RECORDS FOR RATIFICATION AT COMMITTEE MEETING 30/5/96

150km	Yiannis KOUROS (Vic)	11:23:34	Coburg, Vic (S)	13/4/96
200km	Yiannis KOUROS (Vic)	15:32:39	Coburg Vic (S)	14/4/96
1100km	Gary PARSONS(Qld)	8d.14:41:58*	Nanango Qld (NS)	22/3/96
1200km	Gary PARSONS(Qld)	9d. 8:12:30*	Nanango Qld (NS)	22/3/96
1300km	Gary PARSONS(Qld)	10d.4:35:24*	Nanango Qld (NS)	23/3/96
1400km	Gary PARSONS (Qld)	11d.1:49:52*	Nanango Qld (NS)	24/3/96
1500km	Gary PARSONS (Qld)	11d.23:04:04*	Nanango Qld(NS)	25/3/96
100 Miles	Yiannis KOUROS (Vic)	12:17:58*	Coburg Vic (S)	14/4/96
700 miles	Gary PARSONS (Qld)	8d.18:57:44	Nanango Qld (NS)	22/3/96
800 Miles	Gary PARSONS(Qld)	10d.2:28:54	Nanango Qld (NS)	23/3/96
900 Miles	Gary PARSONS (Qld)	11d.10:13:28	Nanango Qld (NS)	24/3/96
1000 Miles	Gary PARSONS (Qld)	12d.19:44:35	Nanango Qld (NS)	26/3/96
12 Hours	Yiannis KOUROS (Vic)	157.200km**	Coburg Vic (S)	14/4/96
24 Hours	Yiannis KOUROS (Vic)	293.704km	Coburg Vic (S)	14/4/96
150km	Helen STANGER (NSW)	15:23:14	Coburg Vic (S)	14/4/96
800km	Georgina McConnell (NSW)	8d.3:37:07 *	Nanango Qld (NS)	21/3/96
900km	Georgina McConnell (NSW)	9d.11:54:09 *	Nanango Qld (NS)	23/3/96
1000km	Georgina McConnell (NSW)	10d.19:50:58*	Nanango Qld (NS)	24/3/96
1100km	Georgina McConnell (NSW)	12d.10:49:58*	Nanango Qld (NS)	25/3/96
1200km	Georgina McConnell (NSW)	13d.19:03:21*	Nanango Qld (NS)	27/3/96
500 Miles	Georgina McConnell (NSW)	8d.4:31:28	Nanango Qld (NS)	21/3/96
600 Miles	Georgina McConnell (NSW)	10d.8:37:26	Nanango Qld (NS)	23/3/96
700 Miles	Georgina McConnell (NSW)	12d.17:44:25	Nanango Qld (NS)	26/3/96
800 Miles	Georgina McConnell (NSW)	15d.7:52:02	Nanango Qld (NS)	28/3/96

ROAD RECORDS FOR RATIFICATION - COMMITTEE MEETING 30/5/1996

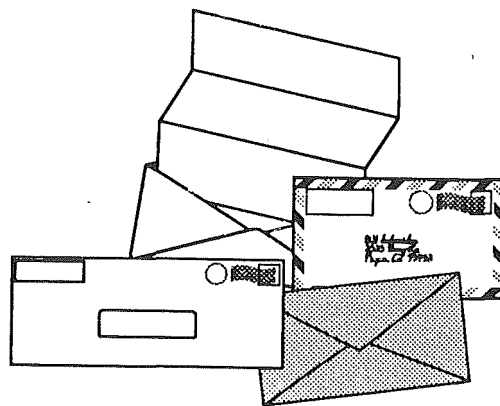
300km	Bryan SMITH (Vic)	1d.12:00:00(c)	Albany - Perth WA	13/10/94
400km	Bryan SMITH (Vic)	2d.4:29:00 (c)	Albany - Perth WA	13/10/94
500km	Bryan SMITH (Vic)	2d.19:54:00 (c)	Albany to Perth WA	14/10/94
150 Miles	Bryan SMITH (Vic)	1d.4:30:00 (c)	Albany - Perth WA	12/10/94
200 Miles	Bryan SMITH (Vic)	1d.17:30:00 (c)	Albany to Perth WA	13/10/94
36 Hours	Bryan SMITH (Vic)	300.100km (c)	Albany - Perth WA	13/10/94
48 Hours	Bryan SMITH (Vic)	371.200km (c)	Albany - Perth WA	13/10/94
3 Days	Bryan SMITH (Vic)	528.000km (c)	Albany - Perth WA	14/10/94
100km	Linda MEADOWS (Vic)	7:40:58 (a)	Kurow,NZ	18/11/95
150km	Helen STANGER (NSW)	16:45:24 (a)	Basel, Switzerland	3/5/92
200km	Helen STANGER (NSW)	23:21:04 (a)	Basel, Switzerland	3/5/92
100 Miles	Helen STANGER (NSW)	18:13:11 (a)	Basel, Switzerland	3/5/92
12 Hours	Helen STANGER (NSW)	112.225km (a)	Basel, Switzerland	3/5/92

Jogger: Any clod who runs slower that you, weighs more than you, or who just took up the sport.

23.

LSD: Running a Long Slow Distance. LSD can produce a natural high for some people -- for others, mere exhaustion.

Letters to the Editor



Hi Dot,

I recently heard from Val Case. She is keen to keep up with all the gossip in the ultra world. She has a new address and would like to hear from any AURA member should they happen to be in England. Her details are:

Val Case,
49 New Road,
Graves End,
DA11 OAD
Kent UK.
Ph. 44 1474 334854

See ya when I'm lookin' at ya.

Kev Cassidy.

*****3

Dear Dot,

At long last, this promised letter!. I have two venues to do two fifty day ultramarathons in Kingaroy and Sydney, Kingaroy from 1st March to 19th April, 1997 and Sydney from 13th July to 31st August, 1997. Both are for charities.

However, I am asking AURA to officially support me in my efforts to publicly raise support for the 100km race and to run for the duration of the Games and that paralympian, special Olympian able-bodied Olympians all run together in the integrated Olympic Games in Sydney 2000. I am hoping runners will come along with me in Kingaroy at the showgrounds and St. Leonards Park, north Sydney in 1997.

In Kingaroy and Wondai, Apex, Lions, Queensland Country Women's Assoc, Red Cross and the Sunshine Coast Helicopter Rescue Service committees are right behind me as well as some of the local businesses, but as yet, it is impossible to get the committee which was formed, to meet at all. North Sydney Council is very supportive as are the Sisters of Charity and the Royal Prince Alfred Hospital. I shall be in Sydney from 19th October to the 27th October.

I still have trouble with the right shoulder. I had a major operation on it on 23rd February and was nearly all the time on my spine for 8 weeks! But I had not trained since 1/9/95 when I did the 16 days ultramarathon, 450kms up and down Mt. Wooroobin (425ft). I recommenced very light training on the 15th April this year but my feet are turning inwards and I have an arthritic growth in the heel of my right foot and under it. This in turn affects my right shoulder and other parts of my body and has meant that I've had to ease off training and cancel participation in two half marathons in Toowoomba, an ultra from Wondai to Brisbane and the Australian Six Day Race at Colac. My sports' medicos are doing all they can to correct my foot problems and they are sending me to sports' medicine at Holy Spirit Hospital in Brisbane.

I am hoping that, by the end of October, I will be able to commence hard training, providing I can stay out of hospital, which is virtually impossible and I hope that I don't have to make any more than one trip to Brisbane.

Anyway Dot, if AURA Inc executive agrees to allow me to run for the right of all disabled, intellectually handicapped, able-bodied runners, to run for the right of the 100km ultramarathon to be included in the Olympics program and to run the ultra-marathon for the duration of the Games, I shall be happy. I hope AURA will send me a letter saying that I have the authority to do this!

Cheerio for now. God bless,
Yours - in - running,
"Bazza" Stewart

24. Ed's note: Bazza, you don't need AURA's authority to organise and run these events! Just DO IT if you are able and we wish you every success.

Dave Taylor,
56 Grandview Pde,
Lake Heights 2502,
N.S.W. Australia

Dear Dave,

Thanks for your letter. The IAU does not keep the 1000 hours as a record, but as consultant to the Guinness Book of Records I do check out best on record performances as they are achieved.

First you need a logbook recording the date, and the number of each hour (you will obviously run 1000 hours), the start time of each run, the finish time of each run, the duration of each run, the name of the witnessing official/s, and their names and addresses. I would recommend that the officials are not members of your family - the more independent people you can involve the better. If the run is done for charity, then officials from that charity can be witnesses etc.

Second you need a course or courses. (Ron Grant had three different courses all the same length - it gave him variety, and may be mentally easier.) The course must be properly measured by a qualified measurer - either using the calibrated bicycle method, or failing that a qualified surveyor. (Geoff Hook may be able to advise you on this.)

Third you need witness statements from the officials - for example:

Date I,..... confirm that I have witnessed Dave Taylor's 1000 miles in 1000 hours attempt in its entirety from the start (time, date) to finish (time, date) I participated as and the rules were strictly adhered to at all times.

Signed.....

Occupation.....

The rules are: 1] The distance to be covered each and every hour must be decided at the start.

2] That distance must be covered in each and every hour.

3] There must be a definite break between each run. It is allowed to have one run finishing just before one hour finishes, and then to begin the next run immediately the next hour begin, thus giving the runner perhaps an hour's rest between runs.

4] The course must be clearly marked and visible to race officials

5] Each run must be witnessed by race officials.

6] The start and finish times of each run must be recorded and witnessed.

7] Failure to complete one run within the specified hour means that the whole attempt is forfeit.


8] The documentation must be sent to me for verification. After checking I will then recommend to Guinness inclusion in the Guinness Book of Records if all the requirements have been met.

A.U.R.A. have their own rules for the event I believe.

Craig ran 3.307km in each and every hour. Two and a half miles in every hour would be 4.024km per hour. It was attempted by William Gale in 1880/1881. He covered 2230 miles before he missed one of his 2.5 miles - overslept! A tough challenge - 1000 miles in 16d16h, 2000 miles in 33d8hrs! It could be useful in publicity for the performance - but it is tough! 3.5km in each hour is an easier round figure - but perhaps find your course first before deciding your final distance. The distance covered would be 2174.8 miles.

Hope this is useful.

Best of luck,

/* 

Andy Milroy,
3 Bellefield Crescent,
Trowbridge,
Wiltshire BA14 8SR, 25.
United Kingdom
15th June, 1996



Malvern Harriers Athletic Club Inc.

Flora Larkin
Malvern Harriers Athletic Club
60 Dallas Avenue
Oakleigh VIC 3166
BH (03) 9419 4200
6th September 1996

Editor - Geoff Hook
A.U.R.A. Magazine
Fax: 03 9873 3223

Dear Geoff,

On behalf of Malvern Harriers Athletic Club Inc. we seek your assistance with the **publicity** of "Running into History" the 100 year history profile of our athletic club.

We are currently in the **process of locating ex- members** of our club and any other interested people who would like to **attend the book launch and/or would like a pre-order form sent to them**. Invitations will be sent out early October and we are currently taking pre-orders for the book.

I have attached one page extracted from the book as **John Harper** (ex- Malvern Harrier) is a member of A.U.R.A. and he gave me a copy of the A.U.R.A. magazine. I thought there are probably more ex- Malvern Harriers out there who may also be members of A.U.R.A. - there are around 40 mini-profiles or 'snapshots' of Malvern Harriers of all abilities scattered throughout the text.

Our book, "Running into History", a profile history of the Malvern Harriers Athletic Club, has been written by freelance journalist Trevor Robbins (club life member & former president). The book design has been completed by John Wedlick and the book is currently in the process of being published.

The foreword to the book has been written by John Landy, M.B.E. and John will also be involved in the launch of the book on Wednesday the 6th of November.

Please contact me at the above address or by telephone on 9419 4200 (business hours) if you have any questions.

Your assistance would be greatly appreciated.

Regards,

Flora Larkin
Malvern Harriers Athletic Club Inc.

26 .

Ed's. note: If you are an ex-Malvern Harriers Athletic Club member or wish to purchase "Running into History", please use the above contacts.

Dear Dot,

Just a short note to let you know I am in complete agreement with not recognising records set on courses not complying with A.I.M.S. standards. Such times are of significance only to the individual competitors on the day, or from year to year. Car speedos tend to be very inaccurate.

Yours in running,

Charlie Spare.

Dear Dot

I reckon we need a 6 hour race back on the Victorian calendar. It's a pity that they have not had enough support in recent times.

The Traralgon Harriers will bite the bullet and run a "six" at the Moe track on 1st December. There are a few people down our way keen to try themselves out, but we would like a few more starters to make it worthwhile.

The plan is to include a 50 kilometre race and 6 hour relay for added appeal. A runner can enter both the 50 km and 6 hour races. I am sure the level of interest would be raised if there were a few people willing to have a go at both events. It could be a real battle of tactics and judgement if there are runners trying to be competitive in them both.

The 6 hour relay is in there as a third option. Five is the limit to the team size, but there is no reason why a good 3 or 4 person team wouldn't be competitive.

Yours in Running



Geoff Duffell

Geoff Duffell
7 Shaw Street
Churchill 3842

Phone (051) 222855

Dear Dot,

I am compiling a book about the Westfield Sydney to Melbourne Ultra Marathons that were held in the eighties and early nineties. I believe that it is a sporting story that needs to be recorded for posterity.

I was a member of AURA for a couple of years and was wondering if you could slip this letter into the next magazine. It might help me to start getting some information. If AURA could also help me with any information at all about the Westfield it would be much appreciated. I know the magazines use to publish better press reports than the Big City Dailies. Please could you also send me a membership application, as I would like to join AURA again.

If any ex runners, crew members or officials have any stories, press clippings or antedotes, please could they share them with me. All correspondence can be addressed to Philip Essam, 43 Gray St, Forest Hill, NSW 2650. Thankyou for your help.

43 Gray St
Forest Hill
NSW 2650
Home Phone 069 - 228082

Westfield

Yours sincerely,
Philip Essam

27.

RACE REPORTS

KING OF THE MOUNTAIN - 46KM - 16TH JUNE'96 CAMBEWARRA TO KANGAROO VALLEY NSW

by Bill Hick

I've just completed the 46km "king of the Mountain" ultra race near Nowra. The race started in Cambewarra, and via tar and dirt roads, climbed over the Illawarra Escarpment to the Tallowa Dam road and then into the beautiful township of Kangaroo Valley to finish.

The ultra was started one hour earlier than the main event, a 32km race covering much of the same course. The field of 16 got under way at 8.00am in dry but cool and overcast conditions. Trevor Jacobs ran with the field for about 200 metres, and was then on his own for the next 45.8km. What a talent!!

After a few kilometres of flat tar road, we hit the hills. From then on, it was undulating all the way to the finish. The dirt road until about the 20km mark was great; after that though, we left the main race course and the road was pot-holed and slippery because of the overnight rain. As we climbed higher, the cold set in and after about 3 hours it rained (I can't remember having done an ultra when it **hasn't** rained)

I took it easy until about 16km and then started to stretch out a bit. The main problem was loneliness. I didn't see any other runners mid-race for about 25km, and whilst I tend to run better solo, it would have been nice to have had somebody to chase, or keep in front of.

Eventually, around the 40km mark, I met up with the 32km race field. This, plus the fact that I had caught sight of a couple of Sydney Striders, gave me incentive to dig deeper and have a go.

I finished in just under 3 hours 53 mins. Other Billy's Bushies runners, Helen Stanger and Craig Goodall were not far in front in 3 hours 49 mins, with Peter Goonpan coming in fourth outright in 3 hours 26 mins.

Alan Townsend in his first ultra, did a very creditable 3 hours 59 mins after going out a bit fast; well, actually, a great deal too fast. Peter Gray completed the course but I'm not sure of his time. He told me during the early stages that he didn't like hills. Boy, did he pick the wrong run!!

Trevor Jacobs' time was 2 hours 56 mins. Wow!! What an effort in 3minute 50second kilometres for 46 kilometres over a very hilly and tough course, and all solo!

The organisation was first class. Plenty of drinks about every 5km and fruit and bottled water during the latter stages. In my opinion, it would have to be one of the best and friendliness ultras around.

My only gripe (there has to be one) was the prize for the first female. Helen won for her effort a size 18 tee-shirt, (even the Eastern Block athletes aren't that big) in the most revolting green colour you could imagine. The female place-getters in the shorter 32km race received beautiful engraved championship glasses, which were put to good use in the local pub after the race, and even the lucky door prizes were better than the first place female prize in the 46km event. Come on organisers, you can do better than that. At least treat ultra runners as equals!

Finally, I'll definitely be training for this race again next year and I would recommend it to any ultra runner who isn't afraid of hills and would like to run in the most beautiful country in a race with excellent organisation.

Regards,

Bill Hick

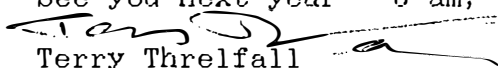
Dear Dot,

Our second Ultra, run again in conjunction with the Annual King of the Mountain on 16 June, was a great success despite the lousy weather. Trevor Jacobs returned to defend his title, which he did in fine style, breaking the three hours for the 46 km, beating his last year's time by four minutes, even in very muddy slippery conditions. David Ross from Hobart (Tasmania) ran second. Detailed results are enclosed.

Kelvin Marshall deserves a special mention. He slept in, started twenty-four minutes late, but undeterred, chased the field to finish very respectably. We were flattered that ultra champion Helen Stanger came along; here's hoping that other women will join Helen next year.

One of the casualties of the wet slippery conditions was the "sag" wagon - the Community Transport bus got properly bogged in the most remote section of the course, and it was two hours before we could send a rescue team. That in turn caused the other casualty - traffic and aid-station attendants assumed it was all over and left their posts, so that Peter Gray, on the course for the first time, got lost (sorry, Peter!). We hope that the free steak sandwich and the VIP ride to Cambewarra in the then freed bus made up for it!

Thanks to all those who helped in the cold and rain, particularly to the many members of the Nowra Althetics Club who were the voluntary officials and aid-station attendants. See you next year - 8 am, Sunday 15 June 1997.


Terry Threlfall
25 August 1997

PLACE	TIME	NAME	AGE	LOCALITY
1	2.56.51	Trevor JACOBS	44	Latham ACT
2	3.19.56	David ROSS	40	Hobart TAS
3	3.23.37	Phil HUGILL	38	Mosman NSW
4	3.26.17	Peter GOONPAN	37	Kirrawee NSW
5	3.27.50	Bill BROUGHTON	43	Nowra NSW
6	3.29.09	Andrew HISLOP	34	Manly NSW
7	3.49.12	Helen STANGER	46	Loftus NSW
8	3.49.13	Craig GOODALL	41	Heathcote NSW
9	3.52.48	Bill HICK	48	Engadine NSW
10	3.54.38	Mike WARD	43	Balmain NSW
11	3.59.09	Alan TOWNSEND	42	Gymea NSW
12	3.59.10	Murray TOWN	50	Wahroonga NSW
13	4.05.55	Kelvin MARSHALL	32	Lane Cove NSW
14	4.28.42	Roger STEPHENS	44	Linfield NSW
15	4.33.25	Vic ANDERSON	43	Ingleburn NSW
16	5.42.43	Peter GRAY	31	Geelong VIC

SHOALHAVEN ULTRAMARATHON - 46 km

RESULTS - 16 JUNE 1996

AUSTRALIAN 100KM ROAD CHAMPIONSHIPS
SHEPPARTON, VICTORIA
15TH SEPTEMBER, 1996

RESULTS

1.	Yiannis KOUROS, Vic.	6:56:46
2.	Peter SPEHR, NSW	7:36:14
3.	Mick FRANCIS, WA	7:52:56
4.	Asim MESALIC, Qld	7:57:31
5.	Greg WILSON, Vic	8:17:34
6.	Andrew LUCAS, Tas	8:26:35
7.	Tony KLEINER, Qld	8:47:37
8.	Greg BARTON, Qld	8:52:57
9.	Kelvin MARSHALL, NSW	9:04:08
10.	Peter HOSKINSON, Tas	9:42:57
11.	Michael GRAYLING, Vic	9:48:11
12.	Brad BOYLE, NSW	9:53:51
13.	Julius HORVATH, NSW	10:29:20
14.	Shirley YOUNG, Vic	10:47:13
15.	Peter GRAY, Vic	11:14:21
DNF	Safet BADIC, Vic	
DNF	Sandra KERR, Vic	
DNF	Lyn GAWNE, Vic	

AUSTRALIAN CHAMPIONS

MEN

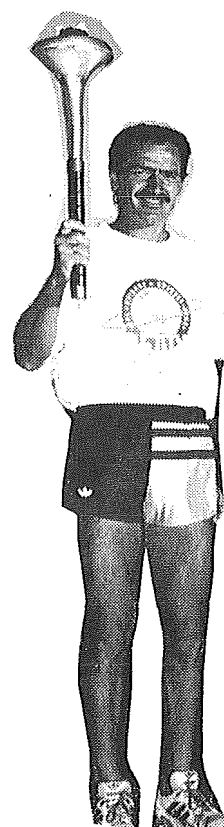
Yiannis KOUROS, Vic 6:56:46

WOMEN

Shirley YOUNG, Vic 10:47:13

STATE TEAMS CHALLENGE

1.	VICTORIA	Yiannis KOUROS	6:56:46 (1st)
		Greg WILSON	8:17:34 (5th)
		Michael GRAYLING	9:48:11 (11th)
			25:02:31
2.	QUEENSLAND	Asim MESALIC	7:57:31 (4th)
		Tony KLEINER	8:47:37 (7th)
		Greg BARTON	8:52:57 (8th)
			25:38:05
3.	NEW STH WALES	Peter SPEHR	7:36:14 (2nd)
		Brad BOYLE	9:53:51 (12th)
		Julius HORVATH	10:29:20 (13th)
			27:59:25



ATHLETICS AUSTRALIA MEDALS

INDIVIDUAL MEN

Yiannis KOUROS - gold
Peter SPEHR - silver
Asim MESALIC - bronze

INDIVIDUAL WOMEN

Shirley YOUNG - gold

TEAMS

VICTORIA - gold
QUEENSLAND - silver
NSW - bronze

Weather:

Cool, overcast, light breeze, no rain

Race Organiser:

Russell Weavers, Shepparton Runners Club

Event Endorsed By:

Athletics Australia
Australian Ultra Runners' Association Inc.

Shirley Young, gold medal winner in the Australian 100km Road Championships held at Shepparton on the 15th September, 1996. Shirley is photographed here with Randall Hughes, himself a world age champion.



Yiannis Kouros, also won the gold medal in the recent 100km Road Championships at Shepparton. Yiannis is shown here at the Coburg 24 Hour Carnival being congratulated by his wife, Theresa. Gordon Burrowes, Race Director, is on the right.



MT.MEE CLASSIC - APRIL '96 - QUEENSLAND

My wife Sharon and friend Sue Worger, with helpers, looked after start entries, catering, recording splits and finish times. From the start to the turn around point, (12.5kms), there was eight manned stops. The Gibson family, 5 Rover Scouts, Ian Cornelius and my running mate Ian McCloskey at the turning point were all on the course for over 7 hours!! Thankyou all.

THE 50km EVENT

At 6.15am with the sun up the 11 runners in the 50km event were all ready to go. 6.30 am and off they go down the range. Bruce Cook leads by 36secs at the first 12.5km turn from Asim Mesalic with John Pitman and 4 others close behind. The girls, led by Lyn Gordon, followed a few minutes later. Aileene Markham and Angela Clark were next then came the much improved Shelly Smith.

Bruce is the Australian 50km track Champion, a record set many years ago, and has now returned to the Ultra scene. In this event he worked each 12.5km leg up and down the range to finish with a new course record of 4h 4m 56s. Asim, who is in very good form, also broke the old record with a well paced run. Strong runs by Harry, Peter and Kelvin were noted. Jeff jogged in all smiles as usual with John right behind him.

Lyn Gordon ran a more even paced race and finished 18mins ahead of Angela Clark. Aileene Markham's run was not to bad, after all she had run the Canberra 50km just 7 day's earlier!! Good stuff Aileene!! Shelly finished with a big sprint over the line and looked in good shape.

**REMEMBER, IF YOU FINISH MOUNT MEE
THERE IS NO LIMIT TO WHAT YOU CAN DO**

MOUNT MEE CLASSIC 25KM

A strong field of 57 competitors lined up for one of the toughest 25km road races in the State. Some returned for a second time. Course records fell and many competitors ran PBs

A group of 4 headed down the mountain at a steady pace and at the half way mark Don Wallace was 10secs ahead of Ian Kent followed by Graeme Sayer and John Flynn. Thats the way they finished with
32.

Don working hard on the hills to return to finish 5 minutes ahead of Ian, 10secs to Graeme with John a further 94secs behind to finish 4th.

The first 4 place getters all broke the 1995 course record with Don slashing it by 9min 20sec.

Maureen O'loughlin and Vanessa Bigwood both broke the ladies course record with Maureen Kowalski, last years winner, running 3rd. Again many ladies ran PB's and as most use this race as a lead up to the Brisbane Marathon and Half Marathon we should see many good runs in Brisbane as a result of the strong efforts put in by all on the mountain.

25km WALK

4 men tackled the 25km walk section with Wiebe Vanderveen 1st followed by local police officers Mal Grice and Dale Henessey with Trevor Williams 4th.

A strong field of 9 ladies entered the 25km walk Kerri Hall setting a new course record and Karen Davies and Gina Kordi equal 2nd. They also broke the old record.

Race distances will remain the same next year. Thankyou to all who competed and who helped to make the day a great success. We look forward to seeing you all again next year.

Thankyou also to sponsors DCM Coffee House and Bruce Cook's Strider Sports.

Keep running

Gary and Sharon Parsons

MOUNT MEE CLASSIC 50km ROAD RACE

NO	NAME	12.5km	25km	37.5km	50km	hcp time
1	B. Cook	55.37	1.57.34	2.53.42	4.04.56	4.55
2	A. Mesalic	56.23	2.03.30	3.04.50	4.04.56	4.30
3	H. Davis	1.04.28	2.18.58	3.32.30	4.32.04	5.00
4	P. Sinfield	1.04.05	2.17.20	3.29.50	5.01.52	5.15
5	K. Woods	1.03.31	2.30.44	3.47.48	5.30.47	6.00
6	L. Gordon f	1.07.03	2.33.54	3.57.37	5.41.34	4.45
7	J. Williams	1.03.31	2.30.58	3.53.55	5.56.26	5.30
8	J. Pitman	1.02.18	2.21.00	3.56.06	5.58.27	5.20
9	A. Clark f	1.11.31	2.47.41	4.11.16	6.00.17	6.20
10	A. Markham f	1.10.10	2.47.26	4.11.02	6.08.06	5.30
11	S. Smith f	1.18.02	3.04.23	5.00.37	7.13.10	6.55

Handicap winner Harry Davis 1.52 outside nominated time.
1995 male time 4.55 1995 female time 4.59.59

MOUNT MEE CLASSIC 25KM ROAD RACE

NO	NAME	FINISH	NOM. HCP
1	Don Wallace	1.38.10	1.39.00
2	Ian Kent	1.43.00	1.32.10
3	Graeme Sayer	1.43.10	1.52.00
4	John Flynn	1.44.44	2.00.00
5	Mathew Hitchcock	1.52.16	1.52.00 Hcp winner
6	Colin Colthorpe	1.58.28	1.55.00
7	Paul Andrews	1.59.44	1.55.00
8	Roy Treloar	2.00.58	2.20.00
9	Glen Matinca	2.01.04	2.02.00
10	Guy McNeal	2.01.25	1.47.00
11	Bob Hendricks	2.03.32	2.06.00
12	Russell Perry	2.03.57	1.58.00
13	John Evangelista	2.05.10	2.15.00
14	Andrew Bagley	2.05.27	2.00.00
15	Maureen O'Loughlin	2.06.01 1st female	2.20.00
16	Allan Bolt	2.10.15	2.19.00
17	Bob Hill	2.10.40	2.20.00
18	Steve Griffiths	2.10.42	2.00.00
19	James Bazo	2.11.03	2.09.10
20	Greg Henzel	2.13.49	2.20.00
21	Vanessa Bigwood	2.15.29 2nd female	2.20.00
22	Sandy Buchan	2.15.49	2.30.00
23	Steven Hayes	2.17.47	2.15.00
24	Andrew Tasak	2.19.35	2.20.00
25	Phillip Clarke	2.20.37	2.15.00
26	Don Worger	2.20.39	2.00.00
27	Maureen Kowalski	2.21.10 3rd female	2.29.30
28	Sandra Buffan	2.27.33 f	2.45.00
29	Cliff French	2.27.33	2.30.00
30	Gary Wylie	2.28.02	2.30.00
31	Keith Bevan	2.29.28	2.45.00
32	Carol Street	2.36.19 f	3.00.00
33	Arthur Cox	2.38.07	2.51.10
34	Joanna Khole	2.44.44 f	2.56.00
35	Julian Brameld	2.45.30	2.45.00
36	Umberto Greco	2.48.27	2.53.47
37	Corrie Davel	2.50.17	3.00.00
38	Bob Clark	2.53.00	2.20.00
39	Peter Lewis	3.15.19	2.51.00
40	Sandra Cox	3.16.53 f	3.30.32
41	Lorna Hill	3.16.53 f	3.30.30
42	Kerri Hall	3.20.32 f	3.30.00 1st f walker
43	Karen Davies	3.29.08 f	3.40.00 2nd f walker
44	Gina Kondi	3.29.08 f	3.38.00 3rd f walker
45	Don Hillary	3.33.57	3.05.00
46	Phillipa Bolt	3.36.59 f	4.00.00
47	Wiebe Vanderveen	3.38.30	3.40.15 1st m walker
48	Mal Grice	3.39.07	3.40.00 2nd walker
49	Dale Hennessey	4.23.54	4.10.00 3rd walker
50	Karen Grice	4.23.54 f w	4.15.00
51	Kay Hennessey	4.23.54 f w	4.20.00
52	Michelle Weickhorst	4.23.54 f w	4.10.00
53	Ronni Neate	4.25.27 f w	3.17.00
54	Cheryl O'Mara	4.25.27 f w	3.19.00
55	Trevor Williams	5.08.02	4.00.00
56	Jill Philp	5.08.02 f w	4.00.00

1995 male time 1.47.22 Female 2.17.04
34.

Athletes excel 50km classic run

STRONG fields in both Mt Mee events last weekend saw many locals running and walking personal best times in what was a great day for all.

Twenty-nine of the 68 starters were from the Caboolture shire.

The 50km run started at 6.30am. Deception Bay's Bruce Cook led from start to finish as did Wamuran's Lyn Gordon in the women's section. Bruce is the Australian 50km track champion, a record set many years ago. He has now returned to the ultra scene and in this event he worked each 12.5km leg up and down the range to finish with a new course record.

Asim Mesalic from Browns Plains was second and Hope Island's Harry Davis third. Caboolture's Jeff Williams jogged in, all smiles as usual, in seventh place.

Lyn Gordon ran an even paced run to finish 18mins 33secs ahead of Kingaroy's Angela Clark and Gold Coast's Aileene Markham third.

In the 25km event, course records fell in both male and female events.

Don Wallace, the 1995 Brisbane Marathon winner, along with three other runners, headed down the mountain at a steady pace. At the halfway turn Don lead by 10 secs from Brisbane's Ian Kent and Graeme Sayer, with local John Flynn snapping at their heels. And that's the way they finished. Don worked the hills on the return to finish five minutes ahead of Ian. Graeme was 10 seconds behind in third, with John 94 seconds back in fourth place. Don took 9 mins 20 secs off the 1995

course record and the first four men all broke the old record. All local men put in good runs.

In the men's 25km walk, locals took out the first three placings — Weibe Vanderveen first, and local police officers Mal Grice and ever-green Dale Hennessey second and third respectively.

