

ULTRAMAG

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December 1996



Linda Meadows, second in the World 100km Championships in Moscow this year, being congratulated by Dot Browne and Geoff Hook shortly after Linda's return to Australia. Congratulations from all of your AURA mates Linda!

Dear President,

I have enjoyed the AURA magazine for many years and the only low point is the occasional crank or whinger taking up too much space in the letters page. Perhaps I was lacking in compassion, because now I need to write as one disgruntled ultra-runner who has been dealt an injustice - I have been left out of the 50 mile track rankings list.

If you don't slot me in as number 25 with a time of 6:07:28 (Melb. Uni 25/6/83), you will hear from my lawyer.

Okay, no one is perfect, so you don't have to put an apology on the front page, but if you don't put me in the right place on that list, you'll get more whinging letters from me.

Yours in sport,

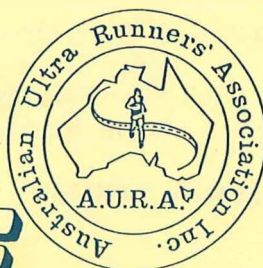
Peter Logan

P.S. Are you any relation to that Geoff Hook who is a runner with the South Melbourne Athletic Club, or are you the cartoonist?

Dear Mr. Logan,

I decided the easiest way to handle your concern was to publish your letter on the front page so I wouldn't have to change our 50 Miles Rankings list. I suggest you get back out there on the track and run a new PB. See you in the long run, G.Hook.

**AURA
MAGAZINE**



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EDITORIAL

Well that's our eleventh year put to bed with more great performances from our members. Linda Meadows came second in the 100km World Championships in Moscow in a world class field, Safet Badic won the Australasian 100km Championship in New Zealand yet again, Gary Parsons and Sandra Brown broke world records for 1000 miles (plus many other marks) at Nanango in March, Yiannis Kouros rewrote the world record yet again for 24 Hours at Coburg and Pat Farmer has recently taken around 20 minutes from Ron Grant's 10 year old record for running non-stop across the Simpson Desert, a distance of 379 kilometres and several other members have broken world age-records. What talent we have. No wonder the Australian contingent is always seen as a formidable opponent in world class ultra competition.

We are particularly grateful to Kevin Tiller for putting our Association on the Internet and organising a home page. He has advertised records, rankings, race information and ultra contacts on the net. His address is:

<http://www.ozemail.com.au/tiller/aura.html>
so check it out if you have access to the net.

Thankyou once again for keeping the race reports, race adverts, articles and photographs up to us. We never have trouble with lack of content, which is wonderful.

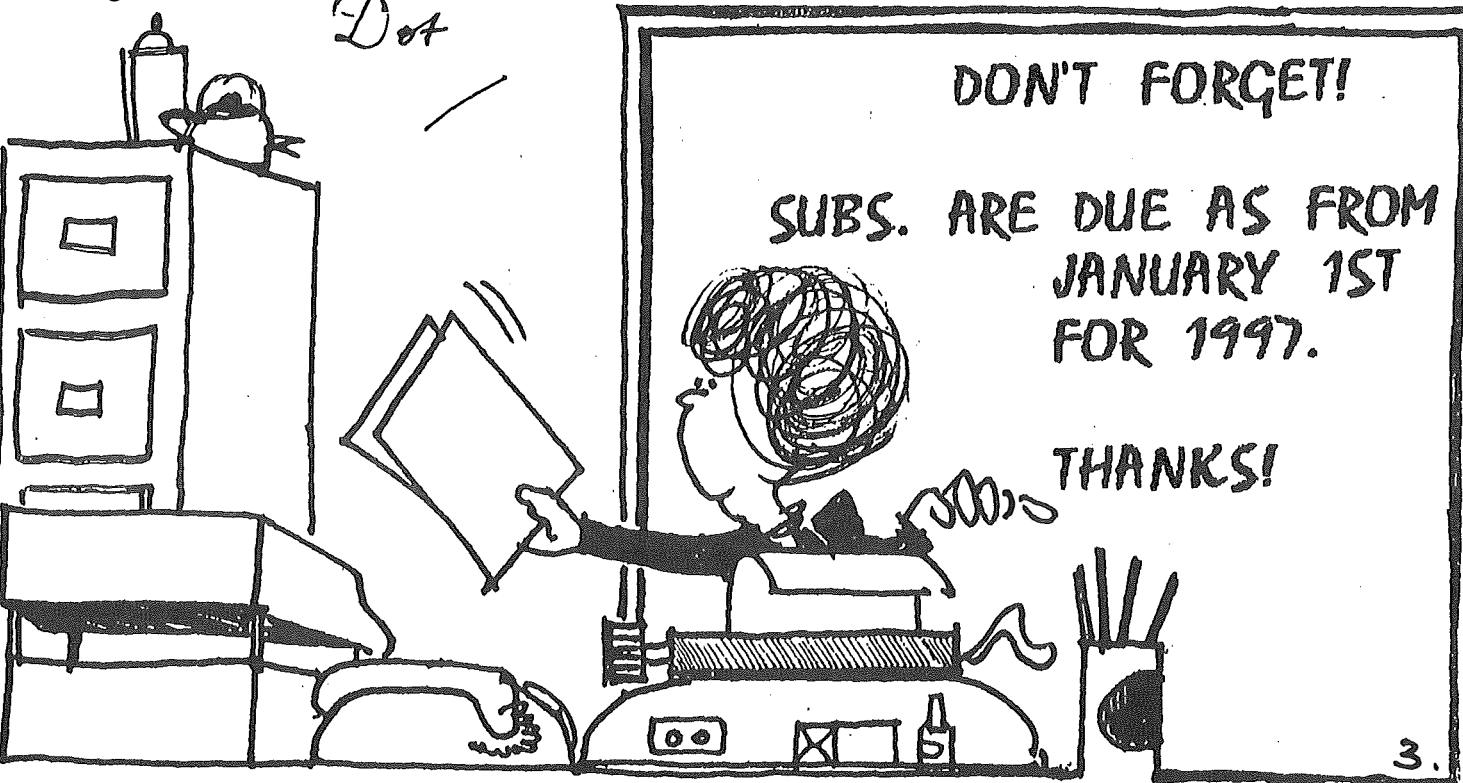
Thankyou also for staying with us and for adding the odd donation to your subs. It has enabled us to keep subs. at the same rate for the fifth year in a row.

We hope that you've had a great Christmas, haven't eaten too much, put on too much weight etc. etc. and that you have a satisfying year of running in 1997. Good luck!

Thanks again for your support.

Regards,

Dot



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, Norah Head 2263 Ph. (043) 963281.
- Jan 26 **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$15 entry, 7am start. Closing date: 14th January, 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 1 **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 (03) 63 954294 Entries close: 21st January, 1997
- Feb 8 **6 or 12 HOUR + 50K, 50 MILE, 100KM QUEENSLAND ROAD CHAMPIONSHIP,** Caboolture Historic Village, Q'ld. Contact Race Director Ian McCloskey (074) 952864 or Gary Parsons (074) 957208
- Feb 16 **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 (03) 62 727233 (H)
- Mar 1 **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW,** 46km mountain trail run, 8am start Saturday from Katoomba to Jenolan Caves, \$35 entry. Time limit 7 hours. Contact Chris Stephenson, Six Foot Track Marathon, G.P.O. Box 1041, Sydney 2001 NSW. Entries close: 15th Feb'97, Ph. (02) 259 3981 (W)
- 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 Coffs 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 Sapphire 2450, NSW by 12th March, 1997
- Mar 22 **6/12/24 HOUR TRACK RACE, TAS,** will be held at the Domain Athletic Centre, Hobart in conjunction with the annual 48 Hour relay - this year raising funds for cystic fibrosis. Contact Mark Hey, Secretary, Ultra Tasmania, 7 Hone Road, Rosetta. Tas 7010 or phone (03) 62 - 727233 (H)

1997 ULTRA CALENDAR

Mar **6 OR 12 HOUR RACE + 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP, WA**, Bunbury, organised by the Bunbury Runners' Club, certified 500m grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact : Brian Kennedy, 64 Knight Street, Bunbury 6230, Ph. (097) 959546

Mar 1 - Apl 19 **50 DAY RUN** by disabled athlete, Barry Stewart, Kingaroy Showgrounds, also 4 events over 16 days - 2000km, 1000 miles, 1000 kms. and an open event for disabled and intellectually handicapped people, a 6 day race, a 48 hours, 24 hours race and relays and a 24 hours on road Mt. Wooroolin race and a one lap only King and Queen of Mt. Wooroolin. Charity events. Contact: Barry Stewart, Run Director, Ph. (071) 69 0118 (AH)

Mar 23* **AURA DAM TRAIL RUN 50KM (ADT 50)** Vic, A beautiful 50km trail run c
***Note** lose to Melbourne, around Maroondah Dam, 9am start, Fernshaw Reserve, finish
Correction Maroondah Dam wall. \$25 entry for AURA members, \$30 for non-members. Closing date for entries 10th March, \$5 surcharge for late entry to 19th 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.

April 6 **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)

April 12-13 **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, & 10KM, Q'LD**, out and back course (twice for 50km) on bitumen and dirt roads; 50km start 6.30am, 25km start 7.30am, 10km 9am start. Sealed Handicap for 50km & 25km 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 or Ian McClosky (074) 95 2864

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 **4** **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 **5.**

1997 ULTRA CALENDAR

- 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 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 4 - 20 **1000 MILE EVENT, NSW,** St.Leonards Park, North Sydney, No.2 Oval, . grass track. Contact Tony Collins (043) 963281 or Barry Stewart (071) 690 118
- 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 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 17 **ROSS TO RICHMOND ROAD RACE, TAS.** 100km, between the two oldest bridges in Australia, (ncorporates a 54km run from Oatlands to Richmond. An event for solos and teams. Contact Mark Hey, Secretary, Ultra Tasmania, 7 Hone Road, Rosetta, Tas. 7010 or phone (03) 63 727233 (
- 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 4 - 8 **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 6. **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)

1997 ULTRA CALENDAR

- Sept **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 **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 **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 **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 25/26 **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 8 **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 **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 15-21 or 22-28 **12TH AUSTRALIAN 6 DAY RACE**, COLAC, VIC. Memorial Park, 3pm start - and finish on Saturday 25th November, \$200 entry, Enquiries and entry forms to: P.O. Box 163, Colac 3250. Vic. or phone President Cliff McAliese (0352)321406 Expressions of interest must be ledged by late February 1997
- Dec 6 **BRUNY ISLAND JETTY TO LIGHTHOUSE** , TAS. 63km Enjoy the ferry trip to the start, then the fantastic ocean and rural scenery as you run along nice quiet roads. 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 (03) 62 727233 (H)
- Dec **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 **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

AURA 1996/97 COMMITTEE

PRESIDENT:	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) 9707 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)	PHIL ESSAM, 43 Gray Street, Forest Hill 2650 NSW (069) 228082 (H)
ORDINARY MEMBER (NSW)	KEVIN TILLER, 6 Redwood Avenue, Berowa 2081 NSW (02)9229 8345 (W) (02)9229 8352 (Fax) 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 MEMBER TAS)	ALAN RIDER, 102 Balook Street, Lauderdale 7021 Tas (002) 308142 (W) OR (002)486220 (H) Fax 61 02 23 8936
ORDINARY MEMBER (SA)	RUDI KINSHOFER, 6 Falcon Court, Hallett Cove 5158 SA. (08) 381 2819 (H)
ORDINARY MEMBER (SA)	KEVIN MANSELL, 12 Balambool Avenue, Mt.Gambier 5290 SA (087) 251 377 (H)
ORDINARY MEMBER (WA)	CHARLIE SPARE, P.O. Box 104, North Dandalup, 6207 WA 09 530 1027 (H)
ORDINARY MEMBER (WA)	BRIAN KENNEDY, 64 Knight Street, Bunbury 6230 WA (097) 959546 Phone/fax
ORDINARY MEMBER (QLD)	IAN CORNELIUS, 173 Monaco St, (or P.O. 469) Broadbeach Waters 4218 (07) 5592 2349 (H)
ORDINARY MEMBER (QLD)	GARY PARSONS, P.O. Box 1664, Caboolture, 4510 Q'ld (074) 957 208 (H)

EXPRESSION OF INTEREST

IAU 100km World Challenge, Holland, September 1997

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

The date for the event is provisionally 13th September 1997, but is subject to confirmation. The course is a 10km loop, the same as in 1995. Accommodation choices are Athletic Village, Host Families, Youth Hostel or camping ground.

We are expecting to hold our Australian Championships in Shepparton on 4th May (to be confirmed). A number (yet to be decided) of the top finishing athletes will gain automatic selection to the Australian team.

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

Men: 8 hours
Women: 9 hours

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

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

Geoff Hook
42 Swayfield Road
MOUNT WAVERLEY VIC 3149

----- ✂ -----

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

Name:

Address:

Phone Number: (work) (home)

Facsimile Number: Date of Birth:

Qualifying performance(s) over the past 18 months:

.....

.....

.....

LETTERS TO THE EDITOR

**WELL DONE GEOFF !!
(COME ON YOU VICS!!)**

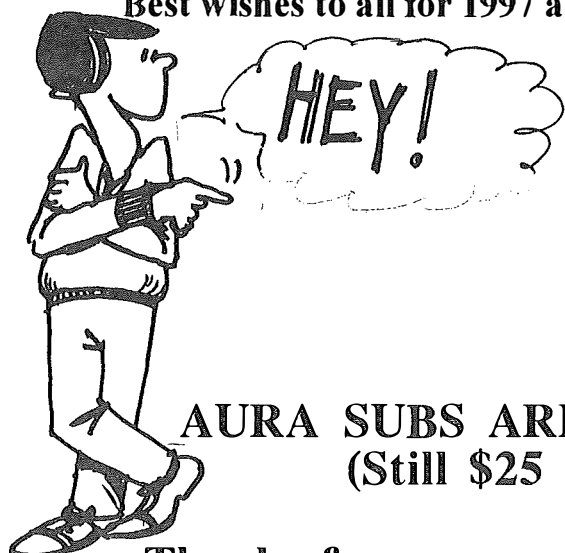
Geoff Duffel was right when he stated in AURA (Sept. '96) that Victoria needed a 6hr race to put it back on the calendar and I congratulate him for organising just that and making it so successful. It has been obvious that something has been "amiss" in recent times in our great state, maybe this and the success of the 100km race in Shepparton should be counted as turning points for ultra running in Victoria.

I admit I have been guilty of apathy in the past and not supporting our racing programme as much as I could have and I really feel for the race organisers, especially Dot, who has put on such superb races in the past, and John Harper who has tried hard to get his trail run off the ground. I entered this race and Dot's 6hr earlier this year and was very disappointed to see them cancelled through lack of entries. John's article, also in the September issue helped shake me up and this is another attempt to shake up Victorian ultra runners.

If we are not careful we are going to be in a ridiculous situation where we are going to have to travel interstate to be able to race. So, my message to all Victorian runners is to make a huge effort to support **OUR** races in '97 and **PLEASE REMEMBER ----** It's not good enough to say to yourself that you will do certain races. You **MUST** enter races early, it forces you to make the effort to train and participate and it eases the pressure on the race organisers, cutting out the worry of not being able to raise the numbers.

I sincerely hope you can give the Knox race another go Dot - maybe with 6hrs and 50kms? and come on Vics lets support our races in '97 make it a special resolution at the end of this year.

Best wishes to all for 1997 and let's see some action !!!



Ian Clarke.

REMINDER!

**AURA SUBS ARE DUE ON 1ST JANUARY, 1997!
(Still \$25 for an Aussie subscription)**

**Thanks for your great support of AURA in the past and
we'd really value you signing up again to help us survive.**

Remember, subs pay printing costs & postage of the magazine.

No subs, no ULTRAMAG - equals the end of information on Aussie ultras.

Name:

10. Address:Post Code:

11 November 1996

6a Victory St
Mitcham
Vic 3152

Philip Essam

43 Gray St
Forest Hill
NSW 2650

069 - 228082

Dear Dot:

Please publish the following letter in December's UltraMag when it comes out:

Thanks to the few people that have sent me; or have promised me information on the Westfield Sydney to Melbourne Ultra Marathons. As I said in the last issue, I wish to compile a book on the Westfield's and record it for future generations to enjoy. This I can only do with the input of runners, crew and officials from the event. As we all know, historically, there might not be another running event like it for another fifty years. Then it might be conducted in a Laboratory wearing "Virtual Reality" helmets.

Seriously, I would like to hear from anyone that ran in the event, crewed for a runner or was an official at one time or another. I am interested in backgrounds of runners, diet, training, human interest stories, funny stories during the race(Do we all remember John Breit collecting hubcaps during the 1990 race?), views on prizemoney and handicapping, views on runner most admired, photos, press cuttings, etc,etc.

I will look after anything that people send me, so please drop me a line or give me a quick phone call. I would love to hear from you. Every piece of information, no matter how trivial it seems to you, will be extremely valuable to me. Thankyou.

I have already obtained a lot of information from the newspaper archives in my local library and I will be photocopying a lot of the AURA archives in January (Thanks Dot!). That will give me a good head start, but I would like to get a lot more information before I start putting it on paper. By the way, does anyone have a connection with Westfield management? I have written them three letters, asking and pleading for information, but they seem very reluctant to help.

As I said before, if anyone can help me with information, please drop me a line or pick up the phone. I would love to hear from you. Thankyou.

Best regards



Phil Essam

PS. The last issue was great. It was good to catch up on old news and it helped me to plan my own Ultra future! Thanks

VICTORIA

We're still lacking dates of birth for the following participants in ultra races, and we need them for our Rankings. If you know any one of the following athletes (or former athletes!) please give them a stir to phone through their date of birth and leave a message on our answering machines. - Dot (03) 9874 2501. or Geoff (03) 9808 9739. Thanks!!!

Keith Alexander, Alan Bakauskas, Philip Barnes, Adrienne Beames, Kurt Binder, Fred Blackman, Bruce Bowman, Michael Bryce, Donve Badic, Alan Carlton, Charles Copland, Gary Cossens, Neil Coutts,, Lidia Ann Cox, Dipali Cunningham, Norma Dickson, Colin Donald, Sandy Drummond, Ray Dwyer, Ernie Elliott, Margaret Ellis-Smith, Gerard Fay, Michael Ferdinand, Helen Flanagan, John Fokaitis, Steve Gentley, Colin Gibbons, Keith Green, Bill Grinberg, Phil Hamer, Michael Hohhman, Geoff Keenan, Ron King, Chris Le Dieu, Len Loveless, Ken Marden, Greg Matthews, Rima McAvoy, George McCormack, Brian McCoy, Brian O'Farrell, Arthur O'Keefe, Michael Patterson, Sam Pesic, Stewart Pike, Trevor Pleydell, Simon Potter, Graeme Quick, Dave Rabl, Peter Risk, Geoff Russell, Geoff Ryan, Joseph Sabo, Paul Sharp, Peter Skinner, Lionel Sleeman, Bert Smith, Colin Stevens, Barb Stoney, Robert Toet, Dean Townsend, Vic Wormsley, Michael Walsh, Geoff Warren, Craig Weaver, Russell Weavers, Mike Wheatley, Peter Whitakker, Alfred Wilson, Rory Wilson,

16/10/96

1 OLYMPUS DRIVE
5TH CROYDON
VIC 3136

Dear Geoff,

9725 8346

On receiving my Aura Mag I was disappointed in the copy of the results that Shepparton Road Runners had sent in for publication, in the fact that they did not record the distances of the DNF's, maybe next year they should look at the results of the 50 Miler & set up accordingly. I was very pleased (after the initial disappointment,) with my 70km as due to personal problems I had a very interrupted lead up with my training, so I went into the event very underdone, just hoping I had enough in the bank to see me through, but it wasn't to be, take it from me ultra runners, if you don't put in, you can't take out. It was the first race I had ever pulled out of & it has left me very flat, but I will no doubt bounce back. I must thank the S.R.R. for their organisation of the event, & the support of all the Officials during the race, also the support of all the other runners was great as usual. Congratulations to Yannis & Shirley, for their fantastic performance, To the Victorian Team Members for their great win, & also the Queensland Team for advertising Ultra Distance running on their team uniforms before, during & after the race, the more advertisement we get the better.

I was also disappointed & slightly annoyed to find out a couple of days before the race that unless I paid \$70 to register with A.V. I would be ineligible for any medals or team recognition if they should arise, (contrary to what I had read in the entry acceptance letter) My first reaction was to boycott the event & not bother with it, what right had they got to insist I join their organisation. But then I thought "what the Hell, I've never been & never will be a trophy chaser, I run for the love of it & any medals etc. that come my way are a bonus, & the more runners we can get supporting the Ultra scene at the moment the better, so Yes I will go." But I must also say that if I had finished the 100km & then been denied a medal I would have put in a protest & I think I would have had a lot of runners behind me on the day. We are supposed to be promoting ULTRA RUNNERS not turning them away. Now I have had my say & feel better for it.

Yours in ULTRA RUNNING

Sandra Kerr SANDRA KERR

Ed's note:

The results of the Shepparton race published in our previous edition were not sent in by Shepparton. They were a compilation of incomplete information brought back from the race and hurriedly inserted in ULTRAMAG, which went off to the publisher shortly after the race. Full results and splits appear in this edition.

Unfortunately, the information sent out by Shepparton relating to the position of membership of State Associations resulted in less than positive interpretation. This was corrected when the mis-interpretation was identified and although this happened just a couple of days before the race, at least it was the right thing to attempt to clarify the situation. The question of membership of State Associations has been exhaustively canvassed with the governing bodies and no change will be made or exception granted.

With the benefit of more time before next year's race, the requirement relating to eligibility for medals will be made quite clear. Athletes will then have three choices:

1. become a registered athlete (compulsory for individual AA medals or nomination in a state team)
2. run as an individual without an AA medal if achieving a placing in the race.
3. don't compete in the race.

12.

It is unfortunate Athletics Australia make it so difficult and expensive to compete in national championships. However, it is not possible to change the situation.

eof,

I'm writing to let you know I received my entry form this week, Unfortunately I'll be in Queensland during the running of the Ultra. Please send me an entry form next year for the 1998 event.

I'd like also to thank you for the event this year. What a race! I've completed several ultras but was not prepared for the 'Bogong', the beauty and the difficulty. It would have to be one best on the Australian calendar. And the volunteers deserve special mention - to walk in and camp over night is remarkable! I look forward to competing in '98.

Thanks again,

Glenn Hayward.

P.S. I love the AURA home page but one problem is that it lists all the Australian Ultras. While this is very convenient, it doesn't encourage people to join AURA, even though they will be missing out on excellent articles and entry forms if they don't.

Dear Editor(s) of ULTRAMAG and friends in AURA,

It is about the Shepparton 100km race on 15th September, 1996. I am compelled to write to express my appreciation to all the people around the race and in the run itself. It was wonderful.

Julius Horvath

To The Editor

Kevin Cassidy
4 Grandview Road
Preston Vic 3073

I happened to notice that Hooky has set the date of March 24th for the 'Aura Dam Trail Race' next year. I initially thought that this was a misprint, as the 24th is in fact a Monday but the penny finally dropped. Hooky was wisely decided on a Monday as all the Park Rangers will be working that day and will be freely available to conduct the search when all of the runners get totally lost as they did two years ago.

Kevin Cassidy

Dear Dot,

How many of us start one of these ultras and a few hours into the run realize it was all in the mind? In the Nanango 1000 miler, I just had no will to go on and after another bout of dry-retching, quit and retired, throwing my running shoes in the bin and giving my tops away as oil-rags.

The same happened almost in the Albany to Perth 560km run. I couldn't finish the race for me, but did so for the crew. Well I've been talked into another one, and do you know what? The three and a half months away from running seems to have made a difference. I'm regularly running over 240kms a week, more than I've done for years. Why?? Well, my crew asked me to. David Horne, who was with me in every big run since the 1987 Westfield asked me. I recently said "No", but then I thought of all the crewing he had done for me and thought it only fair to do one for him. So it's another Colac. Wish me luck and see how I go for my LAST run. (Where have I heard those words before?) I'm looking for 800kms plus.

Yours George (Audley)

Hi Dot!

I hope this stuff is not too late for the next magazine. The bagging of Ross Shilston is thoroughly well deserved and contains no exaggerations at all. It's all true and accurate. My race story tended to ramble on a fair bit. I hope 7 pages is not too long.

Kev Cassidy.

Hi Dot!

Here are the results of the Bushies' ultra, if you can call a 50K an ultra. Billy Hick has already sent you a story on the event, so I won't try to elaborate on this any further. The only thing I would like to add is the number of starters. There were 99 individual starters and 88 finishers, and 30 team starters and 30 finishers. It was good to see Victoria represented in the event by our good mate, Peter Armistead and Peter Gray.

Regards,

Max

Dear Editors,

After glowing reports for years, I finally got to experience the Royal National Park Ultra. Organised by that great team of characters (Billies' Bushies), under the command of Billy Collis, this 50km train run must surely rank as one of the most picturesque trail runs anywhere in the world. The warmth and friendship of the Bushies and the challenging run should continue to lure increasing numbers of participants in the years to come.

Adding interest to the event was relay over the distance. As a Victorian, it makes me wonder what's wrong with the enthusiasm and numbers down here. NSW certainly puts us to shame. Wake up Victoria!!

The individual winners were Bath Mat and Six Bricks (Helen Stanger). See you all at the starting line next year.

A disillusioned Victorian,

Peter Armistead.

Dear Dot,

I was pleased that the Queensland boys did so well at Shepparton in September. Asim, Tony and Greg really put in great efforts with second team home. And Asim taking the bronze medal, good stuff!

I have enclosed a race series flyer and three entry forms, Centenary Lakes, Historical Village and Mt.Mee for the 1997 Caboolture Shire Queensland Ultra Runners' events. (Track, Road and Mountain running) All is covered and a good sponsor really helps.

Ray Chatterton is stepping down as Queensland's AURA rep. After many years in the job, behind the scenes this quiet achiever who has a way to get a message across, will be missed by many. Nothing is a problem for Ray. If you need Internet Information or just a talk, he is always available, even though he has a bust career. Ray, you will be missed as our Rep. but I'm sure your phone line will be open to us. Take care mate!

Dave Holleran has done it again. You can't nail him down. Over four deserts and many changes in climate, he covered the 1700+km in record time. Dave also stepped down as AURA rep. With all the runs, events etc. that Dave tackles, it leaves little time to cover the rep's. job. You have promoted ultrarunning for Queensland well. Keep it up Dave.

14. Take care everybody,

Gary Parsons.

Dear Dot,

I was looking for something under the house (That's where I keep all of my treasures - runners' books, magazines etc) and I came across an envelope from AURA unopened. On opening it, I discovered this overdue subscription notice which I had let lapse.

At the time, I injured my knee, which required two operations. I was so mad with my bad luck that I purposely cut all ties with running. The specialist who performed the operations told me that I would never run again because I have osteo-arthritis in the knee which cannot be fixed. At the time, I believed him as I found it impossible to run with the pain associated with the knee, but, being a determined bastard (excuse me!), I was determined to prove the experts wrong, so little by little and with the help of arthritis drugs and pain-killers, I slowly regained a little of what I used to do, but never overdoing it.

On reading the AURA magazine and coming across names that I had come to admire during the short time I participated in ultrarunning, I decided to go on a program of increasing my mileage bit by bit. Now I am running for 2 to 3 hours at a time. I make a point not to get involved training with other runners (I'm still friends with Peter Ryan, but don't run with him) because I want to do only what I want, and not have to keep up with faster runners. It's taken a long time, but I finally figured it out that you can enjoy running on your own at your own pace even if it is slow.

I look forward to renewing my association with members of AURA, so I sincerely hope my application is accepted.

Thanking you in anticipation.

Sincerely yours,

Bruce Cook.

TIM FRY (WAMC No.30) Obituary (19.8.32 to 21.9.96)

Tim was killed instantly in a head-on collision with a 4WD whilst cycling from Victoria to SA on Saturday, 21.9.96. Tim had competed in the 100th Boston Marathon and the day after, he commenced his cycle trip across America. His plan was to cycle from Augusta in USA to Augusta in WA. Tragically, Tim's epic trip will remain incomplete.

Tim's first marathon was the Perth People's Marathon in 1980 at the age of 48, in a time of 3.18.46. He went on to complete a total of 7 Perth Marathons and many others including the Boston Marathon twice. Tim's PB was a sub three hour Sydney Marathon we ran in 1985. It was to be his last sub 3 (and mine) if you do not count the sub 3 marathon he ran on a treadmill at the UWA.

Tim was a great club member and always willing to help where he could. He was part of the organising committee of the inaugural Pancake Run in 1981 and helped out at many of our Club and Special events "above and beyond" the call of duty. When Tim was training for a big event he would come back to me and say "I'll run with you, Bob because I know I won't get injured running at your pace". I'm not sure if that was the real reason or he just felt sorry for me but as the training group disappears in the distance, the company was very much appreciated. Tim will be sadly missed by the King's Park training groups on Monday and Wednesday nights and the Saturday morning group, as I'm sure Bob Hayes, Bob and Alison Johnstone will agree.

Farewell Tim.

AURA WA Representative, Charlie Spare, sent over the above obituary. Charlie wrote: "Tim Fry was not an ultra-runner himself, but he kept many of us going through an event with his skilful use of massage. He is greatly missed."

BANANA COAST ELECTRICS ULTRAMARATHON

by Steel Beveridge

5/5/96

Until I didn't see the story in ULTRAMAG's last issue, I could have sworn I sent one off, but the early onset of 'old-timers' disease must have struck. I apologise, especially to Kelvin Marshall, who recorded a resounding victory, breaking seven hours into the bargain.

This year, the course was supposed to go from Coff's Harbour to Grafton, but rain, then more rain, then floods up and down the coastal strip of NSW meant that getting from A to B anywhere on the North Coast became an eachway bet. One of the roads cut was the back road to Grafton.

Also out of commission was the Pacific Highway north of Grafton, therefore no Queensland contingent for the race. They could not get through.