In the ladies section, Brisbane's Maureen O'Loughlan and Gold Coast's Vanessa Bigwood both broke the course record with Warner's Maureen Kowalski, last year's winner, third. Again all local ladies ran well, with Carol Street fifth and Sandra Cox and Lorna Hille equal seventh.

Nine local ladies entered the 25km walk section. Kerri Hall set a new record by nine minutes, finishing ahead of Karen Davies and Gina Kondi, equal second who also broke the old record. Kay Hennessey and Michelle Weickhorst came equal third.

Caboolture News 24.11.96

RAINBOW BEACH TRAIL RUN

52, 30 & 15 kms

Sunday 9th November 1996

conducted in conjunction with the Rainbow Beach Surf Club

for entry forms, contact

Dennis Parton 074 863 547

THE BOAGS THREE PEAKS

by Pip Thorn, Narooma, NSW

Having recently subscribed to AURA, I was a little surprised to find that the Boags 3 Peaks held in Tasmania was not included in the calendar. Although it was held in April of this year, I feel that it is definitely worth a mention.

The 3 Peaks is a combination of yachting skill and running endurance. The 3 yacht / running legs are done continuously. There is a 5 man crew and any 2 of these may do the runs, which are done in pairs. Each runner is required to carry a survival pack, including items such as sleeping bag (!), compass and thermal gear. This is checked at the beginning of each run.

My partner in running, Robert Cooper of King Island, Tasmania had competed in 2 previous 3 Peaks, completing 2 runs each time. He was determined to do all three runs, and due to a storm preventing our yacht making it down from Queensland one year and a broken mast the next year, it was desperation time. Do or die!

Our crew consisting of Steve Brinkhof (owner of our yacht Nyanda), Michael Wearne and Lee Carter, were experienced yachtsmen, Lee having competed either as a runner or a sailor in each of the seven 3 Peaks.

The race always begins on Good Friday and as the 10,000 strong crowd gathered to see the start, they were disappointed to hear the cannon signalling the start and to see the yachts being rowed or "ridden" (by bikes attached to a propeller) over the start line. No wind!!

Things finally sped up as we reached the head of the Tamar River. Our first destination was Flinders Island in Bass Strait, a sail of 90 nautical miles and a 65km run including a climb up Mt.Strzelecki (756m.) Navigation into Lady Baron is tricky and it is not uncommon for yachts to come to grief here.

Having only completed the 54km Brindabella Classic and a few 50km training runs, I was definitely NOT an experienced ultradistance runner and the last 5km of the run, completed in the dark, was hard going. Things would have been easier if the mountain hadn't got in the way! Finishing this run was a great relief and John Clifford, our ground crew is owed a debt of thanks.

After gingerly climbing back on the yacht, we set sail for Coles Bay on the east coast of Tasmania and the Mt.Freycinet Range. Arriving at 11.00pm was a bit daunting as it meant a night run. Equipped with head lights and packs, we headed off. The race really should be called the 5 Peaks because before you reach Mt.Freycinet (620m), you have to climb over the Hazards Saddle and Mt.Graham. We had done a training run over this track the previous year, finishing in approximately 6 hours. In the dark, it took 8 hours for 33 kms. I was glad that Rob knew the track as we were following neon tape on trees for a good deal of the time. It is VERY easy to get lost. For me, it was quite a nightmare as I knew I was holding Rob up, but after going over on my ankle several times, I decided I'd like to finish in one piece and so slowed down. It was nice to finally see the yacht in the distance.

We set sail into conditions that Tasmania is well renowned for. After battling 3 metre swells and 50 knot winds for 10 hours, we decided to shelter for the night before taking on the Denison Canal. At this stage of the race, the captain can sail down around the Tasman Peninsula or take the risk and go through the canal. It is shorter but can be risky as the tide flows in and out from both ends and the canal is shut between the hours of midnight and 4.00am.

It took 3 hours of rowing and Robert diving overboard and pulling with a rope from the bank to make it to the jetty at the far end of the canal. At this stage, it would have been easy to retire from the race, but we were all determined to finish. Out of 18 starters, only 9 yachts were left.

We spent another night waiting for tide and wind conditions to be a little more favourable, and on the final day, with skill and some luck, we set sail for Hobart and Mt.Wellington, our final destination. Mt.Wellington is 1271m. high and a 35km run in total. It can be and indeed was on this occasion, a treacherously muddy track up the side of the mountain. We reached snow two-thirds of the way up and by the peak, we had put on jackets, gloves and balaclavas. It was blizzard conditions. It took until 5km before the end to really thaw out.

Rob and I had had a side bet of \$10 per run to the first person over the line. As I sprinted him to the finish of the last run, I now only owe him \$20. It was the thought of a shower that did it.

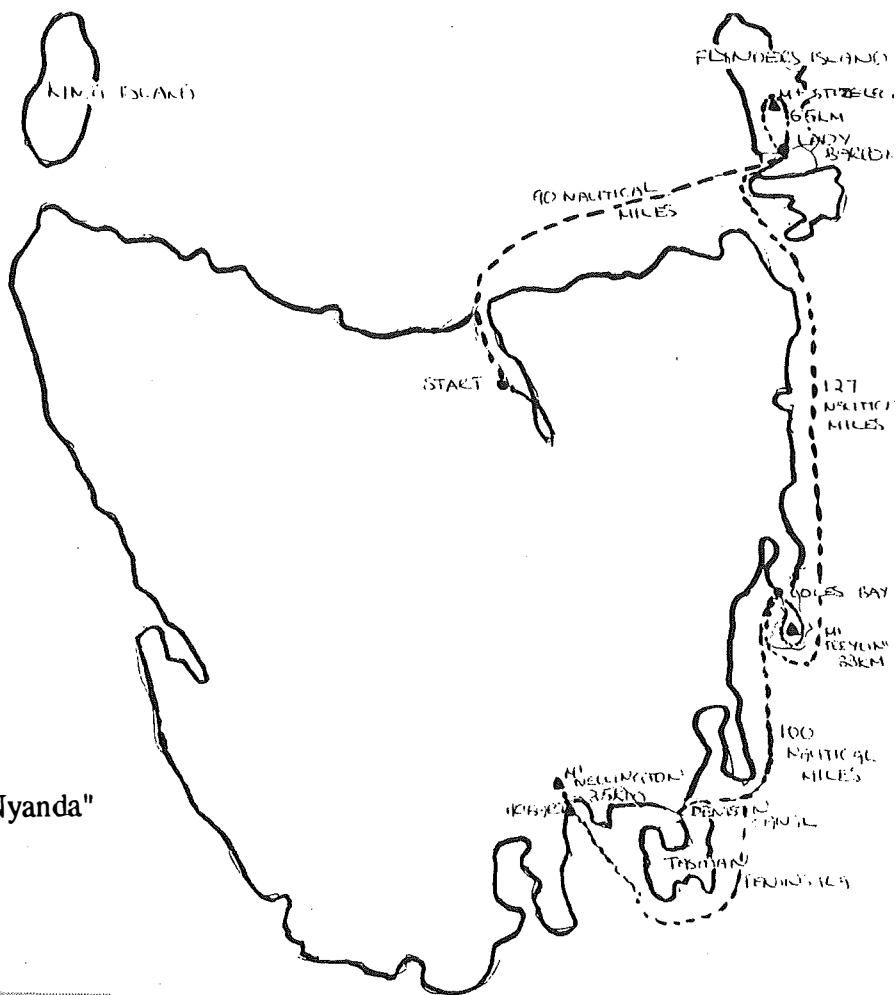
36 For anyone looking for adventure, the 3 Peaks is the ultimate. With unbelievable scenery and all the excitement you can handle, it is a must, and affords a great sense of achievement to finally complete it.

THE BOAGS THREE PEAKS, TASMANIA

Pip Thorn's map of Tassie shows the route of the gruelling yachting and running event. Pip's story is on previous page. Thanks for your contribution Pip!

Below left:
Lee hanging out over the boom

Below right:
Rob Cooper & Pip Thorn on board the "Nyanda"



HATS OFF TO DAVE!

Queenslander Dave 'Hats' Holleran has taken eight days off the record for running the Canning Stock Route in West Australia. Holleran, the well known Ultra Runner who has twice entered the Nanango 1000 Miles World Record attempts covered the 1770 Kilometre distance in 24 days 10 hours and 42 minutes.

Starting from the General Post Office at Halls Creek on July 1st, he finished at Wiluna Post Office on the twenty fifth in very hot conditions.

Running in temperatures varying from minus two at night to a day-time heat of thirty seven degrees, Mr Holleran crossed the Great Sandy, Gibson, Little Sandy and Tanami deserts. His run was hampered at one stage by him having to endure an enforced 48Kms detour due to flood conditions following heavy rain.

The record will be added to his ever-growing tally of unusual conquests including his recent carrying a 50Kg sack of coal for one mile in Toowoomba.

Part and parcel of Dave Holleran's unique twelve World Records, is his unpublished assistance given to needy children. Last year he helped send a little girl from Wynnum, Queensland, to America for a much needed operation. Other charities have also benefited from this unsung gentle man.

He has been adopted as a role model by the children of Nanango State School who closely follow his feats of endurance running. This was borne out by one pupil shyly giving him an encouraging letter, prior to his second 1000 Mile attempt which read in part: "You are MY Hero!"

And hero he is. In 1993 he broke the 1000 kilometre Mackay to Brisbane record, formerly held by Ron Grant; and is the fourth person to run the Simpson Desert. This run eclipsed the effort of Tony Rafferty when Tony ran second to Ron in January 1986.

In 1994 Dave was ranked sixth in the world at both 1100Kms and 700 Miles; and fifth at 1200Kms, 1300Kms and 1400Kms, during the 1000 Mile World Record attempt won by Gary Parsons. Among Dave's records during this event, one is worth considering. He is the only Queenslander to have run 1000Kms on both the road and track.

After crossing the Canning Stock Route a jubilant Holleran said, "I feel great, now I can visit my sister in Kalgoorlie!"

Peter H Davies



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
50 MILE TRACK RACE
(INCORPORATING AUSTRALIAN CHAMPIONSHIP EVENT)
SATURDAY 20 JULY 1996
BILL SEWART ATHLETIC TRACK (400m)
BURWOOD HIGHWAY, EAST BURWOOD, VICTORIA

Race Organiser: Geoff Hook
42 Swayfield Road
Mount Waverley 3149

RACE REPORT

Rogainer Nigel Aylott left his day pack and compass at home to win his first track ultra and capture the Australian 50 Miles Track Championship. Nigel ran a very steady and controlled race, snatching the lead in the 2nd hour to stay in front and win by 10 minutes over last year's winner Bryan Smith.

Pity about the weather! The cold wind and rain that sprang up in the late morning caused a couple of competitors to retire before the elements caused them serious problems.

I'm very grateful to the Knox Athletics Track Management for making their marvellous track available at short notice. The East Burwood track was supposed to have a new synthetic surface before race day but construction delays caused a cancellation of the venue.

It was great to have Cliffy in the race with his lovely support crew from Wollongong. He seemed more interested in having a cuddle or a kiss with Helen than staying on the track, and who would blame him? Last year's winner Bryan Smith wasn't very far off the lead. Bryan was still able to run a respectable time off very little training.

Shirley Young was the best of the 3 women but was considerably slower than her world age records breaking run of last year.

Thanks to all the competitors for supporting the race. I hope you can come back again next year.

GEOFF HOOK
RACE DIRECTOR

011

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

50 MILES TRACK RACE

SATURDAY, 20TH JULY, 1996
KNOX ATHLETICS TRACK, RUSHDALE STREET
SCORESBY, VICTORIA

			Marathon	30 miles	50 km	40 miles	50 miles
1.	Nigel AYLOTT, 30	Vic.	3:11:44	3:41:25	3:49:34	5:04:02	6:27:39
2.	Bryan SMITH, 52	Vic.	3:26:22	3:58:42	4:05:11	5:19:07*	6:47:28
3.	Ian CLARKE, 42	Vic.	3:30:30	4:04:01	4:13:28	5:36:10	7:07:52
4.	Shirley YOUNG, 66	F1 Vic.	4:01:18	4:39:41	4:51:34	6:22:54	8:13:24
5.	Sandy KERR, 50	F2 Vic.	4:29:07	5:12:18	5:23:19	7:05:23	8:59:38
dnf	Peter ARMISTEAD, 50	Vic.	4:13:15	5:10:01	5:26:47	7:41:50	174 laps = 69.6 km in 8:29:32
	Denise PIKE, 44	Vic.	4:28:05	5:17:25	5:31:40	7:42:00	174 laps = 69.6 km in 8:34:55
	Geoff DUFFELL, 45	Vic.	3:56:46	4:29:50	4:39:19	6:02:59	171 laps = 68.4 km in 8:35:00
	Cliff YOUNG, 74	Vic.	4:49:31	5:41:13	6:02:35	8:02:24	171 laps = 68.4 km in 6:44:13
	Michael GRAYLING, 40	Vic.	3:37:32	4:17:34			121 laps = 48.4 km in 4:18:14
	George CHRISTODOULOU, 56	Vic.	3:52:06				106 laps = 42.4 km in 3:52:20
	Ron CAMPBELL, 53	Vic.					93 laps = 37.2 km in 3:00:25

* time is next completed lap after the nominated distance was passed.

QLD ULTRA RUNNERS CLUB INC

PO Box 469 Broadbeach Qld 4510
Tel (07) 5592 2349 Fax (07) 5531 6171

1996 TAMBORINE TREK

Kelvin Marshall of the Sydney Striders Club successfully defended his Tamborine Trek title in arduous conditions in this gruelling 68 kms, event held on 4th August 1996.

His time of 6 hours 13 minutes was 37 minutes slower than his course record of 5:37 established in 1995. This was an outstanding performance given that the temperature was over 25° for some 4 hours of his run.

Pete Gibson and Roy Treloar filled the minor placings, while the ladies section was won by Aileene Markham.

The race attracted 20 starters, with 7 more competitors contesting the 45 kms event. Six competitors were contesting their first ultra.

The 45 kms event was won by Phil Lear from Steve Roach and Ian Reed, with Rachel Cooke winning the ladies section.

Ian Cornelius

PLACE	NAME	68 kms	START	FINISH	TIME	
1	Kelvin MARSHALL	NSW	7:30	13:43:52	6:13:52	
2	Pete GIBSON	QLD	6:45	13:30:04	6:45:04	
3	Roy TRELOAR	QLD	5:30	12:22:34	6:52:34	
4	Doug LOMAX	NZ	5:30	12:22:45	6:52:45	
5	Sean SWAIN	NSW	5:30	12:35:56	7:05:56	
6	Gary PARSONS	QLD	7:15	14:55:28	7:40:28	
7	Ian McCLOSKEY	QLD	5:30	13:23:46	7:53:46	
8	Peter LARGE	QLD	6:00	13:56	7:56:00	
9	Aileene MARKHAM	QLD	5:15	13:30:04	8:15:04	1F
10	Bill ROSS	QLD	5:30	13:56	8:26:00	
11	Pete SINFIELD	QLD	6:00	14:31:20	8:31:20	
12	Angie COTTRELL	QLD	5:30	14:11:32	8:41:32	2F
13	Kelvin WOODS	QLD	6:30	15:25:06	8:55:06	
14	Ross CONSTABLE	QLD	5:00	14:08:29	9:08:29	
15	Alan COSSEY	QLD	5:00	14:08:29	9:08:29	
16	Dennis FRENCH	NSW	4:00	13:52:40	9:52:40	
17	Shelley SMITH	QLD	4:30	14:44:17	10:14:17	3F
18	Kerri HALL	QLD	3:15	14:28:04	11:13:04	4F
19	John JACKSON	QLD	4:00	DNF	DNF	
20	Marcus WALCROFT	QLD	5:30	DNF	DNF	

45 kms

1	Phil LEAR	QLD	9:00	13:31:25	4:31:25	
2	Steve ROACH	QLD	10:00	14:36:37	4:36:37	
3	Ian REED	QLD	9:00	14:00:28	5:00:28	
4	Bob BURNS	QLD	9:00	14:12:59	5:12:59	
5	Rachel COOKE	QLD	9:00	14:22:03	5:22:03	1F
6	Corrie DAVEL	QLD	9:00	14:58:22	5:58:22	
7	Ian CLAYFIELD	QLD	8:00	14:31:55	6:31:55	

Adelaide to Victor Harbor Ultra Marathon.

100 Km. Ultra Marathon..

4 x 25 Km. Relay Event.

10 x 10 Km. Relay Event.

When. 06-10-96.



Organised by the Distance Runners Club of South Australia Incorporated.

START:: In front of the Adelaide Town Hall. **TIME::** 6.00am.
FINISH:: Victor Harbor R7 School, The Parkway, Victor Harbor.
Official Ending Time :: 5.00pm.
Race Instructions will be provided to all entrants.

AWARDS:: ULTRA MARATHON:: Trophies awarded to the **FIRST MALE** and **FEMALE** runner.
All Finishers deserve and will receive a Medal and plus a Certificate of Merit.

ULTRA RELAY:: Medallions to the Winning Team in the following categories::
OPEN MALE. VETERAN MALE (40 and over).
OPEN FEMALE. VETERAN FEMALE (35 and over).

CONDITIONS:: Provide your own Timekeepers, Support and Feeding Crew.
The **SUPPORT CREW** must not travel at the runners pace.
In the Relay, **NO PACING** is allowed, Only **ONE** relay **LEG** per runner, and each runner must complete his/her relay leg.
RACE Instructions will be provided for each competitor, with a complete set of **RACE** details in it.

ENTRY FEES::	Ultra Marathon:: \$20.00::	Ultra Relay:: 10 x 10km.::::	\$ 100 Per Team.
		4 x 25km.::::	\$ 80 Per Team.
		Schools. 20 x 5km.::::	\$ 20 Per Team

FINISH AREA:: The **FINISH** is at the Victor Harbor R7 School, The Parkway, Victor Harbor.
And they have generously provided access to their showers for all finishers, and should it rain, to shelter under the verandah and covered ways. We very much appreciate this offer.

The D.R.C. of S.A.Inc. will provide its Mobile Barbecue on the day at the Finish of the Event.

Please post your **ENTRY FORM & FEE** to the Distance Runners Club of S.A. Inc.,
P.O. Box 102, Goodwood. S.A. by Friday 20th. September 1996. Contact D.Paul 2985005.

ADELAIDE to VICTOR HARBOR ULTRA MARATHON

100 KILOMETRES.

Starting at the ADELAIDE TOWN HALL. Time 6.00am.

Finishing at the VICTOR HARBOR Area 7 School. Finish Time 5.00pm.

SURNAME. _____

GIVEN NAME. _____

ADDRESS. _____

SUBURB. _____

POST CODE. _____ STATE. _____

Phone No. _____ AGE. _____ MALE. _____ FEMALE _____

LONGEST RUN COMPLETED.? _____

BEST MARATHON TIME.? HRS. _____ MIN. _____ SEC. _____

HAVE YOU RUN THIS EVENT BEFORE.? YES _____ NO _____

WHAT IS YOUR BEST TIME.? HRS. _____ MIN. _____ SEC. _____

THIS YEARS ESTIMATED TIME.? HRS. _____ MIN. _____ SEC. _____

HAVE YOU FINISHED OTHER ULTRAS.? YES _____ NO _____

I enter this event at my own risk. DATE. _____

SIGNATURE. _____

(Parent or Guardian must sign if entrant is Under 18 yrs. of age.)

ADELAIDE to VICTOR HARBOR ULTRA RELAY.

10 RELAY LEGS each 10 km.

4 RELAY LEGS each 25 km.

Starting at the ADELAIDE TOWN HALL. Time 6.00am.

Finishing at the VICTOR HARBOR Area 7 School. Finish Time 5.00pm.

TEAM NAME. _____

CATEGORY.

Open Male. _____

Open Female. _____

Veteran Male. _____

Veteran Female. _____

RELAY LEG	NAME	AGE	RELAY LEG	NAME	AGE
1 M F			6 M F		
2 M F			7 M F		
3 M F			8 M F		
4 M F			9 M F		
5 M F			10 M F		

ADDRESS for CORRESPONDENCE::

FULL NAME:: _____

ADDRESS:: _____

STATE:: _____ POST CODE:: _____

CONTACT PHONE NUMBER:: _____

We enter this event at our own risk. DATE. _____

SIGNATURE. _____

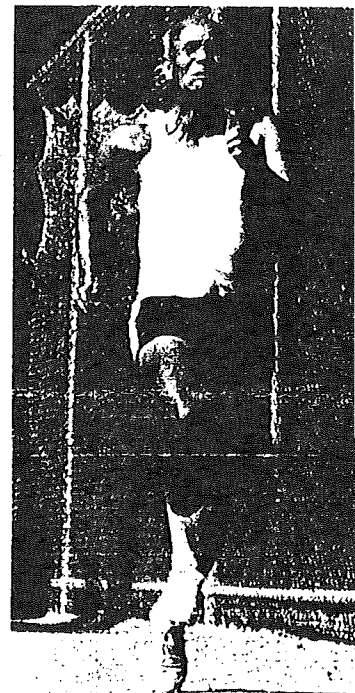
(Parent or Guardian must sign if entrant is Under 18 yrs. of age.)

15th ANNUAL

Sri Chinmoy National 24 Hour Track Race

(incorporating the Sri Chinmoy
12 Hour Peace Race)

Adelaide - South Australia
October 26th and 27th 1996



"Run and Become.
Become and Run"

INFORMATION FOR THE 12 AND 24 HOUR RUN

How long have you been running?

Do you hold any ultradistance records? If so, please list:

How many ultras have you run?

What was your Most outstanding race?

Longest distance run?

DISTANCE	BEST RACE (include placing)	BEST TIME	HOW MANY	COMMENTS
Marathon				
50KM				
50 MILES				
100KM				
100 MILES				
12 HOUR				
24 HOUR				
48 HOUR				
ANY OTHERS				
SYD-MELB				

What other sports are you active in?

Any comments or additional information of interest:

15th Annual Sri Chinmoy 12 and 24 Hour Track Race

Race Information

Start:

24 Hour Race 8.00am Saturday, 26th October 1996
12 Hour Race 8.00pm Saturday, 26th October 1996

Location:

Adelaide Harriers Track
South Terrace, Adelaide

Service to runners:

- Certified 400m floodlit track
- Personal lap counters
- Splits at Marathon, 50km, 50 mile, 100km, 100 mile, 200km, 250km
- Running direction changed every 6 hours
- Food and drink supplements during race
- Rest room and medical facilities
- No applicants under 18 years will be accepted

Prizes:

Medallions to all finishers

Application for entry

- Applications close 18th October
- NO ON THE DAY ENTRIES
- To apply – Fill out application for entry coupon and the information requested on the rear of coupon. Further information is welcomed on a separate sheet

Include:

Entry fee:	24 Hour	before October 1	\$65
	24 Hour	between Oct 1-18	\$75
	12 Hour	before October1	\$30
	12 Hour	between Oct 1-18	\$35

All 24 Hour entry fees include a T-shirt

12 Hour entry fee does not include T-shirt

Extra T-shirts - \$20 each

PASTA PARTY Fri October 25th 7.00pm **\$15 per person**

Send Cheque and Application with a stamped self addressed envelope to:

Sri Chinmoy 12 and 24 Hour Track Race
P.O. Box 554
North Adelaide SA 5006

**For More Information Phone
(08) 332 5797**

“Run, you can easily challenge the pride of frightening distance”

Sri Chinmoy

-Tear Here

Sri Chinmoy 12 and 24 Hour Track Race

Please Print Clearly

**For Official
Use Only**

Last Name										First Name										Sex		Age	
																				Male	Female	on race day	
																				<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>
Mailing Address										Street										Birth Date		Occupation	
																				<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
																				City			
State (or Country if not Australia)										Post code					Area Code			Phone					

No runners under age 18 will be accepted. Entry fee: 24 hour \$75.00 (includes T-shirt); 12 hour \$35.00 (no T-shirt)

Make cheques payable to: Sri Chinmoy 12 and 24 Hour Race

T-shirt size ☐ ☐ ☐ ☐

sm med lg xl

Sponsored by the Sri Chinmoy Marathon Team



Signature Date

In consideration of this entry accepted, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release the Sri Chinmoy Marathon Team and their representatives for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. 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.

Sri Chinmoy, Meditation teacher, philosopher, poet, musician, athlete, weightlifter, man of peace, inspires "self transcendence" of body and spirit. Endurance sports such as running are excellent metaphors for this philosophy.

The Sri Chinmoy Marathon Team international running organization provides the public with over 500 races a year ranging from 400m races to the elite 1,300 mile race held each year in New York City.

Support By: Australian Chiropractors Association (S.A. Branch)
Professional Massage & Remedial Therapy Society Inc.
Travelodge Australia

6 HOUR, 50 KILOMETRE, & 6 HOUR RELAY TRACK RACES

SUNDAY 1 DECEMBER 1996 at MOE ATHLETIC TRACK

The races will be held at the Moe Athletic Track at Newborough (near Moe), which is approximately 135 kilometres east of Melbourne. The track has a synthetic surface. Changing rooms showers and toilets are close to the track. Refreshments will be provided after the race. There are currently negotiations to have masseurs available during and after the event. Organisers are the Traralgon Harriers Athletic Club Inc.

Anyone wishing to enter both the 50 km and 6 hour events must pay an extra entry fee.

Relay teams shall be up to 5 runners, change runners after each 20 minute interval, and strictly follow the nominated order of runners. Team members and running order are to be advised on the day. Team categories are: male, female, and mixed (at least 2 runners of each sex).

Support crew: all runners and teams are to supply their own lap scorers and support crew.

Starting time is 8:00am. Runners are to report in by 7:30am. The 50 km race has a 6 hour limit.

Entry fees: \$20 for either 50 km or 6 hour; \$30 for both; \$30 for relay team. Entries close on 21 November.

Entries and enquiries: Geoff Duffell, 7 Shaw Street, Churchill, Vic 3842. Ph(ah) (051) 222 855.

✂-----

ENTRY FORM

Surname Call name.....

Sex (M/F) Date of Birth/...../..... Age on race day

Postal Address

..... Postcode.....

Telephone - home (.....)..... business hours (.....).....

Event entered:

6 hour individual ☐

50 kilometre individual ☐

6 hour relay ☐ ⇔ Category: Male ☐ Female ☐ Mixed ☐

I, my crew, and fellow team members agree to the race conditions stated and shall obey the instructions from the race officials.

I, my team members and support crew, and our legal heirs will not hold the organisers responsible for any illness, injury, accident, loss of property or death resulting from our participation in this event.

Signature

Date/...../.....

Maryborough Wongai Waterhole

conducted by Fraser Coast Road Runners Inc
in conjunction with Qld Ultra Runners Club Inc

60, 30 & 10 kms

Sunday 8 December, 1996

Starting time 6:30am, 8:00am for the 10k

Entry fees \$20,\$15 and \$10.

A discount of \$5 applies to members of QURC and FCRR for the 60kms event.

Remember the QURC Annual Dinner and prizegiving,
Maryborough Saturday 7 December 1996

For further information contact

Brian Evans 071 244 543, or Ian Cornelius 07 5592 2349

ENTRY & DECLARATION

Event entered 60k [] 30k [] 10k []

Name:

Address

..... Postcode

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

1. I agree to abide by the rules imposed by the race organisers
2. I am medically fit and have adequately prepared for the race
3. 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 fee to the Race Director
Brian Evans, 12 Warrego Drive, Hervey Bay Qld 4655. Tel 071244 543

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

carrying on the proud tradition of the Rooftop runners

SUNDAY 5TH JANUARY, 1997 [12TH EDITION]

COST: \$28.00 (for AURA current financial members)
\$33.00 (for non-members)
\$5.00 Surcharge for transport from where you finish, back to where you started.
\$5.00 Discount for entries received by end of November.

CLOSING DATE: 23rd December, 1996

(SPECIAL STAGE BEING OFFERED
FROM HALF WAY TO FINISH.
START 11AM AT LANGFORD GAP,
FINISH MT. HOTHAM SUMMIT.
DISTANCE APPROX. 26KM)

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

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

FINISH: Mount Hotham

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

IMPORTANT NOTES:

1. Late entries or entries on the day **will not be accepted**. All intending competitors must pre-enter. All entries must be delivered to the organiser by 23rd December. If you are concerned your entry may be delayed by Christmas mail, then hand deliver it. No account will be taken of mailed entries not actually delivered by 23rd December.
2. The carrying of a water-proof spray jacket is **MANDATORY** no matter what the weather conditions. No jacket, no start!

WARNINGS AND RULES OF THIS EVENT

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

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

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

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

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

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

Pacing: Pacing will not be permitted in this event.

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

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

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

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

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

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

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

carrying on the proud tradition of the Rooftop runners

SUNDAY 5TH JANUARY, 1997 (12TH EDITION)

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

ENTRY APPLICATION

NAME:

ADDRESS:

.....

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

AGE ON DAY OF EVENT: DATE OF BIRTH:

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

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

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

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

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

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

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

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

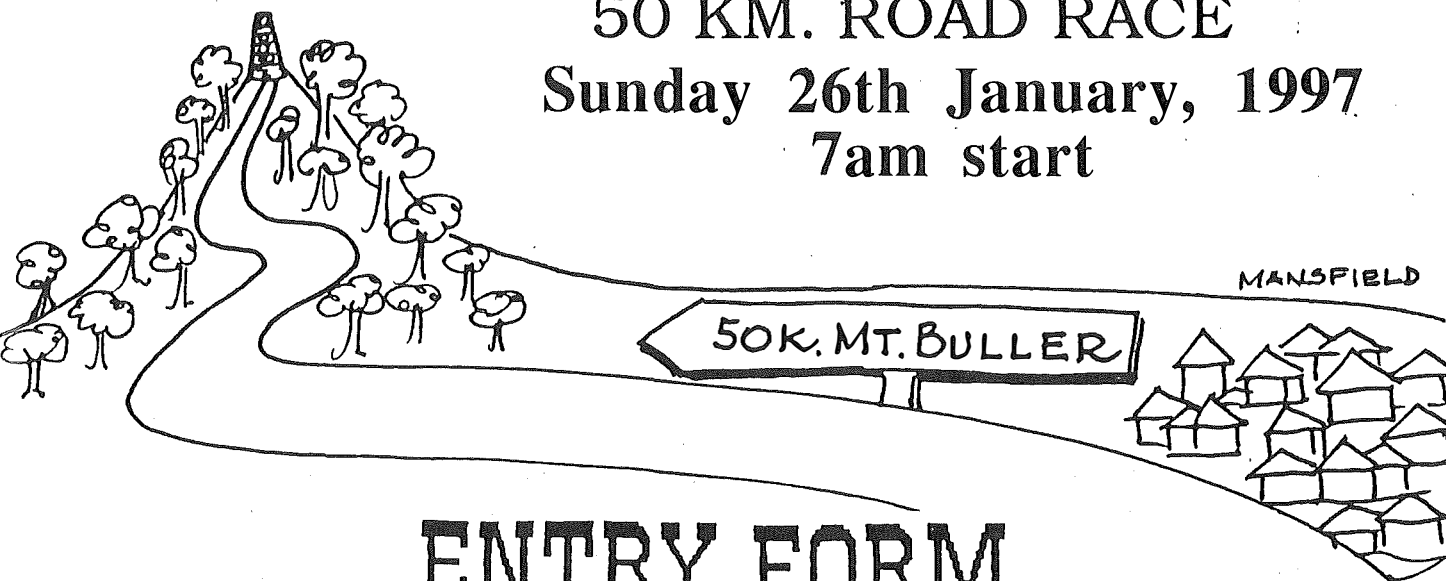
Signed: Date:

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

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

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

Sunday 26th January, 1997
7am start



ENTRY FORM

SURNAME FIRST NAME INITIALS SEX M or F

ADDRESS: number and street DATE OF BIRTH

suburb or town POSTCODE TELEPHONE HOME WORK

Person to be notified in case of emergency:

SURNAME

FIRST NAME

Relationship

TELEPHONE HOME

WORK

WAIVER

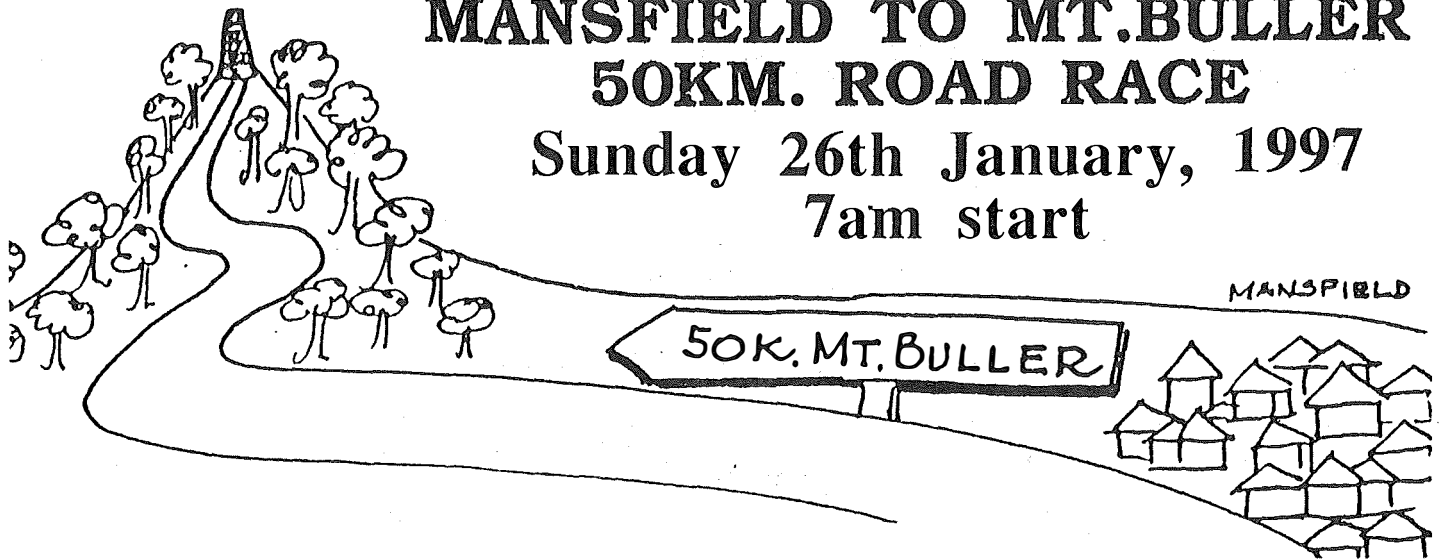
I, the undersigned, in consideration of and as a condition of acceptance of my entry in the MANSFIELD TO MT.BULLER 50 KM ROAD RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.

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

Signed..... Date.....

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

**Sunday 26th January, 1997
7am start**



Race Organiser: Peter Armistead, 26 Williams Street, Frankston 3199
Ph. (03) 9781 4305

Race Director on the day: Dot Browne, 4 Victory Street, Mitcham 3132
Ph. (03) 9874 2501 Fax (03) 9873 3223

An exhilarating challenge on a sealed road through beautiful country, starting on the outskirts of the Victorian town of Mansfield, travelling through undulating farm-land, before climbing to the summit of Mt.Buller and finishing finally outside the Arlberg Hotel in Mt.Buller Alpine Village.

First 32km.	Mansfield through Merrijig to Mirimbah	undulating farm-land.
32 - 48km	Mirimbah to the summit of Mt.Buller	uphill climb.
48 - 50km.	Summit of Mt.Buller to Alpine Village	downhill run, 800m on a rocky track.

PRIZES: First Male
Second Male
Third Male First Female

ENTRY FEE: \$15.00 (Cheques payable to Peter Armistead)

ENTRY FORMS TO: Peter Armistead,
26 Williams Street,
Frankston 3199
(03) 9871 4305

CLOSING DATE: Friday 11th January, 1997

Confirmation of entry will be posted after the closing date, together with more details of the race, including local accommodation options.

DEDICATION DETERMINATION DISCIPLINE

Plus a new note of caution from race organiser: **Remember the 6 Ps!**
PRIOR PREPARATION PREVENTS PISS-POOR PERFORMANCE !

Bunbury Holden

HEAD OFFICE:

3 Sandridge Road, Bunbury W.A. 6230

P.O. Box 1324, Bunbury W.A. 6231

TELEPHONE (097) 91 3899 - FACSIMILE (097) 91 2990

SERVICE CENTRE & PARTS DEPT:

27 Denning Road, Bunbury W.A. 6230

P.O. Box 1324, Bunbury W.A. 6231

TELEPHONE (097) 91 3899 - FACSIMILE (097) 91 4730

DIRECT PARTS LINE (097) 91 4025

WESTERN AUSTRALIA

BUNBURY HOLDEN

6 OR 12 HOUR ULTRA MARATHON FOOTRACE



INCLUDING W.A. 50 KM & 100 KM

STATE OPEN TRACK CHAMPIONSHIPS

Certified 500m Fast Grass track

STARTS SATURDAY 1ST MARCH 1997 (LONG WEEKEND)

Solo 6 or 12 Hours

Teams 100 KM Challenge

Teams of 2-5 Or 10 Members. Limited Teams

PROCEEDS TO LOCAL CHARITIES

Sponsored By:- BUNBURY HOLDEN

Organised By:- BUNBURY RUNNERS CLUB INC

**DETAILS:- BRIAN KENNEDY
64 KNIGHT STREET, BUNBURY W.A.
PHONE (097) 95 9546**



Sunday 16TH March 1997
RED ROCK/COFFS JETTY
(A W.R.A.T.S. Event)

Beach and Headland Ultra Marathon
45 Kilometres

START: Northern End Red Rock Beach 6.00 A.M. / 6.30 A.M.

FINISH: Coffs Harbour Jetty

PRESENTATIONS: Coffs Harbour Yacht Club

ENTRY FEE: \$5.00 payable to "Woolgoolga Fun Run" (\$10.00 on DAY)

POST ENTRIES TO: Steel Beveridge,
2 Lakeside Drive, North Sapphire NSW 2450 (BY 12TH MARCH)

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

COURSE SURVEY: Saturday, 15 March 1997, meet at Arrawarra Headland 3.00pm

CARBO LOAD: Unofficial, at Bella Cibo Cafe, Woolgoolga
from 7.30pm Saturday 15 March 1997

WAIVER

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

2/ I will abide by all the competition rules.

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

parent/guardian.....

Previous Ultra Marathon experience.....

.....

.....

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

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

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

ADT 50
AURA 'DAM TRAIL 50'
SUNDAY 24TH MARCH 1997

COST: \$25.00 (for AURA current financial members) **DISTANCE:** 50km approximately
\$30.00 (for non-members)

START: 9.00am, Fernshaw Reserve Picnic Area **FINISH:** Below the Maroondah Dam Wall

CLOSING DATE FOR ENTRIES: 11th March, 1997 (\$5 surcharge for late entry to 20th March, 1997)

IMPORTANT NOTES:

1. Late entries after 20th March, particularly entries on the day, **will not be accepted**.
2. A car shuffle will be organised to retrieve your car from Fernshaw Reserve.
3. Please be at the start before 8.00am to allow sufficient time for race preliminaries.
4. Chest numbers will be handed out before the start.
5. The organiser does not know what level of volunteer support will be available on the day. There will be a number of checkpoints with water and limited food (which **may** include provision for personal drinks and food - this will be announced at the start). Don't expect aid stations every 5km but if the day is hot, then water drops will be arranged between the longer checkpoints. The organiser strongly recommends all entrants carry some emergency food, water and a spray jacket (weather conditions can change rapidly in the mountains).
6. Entrants may feel the entry cost is high, but the cost allows for the Race Organiser to pay a contribution to AURA for the very expensive cost of Public Liability insurance. Without this insurance this race would not be permitted to be held.
7. After the race we will have a social get together in the Healesville Hotel for drinks and an early counter tea. Please try and attend this function.

WARNINGS AND RULES OF THIS EVENT

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

Time Limit: There will be a maximum time limit of three hours for any runner who wishes to complete the run to reach Dom Dom Saddle for the second time (approximately 20km).

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

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

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

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

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

Withdrawals: In order to avoid unnecessary searching, any entrant who withdraws during the event should notify the Race Director or a Race Marshall as soon as possible.

Pacing: Pacing will not be permitted in this event.

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

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

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

ADT 50

AURA 'DAM TRAIL 50'

SUNDAY 24TH MARCH, 1997

A run around Maroondah Dam, Healesville, Victoria

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

ENTRY APPLICATION

NAME:

ADDRESS:

.....

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

AGE ON DAY OF EVENT: DATE OF BIRTH:

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

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

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

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

I understand that, as condition of acceptance of my entry in the AURA "Dam Trail 50", for myself, my heirs, my executors and administrators, I hereby waive all and any claim for, or arising out of, loss of my life or injury, damage or loss of any description whatsoever I may suffer or sustain in the course of, or consequent upon, my entry or participation in the said event.

Signed: Date:

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

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

**LIVERPOOL BOOMERANG MARATHON RACE
LIVERPOOL TO ALBURY AND RETURN
APPLICATION FORM**

Race Organiser: Dave Taylor. 56 Grandview Parade
LAKE HEIGHTS. NSW 2502
Phone No: Home: 042 74 0054 Mobile: 015 00 9279
Date of Race: March 1997 Date to be announced

NAME.....M/F.....

ADDRESS.....

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

PHONE NO.....MOBILE/WORK NO.....

DATE OF BIRTH.....AGE.....

I wish to apply to enter this race and accept all conditions
laid out and agree to obtain my own sponsorship

SIGNED.....

LIST YOUR BEST PERFORMANCES:

Distance	Time	Date	Venue	Position
----------	------	------	-------	----------

MARATHON

80KM

100KM

160KM

12 HOUR

24 HOUR

6 DAY

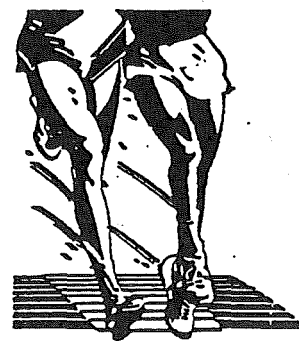
LONGEST

SIGNED.....

**BANANACOAST ELECTRICS
ULTRA MARATHON (85kms)**

Sunday, 4 May 1997

Entry Form



From Coffs Harbour to Grafton via Glenreagh and Coramba (85 kilometres)

START: Coffs Harbour Hotel (Cnr Pacific Highway and High Street) 6 A.M.

FINISH: Grafton Post Office

ENTRY FEE. \$5.00, payable to Woolgoolga Athletics Club (\$10.00 on day)
(BY 1ST MAY 1997)

Entries to Steel Beveridge, 2 Lakeside Drive, North Sapphire. 2450.

Enquiries telephone (066)536831

RULES.

- (1) Each competitor must undertake to provide a second/helper to assist with feeding, care and time-keeping. Each second will require a motor vehicle of his/her own so as to carry out the necessary appropriate activities.
- (2) Each competitor must undertake to travel on the right hand side of the road unless otherwise directed by Police.
- (3) All Police instructions must be obeyed at all times.
- (4) No push bikes as support vehicles.
- (5) Support vehicles must obey traffic rules at all times.

WAIVER.

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

(2) I will abide by the competition rules.

Signed: _____

Date: _____

Previous Ultra Marathon experience: _____

Best Marathon time: _____ Event: _____ Year: _____

Name: _____

Address: _____

Date of Birth: _____ Sex (Male or Female): _____

MEDIA ARTICLES ON MEMBERS

Aussies turn up heat

by Scott Rowe

New South Welshman Tony Collins and Queenslander Gary Parsons are turning up the heat on Englishman Richard Brown after day five of the world 1000 mile track record attempt at Nanango.

Collins, better known as the "flying dentist", moved into second position on day five — just 28 miles behind Brown.

Current world record holder Gary Parsons has improved his position to be third — 38 miles behind his English rival.

On day five Brown had completed 1762 laps of the Nanango Football Oval (440 miles).

Race co-organiser Dell Grant said the hot weather over the past three days was taking its toll on some of the European athletes.

"Hungarian runner Istvan Sippos seems to be suffering from the heat as does the Spanish competitor Alfredo Uria," she said.

"Tony and Gary are moving up the placings because they are sticking to rigid plans which they most probably made before the race.

"But we are only in day five and there is a long way to go."

Sixty-year-old West Australian runner George Audley remains the only casualty.

Audley pulled out on the second day admitting to race organiser Ron Grant he had simply run too many events.

Retired Canadian diplomat Michel Careau, 55, was in fourth position on day five.

He has had his spirits bolstered with news from home.

"We received notice on Thursday through the Internet that Michel had broken the 48-hour and three-day Canadian records in the 55-60 year-old age group," Grant said.

"He has been running very well and although age may not be on his side, he remains under world record pace."

The leading woman in the field is England's Sandra Brown who was outright sixth after day five.

"Sandra is a very strong walker and prefers to walk all her laps," Dell said.

"She has done extremely well to date and is definitely on track to become the first woman to complete the event."

The oldest competitor in the field is 76-year-old Drew Kettle.

While admitting he won't break the world record, Kettle continues to complete the 40 miles a day required to remain in the event.

"He is a true showman," Grant said.

"He does enough each day to stay in the event and is proving a favourite among local children who come down to have a look."

The Victorian grandfather claims one of the secrets of his eternal youth is having a stubbie every time he pulls off the track.

"I come off the track every six hours and the first thing I do is get my shoes off and have a stubbie," he said.

"It doesn't do you any harm and besides — I love it."

Kettle is better recognised as the rugged bushman who runs across the length and breadth of Australia raising money for the Royal Flying Doctor Services.

Since 1983 Kettle has raised more than \$175,000 for the flying doctors and his quest continues.

"Towards the end of this event I want to do a lap of the oval handcuffed to a local policeman," he said.

"Hopefully I can continue to raise money for the flying doctors."

Placings after day five were: 1st: Richard Brown 440 miles, 2nd: Tony Collins 412 miles, 3rd: Gary Parsons 402 miles, 4th: Michel Careau: 402 miles, 5th: Peter Gibson 401 miles, 6th: Kevin Mansell 398 miles, 7th: Sandra Brown 396 miles.



Bedtime!... New South Wales dentist Tony Collins, 48, prepares for a sleep in a garbage bin full of iced water at the world 1000 mile attempt on Sunday. Collins was in second position after day five.

Ultramarathon Canada



Publisher: David Blaikie

5515 Millview Road, Manotick ON K4M 1J3

Summer 1996

Bell Sounds for Ultramarathon Canada

Most of you will have guessed by now, but this is the end of the line for Ultramarathon Canada. The last issue came out in the spring and the newsletter is now history. I've been forced to shut it down because of an increasingly heavy workload at my office, and an increase in the amount of time I am away from home on business.

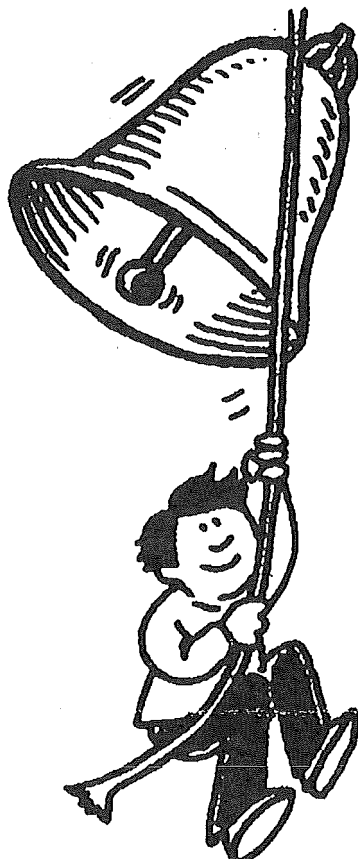
Looking back, it's easy now to see that this day has been coming for quite a long time. For too long I've been complaining about the pressures of time. I'm tired of hearing myself talk. It's time to admit the obvious.

It's been a great 10 years. Yes, exactly a decade has passed since I began putting together the first annual edition of Ultramarathon Canada in the summer of 1986. Annual editions were published for six years - containing rankings, open and age group records. The newsletter dates from 1989.

My hope is that somebody may start up a replacement newsletter.

If so, I would be glad to offer encouragement and make available some basic files. But frankly, I am not very optimistic. Putting out UC as it was for many years - a bimonthly publication of 24 to 40 pages - is a time-consuming exercise. It could easily be a full-time job (and there were times when my family thought it had nearly become one.) But I have no regrets. On the contrary, it's

been as rewarding a hobby as anyone could wish. Throughout the entire 10 years, I was constantly inspired by the tremendous achievements of ultrarunners at all levels (and in all age groups). Collectively, you transformed the sport. I thank you from the bottom of my heart. The future of ultrarunning is bright in Canada because of you.



Ultramarathon World

I hope to continue Ultramarathon World, the Internet news service and resource base for ultrarunners that began last year and marks its first anniversary on August 13. So please continue to send contributions. I would hate to lost touch with all of you all at once.

Refunds Enclosed

Refund cheques are enclosed for the balance of subscriptions owing. I've never done this before so if any of you disagree with my calculation of your refund, contact me. I'm sure we can settle out of court. God bless, and my best wishes to you all.

David Blaikie

David Blaikie



INTERNET WEB SITE FOR AURA

Kevin Tiller, as previously mentioned, has generously created a web site for AURA containing lots of information for browsers both from within Australia and from overseas

The web site address is: // www.ozemail.com.au/r_tiller/aura.html
and Kevin's email address is: [tiller @ ozemail. com. au](mailto:tiller@ozemail.com.au)

In coming into our web site, the first page looks like the example below. The amount of information contained in subsequent pages is enormous, accessed by "clicking-on" to the appropriate pointer. The information is regularly reviewed and updated for the benefit of all visitors.

Many thanks for this great service to AURA, Kevin,

Geoff Hook
President.

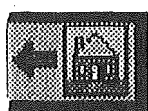


Registered Office : 4 Victory Street, Mitcham, Victoria, 3132, Australia

President : Geoff Hook

Web page labourer : Kevin Tiller

- Current Australian Ultra Running Records
- List of upcoming Australian Ultras for 1996 (especially the 100 Km championships and first ever 100 mile trail run)
- AURA Subscription Information
- Other Ultra Running Resources
- Australian Results for 1996 Comrades Marathon



Number of long distance crazies since 12th May 1996: **74**

"CLIMB EVERY MOUNTAIN...."

Have you ever seen the movie "The Sound of Music"? Julie Andrews plays a nun, or at least she wanted to be a nun, before she had this bad encounter with her former Mother Superior. Here is a scene full of horror and dread. A young girl, coming to grips with an unrequited love, turns to an old and trusted friend for advice. So what happens? This woman gives her the world's worst advice. "Climb every mountain..." she says. "Ford every stream..." she warbles. "Follow every rainbow..." (Note there is no mention of the rain!!!) ... "Till you find your dream".

Ah ha! Here it is! The secret to my pain and agony, my ceaseless wandering, my maddest thoughts - I WAS ONLY DREAMING WHEN I HEARD SOMEONE TELL ME TO CLIMB EVERY MOUNTAIN. Well, to be honest, I wasn't told to climb every mountain. No, I was just asked to participate in some ultra-running events with the QLD Ultra-Runners' Club. To be fair to the great majority of members who 'wouldn't know me from Adam', not all members are responsible for my descent into the QLD ultra-running scene. But I will lay some blame on two great guys, Ian Cornelius and Pete Gibson. Let me go back and fill you in.

The dictionary defines the word 'novice' as a 'new convert' or 'an inexperienced person'. Since moving to QLD and meeting up with these two rascals on the Gold Coast, I have never felt more like a novice. You see, from where I usually run, way in the back of the field, ultra-running appears to belong to the experienced devotees. You know the guys who chat about 1000 miles as if it was a race that someone would compete in. They talk about pacing over 24 hours and 48 hours as if they don't intend to book into a motel and get a decent night's sleep after a strenuous three hour run! They actually smile as they talk about blisters and cramps and other aches and pains. Oh my! Maybe one day I will find my dream.

Now I didn't think of myself as a complete novice until the Army decided to move my family and I from the warm climes of Canberra to the chilly, bleak grey skies of the Gold Coast. Oops! I think I may have something mixed up here. Anyway, where was I. That's right, I was no novice at ultras in Canberra. I had completed four Brindabella Classics - Trevor Jacobs' pleasant little 53km stroll over the mountains south-west of Canberra that he has affectionately called "Australia's Toughest Downhill Mountain Race". I had even managed to struggle through the Shepparton Runner's Club 50km road race with the help of a good buddy from Canberra. Why, several years ago I even managed to complete the 100km Trailwalker cross-country walk/run in Hong Kong. Yeah, I was no novice to ultra-running. Then I met these QLD guys.

They told me stories of epic battles over 1000 miles on a grass track at Nanango. They even claimed to be able to introduce me to the legendary Ron Grant saying that they spoke to him regularly. Personally, I found this last comment a little hard to believe as everyone knows that mega-stars don't mix with us mere mortals. So, I ran with these new found friends along the beachfront in the early summer mornings and chatted about diets and shoes and 'big' races.

Then by chance, Pete Gibson mentioned a track race he was going to in February. It was an innocent comment and yet he managed to make it sound like a challenge. Now to those of you who have met Pete, you will realise that he is such a quiet and un-assuming sort of guy almost bordering on the recluse, that he wouldn't challenge a fly. So within a week I found

myself heading to Caboolture for the 'big' race with Pete and his lovely wife and daughter. If you think that Queenslanders have not embraced daylight saving allow me to put you straight. They so value daylight that they run their races in the night, well at least 'dusk to dawn'. Some might think this is a touch strange yet it does help to make 12 hour races in the sub-tropical heat of a Brisbane summer somewhat bearable. Anyway, I lined up with about thirty other runners to contest four different runs. It might seem a novel idea but conducting four runs together gives everyone a chance to participate, no matter how far (or short) they like to run.

I was fortunate on two accounts at this race. Firstly, Pete Gibson's family 'crewed' for me and provided wonderful encouragement and support to me, even though we had only just met. Secondly, I got to meet Ron Grant and his lovely wife Dell. The bloke is an inspiration and will probably have a go at me for writing this but he is very encouraging of everybody, even the hacks like me. There have been race reports written about this race in previous Ultramags but I remember two distinctly funny things about the race I attempted. The first was running the back straight in the dark at about 10:00pm and running over the top of another runner who was wearing dark clothing. Whoever you are, I'm formally apologising to you now. At the time I didn't see you and I was too scared to stop running as I didn't think I would start again if I stopped. The second thing was seeing Angie Cottrell charging 50km around a gravel track in bare feet. She assures me it feels natural, but the last person who said that to me was trying to convince me of natural 'home-births', and this was after watching my two sons being born. Sometimes I just don't understand the pain women like to go through.

Well, I was hooked. Ian Cornelius kept encouraging me on our early morning training sessions on the hills at Burleigh and the people I trained with were warm and friendly here in Queensland. Unfortunately, I think it was just a wicked trick to lull me into a false sense of security. The next race on the QLD ultra calendar is the Red Rock to Coffs Harbour race. Due to other commitments I had to miss out on this experience. There have been stories whispered of headlands you needed an experienced mountaineer to negotiate and about advanced abseiling lessons which would be money well spent before next years event, but I have dismissed these as being the result of too much sun and possibly the pre-race partying which was conducted by a lively lady who wisely wasn't running.

In the same month I visited the 1000 mile race at Nanango and was humbled as I watched the people up there pursue their various goals. It is history how well Gary Parsons and the others did but believe me it was something to watch, even if only for a short period. But still I was not aware of the subtle trap these guys were leading me into.

A month after his record-breaking win, Gary was organising a race called the "King and Queen of Mt Mee". A catchy title for a scenic jog on some quiet hinterland hills, I stupidly thought! What Gary had put his name to was 50km of gut wrenching mountain running. The easiest way to sum it up was 12.5km down the mountain followed by 12.5km back up to the top. Turn around and do it all again if you want to get a hat and sticker. Simple idea really, but totally sadistic. On my last trip to the top I began to comprehend what the word 'novice' meant. Yes I was a 'new convert' and I realised I was 'an inexperienced person' when it came to mountain ultra-runs. Brindabella on it's worst day had not prepared me for this 'stairway to heaven'. I was totally stuffed and it was either an over-active imagination or the wind whistling around my ears, but I will swear I could hear that bloody women singing "Climb every mountain...". The sumptuous luncheon that was put on after the race was worth all the pain. I think the organisers must feel guilty or something and try to leave you with a last good

impression before finally sending you off their mountain with a wave and a cheerful "See you next year!" The race just needs a few improvements to make it really a memorable experience. Escalators built into the side of the mountain would be a great start. Gary, see what you can do before next year, please mate!

This is the worrying part of my tale. As if Mt Mee was not enough, the next race on the calendar for me was "The Tamborine Trek". Due to work commitments I had been unable to train for, or compete in, the 24/48 hour track race on the Coast. After a mediocre Gold Coast Marathon I thought I would give this Tamborine Trek a try. After all, it couldn't be any worse than Mt Mee. What a silly man I turned out to be. This race was a different format to most that I had run. Here you select your start time with the aim to arrive at the finish close to 2:00pm. Somehow I misread the weather and the other runners and started at 6:00am, most of the others having started earlier. The pleasant run out through hinterland hills is beguiling and does not prepare you for the surprises ahead. By 8:00am the sun was well and truly up and the temperature was beginning to climb, even in the middle of winter. It was not long after this that Peter Large and I came upon Angie Cottrell and another runner. Due to the road surface and having to frequently venture on to a very narrow and uneven gravel road-shoulder, Angie had resorted to wearing shoes. All she wanted to do was to get them off her feet so she could run smoothly again.

Well, within half an hour she would have been praying for wings on her feet as she came across the aptly named "Mystery Drive". I can now tell you this is no longer a mystery. Painstaking research has enabled me to find the truth behind this scar on the landscape. It appears that one day the local road builders lost a bull-dozer over the mountain side. As the mighty machine careened down the slope it cleared a path through the forest. Well they knew there would be hell to pay if someone saw this big scar down the sheer face of Mt Tamborine. So they cunningly got some bitumen trucks up to the top of the mountain and tipped their loads over the scar. The result was "Mystery Drive". It probably appears on most road maps as a staircase or proposed cable-car ride, but on the Gold Coast it's called a road. What worries me is how Ian Cornelius found out about it and then what made him decide to include it in a run. But from the bottom it looks very daunting and from the top it looks very daunting. In fact, no matter how you look at it, it looks very daunting. Two years ago Dell Grant wrote a report on this race and nick-named it 'Misery Road' describing it as a "glorified goat track where walking is the requirement of the day". Dear Dell, thank you for such wise advice. I followed your instructions to the letter.

Ian tries to promote this race by describing the glorious panoramic views which can be seen from the turn-around point. From my point of view, struggling to raise my eyes from the ground at half-way, the scenic wonders of the Gold Coast seemed a long, long, way in the distance. Fortunately, I had a mate from work who met me at the top and convinced me that I might as well get back down as I couldn't stay sitting on the mountaintop like some bloody guru. So as I shuffled off I began convincing myself of the wisdom of his advice. As I write this a week after the event I am still trying to convince myself. The trip down the mountain was every bit a bad as the trip up, if not worse. I remembered seeing Kerri Hall, the walker, as she made her way down the hill as I was going up. She was laughing about how difficult it was for her to 'put the brakes on' and walk down the hill. When it was my turn I found it every bit as difficult and the blistering on the soles of my feet suggests I need to work on my down-hill running style.

The rest of the event was a blur. The day got hotter, the traffic got heavier and it seemed like everyone passed me on the homeward journey. Angie Cottrell finally was able to shed those shoes of hers and with bare feet slapping on the footpath she whizzed past me with a wave of her hand and a sigh of relief. The only thing that kept me going was a faint but audible sound in the air. It first started on the lower slopes of Mt Tamborine and stayed with me all the way to the finish. There was the unmistakable sound of that women singing "Climb every mountain...". I swear I'm going to hear that song on my death bed.

So what has all this rambling been about you may well ask! I wanted to show that no matter what ability you may have, it is always possible to learn something from others. So if you're a great runner, please tolerate the 'novices' who ask the dumbest questions time and time again. We just want to learn and your experience tells us you have already learnt the hard lessons in ultra-running. Another thing I wanted to show was the depth of friendship that goes hand-in-hand with ultra-running. The friendship that allows a former idol to become a friend and mentor. The good humour that one hears on the road or the track. The precious moments that you can share with someone that will be a memory for life. Finally, I wanted to say that the real pleasure of ultra-running for me is in learning a little bit more about myself every time I take one step further forward. Good running and I hope to meet you on the road some day!

Rich Tout

Richard Tout
Westfield '89



Your High Performance Training Diet: Part 2

Adapted from an article by Karen Inge BSc. Dip Diet F.ASMF

Enough Protein

Protein is the nutrient from which our muscles, skin, bone and blood cells are made. Hormones, enzymes and antibodies are also created from protein. As well as being used in the structure of our body, we now know that some protein is also used for energy during exercise. For this reason, athletes need more protein than people who are not exercising.

Protein is found in many foods including lean meat, poultry, fish/seafood, low fat dairy products, wholegrain cereals such as rice, and legumes (baked beans, chick peas, kidney beans etc.).

Estimated Protein Requirements

Grams protein per kg of body weight per day:

- Sedentary person: 0.75gm;
- Strength athlete (power, sprinter): 1.2-1.7gm;
- Endurance athlete (distance): 1.2-1.6 gm.

However, even though your protein requirements may be almost doubled, with good planning you should easily be able to meet your daily protein demands. Young growing athletes, vegetarians, those on strict weight loss programmes, and athletes on very high carbohydrate diets are most at risk of not meeting their protein needs.

It is important that most of the protein in your diet is high quality protein. Protein is made from building blocks known as amino acids, most of which can be manufactured by the body from elements in the diet. The remainder cannot, and are called essential amino acids and need to be consumed every day.

Animal protein contains all of the essential amino acids and is therefore considered a 'complete protein' - eg. lean meats, low fat dairy products and eggs.

Plant proteins do not contain all the essential amino acids and are called 'incomplete protein'. Good sources of plant protein include cereals such as rice, corn and wheat, legumes such as baked beans, split peas, lentils, and also nuts and seeds.

Tips to eat enough protein

- Include high quality protein at each main meal. Eg. low-fat milk or yoghurt for breakfast, low fat cheese or baked beans, tuna, salmon, lean

meat, chicken in sandwiches for lunch; and rice, legumes, lean meat, chicken or fish for dinner.

- Have a high protein/high carbohydrate snack after heavy training sessions or competition, such a smoothie made with Lite White milk, low fat fruit yoghurt, and fresh fruit or Vitari.
- Choose low fat milks and yoghurts as these generally have more protein and calcium than the full cream varieties.
- Select lean cuts of meat as they will have more protein per serve than fatty alternatives.
- Combine grains like rice with legumes for high quality protein snacks or meals, eg. baked beans on toast or rice cakes, tuna and tomato pasta.

Plenty of Dietary Fibre

Dietary fibre has a number of important performance enhancing functions. It regulates the rate of good digestion and absorption, thereby slowing down the release of sugar from foods. This gives you a steady release of energy over the day. This is particularly important for athletes who need a continual supply of fuel to work/study and train effectively. Other benefits of dietary fibre are in helping keep our bowel regular, filling us up and protecting us from heart disease.

Tips to eat plenty of dietary fibre

- Choose wholegrain varieties of cereal, wholemeal or multigrain bread and wholemeal pasta.
- Add Sunfarm Rice Bran to cereals, soups, casseroles, and muffins for a tasty and healthy fibre boost.
- Leave the skin on fresh fruit and vegetables (remember to wash well first)
- Substitute rice cakes, wholegrain breakfast cereal, wholemeal dry biscuits or fruit for sweet biscuits, cakes and chocolate bars.