However, in the best tradition of 'having-a-go-at any rate', we came up with Plans A through to C and proceeded to hold the event on schedule. As Kelvin and Chilla Nasmyth had come up from Sydney, I let them decide the nature of the course. Result: We would try to get through to Grafton, hoping the flood waters had dropped enough. Failing that, we would run to halfway and then return to Coff's Harbour, thus making the event and 'out-and-back for the first time. The road was still cut north of Glenreagh, so out-and -back it was.

Three of us started, but four of us finished. Jim Bennington had paid more attention to the local radio station than the entry form and arrived 30 minutes late for the start. He then drove up the road to check if we'd started, returned to the start, and set off himself, very rapidly.

Meanwhile, Kelvin was setting a rapid pace out the front, leaving Chilla and myself to concentrate our ambitions on finishing. It kept raining, but nothing like as heavily as earlier in the week, so conditions were not that bad. Although all four of us who completed the out-and back version of the race will swear that we ran the HARD half twice.

Kelvin finished in 6 hours 50 mins, thus joining a select group who have run under seven hours for the event. Jim had a blinder of a first half, followed by a survival shuffle (his version of one) for the second half, when both his mind and his body decided that catching Kelvin was out of the question.

He did catch Chilla and me. His time of 8 hours 4 mins was impressive considering the circumstances. Certainly, Chilla and myself would have gratefully swapped our 9 hours 20 mins and 9 hours 39 mins respectively.

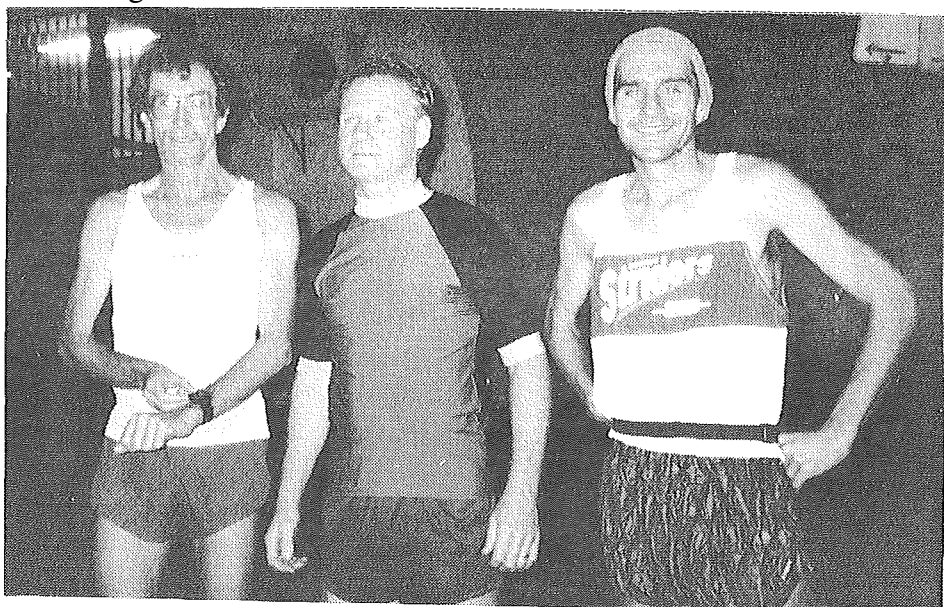
Chilla had recovered, but not fully, from a recent dose of 'flu and accordingly, did this one tough. I made it 12 finishes out of 13 starts in this race. I am grateful to the other runners for their participation and greatly relieved that we were able to hold the fourteenth Banana Coast Electrics Ultramarathon in 1996.

In 1997, we will try to make it all the way to Grafton on the first Sunday in May. All can be assured that whatever the weather, the run will go ahead in one form or another.

Steel Beveridge

Coff's Harbour Hotel
6.00am, Bananacoast
Electrics Ultramarathon
Steel Beveridge, Chilla
Nasmyth & Kelvin
Marshall (l. to r)
Next year: For those who
like to mix triathlons
with their ultras the
Life Education Tri has
been shifted to the
following weekend.
Combine the two by
coming for a week!

16.



Daisy Hill Trail Run

On the long weekend in June, a new trail run appeared on the event calendar and although numbers were small (probably due to the Brisbane Half and Marathon being on the week before) it was considered to be one of the best around.

All runners received a T-shirt and B.B.Q. lunch with drinks after the race. The course consisted of 18km laps through the Daisy Hill Forest which is situated in the southern Brisbane suburbs of which only one kilometre was actually on public roads.

In this race, staggered starts for the various races (18km, 36km and 54km) ensured that nearly all competitors finished at approximately the same time, allowing everybody to be present at the BBQ and presentation.

In 1997 this event is scheduled for Sunday 15th June.

RESULTS

18km

Place	Name	Time
1	Bruce Hogg	1:13:32
2	Matthew Hitchcock	1:19:29
3	Derek Nixon-Smith	1:22:40
4	Garry Lyttle	1:26:23
5	Michael Schultz	1:32:57
6	Harvey Hambleton	1:35:45
7	Judy Briscoe	1:41:51
8	Peter Lewis	1:55:36

36km

Place	Name	Lap 1	Lap 2	Total
1	Helen Tolhurst	1:35:41	1:34:26	3:10:07
2	Bob Burns	1:54:24	2:01:53	3:56:17
3	Lyn Gordon	1:46:42	2:44:30	4:31:12
4	Shelley Smith	2:18:32	2:41:29	5:00:01

54 km

Place	Name	Lap 1	Lap 2		Lap 3	
			Split	Elapse	Split	Total
1	Greg Barton	1:18:54	1:18:25	2:37:19	1:19:05	3:56:24
2	Gary Parsons	1:29:53	1:45:13	3:15:06	2:02:35	5:17:41
3	Ian Javes	1:30:23	1:47:51	3:18:14	2:20:25	5:38:59
4	Peter Gibson	1:33:54	1:55:18	3:29:12	2:17:07	5:46:19
5	Ian McCloskey	1:46:44	2:04:55	3:50:55	2:19:50	6:10:45
6	Don Hilleary	2:12:31	2:47:30	5:00:01	3:07:36	8:07:37

In summary, Bruce Hogg ran close to 4 min/km for his fast lap. The ladies, lead by Helen Tolhurst dominated the field in the 36 km event and Greg Barton ran each lap of the 54 km race with only a 40 second variation.

Gary Parsons, fresh from his 1000 mile success, clearly held 2nd place, but just like those who finished behind him, faded on each successive lap.

ULTRA TASMANIA INC.
Its Fun In The Long Run



Dot Browne
Secretary AURA
4 Victory Place
Mitcham Victoria 3132

RESULTS OF ROSS TO RICHMOND 100KM ULTRA-RUN ON 4/8/96

Dear Dot,

The following portrays the outcome of the Ross to Richmond run, for Ultramag:

"Unfortunately, the Ross to Richmond Ultra-Run scheduled for 4/8/96 attracted only one hardy, dedicated team entry, but that was enough for it to still go ahead.

Battling floods, blizzards, and cold, the "Wooden Spoons" team of David Gatenby and Therese March completed the 100km event in 14 hours 29 mins and 18 secs.

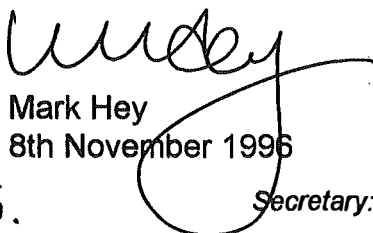
Both David and Therese are very active members and stalwarts of Ultra Tasmania.

As a result of their efforts, Wooden Spoons earns the title of Tasmanian Champion 100km Relay Team for 1996.

The team commenced from Ross at midnight on Saturday 3/8/96, and immediately found they had to negotiate a flooded road in Ross. Blizzards came along soon after passing Oatlands around the halfway point. Through a combination of walking and running, the team eventually made Richmond just before 2.30pm on the Sunday afternoon. Support for them during the run was provided by Phil Thorpe.

That the "Wooden Spoons" took up the challenge of the event in the spirit of ultra performing is a credit to their persistence. Moreover, support driver Phil Thorpe looks like being won over as a future ultra runner. Congratulations."

Thankyou in anticipation,


Mark Hey
8th November 1996

MUNDARING TO YORK

40 miles 18/8/96

The morning broke clear and dry with a warm gentle breeze blowing - from my car heater!! What a rude shock it was to step outside from the comfort of my vehicle at 5am to greet runners and marshals at the Mundaring Shire Council grounds. My lack of people skills early in the morning combined with the chilly wind whipping around my ankles meant that I wasn't the cheeriest of Race Co-ordinators for the Mundaring to York 40miler event. Needless to say thanks to John Pettersson hard work organising checkpoint Marshall, check sheets and mile marker signs I didn't really have to say or do much early on.

The brave set off at 6.30am, 14 runners consisting of one female, very scantily clad for such a cool morning. Stephen Dunn took an early lead, closely followed by Simon Fretton, Brett Williams and Richard Goater.

I had a tough time convincing local authorities that John Davies was in fact one of our runners and not a fancy dress party goer dressed as a teapot. John later peeled off his tea cosy to reveal the famous bumble bee shorts which again caused quite a stir. By the 10 mile mark Simon Fretton had grasped the lead, which he held and extended to win in a time of 5.15.42. Simon ran like the wind, despite having it blow in his face all the way and proves correct the theory that African blood produces excellent runners. Richard Goater slowly crept through the field to grab second place in 5.37.28. This of course destroys the theory that "Tri-Heads" have no staying power!! Third place went to John Davies who worked hard the entire race in a time of 5.41.46. Bill Taylor scrapped in under the 6hr mark with a consistent run, clocking a time of 5.59.06. Runners still out on the road were kept more than entertained by Michelle McGrath's support team who, so I am told, not only dressed up to hand out drinks, but also dressed down (even to the good old birthday suit). Now there is a novel idea to take the mind off the pain in your legs!!! Michelle crossed the line in 6.27.33 - an excellent effort for a first timer and also riding off the back of Foster Ironman Triathlon earlier in the year.

Once again the Hash House Harrier/Harriettes added excitement, laughter and alcohol to the race competing in the relay section. This consists of 8 team members each running 5 miles each. Those boys from Mundaring Hash never really seemed challenged taking out first place (again) in a time of 4.44.40. Hammersley Hash rolled in second (5.06.46), closing followed by the Hills Hash Team (5.07.02). A big thanks to all you Hash runners for joining in on the event - you sure know how to make a race FUN!!!

Congratulations to all those who conquered the wind, hills and exhaustion to finish the 40 mile race. Thank you to all those who gave up their entire Sunday to assist with marshalling at the checkpoints and also to Vic (Mundaring Hash) and Paul (Hammersley Hash) who helped out at late notice.

WEST AUSTRALIAN MARATHON CLUB NEWSLETTER, SPRING '96.

All the credit for a safe and well planned race must go to John Pettersson who organised the marshals, made mile markers and did the "diplomatic thing" with the Mundaring Shire Council and the Police. I heard several mutterings of "never again" at the finish line. Hopefully one of these people will assist next year by taking on the task of Race Co-ordinator cause me and my bad mood plan to run it!! Congratulations again to all who finished.

Nicole Durrant
Race Co-Ordinator

Fretton wins slog to York

BY DAVE HUGHES

SIMON FRETTON was all blown out after trudging into a stiff headwind for the entire 64km of yesterday's Mundaring to York road race.

But he still had enough puff to lead the small field across the line in 5hr 15min. 38sec. for his first race win since migrating to Australia from Zimbabwe six years ago.

Fretton, an experienced ultra-distance runner who has finished the

90km Comrades Marathon in South Africa 10 times and the London to Brighton race twice, finished third in the Mundaring to York two years ago in a faster time.

But the constant easterly slowed the pace significantly and the winning time was one of the slowest yet, more than an hour outside Bob de la Motte's course record.

"The wind kept me cool but that was about all," said Fretton, who complained of sore calf muscles

early in the race but found a strong rhythm over the latter half of the hilly route.

"It never let up and made the run really tough."

Richard Goater ran steadily into second place in 5:37:28 and John Davies was third in 5:41:44.

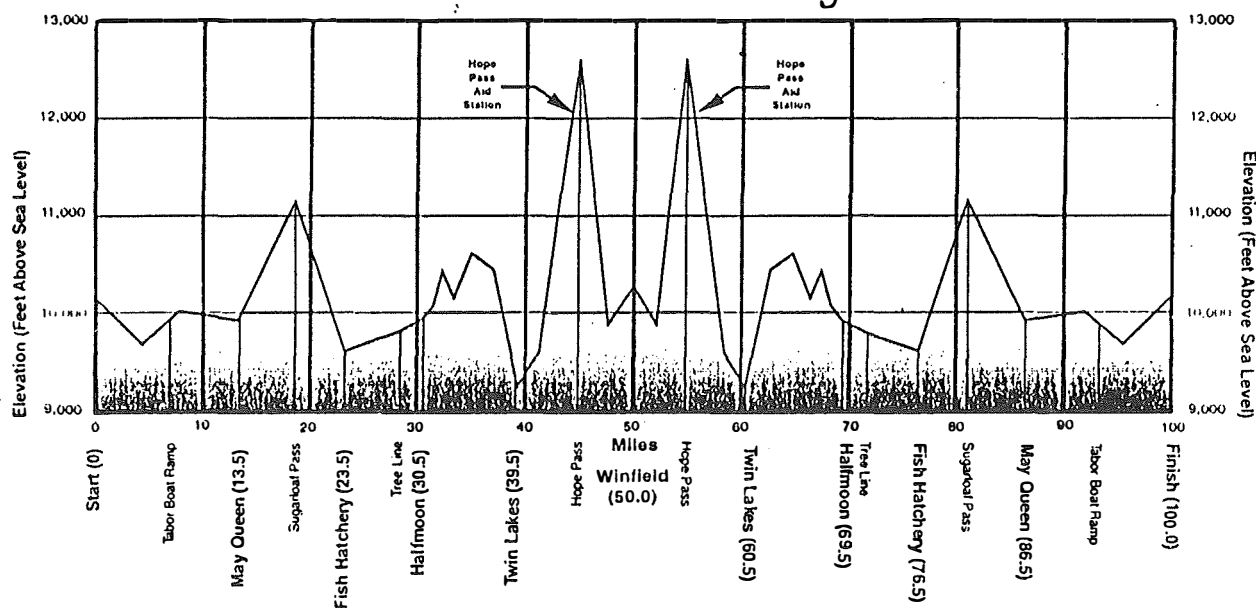
Michelle McGrath was the only woman to tackle the course and made it to the finish line in York's main street in 6:27:20.

THE WEST AUSTRALIAN. 19-8-96

THE LEADVILLE TRAIL 100 MILE RACE

By Kevin Cassidy

Run: Elevation Profile Leadville Trail 100 *The Race Across The Sky*



"According to my map, it's along this street" stated the incomparable Ross Shilston as we drove around the streets of Denver, Colorado looking for our hotel. After a tour of the cities less affluent suburbs we managed to find our way. So what on earth am I doing back in the U.S. only eight weeks after my second consecutive D.N.F. at the Western States 100?. Well, ultrarunning is a crazy sport. Back in January 1993 I faced the fact that running ultra's was not something I would do forever, so before I gave this game away I wanted to run the toughest 4 American 100 mile races, to do all four in one year gains you an unofficial "Grand Slam" title, but as this was not possible for someone who lives half a world away I thought I would do my own "Grand Slam" of one race each year and then retire from the sport. The Angeles Crest 100 in 1993 came and went, then in 1994 the Wasatch 100, "the toughest of them all", also came and went. But in 1995 my plans came to grief when a vomiting attack resulted in a D.N.F. at the Western States 100. 1996 was to be a year of redemption, "Take 2" at the Western States 100 in June and then the Leadville Trail 100 in August. What do you think I felt like when the Western States resulted in another D.N.F., more vomiting and a wrong turn adding extra miles didn't help but what is done, is done.

The Leadville Trail 100 Mile Race
by Kevin Cassidy

Flying home, I decided that it was the end of the line, I could not justify the expense of traveling back again, my mind criss-crossed a number of non-running matters that I intend to pursue in the near future and I also thought of the home extension and the B.M.W. that I could have had by now if it wasn't for my thirst for American Ultra Races. Returning home I related this story to the "Rucky-Chucky Kid", Peter Armistead. "They're only material things", he said flatly, "I think you'll regret it if you don't go to Leadville". Of course, he was quite right and that was all the incentive I needed. The very next day I purchased a new pair of shoes and a wizz bang, you beaut halogen long life flashlight and it was straight back into the mountains, to the west of Melbourne it was Mount Macedon and to the East it was Mount Donna-Buang, Mount Riddell and Mount Saint Leonards. About every fourth or fifth day I would spend several hours training alone in these mountains and the result was that I boarded that plane to Denver.

A three hour drive from Denver up into the spectacular Rocky Mountains see's us arrive in Leadville, a lovely little town of about 3,500 people and it seems that time has stood still here. It is loaded with old world charm and character, but the most telling factor is that it is at an altitude of 10,400 feet, so just how high is it exactly? Well, Australia's highest peak is 7,400 feet and the "high altitude" training camp that most of our runners use at Falls Creek is a fairly sedate 5,000. All around the town of Leadville are warnings to visitors about the affects of altitude sickness. So here we are, Ross and I in Leadville, it's the 10th of August and the race is still 2 weeks away. The next 14 days are crucial as the body adjusts to the thin air, it doesn't matter who you are or how much ability you have, if you don't spend time acclimatising then you have no hope of finishing. My first training run was over the first 13 miles of the course and it was a real lesson, heavy breathing, dry raspy throat, no visible perspiration, weak numb like feelings in the limbs and a little light headedness. When I finally sat down I felt very ordinary, but as the days went by, the body's improvement was quite noticeable. I could rave on forever about the altitude affects but the average runner could probably relate better to the experience of some new friends that Ross and I met. Marjorie Tennyson was in town for the race and her husband, Steve, was here to support her. Now, Steve is a 2.16 marathoner and although now past his prime he still knocks out a 10km., in around 32 to 33 minutes. Five days after arriving he lined up in the local 10km Fun Run and staggered across the finish complaining of a near blackout and collapse in a time of 40 minutes plus, he said later that he has never felt so bad in his life.

As the days went by Ross and I got to know all of the 50 miles of the out-and-back course as well as climbing the nearby Mount Elbert, the Rocky's highest peak at a staggering 14,433 feet (that's almost 3 miles high). As the race draws nearer I'm getting increasingly nervous, I think about the culminating affects of the altitude and the wild and woolly alpine weather, everyday lightning strikes hit some of the higher parts of the mountains.

The day before the race, and its all starting to happen, 370 odd runners and just as many crew are all packed into the sixth street gym. This race has really gained some recognition since former Ironman Triathlon Champion, "Scott Tinley", covered this race

The Leadville Trail 100 Mile Race
by Kevin Cassidy

a few years back for prime time television. It's here, at the pre-race meeting that Ross and I met our other Aussie runner, Trevor Harris from Canberra. We also met Race Director, Merrilee O'Neil, she is one of those "can do" types and she has things well under control, this year the race is being televised by a cable TV station and they will have four all-terrain vehicles out on the course and a plane flying over Hope Pass (the race's highest point at 12,600 feet). One of the TV hosts came over and introduced himself to we 3 Aussies and I almost fell over because it was Marty Liquori, one of America's finest Olympic distance runners from the early 70's and a boyhood idol of mine. It seems as though the entire town comes out for race weekend and as the meeting comes to an end we are all told a piece of very appropriate philosophy, "You are better that what you think you are and you can do more than what you think you can". As we left to return to our cabin we met an 82 year old woman and she said "this race is fantastic, every year I get up at 4am to watch the start and if I've got visitors I make them get up and watch to". As I lay in bed on race eve I knew that a D.N.F. here would spell the end of 11 years of ultra running, I'm sure you know what I mean, "Lucy holds the football, Charlie Brown runs in to kick, Lucy pulls the ball away and poor Charlie lands flat on his back". My mind wanders back to all my previous races, the 24 hour track races, the Ballarat 50 milers, the Cradle Mountain, Bogong to Hothams and so on and so on. Will it all end here?

Suddenly it's 4am and the race begins. Its cold and dark as 370 runners head off down West 6th Street with the aim of returning before the 30 hour cut-off, the residents of 6th Street are out cheering. Y'all come back now, y'hear" was the booming call from a rather large woman standing on her second storey balcony. The string of flashlights looks impressive as they bounce through the dark on the way out of Leadville and around the rough and varied track that circles Turquoise Lake, the sun rises as I arrive at the May Queen Aid Station at mile 13. Each aid station has a cut-off time and I consider them to be not to easy but realistic. I am wearing my bumbag and carrying two water bottles, dehydration is a major concern at high altitude as your sweat evaporates before it becomes visible, I have also decided not to have what the Americans call a pacer or trail companion. A pacer is very much a safety factor when you are on remote trails in the dark and they are allowed to run with you on certain sections of the course. Here at Leadville, unlike other American 100 milers, Muling is legal, in other words pacers can carry their runners water bottles and supplies, I saw many runners making good use of this luxury during the race but I still felt that finishing off my own back would give me much more satisfaction, so I declined to use a pacer.

As the race leaves May Queen you are confronted by the first major climb, the rocky trail rises during the next 5 miles up above the tree line to the barron summit of Sugarloaf Pass at 11,100 feet followed by a long drop down to the Fish Hatchery aid station at mile 23. It's warming up and I strip to a T-shirt, refill my water bottles, grab some food and swallow a 'squeezy' (a form of liquid carbohydrate in a plastic tube), everything is functioning well and I'm running conservatively. As I head out for the gradual 7 mile climb to Halfmoon I notice a rather rotund chubby cheeked young girl eating a hamburger as she sat on a rock looking rather bewildered at what was unfolding before

The Leadville Trail 100 Mile Race
by Kevin Cassidy

her. I arrived at Halfmoon well ahead of the cut-off, grab some supplies and another squeeze and continue on. The 10 mile stretch to Twin Lakes is rocky, rough and very demanding but I'm feeling good and decide to take in some scenery, it's spectacular, looking down you can see Twin Lakes and behind in the distance you can see where you've been as Turquoise Lake and Leadville hover below. The final few miles into Twin Lakes are quite tricky as you drop down a very rocky trail and the 40 mile Twin Lakes aid station is a welcome sight, this is a major aid station and there are people everywhere. The medico's check my wristband which contains all my vital statistics and my weight is constant, which is good, but I'm a little worried about my pulse which is a little high (an obvious affect of the high altitude).

As I leave the quaint little town of Twin Lakes I am feeling strong and confident, I have restored my food and water and I have a coat in readiness for the weather up on Hope Pass. The first mile takes you across some muddy paddocks, five creek crossings and a fairly substantial river crossing and standing by the river is someone who looks, for all the world, like the missing Marx Brother.

The moment has finally come, its time to climb Hope Pass, a staggering rise of 3,400 feet over the next 4 miles, it's rough, steep and goes up, up, up. As you get higher and higher the altitude and thin air becomes more and more noticeable. About a half a mile before the top is the Hope Pass aid station, it has limited supplies due to the fact that all the gear must be carried in on the backs of a team of Llama's, the personnel here spend all day and all night in the foulest of weather just to look after the runners and you will also find the Mayor of Leadville working one of the drink tables, now thats what I call serving the community like no other Mayor I've ever met before.

The summit of Hope Pass is awesome, the best I can do to describe it is to say that "There's not much oxygen at 12,600 feet". My hands are blue and swollen and I'm sucking in air like there's no tomorrow and as for the view well, you wouldn't be dead for quids, I have been on most of Australia's higher peaks and none of them are like this. Having crossed Hope Pass it's a 3 mile drop on what is the steepest, roughest, most hair raising descent I have ever tackled, one false move and you are history and I stub my toes many times on the way down as I try to avoid a fall. During this section you start to meet the faster runners on their return trip and we all exchange encouragement, if these Americans are going to understand me then I decide that I will have to use the local sayings such as "Lookin' good", "Way to go" and "Good job boys" (or is it "good jaaaaaarb"). Halfway down the back of Hope Pass I overtook a runner who quipped "I admire your courage" in a manner that suggested he thought I was going too fast too early. At the bottom of the descent the course moves on to a deceptive climb up a dirt road for the last 2 miles into Winfield, which is the 50 mile turn-around, and as cars are allowed on this section there are plenty of people cheering you on. Winfield is a ghost town consisting of 4 or 5 broken down wooden huts, but today it is a hive of activity, I arrive at the aid station and my weight and blood pressure are checked and found to be good, I sit in a chair and fill up on food and drink, get down a few more "squeezies" and take stock of everything that has happened so far. Sure I am tired and sure my feet are

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by Kevin Cassidy

mighty sore but I have no blisters or major complications. I pick up my new whizz-bang flashlight here, as Twin Lakes is a good four hours away, and start my return journey. I am 80 minutes ahead of the cut-off and still feeling good after about 12 and a half hours on the go. Heading back down the dirt road I pass Trevor coming the other way and soon after Ross comes past. The climb back up to Hope Pass is murderous, a 21% gradient ensures that your heels won't touch the ground all the way to the top and I'm pretty glad to finally make it back up there so I start rolling down the descent back into Twin Lakes, as I pass the Hope Pass aid station there are several people suffering altitude sickness and clearly have little chance of finishing. I passed several runners on the journey down to Twin Lakes and I start to realise that this race, in the second half, is becoming damn hard work. Arriving back at Twin Lakes at mile 60 it is rapidly getting dark, I check in and out pretty quickly and pat myself on the back for getting through what is the "heart and soul" section of the course. Twin Lakes and back to Twin Lakes (miles 40 to 60) is the toughest 20 miles you will ever do, take a look at the course profile at the start of this article and it will give you some idea, it took me about 7 hours 40 minutes.

As you leave Twin Lakes with the daylight rapidly disappearing, the race takes on a whole new mood. Up until now you have been operating on excitement and adrenaline but suddenly the field of runners has stretched out, its cold and dark, your whole body is hurting and worst of all, you are still a long way from home. I have my flashlight safely strapped on my arm and the halogen beam is fantastic, I passed a runner climbing out of Twin Lakes and he commented that he wished he had a flashlight like mine as it was almost like daylight.

In a race as difficult as this all runners go through periods of depression, weariness and pain, the better runners may not admit to it, but no-one is exempt. The 10 mile stretch back to Halfmoon is very tough mentally as I negotiate the unforgiving terrain, during this section my mind wanders over many things, I thought of one of my neighbours, Lachlan Jones, who recently won the gold medal in the 100 metres at the Atlanta Paralympics. My mind then crossed to Cathy Freemans mighty 400 metre run, surely Australia's most celebrated silver medalist and then I started to wonder about something for which I have never found an answer, just what is the difference between a "period of rain" and a "shower?" Here in Melbourne, our illustrious weather bureau often hits us with something like "periods of rain, followed by showers". What on earth is the difference? Is there some dividing line between the time that it rains or the quantity that falls? Does anyone know?

For most of this section I am moving along in the darkness in complete solitude, the only sounds are my breathing and my sore, aching feet hitting the ground, its as if every other living creature has left the world. I am reminded of the words of former American football coach, Vince Lombardi, when he said "fatigue makes cowards of us all". I finally motored in to Halfmoon at mile 70 and I'm dog tired but otherwise OK. I restock with food and water and disappear into the night, I am still well ahead of the cut-offs but Twin Lakes to Halfmoon has taken me 3 hours and I realise that I have made a tactical error as it gets extremely cold in the wee small hours of Sunday morning. I'm still

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functioning OK and making good time on the gradual descent back to the Fish Hatchery, I'm freezing cold and feeling sleepy as the course moves onto the Fish Hatchery road and just when you start feeling miserable someone's crew will come past and call out "you can do it, way to go". The Fish Hatchery at mile 77 is now in sight and I'm almost frozen to death when I arrive. Priority one is to warm up, there is plenty of warm clothes in my drop bag and I'm soon rugged up before consuming huge amounts of potato soup, refilling my water bottles and consuming more of those magical "squeezies". It's here that I learn that Ross has missed the cut-off back at Halfmoon, he had put up a mighty effort for someone who had battled numerous injuries prior to the race.

I was pretty tired but confident as I left the Fish Hatchery, an old saying I heard suddenly sprung to mind "in a one mile race it's oxygen debt, in a standard length marathon it's glycogen debt, at Leadville its just plain debt". Just out of the Fish Hatchery is the return climb over Sugarloaf Pass, up above the tree line beyond 11,000 feet. I had been advised beforehand that, as you can't see the summit in the dark, check your watch at the bottom and allow 90 minutes to make it to the top, so this I do, can you imagine my surprise when someone strides passed me saying confidently "We must be getting close to the top". I check my watch and we have only been climbing for 40 minutes, not even halfway. It was me passing him as the never ending climb continued. After 85 minutes I was glad to be able to drag my body over the summit, the next 5 miles are all down hill but progress is slow as the trail is very rocky and vision is restricted to the beam of your flashlight. Down below you can see the lights of the May Queen aid station at mile 87 and I arrive there at 5.30am, my "you beaut" flashlight has been great, only 2 battery changes all night. As the sunrise is only 30 minutes away, I decide to leave my flashlight in my drop bag and continue with a small penlight. I've refueled with food and drink and leaving May Queen with only 13 miles to go and an hour ahead of the cut-off, my confidence is sky high. I may be dog tired and aching all over but I have no serious problems, I guess what doesn't kill you will make you strong. I have decided that a freight train can't stop me now. Although all the major climbs are now behind me, the trail around Turquoise Lake is far from easy, it's similar to the trail around Lake Saint Clair in Tasmania's Cradle Mountain run. There are small logs to jump, perilous downhill steepes with rocks and the main aim here is to maintain balance. As the sunrises, it's glare bounces off the breeze-swept lake and the spectacular scenery is visible again, I pass several runners before the end of the lake before one final steep drop of about 400 metres where several runners are struggling down the rocks with obviously shattered quad muscles, I'm still in good shape and rumble past them and onto the dirt road with only 4 miles to go. It's now that I start to think that, rather than make the 30 hour cut-off, I may sneak under 29 hours. Now what was that I said about freight trains a little earlier? No, it was not just a figure of speech, it is in fact a very real threat as the main Colorado state rail line crosses the road at this very point, several trains cross here everyday and each one is a good 800 metres long. As I cross the railway line I can hear a train coming, I'm glad I made it but I feel sorry for a few runners behind me who I know will be delayed.