Less Salt

While salt (or sodium) is important for many functions in the body, most Australians eat far too much salt which can increase the risk of dehydration.

Salt is found in foods such as bread, breakfast cereals, vegetables and dairy products. We can well and truly meet our sodium needs through these foods without adding extra salt to foods, or eating salty processed and takeaway food items.

PROFILE - *RON GRANT*

HOW HARD TRAINING CAN TURN AN ORDINARY RUNNER INTO A WORLD RECORD HOLDER

Born in Mundubbera, Queensland on 15th February 1943. His family moved to Caboolture when Ron was 8 years old.

1958 Queens Scout badge

1962 Rotary Youth Leadership award (Caboolture)

Ron went to New Zealand in his early twenties and it was during this time that he switched from surf lifesaving to running, after hearing an inspiring talk by Arthur Lydiard. Ron ran his first marathon six weeks later and was unable to walk for a week afterwards. His next marathon twelve months later was 3 hrs 5 mins, followed 3 months later by his first ultra; the New Brighton 50 miler in Christchurch in 7 hrs 2 mins. Ron ran his best marathon in approx 1969, in 2 hrs 53 mins.

Ron returned to Australia and in 1972 helped form and was the first president of Caboolture District Amateur Athletics Club.

1974-82 Organiser of the Queensland Marathon.

During these years due to work commitments Ron competed in only one ultra a year, the Sydney 50 miler.

1977 3000m track 9 min 31 sec; 5000m track 16 min 18 sec; 10,000m track 34 min 41 sec; 10 miles road 57 min 50 sec. Training for track events above consisted of about 110 miles per week.

1977 Bundaberg to Caboolture run- first solo ultra 350 kms

1979 Sydney to Brisbane run, 1012 kms

1980 Birdsville Track run 505 kms

Cairns to Brisbane 1767 kms

100 miles on track 17 hrs 54 mins

Winton to Longreach 112 miles; 23 hrs 20 mins

200 miles road race against a 6 person relay team in 2 days 7 hrs, running in daylight hours only

1981/6 One winter then two summer crossings of the Simpson Desert. Best time 3 days 17 hrs 52 mins (summer): 379 kms, 1162 sandhills with over 60 degrees Celcius in the sun.

1982 Cairns to Townsville 350 kms

1983 Around Australia run 13,383 kms in 217 days. This is still listed in the Guinness book of Records.

IAU still records the 10,000 km time of 162 days as a world best. First and still the fastest.

1989 & 1992 1000 hr events. First 2.5km each & every hour, and the next was 3km each and every hour which were both listed in the Guinness Book of Records.

1985 onwards- help organise ultra events in Queensland.

Life member of Caboolture and District Amateur Athletics Club and QMRRC

1983 Advance Australia Ambassador Award

1984 Queensland & Australian Sportsman of the Year (The Walter Lindrum Award)

Queenslander of the Year (First sportsperson to get this award)

Order of Australia Medal presented by the Australian Government

Ron's book "My life on the line" published & launched by Sir Joh Bjelke-Peterson

1977-1992 Training 200-250 kms per week consistently, dropping back to 120 kms per week when freshening up or recovering.

1994 Organiser of 1000 miles track race, Nanango

Founding President of Qld Ultra Runners Club

1996 Organiser of 1000 miles track race, Nanango

SERIOUS Training for Endurance Athletes

(Second Edition)

Rob Sleamaker and Ray Browning

"Finally, a book that is detailed in specific training context for the multisport athlete. Practical yet extremely thorough with applications for beginners to elite athletes."

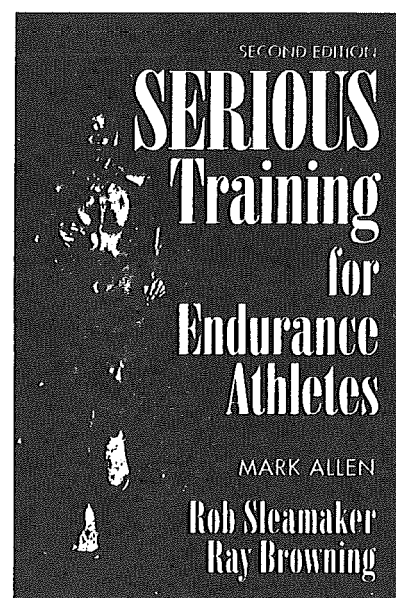
Dave Scott
6-time Hawaii Ironman Champion

"The ultimate resource for the endurance athlete. This book will take you up to the next level."

Connie Carpenter
Olympic Gold Medalist Cyclist
President, Carpenter/Phinney Bike Camps

"This book provides the fundamentals necessary to start developing a training regime that works for you!"

Mark Allen
6-time Hawaii Ironman Champion



Available in September 1996

10,000 first printing

1996 • Paper • Approx 264 pp
6 x 9 • Approx 70 illus
Item PSLE0644 • ISBN 0-87322-644-5
\$15.95
(\$23.95 Cdn; £12.95 UK; \$25.95 Aus;
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Serious endurance athletes need more than just the average fitness guide. This book is tailor-made for serious endurance athletes, offering the type of workouts that make possible the high level of fitness they aspire to.

Rob Sleamaker, training expert and author of the popular first edition, joins forces with Ray Browning, seven-time Ironman Triathlon winner, to completely update this classic training guide. Using the seven-part SERIOUS training system, athletes at all levels—and their coaches—will have numerous easy-to-follow and practical sample workouts to help them create and monitor their own training programs.

With insights and anecdotes from Sleamaker, Browning, and other top endurance athletes, *SERIOUS Training for Endurance Athletes* is both fun to read and informative.

About the Authors

Rob Sleamaker has trained and coached endurance athletes for almost 20 years. Since 1986 he has operated SportsAdvantage, which provides personalized sport and fitness training systems to individuals, as well as computer software for the sports and fitness industry. **Rob is a resident of Williston, Vermont.**

Ray Browning is one of the foremost experts on cross training. He regularly speaks to groups about the benefits and process of cross training for fitness and sport conditioning. A contributing editor for *Inside Triathlon* magazine, **Ray lives in Nederland, Colorado.**

Advertising Plans

Advertising in *Multi-Sport*

International Ultra Update and Book Review

Reprinted from "Ultrarunning"
Jan.-Feb. 1996

by Andy Milroy

A report has already appeared in *Ultrarunning* of the World 100 Km Challenge at Winschoten, Holland. I would like to give my reflections on this remarkable race.

First the men's race: Nunes and Volgin now rank the second and third on the world all-time list. Their ten-km splits were:

Nunes: 36:21, 1:12:44, 1:48:58, 2:25:40, 3:03:40, 3:41:59, 4:20:59, 5:00:32, 5:39:20, 6:18:09

Volgin: 35:56, 1:12:44, 1:49:16, 2:26:24, 3:04:20, 3:42:20, 4:21:26, 5:00:34, 5:40:30, 6:20:44

Volgin, the defending champion, set a personal best by nearly two minutes and finished second. His time would have won every other World 100 Km Challenge to date apart from 1987. His mark is, of course, a new Russian record, possibly the toughest national 100-km record in the world to hold, bearing in mind the wealth of talent. He had a bandage around his leg, and some thought he could have won if fully fit.

Others were firmly of the opinion that Valmir Nunes wanted that championship so badly that on the day no one could have beaten him. He took the lead before 30 kilometers, was briefly headed at 40 kilometers by Mikhail Kokorev, but was from there on his own. Not since Domingo Catalan, back in the inaugural IAU World 100 Km in 1987, had the winner taken it on from so far out, and Catalan didn't lead at 20 kilometers like Nunes!

Nunes had prepared with great care for the Winschoten event, spending the three months prior to the race in Spain, thus avoiding problems with changing time zones. In the last three World Challenges he had failed to finish, much to the chagrin of the tough little Brazilian. After the race I asked him about his training, and Bob Perez of the U.S. team very kindly translated for me.

Valmir is a physical education student, and because of his heavy training, does much of his academic work at night school. He trains between 200 and 400 kilometers a week (125-250 miles a week), running 40 kilometers in the morning and 30-40 kilometers in the afternoon, or 30 kilometers in the a.m. and 20 kilometers in the p.m., or 30 kilometers and 30 kilometers.

Much of this training is tempo running. Once every three days he would run 20 kilometers on the track, running at 3:33 per kilometer. He would also run hills for strength, and also run for two or three hours on loose sand on the beach.

Once a week he would run for three hours or a little more, and has run 50 kilometers in 3:15 in one of those runs. He rests completely one day a month, and swims for relaxation.

Three or four times a week he would do weight training. He used five-kilogram weights very specifically to work on his arm action, moving his arms in their normal running action against the resistance. He also does squats with a bar across his shoulders,

three sets of 30 at a time. He also does leg extensions on a bench using light weights.

His racing program is also very specific. He does not run marathons because he says they require a different kind of training. He has raced up to three or four 100-kms in a year, but normally will only race the distance twice.

A record-equaling 24 men ran under seven hours at Winschoten, but in the opinion of some, one of the greatest performances was set further back. Wil Van der Lee ran 8:07:22, for a new world over-65 best! Interestingly there is now a similar differential between the 50-54 and 55-59 world 100-km road bests, and the 60-64 and 65-69. The 50-55 is 7:03:14 to the next age group's 7:10:51, and the 60-64 is 8:03:52 to the over-65 8:07:22. Perhaps that suggests that the over-50 and over-60 marks are weak...

The men's team race was the greatest yet, with Russia setting a new world best for the team competition. A record 21 teams finished, many in new national record times.

The women's event was dominated by Ann Trason's remarkable 7:00:47, but there was also strength in depth. There were a record four women under 7:40, another record of nine women under 7:50, and of course uniquely 14 women under eight hours. Thirteen women had run under 8:10 at Saroma in 1994, there were 17 at Winschoten, and 21 under 8:20, also a record.

The women's performances continue to improve at a greater rate than the men's, although it must be remembered that they started from a much lower, less competitive level. The American women's team set a new world best for the team competition.

The women's event was remarkable for the relative eclipse of the once dominant Russian team, although they still managed a fourth place with Valentina Shayaeva, and three women under eight hours!

Since the World Challenge the world scene has been a little subdued. Manfred Murk won the Neuwittenbek 100 Km in Germany on September 23 in 6:55:27, with Ursula Schiweck taking the women's race with 8:51:36.

On September 29-30 the Spartathlon was held in Greece. The race was decisively won by Britain's James Zarei for the second successive year. He finished in 25:59:42, well clear of Vasilios Chalkias (GRE) with 27:49:46 and Bryan Smith of Australia third with 28:12:24. (It is good to see Bryan back on the international scene, it will be remembered that he has run over 1,000 km in six days, was second in the 1990 Milton Keynes International 24 Hour Championships, and also represented Australia in the World Challenge 100 Km in Palamos in 1992.) Helga Backhaus (GER) was first woman, fifth overall with 29:33:00, over four hours ahead of Miyako Yoshikoshi. The field was remarkable for its diverse nationalities. There were 19 finishers from Japan, ten from Germany, six from the UK, and five from France. There were also finishers from

Poland, Austria, Belgium, Finland, Hungary, The Netherlands, Latvia, Italy, and Ireland. (The race is very popular with the Japanese — some 36 runners entered!)

On October 1, the London to Brighton was almost totally dominated by a very strong group of South Africans. Carl Barker, an Australian resident in the UK, gave some competition for the first 30 miles, but thereafter it was a time trial for Serel Ackermann, winning in a new course record of 5:55:49 for the 55-mile event. He had the second largest margin of victory in the history of the event, over Zephani Ndada with 6:18:24, and Jetman Msutu in third with 6:25:40, and Cornet Matomane in fourth with 6:26:54. Many of the Gengold Harriers team which won the team competition had represented South Africa in the World Challenge event. (It may be remembered that Matomane finished third at Torhout.)

The women's race was won by Lesley Turner in 7:11:39 (6:26:21 at 50 miles) in her first year as an ultrarunner.

On October 7 the 100-km at Santa Cruz de Bezana in northern Spain was held. The winner was Konstantin Santalov in a fine 6:29:14, ahead of Alexei Volgin with 6:43:01, perhaps feeling the effect of his second place at Winschoten just three weeks earlier. Another Russian, Yuri Starikov, was third with 6:53:10. Brazilians Jose Angelo Correa Da Silva ran 7:11:25, with Luis Carlos Matos 7:22:01. Both have run substantially under seven hours at home, and could provide the basis of a tough national team with Nunes. The first woman was Alciro Lario of Portugal with 8:06:13.

The 100-km at Amiens, France, is always a highlight of the season, and this year was no different. The race on October 15 was dominated by an eastern European, but not a Russian or Pole. The Czech runner Jiri Jelinek became the *seventh* man to break 6:30 this season (the previous best in a year was five). He won with a decisive 6:25:19 to go ninth on the all-time list, and third on the year's ranking. Behind him was Andrzej Magier with 6:39:41, and Santalov tackling his second 100-km in a week, third in 6:43:35. Gregory Murzin was fourth with 6:45:17, with a total of nine men under seven hours. It was a big breakthrough for Jelinek; he ran 7:01 at L'Aunis in France earlier in the year and sub-seven-hours at home last season. The first woman was Valentina Lychova with 7:40:58 with 24-hour performer Yelena Siderenkova second with 7:59:12, and 18-year-old Olga Lapina third with 8:04:03 (she had been the third scoring Russian at Winschoten).

1995 is already the greatest year ever in terms of performances in the standard events, seven men under 6:30, a new world best for women in the 100-km, new male 24-hour and 48-hour track bests, and major supporting marks at 24 hours as well. It is getting tougher and tougher at the top as runners and handlers become more professional and organized in their attitudes and preparation.

Book Reviews

Long, at the top — Richard and Sandra Brown 1982-1993, collated by Dudley Harris. (110 pages. 1994. Paperback. Price: £1.00 (UK), \$10 U.S. elsewhere. The book is available from: Sandra Brown, 72 Eccleston Square, London, SW1, United Kingdom.)

In the view of Dudley Harris, "It is essential that books be written and lodged in appropriate places while memories are still clear and while supporting data is still readily available. Otherwise in a relatively short time, important parts of our athletic history will be lost." This is a view I share.

Dudley has collected accounts of the races and journey walks undertaken by Sandra and Richard, who are undoubtedly the premier husband and wife ultra walking couple in the world. The material comes from a range of sources: the Race Walking Record, the Surrey Walking Club Gazette, the Road Runners Club Newsletter, and the International Association of Ultrarunners Newsletter among others.

Richard's best marks range from 145 miles / 233 km in 24 hours, through 249 miles / 401 km in 48 hours, 518 miles / 833.6 km in six days, and being placed in the arduous Paris-Colmar walk, to journey run bests for the End to Ends of both Ireland and Britain. Sandra has set women's run bests from 50 km to 200 km, a world running best at 24 hours, and has three times been second in the women's Paris-Colmar event.

The book also contains reflections by both athletes on their planning, preparation, and training, and reprints their article on walking training from the RRC publication "Training for Ultras."

The book provides a useful source of reference and celebrates the careers of a unique pair of ultra performers. It is illustrated with several photographs of the Browns in action.

Evidence of a Misspent Youth, by Mark Pickard, published by the author. (220 pages. 1995. Paperback. Price £7.50 (UK) \$20 U.S. elsewhere. UK cheques payable to M. Pickard. The book is available from the author, 16 Reeve Road, Woodhatch, Reigate, Surrey, RH2 7PH, United Kingdom.)

Mark Pickard was a precocious performer as far as ultrarunning was concerned, running 150 miles in 24 hours as a 20-year-old, and setting a UK record of 163 miles at the age of 21. Bruce Fordyce has gone on record as stating that Mark was the toughest runner he ever raced, the latter finishing second to him in the 1981 London to Brighton. Mark went on to win the Brighton in 1988.

What really amazed Mark's contemporaries was not his obvious ability or his youth, but the frequency at which he raced. The day before he finished second to Bruce Fordyce in the Brighton in 1981, he set a personal best for ten miles of 50:03! In his book Mark reveals he ran his first ultra, the Tanner 30 Mile Trail event at age 16, and completed a fun run type marathon later that year. (Under federation rules he would have been too young to run in a normal marathon.) By age 19, his ultra career began in earnest, with seventh place in the Two Bridges 36 Mile, and tenth place in the London to Brighton. He did not neglect the shorter events, racing with incredible frequency — on one day he ran a seven-mile race in 37:57, and a half marathon in 1:12:24.

Living on junk food for much of the time, studying eventually for an MSc, his frenetic racing program — it all took its toll, and Mark developed osteomyelitis in his

femur in 1982, in his opinion due to his poor diet, and had to have operations to remove dead and infected bone. By February 1983, Mark was running again, but in 1984 the chronic osteomyelitis flared up again, which involved a third operation.

Once running again, a hair line fracture of his left ankle had then to be overcome. By 1986 Mark was running quite well again but taking much longer to recover from races. This didn't curb his appetite for races, nor his durability. The week after winning the John Tarrant 50 Mile, he was knocked down by a car in the Woodford 40, got up, and finished third. His fellow competitors jokingly complained he should have been disqualified for receiving outside assistance, having been knocked forward by the car!

Mark feels that his decline in his later years was caused by running too many races while too young, training relatively fast on hard surfaces for many years, lack of stretching and mobility exercises and continuing to race when injured. In addition to six operations on his legs (five on his left), he reckons he has spent most of the last 15 years tired, ill, or injured. Despite all this, he is still an active performer, particularly in the off-road events.

Evidence of a Misspent Youth is a fascinating account of the racing and training of a remarkable ultrarunner, and reveals invaluable insights into the capabilities and limitations of the human body.

Scoring Tables, Men and Women, (for the half-marathon, marathon, 50-km, 100-km, 12-hour, and 24-hour), by Anton Smeets, published by the author. (16-page booklets. 1995. Price 10 Guilders for the set of six. Available from the compiler, Nieuwenpolder 7, NL-5662 VG Geldrop, The Netherlands.)

Anton has used a mathematical formula to produce sets of tables for a range of running events. Based on the same idea as decathlon tables, times for a wide range of performances in the various road events are accorded different point totals, with each event having its own booklet. For instance in the half marathon booklet a male mark of 59:14 receives 1,200 points at one end of the range, and 2:15:22 at the other end receives 1 point.

Anton arrived at his formula after discussion with a number of other experienced performers, including Gerard Stenger and Roland Vuilleminot of France who had already discussed similar comparisons.

The booklets give one a chance to compare great performances. Don Ritchie's 6:10:20 100-km record would receive 1,084 points while Yiannis Kourou's 286.463 km 24-hour record accords 1,016 points. Belayneh Dinsamo's 2:06:50 world marathon best is given 1,167. This just gives a hint of the fascinating comparisons that can be made, and the discussion that will be engendered by these interesting works. Does a seven-hour 100-km equate with a 2:27:01 marathon or 263.854 km / 163m1674y in 24 hours? I am certain these tables will intrigue many, and inspire others to make similar efforts. Time will tell if Anton's tables remain the definitive comparison of running events.

De Mens als Duurloper (Man as Distance Runner), by Jan Knippenberg. Published by Elmar b.v., Rijswijk (Z-H), The

Netherlands. (1988 ISBN 90 6120 590 5. 225 pages. Paperback.)

This book is written in Dutch, and thus may be inaccessible to many for this reason. However, those with real interest in the subject, aided by a Dutch dictionary, will find many fascinating references to ultra pioneers.

Jan Knippenberg, at the height of his ultra career, was the outstanding Dutch ultra long distance start. His most notable feat was a 400-km run around the Ysselmere in 43:30:07 in June, 1979 — at that date the 48-hour world best stood at 329 km! His book is not a mere biography (that is limited to some 23 pages); it explores the cultural and historical aspects of running, while incorporating some advice on ultrarunning.

The first 12 chapters, some 110 pages, are concerned with putting running, particularly ultrarunning, into its historical and cultural context. A survey is made of the Bushmen of Southern Africa, the Indians of the Americas, including the Tarahumara, Zuni, and Apache, and how some native Americans like Louis Tewanima and Tom Longboat competed in mainstream long-distance events. The development of long distance, particularly in England, follows, traced through the exploits of the Running Footmen, pedestrians like Foster Powell and Captain Barclay, the extraordinary claims of Norwegian Mensen Ernst, through to the international six-day races of the 1870s and 80s.

Chapters on the development of modern day ultras at 24 hours to six days are followed by profiles of such famous ultrarunners as Arthur Newton, Ted Corbitt, Eric Beard (pioneer of many ultra trail runs in the UK), Trans-continental runners Pete Gavuzzi and Don Shepherd, ultra fell runner Joss Naylor, Annie van der Meer, the pioneering Dutch ultra walker, and the outstanding modern Dutch 24-hour performer Ron Teunisse.

The book is well illustrated with photographs and drawings.

Unstoppable — The Sandy Barwick Story, by Sandy Barwick with Garth Gilmour. Published by HarperCollins, P.O. Box 1, Auckland, New Zealand. (1993. ISBN 1-86950-091-1, 182 pages. Paperback.)

Books about modern multi-day running are few and far between, and when you get one about one of the world's most successful multi-day performers, who has run most of the major races, it is a red-letter day.

Unstoppable details Sandy Barwick's career from the earliest days, and reveals her training and preparation for her major races and her strategies for handling the stress and pain of these events. Her training mileage is remarkable, rising to 300–350 kilometers a week, to which she adds aerobics and weight training. The book gives details of how her training and conditioning has changed over the years.

Highlights in her career include an Australasian 24-hour record in her debut, her Sydney to Melbourne record, and new world bests at six days and 1,000 miles, all of which are recorded in detail in the book.

The book provided invaluable insights into the "behind the scenes" stories that develop when a top multi-day runner prepares for and sets world bests, and the toll which such supreme efforts extract.

The book is well illustrated with numerous photographs.

International Ultra Update: A New Women's 24-Hour Mark

Reprinted from "Ultrarunning"
April, 1996

by Andy Milroy

Last year saw some remarkable male 24-hour performances. February saw this upsurge in the event continued, as the women's standards made major improvements as well.

On an indoor track measuring 133 meters around at the Podolsk (Moscow) 24 Hour on February 10-11, Yelena Siderenkova surpassed the previous absolute world best with a distance of 248 km / 154.1 miles (the exact final distance is not yet known).

Yelena Siderenkova is a slight, youthful looking 29-year-old (born in 1966). She first came to international attention in 1994 when she won the outdoor track race at Podolsk in August with 201.229 km / 125.0 miles. Last year she came into her own — she ran 220.645 km / 137.1 miles at Podolsk indoors for a pending world indoor track

best in February, before setting the absolute best track mark of the year, 226 km / 140.4 miles at Podolsk outdoors in June, which was in fact a new national 24-hour track record. Enroute she also set a new Russian 12-hour best of 132.080 km / 82.07 miles, which was to be the second best mark of the year. (The best 12-hour mark of 1995 by a woman seems to have been set by Wynnie Cosgrove (NZ) on a slippery grass track on December 23. She ran 134.074 km / 83 miles 545 yards with a 100-km split of 8:26:25.1. If ratified, her 12-hour mark would be a new Australasian continental best.)

Surprisingly, bearing in mind their tremendous strength in depth at the 100-km, she is the first Russian woman to surpass an ultra world best. Siderenkova is the youngest woman to set a 24-hour world best since Ros Paul back in 1982.

Malcolm Campbell saw Siderenkova in action in the Amiens 100 Km in October,

1995, when she ran 7:59:12 for second place. He made the prophetic statement in the December issue of the *IAU Newsletter*: "On the evidence of her run at Amiens, her pace has increased to such an extent that she must be considered a serious contender for the world 24-hour best performance on track and road."

The exact status of Siderenkova's performance is not yet known. Before ratification, lap sheets and track measurement need to be checked. However, a dope test was taken following the performance. To run 248 kilometers on a track just 133 meters around is an incredible feat. Even with frequent changes of direction, the turning effect on hips and knees must be considerable.

To put Siderenkova's mark in historical perspective, below is a list of the progressive world bests for the women's 24 hours as various major landmarks were surpassed.

It would seem likely that Siderenkova will be part of the Russian 24 Hour National Team contesting the IAU European 24 Hour Challenge in September at Courcon, France, when she will come into direct competition with Germany's Sigrid Lomsky (the two-time winner), the very consistent Helga Backhaus (twice over 221 km / 137.3 miles in 1995), and France's Marie Bertrand, competing on home soil. On a road loop in major competition, we might see the first woman over 250 km / 155.3 miles. (There seems to be a reasonable correlation between the world bests set by men over 50 and those by women, at least at the ultra events to 100 miles. That being the case, perhaps we can expect to see a women's 24-hour mark approaching 260 km / 160 miles before the end of the century.)

The first major ultra of the year, however, was earlier in the year in France. As usual, the Rognonas 100 Km had kicked off the new season.

The dominant figure at the end of 1995, Jiri Jelinek of the Czech Republic, continued his form into 1996. He won in 6:42:22, ahead of Mahrez Boudjema, who was making his 100-km debut. Boudjema's 6:47:44 perhaps indicates a star of the future. The first woman was Eleanor Robinson, who ran a strong 8:00:01, well ahead of Martine Juvenal in second (9:29:52).

One major American 100-km result from 1995 was not reported previously in International Ultra Update. On May 7 at Santos, Brazil, Jose Angelo Correia Da Silva ran 6:30:25, ahead of Andrzej Magier of Poland's 6:42:42, with Jaime De Silva with 6:55:24 in third. The first woman was Maria Theresa Liras with 8:29:19. (It may be remembered that Correia Da Silva ran 6:33 in Brazil in 1994.) We have no details concerning the measurement of the course as yet, but Magier's 6:42:42 is comparable with his current level of performances.

If the Brazilians can reproduce this level of performance in the World Challenge, then there will be yet another national team in contention for the top honors.

Top Women's 24-Hour Performances

First over 100 miles: Geraldine Watson (RSA)	
1934, Durban (road)	100 m 00 y / 160.934 km
First over 110 miles: Marcy Schwam (USA)	
1979, Woodside, Calif. (track)	113 m 1183 y / 182.937 km
First over 120 miles: Sue Ellen Trapp (USA)	
1980, Miami (track)	123 m 749 y / 198.491 km
First over 200 km: Sue Medaglia (USA)	
1981, Greenwich, Conn. (track)	126 m 749 y / 203.462 km
First over 130 miles / 210 km: Lynn Fitzgerald (GBR)	
1982, Gloucester (track)	133 m 939 y / 214.902 km
First over 220 km: Eleanor Adams (GBR)	
1985, Nottingham (track)	138 m 777 y / 222.800 km
First over 140 miles: Eleanor Adams (GBR)	
1987, Milton Keynes (indoor road)	141 m 375 y / 227.261 km
First over 230 km: Hilary Walker (GBR)	
1987, Feltham (road)	143 m 527 y / 230.618 km
First over 240 km: Eleanor Adams (GBR)	
1989, Melbourne (track)	149 m 411 y / 240.169 km
First over 150 miles: Sigrid Lomsky (GER)	
1993, Basel (road)	151 m 706 y / 243.657 km

All-time list, combined surfaces (track/road/indoor):

Yelena Siderenkova (RUS)	
1996, Podolsk (indoor)	154.1 m / 248 km
Sigrid Lomsky (GER)	
1993, Basel (road)	151 m 706 y / 243.657 km
Eleanor Adams (GBR)	
1989, Melbourne (track)	149 m 411 y / 240.169 km
Hilary Walker (GBR)	
1988, Preston (road)	146 m 1629 y / 236.453 km
Sue Ellen Trapp (USA)	
1993, Sylvania (road)	145 m 506 y / 233.816 km
Angela Mertens (BEL)	
1988, Heusden (road)	144 m 395 y / 232.107 km
Marie Bertrand (FRA)	
1994, Courcon (road)	143 m 1502 y / 231.510 km
Ann Trason (USA)	
1989, Queens, N.Y. (road)	143 m 152 y / 230.275 km

BLAST FROM THE PAST Westfield 1991 competitors

Don Mitchell (top)
& Dawn Parris

By five days Saha had pulled ahead of Winkley and Gehl, and the effort lines were smoother and less detectable. Georgs began regaining more strength, and as he hit 466 miles for six days, the race seemed nearly his. Dipali ran a PR of 438 for six days, but was nearly maxed out. Dhvaja was ahead of Satyajit, Ron and Don with her 377 miles, but she was too far behind Dipali to think of catching her. The rains became heavier and colder, but then abruptly stopped, not to be seen again until day 9.

On day 8, Dipali was able to regroup and fought back for 67 miles, cutting Georgs' lead to 19 miles. Ron Gehl emerged from his early race funk to put heat on Don and Satyajit. The rest of the group seemed in control of themselves.

The numbers grew on the scoreboard, indicating not just miles run, but battles fought and won, through pain, tears, laughter, and joy. Quite often passersby noticed the scoreboard and shook their heads in disbelief. But the runners themselves were more concerned with personal progress, helping others through "down times" and being helped in turn.

With only five and a half hours to go, Georgs and Dipali were tied for the lead with 696 miles each. Dipali had run all night to catch up to Georgs. But when she took a break after her 700-mile split, Georgs slipped back into the lead, this time for good. With only six minutes left in the race, Georgs and Dipali ended their duel, shaking hands as they crossed the finish line together - 725 miles (Georgs) to 723 miles (Dipali). Dipali had run 89 miles to Georgs' 85 miles on the final day. What an extraordinary finish! Dhvaja Dorn ran 624 miles to take third place overall, and Satyajit and Don both cracked 600 miles.

The Sri Chinmoy Marathon Team is again indebted to all the volunteers who made the race such a pleasure to watch and be a part of, and to Sri Chinmoy himself, who sees that runners can push their limits and forge ahead with new dreams and surprising realities.

Sahishnu Szczesiul

Sri Chinmoy Ten Day Race

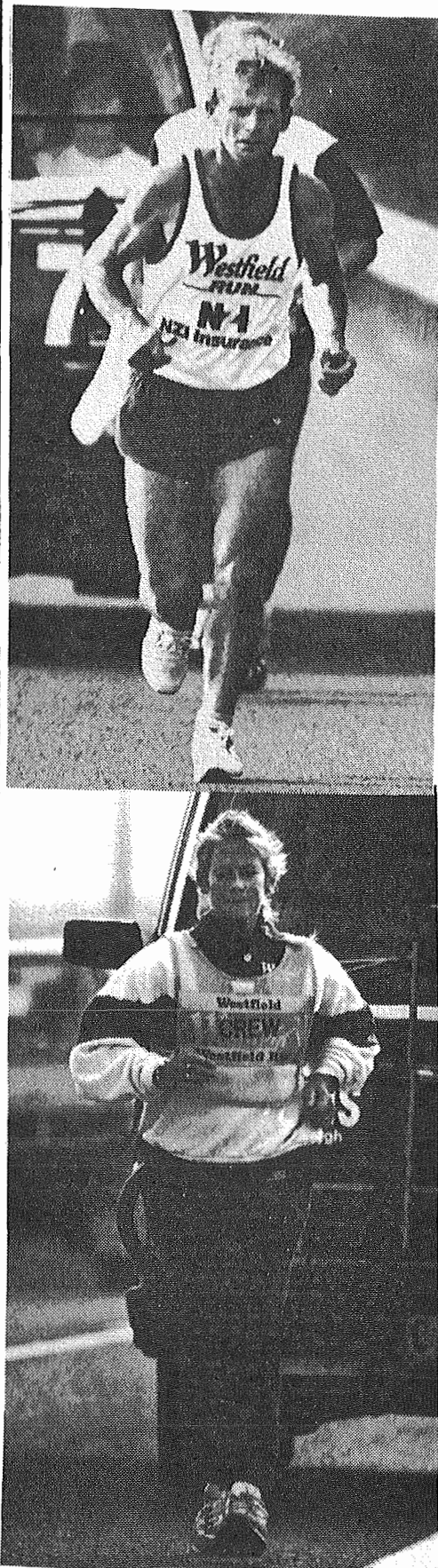
New York, N.Y. Apr. 25 - May 5, 1996
1.0-mile loop, paved, certified
(with 24-hr, 48-hr, 6-day, and 7-day splits)

- | | |
|------------------------------|--------|
| 1. Georgs Jermolajevs,53,LAT | 725 mi |
| (104,179,466,524) | |
| 2. Dipali Cunningham,37,AUS | 723 |
| (102,185,438,505) | |
| 3. Dhvaja Dorn,29,CAN | 624 |
| (82,140,377,435) | |



Dipali Cunningham averaged 72.3 miles for ten days.

- | | |
|-------------------------------|-----|
| 4. Satyajit Saha,46,NY | 603 |
| (76,141,366,427) | |
| 5. Don Winkley,57,TX | 600 |
| (79,139,370,417) | |
| 6. Ron Gehl,48,CAN | 568 |
| (85,133,351,404) | |
| 7. Christophe Rochotte,33,FRA | 560 |
| (95,159,381,426) | |
| 8. Aleksandar Arsic,32,YUG | 547 |
| (100,159,346,395) | |
| 9. Gregor Knauer,40,NY | 543 |
| (63,122,337,392) | |
| 10. Andreas Puntigam,24,AUT | 538 |
| (94,157,331,392) | |
| 11. Valentin Vlasov,38,RUS | 522 |
| (92,156,310,366) | |
| 12. Nirjari DeLong,45,NY | 510 |
| (80,128,333,372) | |
| 13. Hassan Salif,31,NY | 503 |
| (79,139,318,360) | |
| 14. Indu Tamborini,45,SWITZ | 500 |
| (71,120,316,363) | |
| 15. Kelvin Sherrington,35,UK | 457 |
| (75,120,300,350) | |
| 16. Pete Coffin,50,UT | 428 |
| (76,127,305,350) | |
| 17. John Cookson,49,CAN | 412 |
| (77,124,311,350) | |
| 18. Misha Pavlovic,42,YUG | 281 |
| (70,111,281) | |
| 19. Sutushiti Lang,44,CT | 273 |
| (63,110,273) | |
| 20. Michael Moilanen,50,AZ | 245 |
| (76,126,245) | |
| 21. Carl Stelman,65,NY | 112 |
| (73,111) | |



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN TRACK RECORDS as at 1st July, 1996

MEN - DISTANCE RECORDS - km

50km	#	Bruce COOK (ACT)	3:09:50	Parramatta NSW (NS)	5/3/89
100km	#	Trevor JACOBS (ACT)	7:16:17	East Burwood Vic. (S)	21/6/92
150km		Yiannis KOUROS (Vic)	11:23:34	Coburg, Vic (S)	13/4/96
200km	#	Yiannis KOUROS (Vic)	15:32:39	Coburg Vic (S)	14/4/96
250km		Yiannis KOUROS (Vic)	20:12:13	Surgeres, France (NS)	7/5/95
300km		Yiannis KOUROS (Vic)	1d. 2:37:54	Surgeres, France (NS)	7/5/95
400km		Yiannis KOUROS (Vic)	1d. 14:49:03	Surgeres, France (NS)	8/5/95
500km		Bryan SMITH (Vic)	2d.19:00:21	Colac Vic (NS)	16/11/89
600km		Bryan SMITH (Vic)	3d.8:43:27	Colac, Vic (NS)	16/11/89
700km		Bryan SMITH (Vic)	4d.1:27:31	Colac, Vic (NS)	17/11/89
800km		Bryan SMITH (Vic)	4d.18:32:50	Colac, Vic (NS)	18/11/89
900km		Bryan SMITH (Vic)	5d.8:26:07	Colac, Vic (NS)	18/11/89
1000km		Bryan SMITH (Vic)	5d.23:52:23	Colac Vic (NS)	19/11/89
1100km		Gary PARSONS(Qld)	8d.14:41:58*	Nanango Qld (NS)	22/3/96
1200km		Gary PARSONS(Qld)	9d. 8:12:30*	Nanango Qld (NS)	22/3/96
1300km		Gary PARSONS(Qld)	10d.4:35:24*	Nanango Qld (NS)	23/3/96
1400km		Gary PARSONS (Qld)	11d.1:49:52*	Nanango Qld (NS)	24/3/96
1500km		Gary PARSONS (Qld)	11d.23:04:04*	Nanango Qld(NS)	25/3/96

MEN DISTANCE RECORDS - miles

30 Miles		Martin THOMPSON (NSW)	3:01:19	Ewell Court UK (S)	29/4/78
40 Miles		Dragan ISAILOVIC (Vic)	4:07:33	East Burwood (Vic) (S)	19/6/93
50 Miles	#	Dragan ISAILOVIC (Vic)	5:15:00	East Burwood, Vic (S)	19/6/93
100 Miles	#	Yiannia KOUROS (Vic)	12:17:58*	Coburg Vic (S)	14/4/96
150 Miles		Yiannis KOUROS (Vic)	19:26:14	Surgeres, France (NS)	7/5/95
200 Miles		Yiannis KOUROS (Vic)	1d. 5:03:45	Surgeres France (NS)	7/5/95
250 Miles		Yiannis KOUROS (Vic)	1d 15:04:58	Surgeres France (NS)	8/5/95
300 Miles		Bryan SMITH (Vic)	2d.13:57:10*	Colac, Vic (NS)	16/11/89
400 Miles		Bryan SMITH (Vic)	3d.18:00:17*	Colac, Vic (NS)	17/11/89
500 Miles		Bryan SMITH (Vic)	4d.19:05:09*	Colac Vic (NS)	18/11/89
600 Miles		Bryan SMITH (Vic)	5d.20:05:07*	Colac Vic (NS)	19/11/89
700 miles		Gary PARSONS (Qld)	8d.18:57:44	Nanango Qld (NS)	22/3/96
800 Miles		Gary PARSONS(Qld)	10d.2:28:54	Nanango Qld (NS)	23/3/96
900 Miles		Gary PARSONS (Qld)	11d.10:13:28	Nanango Qld (NS)	24/3/96
1000 Miles		Gary PARSONS (Qld)	12d.19:44:35	Nanango Qld (NS)	26/3/96

MEN - TIME PERIOD RECORDS

6 Hours		Trevor JACOBS (ACT)	83.600km**	East Burwood Vic (S)	21/6/92
6 Hours		Yiannis KOUROS (Vic)	83.600km**	Coburg Vic (S)	8/4/95
12 Hours	#	Yiannis KOUROS (Vic)	157.200km**	Coburg Vic (S)	14/4/96
24 Hours	#	Yiannis KOUROS (Vic)	293.704km	Coburg Vic (S)	14/4/96
36 Hours		Yiannis KOUROS (Vic)	375.178km	Surgeres, France (NS)	8/5/95
48 Hours	#	Yiannis KOUROS (Vic)	470.781km	Surgeres France (NS)	8/5/95
3 Days		Bryan SMITH (Vic)	542.400km**	Colac Vic (NS)	16/11/89
4 Days		Bryan SMITH (Vic)	691.600km **	Colac, Vic (NS)	17/11/89
5 Days		Bryan SMITH (Vic)	841.200km**	Colac, Vic (NS)	18/11/89
6 Days	#	Bryan SMITH (Vic)	1001.410km	Colac Vic (NS)	19/11/8

For notification of errors or corrections, please contact Geoff Hook, 42 Swayfield Road, Mt.Waverley 3149 Vic. Any claim must be fully supported by appropriate documentation (refer Record Claim Form for details)

WOMEN - DISTANCE RECORDS - km

50km	#	Mary MORGAN (WA)	3:44:18	Bunbury WA (NS)	4/3/95
100km	#	Linda MEADOWS (Vic)	8:24:11	Frankston Vic (S)	30/4/94
150km		Helen STANGER (NSW)	15:23:14	Coburg Vic (S)	14/4/96
200km	#	Helen STANGER (NSW)	21:40:52	Wollongong NSW (S)	2/4/95
250km		Helen STANGER (NSW)	1d. 9:49:12	Lota, Q'ld (NS)	2/6/95
300km		Helen STANGER (NSW)	1d. 19:21:24	Lota, Q'ld (NS)	2/6/95
400km		Helen STANGER (NSW)	3d.2:27:08	Campbelltown NSW (NS)	21/11/90
500km		Georgina McConnell (NSW)	3d.23:51:52	Colac, Vic (NS)	19/11/92
600km		Georgina McConnell (NSW)	4d.0:53:57	Campbelltown, NSW (NS)	22/11/90
700km		Georgina McConnell (NSW)	4d.22:42:53	Campbelltown, NSW (NS)	23/11/90
800km		Georgina McConnell (NSW)	8d.3:37:07 *	Nanango Qld (NS)	21/3/96
900km		Georgina McConnell (NSW)	9d.11:54:09 *	Nanango Qld (NS)	23/3/96
1000km		Georgina McConnell (NSW)	10d.19:50:58*	Nanango Qld (NS)	24/3/96
1100km		Georgina McConnell (NSW)	12d.10:49:58*	Nanango Qld (NS)	25/3/96
1200km		Georgina McConnell (NSW)	13d.19:03:21*	Nanango Qld (NS)	27/3/96
1300km		Georgina McConnell (NSW)	15d.10:25:47*	Nanango Qld (NS)	28/3/96
1400km		Vacant			
1500km		Vacant			

WOMEN - DISTANCE RECORDS - miles

30 Miles		Mary MORGAN (WA)	3:36:45	Bunbury WA (NS)	4/3/95
40 Miles		Linda MEADOWS (Vic)	4:51:52	East Burwood. Vic (S)	18/6/94
50 Miles	#	Linda MEADOWS (Vic)	6:07:58	East Burwood, Vic (S)	18/6/94
100 Miles	#	Margaret SMITH (Vic)	16:01:43	Manly, NSW (NS)	21/4/84
150 Miles		Helen STANGER (NSW)	1d.13:54:01*	Campbelltown, NSW (NS)	19/11/90
200 Miles		Helen STANGER (NSW)	1d. 22:59:02*	Lota, Q'ld (NS)	2/6/95
250 Miles		Helen STANGER (NSW)	3d.2:45:18*	Campbelltown, NSW (NS)	21/11/90
300 Miles		Georgina McConnell (NSW)	3d.21:09:10*	Colac, Vic (NS)	19/11/92
400 Miles		Georgina McConnell (NSW)	5d.6:47:28*	Campbelltown, NSW (NS)	23/11/90
500 Miles		Georgina McConnell (NSW)	8d.4:31:28	Nanango Qld (NS)	21/3/96
600 Miles		Georgina McConnell (NSW)	10d.8:37:26	Nanango Qld (NS)	23/3/96
700 Miles		Georgina McConnell (NSW)	12d.17:44:25	Nanango Qld (NS)	26/3/96
800 Miles		Georgina McConnell (NSW)	15d.7:52:02	Nanango Qld (NS)	28/3/96
900 Miles		Vacant			
1000 Miles		Vacant			

WOMEN - TIME PERIOD RECORDS

6 Hours		Linda MEADOWS (Vic)	78.742km	East Burwood, Vic (S)	18/6/94
12 Hours	#	Mary MORGAN (WA)	130.832km**	Bunbury WA (NS)	3/4/94
24 Hours	#	Helen STANGER (NSW)	219.782km	Wollongong NSW (S)	2/4/95
36 Hours		Helen STANGER (NSW)	252.520km	Lota, Q'ld (NS)	2/6/95
48 Hours	#	Helen STANGER (NSW)	329.256km	Lota, Q'ld (NS)	2/6/95
3 Days		Georgina McConnell (NSW)	392.000km **	Colac, Vic (NS)	18/11/92
4 Days		Georgina McConnell (NSW)	500.000km**	Colac, Vic (NS)	19/11/92
5 Days		Georgina McConnell (NSW)	608.000km**	Campbelltown NSW (NS)	23/11/90
6 Days	#	Georgina McConnell (NSW)	738.103km	Campbelltown, NSW (NS)	24/11/90

LEGEND

- * Times are the next official recorded times AFTER the nominated distances were passed.
- ** Distances are the previous official recorded distances BEFORE the nominated time was passed.
- (S) Standard Track (i.e. standard IAAF shape with a nominal distance of 400 m. or 440 yards)
- (NS) Non-standard Track (i.e. non-standard shape with a nominal distance between 300m and 500m. inclusive)
- # AURA record plaques issued for these marks

For notification of errors or corrections, please contact Geoff Hook, 42 Swayfield Road, Mt. Waverley 3149 Vic. Any claim must be fully supported by appropriate documentation (refer Record Claim Form for details) **73**.

_AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN ROAD RECORDS as at 1/7/1996

MEN - DISTANCE RECORDS - km

50km	#	Steve EVANS (Q'ld)	2:56:29 (a)	Canberra ACT	9/4/95
100km	#	Tim SLOAN (Tas)	6:29:26 (a)	Ross to Richmond Tas	23/4/95
150km		Graham MEDILL (Qld)	15:57:34 (d)	QRRC 24 Hr.Q'ld	26/6/88
200km	#	John BREIT (Vic)	18:49:36(d)	L'ston - Hobart,Tas	16/10/88
250km		Bryan SMITH (Vic)	less than 1 day (a)	Milton Keynes,UK	4/2/90
300km		Bryan SMITH (Vic)	1d.12:00:00(c)	Albany - Perth WA	13/10/94
400km		Bryan SMITH (Vic)	2d.4:29:00 (c)	Albany - Perth WA	13/10/94
500km		Bryan SMITH (Vic)	2d.19:54:00 (c)	Albany to Perth WA	14/10/94
600km		Dave TAYLOR (NSW)	4d.13:56:17 (a)	Caboolture, Qld	6/9/91
700km		Dave TAYLOR (NSW)	5d.8:59:37 (a)	Caboolture,Qld	6/9/91
800km		Ian JAVES (Qld)	7d.6:08:47 (a)	Sri Chinmoy, NY	25/9/89
900km		Ian JAVES (Qld)	8d.4:15:31 (a)	Sri Chinmoy, NY	26/9/89
1000km		David STANDEVEN (SA)	5d.13:55:-- (c)	Syd - Melb (1011km)	24/5/89
1500km		Ian JAVES (Qld)	13d.8:03:37(a)	Sri Chinmoy, N.Y.	1/10/89
2000km		Ian JAVES (Qld)	17d.4:55:37 (a)	Sri Chinmoy, NY	5/10/89

MEN - DISTANCE RECORDS - miles

30 Miles		George PERDON (Vic)	2:53:48 (d)	Princes Park, Vic	15/8/65
40 Miles		Martin THOMPSON (NSW)	4:04:36(d)	Isle of Man ,UK	5/5/77
50 Miles	#	George PERDON (Vic)	5:22:55 (c)*	Portsea - Melb. Vic	May 1968.
100 Miles	#	Keith SWIFT(NSW)	14:02:54 (c)	Melb - Colac, Vic	23/11/84
150 Miles		Bryan SMITH (Vic)	1d.4:30:00 (c)	Albany - Perth WA	12/10/94
200 Miles		Bryan SMITH (Vic)	1d.17:30:00 (c)	Albany to Perth WA	13/10/94
250 Miles		Ian JAVES (Qld)	3d.4:53:16 (a)	Sri Chinmoy, NY	21/9/89
300 Miles		Dave TAYLOR (NSW)	3d.17:28:40 (a)	Caboolture, Qld	5/9/91
400 Miles		Dave TAYLOR (NSW)	4d.22:04:54 (a)	Caboolture, Qld	6/9/91
500 Miles		Tony RAFFERTY (Vic)	Less than 6 days (d)	Melb - Colac, Vic	Nov.'83
1000 Miles		Tony RAFFERTY (Vic)	14d.16:45:11 (a)	Hull,UK	26/7/86
1500 Miles		George PERDON (Vic)	25d.22:9:-- (c) *	Transcont. Aust	1973
2000 Miles		George PERDON (Vic)	32d.19d.43:-- (c)*	Transcont. Aust	1973
2500 Miles		George PERDON (Vic)	42d.04:03:-- (c)*	" " " (2600 Miles)	1973

MEN - TIME PERIOD RECORDS:

6 Hours		Cliff FRENCH (Qld)	70.000km (c)	Toowoomba, Qld	10/3/91
12 Hours	#	Peter SULLIVAN (Q'ld)	138.562km (d)	Caboolture, Q'ld	15/4/89
24 Hours	#	Bryan SMITH (Vic)	251.050km (a)	Milton Keynes, UK	4/2/90
36 Hours		Bryan SMITH (Vic)	300.100km (c)	Albany - Perth WA	13/10/94
48 Hours	#	Bryan SMITH (Vic)	371.200km (c)	Albany - Perth WA	13/10/94
3 Days		Bryan SMITH (Vic)	528.000km (c)	Albany - Perth WA	14/10/94
4 Days		Kevin MANSELL (NSW)	570.500km (d)	Campbelltown, NSW	10/11/88
5 Days		Kevin MANSELL (NSW)	722.500km (d)	Campbelltown, NSW	11/11/88
6 Days	#	Kevin MANSELL (NSW)	902.500km (d)	Campbelltown NSW	12/11/88

LEGEND:

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

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN ROAD RECORDS as at May 1996

WOMEN - DISTANCE RECORDS - km:

50km	#	Linda MEADOWS (Vic)	3:27:22 (a)	Canberra ACT	9/4/95
100km	#	Linda MEADOWS (Vic)	7:40:58 (a)	Kurow, NZ	18/11/95
150km		Helen STANGER (NSW)	16:45:24 (a)	Basel, Switzerland	3/5/92
200km	#	Helen STANGER (NSW)	23:21:04 (a)	Basel, Switzerland	3/5/92
250km		Wanda FOLEY (NSW)	less than 3 days (d)	Campbelltown, NSW	9/11/88
300km		Wanda FOLEY (NSW)	2d.21:0:0 (c)	Ger'ton to Perth WA	18/10/92
400km		Trisha SPAIN (WA)	3d.11:15:16 (d)	Perth - Albany WA (410km)	29/9/88
500km		G. McCONNELL (NSW)	4d.2:27:-- (c)	Albany - Perth, WA (560km)	16/10/93
600km		Wanda FOLEY (NSW)	less than 6 days. (d)	Campbelltown, NSW	12/11/88
700km		Open for claim			
800km		Open for claim			
900km		Open for claim			
1000km		Cynthia HERBERT (Vic)	8d.10:55:00	Syd - Melb (1060km)	27/3/87
1500km		Open for claim			
2000km		Open for claim			

WOMEN - DISTANCE RECORDS - miles:

30 Miles		Open for claim			
40 Miles		Open for claim			
50 Miles	#	Mary MORGAN (WA)	6:07:26 (a)	Harriers, Canada	31/8/94
100 Miles	#	Helen STANGER (NSW)	18:13:11 (a)	Basel, Switzerland	3/5/92
150 Miles		Wanda FOLEY (NSW)	less than 3 days (d)	Campbelltown, NSW	9/11/88
200 Miles		Open for claim			
250 Miles		Wanda FOLEY (NSW)	less than 4 days (d)	Campbelltown, NSW	10/11/88
300 Miles		Wanda FOLEY (NSW)	less than 5 days (d)	Campbelltown, NSW	11/11/88
400 Miles		Open for claim			
500 Miles		Open for claim			
1000 Miles		Open for claim			

WOMEN - TIME PERIOD RECORDS:

6 Hours		Nicole CARROLL (Qld)	62.600km (c)	Toowoomba, Qld	10/3/91
12 Hours	#	Helen STANGER (NSW)	112.225km (a)	Basel, Switzerland	3/5/92
24 Hours	#	Helen STANGER (NSW)	206.497km (a)	Basel, Switzerland	3/5/92
36 Hours		Phillipa BOLT (Qld)	122.624km (a)	Caboolture, Qld	7/9/91
48 Hours	#	Wanda FOLEY (NSW)	228.000km (d)	Campbelltown, NSW	8/11/88
3 Days		Wanda FOLEY (NSW)	331.000km (d)	Campbelltown, NSW	9/11/88
4 Days		Wanda FOLEY (NSW)	417.000km (d)	Campbelltown, NSW	10/11/88
5 Days		Wanda FOLEY (NSW)	517.450km (d)	Campbelltown NSW	11/11/88
6 Days	#	Wanda FOLEY (NSW)	619.012km (d)	Campbelltown, NSW	12/11/88

AURA record plaques issued for these marks.

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AUSTRALIAN RANKINGS FOR 50ML TRACK
MEN

Rank	Name	State	PB for 50ML	Place	Date	at Age
1	ISAILOVIC, Dragan	VIC	5:15:00	BURWOOD	19/06/93	32
2	BADIC, Safet	VIC	5:18:20	BOX HILL	15/06/91	30
3	BARKER, Carl	NSW	5:27:24	ADELAIDE	15/07/90	31
4	COOK, Bruce	QLD	5:35:32	BOX HILL	29/06/85	28
5	BRIMACOMBE, Laurie	VIC	5:38:49	BOX HILL	29/06/85	41
6	SWIFT, Keith	NSW	5:40:45	MELB UNI	26/06/82	
7	WOODS, Graeme	QLD	5:43:50	COBURG	28/08/88	41
8	JACOBS, Trevor	ACT	5:44:10	BURWOOD	21/06/92	40
9	CLINGAN, Bill	NSW	5:44:21	BANKSTOWN	19/06/87	41
10	TUTTY, Peter	VIC	5:44:50	BOX HILL	18/06/88	23
11	THOMPSON, Martin	NSW	5:45:20	TIPTON UK	25/10/75	29
12	LEAR, Phil	VIC	5:47:45	MELB UNI	11/7/81	37
13	RANDS, Ian	VIC	5:49:21	MELB UNI	23/03/80	35
14	KEYSSECKER, Don	NSW	5:55:09	CHRISTCHURCH	30/08/80	
15	PERDON, George	VIC	5:55:21	MELB UNI	23/03/80	55
16	McMANUS, Alistair	O/S	5:55:58	BOX HILL	28/06/86	35
17	TOLLIDAY, Owen	QLD	5:57:28	OLYMPIC PK	8/4/90	40
18	STANDEVEN, David	SA	5:58:07	SALISBURY	16/07/89	37
19	BROOKS, Barry	VIC	5:59:08	BOX HILL	29/06/85	45
20	BREIT, John	VIC	6:03:18	OLYMPIC PARK	8/4/90	32
21	BOASE, Geoff	QLD	6:06:13	BOX HILL	15/06/91	40
22	KINSHOFER, Rudi	SA	6:06:58	BURWOOD	19/06/93	39
23	BEALE, Gary	NSW	6:07:23	MELBOURNE UNI	25/06/83	
24	BLOOMER, Brian	VIC	6:07:23	BOX HILL	23/06/84	43
25	BUTKO, Kon	VIC	6:08:59	MELB UNI	25/06/83	
26	KIP.MELHAM, Anyce	NSW	6:09:48	NSW	10/7/89	31
27	CLARK, Dennis	VIC	6:10:23	BURWOOD	21/06/92	40
28	MILNE, Peter	VIC	6:11:32	BOX HILL	28/06/86	31
29	EVERY, Paul	NSW	6:13:08	BOX HILL	15/06/91	27
30	MOORE, Peter	VIC	6:14:12	MELB UNI	26/06/82	34
31	WHITEOAK, Michael	VIC	6:15:49	MELB UNI	26/06/82	37
32	SMITH, Bryan	VIC	6:17:42	COBURG	28/08/88	44
33	MICHELSSON, Leif	VIC	6:19:13	BOX HILL	20/06/87	45
34	SULLIVAN, Peter	QLD	6:19:51	CABOOLTURE	11/2/89	
35	ELLIOT, Ernie	VIC	6:21:33	MELB UNI	23/03/80	
36	RECORD, Joe	WA	6:22:33	OLYMPIC P	8/4/90	48
37	DIETACHMAYER, Tony	VIC	6:24:52	COBURG	28/08/88	24
38	MEDILL, Graham	QLD	6:29:30	IPSWICH	18/04/92	44
39	CLARKE, Ian	VIC	6:30:21	BURWOOD	21/06/92	
40	PROWSE, Frank	VIC	6:30:31	BOX HILL	28/06/86	34
41	YOUNG, Cliff	VIC	6:31:26	MELB UNI	26/06/82	60
42	KELLY, Frank	NSW	6:31:44	CANBERRA	10/10/88	34
43	HARRIS, Trevor	QLD	6:33:49	BANKSTOWN	19/07/87	40
44	LOGAN, Peter	VIC	6:34:03	BOX HILL	29/06/85	37
45	FISHER, Keith	VIC	6:34:46	BOX HILL	20/06/87	22
46	BARRIE, John	VIC	6:35:39	MELBOURNE UNI	25/06/83	
47	HOOK, Geoff	VIC	6:35:54	BOX HILL	28/06/86	41
48	MARDEN, Bob	NSW	6:36:23	BOX HILL	28/06/86	33
49	HART, Gerry	VIC	6:36:27	MELB UNI	11/7/81	42
50	FRANCIS, Mick	WA	6:36:50	BUNBURY	5/3/95	
51	HARDAKER, Kevin	NSW	6:37:09	NSW	10/7/89	
52	COUTTS, Neil	VIC	6:37:32	MELB UNI	11/6/81	
53	PARCELL, Ashley	QLD	6:37:37	BOX HILL	15/02/86	30
54	HEPBURN, Brickley	VIC	6:38:10	BOX HILL	15/06/91	40

55 CAMPBELL, Ron	VIC	6:38:13	BOX HILL	16/06/90	47
56 GRAY, Peter	VIC	6:38:34	OLYMPIC	8/4/90	25
57 ZWIERLEIN, Bob	VIC	6:38:49	ROSEBUD	6/5/89	
58 McCABE, Neil	QLD	6:40:13	COBURG	28/08/88	
59 BECK, Norm	VIC	6:40:25	BALLARAT	24/08/86	35
60 CARSON, Max	VIC	6:43:04	COBURG	28/08/88	39
61 McCORRIE, Wal	NSW	6:44:08	MELB UNI	25/06/83	52
62 SCHULTZ, Peter	SA	6:45:50	ADELAIDE	5/11/83	0
63 DUNN, Stephen	SA	6:46:46	SALISBURY SA	16/07/89	22
64 SHARP, Paul	VIC	6:46:55	BOX HILL	23/06/84	
65 COX (SNR), Terry	VIC	6:47:39	BOX HILL	28/06/86	49
66 HILL, Ron	VIC	6:49:16	BOX HILL	28/06/86	46
67 WALTERS, Ken	VIC	6:50:48	BOX HILL	28/06/86	53
68 OSBORNE, Robert	NSW	6:51:49	BANKSTOWN	19/07/87	
69 VISSER, Jeff	VIC	6:51:50	COBURG	10/9/89	26
70 BOYLE, Brad	NSW	6:53:57	NSW	1/7/89	29
71 CHAPMAN, Graham	NSW	6:55:00	MELBOURNE UNI	25/06/83	
72 SHILSTON, Ross	VIC	6:55:30	BURWOOD	18/06/94	40
73 SCHICKERT, Bob	WA	6:56:33	MELB UNI	11/7/81	39
74 ARMISTEAD, Peter	VIC	6:56:35	BOX HILL	29/06/85	39
75 BEAUCHAMP, William	VIC	6:56:40	COBURG	13/09/87	42
76 BROWN, John		6:57:05	MELBOURNE UNI	26/06/82	
77 BOGENHUBER, Max	NSW	6:57:34	NSW	1/7/89	47
78 CASSIDY, Kevin	VIC	6:57:35	COBURG	28/08/88	28
79 McKEOWN, Gordon	VIC	6:57:50	MELB UNI	25/06/83	0
80 WALLACE, Alistair	NSW	6:58:30	MANLY	29/03/86	44
81 BRYCE, Michael	VIC	6:59:32	BOX HILL	18/06/88	
82 READ, Nick	ACT	7:00:19	COBURG	13/02/88	36
83 SKROBALAC, Joe	VIC	7:02:24	BOX HILL	16/06/90	37
84 McDONALD, Don	VIC	7:03:10	BOX HILL	18/06/88	
85 TAGGART, Bob	SA	7:04:06	ADELAIDE	29/10/88	41
86 CORMACK, George	VIC	7:04:09	BURWOOD	29/07/95	44
87 RILEY, Gerry	VIC	7:04:23	BOX HILL	20/06/87	56
88 PORTER, Neville	VIC	7:04:55	BOX HILL	15/06/91	
89 SMITH, Bert	VIC	7:05:14	BOX HILL	18/06/88	
90 SMITH, Jeff	VIC	7:05:20	BOX HILL	15/06/91	40
91 OLIFENT, Ian	SA	7:05:26	ADELAIDE	9/11/85	
92 SILL, David	NSW	7:07:33	BURWOOD	19/06/93	46
93 RICHARDSON, Peter	VIC	7:07:40	BOX HILL	28/06/86	32
94 DONNELLY, Bruce	QLD	7:07:50	NSW	1/9/90	
95 BELL, John	VIC	7:08:14	BOX HILL	29/06/85	40
96 SCHNIBBE, Klaus	VIC	7:08:27	BOX HILL	20/06/87	43
97 WISHART, Greg	VIC	7:08:41	COBURG	13/09/87	49
98 DEVINE, Alan	WA	7:08:52	PERTH	17/10/87	28
99 STEPHENSON, Chris	NSW	7:08:57	MELB UNI	25/06/83	27
100 WEINSTEIN, Roger	VIC	7:09:31	BOX HILL	15/06/91	41
101 SUTCLIFFE, Roy	SA	7:09:52	ADELAIDE	5/11/83	
102 KIRK, Bruce	VIC	7:10:19	BOX HILL	16/06/90	26
103 MARCH, Mike	TAS	7:10:38	COBURG	25/02/89	45
104 MARTIN, Claude	VIC	7:10:39	BOX HILL	28/06/86	50
105 TOWNSEND, Graeme	NSW	7:11:11	SYDNEY	30/09/90	33
106 BRADD, Les	VIC	7:12:05	BOX HILL	28/06/86	34
107 ROSS, Howard	VIC	7:13:31	BOX HILL	29/06/85	40
108 BOWMAN, Bruce	VIC	7:13:41	BURWOOD	21/06/92	
109 JAVES, Ian	QLD	7:14:11	OLYMPIC P	4/8/90	47
110 NASH, Robert	VIC	7:15:09	BOX HILL	18/06/88	37
111 KITTO, Max	SA	7:15:34	ADELAIDE	24/07/88	42
112 TAYLOR, Bob	VIC	7:15:40	BOX HILL	18/06/88	48