The Leadville Trail 100 Mile Race
by Kevin Cassidy

The final 3 miles provided a rude shock as it is quite a steady climb, at the start of the race I hadn't noticed that the early miles were downhill.

The final climb seems never ending but suddenly I'm on the bitumen at the bottom of sixth street. Finally, it's in sight just 3/4 of a mile away, I glance at my watch and realise that I will break 29 hours. People are lining the street and calling out "Welcome Home", it's really an emotional time and more so for me after the recent disasters at the Western States 100 miler. With an energy I thought impossible, just a few minutes ago, I pushed hard to the finish, the last 100 metres across the rolled-out red carpet disappeared quickly and I crossed the finish line in 28 hours and 56 minutes. The P.A. was blaring loudly but I wasn't listening to what was said, I was just so happy that I didn't know whether to laugh or cry. My mind quickly went back to the month of May when I sat on the grassy surrounds of a suburban Melbourne Athletic Track having just completed a marathon, I watched as two girls crossed the finish together, having completed the 42 kilometre distance for the first time, they hugged each other and cried tears of joy, "a bit over the top", I scoffed to myself, but here at Leadville I came close to tears myself. This race really meant a lot to me.

In an example of community spirit, amongst the crowd at the finish line were two locals that we had previously met, Bonnie from the local supermarket and Mary-Lee, the cleaning lady at our cabin. Also, arriving back at the finish line were some of the 600 local volunteers who spend all weekend, without sleep, manning the aid stations because they want to be a part of the race that puts their town on the map.

So just how tough is The Leadville 100? As I mentioned earlier, about 370 runners toed the starting line. They had come from all parts of America and Canada and also from Japan, Ireland, Sweden, Germany and Australia. In the end only 156 would see the finish. The race was all over when news came back of a heartbreaking back injury that ruined Trevor Harris's race, forcing him to withdraw only 5 miles from the finish and still under the cut-offs. Trevor seemed to deal with his disappointment very well and I believe he will be back here in Leadville in the not too distant future.

Driving out of Leadville, 2 days later, I knew that I would never forget the reason why I came. A whirlwind tour of Colorado ended back in Denver where John Elway led the Denver Bronco's to a 31-6 victory over the hapless New York Jets in the National Football League's season opener at 'Mile High' stadium.

PS: Now where is that entry form for next years Western States 100? I think it's on my desk. Can someone lend me a pen?

AURA QUEENSLAND INTERSTATE REP. ELECTIONS. RESULTS

At our AURA Annual General Meeting, we were fortunate enough to have three members put themselves up for nomination for Queensland Interstate representatives - Ian Cornelius, Gary Parsons & Barry Stewart.

After contacting all our Queensland members and asking them to vote for two reps. as our Constitution allows, we are pleased to announce that Ian Cornelius and Gary Parsons have been elected. Congratulations to you two and a big thank-you to Barry Stewart for being willing to stand.

Geoff Hook
42 Swayfield Road
Mount Waverly. 3149.

Russell Weavers
2 Tassone Court
Shepparton. 3630.

1/10/96

Dear Geoff,

please find enclosed my report and results for the 1996
Australian 100 km Championships

The first Australian 100 km Road Championships were run at Shepparton on 15/9/96 in ideal conditions. The sky was overcast for most of the day with the temperature ranging from 8 to 15 degrees.

Two support events, a 50 km race and a 30 km run started at the same time as the Championship which both improved our numbers and income. A total field of 44 runners set off at 6.10 am.

The course was a very flat 5 km loop on a good bitumen surface. A U-Turn at 2.75 km will hopefully be eliminated next year with work currently in progress enabling a true circuit.

Safet Badic led the field of 44 runners for the first 25 km holding a 30 second lead over Yiannis Kouros. By 30 km the gap had narrowed to 2 seconds with Yiannis consistently running 19.30 for each lap. As they passed 35 km the 2 lead runners were together. They had settled into a comfortable rhythm which they maintained until 55 km when Soni had to change his shoes because of blisters. However this did not relieve the pain and Soni withdrew shortly after.

This left Peter Spehr and Mick Francis in 2nd and 3rd place who maintained their positions to record personal best times of 7.36.14 and 7.52.56 respectively. In 4th place Asim Mesalic put in a great effort to complete his first 100 km and take the bronze medal in 7.57.31.

Among the women, Shirley Young won Gold in another best time of 10.47.13 the other 2 women competitors have both previously recorded times for 100 km but on this occasion were unable to complete the race.

Nearly all of the runners commented on how well the event was organised and that they would be back again next year. Of the 15 finishers, 10 recorded personal best times.

In the 50 km, 7 of the 11 finishers recorded their best time. Last years female winner Bronwyn Hanns improved her time by 16 minutes to take 2nd place overall whilst walker Carmella Carassi is claiming an Australian womens 50 km walk record. Among the men, Mansfield to Bulla veterans from Shepparton Brian Gawne, Brian O'Farrell and Garrie Scott filled the first 3 male places.

From a personal point of view it is always encouraging to see people of all standards plugging away in an endurance event as they strive to overcome the distance.

A special mention must go to Kevin Cassidy and Geoff Hook who put in a lot of time measuring the course on a cold wet day. Kevin also arranged the time clock and transported it for us. Geoff should also be proud of his efforts in convincing Athletics Australia to endorse this event.

We thank Les Clarke and everyone else who traveled to Shepparton to make this a very successful day.

The Shepparton Runners Club is keen to hold the 100 km Championships again next year and will apply to Athletics Australia for 4th May 1997.

The course which was measured by Geoff Hook and Kevin Cassidy is registered as AA Certified Accurate No: V3/96.

AA Technical delegate: Peter Spehr
Race Referee: Geoff Hook
Time keepers: Russell Weavers, Kevin Cassidy, Geoff Hook.
Chief Recorders: Les Clarke, Alan Lindsay
Course Measures: Kevin Cassidy, Geoff Hook
Marshals: Bruce Walker
Course lay out: Dave Rabl, Geoff Keenan, Steve Trevaskis
Medical: Wayne & Maree Uhe

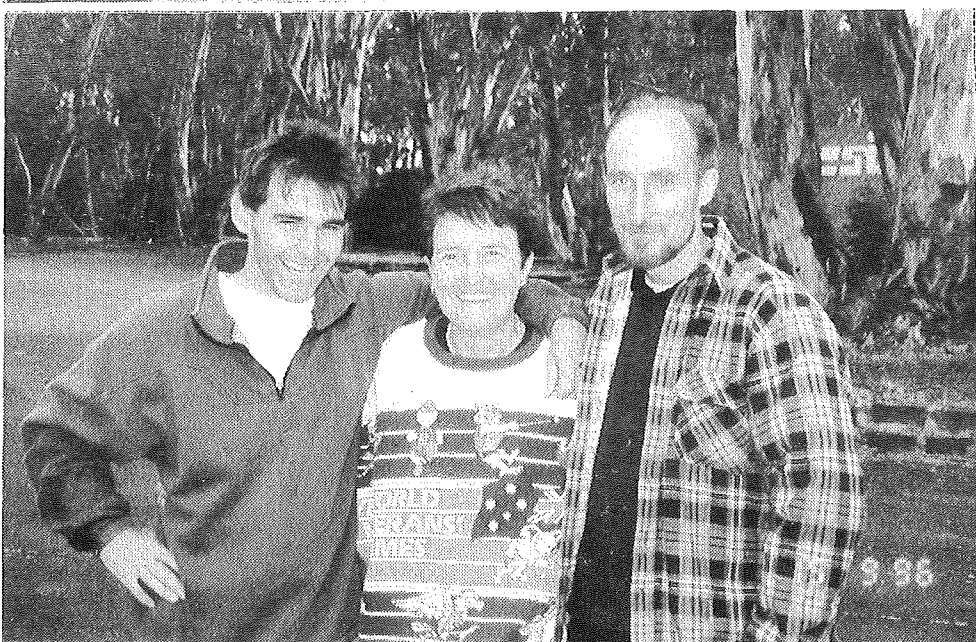
Yours Faithfully

R. Weavers

Russell Weavers. (Race Director)



Andrew Lucas, Sandy Kerr & Mike Grayling
- competitors in the
Shepparton 100km
Road Championships.



Anne Callaghan,
supporter of the 100km
at Shepparton, with
Shirley Young and
Sandy Kerr, competitors.

RESULTS AUSTRALIAN 100 KM ROAD CHAMPIONSHIPS AT SHEPPARTON 15/9/96

		AGE	50 KM	50 MILES	100 KM	
1.	Yiannis Kouros.	Vic.	40	3.17.22	5.29.07	6.46.46
2.	Peter Spehr.	NSW	34	3.29.05	6.03.41	7.36.14 *
3.	Mick Francis.	WA.	37	3.36.22	6.12.54	7.52.56 *
4.	Asim Mesalic.	Qld.	39	3.45.27	6.20.40	7.57.31 *
5.	Greg Wilson.	VIC.	44	4.11.48	6.29.02	8.17.34 *
6.	Andrew Lucas.	TAS.	31	4.08.01	6.44.16	8.26.35 *
7.	Tony Kleiner.	QLD.	32	3.29.05	6.40.58	8.47.37
8.	Greg Barton.	QLD.	28	3.29.05	6.16.07	8.52.57
9.	Kelvin Marshall	NSW.	32		6.53.39	9.04.08 *
10.	Peter Hoskinson	TAS.	33	4.08.05	7.31.25	9.42.57 *
11.	Michael Grayling.	VIC.	40	4.14.27	7.34.06	9.48.11 *
12.	Brad Boyle.	NSW.	36	4.38.58	7.52.26	9.53.51
13.	Julius Horvath.	NSW.	43	4.58.54	8.13.32	10.29.20 *
14.	Shirley Young.	VIC	66		8.16.56	10.47.13 *
15.	Peter Grey.	VIC	31	4.46.15	8.33.50	11.14.21
	Safet Badic.	VIC.	36	3.17.22	Completed 55km.	3.38.09
	Sandra Kerr.	VIC.	51	5.27.40	Completed 70km.	8.03.36
	Lyn Gawne.	VIC.	45	5.34.19		

TEAMS: 1. VIC 25.02.31 Y.KOUROS, G.WILSON, P.GRAYLING
2. QLD 25.38.05 A.MESALIC, T.KLEINER, G.BARTON
3. NSW 27.59.25 P.SPEHR, B.BOYLE, J.HORVATH

* = Personal Best

Ron Young tends to his amazing wife, Shirley 66 years of age, who has just completed the 100km Championship.

SHEPPARTON RUNNERS CLUB 50KM ROAD RACE 15/9/96

1.	BRIAN GAWNE	VIC	48	3.37.14	*
2.	BRONWYN HANNS	VIC	33	3.41.23	*
3.	BRIAN O'FARRELL	VIC	49	3.56.45	*
4.	GARRIE SCOTT	VIC	45	4.01.07	*
5.	IAN COLQUHOUN	ACT	41	4.08.19	
6.	KEN RICHES	VIC	43	4.15.02	*
7.	KEN MATCHETT	VIC	74	5.02.38	
8.	GEORGE WILSON	VIC	47	5.05.02	
9.	LYN GAWNE	VIC	45	5.34.19	*
10.	ANNE CALLAHAN	VIC	49	5.48.29	*
11.	CARMELA CARRASSI	VIC	43	6.25.29	*
	(Race walked)				

* = Personal Best

SHEPPARTON RUNNERS CLUB 30 KM RUN 15/9/96

1.	SHANE FREER	1.54.43
2.	MARK McNAMARA	2.07.14
3.	PETER BINGHAM	2.12.42
4.	GRAEME PROSSOP	2.16.12
5.	JIM CLARKE	2.31.04
6.	TINY WAYMAN	2.34.15
7.	KEVIN BROWNE	2.34.32
8.	TREVOR McMANUS	2.37.11
9.	GORDON HALL	2.47.00
10.	LEE WAYMAN	2.47.26
11.	ROBERT GORDON	2.51.30
12.	DAVID JONES	2.56.22
13.	JUDY WINES	2.56.22
14.	ALLAN CONNOLLY (20km)	1.41.17



AUSTRALIAN CHAMPIONSHIP 100km
IN SHEPPARTON ON 15/9/1996
by Julius Horvath

I am certain there are many runners who would have a great story about their first "big one". In this article I don't intend to describe my performance as much as to retrospect the events.

One week before the race I received telephone call from Peter Spehr who is now one of prominent 100km runners in Australia inviting me to join him and Brad Boyle from Bankstown Sports in NSW team.

Since I was determined to finish the race within 12 hrs cut-off time I accepted the offer. I hurdled minor administration problem to gain eligibility to compete for NSW as registered athlete.

Shepparton is a nice town with parks and water places. Run was staged on flat, shady 5km loop course. The run being organized by Shepparton runners has the quality of the run "for runners by runners". Friendliness and personal dedication of all people involved in helping and organizing this run has high standard. My impression about this will be everlasting.

The weather on the race day was ideal. Cool with a breeze refreshing runners in 2 sections of the course.

Starting field consisted of 3 groups participating in 100, 50 and 30km distances. Among the 19 runners ready for 100km were many whom I could previously only read about in AURA magazine. Standing on the starting line with them and listening to the last instructions of AURA president Geoff Hook was the moment which I still cannot erase from my mind.

One of most important things in an ultrarun is a drink and food handler. I was lucky to be acquainted with Peter Spehr who offered to me that his wife Glenda and his friends Glenn, Helga and Bruce would take care of my needs. I really like to thank them for helping me through the race. Any runner who has ever been helped in an ultrarun knows how deep the appreciation goes. Their dedication had not ceased even after 10hrs of running with me being increasingly uncommunicative.

NSW team finished third. Rather incredible result for me-bronze medal and 13th overall with 10:29:20 for my first 100km.

I would like to take the opportunity to make a point which came to me after the race. It is an encouragement for all dedicated runners. With a planned training and focused effort it is possible to run and finish 100km race. I have realized more than ever that there are large numbers of good marathon and shorter ultramarathon runners who can achieve it. It would be nice to see the participation in 100km races broaden.

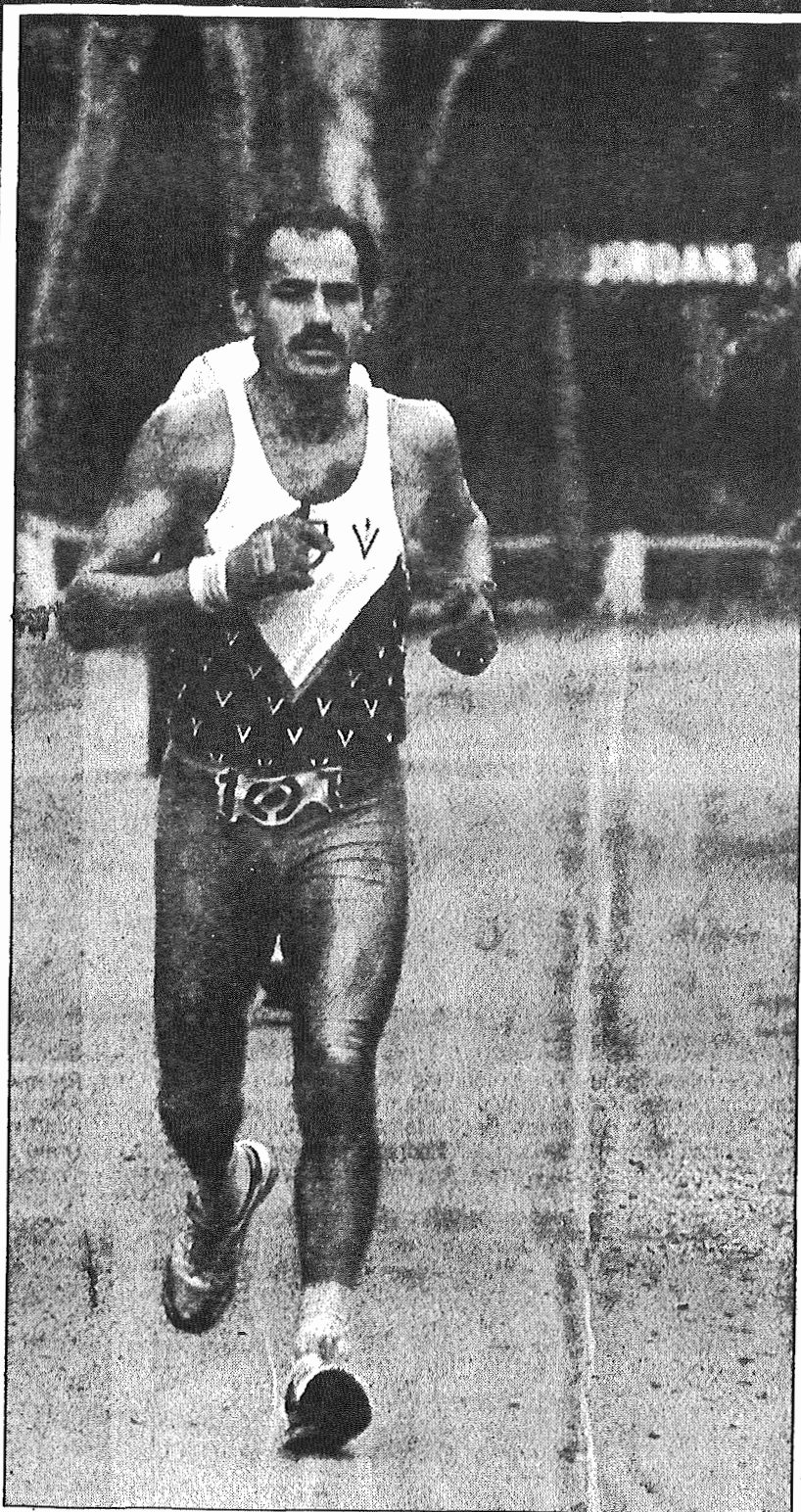
It can be a valuable argument in the hands of people lobbying sport administrators and politicians to take 100km event seriously.

I believe it is not only my view that the inclusion of 100km event in Commonwealth and eventually Olympic Games could have a tremendous impact on ultrarunning scene in Australia in many aspects.

Julius Horvath

16 Sunset St.
Wyoming 2250 NSW

Keep on running



Clocking up the kilometres... Yiannis Kouros won Sunday's national 100 km race conducted by Shepparton Runners Club. **Picture:** Julie Mercer.

COMRADES MARATHON - SOUTH AFRICA 10TH JUNE, 1997

Join the New Zealand Ultra Runners on a Comrades Marathon Tour. Return airfares just \$2699 per person (from NZ - probably cheaper from OZ). Guaranteed entry into Comrades Marathon, choice of accommodation in Pietermaritzburg & Durban, options for visits to Johannesburg, Kruger Game Park, Cape Town etc. Expressions of interest to Andy Galloway, Sports Alive, P.O. Box 10 - 106, Hamilton, New Zealand.

SHEPPARTON Runners Club members have hailed Sunday's national 100 km championships a complete success and are hoping to stage the event again next year.

Well known ultra marathon runner Yiannis Kouros took the titles and two competitors are claiming record times as a result of their personal best runs.

Victorian Shirley Young, 66, is claiming a world record in her age group after completing the distance in 10 hours 47 minutes and 13 seconds.

Her 14th place overall was an improvement of more than 38 minutes on her personal best and if ratified by Athletics Australia, will be recognised as a new world record.

Walker Carmella Carraffi is claiming an Australian record with her 6.25:29 hrs time in the 50 km support event.

Kouros completed the 100 kms in 6.56:46 hrs, a time believed to be his fastest in Australia but not a personal best.

He had a good battle with Bosnian runner Safet Badic early on in Sunday's race with Kouros about 200 m behind for the first 20 kms.

Kouros pegged him back and the pair ran together until the 55 km

mark before Badic withdrew with blisters.

Second place went to New South Wales runner Peter Spehr with a personal best 7.36:14 hrs and third in another personal best time was West Australian Mick Frances in 7.52:56 hrs.

In the 50 km support event, Shepparton runners filled three of the top four placings with SRC member Brian Gawne winning in 3.37:14 hrs.

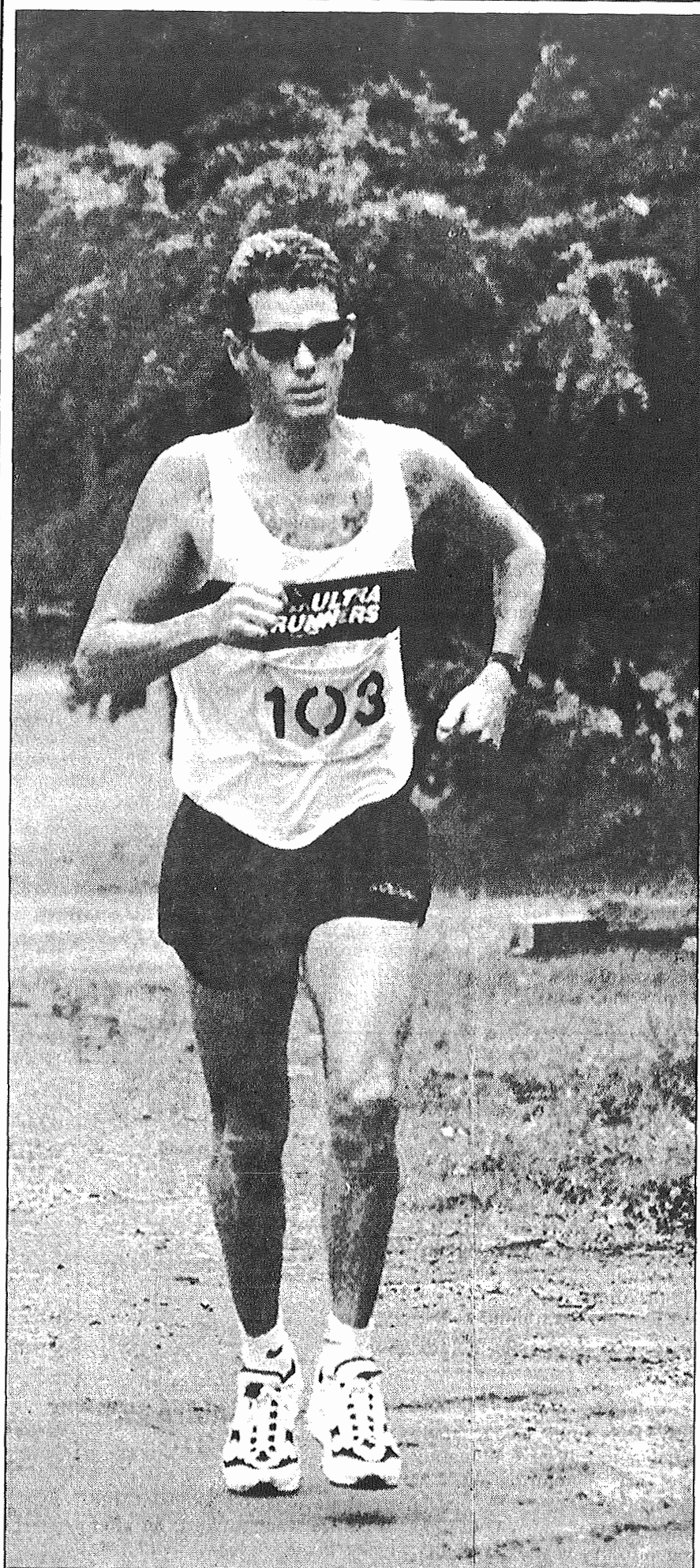
Gawne won from Melbourne's Bronwyn Hanns (3.41:23) and fellow SRC members Brian O'Farrell (3.56:45) and Garrie Scott (4.01:07) filling third and fourth placings.

SRC member Russell Weavers said all runners were pleased with the course and conditions of the run held around Princess Park and The Boulevard in north Shepparton.

"It was an outstanding success. All the runners were pleased with the organisation and the course and conditions.

"It's a bit early to say if we'll have the event next year but it looks like there's enough interest — there's no reason why we can't have it here again," Weavers said.





On the run ...Greg Barton strides out during the weekend's 100 km in Shepparton. Barton finished eighth in a time of 8:52.57. **Picture:** Julie Mercer.

Top class effort in 100 km run

By Darryl Fry

SOME of the finest endurance athletes in the country were in Shepparton on Sunday for the Australian 100 km championship.

Greek ultramarathon champion, Yiannis Kouros, won the 100 km event in 6:56.46 and was the only competitor to break seven hours.

Shepparton Runners Club member, Brian Gawne, won the 50 km event in 3:37.14.

Melbourne's Bronwyn Hanns was second, while two other Shepparton runners, Brian O'Farrell and Garrie Scott, filled third and fourth place respectively.

Gawne also won this year's Murchison 10 000, which was held early last month.

Full results in the 100 km event were — Yiannis Kouros (Vic) 6:56.46, Peter

Spehr (NSW) 7:36.14, Mick Francis (WA) 7:52.56, Asim Mesalic (Qld) 7:57.31, Greg Wilson (Vic) 8:17.34, Andrew Lucas (Tas) 8:26.35, Tony Kleiner (Qld) 8:47.37, Greg Barton (Qld) 8:52.57, Calvin Marshall (NSW) 9:04.08, Peter Hoishinson (Tas) 9:42.57, Michael Grayling (Vic) 9:48.11, Brad Boyle (NSW) 9:53.51, Julius Horvath (NSW) 10:29.20, Shirley Young (Vic) 10:47.13, Peter Gray (Vic) 11:14.21.

Full results in the 50 km event were — Brian Gawne 3:37.14, Bronwyn Hanns 3:41.23, Brian O'Farrell 3:56.45, Garrie Scott 4:01.07, Ian Calquhoun 4:08.19, Ken Riches 4:14.02, Ken Matchett 5:02.38, George Wilson 5:05.02, Lyn Gawne 5:34.19, Ann Callahan 5:48.29, Carmella Carraffi 6:25.29.

THE BUSHIES' ROYAL NATIONAL PARK 50KM ULTRA 28TH SEPTEMBER, 1996

by Bill Hick

"OK, we can clean up now. There's nobody still out there except Mountain Man. Trust me!" The words of Billy Collis. Of course, there were more runners out there. During the presentations, we had a few runners wander into the RSL Club in singlets, looking for a shower and a beer.

Showers are interesting places after a run. (No, I'm not that way inclined) An obviously experienced ultra runner and myself were discussing previous races, with a few other guys listening. It was great to see the expression on Ross Paterson's face when this bloke said that this year's ultra was easier than our past runs.

Ross had just run 50kms. from Gray's Point to Bundeena, up and down hills and over some beautiful but very tough terrain, alongside sheer cliff edges dropping dangerously into the ocean, along tracks and up and down steps so rough you couldn't lift your eyes for a second, and finishing along beaches at high tide with a few kilometres of soft sandy tracks thrown in, just to suck out any energy you may have left. And this bloke says it was easy! Ross's jaw nearly reached his waist.

Mind you, this guy must have been experienced and obviously knew Billy, because he told all and sundry, "Never trust a Bushie!" How could I argue with that?

The race itself produced some fine efforts. Michael (the bath mat) Burton ran a great race, pulling away from Greg Love about midway. He said having run some of the tracks with us before gave him a bit of an advantage. Tim Foley ran a fine second, with the inspirational Bob Telfer passing Greg along Jibbon Beach about 800 metres from the end to claim third.

I never cease to be amazed at some of the people running ultras. I gave Greg Love a bit of a light-hearted wind-up later in the day about fading. He laughed and said he just wasn't good enough on the day and the other guys put in great efforts. Talk out gallant in defeat! You're a fine runner Greg and a credit to the sport!

Helen (Six Bricks) Stanger won the women's section despite getting lost 2km from the end, on a home territory race. Sophia Young and Wendy Downes fought out the places, with Wendy eventually claiming second ahead of Sophia.

We had a couple of interstate runners, Peter Armistead and Peter Gray. I'm sure Peter Gray doesn't train, he just races. But he did confide to me that he doesn't like hills. (Your secret's safe with me Peter).

A few things during the day caught my attention. The overall organisation was excellent, with the usual few hiccups being sorted out by Billy, Barry Bulmer, Peter Clifford and other Bushies.

Michelle and Wayne Druery did a great job, bussing runners back to Gray's Point start. One of my high points was seeing the panic on Michelle's face when she realized she had about 40 runners trying to squeeze into her 22 seater bus. We eventually managed to find lifts for the few that didn't want to sit on the roof racks.

The first relay change-over point at the end of Lady Carrington Drive was the most exciting place to be. I witnessed some incredible acts of motoring stupidity, with some drivers doing 3 point turns on blind corners. Definitely a different change-over point needed next year.

Max Bogenhuber. Many ultra runners would know Max. Well Max can't run at the moment so he took out his frustrations on the rest of us. The last leg was from Wattomolla to Bundeena was ten kilometres of the worst and most physically draining terrain of the whole race. Max admitted later (as course marker) that the last leg was actually closer to twelve kilometres. Can you imagine how those extra two kilometres dragged on for runners through the soft sand? You're a sick man Max!

Getting back to the showers again, (maybe I do have a problem!) there was a runner sitting in the corner, not saying anything and looking a bit drained. It turned out he had heard about the ultra, and

after staying overnight with relatives, had put on his shorts and ran down to the start. He had a good run, just over 5 hours, but had missed out on one minor piece of information. The race finished a long, long way from the start. He had no clothes, no money and some might say, no sense. He was last seen in borrowed clothes trying to squeeze onto the bus.

There's a first time for everything. I saw a runner heading up to the bar after running 50kms, smoking a huge cigar. You can imagine how popular he was!

For the first year, the race had relay teams, three legs of approximately 21kms, 19kms and Max's 10kms. The competition between some teams was fierce, especially the opposing teams of Terry and Linda Walton (the Little Legs family) In the long run (Pardon the pun!), the girls thrashed the guys. The relay created a lot of interest in ultrarunning, with some normal (?) runners seeing their first ultra. No doubt, some of these runners will be in the 50km field next year.

Finally, it was great to have the Royal National Park back after the disastrous bushfires of January 1994 closed the tracks.

One of the things I like about ultrarunning is the friendship and the wonderful characters it attracts. I'm already looking forward to the 1997 race and would recommend it to anyone who would like a very tough, but scenic and well-organised event.