113 McKELLAR, Jack	VIC	7:16:54	BOX HILL	15/02/86	45
114 McCOMBE, Andrew	SA	7:17:49	SALISBURY	7/7/91	60
115 AUDLEY, George	WA	7:18:11	PERTH	18/10/87	52
116 HUTCHINSON, Ian	NSW	7:18:26	MELB UNI	23/03/80	33
117 HUGHES, Randall	VIC	7:19:08	BURWOOD	21/06/92	68
118 NEWMAN, Harry	NSW	7:19:14	NSW	10/7/89	
119 PICKARD, Terry	QLD	7:21:20	QLD UNI	5/9/87	
120 STUART, Roger	SA	7:21:29	ADELAIDE	24/07/88	45
121 RISK, Peter	VIC	7:21:50	MELB UNI	25/06/83	
122 ALLEN, Barry	VIC	7:22:10	BOX HILL	23/06/84	27
123 DOCHERTY, Andy	SA	7:22:42	MELB UNI	26/06/83	52
124 WILSON, Rory	VIC	7:23:11	MELB UNI	25/06/83	
125 DAVIS, Denis		7:23:52	MELB UNI	11/7/81	
126 COOK, Bruce	VIC	7:24:05	BOX HILL	23/06/84	46
127 HUNTER, Bob	QLD	7:24:11	QLD	1/7/89	54
128 KIRKMAN, Geoff	SA	7:25:19	ADELAIDE	9/11/85	35
129 MAHONY, Paul		7:25:39	NSW	1/9/90	
130 COLLINS, Tony	NSW	7:25:54	SYDNEY	30/09/90	43
131 JERRAM, Col	VIC	7:26:03	BOX HILL	16/06/90	41
132 BRUNER, Bob	VIC	7:26:10	ADELAIDE	5/11/83	45
133 MANNING, Peter	NSW	7:26:35	BOX HILL	28/06/86	33
134 WILSON, Greg	VIC	7:27:13	COBURG	22/02/92	
135 GRAYLING, Michael	VIC	7:27:21	BURWOOD	21/06/92	35
136 TWARTZ, Peter	SA	7:28:00	ADELAIDE	21/10/95	
137 GOBEL, Joe	VIC	7:29:44	BOX HILL	23/06/84	46
138 COX, Murray	SA	7:30:43	ADELAIDE	15/08/90	44
139 MATHEWS, Greg	VIC	7:30:47	MELB UNI	11/7/81	
140 QUINN, Peter	VIC	7:32:00	BOX HILL	15/06/91	41
141 MISKIN, Stan	QLD	7:33:27	MELB UNI	25/06/27	1
142 STENNER, Graham	SA	7:35:27	SALISBURY	16/07/89	44
143 BROWNE, Greg	VIC	7:35:37	BOX HILL	17/06/89	36
144 LYNN, Charlie	NSW	7:37:17	ADELAIDE	9/11/85	40
145 HARPER, John	VIC	7:38:00	BURWOOD	21/06/92	
146 TAYLOR, Maurice	NSW	7:38:14	ADELAIDE	4/10/87	39
147 YOUNG, Nobby	NSW	7:38:40	NSW	1/9/90	44
148 FARMER, Pat	NSW	7:38:50	CAMPBELLTOWN	13/10/90	28
149 SCOTT, Dave	WA	7:39:10	PERTH	27/05/89	41
150 BUTLER, Kevin	NSW	7:41:42	NSW	1/7/89	
151 WILLIAMS, Reg	VIC	7:42:14	MELB UNI	25/06/83	32
152 MURPHY, Les	ACT	7:44:08	CANBERRA	1/10/88	
153 QUINTO, Derek	ACT	7:44:08	CANBERRA	1/10/88	41
154 PARKER, Ross	WA	7:44:37	PERTH	16/10/87	
155 GENTLEY, Steve	VIC	7:45:11	BOX HILL	23/06/84	
156 WILKINSON, Graeme	NSW	7:45:41	ADELAIDE	4/10/87	41
157 COX (JNR), Terry	VIC	7:46:00	COBURG	10/3/90	24
158 BOHNKE, Michael	NSW	7:46:44	COBURG	22/02/92	38
159 SMITH, Alan D.	WA	7:46:57	PERTH	27/05/89	
160 DONOVAN, Tom	VIC	7:46:58	BOX HILL	18/06/88	57
161 BRISTOW, Ralph	VIC	7:48:31	NSW	1/7/89	49
162 COULTER, Greg	SA	7:48:33	ADELAIDE	1/11/86	28
163 RUSSELL, Graeme	VIC	7:48:40	BOX HILL	17/06/89	30
164 SILCOCK, Colin	VIC	7:50:16	BOX HILL	23/06/84	51
165 POWER, Tony	VIC	7:50:41	BOX HILL	16/06/90	
166 WARREN, Geoff	VIC	7:50:49	MELB UNI	11/8/81	
167 BUCHAN, Sandy	QLD	7:51:46	CABOOLTURE	1/7/89	35
168 VEGA, Eduardo	NSW	7:52:43	NSW	12/7/89	48
169 CHANNELLS, Robert	NSW	7:52:50	CAMPBELLTOWN	28/10/89	47
170 PATTERSON, Barry	VIC	7:53:42	ADELAIDE	3/11/84	

171	SLAGTER, Michael	SA	7:54:43	ADELAIDE	22/10/94	
172	THOMPSON, Mike	WA	7:55:04	COBURG	10/3/90	42
173	MACKAY, Mark	QLD	7:56:06	ADELAIDE	16/10/93	27
174	HOUGH, Ken	VIC	7:57:23	BOX HILL	18/06/88	43
175	KAPARELIS, John	VIC	7:57:40	COBURG	28/08/88	21
176	REID, Stuart	ACT	7:57:51	CANBERRA	1/10/88	
177	ROONEY, James	NSW	7:58:06	WOLLONGONG	1/4/95	42
178	PEARCE, Phil	WA	7:58:09	PERTH	26/05/90	
179	SUTTON, Denis	WA	7:58:11	BUNBURY	3/4/94	44
180	HARGREAVES, Bruce	NSW	7:58:23	CABOOLTURE	23/06/90	37
181	WOLSTENCROFT, James	VIC	7:59:55	BOX HILL	16/06/90	35
182	RYAN, Geoff	VIC	7:59:56	MELB UNI	25/06/83	
183	SMITH, Ronald	VIC	8:02:14	ROSEBUD	6/5/89	44
184	CHAMPNESS, John	VIC	8:02:16	BOX HILL	23/06/84	33
185	WILLIAMS, David	NSW	8:02:21	BOX HILL	23/06/84	37
186	MOORE, Bob	VIC	8:06:04	BOX HILL	23/06/84	43
187	HARTLEY, Ernest	VIC	8:06:50	BOX HILL	17/06/89	39
188	PARSONS, Patrick	VIC	8:07:26	COBURG	10/3/90	
189	MANSELL, Kevin	SA	8:07:51	SYDNEY	30/09/90	39
190	MARTIN, Rod	NSW	8:11:18	HENSLEY	30/05/87	44
191	PROSSER, Graham	WA	8:12:20	PERTH	27/05/89	
192	MARTIN, Ross	SA	8:12:52	ADELAIDE	9/11/85	56
193	BURNS, Bob	QLD	8:13:52	CABOOLTURE	11/2/89	45
194	SCHUBERT, Guy	SA	8:13:54	ADELAIDE	1/11/86	35
195	LILBURN, Ian	SA	8:14:13	SALISBURY	16/06/89	25
196	FOREMAN, Kevin	SA	8:14:27	ADELAIDE	5/11/83	
197	NASMYTH, Chilla	NSW	8:15:47	NSW	1/9/90	
198	MOLLOY, Geoff	VIC	8:16:14	BOX HILL	4/2/84	41
199	MORELY, Darren	QLD	8:17:15	IPSWICH	18/04/92	30
200	FICKEL, Bob	NSW	8:17:18	NSW	1/9/90	38
201	PHILLIPS, Lindsay	QLD	8:17:25	CAMPBELLTOWN	8/10/88	23
202	KEWLEY, Doug		8:19:03	ADELAIDE	16/10/93	
203	DAVIS, Ivan	TAS	8:20:52	COBURG	23/02/91	
204	PEACOCK, Alan	QLD	8:21:00	QLD UNI	5/9/87	
205	RAFFERTY, Tony	VIC	8:22:19	BOX HILL	29/06/85	46
206	WOODHOUSE, Paul	NSW	8:22:33	ADELAIDE	3/11/84	22
207	RYAN, Peter	VIC	8:22:54	MELB UNI	26/06/82	34
208	BRENNAN, Bernie	VIC	8:23:59	MELBOURNE UNI	26/06/82	55
209	HEATH, Frank	QLD	8:26:09	CABOOLTURE	11/2/89	41
210	SAYERS, Bob	VIC	8:26:28	FRANKSTON	30/04/94	52
211	OOSTDAM, Bert	WA	8:27:52	PERTH	26/05/90	
212	BEVERIDGE, Steel	NSW	8:28:00	SYDNEY	30/09/90	39
213	ROWE, Craig	QLD	8:30:10	TAMWORTH	9/3/91	23
214	TWARTZ, John	SA	8:30:40	ADELAIDE	21/10/95	52
215	TAYLOR, Dave	NSW	8:31:09	HENSLEY	19/07/86	34
216	BROWN, David	NSW	8:31:18	HENSLEY	28/05/88	30
217	DONALD, Colin	VIC	8:33:16	BOX HILL	28/02/87	
218	LOMBARDI, Rudy	VIC	8:35:42	ROSEBUD	4/5/91	
219	BIRD, John	WA	8:36:00	PERTH	28/05/88	
220	BENCZE, John	VIC	8:36:49	COBURG	25/02/89	55
221	HANNAMAN, Martin	QLD	8:38:00	CAMPBELLTOWN	13/10/90	
222	SUMNER, John	VIC	8:38:00	BOX HILL	28/02/87	
223	ALLEN, Greg	SA	8:38:17	ADELAIDE	24/10/92	
224	CATTLE, Emie	VIC	8:41:29	HENSLEY	30/05/87	37
225	PRITCHARD, Mark	WA	8:42:22	BUNBURY	3/4/94	46
226	DEAN, John	VIC	8:43:02	BOX HILL	23/06/84	39
227	BROWN, Dave	QLD	8:43:40	IPSWICH	10/5/91	34
228	FOX, Allan	SA	8:43:57	ADELAIDE	5/11/83	

229	GREEN, Keith	VIC	8:45:05	TOOTGAROOK	2/5/92	
230	FOULKES, Stephen	VIC	8:46:06	BOX HILL	28/06/86	32
231	ZUKOWSKI, Jerry	SA	8:46:13	ADELAIDE	21/10/95	43
232	FIRKIN, Graham	NSW	8:47:39	NSW	1/9/90	52
233	FARNHAM, Tony	NSW	8:47:46	WOLLONGONG	1/4/95	49
234	PARTINGTON, Ian	WA	8:48:03	PERTH	18/10/86	
235	KERRUISH, Graham	NSW	8:52:59	COBURG	13/02/88	48
236	YEAMAN, David	VIC	8:53:03	COBURG	13/02/88	51
237	ROBERTSON, Graeme	VIC	8:53:46	BALLARAT	11/12/88	44
238	BIVIANO, Frank	VIC	8:54:12	ABERFELDIE	10/3/85	41
239	O'CONNELL, Keith	NSW	8:54:29	HENSLEY	28/05/88	49
240	WALDECK, David	SA	8:55:07	ADELAIDE	5/11/83	
241	RAMELLI, Ray	VIC	8:55:09	BOX HILL	15/02/86	40
242	LEWIS, Stephen	QLD	8:55:11	QLD	1/7/89	30
243	SPENCER, Don	SA	8:56:39	ADELAIDE	3/11/84	
244	HOLLERAN, David	QLD	8:57:39	CABOOLTURE	11/2/89	32
245	DUNLOP, Graeme	VIC	8:57:39	MANLEY	29/03/86	27
246	CROWLE, Keith	VIC	8:58:20	BOX HILL	15/06/91	52
247	GRAY, Dan	NSW	8:58:38	HENSLEY	30/05/87	40
248	PITMAN, John		8:58:43	CABOOLTURE	23/06/90	50
249	TRIPP, Tony	WA	9:00:06	COBURG	25/02/89	42
250	BRAY, Steve	SA	9:01:33	ADELAIDE	24/10/92	
251	CIRCOSTA, Paul	QLD	9:02:00	QUEENSLAND UNI	05/09/87	34
252	LUCAS, Andrew	TAS	9:02:00	COBURG	22/02/92	27
253	BARNES, Phillip	VIC	9:04:32	ROSEBUD	6/5/89	
254	SCANLON, Shaun	NSW	9:04:37	NSW	1/9/90	46
255	RICHARDS, Duncan	NSW	9:05:30	NSW	1/9/90	
256	KENNEDY, Brian	WA	9:07:43	PERTH	27/05/89	
257	McCOOL, Tony	SA	9:8:02	ADELAIDE	13/11/82	
258	BIRD, David	WA	9:9:05	PERTH	27/05/89	
259	CLISSOLD, Ron		9:09:15	TAMWORTH	24/03/90	44
260	HAIN, Geoff	NSW	9:13:00	CABOOLTURE	23/06/90	43
261	MORRE, Jean-Claude	VIC	9:13:45	BOX HILL	17/06/89	
262	SHERMAN, Andrew		9:14:20	NSW	1/9/90	
263	COLWELL, Brian	NSW	9:15:44	CANBERRA	1/10/88	39
264	COX, Don	SA	9:17:35	ADELAIDE	28/10/89	42
265	SMITH, Wally	SA	9:18:31	ADELAIDE	5/11/83	
266	WEEKS, Roger	QLD	9:19:00	QLD UNI	5/9/87	
267	VENUS, Graham	SA	9:19:41	ADELAIDE	28/10/89	
268	CHRISTOFFEL, Jeff	QLD	9:20:23	QLD RRC	1/7/89	35
269	WIESE, Bob	SA	9:21:07	ADELAIDE	21/10/95	
270	CLARK, Gary	WA	9:22:14	PERTH	18/10/86	
271	BYRTH, Robert	SA	9:26:16	ADELAIDE	1/11/86	37
272	PIERCE, Simahin	SA	9:26:21	ADELAIDE	21/10/95	47
273	KALEY, Matthew	NSW	9:26:43	HENSLEY	19/07/86	18
274	TURNBULL, Jim	WA	9:27:42	PERTH	28/05/88	51
275	MILLER, Bill	NSW	9:27:43	HENSLEY	30/05/87	34
276	GRANT, Stephen	NSW	9:28:39	HENSLEY	28/05/88	30
277	CURRIE, Stuart	QLD	9:28:44	ADELAIDE	29/10/88	42
278	HILLIER, Greg	VIC	9:29:00	QLD UNI	5/9/87	32
279	BAZELEY, Gavin	QLD	9:30:13	IPSWICH	18/04/92	29
280	HAYNES, John	SA	9:30:49	ADELAIDE	5/11/83	
281	WORLEY, Peter	SA	9:31:00	ADELAIDE	4/10/87	
282	LOVE, Greg	NSW	9:32:30	CAMPBELLTOWN	28/10/89	
283	ARTHUR, John	WA	9:33:44	PERTH	27/05/89	
284	STAPLES, Alan	NSW	9:35:46	NSW	1/9/90	41
285	TIMMS, John	QLD	9:35:48	ADELAIDE	22/10/94	52
286	TAYLOR, Bill	WA	9:36:19	PERTH	18/10/86	44

287 EARSMAN, Dallas	NSW	9:39:38	HENSLEY	30/05/87	59
288 WIGGER, Ron	NSW	9:39:38	CAMPBELLTOWN	13/10/90	46
289 RYAN, Cliff	VIC	9:41:44	ROSEBUD	6/5/89	59
290 MARSHALL, Keith	VIC	9:42:00	BOX HILL	15/02/86	59
291 TAYLOR, Ian	NSW	9:42:38	HENSLEY	30/05/87	35
292 HENRY, Peter	NSW	9:42:40	WOLLONGONG	2/4/95	
293 GUTTERIDGE, Bill	SA	9:43:10	ADELAIDE	5/11/83	
294 PFISTER, Peter	VIC	9:44:02	ABERFELDIE	10/3/85	45
295 JACKSON, Keith	NSW	9:44:19	HENSLEY	30/05/87	36
296 POTTER, Simon	VIC	9:45:20	CANBERRA	1/10/88	
297 CLEMENTS, Harry	NSW	9:45:32	NSW	1/9/90	
298 MARDEN, Ken	VIC	9:49:44	COBURG	23/02/91	
299 HARBER, Tony	NSW	9:50:08	NSW	1/9/90	
300 SLAGTER, Peter		9:50:10	ADELAIDE	16/10/93	
301 RISSTROM, Peter	VIC	9:52:05	COBURG	23/02/91	29
302 STEGEMANN, Prachar	ACT	9:52:52	ADELAIDE	22/10/94	
303 BUTKO, Peter	VIC	9:53:21	FRANKSTON	30/04/94	16
304 MARTIN, Kevin	WA	9:55:42	PERTH	27/05/89	
305 NORRIS, Chris		9:57:20	CAMPBELLTOWN	13/10/90	
306 PASCOE, Stephen		9:58:13	ADELAIDE	24/10/92	
307 AUSTIN, Patrick	NSW	9:59:59	NSW	1/9/90	51
308 VERNON, Peter	VIC	10:00:18	COBURG	25/02/89	34
309 CLARKE, Phillip	NSW	10:00:30	HENSLEY	28/05/88	36
310 ASHWELL, Tony	SA	10:00:42	ADELAIDE	1/11/86	
311 SINCLAIR, John	QLD	10:00:43	QLD UNI	5/9/87	45
312 HARTNETT, Kerry	VIC	10:02:00	BOX HILL	28/02/87	52
313 JORY, Derek	QLD	10:02:30	QLD UNI	5/9/87	
314 SYRED, Creece	NSW	10:06:47	HENSLEY	28/02/88	16
315 TAILSford, Brian	NSW	10:07:55	HENSLEY	28/05/88	40
316 JOHNSTON, Norm	VIC	10:08:23	ROSEBUD	6/5/89	52
317 FOLEY, Mark	NSW	10:10:40	CAMPBELLTOWN	13/10/90	37
318 KING, Peter	WA	10:17:07	PERTH	17/10/87	
319 MATTHEW, Alex	SA	10:17:10	ADELAIDE	5/11/83	45
320 SMITH, Errol	NSW	10:18:43	CAMPBELLTOWN	8/10/88	39
321 DEACON, Grahame	NSW	10:19:18	HENSLEY	19/07/86	
322 WOOLGAR, Chris	VIC	10:19:42	BOX HILL	15/02/86	42
323 GAILLARD, Jacques	VIC	10:21:46	BOX HILL	17/06/89	42
324 POLLARD, Godfrey	VIC	10:22:10	COBURG	25/10/89	58
325 NORDISH, Steve	NSW	10:22:32	NSW	1/9/90	
326 CROTTY, Dick	SA	10:24:05	ADELAIDE	5/11/83	53
327 SPARE, Charles	WA	10:26:36	PERTH	18/10/86	47
328 COSTELLO, Warren	NSW	10:27:03	SYDNEY NSW	1/9/90	48
329 ST JOHN, Gerald	VIC	10:28:09	PERTH	28/05/88	43
330 HARVEY, James	SA	10:28:38	ADELAIDE	3/11/84	
331 JANOVSky, Peter	NSW	10:28:56	NSW	1/9/90	30
332 MILLS, Brian		10:30:20	CAMPBELLTOWN	28/10/89	
333 HARRISON, Max	VIC	10:30:28	COBURG	25/02/89	49
334 CONNOR, Mick	NSW	10:31:11	CAMPBELLTOWN	8/10/88	
335 ALLEN, Graham		10:31:40	CAMPBELLTOWN	28/10/89	
336 FRY, Gordon	SA	10:32:51	ADELAIDE	1/11/83	44
337 SUMMERS, Gray	VIC	10:33:16	ESSENDON	10/3/85	39
338 ELLIS, Ray	VIC	10:36:11	COBURG	13/02/88	57
339 HILLBRICK, Adam	VIC	10:38:58	TOOTGAROOK	2/5/93	16
340 CLARKE, Tom	WA	10:40:15	BUNBURY	3/4/94	47
341 LATCHFORD, Stan	WA	10:43:47	PERTH	17/10/87	
342 WILKINS, Michael		10:47:01	ADELAIDE	21/10/95	
343 YANNA, George	VIC	10:48:34	COBURG	25/02/89	32
344 ADAMS, Brian	NSW	10:49:00	CAMPBELLTOWN	8/10/88	

345	WARD, Wayne	NSW	10:53:11	HENSLEY	30/05/87	32
346	WILSON, Alfred	VIC	10:55:24	ABERFELDIE	10/3/85	
347	BRUER, Marcus	SA	10:56:08	ADELAIDE	4/10/87	
348	BURROWES, Gordon	VIC	10:58:00	BOX HILL	28/02/87	51
349	GARLICK, Peter	SA	10:58:28	ADELAIDE	19/10/88	30
350	GRIGNOL, Max	SA	10:59:50	ADELAIDE	4/10/87	44
351	LITTLE, Anthony		11:00:25	TAMWORTH	24/03/90	
352	MARTIN, Norm	SA	11:02:13	ADELAIDE	13/11/82	
353	McCARTNEY, Stan	SA	11:07:33	ADELAIDE	1/11/86	41
354	BUXTON, Terry	SA	11:08:05	ADELAIDE	16/10/93	
355	RAINES, Wayne	QLD	11:13:58	CABOOLTURE	1/9/91	33
356	GREEN, Daniel		11:15:12	TAMWORTH	24/03/90	
357	CLARKE, James	VIC	11:16:12	COBURG	23/02/91	
358	GREEN, Warren		11:21:24	ADELAIDE	22/10/94	
359	BARWICK, David	NSW	11:22:00	CABOOLTURE	26/09/92	49
360	SMITH, Jonathon R.	SA	11:22:43	ADELAIDE	3/11/84	
361	CHATTERTON, Ray	QLD	11:24:00	CABOOLTURE	23/06/90	41
362	WALSH, Colin	WA	11:25:58	PERTH	17/10/87	
363	BREGANT, Anthony	QLD	11:29:38	CABOOLTURE	23/06/90	22
364	CULLEN, Stephen	QLD	11:31:00	QLD UNI	5/9/87	
365	SMITH, Larry		11:31:35	CAMPBELLTOWN	13/10/90	
366	MANNIX, Brian		11:31:40	CAMPBELLTOWN	28/10/89	
367	LIGHT, Graham	VIC	11:33:21	ADELAIDE	4/10/87	38
368	DEDMAN, Kaven	SA	11:34:28	ADELAIDE	29/10/88	41
369	PETERSON, John	QLD	11:36:02	QLD UNI	5/9/87	71
370	MOYLE, John	SA	11:36:51	ADELAIDE	22/10/94	43
371	NAYLOR, Tom		11:42:00	ADELAIDE	22/10/94	0
372	BAZZICA, Nick	SA	11:42:30	ADELAIDE	5/11/83	
373	EATT, Ken	WA	11:48:30	PERTH	28/05/88	
374	PATTERSON, Michael	VIC	11:48:54	ADELAIDE	4/10/87	
375	CARROLL, Ray	VIC	11:53:39	COBURG	13/02/88	37
376	BROWN, Dean	SA	11:54:20	ADELAIDE	22/10/94	39
377	TOLLEY, Dennis		11:55:26	CAMPBELLTOWN	28/10/89	
378	MARTIN, Warren		12:01:50	CAMPBELLTOWN	13/10/90	
379	BRYAN, Greg	SA	12:02:36	COBURG	13/02/88	
380	RAMSDEN, Graeme	QLD	12:03:00	QLD	1/7/89	43
381	DOWN, Jeff	VIC	12:16:50	BOX HILL	15/02/86	28
382	GLADWELL, Mark	NSW	12:28:29	MANLY	29/03/86	
383	HAMS, Denis	NSW	12:30:15	CAMPBELLTOWN	28/10/89	40
384	HALEY, William	QLD	12:41:30	QLD UNI	5/9/87	
385	GUNNING, Ribin		12:50:49	TAMWORTH	24/03/90	
386	BARNES, Max	SA	13:04:00	ADELAIDE	9/11/85	64
387	DUFFY, Brian		13:07:02	TAMWORTH	24/03/90	
388	MURRAY, Ken	NSW	13:08:28	TAMWORTH	24/03/90	53
389	WEIR, Steve	SA	13:11:12	ADELAIDE	28/10/89	
390	WILLIAMS, Glen	SA	13:17:24	ADELAIDE	24/10/92	
391	KLUMP, Darryl		13:20:29	TAMWORTH	24/03/90	
392	KETTLE, Drew	VIC	13:38:32	COLAC	20/11/95	75
393	DAHM, Murray	NSW	14:08:42	HENSLEY	30/05/87	44
394	LANHAM, John	QLD	14:53:00	QLD UNI	5/9/87	
395	FARMER, Bernie		14:56:40	CAMPBELLTOWN	28/10/89	
396	QUADRIO, Doug	QLD	14:57:10	QLD UNI	5/9/87	35
397	SUSANS, T.	NSW	14:57:41	MANLEY	6/4/85	
398	COX, Graeme	SA	15:32:44	ADELAIDE	24/10/92	
399	WAKEFIELD, Charlie	VIC	15:42:02	CABOOLTURE	22/06/90	36
400	WALKELY, Phil	SA	15:48:01	ADELAIDE	13/11/82	
401	WHITEMAN, Peter		16:06:05	CABOOLTURE	23/06/90	48
402	WHELAN, Robert	VIC	17:31:41	/	/	
403	HOLMES, James		17:53:48	CAMPBELLTOWN	28/10/89	
404	HOLLAND, Bill		17:57:02	TAMWORTH	9/3/91	
405	PENG, Choi		19:39:16	ADELAIDE	16/10/93	
406	GLOVER, Gary	WA	20:40:10	PERTH	28/05/88	

AUSTRALIAN RANKINGS FOR 50ML TRACK

WOMEN

Rank	Name	State	PB for 50ML	Place	Date	at Age
1	MEADOWS, Linda	VIC	6:07:58	EAST BURWOOD	18/06/94	35
2	PETRIE, Lavinia	VIC	6:23:53	EAST BURWOOD	19/06/93	49
3	FRANCIS, Mary	WA	6:43:22	BUNBURY	3/4/94	36
4	HERBERT, Cynthia	VIC	6:52:42	BOX HILL	28/06/86	44
5	BEAMES, Adrienne	VIC	7:04:34	MELB UNI	23/03/80	
6	PARRIS, Dawn	VIC	7:21:16	MINNESOTA US	12/10/90	37
7	YOUNG, Shirley	VIC	7:32:44	BURWOOD	21/06/92	62
8	STANGER, Helen	NSW	7:37:40	WOLLONGONG	01/04/95	44
9	KERR, Sandra	VIC	7:49:20	BURWOOD	19/06/93	47
10	McCONNELL, Georgina	NSW	7:51:05	NSW	18/09/88	45
11	WOODS, Sally	QLD	7:52:52	COBURG	28/08/88	
12	KENNEDY, Gloria	NSW	7:57:27	MELB UNI	25/06/83	
13	CALLAGHAN, Anne	VIC	8:09:02	BOX HILL	23/06/84	46
14	SPAIN, Trisha	WA	8:10:30	OLYMPIC P	19/08/89	47
15	VAUGHAN, Caroline	NSW	8:28:28	BOX HILL	03/02/84	45
16	SMITH, Margaret	VIC	8:28:49	ABERFELDIE	10/03/85	49
17	GRANT, Dell	QLD	8:29:30	QLD UNI	5/9/87	33
18	WORLEY, Sue	SA	8:36:45	BOX HILL	23/06/84	36
19	O'CONNOR (MORRIS, Helen	SA	8:47:45	ADELAIDE	03/11/84	
20	SALTER, Bronwyn	WA	9:00:28	PERTH	28/05/88	40
21	STANDEVEN, Cheryl	SA	9:00:57	ADELAIDE	29/10/88	32
22	HAARSMA, Kay	SA	9:05:56	ADELAIDE	13/11/82	
23	BISHOP, Lorrie	VIC	9:13:18	BOX HILL	15/06/91	
24	BRUNER, Patty	VIC	9:14:03	MELB. UNI	11/7/81	44
25	BARNES, Helen	SA	9:27:35	ADELAIDE	27/10/90	40
26	MILBOURNE, Colleen	WA	9:34:55	PERTH	27/05/89	
27	RILEY, Geraldine	VIC	9:39:09	BOX HILL	15/02/86	22
28	TAIT, Marilyn	VIC	9:39:24	OLYMPIC PK	08/04/90	40
29	FOLEY, Wanda	QLD	9:49:37	CAMPBELLTOWN	8/10/88	42
30	TALBOT, Kim	VIC	9:52:54	COBURG	10/11/90	22
31	SOMMERS, Corinne		10:05:23	CABOOLTURE	23/06/90	29
32	SKROBOLAC, Sharon	VIC	10:27:28	ROSEBUD	4/5/91	34
33	GORDON, Leonie	SA	10:34:08	ADELAIDE	03/11/84	
34	WISHART, Lois	VIC	10:34:58	TOOTGAROOK	02/05/92	
35	GLADWELL, Lucille	NSW	10:52:55	CAMPBELLTOWN	28/10/89	
36	CASE, Valerie	QLD	11:01:17	HENSLEY	28/05/88	51
37	WARREN, Val	NSW	11:02:10	CAMPBELLTOWN	28/10/89	55
38	LEAHY, Marcia		11:14:34	CAMPBELLTOWN	13/10/90	
39	TAYLOR, Jacqueline	VIC	11:25:10	COBURG	27/02/93	
40	McCARTHEY, Marilyn	SA	11:30:50	ADELAIDE	02/11/86	37
41	CURRAN, Michelle	QLD	11:33:08	WOLLONGONG	01/04/95	
42	LUSH, Eileen	SA	12:00:49	ADELAIDE	01/11/86	39
43	YOUNG, Mary	VIC	12:52:43	BOX HILL	02/02/85	24
44	BENSON, Carolyn	SA	13:22:03	ADELAIDE	28/10/89	42
45	BARDY, Sue	SA	13:55:03	ADELAIDE	24/10/92	59
46	BECK, Carol	SA	14:52:21	ADELAIDE	24/10/92	
47	GUTERES, Elaine	SA	15:53:20	ADELAIDE	09/10/85	

AUSTRALIAN RANKINGS FOR 50ML ROAD
MEN

Rank	Name	State	50m Event	Date	At age
1	PERDON, George	VIC	5:22:55 PORTSEA-MELBOURN	1/5/68	
2	BADIC, Safet	VIC	5:26:41 BALLARAT	9/12/90	
3	GILLIS, Thomas	NSW	5:33:00 NZ D	//	
4	BRIMACOMBE, Laurie	VIC	5:33:59 BALLARAT	11/8/85	42
5	FERDERBAR, Ziggy	NSW	5:41:58 NSW	07/10/79	
6	TOLLIDAY, Owen	QLD	5:44:29 QLD D	20/10/88	
7	JACOBS, Trevor	ACT	5:48:55 MINNESOTA	11/10/90	38
8	WALLACE, Don	QLD	5:48:59 COMRADES MARA.	17/06/96	
9	BARTON, Greg	QLD	5:49:14 BANANA COAST 85K	7/5/95	27
10	RAMELLI, Ray	VIC	5:50:07 BALLARAT C	24/08/86	
11	KEYSSECKER, Don	NSW	5:51:00 CHRISTCHURCH D	31/03/79	
12	BROOKS, Barry	VIC	5:51:16 BALLARAT	24/08/86	46
13	HUNTER, Bob	QLD	5:53:07 QLD UNI D	23/10/83	
14	COOK, Bruce	QLD	5:57:25 GRAFTON-COFFS	01/05/85	28
15	WHITAKKER, Peter	VIC	5:57:59 BALLARAT	23/08/87	
16	CARSON, Max	VIC	6:01:37 BALLARAT	24/08/86	37
17	KIP.MELHAM, Anyce	NSW	6:03:03 SYDNEY	7/10/79	
18	HENECKE, Kerry	NSW	6:03:32 NSW	7/10/79	
19	BEALE, Gary	NSW	6:07:10 NSW	07/10/79	
20	CRAWFORD, Jim	VIC	6:10:06 PRINCES PK	11/9/75	
21	BOASE, Geoff	QLD	6:12:52 CABOOLTURE	2/9/89	
22	THOMPSON, Martin	NSW	6:13:15 BATHURST D	4/9/88	
23	ZWIERLEIN, Bob	VIC	6:13:40 PRINCES PK A	21/06/87	
24	LOGAN, Peter	VIC	6:14:24 BALLARAT C	11/8/85	37
25	SHEPHARD, Ken	NSW	6:15:02 BANANA C D	/	
26	TELFER, Bob	NSW	6:16:44 NSW D	26/09/82	
27	SMITH, Jeff	VIC	6:16:48 BALLARAT D	09/12/90	
28	SUMNER, John	VIC	6:17:55 PRINCES PK A	21/06/87	
29	WALSH, Michael	VIC	6:18:54 BALLARAT C	11/8/85	
30	MEDILL, Graham	QLD	6:20:22 QLD	20/10/88	
31	LOVELESS, Len	VIC	6:21:50 BALLARAT C	11/08/87	
32	HERD, Robert	NSW	6:22:42 BATHURST D	04/09/88	
33	McMANUS, Alistair	O/S	6:23:07 BALLARAT	24/08/86	
34	GRAY, Peter	VIC	6:24:41 BALLARAT	9/12/90	26
35	SULLIVAN, Peter	QLD	6:25:42 CABOOLTURE	15/04/89	
36	PIKE, Stewart	VIC	6:26:24 BALLARAT C	24/08/86	
37	PEACOCK, Alan	QLD	6:26:27 QLD RRC D	20/10/88	
38	BREIT, John	VIC	6:26:43 MINNESOTA USA	01/10/90	33
39	BLOOMER, Brian	VIC	6:26:59 BALLARAT	11/8/85	44
40	BOGENHUBER, Max	NSW	6:28:35 BATHURST	19/09/87	45
41	BRUNER, Bob	VIC	6:28:40 NSW	10/10/78	4
42	CONNELLAN, John	VIC	6:30:39 PRINCES PK	30/06/85	
43	CATTLE, Ernie	VIC	6:32 BALLARAT	24/08/86	
44	GUARD, Roger	QLD	6:32:58 CABOOLTURE D	02/09/89	
45	SMITH, Bryan	VIC	6:33:28 BALLARAT	24/08/86	42
46	YOUNG, Cliff	VIC	6:33:46 BALLARAT	24/08/86	64
47	KING, Ron	VIC	6:34:17 BALLARAT C	22/08/87	
48	JONES, Leo	VIC	6:34:23 PRINCES PK A	29/06/86	
49	CASSIDY, Kevin	VIC	6:36:33 BALLARAT	10/8/87	26
50	BUCHAN, Sandy	QLD	6:37:05 CABOOLTURE	20/10/88	34
51	JAVES, Ian	QLD	6:37:06 QLD	02/08/87	
52	WALLACE, Alistair	NSW	6:37:25 BANANA C D /	/	
53	TAYLOR, Maurice	NSW	6:37:29 BATHURST	27/02/86	
54	RICHARDSON, Peter	VIC	6:39:17 BALLARAT C	08/08/87	