ROYAL NATIONAL PARK ULTRA 50KM - INDIVIDUALS 28 SEPTEMBER 1996

Place	Race No	Surname	First Name	Sex	1st Leg Grays Point to Lady Carrington Hrs:Mins:Secs	2nd Leg Lady Carrington to Wattomalla (Split) Hrs:Mins:Secs	2nd Leg Lady Carrington to Wattomalla (Elapsed) Hrs:Mins:Secs	3rd Leg Wattomalla to Bundeena (Split) Hrs:Mins:Secs	Finish Grays Point to Bundeena (Elapsed) Hrs:Mins:Secs
1	29	Burton	Michael	M	1:23:25	1:24:22	2:47:47	0:57:06	3:44:53
2	64	Foley	Tim	M	1:26:06	1:17:09	2:43:15	1:03:39	3:46:54
3	82	Telfer	Bob	M	1:33:56	1:27:30	3:01:26	1:06:58	4:08:24
4	21	Love	Greg	M	1:21:51	1:23:00	2:44:51	1:27:02	4:11:53
5	98	Davies	Peter	M	1:32:38	1:33:04	3:05:42	1:08:29	4:14:11
6	83	Marshall	Kelvin	M	1:29:10	1:31:23	3:00:33	1:15:42	4:16:15
7	25	Webb	Denis	M	1:42:27	1:30:07	3:12:34	1:03:43	4:16:17
8	87	Goodall	Craig	M	1:39:51	1:30:08	3:09:59	1:07:24	4:17:23
9	16	Seib	David	M	1:36:00	1:31:40	3:07:40	1:13:19	4:20:59
10	32	Jenkins	David	M	1:32:38	1:33:04	3:05:42	1:15:41	4:21:23
11	51	Rooney	James	M	1:31:58	1:32:39	3:04:37	1:17:02	4:21:39
12	37	Hughes	Gary	M	1:32:38	1:29:55	3:02:33	1:24:25	4:26:58
13	17	Bill	Ross	M	1:29:11	1:37:31	3:06:42	1:23:02	4:29:44
14	69	Inglis	Bruce	M	1:27:26	1:31:12	2:58:38	1:34:26	4:33:04
15	88	Ward	Mike	M	1:44:45	1:37:15	3:22:00	1:19:35	4:41:35
16	45	Clear	David	M	1:39:36	1:39:31	3:19:07	1:24:40	4:43:47
17	67	Tiller	Kevin	M	1:33:38	1:39:18	3:12:56	1:32:03	4:44:58
18	31	Grant	Brian	M	1:33:38	1:45:02	3:18:40	1:28:00	4:46:40
19	4	Coles	Ian	M	1:44:29	1:43:05	3:27:34	1:21:05	4:48:39
20	41	Hilton	Allen	M	1:47:21	1:44:14	3:31:35	1:20:27	4:52:02
21	20	Ward	Gary	M	1:39:29	1:39:41	3:19:10	1:33:30	4:52:40
22	57	Kilham	Mick	M	1:47:18	1:44:19	3:31:37	1:22:55	4:54:32
23	80	Stanger	Helen	F	1:44:29	1:42:56	3:27:25	1:27:10	4:54:35
24	63	Forsyth	Ian	M	1:44:29	1:43:06	3:27:35	1:29:00	4:56:35
25	66	Latta	Graham	M	1:36:00	1:41:46	3:17:46	1:40:21	4:58:07
26	50	Girvan	Dave	M	1:44:08	1:40:24	3:24:32	1:33:39	4:58:11
27	95	Barnes	Jamie	M	1:44:08	1:40:26	3:24:34	1:33:37	4:58:11
28	60	Mobbbs	Keith	M	1:40:05	1:39:00	3:19:05	1:43:27	5:02:32
29	36	Molloy	Bill	M	1:56:39				5:02:40
30	12	Downes	Wendy	F					5:03:55
31	54	Young	Sophie	F					5:06:19
32	24	Drayton	Nick	M	2:03:56	1:49:31	3:53:27	1:14:57	5:08:24
33	76	Town	Murray	M	1:45:19	1:49:10	3:34:29	1:34:53	5:09:22
34	35	Martin	Mike	M	1:44:33	1:49:21	3:33:54	1:36:59	5:10:55
35	34	Wilson	Michael	M	1:47:12	1:52:34	3:39:46	1:31:32	5:11:11
38	22	Stephens	Roger	M	1:50:18	1:51:53	3:42:11	1:29:23	5:11:33
37	3	Field	Alf	M	1:52:36	1:53:28	3:46:04	1:25:35	5:11:33
38	26	Mezzino	Phil	M	1:41:32	1:53:45	3:35:17	1:36:35	5:11:55
39	48	Patterson	Graeme	M	1:44:33	1:53:02	3:37:35	1:36:07	5:13:44
40	49	Osborne	Gregory	M	1:50:26				5:13:55
41	71	Walton	John	M	1:36:00				5:15:00

ROYAL NATIONAL PARK ULTRA 50KM - INDIVIDUALS

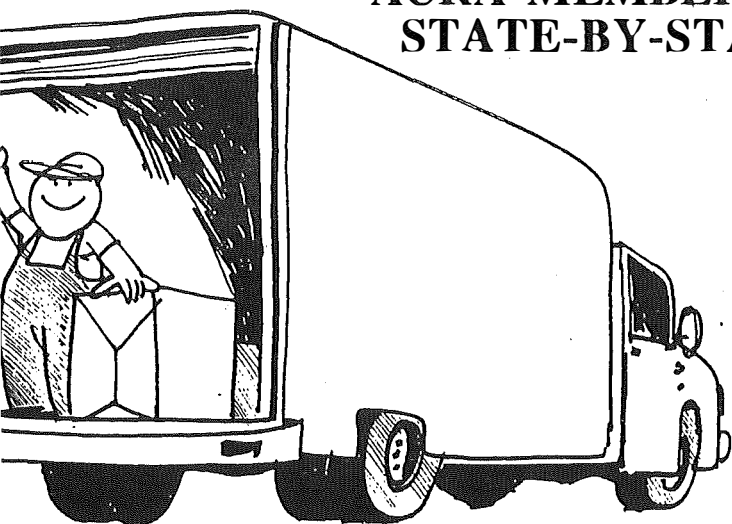
28 SEPTEMBER 1996

Place	Race No	Surname	First Name	Sex	1st Leg	2nd Leg	2nd Leg	3rd Leg	Finish
					Graya Point to Lady Carrington	Lady Carrington to Wattomalla	Lady Carrington to Wattomalla	Wattomalla to Bundeena	Graya Point to Bundeena
					(Hrs:Mins:Secs)	(Split) (Hrs:Mins:Secs)	(Elapsed) (Hrs:Mins:Secs)	(Split) (Hrs:Mins:Secs)	(Elapsed) (Hrs:Mins:Secs)
43	96	Armistead	Peter	M	1:40:38	1:52:17	3:32:55	1:45:31	5:21:30
44	39	Weekes	Colin	M	1:46:38	1:54:07	3:40:45	1:48:35	5:21:30
45	74	Melmyczenko	John	M	1:57:52	1:58:35	3:56:27	1:31:53	5:28:20
46	1	Coates	Barry	M	1:43:12	1:49:51	3:33:03	1:56:26	5:29:29
47	14	Kennedy	R	M	1:47:08	2:06:53	3:54:01	1:36:21	5:30:22
48	18	Potter	Robert	M	1:58:22	1:56:53	3:55:15	1:35:19	5:30:34
49	58	Lee	Andrew	M	1:50:14	2:02:20	3:52:34	1:39:06	5:31:40
50	59	Lee	Michelle	F	1:50:23	2:02:11	3:52:34	1:39:06	5:31:40
51	52	Rensford	Brian	M	1:57:52	1:58:37	3:56:29	1:36:06	5:32:35
52	86	Goodall	Pauline	M	2:02:16	2:00:22	4:02:38	1:32:43	5:35:21
53	93	Sherry	Ruth	F	2:02:16	2:00:22	4:02:38	1:32:43	5:35:21
54	42	Godden	Gary	M	1:44:13	1:58:07	3:42:20	1:55:48	5:38:08
55	28	Kimbley	Rob	M		3:48:21	3:48:21	1:50:24	5:38:45
56	81	Threlfall	Terry	M	1:58:39	2:01:18	3:59:57	1:41:43	5:41:40
57	13	Rannard	Bill	M		3:52:06	3:52:06	1:52:09	5:44:15
58	70	Simpson	Carl	M	1:57:52				5:50:05
59	27	Nesbitt	Don	M	2:05:33	2:10:40	4:16:13	1:33:53	5:50:06
60	77	Paterson	Ross	M	1:58:30	2:08:41	4:07:11	1:45:04	5:52:15
61	38	Anderson	Vic	M	1:58:18	2:14:24	4:12:42	1:40:18	5:53:00
62	78	Kiss	Jennifer	F	1:58:19	2:14:26	4:12:45	1:40:17	5:53:02
63	53	Guy	Neil	M	1:50:39	2:03:46	3:54:25	2:00:23	5:54:48
64	73	Hayward	Glenn	M	1:45:20	2:20:04	4:05:24	1:50:58	5:56:22
65	91	Robards	Joan	F	2:00:44	2:07:17	4:08:01	1:48:21	5:56:22
66	92	Robards	Bernadette	F	2:00:38	2:07:23	4:08:01	1:48:21	5:56:22
67	99	Haines	Michael	M	1:40:37	2:34:46	4:15:23	1:41:00	5:56:23
68	94	Gray	Peter	M	1:58:11	2:08:56	4:07:07	1:49:52	5:56:59
69	79	Every	Paul	M	2:06:52	2:05:53	4:12:45	1:46:20	5:59:05
70	85	Ashcroft	Christine	F	2:06:52	2:15:31	4:22:23	1:36:42	5:59:05
71	56	Allen	Barbara	F	2:13:42	2:10:15	4:23:57	1:42:13	6:06:10
72	89	Carney	Marc	M	1:56:39	2:11:45	4:08:24	1:57:58	6:06:22
73	43	Allen	Peter	M	2:13:30	2:10:31	4:24:01	1:47:16	6:11:17
74	30	Francis	C	M	2:06:38	2:18:22	4:25:00	1:54:45	6:19:45
75	2	Coates	Priscilla	F	2:08:52	2:18:59	4:27:51	1:53:19	6:21:10
76	33	Bulmer	Val	F	2:08:52	2:18:59	4:27:51	1:53:19	6:21:10
77	7	Hobbs	Tom	M	2:13:04	2:17:49	4:30:53	1:50:18	6:21:11
78	46	Trotter	John	M	2:09:36	2:20:41	4:30:17	1:51:54	6:22:11
79	55	Lillies	Ted	M	2:09:27	2:18:49	4:28:16	1:59:16	6:27:32
80	8	Brett	John	F	2:10:59	2:20:04	4:31:03	1:58:15	6:29:18
81	40	Sutton	Paul	M	2:01:45	2:23:39	4:25:24	2:04:48	6:30:12
82	97	Hill	Mark	M	2:07:37	2:28:46	4:36:23	2:01:53	6:38:16
83	23	Tuxford	Mark	M	2:05:32	2:10:45	4:16:17	2:23:15	6:39:32
84	61	Stevenson	Lynette	F	1:58:24	2:04:27	4:02:51	2:37:44	6:40:35
85	9	Jones	Graham	M	2:13:49	2:31:18	4:45:07	2:02:53	6:48:00
86	44	Kerruish	Mountain Man	M	2:09:27	2:33:58	4:43:25	2:13:35	6:57:00
87	72	Wanderer	Franz	M	2:11:51	2:31:34	4:43:25	2:13:35	6:57:00
88	11	Wise	Peter	M	2:42:49				DNF

AURA MEMBERSHIP STATE-BY-STATE

Don't worry Fred, it's
just another truck
load of new Vic
AURA members!

NSW	124
Voracious	Vics 105
Q'ld	51
S.A.	17
Tas	15
W.A.	14
ACT	13
Overseas	13

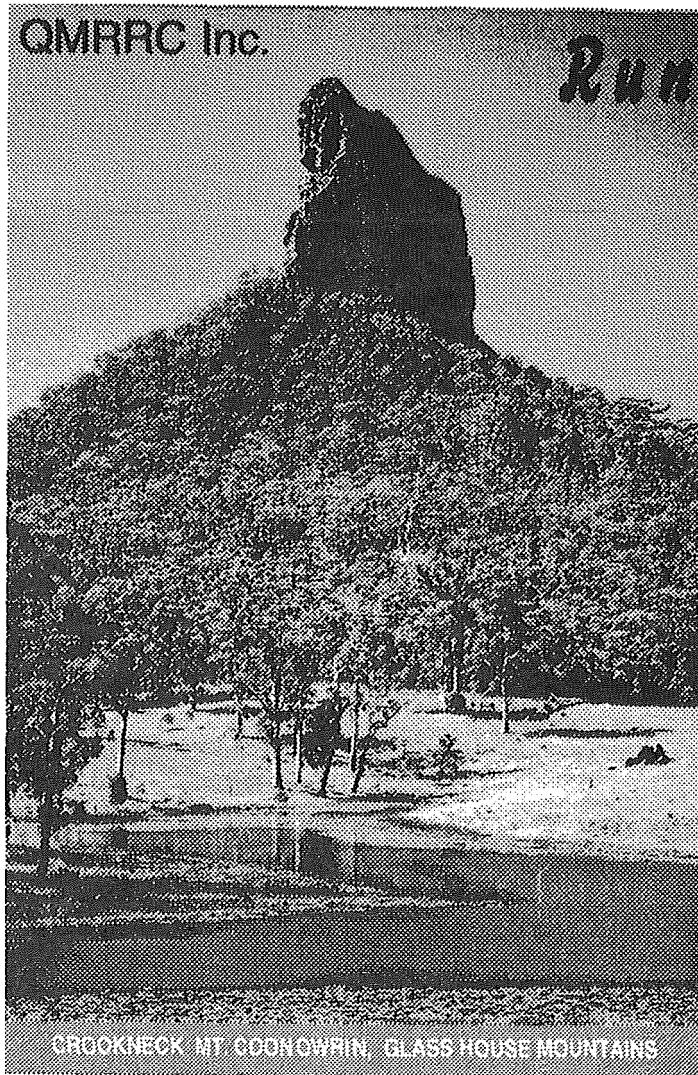


Glasshouse Trail

QMRRC Inc.

Run

Walkers Welcome

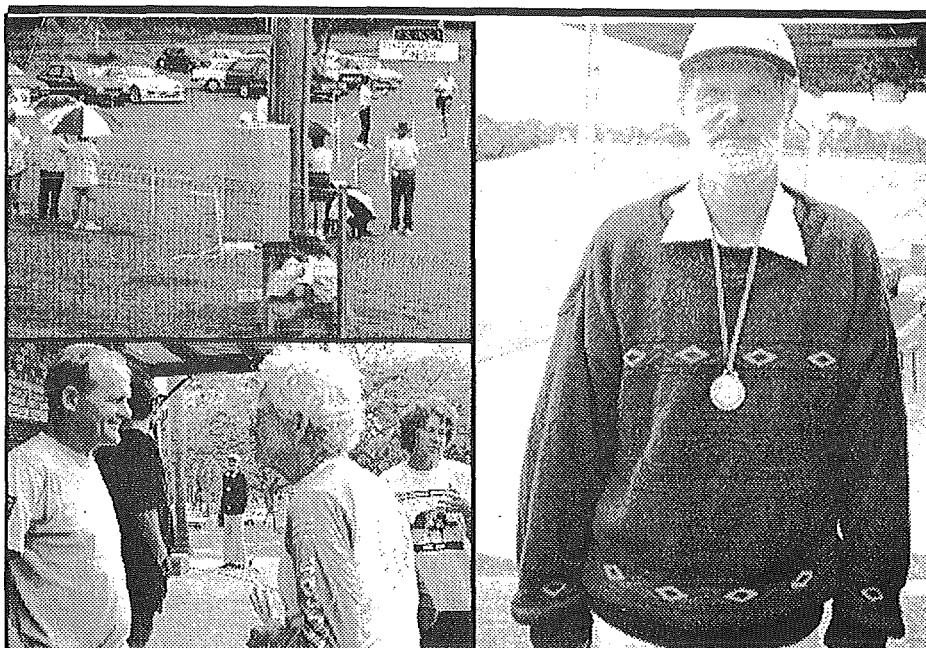


September 28 - 29, 1996

with assistance by Glasshouse Mts. Advancement Network (GMAN)

Thursday 3rd October 1996

Glasshouse Country News



That's Bill Thompson on the right of the photo looking only a little weary as he ran in third after his great finishing effort in the 106K Glasshouse Trail Run event. Bill is also seen proudly wearing his medal and the other photo is of American entrant Bill Menard and 80 year old "miracle" entrant John Petersen with Gwen Malcolm rt. and way back Bill Thompson.

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Glasshouse Mountain Trail Run

28/9/96

Runners from as far away as America and New Zealand gathered at the Glasshouse Mountains over the weekend to compete in the Glasshouse Mountains Trail Run.

A 100-mile (160k) event was offered for the first time in Australia, however none of the field of five runners finished the distance over this gruelling terrain, at least in part due to the high temperatures experienced on Saturday. Their progress was carefully monitored by a medical team from the Queensland University of Technology headed by Dr June Canavan.

Bill Thompson, local custard apple farmer who finished third in the 106k event, decided three (3) weeks ago to compete. Bill says he didn't train, just keeps going through climbing custard apple trees, mountains and bushwalking but if he goes in the event next year he will train. Bill found the best approach for him was to walk on the flat sections and up the hills, and run down the hills. The worst part of the run for Bill was the descent from Mt Beerburrum because of the extremely steep gradient and the fact he had to keep putting on the brakes which affected his legs and ankles.

Daryl Watts won the event in a time of 4 hours 27 minutes and 8 seconds (the fastest time he has ever tackled a distance longer than the standard marathon of 42 kilometres) and he was followed by Kerrie Hall, second placegetter and the first woman home. John Petersen, 80 year-old taxi driver from Brisbane, pulled out after completing a full first loop of the course (58k) by which time night had fallen and his pacer had had enough.

The 58k event was won by experienced Brisbane runner Don Wallace in a time of 4 hours 55 minutes and 18 seconds. Don won last year's Brisbane Marathon and the previous year finished twelfth in the Comrades Run. South African road race of 88k which attracts 10,000 runners every year.

Nicole Carroll left the men behind, powering in brilliantly, red hair flying, to win the 35k event outright in a time of 1 hour 46 minutes and 59 seconds, while Gwyn Williams won the 25k event in a time of 1 hour 54 minutes and 18 seconds.

The 10k event was won by fourteen-year-old Clint Bignall of the Ashgrove Range in a time of 55 minutes and 42 seconds.

The first female and male finishers in each category were awarded the Glasshouse Plaques as well as gold Queensland Marathon and Road Runners Club medals. Second and third placegetters received silver and bronze medals.

Ian Javes, race coordinator for the ultra, was especially thanked by the runners for ensuring they had all the backup support they needed by day and night, provided by members of the Queensland Marathon and Road Runners Club with the assistance of the Glasshouse Mountains Advancement Network. It is hoped that in the future a permanent trail run will be established in this beautiful part of the world.

Lucky Pam Innes of Beerwah has the winning ticket for an authentic color Australian outdoor setting complete with large table and twin benches featuring coach wheels made and donated by St. Ralph, clever Teamsters Hall of Fame craftsman. The second prize winner in the raffle was another local person, Chris Barlow, of the Glasshouse Mountains who won a generous hamper donated by Golden Circle.

SRI CHINMOY 24 HOUR TRACK RACE TOOTING BEC, U.K. - 12/13 OCTOBER, 1996 TOOTING BEC OR BUST!

by Van Case

To be living in Great Britain for two years and not to participate in an ultra event would surely be something of an opportunity missed. So I made contact with John Foden, as part of my fact-finding mission, who gave me some information. There is no equivalent of AURA in the UK. Instead there are separate organisations for road, trail, fell and mountain marathons, also the 100 kms Association. There were only three 24-hour events scheduled in the whole country; accordingly I selected the Sri Chinmoy at Tooting Bec on the weekend of 12-13 October for my debut.

This proved to be a good choice as Tooting Bec is only about 1 1/2 hours drive from Gravesend on the right side of London. Also, October is Autumn over here so not likely to be as hot as Hull in June (the AA Championship venue). I was able to enlist the support of a fellow runner from the Istead and Ifield Harriers, Gillian Calliste, and a social work colleague, Celia Bond. The Harriers is a local road-running and cross-country club, though one member had done the 80 mile South Downs Way. I privately hoped that Gillian might become enthusiastic about trying an ultra herself after crewing for me

To generate some interest in this Cinderella sport I organised a guessing competition in aid of a local charity for homeless people wherein people paid £1 and estimated my finishing distance. This raised £155 and some wide and improbable figures were offered!

As one would expect from the Sri Chinmoy Organisation, the standard of race management was excellent. A Short biography of each of the 39 initial entrants was sent out and I noted the great Hilary Walker was on the list. She had won the 55 mile London to Brighton race in 7 hrs and 40 mins the previous weekend so it was perhaps not surprising that she was not a starter on the day.

Actually, thirty-one, including six females, lined up at mid-day. A full complement of lap-scorers from the Sri Chinmoy Athletic Club took their place in the stand encased on three sides by clear plastic in response to the weather forecast of showers. The track, itself, was user-friendly, soft red surface, whilst attractive Autumnal shrubs and trees lined the perimeter fences. Meals were offered at intervals - lunch, supper, breakfast and post-race - but not altogether ideal for this runner, alas. The lunch, pasta, whilst tasty, was very highly spiced and some competitors suffered as a result, whilst supper consisted of a jacket potato with lashings of cheese! The main refreshment table carried tea, coffee, fruit juice, sports drinks as well as fruit and snacks.

This served my needs pretty well and I certainly appreciated the cheerful, obliging service provided.

Having not done an ultra for a few years, I set out quite conservatively and stayed on the track all through except for perhaps 40 minutes in all. The weather stayed cool and mild, in fact, perfect. We were amused to see a grey squirrel dart across the track at dusk, its thick tail as long as its body.

Setting a fast pace to attempt his personal goal of world best in his age group, 69 year-old Max Jones lapped most of us consistently - a man driven. He set a new British record for 12 hours of 116.82 km with the assistance of his son who had to time and record each lap *to the second*. No doubt he would have achieved his goal if he had not ignored his son's advice: 'Do a walk lap' 'put something warm on' 'have some fluids' - becoming quite disorientated. He crashed into another runner's tent, demolishing it to that chap's dismay. Not knowing if Max was injured or even dead, an ambulance was summoned and arrived promptly. Max refused to go to hospital, protesting that he wanted to get on with his run. He was eventually firmly put in his son's car and taken home. Quite a diversion in the middle of the night!

Each ultra is different, which is, of course, stating the obvious. Normally I seem to do heaps of walking but found that not comfortable this time. Usually I listen to classical music or some current affairs show, but here I had a County and Western station playing through my headphone radio all night! There was a friendly atmosphere prevailing all through, no prima donna attitudes, and a splendid all-night performance from Tony Smith, the unflappable race director.

Finishing in 19th place with a total of 85 miles 755 yards which translates to 137.495 km is not exactly earth-shattering but I really enjoyed the event and hope to compete again next year as a sixty year old.

Sadly, I have not been able to convert Gillian to the joys of ultra running. In fact quite the opposite



SRI CHINMOY 24 HOUR TRACK RACE, Tooting Bec, October 12/13th 1996

Final result

Val Case

1 William Sichel	M43	Moray RR	202.549k	125M-1510Y
2 Roy Grew	M56	100k Association	191.412k	118M-1651Y
3 Peter Hamson	M48	100k Association	185.500k	115M- 465Y
4 Jeffrey Covell	M53	Buxton AC	178.689k	111M- 57Y
5 Christine Gray	W43	Portsmouth Joggers	178.373k	110M-1471Y
6 John Lucas	M48	100k Association	175.078k	108M-1388Y
7 Patricia Bonner	W56	Finch Coasters	173.861k	108M- 57Y
8 Mark Silkeld	M37	100k Association	168.013k	104M- 701Y
9 Bob Jones	M53	100k Association	166.463k	103M- 766Y
10 John Borland	M67	Finch Coasters	163.838k	101M-1415Y
11 Brenda Barnatt	W32	Buxton AC	161.624k	100M- 754Y
12 Kelvin Sherrington	M35	Sri Chinmoy AC	161.600k	100M- 728Y
13 Samuel Black	M51	Abbey Runners	160.298k	99M-1064Y
14 Rosemary Michie	W49	100k Association	150.400k	93M- 799Y
15 Max Jones	M69	Birchfield H	147.200k	91M- 820Y
16 Kevin Perry	M47	Southend AC	144.800k	89M-1715Y
17 Raymond Hoyle	M54	Watford H	140.812k	87M- 874Y
18 Les Huxley	M51	Barnsley AC	139.600k	86M-1308Y
19 Val Case	W59	Istead & Ifield	137.495k	85M- 766Y
20 Geoff Hoggett	M66	100k Association	135.647k	84M- 505Y
21 Jack McGiffin	M57	Portsmouth Joggers	122.469k	76M- 174Y
22 John Turner	M46	Blackheath H	121.200k	75M- 546Y
23 Richard Lucas	M28	Bitton RR	120.400k	74M-1431Y
24 Sam Moore	M48	Sospan RR	119.200k	74M- 119Y
25 Bob Ward	M43	Doncaster AC	116.800k	72M-1014Y
26 James Gordon	M33	Bitton RR	115.600k	71M-1462Y
27 Mary Howarth	W46	Steel City Striders	113.200k	70M- 597Y
28 Irene Wilson	W45	100k Association	102.960k	63M-1718Y
29 Peter Wirtzfeld	M38	Worthing Striders	94.000k	58M- 720Y
30 Mike Aris	M47	100k Association	77.200k	47M-1707Y
31 Barrie Bedford	M55	Barnsley AC	69.200k	42M-1758Y

AUSTRALIAN CENTURION RACE WALKERS

Founded 1971

President	Tim Thompson	08-3885550
Vice-President	Dud Pilkington	
Sec/Treasurer	Tim Erickson	03-93792065

CENTURION 100 MILE RACE RESULTS

05 - 06 October 1996

George Knott Reserve Clifton Hill

For Ultramag readers who may not know of its existence, the Australian Centurions Club honours the performance of those athletes who WALK 100 miles within 24 hours. The club was formed in 1971 and is one of a number of such Centurion Clubs in various countries.

We hold our event once per year. We do not require that walkers walk with a strict racewalk technique as that would be next to impossible to maintain for 24 hours. We simply require that the entrants walk rather than run. While most of our successful members have been racewalkers, there have been a number from the ultra-running ranks, including Jim Turnbull, George Audley and Stan Miskin.

The annual Centurions Club 24 Hour walking event is over for another year and the result saw the addition of two new members to this elite club.

Final results are as follows:

Robin Whyte	54 Years of age	100 Miles	20:37:12	Centurion No 29
Merv Lockyer	65 years of age	100 Miles	23:45:51	Centurion No 30
Peter Waddell	65 years of age	100 Km	14:49:43	
Sydney Elks	71 years of age	30 Km	03:36:29	

Significant splits are as follows

	Marathon	50 km	50 miles	100 km	100 miles
Robin Whyte	04:50:50	05:48:21	09:32:15	12:09:59	20:37:12
Merv Lockyer	05:41:33	06:50:07	11:16:59	14:30:19	23:45:51
Peter Waddell	04:41:33	06:53:37	11:42:16	14:49:43	

Melbourne turned on its usual fickle weather. Saturday morning saw continuous rain that did not let up and it was still raining at the start time of 2PM. The hope of a quick cessation was soon dashed as it rained steadily until about 10PM. Thus the first 8 hours were walked in wet conditions with competitors having to negotiate puddles and try to stay warm as best they could. It eventually stopped and the cloud cover fell away to reveal a cold night with low mist. Luckily the rain stayed away after that and the rest of the race was walked in cool and overcast conditions (almost ideal conditions on Sunday morning).

A field of 4 greeted the starter's gun and set off on Saturday afternoon. Let me elaborate on the performance of each competitor to give you a glimpse of the excitement of the race (yes, such races can actually be quite exciting events for those of us who appreciate them).

Robin Whyte is a walker of long standing. He is a former Australian 50 Km champion and represented Australia at World Championships over that distance in 1976. Robin had previously tried the 100 miler in 1978 at Gosford in NSW but had retired at the 70 mile mark. It had taken 18 years before he fronted once again and he was determined this time to complete the distance. He started at a brisk pace (2:45 laps) and maintained this pace till the 50 mile mark. By this stage he was gradually slowing towards 3 minute laps but he showed no real signs of trouble. At 90 km he took his only break for the entire race - a 5 minute break to change into dry clothes. Then he was off again and maintained a pace of between 3:00 and 3:30 for the rest of the race. He was determined not to stop, remembering what had happened last time in Gosford. Those present could see that the last quarter of the race was walked on guts as he was suffering intensely. But there was never any real likelihood of him retiring and it was a very pleased competitor who crossed the line just after 10:30 AM on Sunday morning. His feet were a

mess with bloodied shoes and he had to be helped from the track - but this is a small price to pay and only a temporary inconvenience when compared with the great achievement of walking 100 miles inside 24 hours.

Merv Lockyer was the surprise packet of the weekend. At 65 years of age, Merv was not highly rated by those in the know - especially when it was known that he had sustained a heart attack some 5 years ago and had at one other stage had a plastic knee replacement operation on his left leg. But there were rumours of the long training sessions done and the strength of the man so we were interested to see how he went. And he is from Ballarat and we know how tough Ballarat competitors can be. Well, he certainly did himself proud. He started off at a conservative pace of just over 3 mins per lap but just kept it going at between 3 mins and 3:30 per lap for about 80% of the 100 miles. Only in the dying stages of the race did he slow towards 4 min laps but by then, he was safe with enough time up his sleeve. He certainly struggled in the second half but amazingly, he managed to maintain his lap times. This is an indication of his sheer strength and determination. He suffered badly with his plastic knee and was forced on numerous occasions to stop briefly for a rubdown or take some pain killers. But he obviously had confidence in his own ability and his support team looked after him very well. He finished in good spirits and was able to walk from the track, not bad at 65 years of age and after 100 miles of walking.

Peter Waddell has been racewalking for a long time now and was one of the top walkers in the early sixties. That is many years ago now and it is surprising to find out that Peter has never tried this sort of race before. At 65 years of age, he thought it was time! Yet he confided to me that he had only very limited preparation and was setting his goal this year at 100 Km. He started off with Merv and they walked together for most of the way. Peter achieved his goal of 100 Km without any major problems. Certainly he was very tired at the end but he knew that with a better preparation, he could have gone on and perhaps given the 100 mile distance a shake. So perhaps we will see Peter back again next year with more miles under his belt and ready to take the mantle from Merv as the oldest Australian to have walked 100 miles within 24 hours.

Sydney Elks is a recent addition to the Veterans scene and at 71 years of age, was having his first foray into the distance scene. His previous furthest race was 10 Km and he had set his sights on doing 30 Km this weekend. He did that comfortably in the fine time of 03:36:29 and will no doubt be back to improve on that in future events.

Special Thanks must go to the following

- Ron Miller and Bob Gardiner of the Victorian Walkers Club who helped ensure the event ran smoothly
- Carmela Carrassi and members of the East Brunswick Athletics Club who helped throughout the race
- The Collingwood Harriers who kindly let us use the George Knott reserve and clubrooms
- The members of the Centurions club who supported and urged on the competitors
- The support teams who looked after the competitors and helped with the timesheets
- Centurion Chris Clegg who travelled from the USA to be present and welcome the new Centurions
- The many people who helped out in various ways with both moral and physical support

Congratulations to those who competed. All contributed to a really successful weekend of competition. I look forward to meeting you all again at similar events in the future.

Tim Erickson
Centurion No 13

08 October 1996

SRI CHINMOY 24 & 12 HOUR TRACK RACE - 26/27 OCTOBER 1996 - REPORT
by Jerry Zukowski

At 7pm on the 25th October, at the Harriers' Race Track on South Terrace parklands, the Sri Chinmoy members held a pasta night for the runners and helpers to get together and meet each other, have a good time, eat good food, listen to stories and just relax and mingle a bit.

The 26th October was a glorious morning and after all the runners were introduced over loud speakers, a quick slap of Vaseline and a puff of talc, we were off. The weather remained fantastic all day and there was a great race from the start with Peter Gray leading for the first hour, and Allan Devine taking the lead for the next couple of hours until David Standeven took over and just pulled away. Anyce "Kip" Melham was having a great run until his back started playing up, but after a short rest and a sleep, still managed a great 151+ run. Both the Twartz brothers put in great runs and so did New South Welshman Brett Molloy (g'day mate!). Well this year, I kept my shoelaces loose, didn't take off too quick, tried pacing myself and managed to run about 100 metres LESS than last year (when it rained and blew a gale all night!) So next year, I reckon it's flat chat and damn the torpedos.

Sri Chinmoy National 24 Hour Championship 1996

15th Annual

October 26-27 1996

The weather was almost perfect for the event. Cloudy and mild during the morning with light breeze blowing during the sunny afternoon and a still cool night.

The race until 100km appeared to be two man event with David Standeven, the reigning champion, and P  ter Twartz neck and neck. Peter was one second behind David at the marathon mark; they crossed the 50km line together and although Peter was almost 3 minutes behind Standeven at the 50 mile mark, he stayed with him to be only 2 minutes 58 seconds behind him at the 100km mark. The cat and mouse game was too much for David who decided to head on out beyond the entire field, including Twartz, to pass the hundred mile mark a good 31 minutes ahead of Peter, who was struggling with a stiff ankle.

David, who had a six week spell off running just one month before the 24 hour race, went on to prove what a real champion he is by running on to a 219.037 kilometre finish.

The field had a truly national feel to it with four Victorians, two New South Welshmen and 11 South Australians. Where were the Tasmanians, Queenslanders and West Aussies?

Cliff Young presented with the hope to take out his age record - 70-74, however, although he was on target for the first 10 hours, he slipped off the pace and came in 28 or 29 km under his goal, but finishing in a very creditable 9th spot.

John Twartz, Peter's older brother, took out third place this year with the two brothers reversing their positions from last year. Other runners who performed well were Michael Graying, in fourth spot, who almost pulled out when a dizzy spell hit him at around the 16th hour. However, he soldiered on with the help of a cup of tea and the sterling efforts of the sports chiropractic staff who were on hand for almost the entire race.

The women's event saw a novice, Fiona Baird, from the Sri Chinmoy Marathon Team take out first place with a distance of 142.161km. She remained cheerful and determined for the entire race, later commenting on the way in which the encouragement and camaraderie of the other runners kept her going. The second woman, Susan Bardy, who at 63 must be the oldest woman in Australia to still be participating in 24 hour runs came in at 13th place over all with distance of 130.591km. We would like AURA to declare this an age record - unless someone comes forward to challenge.

This year there were only four takers for the 12 hour event, which started at 8pm and went through the night to finish at the same time as the 24 hour event. Tom Naylor easily stood first with a distance of 92.176km. Stan McCartney and 18 year old daughter, Erin added the family touch to this event.

The 1997 SRI CHINMOY NATIONAL 24 HOUR, incorporating the 12 Hour peace race will also include a **100 km Track State Championship** event commencing at 12 noon. THE DATES FOR 1997 ARE OCTOBER 25 - 26.

For more information please write to Sipra Lloyd, PO Box 554, North Adelaide, 5006.

Sri Chinmoy National 24 Hour Championships 1996

NAME	Final Distance	Marathon	50km	50 miles	100km	100 miles	200km
1. David Standeven	219.037km	3:45:31	4:24:46	7:12:29	9:11:00	16:18:53	21:01:02
2. Peter Twartz	188.237km	3:45:32	4:24:46	7:15:08	9:13:58	16:49:00	
3. John Twartz	180.482km	4:22:26	5:12:52	8:44:59	11:06:21	20:19:49	
4. Michael Grayling	173.679km	4:08:32	5:09:26	9:20:40	11:53:54	22:20:15	
5. Peter Gray	165.927km	4:00:49	4:57:18	8:40:59	11:02:58	22:57:44	
6. Brett Molloy	155.006km	4:37:45	5:32:30	9:15:48	11:59:59		
7. Allan Devine	151.200km	3:40:14	4:27:39	7:55:35	10:16:49		
8. Anyce 'Kip' Melham	151:129km	3:52:09	4:42:57	8:26:02	11:14.51		
9. Cliff Young	146.817km	5:18:42	6:32:27	11:19:59	14:44:30		
10. Fiona Baird	142.161km	5:29:20	6:27:38	10:40:06	14:02:35		
11. Jerry Zukowski	134.941km	4:45:16	5:44:16	11:37:30	15:07:33		
12. Ross Martin	132.251km	5:52:42	7:27:45	13:04:09	17:05.50		
13. Susan Bardy	130.591km	5:59:30	7:18:08	12:33:02	16:50:00		
14. Dean Brown	120.957km	4:46:11	6:02:50	11:36:12	16:18:15		
15. Terry Buxton	106.034km	5:24:50	6:52:25	13:01:31	21:44:55		
16. Peter Uppal	101.032km	5:00:46	6:38:47	11:30:20	15:26:02		
17. Rosemary Naylor	64.176km	7:55:15	9:18:48				



Sri Chinmoy 12 Hour Race Results

Name	Final Distance	Marathon	50km	50 miles
1. Tom Naylor	92.176km	4:46:01	5:48:18	10:10:47
2. Stephen Schwartzkopp	74. 522 km	5:12:07	6:43:31	
3. Stan Mc Cartney	51.646 km	9:10:12	11:23:41	
4. Erin Mc Cartney	44.446 km	11:13:03		

Cliff Young, ninth placegetter in this event.

RAINBOW BEACH TRAIL RUN 1996

9th Nov.

Laura McCloskey

When Ian suggested a running holiday at Rainbow Beach I cringed and my mind flashed back to other running holidays we had taken. When I reminded him of these other disasters he shrugged and said they were not that bad, anyway the children are older now.

I am not being negative but our first holiday was in 1986 to run the Adelaide Marathon, with a 3 year old and an 8 month old baby in tow we hopped on a train to Adelaide. Ian ran his best ever Marathon while I looked after the children. Next day was time for sightseeing but Ian was very tired and laughed when I was chased at the zoo by an ostrich only coming to my rescue when Craig, the baby, screamed. Funny that Ian felt great when I suggested a bus trip to the Barossa Valley winery's!!

The next year we made the trip to the Gold Coast. After the run that evening we went to the Seagulls club for their roast night. Craig, now 18 months was great until we sat down to eat and then he started to cry and then scream!! It did not matter what we did to pacify him it did not work so we left without finishing our meal. Next day he had 4 big teeth!!

Two years later we attended the Gold Coast Marathon again, this time Craig spent 5 days in hospital with pneumonia!!

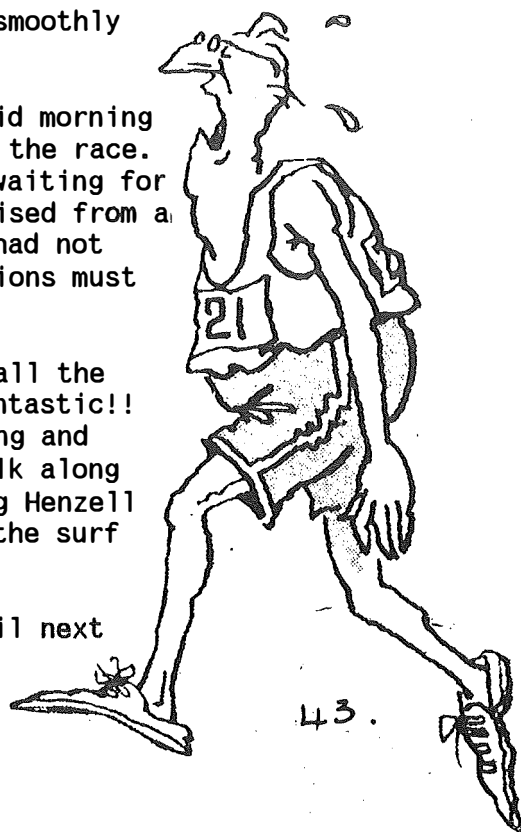
With these memories in my mind we headed to Rainbow Beach. It was a nice drive with the children only asking are we there yet? twice. On arrival at the Rainbow Beach Holiday Village we were made to feel very welcome by the staff and I started to feel relaxed at last. A quick look around the place and I could see that the children could not get lost or get into any mischief. We had a lovely swim at the beach and rested for the next day.

Ian got to the start at 5.25am with Pete Gibson and the race started. When I went to the turnaround point at the Surf Club to make sure Ian had everything the race was progressing smoothly for him.

I was keep busy at the beach with the children until mid morning when we headed back to the surf club for the finish of the race. Gary Parsons won the 52km event in great style. While waiting for Ian to finish Arthur Cox finished all bloodied and bruised from a fall. I thought of Ian's shuffling style and hoped he had not come to grief, thank goodness he did not!! Congratulations must go to all those who took part in this event.

The surf club did a great job staging this event with all the water stops well stocked. The steak sandwiches were fantastic!! Our older son, Dale, had two!! While Ian was recovering and waiting for the presentations Dale and I went for a walk along the beach to the coloured sands. They were lovely. Greg Henzell drove by in his lovely 4wd and gave us a lift back to the surf club, thanks Greg!! I had never been in a 4wd before.

I really was impressed by this run and cannot wait until next years running holiday!!



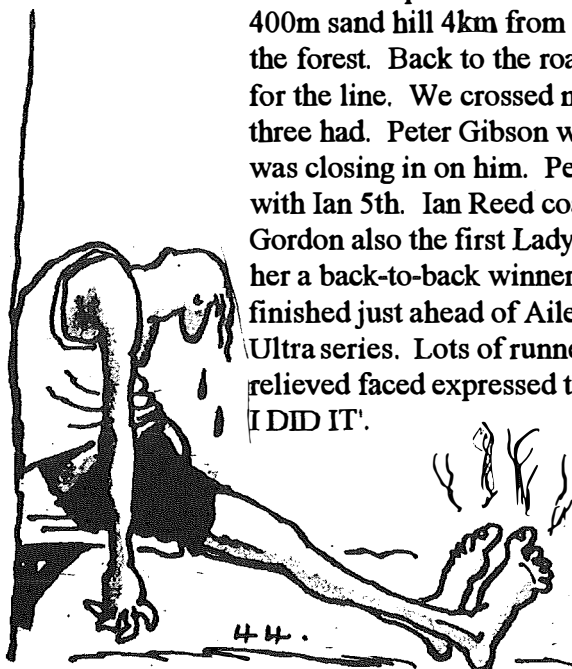
Fun in the Sun

Well it was the last event in the 1996 season for the Queensland Ultra Runners Club. Rainbow Beach was the venue, a leisurely 3.5 hours drive north of Brisbane. Denis Parton local Park Ranger and Race Director was all smiles as 59 runners headed out on his Beach/Trail runs. There was a choice of 15km, 31km, and 52km, all events were testing but very enjoyable and satisfying.

At 5.30am the 52 and 31km events headed out along the beach, the sand was not so firm this year. Paul Woodhouse and Nichole Carroll setting the pace out front in the 31km event. Brian Evans and Walter Keleman headed the 52km group with Peter Gibson perched on my shoulder. As runners headed off the beach a mixed bunch of entrants were looking good, Philip Clark, Michael Schultz, John Fisher, Steven Hayes, Peter Gibson and myself from the 52km event, but Paul and Nichole had only left footprints for us to follow. We all headed out for the first of two out and back 21km legs, sandy trails to rainforest roads, some ups and downs and at the 10.5km a turn and back you go.

Its good on the return, you pass all the runners behind you, you can judge how they are going, say hello etc. While on the return I saw that Lyn Gordon was leading the 52km ladies section followed by a smiling Aileene Markham. Rosemary Crouch said hello and then my wife Sharon and Angela Clark both gave me a wave. Phillipa Bolt looked in control and Shelley Smith was digging deep. About 2km from the start/finish line you come out of the forest. Its here that you can check out your position in the events. Brian and Walter were just about 200m ahead of me. We hit the turnaround, changed drink bottles, times are taken and out we go. The 31km runners Paul, Nichole, John Steve and Philip are finished. On the way out I say hello to Peter Gibson, Ian Reed, Peter Sinfield and my training partner Ian McCloskey (Brian, Walter and myself are in sight of each other most of the time). A g'day is exchanged between me and Kelvin Woods as we pass, then the three of us turn, Walter, myself and Brian in that order only 10.5 km to the finish.

At 9.00am the 15km event started so on our final return we are running home with the leaders of that event. It was lifting and you felt a spring return in your step. I mentioned ups and downs earlier, well a 2km climb starting at 8km point and a steep 400m sand hill 4km from the finish saw a change in the order when we came out of the forest. Back to the road now its time to get some rhythm into the stride and head for the line. We crossed myself first, Brian second and Walter third, a great tussle we three had. Peter Gibson was able to see at the last turnaround that Ian McCloskey was closing in on him. Peter held onto a 4 min break and crossed in fourth position with Ian 5th. Ian Reed coasted home to take out 6th place. 7th over the line was Lyn Gordon also the first Lady. The win gave her the Ladies Ultra Series for 1996, making her a back-to-back winner. Kelvin Woods had just returned to full training and finished just ahead of Aileene Markham who finished 2nd place Lady and 2nd in the Ultra series. Lots of runners are coming in now from all three events, some very relieved faced expressed they were glad it was over and others had that look of 'YES I DID IT'.

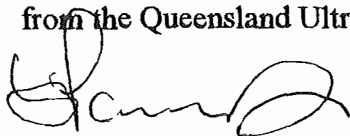


" de agony of de feet "

During the race, Denis Parton the race director is constantly checking runners and checkpoints in his FWD. The out and back course is safe with trails that are well marked, and manned stops with water, food and COKE, which made for a relaxed run for all competitors.

After the race some wandered around, some showered and all returned satisfied with their efforts to the 3.00pm presentations at the Surf Lifesaving Club. There was food and drinks available and all proceeds from the event and sales went to the Surf club. The Surf Club president John Greaney along with the race director Denis Parton handled the presentation like old pros. Locally made trophies featuring the Rainbow Beach coloured sands encased in glass looked good, and the many random prizes put the icing on the cake. Most runners stayed Friday night for the Saturday morning Race, partied Saturday night and up for the ritual Sunday morning recovery run then about noon drove home with some great memories of good times and a fantastic weekend.

Thanks to Denis Parton and his many helpers from the Surf Club for a great event, from the Queensland Ultra Runners.



Gary Parsons
Vice President QURC.

RAINBOW BEACH TRAIL RUN

52 KLM

<u>COMPETITOR</u>	<u>1ST TURN</u>	<u>FINISH</u>	
PETE GIBSON	2.50.43	5.28.23	
IAN REED	2.53.25	5.43.48	
KELVIN WOODS	3.18.30	6.29.38	
PETER SINFIELD	2.58.20	6.42.07	
COLIN COLQUHOUN	3.21.39	6.58.23	
IAN McCLOSKEY	2.59.09	5.33.08	
SHELLEY SMITH	4.09.45	8.09.19	
GARY PARSONS	2.41.29	5.00.19	1ST
BRIAN EVANS	2.40.55	5.02.39	2ND
WALTER KELEMEN	2.40.41	5.14.55	3RD
LYN GORDON	3.11.31	6.06.34	1ST
AILEENE MARKHAM	3.32.20	6.30.20	2ND
PHILLIPA BOLT	3.39.02	7.14.02	3RD 45 .

**"THAT DAM RUN" and ECNZ
the IAU Australasian 100km Championship
Incorporating 42km, 21km
MILO Marathon School Relays
&
Phillips 100km Adult Relay**

The 5th anniversary of "THAT DAM RUN" was highlighted by a 300% increase in the number of runners, as well as the return of 1995 men's co-champions Andy Magier (Poland) and Sani Badie (Australia). It was their decision to cross the finish line arm in arm in 1995 that underscored the feeling of camaraderie that exists at this New Zealand event and is indicative of the sportsmanship that still exists in the grueling 100km road race.

Wearing identical #1 number bibs, both runners were ready to stage another battle in 1996. While breaking the Australasian and Course record could not be guaranteed (6:37:17 set at TDR '95 in a world top-20 time for 1995), as holder of the 1996 world best (6:24:11), Magier was confident and Badie, having raced over 50km and shorter events this year was fresh. Indeed, based on these performances, Badie had been offered a spot on the ~~USA~~ ^{Bosnia} Atlanta Olympic Team in marathon, but, due to other considerations had elected not to go.

Good friends, as well as competitors, Badie and Magier discussed an assault on the record prior to the race. Their plan, to run together through 65kms with Magier then setting off in an extended effort to pull Badie through the wall at 85 - 90kms and the opportunity to go for the record.

The best conceived plans do not always go according to intention, particularly in an event of such duration and requiring such human endurance as the 100km run.

Race morning was cold, wet and very windy, Badie was suffering from a strong flu and, as it turned out, Magier was to succumb to the effects of four previous world-class 100km races in 1996.

As early as the 5km split it was evident the combined elements were having an impact. Going through 5kms in 21 minutes, Badie expressed his concern that they were two minutes off pace and needed to pick it up. Magier responded that his legs felt like weights.

Sani could sit and wait, hoping for Andy to come right before his own flu got the better of him, or he could make a go of it on his own. He chose the latter, determined to shape the result - for better or worse - rather than leaving it to chance.

With only 100km relay teams for company, Sani Badie set off on a 95km individual effort. The time (7:29:29), while well off his Australasian and course record was good enough to earn a well deserved second consecutive Australasian 100km Title.

In retrospect, Badie said, "This was one of the most difficult runs of my career. My body said stop, stop so many times...but the mind told me to go on."

Kiwi woman, Val Muskett, running in only her second 100km event (the first at TDR 1995), lead the women's race from the start, finishing second overall in an impressive time of 8:48:55 - 52 minutes faster than her time, run under much better conditions, in 1995. In fact, it was the fastest time by any New Zealand woman on the TDR course and ranks Val among New Zealand's top-10 all time.

While such an outstanding performance must be recognized, some recognition must also go to her husband/coach, John, who can rightfully claim credit for providing the proper incentive along the way. At 80kms, with the wind doing its worst, Val sat on the side of the road, her head in her hands, ready to give it all away. Coach applied wise words and inspiration to get her back on her feet, (the guts of which are a coach's well kept secret). The end result was that Val did back on the road and her finishing time is remarkable.

Val was followed home by New Zealand 100km World Challenge representative Caroline Andrew from Auckland in 9:50:40 and first time 100k'ers Marie Connolly (NZ) and Paula Briggs (NZ).

Andy Magier, looking to run an 82km New Zealand trail race only six days after TDR, thought better of thrashing himself for the full 100kms and pulled out at the 70km mark. However, his charm, charisma and exceptional ability were appreciated by all who participated in the event. This is especially true of the children who started with him while running in the MILO Marathon School Relays.

To further emphasize his presence in New Zealand, 1996 world #1 Magier, has expressed his desire to remain in and run for New Zealand. This would be an exceptionally positive development not alone for the 100km event, but for all New Zealand running. Magier's experiences, which include competing internationally at events such as the world x-country championships as well as numerous 'elite' ultra events could provide valuable input into New Zealand's running renaissance.

It must be noted that in 1991, Magier's coach suggested that a 2:15 marathon was never going to be fast enough to impact on the international scene. He believed, however, that as an exceptionally strong runner Andy could be among the world's best in the 100kms. So it came to be.

As with most 100km runners, Magier's training is marathon oriented and his ability to perform with distinction over the marathon distance was expressed at the West Coast Marathon in Greymouth last year when, only three weeks after TDR '95, Andy won the event, breaking the course record by over nine minutes.

"THAT DAM RUN" hopes to raise the awareness of the 100km running event in the Southern Hemisphere through the participation of such 'elite' athletes as well as also by incorporating the more readily accepted distances of marathon, half marathon with an adult relay (2 - 10 people), over the 100km course and a children's relay over the 42km course.

The MILO Marathon School Relays and the Phillips 100km Adult Relays accomplished this by bringing runners of all ages and abilities to participate in the running.

School teams from Southland, Otago and Canterbury participated in the well sponsored MILO section of TDR. Twizel Area School, named for some unexplained reason SIDEWAYS, won the event outright in a respectable marathon time of 2:54:04. To go with their victory they were recipients of a perpetual trophy, medallions, certificates and heaps of Milo sports gear. However, it was the Ranfurly-Maniatoto 'Maniacs' who copped the best spot prize - a \$900 Seiko stop watch. (All teams received the SafeShape software program to use in health and PE classes as a tool for increased fitness and interest in fitness.)

The Phillips 100km Adult Relays brought teams with names like *Smegg Leggs* to participate against the *Hydro Chicks*, *Boffins*, *Low Speed Dynamos* or the Otara Veterans Association *Jets & Sharks*. It made for a musical review, particularly out on the course when support vehicles were included in the choreography.

The eventual winners were the 54+1=100 team from Dunedin, with the *Nestle Suckers* (Oamaru) bringing up the rear. However, as a participation oriented event the placings didn't matter and the enthusiasm was great. The major spot prize, a trip to go swimming with dolphins at Dolphin Encounters, Kalkoura, went to the *Escargones* of Milton.

Setting the precedent for an ultra road run in New Zealand, TDR 1996 hosted 264 runners with an additional 180 - 200 helpers and handlers. At the centre of this flurry of running activity, public participation and outright fun is the IAU Australasian 100km Championship event with its contingent of international athletes who are among the best runners to compete on New Zealand soil. They, share not only their experiences in sport with the rest of the field, but also their culture and life experiences.

As Race Director, Scott Leonard pointed out, "It was inspirational to view the starting line. There were club runners, social teams and teams of school children lining up and sprinting off with Badie and Magier. The buzz was audible, as were the positive, often awe inspired comments issued upon finishing."

46 After all, recalling the Magier/Badie combination in 1995, even the first relay team of 1996 - made up from five good club runners finishing in a respectable 6:48:20 - would have finished eleven minutes astern. This statistic should inspire and motivate others to reach beyond the marathon to see what they can do there.

Solo effort to take 'That Dam Run'

By Jeanne Gray
Oamaru: The fifth "That Dam Run" 100km event from Kurow on Saturday was a solo run for the winner, Safet Badic, of Australia, who battled a bad cold to run 95km of the race on his own.

He completed the run in 7hr 29min 29sec, almost an hour behind last year's record time of 6hr 37min 17sec, when he and Poland's Andy Magier crossed the line together.

Saturday's conditions were more difficult for the runners. Most felt the cold in the early stages of the race after setting out from Kurow at 6am.

They had to contend with strong winds on the leg to Otematata.

After crossing the Benmore dam, the wind stayed behind them mostly until the 15km return journey from up the Hakataramea Valley to the finish at Kurow.

Val Muskett, of Gore, was ready to give up her run at the 80km mark, especially after she remembered what it was

like running into the north-west wind the year before. But after a rest and plenty of coaxing from her supporters, she carried on to take second place and be the first woman home in a time of 8hr 48min 55sec.

The fact that she was running second was also a big incentive and after a rest she "slowly got it back together".

It was the second 100km run for Muskett, who completed her first 100km run at Kurow last year to be the fifth woman home.

She managed to knock nearly an hour off her previous time, despite windy conditions and feeling "absolutely frozen" during the first 20kms.

Auckland's Caroline Andrew comfortably held second women's place, finishing in 9hr 50min 40sec, Dunedin's Marie Connor was third in 10hr 48min and 59sec and Levin runner Paula Briggs was fourth in 12hr 9min 54sec.

There were several runners in contention at the 50km

stage, with Badic recording a time of 3hr 35m 10sec, followed closely by Roland Meyer, of New Zealand, who later withdrew from the race.

Muskett completed 50km in 4hr 9min 45sec, followed by the eventual third-placed runner, Heinz Wieser of Wellington. He ran the 50km in 4hr 12min 18sec and went on to finish in a time of 9hr 9min 50sec.

Last year's joint winner, Magier, had had enough at the 70km mark. After running five ultra marathons this year, he was treating Saturday's event as a training run and decided not to push himself too hard.

Event organiser Scott Leonard was pleased with Saturday's events and the feedback he had received. The school relay teams were very enthusiastic and he was keen to see more adult teams next year.

He would also like to see an increase in individual participation.

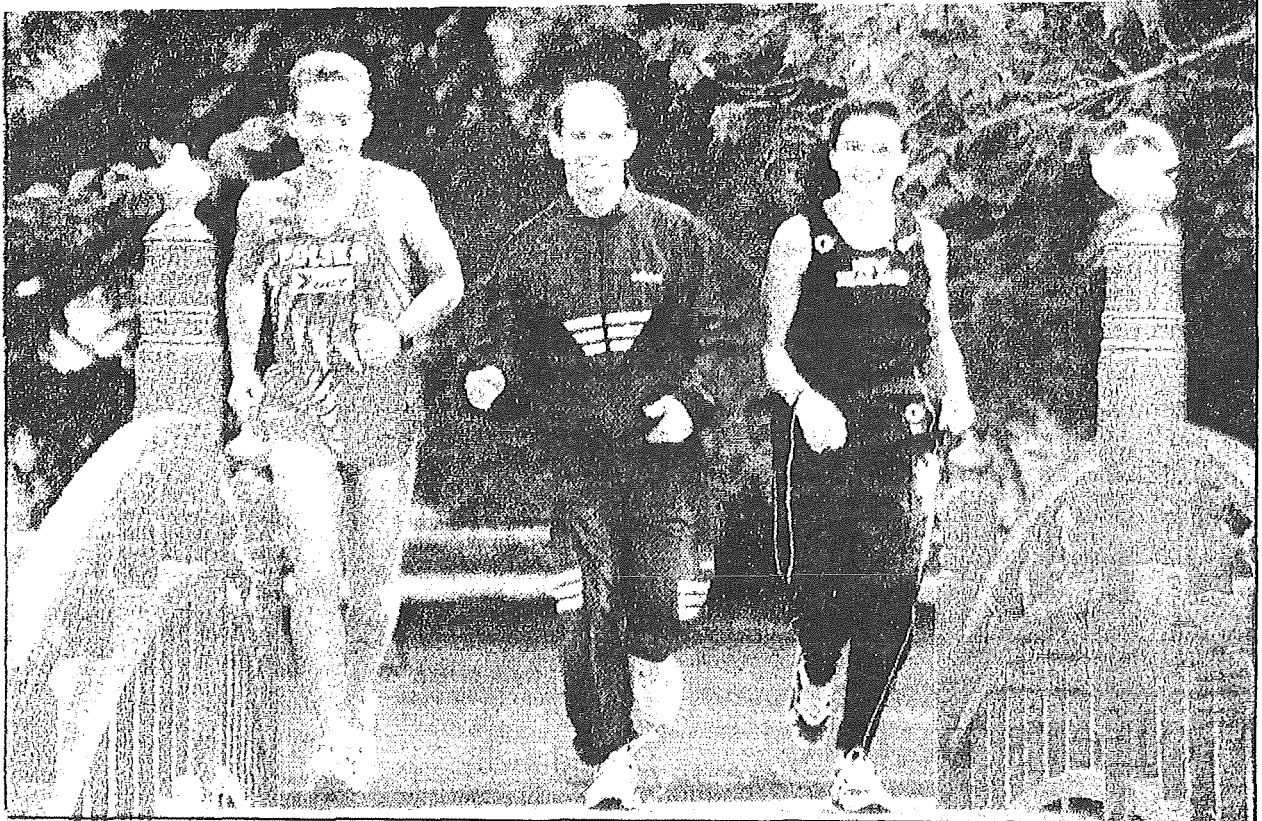
Some of the best ultra-distance runners in the world

were coming for the event and it would be good to see many more individuals running with them, he said.

Badic said after the race that with a bad cold he almost pulled out of the race and for about 60% of the time he felt terrible. He ran the first 5km with Magier and they had planned to push each other during the race, but that did not eventuate.

He said it was difficult to run by himself all the time, as "you can't pace yourself". The last 20kms of the run were the most difficult, although it was also hard not seeing any other runners for the first 70km.