55	VISSER, Jeff	VIC	6:39:41	BALLARAT	12/12/89	
56	BENNINGTON, Jim	NSW	6:40:25	BANANA COAST 85K	1/1/86	
57	MARKULIN, Doug	NSW	6:40:41	NSW D	7/10/79	
58	DILLON, Buck	NSW	6:41:27	NSW	10/10/78	
59	VISALLI, Tony	NSW	6:43:30	NSW D	07/10/79	
60	DONOHUE, Mick	NSW	6:48:44	SYD-WOLL	//	
61	DWYER, Ray	VIC	6:49:52	BALLARAT	11/12/88	
62	McGRATH, George	NSW	6:49:56	WOLL-SYD D	//	
63	CAMPBELL, Ron	VIC	6:50:28	PRINCES PK	19/06/88	
64	WISHART, Greg	VIC	6:50:33	BALLARAT C	9/12/90	
65	SORGEL, Walter	QLD	6:50:44	QLD D	20/10/88	
66	JORY, Derek	QLD	6:51:03	QLD D	2/8/87	
67	MARDEN, Bob	NSW	6:53:00	SYDNEY D	11/10/79	
68	WOODHOUSE, Paul	NSW	6:54:10	WOLL-SYD D	/	
69	WILTON, Graeme	NSW	6:55:34	BATHURST D	22/09/84	
70	ELLIOT, Emie	VIC	6:56:02	NSW D	07/10/79	
71	BRADD, Les	VIC	6:56:29	BALLARAT	24/08/86	34
72	CHANNELLS, Robert	NSW	6:58:18	BANANA COAST 85K	15/05/88	
73	PHILLIPS, Lindsay	QLD	6:58:20	CABOOLTURE	2/9/89	
74	PICKARD, Terry	QLD	6:59:00	QLD D	2/8/87	
75	HENRICKS, Bob	QLD	6:59:21	CABOOLTURE A	02/09/89	
76	STEPHENSON, Chris	NSW	6:59:36	BALLARAT C	11/12/88	
77	HART, Gerry	VIC	6:59:59	PRINCES PK A	31/07/77	
78	WALTERS, Ken	VIC	7:00:14	PRINCES PK	30/06/85	
79	YOUNG, Nobby	NSW	7:00:50	WOLL-SYD	//	
80	MASSINGHAM, Barry	NSW	7:01:24	NSW D	7/10/79	
81	HENNESSEY, Laurie	NSW	7:01:45	BANANA C D	//	
82	GRANT, Ron	QLD	7:02:10	CHRISTCHURCH	1/4/67	
83	McCABE, Neil	QLD	7:03:25	CABOOLTURE	15/04/89	
84	GOBEL, Joe	VIC	7:04:55	BALLARAT C	11/8/85	
85	ALEXANDER, Keith	VIC	7:05:14	PRINCES PK	21/06/87	
86	WAGNER, Carl	QLD	7:05:33	BANANA C D	//	
87	HEPBURN, Brickley	VIC	7:07:56	BALLARAT	11/12/89	
88	GRAY, Dan	NSW	7:09:04	BATHURST D	19/09/87	
89	SCHNIBBE, Klaus	VIC	7:10:37	PRINCES PK A	29/06/86	
90	FARMER, Pat	NSW	7:11:25	TASMANIA RUN 87K	8/8/94	
91	HOOK, Geoff	VIC	7:11:40	BATHURST	4/9/88	43
92	TRIPP, Tony	WA	7:12:00	LON-BRI UK D	//	
93	BERGMAN, Trevor	NSW	7:13:18	BANANNA COAST	01/01/88	
94	QUICK, Graeme	VIC	7:14:16	BALLARAT C	11/8/85	
95	RILEY, Gerry	VIC	7:14:30	BALLARAT C	11/08/85	54
96	HARTLEY, Ernest	VIC	7:14:48	PRINCES PK	19/06/88	
97	PLEYDELL, Trevor	VIC	7:16:42	BALLARAT C	24/08/86	
98	FOKATIS, John	VIC	7:17:32	BALLARAT C	12/12/89	
99	DRUMMOND, Sandy	VIC	7:17:33	PRINCES PARK	19/06/88	
100	DUNLOP, Graeme	VIC	7:18:30	PRINCES PARK	30/06/85	
101	COATES, Barry	NSW	7:21:25	BATHURST	19/09/87	
102	McCABE, Neil	QLD	7:22:17	QLD UNI	25/06/88	34
103	KELLER, Julius	QLD	7:23:44	QLD D	20/10/88	
104	BIVIANO, Frank	VIC	7:25:19	BALLARAT	24/08/86	42
105	COSENS, Gary	VIC	7:26:42	PRINCES PK	30/06/85	
106	PARSONS, Gary	QLD	7:27:05	CABOOLTURE	8/9/90	41
107	DOYLE, Tony	VIC	7:27:13	PRINCES PARK	29/06/86	
108	JERRAM, Col	VIC	7:27:40	BALLARAT C	08/12/89	
109	STAPLES, Alan	NSW	7:29:04	SYDNEY D	07/10/79	
110	FISHER, Keith	VIC	7:29:55	QLD D	25/06/88	
111	ALLEN, Gary	QLD	7:29:56	CABOOLTURE	15/04/89	
112	PATTRICK, Gary	VIC	7:30:33	BALLARAT C	11/08/85	

113	WEAVER, Craig	VIC	7:31:44	PRINCES PK A	19/06/88	
114	HUTCHINSON, Ian	NSW	7:32:34	BATHURST D	22/09/84	
115	RISHWORTH, Robin	VIC	7:32:36	BALLARAT C	11/8/85	
116	PARKER, Ross	WA	7:35:10	TASMANIA RUN 90K	6/8/94	
117	ANDERSON, John	VIC	7:35:16	PRINCES PARK	29/06/86	47
118	WOOLGAR, Chris	VIC	7:36:55	PRINCES PK A	29/06/86	
119	HARRIS, Trevor	QLD	7:37:08	BATHURST	4/9/88	41
120	FICKEL, Bob	NSW	7:38:05		04/09/88	
121	HEATH, Frank	QLD	7:38:34	CABOOLTURE	2/9/89	42
122	CHAMPNESS, John	VIC	7:38:53	BALLARAT	10/8/87	
123	LUCAS, Andrew	TAS	7:39:06	BALLARAT	11/12/88	
124	FRENCH, Cliff	QLD	7:41:50	CABOOLTURE	8/9/90	47
125	CORNELIUS, Ian	QLD	7:41:59	TOOWOOMBA	10/02/93	52
126	MOORE, Bob	VIC	7:42:12	BOX HILL	29/06/85	
127	BURNS, Bob	QLD	7:42:34	QLD RRC	20/10/88	45
128	GROGAN, Marty	VIC	7:42:35	PRINCES PK D	19/07/88	
129	FIRKIN, Graham	NSW	7:43:06	BATHURST D	19/09/87	
130	TROPE, Jonathon	NSW	7:43:53	COMRADES MARA.	17/06/96	50
131	BOIDIN, Keith	NSW	7:44:55	NSW	07/10/79	
132	LYNN, Charlie	NSW	7:45:15	SYD-WOLL D	19/10/80	
133	BRYCE, Michael	VIC	7:46:20	BALLARAT	10/8/87	
134	HOUGH, Ken	VIC	7:47:49	BALLARAT C	11/12/88	
135	STANSFIELD, Ian	VIC	7:47:59	PRINCES PK A	29/06/86	
136	WILSON, Adrian		7:48:07	BANANA COAST 85K	1/5/94	
137	McCRORIE, Wal	NSW	7:48:45	NSW D	26/09/82	
138	HOFFMAN, Michael	VIC	7:49:31	PRINCES P A	29/06/86	
139	ROBINSON, Jim	NSW	7:49:37	BANANA C	//	
140	LEWIS, Stephen	QLD	7:50:02	CABOOLTURE A	2/9/89	
141	HARGREAVES, Bruce	NSW	7:50:30	BANANA COAST	//	
142	CLARIDGE, Robert	VIC	7:50:48	BALLARAT	11/12/88	
143	DOCHERTY, Andy	SA	7:50:54	BALLARAT	24/08/86	
144	LAW, Andrew	TAS	7:51:25	TASMANIA RUN 90K	6/8/94	
145	WILKINSON, Graeme	NSW	7:53:11	BATHURST D	27/09/86	
146	TAYLOR, Dave	NSW	7:53:11	BATHURST	27/09/86	
147	CHRISTOFFEL, Jeff	QLD	7:55:36	CABOOLTURE	2/9/89	
148	HENRY, Ian	QLD	7:55:56	QLD D	25/06/88	
149	FARNHAM, Tony	NSW	7:57:13	TOOWOOMBA	10/02/93	47
150	TOWNSEND, Dean	VIC	7:57:48	BALLARAT C	11/8/85	
151	CARLTON, Alan	VIC	8:00:08	BALLARAT	11/12/88	
152	MATTHEWS, Paul	NSW	8:00:53	/	/	
153	THOMAS, Jeff	NSW	8:00:53	WOLL-SYD D	//	
154	McCLOSKEY, Ian	QLD	8:02:21	CABOOLTURE	7/9/91	39
155	HUGGINS, Graham	VIC	8:03:25	PRINCES PARK	29/06/86	47
156	COLLINS, Gary	NSW	8:04:00	BATHURST	27/09/86	
157	RUSSELL, Geoff	VIC	8:04:18	BALLARAT	11/8/85	
158	CLEAR, David	NSW	8:05:18	BANANA COAST 85K	1/5/94	
159	BROWN, David	NSW	8:05:41	BANANA COAST 85K	1/5/94	36
160	POWER, Tony	VIC	8:06:11	BALLARAT C	12/12/89	
161	RAFFERTY, Tony	VIC	8:08:01	PRINCES PK	21/06/87	
162	THOMAS, Vic	NSW	8:08:21	WOLL-SYD D	//	
163	YARWOOD, Ken	QLD	8:08:28	QLD D	20/10/88	
164	MISKIN, Stan	QLD	8:09:53	BALLARAT	24/08/86	61
165	VARKER, Mick		8:10:41	BALLARAT C	11/12/88	
166	KEHOE, Paul	NSW	8:12:06	BANANA C D	//	
167	LITTLE, Bob	NSW	8:13:00	WOLL-SYD- D	05/10/81	
168	BEVERIDGE, Steel	NSW	8:15:52	BANANA COAST	01/01/84	32
169	WHITECROSS, Bryan		08:16:03	BALLARAT C	//	
170	COOPER, Shane	NSW	8:16:10	BANANA COAST	//	

171 MANNING, Peter	NSW	8:17:41	BATHURST	27/09/86	33
172 GERADA, Vic	NSW	8:17:50	SYD-WOLL D	19/10/80	
173 LANHAM, John	QLD	8:18:58	QLD D	2/8/87	
174 EVANS, Brian	QLD	8:20:29	TOOWOOMBA	10/02/93	
175 CORNELIUS, Steve	NSW	8:21:19	WOLL-SYD	16/10/83	
176 SYRED, Creece	NSW	8:21:37	BATHURST D	27/09/86	
177 ALLISON, David	NSW	8:21:41	BANANA COAST 85K	7/5/95	44
178 CROWLE, Keith	VIC	8:21:43	PRINCES PK	29/06/86	
179 COLWELL, Brian	NSW	8:22:18	BATHURST	4/9/88	39
180 YANNA, George	VIC	8:22:39	BALLARAT C	11/12/88	
181 SILL, David	NSW	8:23:10	COMRADES MARA.	20/05/95	
182 HUME, James	VIC	8:26:10	PRINCES P A	21/06/87	
183 NORDISH, Steve	NSW	8:26:25	BANANA C D	//	
184 GRAYLING, Michael	VIC	8:26:26	BALLARAT	9/12/90	
185 SPRING, Peter	NSW	8:28:00	BANANA C D	//	
186 SILCOCK, Colin	VIC	8:28:15	BALLARAT C	11/08/85	
187 TOWN, Murray	NSW	8:29:26	COMRADES MARA.	20/05/95	49
188 WEINSTEIN, Roger	VIC	8:29:56	BALLARAT C	11/12/88	
189 McCOY, Brian	VIC	8:30:11	PRINCES PK D	19/06/88	
190 MAHER, Chris	WA	08:30:30	COMRADES MARA.	20/05/95	42
191 McLEAN, Christopher	NSW	8:31:57	COMRADES MARA.	20/05/95	46
192 GRANT, Stephen	NSW	8:32:17	BATHURST D	04/09/88	
193 ROONEY, James	NSW	8:35:22	TASMANIA RUN 90K	6/8/94	41
194 PEARSON, Frank	NSW	8:35:26	SYD-WOLL	19/10/80	
195 MACKAY, Mark	QLD	8:36:40	CABOOLTURE	10/9/93	
196 KEATING, G		8:38:37	BALLARAT C	10/12/89	
197 STENNER, Graham	SA	8:40:02	PRINCES PK A	21/06/87	
198 CURRIE, Stuart	QLD	8:40:20	QLD	02/08/87	
199 HAIN, Geoff	NSW	8:40:50	BANANA COAST 85K	//	
200 TAYLOR, Geoff	NSW	8:45:05	COMRADES MARA.	17/06/96	34
201 HARTNETT, Kerry	VIC	8:45:13	PRINCES PK A	30/06/85	
202 RUSSELL, Rick	WA	8:45:56	COMRADES MARA.	20/05/95	
203 WOOTON, Gary	VIC	8:54:28	COMRADES MARA.	20/05/95	40
204 CHALMERS, Bruce	QLD	8:55:28	CABOOLTURE	5/5/90	37
205 FOLEY, Mark	NSW	8:57:10	BATHURST D	04/09/88	
206 SMART, Michael	NSW	9:01:41	COMRADES MARA.	20/05/95	25
207 LIGHT, Graham	VIC	9:03:41	PRINCES PK A	29/06/86	
208 TURNER, Bob	NSW	9:04:38	BANANA C D	//	
209 KAPARELIS, John	VIC	9:05:29	BALLARAT C	11/12/88	
210 JOANNOU, Bill	NSW	9:07:01	BANANA COAST 85K	1/5/94	
211 FIELD, Alf	NSW	9:08:53	COMRADES MARA..	17/06/96	55
212 DAVIS, Les	NSW	9:10:10	BANANA COAST 85K	1/5/94	
213 HILLIER, Greg	VIC	9:10:41	CABOOLTURE A	15/04/89	
214 COLCOMBE, Edward	NSW	9:11:31	SYD-WOLL	24/08/86	
215 PFISTER, Peter	VIC	9:12:34	BALLARAT C	11/8/85	46
216 ROWE, Craig	QLD	9:14:30	CABOOLTURE A	1/9/91	24
217 McCARTHY, Wayne	NSW	9:16:02	COMRADES MARA.	17/06/96	54
218 JOHNSTON, Norm	VIC	9:16:46		08/12/89	
219 FOULKES, Stephen	VIC	9:20:12	BALLARAT C	11/08/85	
220 GIBBONS, Colin	VIC	9:29:25	PRINCES PK A	30/06/85	
221 WIESE, Bob	SA	09:30:45	COMRADES MARA.	17/06/96	
222 HENRY, Mel	QLD	9:31:11	CABOOLTURE A	15/04/89	31
223 COLLINS, Tony	NSW	9:34:54	QLD	25/06/88	40
224 HOLLERAN, David	QLD	9:39:00	QLD	20/10/88	32
225 CLEMENTS, Harry	NSW	9:39:05	TASMANIA RUN 90K	6/8/94	
226 MANSELL, Kevin	SA	09:40:05	BATHURST	19/09/87	36
227 BARTLETT, Richard	NSW	9:43:49	COMRADES MARA.	17/06/96	50
228 WALKER, Graeme		9:45:00	CABOOLTURE A	5/5/90	

229 ROSS, David	TAS	9:45:00	CRADLE MTN.	04/02/96	
230 CLEMESHA, Steve	NSW	9:48:56	BANANA COAST	//	
231 JEWEL, Mark	VIC	9:49:03	PRINCES PK A	30/06/85	
232 RIGBY, Roger	NSW	9:50:10	COMRADES MARA.	17/06/96	53
233 WHITTAKER, Peter	QLD	9:55:10	CABOOLTURE	5/5/90	
234 RISSTROM, Peter	VIC	9:55:35	BALLARAT C	9/12/90	29
235 EAST, John	NSW	9:58:59	BANANA COAST	//	
236 PYKE, Dale	NSW	10:00:37	COMRADES MARA.	20/05/95	
237 TIMMS, John	QLD	10:01:00	CABOOLTURE	//	
238 BAKER, Howard	CI	10:04:42	COMRADES MARA.	20/05/95	50
239 CONNOLLY, ALLAN	VIC	10:07:06	COMRADES MARA.	17/06/96	27
240 THOMAS, Keith	NSW	10:10:54	WOLL-SYD D	//	
241 REED, Ian	QLD	10:15:04	COMRADES MARA.	20/05/95	48
242 BAZELEY, Gavin	QLD	10:22:07	CABOOLTURE	7/9/91	28
243 LEBISH, Roger	QLD	10:24:49	COMRADES MARA.	20/05/95	
244 MYERSON, Stephen	NSW	10:25:45	COMRADES MARA.	20/05/95	
245 HENRY, Peter	NSW	10:27:15	COMRADES MARA.	20/05/95	
246 CARROLL, Ray	VIC	10:34:03	QLD	25/06/88	37
247 COCKS, Danny	QLD	10:34:35	CABOOLTURE	7/9/91	37
248 PETERSON, John	QLD	10:40:00	QLD	25/06/88	71
249 RAMSDEN, Graeme	QLD	10:42:40	QLD D	//	
250 CHATTERTON, Ray	QLD	10:46:41	CABOOLTURE	5/5/90	41
251 WHITTY, Peter	NSW	10:59:05	COMRADES MARA.	20/05/95	
252 RAINES, Wayne	QLD	11:13:58	CABOOLTURE	7/9/91	33
253 HEIRS, Michael		11:16:43	CABOOLTURE D	5/5/90	26
254 GOURLEY, Joel	QLD	11:25:00	QLD D	25/06/88	28
255 HOSKINSON, Peter	TAS	11:56:00	CRADLE MTN.	04/02/96	
256 HENZELL, Greg	QLD	12:10:39	CABOOLTURE	7/9/91	39
257 FLEMMING, Murry	QLD	13:55:00	CABOOLTURE	10/09/93	29
258 WAKEFIELD, Charlie	VIC	14:08:50	QLD	25/06/88	34
259 STOCKMAN, John	QLD	15:04:29	CABOOLTURE	12/9/93	43
260 STEWART, Barry	QLD	16:21:17	CABOOLTURE	1/9/91	58
261 GOULD, Brett		21:48:00	CABOOLTURE A	10/9/93	29

AUSTRALIAN RANKINGS FOR 50ML ROAD

WOMEN

Rank	Name	State	PB for 50ml	RD Place	Date	at Age
1	FRANCIS, Mary	WA	6:07:26	HARRIERS CANADA	31/08/94	36
2	SMITH, Margaret	VIC	6:59:02	PRINCES PARK, MEL	21/06/87	51
3	HERBERT, Cynthia	VIC	7:07:23	BALLARAT	10/8/87	
4	GRANT, Dell	QLD	7:21:01	CABOOLTURE	2/9/89	
5	WALLACE, Robyn	QLD	7:28:12	QLD	20/10/88	
6	VAUGHAN, Caroline	NSW	7:52:40	SYD-WOLL D	19/10/80	
7	STANGER, Helen	NSW	8:11:51	TAS RUN 90K	06/08/94	44
8	ELLIS-SMITH, Margaret	VIC	8:16:45	PRINCES PK	19/06/88	
9	STRUNGS, Inara	QLD	8:20:52	TOOWOOMBA	/	
10	COLLINS, Jan	QLD	8:47:04	QLD	28/10/93	
11	STREET, Carol	QLD	9:03:38	CABOOLTURE	7/9/91	
12	FOLEY, Wanda	QLD	9:03:57	BATHURST	19/09/87	
13	KERR, Sandra	VIC	9:04:11	BALLARAT	10/12/89	
14	KENNEDY, Gloria	NSW	9:10:04	SYD-WOLL D	19/10/80	
15	BENNETT, Vidagdha	VIC	9:12:03	NEW JERSEY US	27/08/81	27
16	McCONNELL, Georgina	NSW	9:15:53	TASMANIA RUN 90K	6/8/94	51
17	TAIT, Merrilyn	VIC	9:31:19	PRINCES PK A	19/06/88	
18	BRINSDEN, Carolyn	WA	9:38:44	COMRADES MARA.	20/05/95	36
19	CHRISP, Wendy	QLD	10:25:03	QLD UNI	25/06/88	24
20	BOLT, Phillipa	QLD	13:52:44	CABOOLTURE	2/9/89	33
21	HALL, Kerrie	QLD	14:29:00	CABOOLTURE	2/5/93	32
22	CASE, Valerie	QLD	15:28:00	CABOOLTURE	10/9/93	56

All-Time Ultra Bests

Below are some all-time lists for the most common ultra events. **Marks set in 1995 are listed in italics.** In order to make the lists as informative as possible, we have combined road and track performances, as well as certified and uncertified performances. The intent is to recognize the best ultra performances, recognizing that in many cases they will not satisfy all the criteria for ratification as records. This is especially true for marks set many years ago.

We have also listed the actual USA records as ratified by USATF.

We include among the bests for North America any performances by North American residents, even if they are not citizens of the region. In such cases, there is an apostrophe after the name.

Thanks to Andy Milroy, Trishul Cherns, David Blakie, and Dan Brannen for continually providing invaluable data. If you know of any corrections or additions to these lists, please let us know.

Legend

R = road in otherwise track list
i = indoor
T = track in otherwise road list
s = split in longer event
* = uncertified road course or no lap times taken
^ = incomplete lap recording (only to minute)
' = resident alien

1,000 Miles

Men	
Yiannis Kourou,GR	10+10:30:35
Stu Mittleman,US	11+20:36:50
Al Howie,46,GB	12+01:42:52 s
Siggy Bauer,41,NZ	12+12:36:20
Georgs Jermolajevs,52,LAT	12+20:14:27 s
Istvan Sipos,HUN	12+22:52:37 s
John Ball,SA	13+01:00 *
Marty Sprengelmeyer,45,US	13+07:19:41 s
Trishul Cherns,CAN	13+07:50:45
Tom Possert,US	13+14:02:52
Stefan Schlett,GER	13+16:11:06 s
Gary Parsons,AU	13+17:37:21 T
Ian James,47,AU	13+18:35:50 s
Michel Careau,47,CAN	13+21:31:53
Alan Fairbrother,49,GB	13+22:48:08
John Wallis,52,US	13+24:45:04
Dan Coffey,54,GB	14+10:44:50
Rustem Giniatullin,RUS	14+11:43:31 T
Tony Rafferty,47,AU	14+11:59:04 T
Ronnie Wong,44,US	14+12:48:25 s

USA Ratified 1,000-Mile Records, Men

No records

Women	
Sandy Barwick,NZ,42	12+14:38:40 s
Antana Locs,CAN	13+23:18:32 s
Suprabha Beckjord,US	14+08:56:57 s
Sylvia Andonie,MEX	14+18:52:38
Monika Achenbach-Konig, AUS	15+02:57:47
Dipali Cunningham,AU	15+12:52:02
Dhruja Dom,CAN	15+22:39:35
Ch. Vollmerhausen,57,GER	16+01:19:54
Renate Nierkens,GER,47	16+11:19:54 s
Eleanor Adams,GB	16+22:51

USA Ratified 1,000-Mile Records, Women

Open: Suprabha Beckjord 14+08:56:57 s

6 Days

All-time, men	
Jean-Gilles Boussiquet,48,FR	640 21 i
Yiannis Kourou,GR	639 Rs
Gilbert Mainix,57,FR	626 164 i
George Littlewood,GB,1888	623 1320 i
James Zarel,46,GB	622 508
Bryan Smith,45,AU	622 435
James Cathcart,US,1888	621 1320 i
Patrick Fitzgerald,US,1888	610 i
Daniel Ferty,US,1888	605 i
Charles Rowell,GB,1884	602 i
George Hazael,GB,1882	600 220 i

Uncertified additions

Yiannis Kourou,GR	658 1144 R*
David Standeven,AU	628 352 R*
Kevin Mansell,AU	628 352 R*

Richard Tout,NZ	589 1199 Rs*
World track record	
Yiannis Kourou,GR	635 1385

Modern, men

Jean-Gilles Boussiquet,48,FR	640 21 i
Yiannis Kourou,GR	639 Rs
Gilbert Mainix,57,FR	626 164 i
James Zarel,46,GB	622 508
Bryan Smith,45,AU	622 435
Ramon Zabalo,FR	593 64
Patrick Macke,GB	579 207 i
Stu Mittleman,US	577 1100 i
Tom O'Reilly,GB	576 675
Dusan Mravljic,YUG	568 319
Siegfried Bauer,42,NZ	563 1245
Maurice Taylor,41,AU	555 890
George Gardiner,40,US	554 72

Modern, men, North America

Stu Mittleman	577 1100 i
George Gardiner,40	554 72
Brian Purcell	543 Rs*
Michel Careau,53,CAN	539 1689 i
Trishul Cherns,CAN	538 189 i
Marty Sprengelmeyer,41	516 960Rs*
Al Howie,46	514 Rs
Don Chol	511 596
Robert Perez	501 893
Al Prawda	500 1233 i

Age groups, world

40-44 J.-G. Boussiquet,FR	605 1691 i
45-49 J.-G. Boussiquet,FR	640 21 i
50-54 Gilbert Mainix,FR	609 775 i
55-59 Gilbert Mainix,FR	626 164 i
60-64 Cliff Young,AU	536 R*
George Perdon,AU	522 1664
65-69 Cliff Young,AU	416 998
70-74 Cliff Young,AU	406 225
75-79 John Petersen,AU	258 303 R

Age groups, U.S.

40-44 George Gardiner	554 72
45-49 Cahit Yeter	468 417
50-54 Michael Allen	473 440
55-59 Donald Winkley	450 Rs
60-64 Richard Cozart	387 Rs
65-69 Dictino Mendez	385 Rs
70-74 Ed Fishman	335 Rs

USA Ratified 6-Day Records, Men

Open: George Gardiner	554 72
40-44 no record	
45-49 Gutdayzke	373 440
50-54 Michael Allen	473 440
55-59 Donald Winkley	450 R
60-64 Clarence Richey	339 12 R
65-69 Dictino Mendez	385
70-74 no record	
All-comers: Y. Kourou,GR	639

All-time, women

Sandra Barwick,NZ	548 558
Eleanor Adams,GB	538 582
Donna Hudson,US	487 1585
Edith Couhe,41,FR	479 968 i
Suprabha Schecter,US	459 Rs
Georgina McConnell,AU	458 1119
Renate Nierkens,GER	458 1056
Cynthia Cameron,AU	458 1006
Lorna Richey,US	457 345
Madame Du Pree,US,1882	456
Pippa Davis,48,US/GB	454 Rs
Antana Locs,CAN	452 Rs
Sylvia Andonie,MEX	450 R

Uncertified additions

Mary Hanudel,US	486 1056Rs*
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Women, North America

Donna Hudson	487 1585
Mary Hanudel	486 1056Rs*
Suprabha Schecter	459 Rs
Lorna Richey	457 345
Madame Du Pree,1882	456
Pippa Davis,48	454 Rs
Antana Locs,CAN	452 Rs
Sylvia Andonie,MEX	450 R
Sue Medaglia,49	411 1623
Barbara McLeod,55,CAN	404 1156 Rs
Karina Nequin	400 220 i

Age groups, world

40-44 Sandra Barwick,NZ	548 558
45-49 Renate Nierkens,GER	458 1056
50-54 Hilde Schmidhuber, GER	420 Rs
55-59 Ch. Vollmerhausen, GER	431 Rs
60-64 Françoise Lamothe,FR	402 1582
65-69 Helen Klein,US	354 1584 R
70-74 Helen Klein,US	373 R

Age groups, U.S.