The "5+1=100" team from Dunedin recorded the fastest time for the 100km relay with a time of 6hr 48min 20sec, followed by the OVA Jets from Otago in 6hr 57min 57sec. A young Civil Service team from Dunedin was third in a time of 7hr 27min 2sec, coming in just ahead of race winner Badic.



Entrants in this year's "That Dam Run" (from left) Andrzej Magier, of Poland, Safet Badic, of Australia, and Caroline Andrew, of Auckland, find time to fit in a gentle training run in the Oamaru Gardens yesterday.

20 to contest 'Dam Run' honours

By Jeanne Gray
Oamaru: Australian Safet Badic, one of last year's winners of "That Dam Run" 100km race, is hoping for cool, calm conditions for the race, which begins at Kurow at 6am tomorrow.

Last year, Badic and Andrzej Magier, of Poland, crossed the finish line together in a race record of 6hrs 37min 17sec, which was a world top 20 time for 1995.

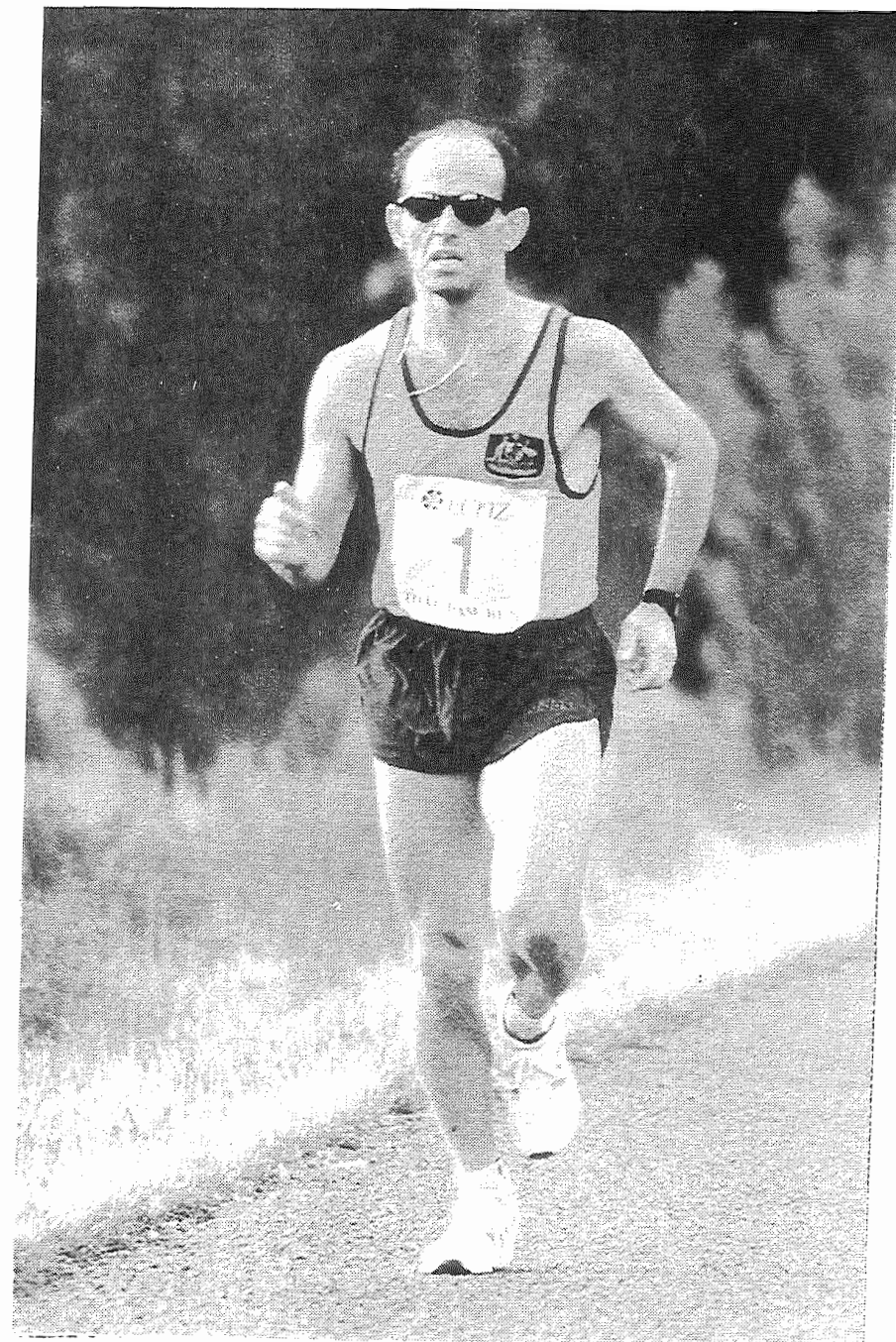
Twenty competitors will

take part in the 100km event. Of the 20, about half have previously competed.

There are also 42km and 21km individual races, marathon school relays and 100km relays. At least 200 competitors were taking part in the

relay events, race director Scott Leonard said.

The extra events would allow a greater number of competitors to take part and would also enable them to watch the 100km runners, he said.



Safet Badic, Australian winner of "That Dam Run" , November 16th, 1996.
 Congratulations from all of us Safet!

1996
AUSTRALIAN 6 DAY RACE AT COLAC VICTORIA
 Phone 312288 Fax 312111

POSITIONS AT

3 PM

DAY NO 6

144**HOUR**

Pos	Name	No		Day1	Day2	Day3	Day4	Day5	Day6
1	I CURTIS	3	Laps	467	382	324	305	327	285
Total	2090Laps	836.0Klms	Klms	186.8	152.8	129.6	122.0	130.8	114.0
2	G AUDLEY	1	Laps	422	307	317	324	343	329
Total	2042Laps	816.8Klms	Klms	168.8	122.8	126.8	129.6	137.2	131.6
3	A LUCAS	10	Laps	442	311	285	251	345	328
Total	1962Laps	784.8Klms	Klms	176.8	124.4	114.0	100.4	138.0	131.2
4	K MANSELL	24	Laps	403	302	305	317	295	320
Total	1942Laps	776.8Klms	Klms	161.2	120.8	122.0	126.8	118.0	128.0
5	P GRAY	6	Laps	348	279	268	255	281	321
Total	1752Laps	700.8Klms	Klms	139.2	111.6	107.2	102.0	112.4	128.4
6	J KOCOUREK	9	Laps	489	286	277	214	170	226
Total	1662Laps	664.8Klms	Klms	195.6	114.4	110.8	85.6	68.0	90.4
7	B BEAUCHAMP	2	Laps	394	299	290	261	205	185
Total	1634Laps	653.6Klms	Klms	157.6	119.6	116.0	104.4	82.0	74.0
8	G WATTS	16	Laps	352	281	206	260	167	164
Total	1430Laps	572.0Klms	Klms	140.8	112.4	82.4	104.0	66.8	65.6
9	C YOUNG	17	Laps	336	218	216	229	208	196
Total	1403Laps	561.2Klms	Klms	134.4	87.2	86.4	91.6	83.2	78.4
10	J TIMMS	15	Laps	325	176	298	230	232	81
Total	1342Laps	536.8Klms	Klms	130.0	70.4	119.2	92.0	92.8	32.4
11	J LAKY	21	Laps	253	186	185	214	202	226
Total	1266Laps	506.4Klms	Klms	101.2	74.4	74.0	85.6	80.8	90.4
12	S SCANLON	14	Laps	353	205	179	187	166	167
Total	1257Laps	502.8Klms	Klms	141.2	82.0	71.6	74.8	66.4	66.8
13	N MORRISS	12	Laps	315	272	248	258	144	1
Total	1238Laps	495.2Klms	Klms	126.0	108.8	99.2	103.2	57.6	0.4
14	P ARMISTEAD	25	Laps	320	212	163	163	167	188
Total	1213Laps	485.2Klms	Klms	128.0	84.8	65.2	65.2	66.8	75.2
15	E JANOSI	7	Laps	282	190	180	188	178	182
Total	1200Laps	480.0Klms	Klms	112.8	76.0	72.0	75.2	71.2	72.8
16	A KRUGLIKOV	19	Laps	526	308	231	5	0	0
Total	1070Laps	428.0Klms	Klms	210.4	123.2	92.4	2.0	0.0	0.0
17	N MERCER	11	Laps	386	181	169	20	0	0
Total	756Laps	302.4Klms	Klms	154.4	72.4	67.6	8.0	0.0	0.0
18	D KETTLE	8	Laps	281	123	0	0	0	0
Total	404Laps	161.6Klms	Klms	112.4	49.2	0.0	0.0	0.0	0.0
19	R DAVIS	4	Laps	0	0	0	0	0	0
Total	0Laps	0.0Klms	Klms	0.0	0.0	0.0	0.0	0.0	0.0
20	K FISHER	5	Laps	0	0	0	0	0	0
Total	0Laps	0.0Klms	Klms	0.0	0.0	0.0	0.0	0.0	0.0
21	T RUSEK	13	Laps	0	0	0	0	0	0
Total	0Laps	0.0Klms	Klms	0.0	0.0	0.0	0.0	0.0	0.0
22	V KRISTENOK	18	Laps	0	0	0	0	0	0
Total	0Laps	0.0Klms	Klms	0.0	0.0	0.0	0.0	0.0	0.0
23	N KRUGLIKOV	20	Laps	0	0	0	0	0	0
Total	0Laps	0.0Klms	Klms	0.0	0.0	0.0	0.0	0.0	0.0
24	T COLLINS	22	Laps	0	0	0	0	0	0
Total	0Laps	0.0Klms	Klms	0.0	0.0	0.0	0.0	0.0	0.0
25	A REAYER	23	Laps	0	0	0	0	0	0
Total	0Laps	0.0Klms	Klms	0.0	0.0	0.0	0.0	0.0	0.0

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7 DAYS AT COLAC

by Peter Armistead

A sudden rush of blood about 10 weeks ago and I decided to attempt the Colac 6 day run. With my running background and a bit of training I didn't think it would be that tough. With the help of Bryan and Jan Smith I thought I'd be in the pink, Wrong again. The Saturday before my old mate Ross Shilston took me down and we spent a relaxing day around my old stomping ground Camperdown.

3 pm the next day saw 18 out of 25 entries facing the starter. I walked the first 30 yards thinking it to be an intelligent way for a novice to start. In hindsight, it may have been better to walk the first 3 days. The first 3 hours went comfortably until a knee pain slowed progress badly. Ross headed back home like a rat on a sinking ship and I was having thoughts that perhaps I should have been going with him, but I guess 4 hours in a 6 day run wouldn't have looked the best. Ultra runners ankles soon made me forget the knee pain, and the pain battle had really begun.

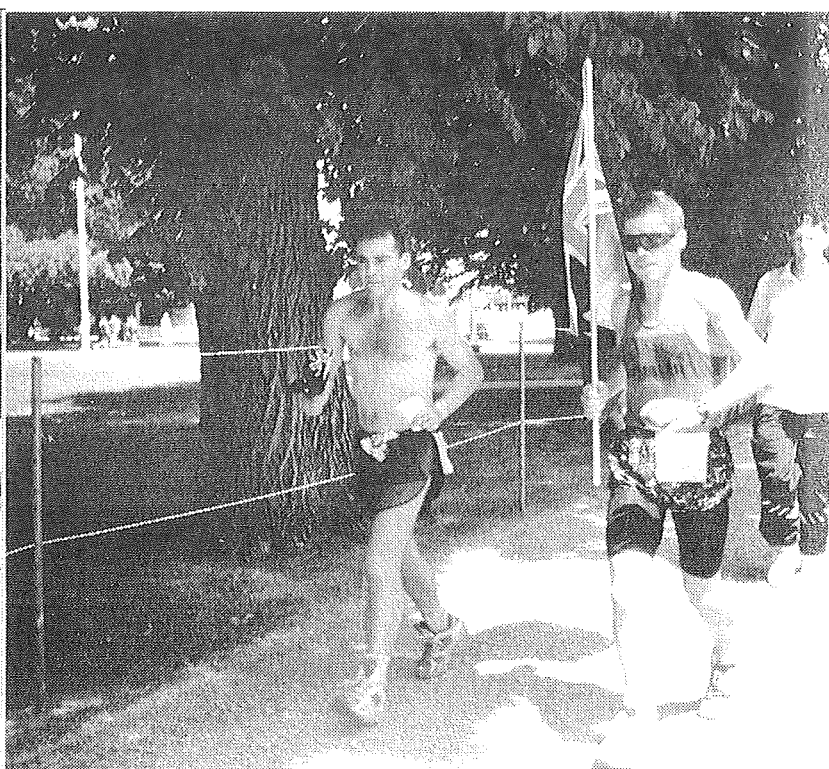
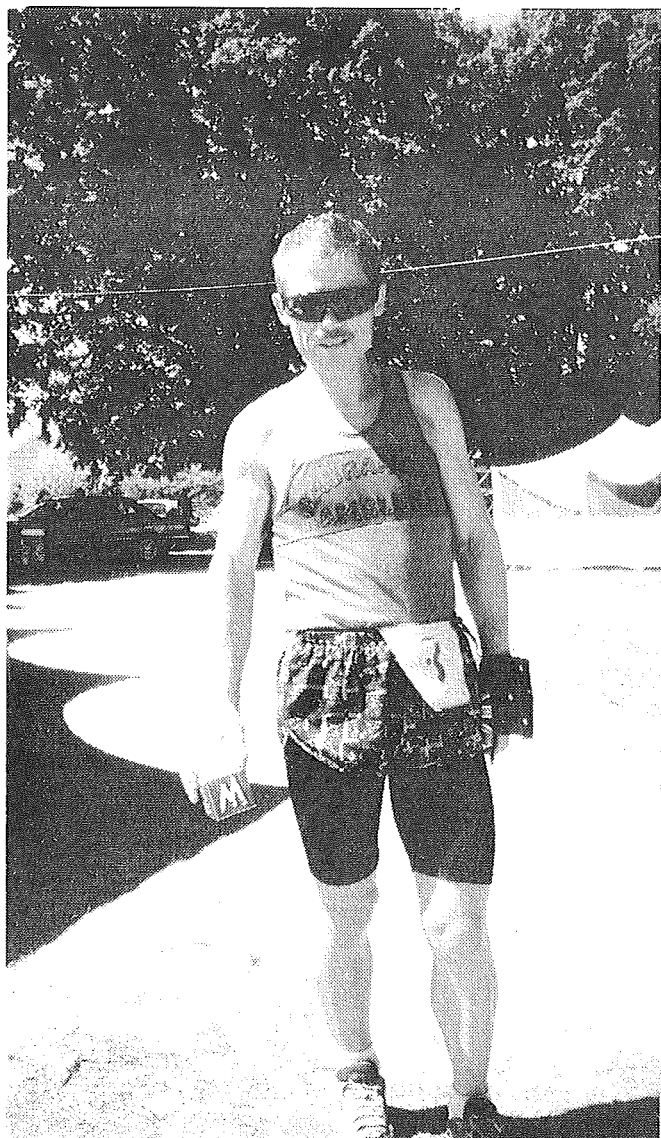
The very ordinary 128km on the first day was followed by an even more ordinary 84 km the second day. By this stage survival was my main thought. A talking to on Wednesday morning from the "Killer" Kevin Mansell got rid of any last thoughts of quitting and I spent the rest of the event getting through the minimum 65 km per day to survive.

Having a ringside seat to the battles between Ian Curtis and A. Kruglikov, Curtis and George Audley, and Andrew Lucas and Killer Mansell was a great privilege. The thing that impressed me most about the entire event was the spirit between the runners, and the way every time someone was down almost immediately someone would be on hand to lift their morale and get them back on track.

Tony Rafferty mentioned to me previously the old Zatopek saying "If you want to run, run a mile, if you want to live another life run a marathon." That saying should be extended to a 6 day race. I agree whole heartedly and think everyone should give it a shot before life passes them by.

One word of advice, if you do take up the challenge make sure you have a good crew on hand at all times. Mine let me down at times with visits to country properties, whilst another on arrival promptly spent the next few hours catching up on some sleep, although overall they did a good job with what they had to work with. I console myself with the old saying it is better to have tried and failed than to have never tried at all, and marvel more than ever at the efforts and likes of Yiannis Kouros and Bryan Smith.





Australian 6 Day Race
Colac, candid shots.
Top left: Ian Curtis, winner.
Top right: Andrew Lucas &
Ian Curtis.
Bottom left: Cliff Young
with his good mates Pat
and Godfrey Pollard.
Bottom right: Elvira Janosi,
winner of women's race.

A DECADE OF VANISHED SEASONS

HE COMPETED IN THE AUSTRALIAN SIX DAY RACE

10 TIMES. TONY RAFFERTY REFLECTS ON COLAC'S

ANNUAL ULTRAMARATHON

If survival is an art then runners in the Australian Six Day Race at Colac during the last decade are artists of the abstract. A canvas depicting the event: the personalities; the carnival atmosphere - may include circles, squares and rectangles representing the discipline of Siggy Bauer; broad, red stripes symbolising energy made visible of expressionist, Joe Record.

Expressing grace and charm of the belle of the track, Georgina McConnell - perhaps a rainbow. More red, pulsed with swirls and dashes typifying quick sprints, leaps and gaiety of John Timms; swabs of orange and yellow reflecting spectators' amusement and wonder; a dollop or two of black indicating - in two events - ugly scenes: late night brawls, alcohol abuse, smashed glass.

The annual event is about life in a concentrated form - a microcosm.

In 1984 the first six day race in Colac attracted corporate sponsorship which provided winner, Yiannas Kouros, a \$10,000 cheque. (The event followed a highly publicised 1,000 mile race the previous year, won by Siggy Bauer.) As years passed, despite world-class fields during the 80's, declining media interest, through a lack of professional marketing and promotion, resulted in poor prize money and a drop in public interest. Telephone calls seeking race information to metropolitan media outlets brought the reply: "We didn't know it was on."

From a time when major television networks sent cameras and journalists to the track, these days, to seek update reports people from outside the district must contact the *COLAC HERALD* or *RADIO 3CS*.

The grass, tree-lined track, always a topic of discussion among runners continues to be a controversial issue: some times hard as cement and ribbed by roots of elm trees; other times a quagmire - mud centimetres deep. Bryan Smith, three times winner, and except for Kouros, the only person to break 1,000 kilometres at Colac (1989) said, in a competitive race with suitable conditions the world six day track record could be broken. But not before "a decent track was laid".

The bend before entry to the back straight caused injury to a number of runners including Patrick Macke, Ramon Zabalo, Ian Javes and David Standeven. "The track is dangerous when it's muddy," Standeven said. In a more philosophical approach "racing" John Timms said: "Runners must learn to adapt to conditions...The race is the important thing."

Most runners would agree with Timms' remarks and that's why an "all weather" track would be a big attraction to Kouros, Choi, Macke, Bryan Smith, Maurice Taylor, David LaPierre, Joe Record...who in recent times have forsaken the race. And, who knows? maybe, just maybe, a reliable surface would lure out of retirement - Zabalo and Bauer. Organisers' fatally-flawed thinking: expecting top-ranked

runners to accept invitations no matter the state of the track, on more than one occasion, resulted in races of a mediocre standard.

Highly competitive and entertaining events, however, cement deeply in our minds. Unforgettable was the 1986 classic when Zabalo, Mravlje and (the late) George Perdon endured hot days, cold nights and driving rain competing for the top three positions. Zabalo, on the last day, moved ahead to score 876.8 kilometres; Mravlje 838.4 outpaced Perdon for second place by only eight kilometres. Perdon - stooped, following a mid-race back injury; sleep deprived; tough as ironbark endured 830 kilometres. In the sun after the presentation ceremony crowds surged and pushed in their quest for autographs.

Later when blood trickled from Zabalo's nose triggered by sleep deprivation and hours of non-stop motion, Siggy Bauer said to a policeman: "Shoot him and put him out of his misery." The two runners exchanged a laugh. The first five place-getters broke 800 kilometres including Eleanor Adams (808.8km). She shattered 11 world records! Runners in the next three positions passed the 700 mark.

Loutish behaviour during the 1984 and 1988 events disrupted runners' concentration. During the evenings in 1984 race crowds swelled to more than 2,000 attracted by overseas and Australian male and female ultra athletes. A small crowd of hooligans drew adverse publicity: "RUN WAS DRUNKS' CIRCUS" read the *COLAC HERALD* headline. Race media officer, Tony Mahoney, showed disgust at under-age drinking. He said a world-class race had been reduced to a drunken side-show.

The 1988 race blistered with incident: A man leaned over ropes separating spectators from runners. As athletes ran past he tried to burn their arms with a lighted cigarette butt. About 20 youths, swearing and carrying beer cans rushed the man, stripped him naked and threw his clothes to the wind. With a stretch of rope the mob tied his hands and feet. People licking ice creams and sucking sweets looked on. In the background a brass band performed.

The group lifted the man above their heads, carried him about 50 metres and in full view of, seemingly, unconcerned bystanders, dumped him in the centre of the park. Sydney runner, Pat Farmer, raced off the track, leaped a group of people sitting eating sandwiches and untied the rope. "He's so drunk he doesn't know where he is," Farmer said. Like Tyson after a Holifield bodyblow the man staggered to his feet and wavered his way into the night.

Amid the constant stream of abuse some competitors left the track for an earlier-than-planned rest break. Meanwhile Joe Record displayed a masterly psychological ploy when he approached the tipsy horde. In, almost a whisper, he - against the wishes of the organisers - invited a number to walk with him a few laps of the track. Swigs of a stubby; a yarn or two exchanged - and loud voices faded to whispers. Runners walked from the relative solitude of their caravans across a carpet of broken glass - and again started running. Some time later alcohol was banned from Memorial Square.

Throughout the decade the Australian Six Day Race - graced by a diverse group of characters (some would say eccentrics) - entertained, inspired and stimulated lunch-time visitors and late-night revellers.

Top of the heap, twice-winner, Joe Record, delighted crowds during his "rest breaks" when he entered gumboot-throwing contests, or, with the throng, rock'n rolled to the music of pop bands. After the races he danced the night away to jazz music at the Courthouse Restaurant or sat about always happy to share his flagon of sherry. "To run well for a few days and then to face a quagmire is just

unfair," he said. "We need something independent of the weather. A two-metre wide bitumen path, coloured green, would be ideal."

During the 10 races female runners excelled, particularly, Georgina McConnell when in 1992 she broke the 3 day, 4 day, 500 kilometre and 300 mile Australian records.

Ramon Zabalo encouraged the race committee to random-test runners for performance-enhancing drugs. During the decade no athlete tested positive to banned substances.

The French detective's breakfasts astonished a number of runners when he walked and ate scrambled eggs and pancakes soaked in red wine. Flooded with *joie de vivre* he called: "Bon jour," and sang a song of joy.

Heralded as one of India's greatest ultra-distance runners, Tirtha Phani arrived in Colac with credentials that threatened every runner in the field. Few had heard of him. With no documentation to back his claim: 8,766 kilometres in 58 days (average 151km daily!) in a solo run in India - nobody believed his publicity releases. If this man was so good why was he unknown in the world of ultrarunning? How he negotiated his entry to the 1987 race to join elite athletes: Record (winner), Mraulje, Macke, Adams, Zabalo, Perdon, Bauer...is still a mystery. Phani's flame petered to a puff of smoke when he averaged just 79 kilometres a day to total 478 for six days to shuffle into 16th place. On occasions when Siggy Bauer, during the first day, lapped him, he shouted at Phani: "Charlatan! Charlatan!"

A meat pie eating contest for spectators featured in 1989; a feature few will miss. However, among some support crews, and one runner, it proved a popular sidelight. Peter Gray took the adage of eating on the run to new heights, when, observing Keith Fisher's crew participate, sprinted from the track, grabbed a pie from the contestant's table, gobbled it like a seagull gulping a sea perch, returned to the track with bloated cheeks - and continued on his journey to sixth place to become the youngest person to break 800 kilometres in six days.

Keith Fisher bolstered by support from an all-female "Fisher Fan Club" managed a credible 724 kilometres and eighth place. "Dad. Look, there's Rambo," said a boy to his father, as Fisher, muscular, tanned and sporting wrap-around sunshades finished six days running. A self-confessed running junkie he told a reporter he trained regular sessions up the stairwell of Victoria's highest man-made structure - Rialto Tower. "It breaks the monotony of road running."

"The race is boring," said former Sydney to Melbourne and Colac crew member, Terry Pearce. "It has lost its dramatic effect of earlier years. It needs a boost - a good marketing team. People who will attract again national media coverage." Pearce said the event lacked atmosphere. "It needs the top runners back again. Kouros attracts a strong Greek support. Joe Record draws everybody."

Saul Bellow said art was the achievement of stillness in the midst of chaos. Perhaps that abstract should be painted and amid the splash of colour symbolising energy and adventure - runners and organisers alike - hold a vision of the second decade at Colac: a corporate sponsor; generous prize money; a standard 400-metre bitumen track; a return of national media and big crowds - inspired once again by the greats of six day racing.

TONY RAFFERTY - (November 1996)

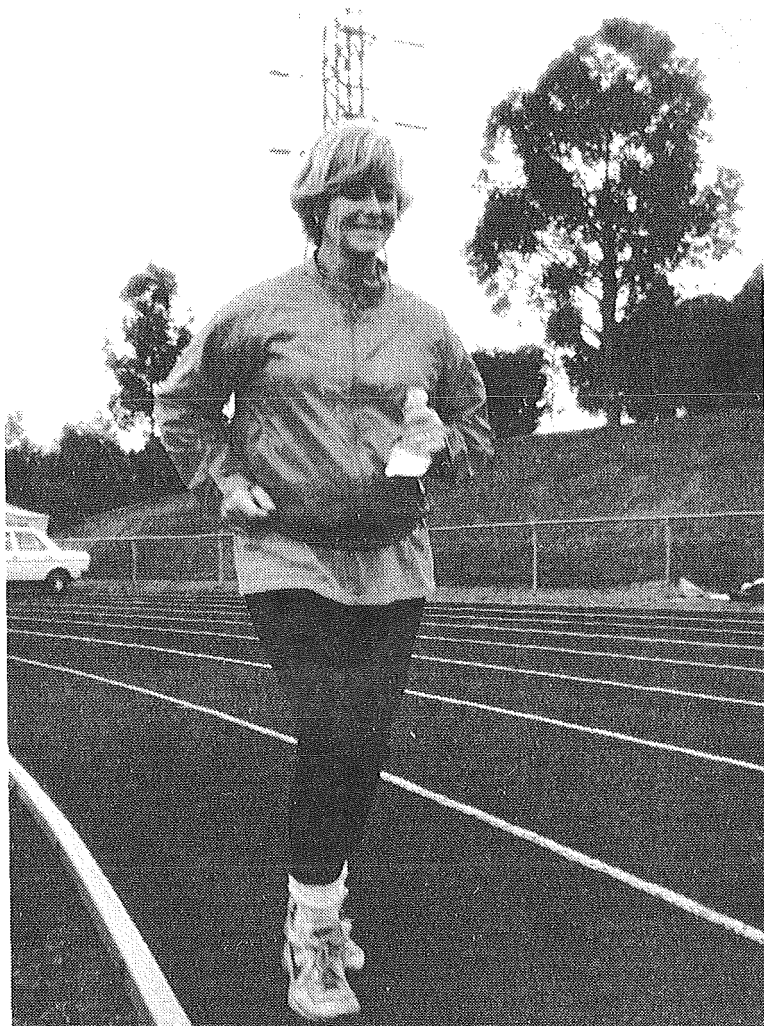
MOE 6 HOUR & 50 KILOMETRE TRACK RACE, 1/12/1996

6 HOUR RESULTS

Name	Age	Sx	1 hr laps	2 hr laps	3 hr laps	4hr laps	5hr laps	6hr laps	Final Distance
1. Ian Cornthwaite	34	M	37	74	108	140	169	198	79.499 km
2. Michael Grayling	40	M	34	63	92	119	143	167	66.946 km
3. Ken Riches	44	M	29	58	86	114	136	159	63.640 km
4. Brad Boyle	36	M	29	58	86	110	133	156	62.430 km
5. Dawn Parris	43	F	27	53	77	101	123	145	58.019 km
6. Barry Higgins	58	M	27	54	80	105	125	144	57.647 km
7. Tony Rafferty	57	M	27	51	74	94	112	130	52.072 km
8. Bruce Stephenson	53	M	32	60	87	108	112	112	44.800 km

50 KILOMETRE RESULTS

Name	Age	Sx	10 km	20 km	30 km	40 km	50 km time
1. Ian Cornthwaite	34	M	39:46	1:20:32	2:02:06	2:44:47	3:28:50
2. Ian Clarke	42	M	40:47	1:24:38	2:09:39	2:54:34	3:42:01
3. Rob Embleton	43	M	46:20	1:34:10	2:22:47	3:10:10	3:56:39
4. Sandra Timmer-Arends	33	F	46:20	1:34:10	2:22:47	3:10:18	3:59:13
5. Michael Grayling	40	M	43:30	1:35:47	2:22:42	3:20:12	4:15:45
6. Bruce Salisbury	44	M	43:05	1:26:18	2:11:06	2:56:37	4:15:58
7. Ken Riches	44	M	51:34	1:43:22	2:35:36	3:28:50	4:26:04
8. Brad Boyle	36	M	51:18	1:43:22	2:35:29	3:32:01	4:35:15
9. Ken Matchett	74	M	55:13	1:51:29	2:49:42	3:50:47	4:52:00
10. Peter Grixti	47	M	48:24	1:40:24	2:35:06	3:52:13	4:58:25
11. Tony Rafferty	57	M	55:36	1:56:18	3:00:26	4:18:20	5:43:46



Dawn Parris made a welcome return to ultra-running, placing fifth in the 6 Hour event at Moe. Pictured here competing in a 24 Hour at Coburg some years ago.

MOE 6 HOUR & 50 KILOMETRE TRACK RACES

Both races were run concurrently. Ian Cornthwaite, in his first ultra, dominated them both. Although Ian Clarke kept an early check on Cornthwaite, he was aware of Cornthwaite's sub-2:30 marathon background and decided to let him go. The two Ians finished well clear in first and second places in the 50 km event.