40-44 Lahory Brummel	365 Rs
45-49 Pippa Davis	454 Rs
50-54 Janet Johnson	405 440
55-59 Myra Linden	340 440
60-64 Samara Minoli	310 Rs
65-69 Helen Klein	354 1584 R
70-74 Helen Klein	373 R

USA Ratified 6-Day Records, Women

Open: Lorna Richey	457 345
40-44 Vivian Corres	266 440
45-49 Vivian Corres	285
50-54 no record	

55-59 Myra Linden	312 880
All-comers: E. Adams,GB	462

48 Hours

All-time, men

Yiannis Kourou,AU	292 932
Tomas Rusek,46,CZ	269 514
Valéri Goubar,SU	265 1187 ^
Gilbert Mainix,57,FR	264 282 ^
J.-G. Boussiquet,47,FR	263 597 ^
Ramon Zabalo,FR	260 1717
Charles Rowell,GB,1882	258 220 sl
Richard Tout,NZ	253 914Rs*
John Hughes,US,1882	251 s?
Richard Brown,GB	249 526 ^
Anatoli Kruglikov,RUS	248 632 ^
Alain Mallereau,FRA	245 945 ^

All-time, North America

John Hughes,1882	251 sl?
Brian Purcell	240
James A. Cathcart,1888	238
Frank Hart,1882	232 440 sl
Scott Demaree	230 704
Jack Christian	227 584
Don Chol	227 s
Patrick Fitzgerald,1883	226 s
Ray Krowicz	224 1731
Al Prawda	224 1177
Dan Brannen	223 135 i
Trishul Cherns,CAN	221 230
Doyle Carpenter,48	219 1689
Richard Lacouse,1881	218 352 sl
Edward Weston,40,1879	218 i
Dan Herty,1882	217 660 i
Charles Harriman,1883	216 i
Stu Mittleman	215 1540 sl
John Sullivan,1882	215 i
Ephraim Clow,1881	215 sl

U.S. all-comers record

Yiannis Kourou,GR	266 578 s
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Age groups, world

40-44 Valéri Goubar,SU	265 1187 ^
45-49 Tomas Rusek,46,CZ	269 514
50-54 Gilbert Mainix,FR	259 427 ^
55-59 Gilbert Mainix,FR	264 282 ^
60-64 George Perdon,AU	198 164 s
65-69 Phil Latulippe,CAN	150 1689 i
70-74 Matt Miller,US	142 1617 T
75-79 Matt Miller,US	144 281

Age groups, North America, modern

40-44 Al Prawda	224 1177 i
45-49 Doyle Carpenter	219 1689 i
50-54 Jim Drake	213 R
55-59 Ed Williams	179 357
60-64 Dictino Mendez	179 1350 i
65-69 Phil Latulippe,CAN	150 1689 i
70-74 Matt Miller	142 1617
75-79 Matt Miller	144 281

USA Ratified 48-Hour Records, Men

Open: Brian Purcell	240
40-44 Neil Weyandt	172
45-49 no record	
50-54 Jim Drake	213
55-59 Billy Purcell	167 33
60-64 Ed Williams	151 175
65-69 Dictino Mendez	130
70-74 Matt Miller	142 1617
75-79 Edson Sower	108 1513
All-comers: Y. Kourou,GR	266 880

All-time, women

Hilary Walker,GB	227 1302
Sue Ellen Trapp,47,US	223 1340 R
Susan Olsen,US	216 1444 ^
Arlette Touchard,44,FR	215 1543
Angela Mertens,BEL	214 1196
Marianne Savage,GB	213 1092
Eleanor Adams,GB	207 988
Helen Stanger,AU	204 1038
Sandra Barwick,NZ	202 1589 s
Sylvia Andonie,MEX	195 1760
Edith Couhe,40,FR	195 167

All-time, North America, women

Sue Ellen Trapp,47	223 1340 R
Susan Olsen	216 1444 ^
Sylvia Andonie,MEX	195 1760
Bev Williams,CAN	191 1470 i
Suprabha Beckjord	191 Rs
Donna Hudson	189 693 s
Marcy Schwam	187 1406 i
Pippa Davis,48	182 Rs
Eileen Elliot,45	180 1584 i
Antana Locs,CAN	180 Rs
Barbara McLeod,52,CAN	177 137 i
Essie Garrett,41	170

Age groups, World

40-44 Arlette Touchard,FR	215 1543
45-49 Sue Ellen Trapp,US	223 1340 R
50-54 Arlette Touchard,FR	198 1620
55-59 Ch. Vollmer'sen,GER	193 1563
60-64 Françoise Lamothe,FR	190 48
65-69 Françoise Lamothe,FR	169 890 ^
70-74 Françoise Lamothe,FR	148 1729 ^

Age groups, North America

40-44 Essie Garrett	169 1335
45-49 Sue Ellen Trapp	223 1340 R
50-54 Barbara McLeod,CAN	177 137 i
55-59 Barbara McLeod,CAN	158 Rs
60-64 Jan Richards	127 880

65-69 Helen Klein	130 858
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USA Ratified 48-Hour Records, Women

Open: Sue Ellen Trapp	223 1340
40-44 Essie Garrett	169 1335
45-49 Sue Ellen Trapp	223 1340
50-54 Mary Ann Miller	169 1335
55-59 Mary Ann Miller	145 1531
60-64 Jan Richards	127 880

24 Hours

All-time, men

Yiannis Kourou,GR	178 R
Wolfgang Schwerk,GER	171 1106 R
Anatoli Kruglikov,RUS	171 857
Bernard Gaudin,FR	170 1231 R
David Dowdle,GB	170 974
Hans Erdmann,GER	170 580 R
Jean-G. Boussiquet,FR	169 705
Eduard Khrouv,RUS	169 699
Nasibula Khussnullin,RUS	167 874 i
Don Ritchie,47,GB	166 1203
Ivan Labutin,RUS	166 1690
A. Komissarenko,SU	165 500 R*
Rae Clark,US	165 427

World track record

Yiannis Kourou,AU	177 555 s
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All-time, North America

Rae Clark	165 427
Park Barner	162 537 *
Kevin Setnes	160 749 R
Tom Possert	158 565 R
Bernad Heinrich,43	156 1367
Cahit Yeter,46	155 1182
Roy Pirrung,41	154 313 IR
Arthur Newton,1931	152 540 i
Peter Holubar,CAN	150 1659
Al Howie	150 354
John Hughes,1882	150 s
Brian Purcell	146 1584 s
Nick Marshall	146 528Rs*
Don Jewell,46	145 1115 R
Robert Van Deusen	145 408

Age groups, world

40-44 Hans Erdmann,GER	170 580 R
45-49 Don Ritchie,GB	166 1203
50-54 Peter Samulski,GER	162 343 R
55-59 Dave Cooper,GB	155 676 R
60-64 Max Courtillon,62,FR	149 91 IR
65-69 Cy McLaughlin,NZ	130 999
70-74 Ernie Warwick,GB	109 171
75-79 Ernie Warwick,GB	103 651

Age groups, U.S.

40-44 Bernd Heinrich	156	1367	
45-49 Cahit Yeter	155	1182	
50-54 John Metz	144		R
55-59 Richard Rozler	139	429	R
60-64 Duwayne Batt	129	352	R
65-69 Ray Piva	120		R
70-74 Edson Sower	107	655	
75-79 Edson Sower	79	1214	
80-84 Edson Sower	63	228	

Lorna Richey	130	973
Chris Hart	128	181
Sue Medaglia, 47	126	749
Toni Belaustegui, 40	125	885
Kathy Welch, 41	125	R
Karina Neguin	124	661
Sylvia Andonie, MX	124	R
Lynn O'Malley, 41	123	1106
Kay Moore, 42	122	186
Susze Lister	122	R
Debra Moore	121	714
Suzanne Gagnon, CAN	121	512
Debbie Jones, 43	120	1284
Bonnie Busch	120	994
Beverly Williams, CAN	120	649

Age groups, world		
40-44 Eleanor Adams, GB	149	411
45-49 Sue Ellen Trapp, US	145	506
50-54 Sigrid Lomsky, GER	151	706
55-59 Gerda Schröder, GER	119	140
60-64 Françoise Lamothe, FRA	114	760
65-69 Helen Klein, US	109	880
70-74 Helen Klein, US	102	1300
75-79 Rosa Vögel, SW	62	241

Age groups, U.S.		
40-44 Randi Bromka	138	508
45-49 Sue Ellen Trapp	145	505
50-54 Eileen Elliot	112	810
55-59 Ruth Anderson	110	439
60-64 Helen Klein	105	1294
65-69 Helen Klein	109	880
70-74 Helen Klein	102	1300

USA Ratified 24-Hour Records, Women

Track:		
Open: Sue Ellen Trapp	136	946
40-44 none		
45-49 Sue Ellen Trapp	136	946
50-54 Marty Maricle	111	1576
55-59 Ruth Anderson	110	440
60-64 Helen Klein	105	1294
65-69 Helen Klein	109	880

Road:		
Open: Sue Ellen Trapp	145	506
40-44 Randi Bromka	138	508
45-49 Sue Ellen Trapp	145	506
50-54 Eileen Elliot	112	810
55-59 no record		
60-64 Sarann Mock	83	100
65-69 no record		
70-74 Helen Klein	102	1300

200 Km

All-time, men		
Yiannis Kourous, GR	15:11:10	s
Don Ritchie, GB	16:19:16	s
Wolfgang Schwert, GER	16:20:51	Rs
Martin Daykin, GB	16:20:46	*
Jean-Marc Bellocq, FR	16:26:00	Rs

All-time, North America		
Rae Clark	16:55:13	s
Cahit Yeter, 46	17:44:27	s
Kevin Setnes	18:02:30	Rs
Roy Pirrung, 43	18:05:35	s
Peter Holubar, CAN	18:28:58	s
Bernd Heinrich, 43	18:30:11	s
Tom Possert	18:40:07	Rs
Robert Emmmons	18:50:40	Rs

Age groups, world		
40-44 Ron Bentley, GB	16:53:00	s
45-49 Don Ritchie, GB	16:19:16	s
50-54 Helmut Schieke, GER	18:16:15	Rs
55-59 Dave Cooper, GB	19:16:16	Rs
60-64 Max Courtilon, FR	19:42:13	sR
65-69 Cy McLaughlin, NZ	22:41:00	s

USA Ratified 200-Km Records, Men

Track:		
Open: Rae Clark	16:55:13	s
40-44 Roy Pirrung	18:05:35	s
45-49 Ron Kovacs	21:37:51	s
50-54 Gard Leighton	21:07:11	s
55-59 no record		
60-64 Carlton Mendell	23:39:47	s

All-time, women		
Eleanor Adams, 42, GB	19:00:31	sR
Sigrid Lomsky, GER	19:08:21	Rs
Ann Trason, US	19:22:05	Rs
Hilary Walker, GB	20:05:50	Rs
Sue Ellen Trapp, 47, US	20:14:06	Rs
Marianne Savage, 40, GB	20:26:53	sR
Angela Mertens, BEL	20:39:05	Rs
Monika Kuno, GER	20:43:42	s

All-time, North America		
Ann Trason	19:22:05	Rs
Sue Ellen Trapp, 47, US	20:14:06	Rs
Sue Ellen Trapp, 45	21:08:47	s
Randi Bromka	22:41:00	s
Lorna Richey	23:01:57	s
Sue Medaglia, 47	23:36:42	s
Toni Belaustegui, 40	23:42:37	s

Age groups, world		
40-44 Eleanor Adams, GB	19:00:31	s
45-49 Sue Ellen Trapp, US	20:14:06	Rs
50-54 Sigrid Lomsky, GER	19:08:21	Rs

USA Ratified 200-Km Records, Women

Track:		
Open: Sue Ellen Trapp	21:08:47	s

40-44 Toni Belaustegui	23:45:26
45-49 Sue Ellen Trapp	21:08:47
50-54 Mary Ann Miller	32:47:14
55-59 Bev Nolan Cannata	45:54:10

12 Hours

Men		
Yiannis Kourous, GR	101	s
Ferenc Gyori, HUN	100	831
Don Ritchie, GB	100	727
Derek Kay, SA	100	
Cavin Woodward, GB	100	

All-time, North America		
Rae Clark	98	s
Bernd Heinrich, 44	95	1216

Age groups, world		
40-44 Derek Kay, SA	100	
45-49 Don Ritchie, GB	94	1226
50-54 Denis Weir, GB	88	1423
55-59 Gard Leighton, US	81	844
60-64 Cliff Young, AU	80	850
65-69 Ray Piva, US	74	1431
70-74 Ernie Warwick, GB	62	241
75-79 Konrad Volkening, GER	62	241
80-84 Charles Benovoy, CAN	36	507

USA Ratified 12-Hour Records, Men

Track:		
Open: Bernd Heinrich	95	1216
40-44 Bernd Heinrich	95	1216
45-49 Tom Wright	80	1370
50-54 John Metz	85	538
55-59 Gard Leighton	81	844
60-64 Ephraim Romesberg	68	832
65-69 Ray Piva	74	1431
70-74 George Billingsley	52	1341
75-79 Edson Sower	43	422

Road:		
Open: Rae Clark	98	
40-44 Roy Pirrung	90	
45-49 no record		
50-54 no record		
55-59 no record		
60-64 Bob Messersmith	62	1503
65-69 Ray Piva	69	
70-74 no record		
75-79 Ben Mostow	50	

Women		
Ann Trason, US	91	1258
Angela Mertens, BEL	87	831
Eleanor Adams, GB	83	1339
Hilary Walker, GB	83	682
Eleanor Adams, GB	83	555

All-time, North America		
Ann Trason	91	1258
Christiane Avin, 40	79	1658
Lorraine Lees-McGeough	79	1587
Marcy Schwam	79	942
Sandra Kiddy	79	696
Ellen McCurtin	79	137

Age groups, world		
40-44 Eleanor Adams, GB	83	1339
45-49 Angela Mertens, BEL	87	831
50-54 Sandra Kiddy, US	75	1454
55-59 Ruth Anderson, US	63	667
60-64 Ursula Schmitz, GER	62	241
65-69 Françoise Lamothe, FRA	62	241

USA Ratified 12-Hour Records, Women

Track:		
Open: Ann Trason	91	1258
40-44 Lynn O'Malley	77	798
45-49 Sue Ellen Trapp	76	809
50-54 Sandra Kiddy	75	1454
55-59 Ruth Anderson	63	667
60-64 Sarann Mock	47	394
65-69 Helen Klein	60	880

Road:		
Open: Ann Trason	90	
40-44 Randi Bromka	79	
45-49 Sandra Kiddy	79	698
50-54 Eileen Elliot	62	1408

100 Miles

All-time, men		
Don Ritchie, GB	11:30:51	T
Cavin Woodward, GB	11:38:54	T
Yiannis Kourous, GR	11:46:38	s
Derek Kay, 40, SA	11:56:56	T
Ferenc Gyori, HUN	12:00:00	*
Tom O'Reilly, GB	12:02:32	T
Rae Clark, US	12:12:19	
Dave Box, 41, SA	12:15:09	T
Martin Daykin, GB	12:16:46	
David Dowdle, GB	12:17:09	s
Ron Hopcroft, 40, GB	12:18:16	s
Wally Hayward, 45, SA	12:20:08	s
George Perdon, AU	12:25:09	T*
Bernd Heinrich, 44, US	12:27:01	T

All-time, North America		
Rae Clark	12:12:19	
Bernd Heinrich, 44	12:27:01	T
Alfonso Anzaldo Meneses, MX	12:46:20	
José Cortez	12:54:31	*
Stuart Littleman	12:56:34	*
Roy Pirrung	13:15:50	*
Ray Scannell	13:16:02	*

Terry Martin, CAN	13:18:25
Lion Caldwell	13:19:12
George Gardiner	13:22:10
Ted Corbitt, 49	13:33:06
Cahit Yeter, 51	13:35:21
Don Marvel	13:36:35
Kevin Eagleton	13:40:28

Age groups, world

40-44 Derek Kay, SA	11:56:56	T
45-49 Wally Hayward, SA	12:20:08	*
George Perdon, AU	12:25:09	T*
Don Ritchie, GB	12:44:29	Ts
50-54 Cahit Yeter, US	13:35:21	*
Denis Weir, GB	13:55:48	T
55-59 David Cooper, GB	15:14:35	Ts
60-64 Cliff Young, AU	14:37:54	T
65-69 Cy McLaughlin, NZ	17:37:16	Ts
70-74 Ernie Warwick, GB	21:35:37	Ts
75-79 Ernie Warwick, GB	23:05:53	Ts

Age groups, U.S.

40-44 Bernd Heinrich	12:27:01	T
45-49 Ted Corbitt	13:33:06	T
50-54 Cahit Yeter	13:35:21	*
Gard Leighton	14:56:19	Ts
55-59 Gard Leighton	16:05:30	T
60-64 Carlton Mendell	17:35:27	Ts
65-69 Ray Piva	18:33:36	s
70-74 Larry O'Neill	21:55:23	T*
Edson Sower	21:57:44	Ts

USA Ratified 100-Mile Records, Men

Track:		
Open: Bernd Heinrich	12:27:01	T
40-44 Bernd Heinrich	12:27:01	T
45-49 Ron Kovacs	16:41:01	s
50-54 Gard Leighton	14:56:19	Ts
55-59 Gard Leighton	16:05:30	T
60-64 Carlton Mendell	17:35:27	Ts
65-69 no record		
70-74 Edson Sower	22:01:34	

Road:		
Open: Rae Clark	12:12:19	
40-44 Roy Pirrung	13:15:50	
45-49 Roy Pirrung	15:01:33	
50-54 Andy Deters	17:12:42	
55-59 Norm Roof	20:41:55	
60-64 Bob Messersmith	20:46:04	

All-time, women

Ann Trason, US	13:47:42	
Eleanor Adams, 42, GB	14:43:40	sl
Hilary Walker, GB	14:49:34	
Sigrid Lomsky, 51, GER	15:02:30	s
Sue Ellen Trapp, 44, US	15:05:51	
Christine Barrett, GB	15:07:45	
Sandra Kiddy, 49, US	15:12:54	
Monika Kuno, GER	15:27:46	Ts

All-time, North America

Ann Trason	13:47:42	
Sue Ellen Trapp, 44	15:05:51	
Sandra Kiddy, 49	15:12:54	
Donna Hudson	15:31:57	*
Marcy Schwam	15:44:28	Ts
Randi Bromka	15:45:52	s
Sue Medaglia, 48	15:55:17	s
Sue Olsen	15:55:24	Ts
Natalie Cullimore	16:11:00	*
Christine Gibbons	16:41:26	
Ruth Anderson, 48	16:50:47	T*
Kay Moore, 44	16:54:01	
Linda Elam, 43	16:58:45	Ts

Age groups, world

40-44 Eleanor Adams, GB	14:43:40	sl
45-49 Sandra Kiddy, US	15:12:54	
50-54 Sigrid Lomsky, GER	15:02:30	s
55-59 Gerda Schröder, GER	19:39:20	
60-64 Françoise Lamothe, FR	20:47:35	s
65-69 Helen Klein, US	21:03:01	Ts
70-74 Helen Klein, US	23:29:34	s

Age groups, U.S.

40-44 Sue Ellen Trapp	15:05:51	
45-49 Sandra Kiddy	15:12:54	
50-54 Marty Maricle	19:26:04	T
55-59 Ruth Anderson	20:54:24	Ts
60-64 Helen Klein	22:15:26	Ts
65-69 Helen Klein	21:03:01	Ts
70-74 Helen Klein	23:29:34	s

USA Ratified 100-Mile Records, Women

Track:		
Open: Ann Trason	14:29:44	
40-44 Lynn O'Malley	17:11:53	
45-49 Sue Ellen Trapp	16:08:55	
50-54 Marty Maricle	19:26:04	T
55-59 Ruth Anderson	20:54:24	Ts
60-64 Helen Klein	22:15:26	Ts
65-69 Helen Klein	21:03:07	

Road:

Open: Ann Trason	13:47:42	
40-44 Sue Ellen Trapp	15:05:52	
45-49 Sandra Kiddy	15:12:54	
50-54 no record		
55-59 no record		
60-64 no record		
65-69 no record		
70-74 Helen Klein	23:29:34	

100 Km

All-time, men, certified	
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Donna Perkins	7:33:46
Chrissy Duryea	7:44:23
Marcy Schwam	7:47:29
Sandra Kiddy, 47	7:49:17
Kris Clark-Setnes	7:55:55
Ashley Evans, CAN	8:02:59
Sue Ellen Trapp	8:05:26
Kathy D'Onofrio-Wood	8:08:43
Ellen McCurtin	8:16:53
Lorraine Gersitz	8:20:09
Theresa Daus-Weber	8:22:38
Daniele Cherniak	8:29:19
Sue Kalnulaianen, CAN	8:29:44
Lorraine Lees-McGeough, CAN	8:32:23
Suzie Lister	8:32:57
Debbie Peebles	8:35:26
Jackie Davis	8:39:02

Age groups, world

40-44 Nadiezha, Gumlerova, RUS	7:46:44
45-49 Sandra Kiddy, US	7:49:17
50-54 Daniele Geoffroy, FR	7:54:23
55-59 Sandra Kiddy, US	8:42:36
60-64 Ursula Schmitz, GER	9:20:07
65-69 Françoise Lamothe, FR	11:24:23
70-74 Helen Klein, US	12:50:49 s
75-79 Rosa Vögeli, SW	15:38

Age groups, U.S.

40-44 Sue Ellen Trapp	8:38:44
45-49 Sandra Kiddy	7:49:17
50-54 Sandra Kiddy	8:46:11
Sandra Kiddy	9:16:28
55-59 Sandra Kiddy	8:42:36
60-64 Ruth Anderson	11:30:58
65-69 Helen Klein	12:09:17
70-74 Helen Klein	12:50:49 s

USA Ratified 100-Km Records, Women

Track:	
Open: Ann Trason	7:50:08
40-44 Lynn O'Malley	9:13:12
45-49 Sue Ellen Trapp	9:43:25
50-54 Sandra Kiddy	9:16:28
55-59 Ruth Anderson	11:11:04
60-64 Helen Klein	12:56:41
65-69 Helen Klein	12:17:41

Road:

Open: Ann Trason	7:00:48
40-44 Debbie Peebles	8:42:03
45-49 Sandra Kiddy	7:59:59
50-54 Ellen Eliot	9:50:35
55-59 Sandra Kiddy	8:42:36
60-64 Ruth Anderson	11:30:58
65-69 Helen Klein	12:09:17
70-74 Helen Klein	12:50:49

50 Miles

Bruce Fordyce, GB/SA	4:50:21 s
Barney Klecker, US	4:51:25
Don Ritchie, GB	4:51:49 T
Andrew Jones, CAN	4:54:59
Risto Laitinen, FIN	4:57:28
Cavin Woodward, GB	4:58:53 T

All-time, North America

Barney Klecker	4:51:25
Andrew Jones, CAN	4:54:59
Erk Seedhouse, CAN	5:04:18 s
Don Paul	5:09:58
Stefan Fekner, CAN	5:10:09
Bernd Heinrich, 41	5:10:13 s
Bill DeVoe	5:12:35
Jim Pearson	5:12:40
Stuart Mittleman	5:14:05
Frank Bozanich	5:14:36
Fritz Mueller, 43	5:14:54

Age groups, world

40-44 Don Ritchie, GB	5:07:08 s
45-49 Tom Richards, GB	5:12:37 s*
Don Ritchie, GB	5:14:15
50-54 Ted Corbitt, US	5:35:03
Don Ritchie, GB	5:37:17 T
55-59 Alex Ratelle, US	5:53:08
60-64 Frans Pauwels, US	6:24:18
65-69 Ray Piva, US	7:17:46 s
70-74 Randall Hughes, AU	7:43:28 T
75-79 Ernie Warwick, GB	9:47:03 Ts
80-84 Ben Mostow, US	12:13:35

Age groups, U.S.

40-44 Bernd Heinrich	5:10:13 s
45-49 Roger Rouiller	5:29:44
50-54 Ted Corbitt	5:35:03
55-59 Alex Ratelle	5:53:08
60-64 Frans Pauwels	6:24:18
65-69 Ray Piva	7:17:46 s
70-74 George Billingsley	8:36:02 Ts
75-79 Matt Miller	10:18:03

USA Ratified 50-Mile Records, Men

Track:	
Open: Ken Moffitt	5:21:22
40-44 Peter Jeffers	5:42:03
45-49 Bernd Heinrich	5:34:24
50-54 Fred Nagelschmidt	6:39:34
55-59 Fred Nagelschmidt	6:55:02
60-64 Paul Reese	7:16:30
65-69 Ray Piva	7:20:01
70-74 George Billingsley	8:36:02

Road:

Open: Barney Klecker	4:51:25
40-44 Bernd Heinrich	5:10:13
45-49 Robert Perez	5:40:05

50-54 Ted Corbitt	5:35:03
55-59 Alex Ratelle	5:53:08
60-64 Malcolm Gillis	6:43:48
65-69 Fred Nagelschmidt	7:27:10
70-74 Carlton Mendell	8:43:27
75-79 Matt Miller	10:34:06
All-comers: Bruce Fordyce, SA	4:50:51

All-time, women

Ann Trason, US	5:40:18
Carolyn Hunter-Rowe, GB	5:57:58
Marcy Schwam, US	5:59:26
Kim Moody, US	6:01:53
Leslie Watson, GB	6:02:37
Eleanor Adams, GB	6:04:28
Mary Morgan, AU	6:07:29
Linda Meadows, AU	6:07:58 T
Sandra Kiddy, 47, US	6:09:09
Ann Franklin, GB	6:10:24 s
Hilary Walker, GB	6:12:11 T
Daniele Cherniak, US	6:13:44
Monika Kuno, GER	6:17:30 Ts
Donna Perkins, US	6:18:38
Jan Kreuz, 41, US	6:19:05

All-time, North America

Ann Trason	5:40:18
Marcy Schwam	5:59:26
Kim Moody	6:01:53
Sandra Kiddy, 47	6:09:09
Daniele Cherniak	6:13:44
Donna Perkins	6:18:38
Jan Kreuz, 41	6:19:05
Ellen McCurtin	6:19:59
Chrissy Duryea	6:22:31
Katey Angel	6:25:49
Sue Ellen Trapp	6:25:56 s
Ashley Evans, CAN	6:27:00 s
Karen Smith-Rohrberg	6:29:29

Age groups, world

40-44 Jan Kreuz, US	6:19:05
45-49 Sandra Kiddy, US	6:09:09
50-54 Sandra Kiddy, US	6:34:28
55-59 Mary Ann Miller, US	7:44:48
60-64 Shirley Young, AU	7:32:44 T
65-69 Shirley Young, AU	7:55:08 T
70-74 Helen Klein, US	9:55:09 Rs

Age groups, U.S.

40-44 Jan Kreuz	6:19:05
45-49 Sandra Kiddy	6:09:09
50-54 Sandra Kiddy	6:34:28
55-59 Mary Ann Miller	7:44:48
60-64 Marcie Trent	8:15:17
Helen Klein	9:01:38
65-69 Helen Klein	9:13:50
70-74 Helen Klein	9:55:09 Rs

USA Ratified 50-Mile Records, Women

Track:	
Open: Ann Trason	6:16:06
40-44 Lynn O'Malley	7:11:39
45-49 Sue Ellen Trapp	7:39:31
50-54 Sandra Kiddy	7:08:28
55-59 Ruth Anderson	8:25:03
60-64 Helen Klein	10:01:58
65-69 Helen Klein	9:39:33

Road:

Open: Ann Trason	5:40:18
40-44 Jan Kreuz	6:19:05
45-49 Sandra Kiddy	6:09:09
50-54 no record	
55-59 Mary Ann Miller	7:44:48
60-64 Sarann Mock	12:06:59
65-69 Helen Klein	9:04:31
70-74 Helen Klein	9:55:09

50 Km

All-time, men

Thompson Magawana, SA	2:43:38 s
Jeff Norman, GB	2:48:06 T
Ben Choou, SA	2:48:52
Don Ritchie, GB	2:50:30 T
Miltas Tshabalala, SA	2:50:45 R
Chuck Smead, US	2:50:46
Don Paul, US	2:50:55
Johnny Halberstadt, SA	2:51:16
Barney Klecker, US	2:51:53
Johannes Thobajane, SA	2:52:13 s
Meshack Molla, SA	2:52:15 R
Willie Farrell, SA	2:52:16
Bill Scobey, US	2:52:24

All-time, North America

Chuck Smead	2:50:46
Don Paul	2:50:55
Barney Klecker	2:51:53
Bill Scobey	2:52:24
Tom Fleming	2:52:30
Andrew Jones	2:53:20 s
Carl Swift	2:53:54
John Vitanen, CAN	2:54:11
Richard Holloway	2:55:54
John Cederholm	2:56:43
Kaj Johansen	2:57:00
Carlos Talbott	2:58:09
Fritz Mueller, 42	2:58:20
Bill McDermott	2:58:35
Ken Moffitt	2:58:46
Bruce Mortensen, 44	2:59:36
Jeff Wall	3:00:00

Age groups, world

40-44 Jeff Norman, GB	2:53:21
Tim Johnston, GB	2:55:07 T

45-49 Stephen Moore, GB	3:04:48 Ts
50-54 Fred Kiddy, US/GB	3:15:39
55-59 Otho Perkins, US	3:17:26 T
60-64 Malcolm Gillis, US	3:35:51
65-69 Ray Piva, US	3:50:02
70-74 Randall Hughes	4:16:50 T
75-79 Ed Benham, US	5:03:38
80-84 Edson Sower, US	7:31:40 Ts
85-89 Charles Benovoy, CAN	14:50:01 Ts

Age groups, U.S.

40-44 Fritz Mueller	2:58:20
Bruce Mortensen	2:59:36
45-49 Mel Williams	3:10:15
50-54 Fred Kiddy	3:15:39
John Sullivan	3:19:33
55-59 Otho Perkins	3:17:26 T
60-64 Malcolm Gillis	3:35:51
65-69 Ray Piva	3:50:02
70-74 Ed Benham	4:34:51
75-79 Ed Benham	5:03:38
80-84 Edson Sower	7:31:40 Ts

USA Ratified 50-Km Records, Men

Track:	
Open: Barney Klecker	2:52:48
40-44 John Loeschhorn	3:11:35
45-49 Bernd Heinrich	3:25:28
50-54 Walter Connolly	3:47:09
55-59 Otho Perkins	3:17:26
60-64 Fred Nagelschmidt	3:49:47
65-69 George Billingsley	4:09:07
70-74 George Billingsley	4:45:34

Road:

Open: Jeff Wall	3:00:00
40-44 Jeff Wall	3:00:00
45-49 Roy Pirrung	3:34:31
50-54 John Sullivan	3:19:33
55-59 no record	
60-64 no record	
65-69 Victor Harkoff	4:10:34
70-74 George Bashen	6:58:48
75-79 Ed Benham	5:03:38

All-time, women

Frith van der Merwe, SA	3:08:39 s
Janis Klecker, US	3:13:51
Marta Bak, GER	3:16:36
Ann Trason, US	3:20:23 T
Linda Edgar, US	3:21:27
Mary Bange, US	3:23:31
Lorraine Moller, NZ	3:23:57 a
Carolyn Hunter-Rowe, GB	3:26:44 Ts
Jan Arenz, US	3:26:47
Linda Meadows, AU	3:27:22
Laura Xaba, SA	3:27:27
Birgit Lennartz, GER	3:29:40
Ricarda Botzon, GER	3:29:52

All-time, North America

Janis Klecker	3:13:51
Ann Trason	3:20:23 T
Linda Edgar	3:21:27
Mary Bange	3:23:31
Jan Arenz	3:26:47
Sandra Kiddy, 47	3:32:24
Gail Volk	3:37:06
Christine Gibbons	3:37:13
Chris Iwahashi	3:37:48

Age groups, world

40-44 Jan Kreuz, US	3:34:31
45-49 Sandra Kiddy, US	3:32:34
50-54 Lavinia Petrie	3:50:15 T
55-59 Sandra Kiddy, US	3:56:55
60-64 Ursula Schmitz, GER	4:11:34
65-69 Shirley Young, AU	4:38:22 T
70-74 Helen Klein, US	5:44:04 Rs

Age groups, U.S.

40-44 Jan Kreuz	3:34:31
45-49 Sandra Kiddy	3:32:34
50-54 Matilee Christman	4:15:12
55-59 Sandra Kiddy	3:56:55
60-64 Myra Rhodes	4:39:46
65-69 Josephine Hess	5:11:50
70-74 Helen Klein	5:44:04 Rs

USA Ratified 50-Km Records, Women

Track:	
Open: Ann Trason	3:20:23
40-44 Lynn O'Malley	4:15:43
45-49 Sue Ellen Trapp	4:40:11
50-54 Beryl Skelton	4:54:56
55-59 Ruth Anderson	5:00:18
60-64 Helen Klein	5:57:32
65-69 Helen Klein	5:44:45

Road:

Open: Janis Klecker	3:13:51
40-44 Jan Kreuz	3:44:32
45-49 Sandra Kiddy	3:32:34
50-54 no record	
55-59 Sandra Kiddy	3:56:55
60-64 Sarann Mock	6:39:01
65-69 no record	
70-74 Helen Klein	5:44:04

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 Seconder) (Date)

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

Please circle desired rate: \$ 25 within Australia

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

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

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

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