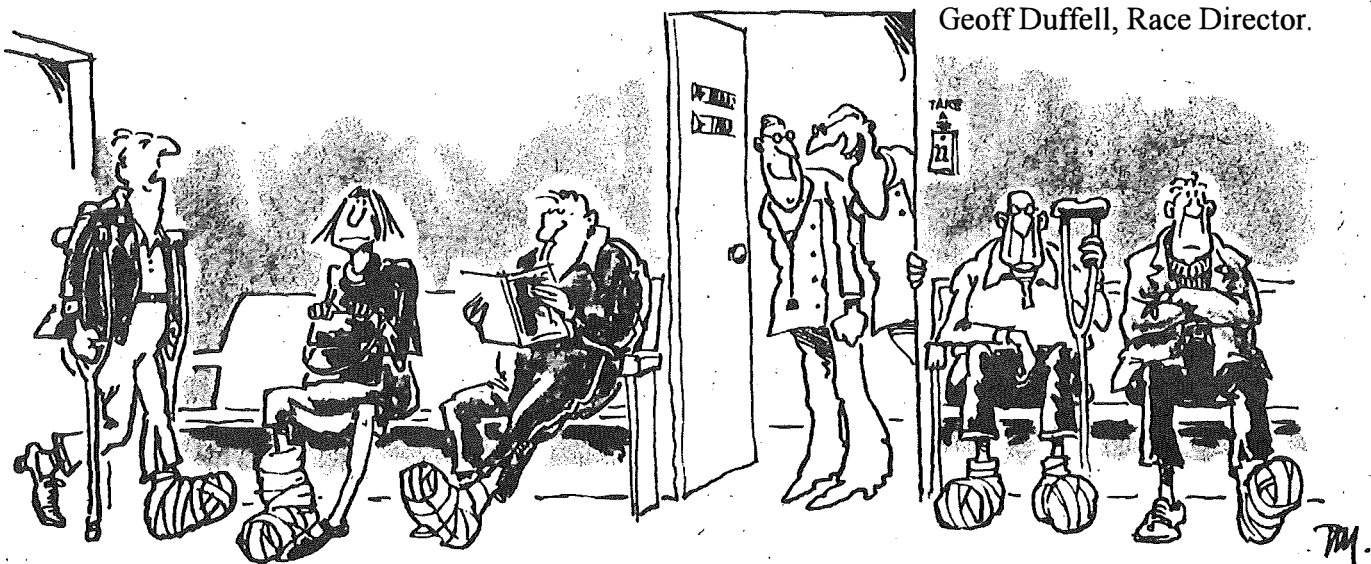
Rob Embleton and Sandra Timmer-Arends (first female, in her first ultra) took third and fourth. Michael Grayling pulled out a powerful sprint on the last lap to hold fifth place from a tired Bruce Salisbury. Back in 9th place Ken Matchett chalked up another finish (now approaching 100 marathons and ultras), but looked as if he could have kept going all day.

Meanwhile Cornthwaite continued on in the 6 hour event, but was beginning to feel the effects of his early sub-4 minute kilometres. Even so, he was still the fastest individual runner on the track and continued to stretch his lead.

Michael Grayling, in second place in the 6 hour event, was also slowing. However, his experience showed as his steady pace kept him in a secure second position. Ken Riches and Brad Boyle - running his second Victorian ultra in less than three months (is it our good weather?) - had their own private race throughout for the honour of third place. Boyle began to lose ground after three hours, but Riches was soon in big trouble with a knee problem. A quick trip to the masseurs' tent and some clever taping saw Riches back on the track and circulating comfortably again. Boyle could not make up any more distance and had to be satisfied with fourth.

Dawn Parris made a welcome return to the track after a 12 month lay-off. After only a few weeks' training she fronted up for the 6 hour. Her 58 km is a commendable performance on such a limited build up, especially as she ran strongly over the last 1½ hours and gained two places to finish fifth.

Four teams of relay runners from the host club, Traralgon Harriers, enjoyed sharing the track with the ultra runners for 6 hours. With baton changes required every 20 minutes and having to run up to 5 times, the runners found their powers of recovery being put to the test and felt some empathy with the individual competitors. The fastest team comprised only four runners and there was a lot of conjecture afterwards about how much they can beat their 92 km mark by next year.



David and Goliath go to the Seaside

by David Sill

London to Brighton 6 October 1996:

The stage was set for the big clash! Would the sling shot work? Would the gods look after little David? What about the hare and the tortoise?

It was Strider against Strider. Big Carl Barker is one of the Striders' best runners who has represented Australia in the ultramarathon. He'd had a great running year. A good London Marathon, 6th in the Crete Marathon, an excellent Snowdonia Marathon in Wales, first in the Townley 12 Hour Race and many other great performances. Little Dave Sill on the other hand had an ordinary year finishing 57th in the Wiggington 10k (don't worry - you're not the only person who hasn't heard of it!), 35th in the 54k Grantham Canal Run and culminating in a 997th placing in the Great North Run.

Running scared

The time and place for the great encounter was 7 am on 6th October in London. It was cold, overcast and drizzling. It was actually rather a nice day for London in October! I stood in front of Big Carl at the start line to get the message across that that was the correct order for the whole race. Big Ben went "bong". Within 10 seconds it was apparent that the plan was not working so I moved to plan B! This was to make Big Carl feel over-confident. I was going to say something to him but his distant heels weren't listening. Oh well, there were 88.5ks for me to teach him a lesson before we reached Brighton.

I could imagine him running scared looking over his shoulder all the time for me to appear. I was waiting to pounce, conserving my energy for the big tussle later on. The first 20 k of the race is along fairly ordinary looking, flat roads none of which were closed for the race. I was running just behind a rather nice German lady at this time and for some reason I only reached the 24k marker 5 minutes before the cut-off. There are strict time limits to be met at each check point of the race or you get "retired". This check point was in a place called Farthing Downs which was a beautiful area of open ground. The fraulein failed to reach a later check point and wasn't allowed to finish the race. I could have helped her along but, no, today's challenge was Big Carl. It was cold and drizzling for the first 30k, which was good because this would make Big Carl despondent.

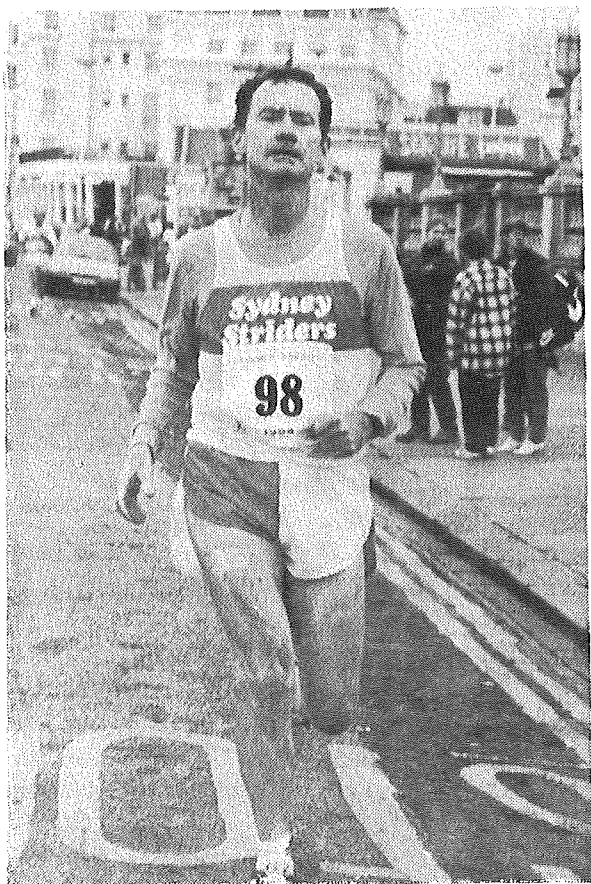
At 35k there was a long steep hill. I walked most of this but knew Big Carl would run it. Good, this would make him tired! At the top of the hill I was surprised not to see Big Carl at the side of the road gasping for breath. We were now going along smaller roads often with no pavement. This was playing into my hand because a fast runner like Big Carl could jump away from traffic in the gutter and twist an ankle! There were gentle undulations for the next 30k through scenic countryside. But where was Big Carl? I was running better now and at the 56k mark was told I was 25 minutes within the cut-off. The time-keeper then said "just because you're safe by 25 minutes doesn't mean you should indulge yourself". "Indulge myself!". Couldn't this pom see that this miserable looking, frozen, sodden little Aussie was beyond indulging himself?

Was it a murder?

At the 72k mark an eerie feeling came over me. Something significant had happened at this spot. Was it a murder? The scene of a bloody battle? Had the Striders agreed on STaR start times? After a few more kilometres the runners had to go to "Ditchling Beacon". Now let me explain something. They don't put beacons in valleys or flat areas! I dragged myself up the road to the beacon which is 227 metres up. At this point I was absolutely and completely (censored). I was sure I would find Big Carl's body at the top of this one! But no. After a while I recovered a bit and eventually dragged myself to the last checkpoint at 80.5ks in 8 hours and 4 minutes.

The last 8ks were mostly down hill and runners could pick up a lot of time here. It was a nice way to the finishing line after that (you can tell the race director where to stick his) beacon, and a good place to catch Big Carl! I overtook someone a 100 metres from the finishing line and there was nobody else in front of me. At this point I gave up hope of catching Carl!

I saw Carl shortly afterwards. He looked completely fresh and recovered. I should have known I couldn't catch him. We chatted over a bite to eat and I asked how he went. At the 72k mark he was running third with a long lead over the next runner. But he had serious stomach pains from a sports drink that didn't agree with him and was forced to withdraw from the race. He was a mere



David wrote: "The photographer took the shot just before the finishing line and just before I was wearing my finishing line smile!"

we say "Oh yeah, Dave".

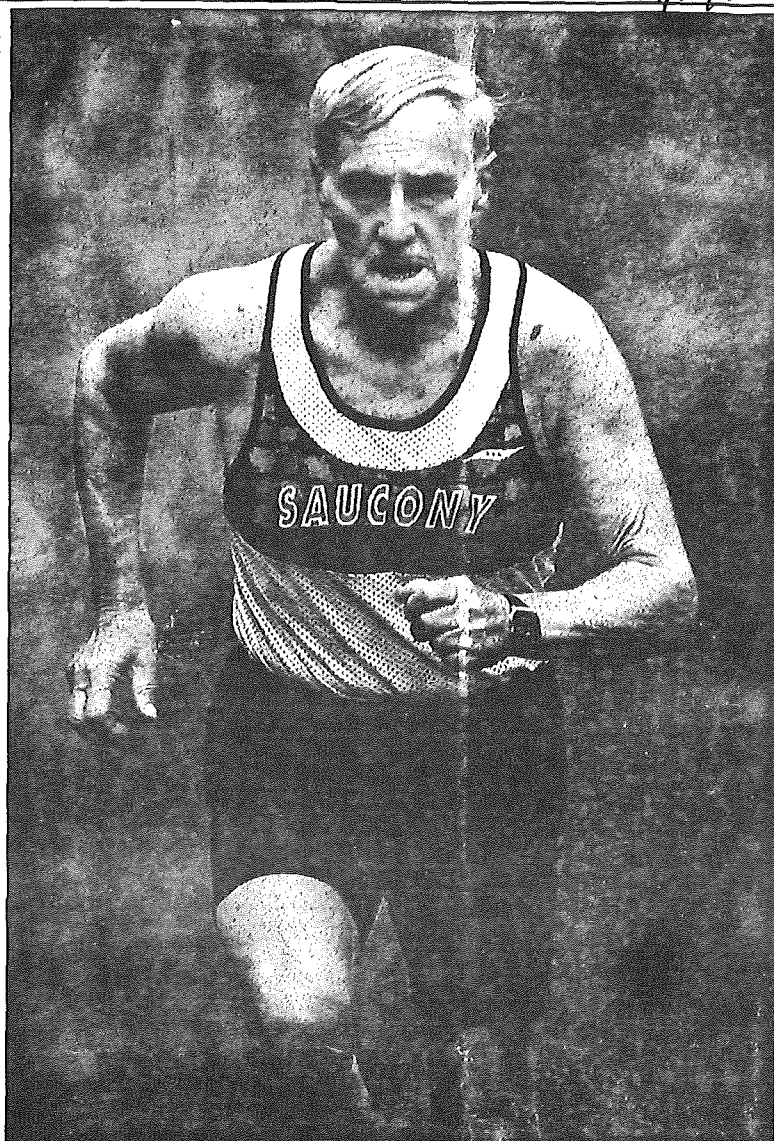
two hours in front of me at the time! He got so close to the finish in what would have been a superb time and a certain trophy.

Carl lives in Lancashire but is thinking of returning to Oz in about 18 months. But first he is thinking of entering a race around Africa which will take six months! That makes the London to Brighton sound like a light training run! Any Striders who come to the UK should contact one of us - we need a third runner for team entries.

Well,the hare and the tortoise? Never give up hope. Penguins unite!

Results:

1st Greg Dell	6-00-59
2nd Stephen Moore	6-14-06
3rd Robin Gardener	6-33-59
22nd Hilary Walker	7-40-13 (First lady)
58th David Sill	8-42-42



In training: Ken Matchett yesterday prepares for Saturday's world record attempt. Picture: GEORGE SALPIGIDIS

Matching it with best

By KATIE PEART



ATHLETICS

HOW many 75-year-olds have a sponsorship deal with a shoe company?

Montrose's Ken Matchett, who has an agreement with Saucony which allows him to ask for new shoes whenever his old ones are on the thin side, is a well-deserved recipient.

This year the Croydon Veterans runner has pounded through an incredible 13 marathons and ultra-distance events — enough to have his sanity questioned.

"You must remember," he laughed, "that I run with other mad people so they can't criticise me too much."

A former world record-holder for 50km in the 70-age group, Matchett took up the sport at the age of 57 and has never stopped.

"I just feel good running," was his simple explanation for clocking up

80km a week. "Sometimes there's a temptation to give it up and have a rest, but I haven't felt like that yet."

On Saturday the energetic athlete — last year he clocked 3hr 33min in the Melbourne marathon — will attempt to break American Ed Benham's world record (75-age group) for 50km at the Harold Stevens athletics track in Coburg.

The record of 5hr 3min 38sec — which Matchett broke three weeks ago by 12 minutes at Moe, but couldn't claim because he was still 74 — appears in easy reach.

"It's hard to know if I'll break it," he admitted. "Somebody upstairs has to be on your side when you're my age. A lot will depend on the weather, unfortunately they've forecast 30 degrees so it's going to be very hard."

KEN MATCHETT

World Record attempt 50K for M75
 [M75 World Record as at Dec 96 Ed Benham USA 5hr03mins38secs]

In association with the Coburg Harriers' Centenary
 100K relay challenge. Coburg 21 Dec 1996 7am
 Gordon R Burrowes Race Director

Hourly Lap record

Surname	First name	Age	Hour 1	Hour 2	Hour 3	Hour 4	Hour 5	Hour 6
Matchett	Ken	75	27	53	76	95	113	
Grayling	Michael	40	34	65	92	115	126	
Clarke	Jim	53	27	54	77	94	111	
Clarke	Ian	42	34	68	99			
Marshall	Kelvin	32	36	71	104			
O'Keefe	Arthur	49	25	51	72	89	90	109
Wilson	George	47	26	51	73	93	109	
Gray	Peter	32	32	58	80	98	115	
Browne	Kevin	60	27	54	75	95	112	
Jones	David	59	26	53	74	75		
Ketsakidis	Isaak	22	30	55	77	91	106	122

Marathon	50K
4.31.07	5.37.07
3.33.30	4.21.22
4.39.50	5.55.15
3.11.21	3.48.10
3.04.30	3.43.48
5.42.38	6.57.30
4.46.40	5.55.38
4.27.57	5.26.54
4.35.46	5.40.54
30K = 3.00.09	
4.57.50	6.07.09

10 runners participated at short notice to support Ken Matchett in an assault on the M70 World Record for 50K. Ken turned 75 on December 12 & was looking for an opportunity in his busy schedule of Marathon running [13 Marathons in 1996] to have a go at the record. At the beginning of December he had run 4hrs45 for the 50K at the Traralgon Harriers six hour event, but as youngster of 74 & still 10 days short of his 75th birthday he was unable to claim the record.

Things certainly looked good for a new World Record if he could arrange an event with at least 5 runners. The challenge was made possible by incorporating it with the centenary celebrations of the Coburg Harriers who were hosting other 100 year old Aths Vic clubs in a 100K relay challenge.

Invitations were sent by mail & word of mouth & Ken received strong support.

As the 11 runners assembled the talk was of the weather forecast for 30 deg C & a hot Northerly.

Despite a 7am start the 50K runners were soon suffering from the heat which was to reach 35 deg C.

The gusty northerly wind seemed a relief from the stinging rays of the sun.

Ken needed 10K per hour to break the World Record & was maintaining his pace well for the first three hours. Then the heat took its toll & despite Ken's best efforts he was reduced to walking for parts of some laps. Despite the fact that he had missed his record, he still insisted on finishing the 50K.

Kelvin Marshall turned in a great run to complete 3 wins in 3 events in 3 different states in 1996.

Local youngster Isaak Ketsakidis [who planned to run 100K to celebrate Coburg's centenary]

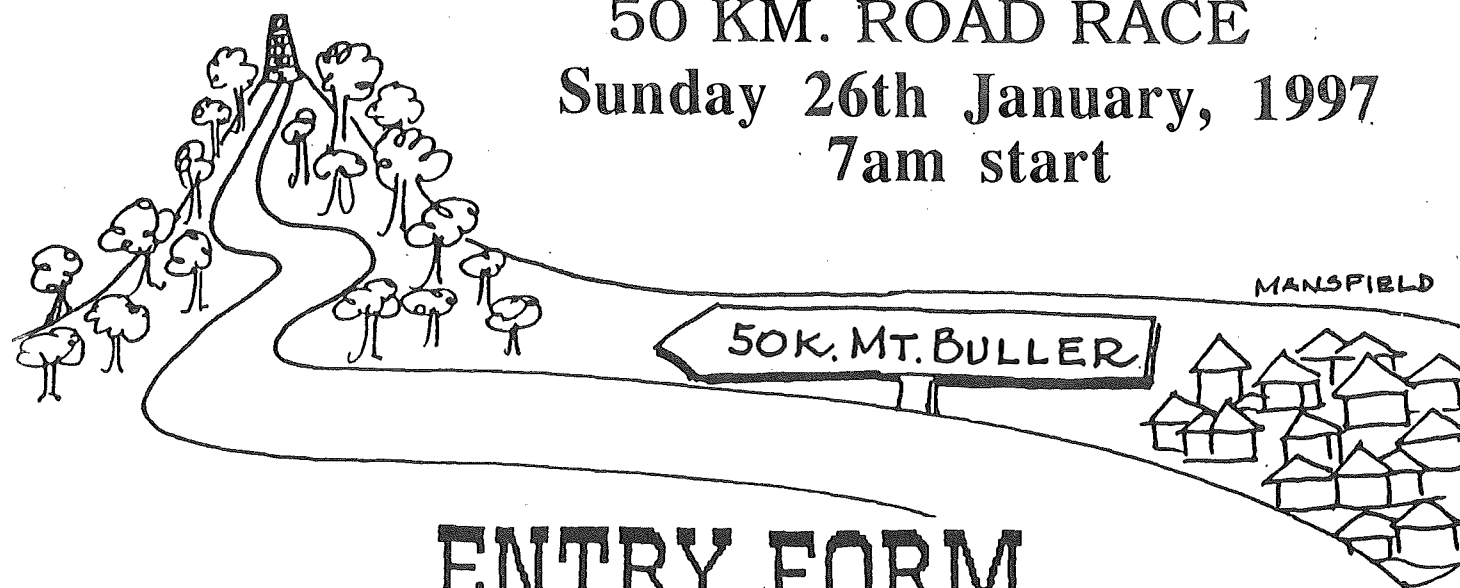
found that Ultra running was not so easy ["there are no hills on the track, I'm mentally tough, I can do it"] & settled for a very sore 50K. ["and those guys run races like that on the roads, with hills - incredible!"]

Coburg A team completed their 100K relay in 5hrs 55mins 49secs.

59. The Coburg ladies team studied the rule book &, when they had 40 laps left to run, the whole team of 10 ladies took to the track to run 4 laps together. They claimed this as the final 40 laps !!!!!!!



Sunday 26th January, 1997
7am start



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

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

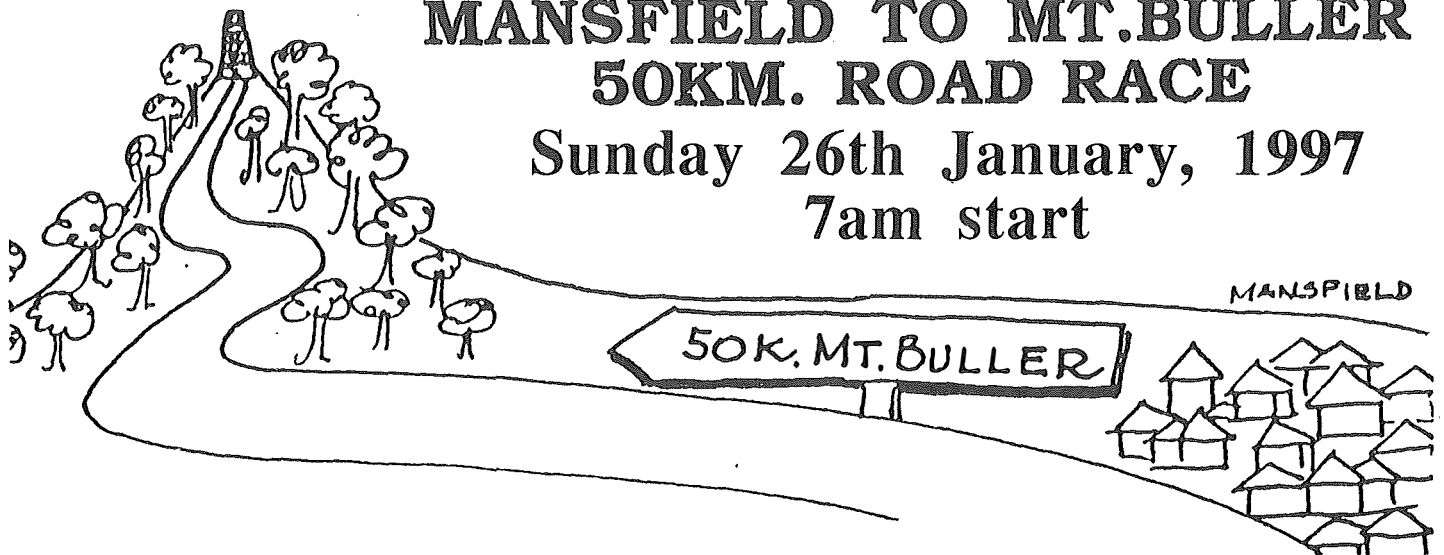
I, the undersigned, in consideration of and as a condition of acceptance of my entry in the MANSFIELD TO MT.BULLER 50 KM ROAD RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of 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.....

**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 ! 61.



six foot track marathon

RACE INFORMATION

START:	8.00 a.m. Saturday 1st March, 1997		
COURSE:	From "The Explorers' Marked Tree" Katoomba along the original Six Foot Track to Caves House, Jenolan Caves.		
TIME LIMIT:	7.0 HOURS ONLY - also aid station cutoff times (see below)		
AGE LIMIT:	Minimum of 18 years		
ENTRY FEE:	\$35.00 (all proceeds to Blue Mountains Volunteer BushFire Brigades)		
AWARDS:	MEN'S SECTION		
FIRST:	-	The Blue Mountains Six Foot Track Perpetual Trophy	
	-	The Blue Mountains Six Foot Track Winner's Plate	
	-	Weekend Package for two at Caves House, Jenolan Caves	
	SECOND, THIRD -	Silver Plates	
	LADIES SECTION		
FIRST	-	Billy's Bushies Trophy	
	-	Weekend Package for two at Caves House, Jenolan Caves	
	SECOND, THIRD -	Silver Plates	
	ALL FINISHERS -	Medallions and Certificates	
	Complete Six 6 Foot Tracks	-	Buckle
	Complete Twelve 6 Foot Tracks	-	Leather Belt for the Buckle

RACE RULES

GENERAL

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

THE START

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

RACE NUMBERS

All competitors report to the start area by 7.00am to collect your allocated race number and pins.
No runner will be eligible for an award, medallion or certificate unless completing the course as provided in these rules and within the official time limit and wearing the official race number on his or her chest so the words "The Six Foot Track Marathon " and the allotted race number can be seen throughout the duration of the event.
No cutting or folding of the race number please.
BushFire Brigade personnel will be logging your race numbers at the Aid Stations, they must have a clear view of your race number.

MEDICATION

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

CUTOFF TIMES (THIS IS NEW - BE AWARE OF THESE CUTOFFS)

AID STATION	NAME	TIME
E	COXS RIVER	2.15
I	PLUVIOMETER	4.15
O	CAVES ROAD	5.40
FINISH	JENOLAN CAVES	7.00

THE OFFICIAL SWEEPER

The sweeper will run with last runner, but not slower than the cutoff times and a finish time pace of seven hours.If you cannot stay in front of the sweeper you will be retired from the race.
Some runners striving to fulfil personal goals may be tempted to disregard the Official Sweeper by continuing after having been officially retired.Due to the inherent dangers of travelling these mountain tracks in a fatigued state, this selfish luxury cannot be afforded.Aid Stations cannot be staffed indefinitely and tired runners cannot be left on their own in remote country.All race timing will finish at 7.00 hours - believe it.

WITHDRAWS FROM THE EVENT

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

FINISH

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

LITTERING

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

SPECIAL ENERGY FOOD

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

T-SHIRTS

There will be a limited amount of Six Foot Track Marathon T-Shirts on sale on race day. No preorders.

AID STATIONS

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

They will supply the following :-

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

CAR PARKING FACILITIES

AT THE START

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

LOOK FOR SIGNS - "SIX FOOT TRACK MARATHON PARKING"

Buses can park at the "Marked Tree"

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

AT THE FINISH AT JENOLAN CAVES

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

SIX FOOT TRACK BUS RESERVATION

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

THE 1997 SIX FOOT TRACK MARATHON ENTRY FORM WAIVER

I the undersigned, in consideration of and as a condition of acceptance of my entry in the SIX FOOT TRACK MARATHON for myself, my heirs, executors and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of my life, or injury, damage of any description whatsoever which I may suffer or sustain in the course upon my entry or participation in the event.

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

Please PRINT in your neatest and clearest handwriting .

SURNAME _____

FIRST NAME _____

ADDRESS _____

SUBURB _____ POSTCODE _____

CONTACT PHONE NUMBER _____

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

Road Marathon P.B. TIME ____hrs ____mins Marathon ____19____

Circle the Six Foot Track Marathons you have completed :-

'84 '85 '86 '87 '88 '89 '90 '91 '92 '93 '94 '95 '96

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

RUNNING CLUB _____

Signed _____ Date ____/____/____

MARATHON ENTRY @ \$35.00

BUS RESERVATION

return from finish for runner @ 5.00
persons - Runner and family @10.00

TOTAL

(ENTRIES CLOSE ON THE 15TH FEBRUARY 1997)

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

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

**ADT 50
AURA 'DAM TRAIL 50'
SUNDAY 23RD 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: 10th March, 1997 (\$5 surcharge for late entry to 19th March, 1997)

IMPORTANT NOTES:

1. Late entries after 19th 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 8.³⁰~~00~~am 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.

CENTENARY LAKES 50km & 6 HOUR TRACK RACE

Sponsored by: Morayfield Day and Night Pharmacy

CONDUCTED BY: QUEENSLAND ULTRA RUNNERS CLUB

RACE DIRECTOR: Gary Parsons, PO Box 1664 Caboolture, (074) 95 7208

DATE: Saturday 4th January 1997
Caboolture Sports Centre, Caboolture, Queensland
Certified 420 metre grass track.

TIME: 6pm Race Start Report in at 5pm sharp!!

RACE NUMBERS: will be issued at venue at 5pm

LAP SCORERS: These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.

FACILITIES: Toilets adjacent to the track.
Water, fresh fruit and sports drinks supplied
Chairs and (if possible) a tent (for weather protection) will be supplied for lap scorers. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Facilities for heating water. Canteen open.

PARKING: Car park at track.

ENTRY FEE: **\$20.00 FOR BOTH 50km & 6 HOUR TRACK RACE**
\$5.00 Discount for QUR, QMRRC, and CABAC members.
\$10.00 for Walkers (6 Hour Event)
Please make cheques payable to: Queensland Ultra Runners
Mail entry and fee to: P.O. Box 1664 Caboolture 4510

CLOSING DATE: Please send entries to be received by 20th December 1996.
No penalty for late entries, entries will be accepted on race day.

FURTHER QUERIES: Gary Parsons P.O. Box 1664 Caboolture 4510 (074) 95 7208

***** SOUVENIR FOR EACH COMPETITOR *****

***** RANDOM PRIZE DRAW INCLUDES MAJOR PRIZE OF AIR FLIGHT *****

RACE RULES

- 1 All runners shall obey directions from officials.
- 2 All runners are strongly advised to have their own helpers (seconds)
- 3 Personal requirements (food, drink, and first aid materials) must be supplied by each runner.
- 4 No pacing is allowed and helpers may not run with participants. The use of banned substances by any competitor is prohibited.
- 5 The decision of race officials to withdraw any runner during the race will be final.
- 6 For reasons of courtesy and avoidance of interference, all runners shall: when walking remain in lane 1, single file, and runners shall overtake on outside lanes.
- 7 Race direction will change every 2 hours.
- 8 Race numbers shall be worn in a position which is clearly visible to the lap scoring area.
- 9 Official cut off time for 50km race is 6 hours.

WALKERS WELCOME!! GOOD RUNNING AND ENJOY THIS EVENT

Sponsored by: Morayfield Day and Night Pharmacy

CENTENARY LAKES 50km & 6 HOUR TRACK RACE

Saturday 4th January 1997

ENTRY APPLICATION

please print clearly

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

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

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

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

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

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

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

ENTRY FEE \$20.00

50km [] 6 hour []

QUR,QMRRC,CABAC \$15.00

Walkers (6 Hr Event) \$10.00

CONDITIONS OF ENTRY

- 1 No runner under the age of 18 years on the day of the race will be accepted.
- 2 The officials reserve the right to reject any applicant.
- 3 All entrants, except interstate and overseas runners, shell provide one person to assist with lap scoring and any other people (seconds) to assist the runner as he or she may require. Failure to provide a lap scorer may result in cancellation of application.
- 4 All rules for the race must be strictly observed.

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Queensland Ultra Runners Centenary Lakes 50km & 6 Hour Track Race for myself, my heirs, executors and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the completion of the event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

SIGNED:..... DATE:.....

CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN
6 & 12 Hours incorporating 50km and 100km State Championships

Sponsored by: Morayfield Day and Night Pharmacy

CONDUCTED BY: QUEENSLAND ULTRA RUNNERS CLUB

RACE DIRECTOR: Ian McCloskey, 16 Conondale Ave, (074) 95 2864

DATE: Saturday 8th February 1997
Caboolture Historical Village, Beerburrum Rd, Caboolture, Queensland
Certified 500 metre gravel road loop.

TIME: **6pm Race Start Report in at 5pm sharp!!**

RACE NUMBERS: will be issued at venue at 5pm

LAP SCORERS: These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.

FACILITIES: Toilets adjacent to the track.
Water, fresh fruit and sports drinks supplied
Chairs will be supplied for lap scorers.
This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Facilities for heating water.

PARKING: Car park at Historical village.

ENTRY FEE: **\$20.00 FOR ALL EVENTS**
\$5.00 Discount for QUR, QMRRC, and CABAC members.
\$10.00 for Walkers
Please make cheques payable to: Queensland Ultra Runners
Mail entry and fee to: 16 Conondale Ave, Caboolture 4510

CLOSING DATE: Please send entries to be received by 5th February 1997.
No penalty for late entries, entries will be accepted on race day.

FURTHER QUERIES: Ian McCloskey 16 Conondale Ave, Caboolture 4510 (074) 95 2864
Gary Parsons P.O. Box 1664 Caboolture 4510 (074) 95 7208

***** SOUVENIR FOR EACH COMPETITOR *****

***** RANDOM PRIZE DRAW INCLUDES MAJOR PRIZE OF AIR FLIGHT *****

RACE RULES

- 1 All runners shall obey directions from officials.
- 2 All runners are strongly advised to have their own helpers (seconds)
- 3 Personal requirements (food, drink, and first aid materials) must be supplied by each runner.
- 4 No pacing is allowed and helpers may not run with participants. The use of banned substances by any competitor is prohibited.
- 5 The decision of race officials to withdraw any runner during the race will be final.
- 6 Race direction will change every 2 hours.
- 7 Race numbers shall be worn in a position which is clearly visible to the lap scoring area.
- 8 Official cut off time for 50km race is 6 hours, and for 100km race is 12 hours.

WALKERS WELCOME!! GOOD RUNNING AND ENJOY THIS EVENT

Sponsored by: Morayfield Day and Night Pharmacy

CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN

Saturday 8th February 1997

ENTRY APPLICATION

please print clearly

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

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

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

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

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

ENTRY FEE \$20.00

QUR,QMRRC,CABAC \$15.00

Walkers (6 Hr Event) \$10.00

50km [] 6 hour []

100km [] 12 hour []

Please Note: Competitors in the 6 hours and 12 hours events will also be eligible for the 50km and 100km state championships. Entrants may upgrade to another category during the event, however downgrading will not be permitted.

CONDITIONS OF ENTRY

- 1 No runner under the age of 18 years on the day of the race will be accepted.
- 2 The officials reserve the right to reject any applicant.
- 3 All entrants, except interstate and overseas runners, shell provide one person to assist with lap scoring and any other people (seconds) to assist the runner as he or she may require. Failure to provide a lap scorer may result in cancellation of application.
- 4 All rules for the race must be strictly observed.

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Queensland Ultra Runners Caboolture Historical Village Dusk to Dawn for myself, my heirs, executors and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the completion of the event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

SIGNED:..... DATE:.....

KING & QUEEN OF MT MEE
50km, 25km, and 10km Roadraces

Sponsored by: Morayfield Day and Night Pharmacy

CONDUCTED BY: QUEENSLAND ULTRA RUNNERS CLUB

RACE DIRECTOR: Gary Parsons, PO Box 1664 Caboolture, (074) 95 7208

DATE: Sunday 13th April, 1997

VENUE: Mt Mee Hall, Brisbane - Woodford Road, Mt Mee, Queensland
50km, 25km, and 10km events on formed roads from Mt Mee Hall to Wamuran and back, twice for 50km event.

TIME: 50km Start 6.30am 25km Start 7.30am 10km Start 9.00am

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

PRESENTATIONS: Mt Mee Hall at 12.00pm. Light lunch will be provided for runners. \$5.00 for others

CATEGORIES: 1st, 2nd, 3rd Male and Female (50km)
1st, 2nd, 3rd Male and Female (25km)
1st, 2nd, 3rd Male and Female (10km)
1st Walker, Male and Female (25km only)
Handicap winner (50km and 25km)

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

HANDICAP SYSTEM: (50km and 25km) It is the runner's responsibility to supply own estimated time for the event. The winner will be decided on the runner who finishes nearest to their estimated time.

ENTRY FEE: \$20.00 For 50km and 25km Events
\$5.00 Discount for QUR, QMRRC, and CABAC members.
\$10.00 for 10km, and for Walkers (25km only)
Please make cheques payable to: Queensland Ultra Runners
Mail entry and fee to: PO Box 1664, Caboolture 4510

CLOSING DATE: Please send entries to be received by 4th April 1997.
No penalty for late entries, entries will be accepted on race day.

FURTHER QUERIES: Gary Parsons P.O. Box 1664 Caboolture 4510 (074) 95 7208

***** SOUVENIR FOR EACH COMPETITOR ***** *IN (50km + 25km) EVENTS.*

***** RANDOM PRIZE DRAW INCLUDES MAJOR PRIZE OF AIR FLIGHT *****
*ALL EVENTS
(INCLUDED IN DRAW)*

WALKERS WELCOME!! GOOD RUNNING AND ENJOY THIS EVENT

Sponsored by: Morayfield Day and Night Pharmacy

KING & QUEEN OF MT MEE

Sunday 13th April 1997

ENTRY APPLICATION

please print clearly

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

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

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

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

Estimated time (50km and 25km)

ENTRY FEE \$20.00

50km [] 25 km []

QUR,QMRRC,CABAC \$15.00

50km [] 25 km []

Walkers \$10.00

25 km []

10km event \$10.00

10 km []

Light Lunch (provided for runners)

\$5.00 / person x []

TOTAL PAYABLE (make cheques payable to Queensland Ultra Runners)

CONDITIONS OF ENTRY

- 1 No runner under the age of 18 years on the day of the race will be accepted.
- 2 The officials reserve the right to reject any applicant.

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Queensland Ultra Runners King & Queen of Mt Mee Ultra for myself, my heirs, executors and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the completion of the event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

SIGNED:..... DATE:.....

3 Bays course now 'official'

PORTLAND OBSERVER, WEDNESDAY, OCTOBER 16, 1996

Marathon course receives accreditation...

By IAN LEWIS

PORTLAND'S demanding Powderade 3 Bays Marathon course has finally received official accreditation.

This follows an official measurement of the course on Sunday by Athletics Australia's official course measurer Jeff Hook.

The course has been altered this year to finish at Hanlon Park. Mr Hook said the race would still start on Bridgewater Rd and follow the traditional course out to Bridgewater Lakes and back in to Portland via Cashmore to the Henty Highway where competitors would then link up with Hanlon Parade and run parallel to the coastline until they reached Tyers St.

Instead of continuing down Bentinck St to Henty Park as in previous years, the new course will take the competitors down Tyers St to Hanlon Park.

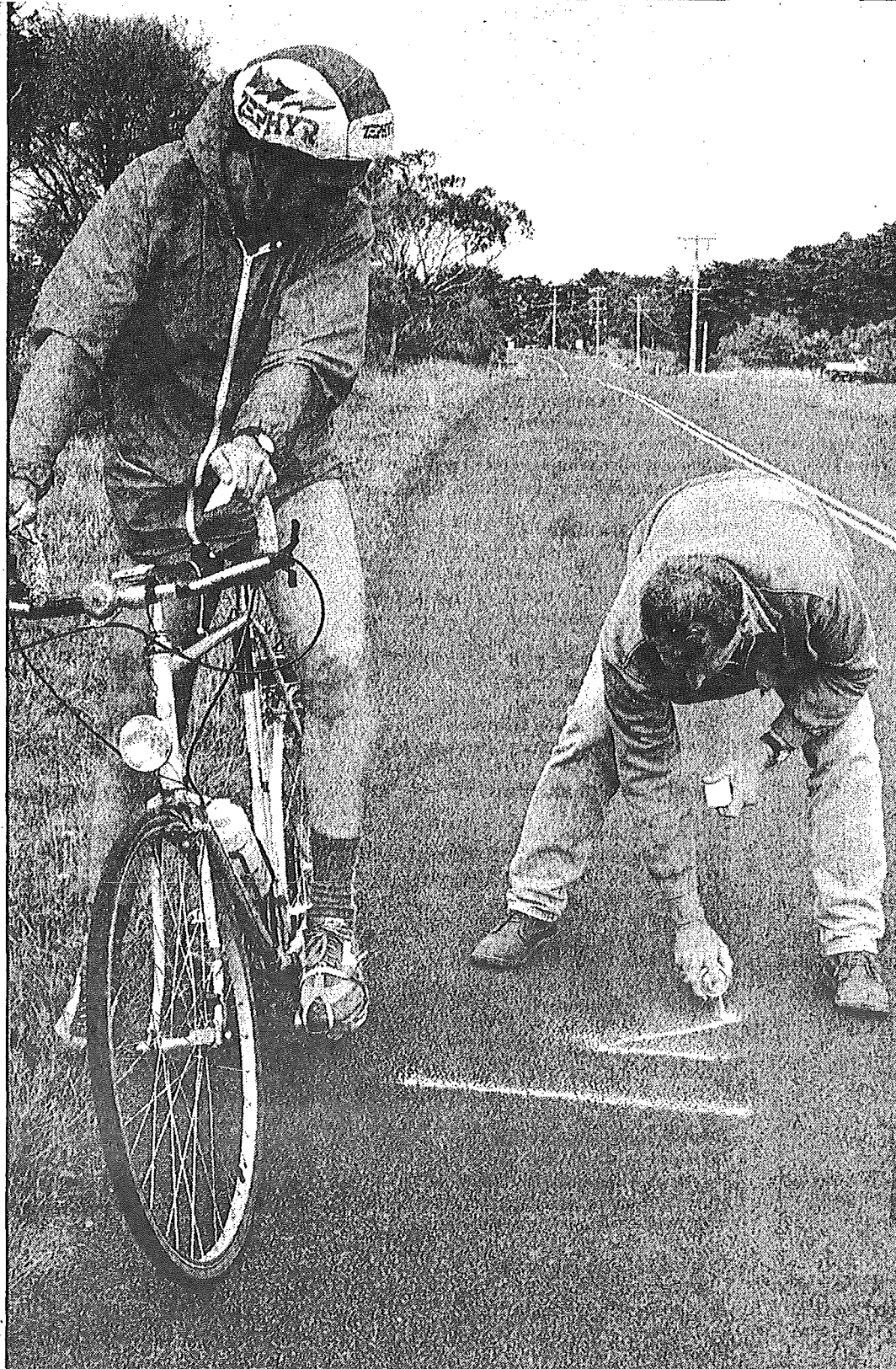
"My job was to measure the course accurately so that it could be certified an accurate course under the auspices of Athletics Australia, the governing body of athletics in Australia," Mr Hook said.

"When I am finished I will be able to hand over an official numbered certificate to the Portland Runners Club which it can then use in its logo.

"All records will be officially recognised because the course is now a standardised course."

Mr Hook said he measured the course using a special mechanical counter mounted on his bike.

"It has a resolution to the order of one centimetre," he said.



JEFF Hook did the measuring while Portland Runners Club member Don Bloomfield marked the course last weekend.

Picture: NICOLE CLEARY

"It can measure a 42.195km course to an accuracy within 10 metres."

Mr Hook said he used a bicycle to measure the course rather than a wheel because a measuring wheel tended to be too light and jumped around too often and affected the accuracy of the reading, whereas a bicycle was heavier and stayed on course far better.

The process of measuring the course is an exact science and

involves many runs over sections which are averaged out at the end of the day to get the official distance measured to within a metre of the 42.195km needed for an officially sanctioned course.

"It is a very accurate way of measuring the course," he said. "When we complete a course measure we allow for a one percent 'long course' factor."

"That way we allow an extra 40 metres for the course to ensure it is

not shorter than the official marathon distance of 42.195km.

"All marathons are measured the same. It is pretty involved process," he said.

While measuring the course, Mr Hook sites the various drink stations while offsideers mark them on the road surface, as people driving around the course would have discovered this week.

Mr Hook is an ultra marathon runner of note but he will not be

competing in the 3 Bays because he is suffering from a foot injury which has curtailed his running in the past two or three years.

"It is a tough course, I have seen tougher, but it is challenging. The Shuffler is a decent hill and there are several testing undulations which a lot of the runners will like," he said.

"They attack the hills and find they run faster once they have reached the top and continue along the remainder of

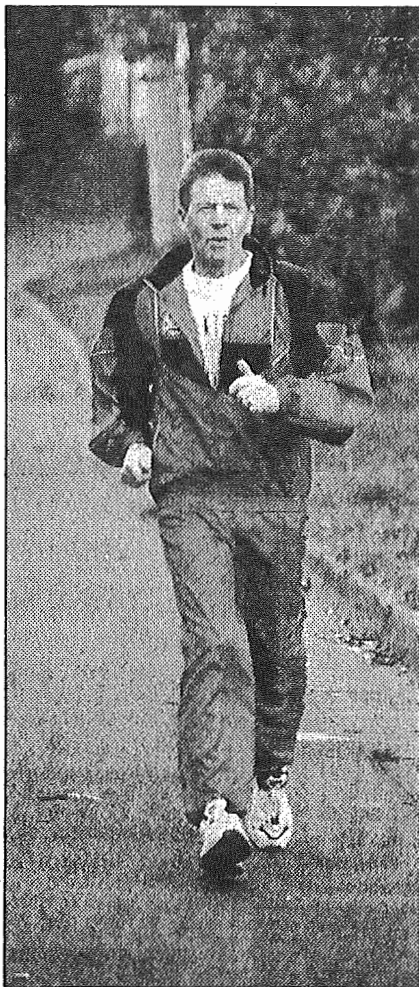
the course. Running on flat courses can be slower because runners get into a rhythm and don't increase the tempo along the way."

Mr Hook had a suggestion that might be taken up by some sporting organisation in Portland.

"Someone should organise a race along the Great South West Walk. Good runners would finish it in 24 hours."

Count me out.

Tony is facing the ultimate challenge



An afternoon jog for Tony is like a stroll in the park. His daily treks up and down the undulating hills of Casey enable him to reach peak physical fitness.

Retirement is the furthest thing from 57 year-old Tony Rafferty's mind as he prepares to take on the ultimate challenge facing any long distance runner, the ultramarathon.

Tony is in training for a 10 day torture test that will pit him against the world's best ultramarathoners in New York next May.

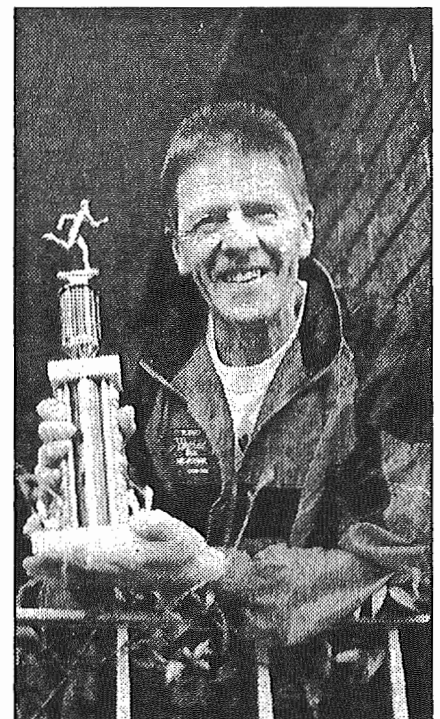
Running six days a week on the undulating roadways of the the City of Casey Tony told the News that the hills are ideal preparation for a race that will attract 35 of the world's best long distance runners.

A pioneer of ultramarathon running, the Belfast-born, former soccer international, in 1972 became the first person to run from Sydney to Melbourne and was instrumental in the development of the classic Westfield race that has made icons of few and 'minced meat' of many.

Tony's legs have carried him more than 160,000 kilometres during his 26 year running career across some of the toughest terrain that this country has to offer.

Tony has conquered the sweltering heat of the Death Valley desert sands, the broad expanse of the Birdsville Track and the shifting sands of the Simpson Desert and the Nullabor Plain. Enough to exhaust even the most ambitious of runners Tony wasn't satisfied until he had conquered the route from Fremantle to Surfer's Paradise. A man among men in ultramarathon running Tony is ranked in the world top 10 in the 1,000 mile track event. Far from finished it would appear that Tony is just finding his stride in the ultra-distance stakes.

He is one of the New York race favourites and is looking forward to pushing his body and mind beyond the pain barrier and into the zone that only the ultra-



Tony has many trophies marking the achievements of his long and illustrious running career.

marathon runner knows.

"My body must have the physical condition of a lightweight boxer and the mind focus of a chess player."

"These events are torturous, soul-destroying affairs. We suffer red-raw blistered, bloodied feet, severe muscle soreness and sleep deprivation," said Tony.

Keeping all that in mind he continues to tackle the hills of Casey in preparation for the gruelling event.

Tony's ready to meet the challenge

Ultimate endurance athlete, Tony Rafferty, has been at the pinnacle of ultra-marathon running for more than 25 years and he still hasn't tired.

At 57 years of age Tony has no intention of hanging up his sneakers just yet and is in training for his next ultra-marathon challenge in New York next May.

Tony revolutionised ultra-marathon running in Australia in 1972 when he became the first man to run from Sydney to Melbourne.

Still ranked in the ultra-marathon top 10 Tony looks forward to conquering the 'Big Apple' in 1997. See page 6 for more details.



Kieran Rafferty emulates his father's running style on Manly Beach. Is this sand training for the Simpson Desert?



READY TO GO: George Audley and his wife, Christine, this morning before George headed off on his daily training run in preparation for the Australian Six-Day Run.
Picture: MATTHEW SUTHERLAND

Audley eyes another milestone

IN 1987, Albany ultra-distance runner George Audley broke the Australian record of 318km in his first 48-hour run.

ALBANY ADVERTISER, Tuesday, November 12, 1996

By TIM WHYTE

At the Australian Six-Day Race which starts in Colac, Victoria, on Sunday, 61-year-old

Audley will again aim to run 318km in 48 hours, which would give him the world record for runners over 60.

"Back in 1987 some of the top stars came over here to run a 48-hour race and I beat them," Audley said.

"The Australian record at the time was 318km and I managed to run 335km, but short time after that Joe Record ran in the Colac race and went further than 335km, so I only held the record for about a month.

"It is just a coincidence that the world record for my age

group is the same distance that I ran to break the Australian record nine years ago."

Audley retired from distance running in March after failing to complete the 1000 Mile Race in Queensland, but was talked into making a comeback by long-time crew member David Horne.

Since then Audley has kept up a demanding training schedule which has put him on track to break the world record more than 200km a week," he said.

"That is a lot more than I've done in quite a few years, so I think I have a good chance.

"My plan is to go all out in the first 24 hours and try to reach about 200km, which would leave me with only 120km on the second day to break the record.

"After that I'll just try to hang on for the rest of the six days, but if I'm feeling good I might go for the over 60 world record for six days as well.

"I know that I'm slower than what I used to be, but I think I have a lot more incentive this time around."

In his 15 years in running, Audley has competed in some of the world's big ultra-marathon events.

This year's Colac race is expected to be his last, and Audley would like to make it a dream finish to his career.

"I think this will have to be the end of my career because it is the end of my bank balance," he said.

"It is going to cost me about \$800 just to compete this year so unless I win the lotto or

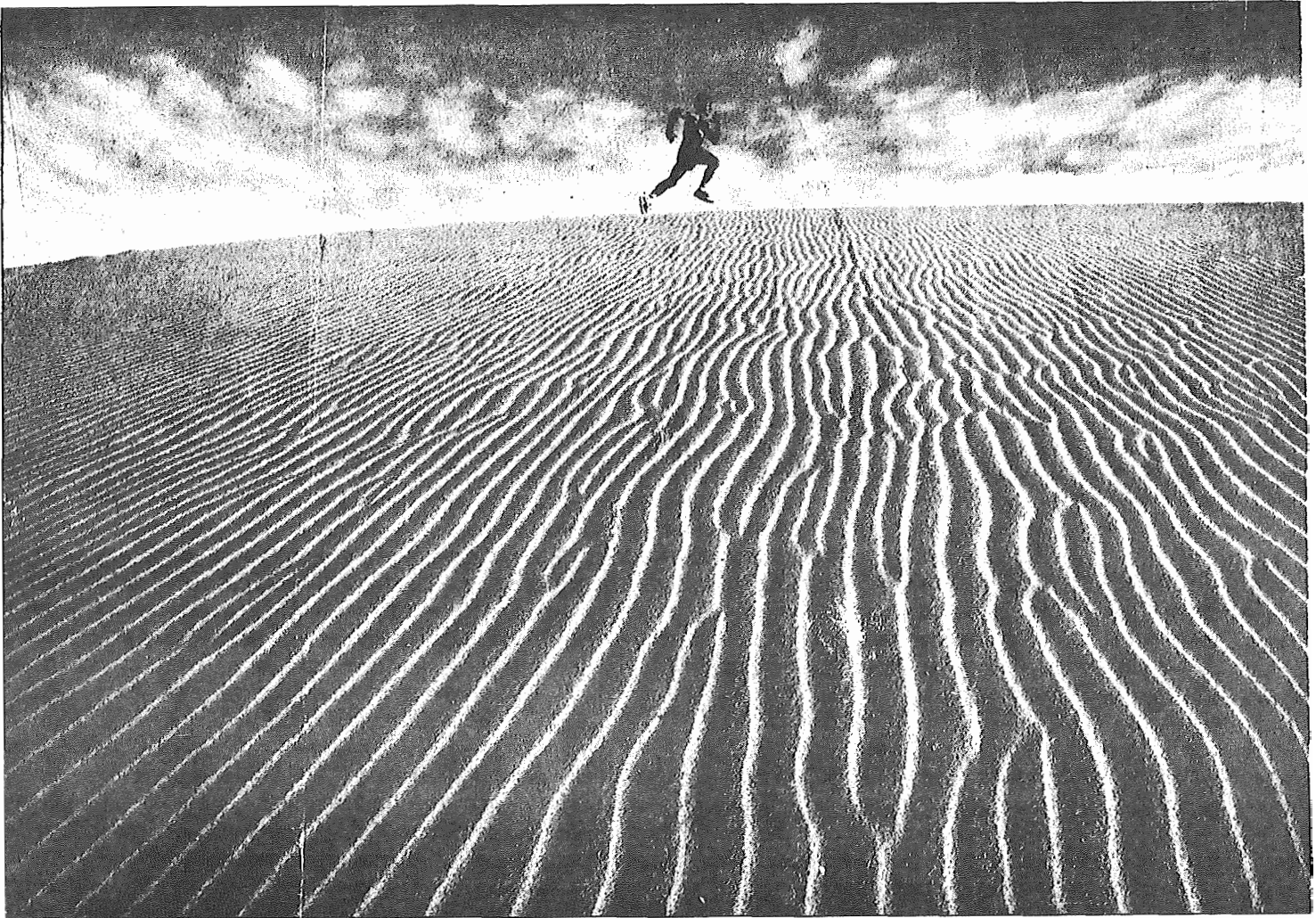
something I don't think I will go again."

To help him compete in the Colac race one last time Audley's wife Christine gave him an ice cream container full of coins that she was saving for a rainy day.

"She gave it to me on my 61st birthday in August and it turned out to be almost \$400, so it was very nice of her," he said.

"Although she did say she never would have given it to me if she realised how much was in it."

Hong Kong hike for starters, then 379km of the Simpson for dessert



Pat Farmer is determined to break the world record with his non-stop run over the Simpson Desert.

Photograph by PALANI MOHAN

By AMANDA PHELAN

Pat Farmer isn't at all worried about any snakes which might be in his path as he runs across the Simpson Desert.

Nor is he concerned about clambering over more than 1,000 towering sand dunes in blistering 50C heat.

But the champion runner does have one fear - not finishing the course.

"I won't even let myself contemplate failure," the 34-year-old ultra-marathon runner said during a practice jog along the Bondi cliffs.

Farmer is attacking the world record for the non-stop run of 379 kilometres across the Simpson set 10 years ago by Ron Grant, who ran from the Alka Seltzer Bore to the Birdsville Hotel in three days, 17 hours and 52 minutes.

On his run, Farmer will eat 28 bananas a day, drink 30 litres of water and suck at least 10 tins of fruit in an endurance marathon which he aims to finish in 72 hours.

He feels that competing twice in the 4,719-kilometre Trans-

America Footrace, considered the world's toughest test, has given him a good start.

Ron Grant, who retired after his Simpson record run, said the route was awful. "It's an unbearably hot and difficult run across soft sand with no firm footing," he said.

But Farmer isn't daunted. "I like setting myself new challenges." He says the support and love of his wife, Lisa, and baby daughter, Brooke, inspire him to keep going.

Although he has raised thousands of dollars for charity, Farmer has found it tough to obtain sponsorship and has often taken out loans to enable him to complete events.

Farmer doesn't believe in special equipment, diets or machinery. His training schedule means getting up at 4 am to run at least four hours before going to work in his full-time job as a landscape gardener.

He was due to arrive in Hong Kong today to take part in a 100-kilometre race through the mountains, which he says will be a good warm-up for his

THE CHALLENGE

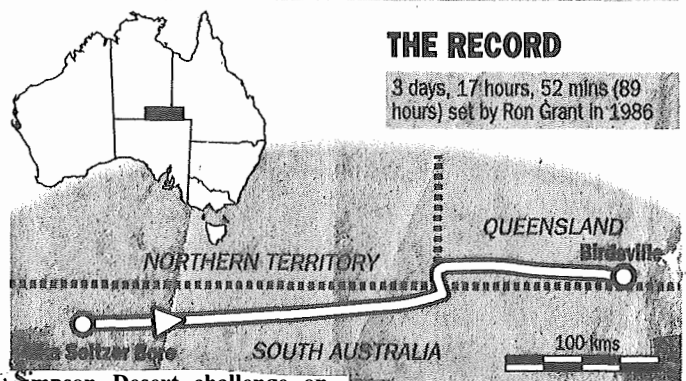
- 379-km non-stop run across the Simpson Desert from Alka Seltzer Bore to Birdsville Hotel - aims to finish in three days (72 hours)
- 1,162 sand dunes
- Temperature range 0 - 80 degrees

THE DAILY DIET

28 bananas
30 litres of water
10 tins of fruit

THE RECORD

3 days, 17 hours, 52 mins (89 hours) set by Ron Grant in 1986



Simpson Desert challenge on December 16.

Despite the love he feels for his family, Farmer says the best moment of his life was when he got a big kiss from a sweaty Greek bloke.

The kiss was from world champion distance runner Yian-

nis Kouris after Farmer stormed past him on a seven-day run through a Tasmanian blizzard. "Kouris only ever kisses the people who beat him," he said. "That kiss meant more to me than even a kiss from my wife. It was a sweet moment."

"An Early Morning Run"

by Phil Essam

Gee it's quiet out here this morning. Time to do some stretches. Bit of a mist in the air this morning. Should make for a nice run. That should do. Time to go for my daily jog. I might just do a ten kilometre run this morning.

Down the driveway, turn left and straight onto the road. Wow, it's quiet at five thirty in the morning. I'm sure it's the best time of the day. A couple of minutes later and I reach the highway, time to turn left and head down the service road. It's so early, the Top Shop isn't even open for business. A truck roars past me, speeding up the highway. I'm sure the driver gave me a funny look. He can think what he likes, he looks funny driving a monster that size.

I get to the bottom of the service road and it's time to turn left. My muscles are really warmed up now; time to stretch it out a little bit. I see that it is garbage morning. Don't know if I like this new fangled plastic green things on wheels. Not as good as the metallic garbage bins. That's progress, I guess.

A few dogs bark at me as I run past their houses. I exchange greetings with them and keep on running. No time to waste when you are running. I get to the top of the hill and turn left. I like the houses along here. The gardens are very nice and there seems to be plenty of room to move around in them.

Time to turn left again. Great, it's the down-hill bit. Let's really let fly. I feel good this morning. The way I'm going it'll be my best time over the distance. The streets are still quiet. Everyone else is in bed asleep. I get to the bottom, bit of an uphill stretch now.

Great, I can see my house coming up. Time to wake up my Master. He better have a bowl of water ready for me. This running is really hard work. Oh well, I can laze in the sun all day.

TRAINING WITH MR.BEAN (Kev Cassidy)

by his ex-friend Pete Armistead

At Mr.Bean's suggestion, I trotted off at 4am on Sunday 13th October to meet the chap around Punt Road Football Ground. The only excitement on the way was forging a path through all the drunks clearing the local pubs and discos. Boy, they're like bees around a honey-pot at that hour of the day. Our timing was impeccable and we met just past the old Richmond home ground. Around 5am found us at the Bean home where Kevin provided a fantastic breakfast, highlighted by Randall Hughes' special muesli mix. What a brew!

Mr.Bean decided that he'd trot along with me just to make sure I didn't lose my way and to get some more miles into his trail laden legs. About this time, it dawned on me that I had become the camel - carrying the water and food for both of us. Oh well, what are friends for? As we approached Tommy Bent's statue, we decided to drop into the Brothers - Clive Davies' place. We thought he'd be home, but we really wanted to see his wife Yoko. We had to be content with his son Roderick. Took him 15 minutes to answer the door. Don't ask me what he was up to.

As we continued our journey, we found ourselves closer to Beach Road than the highway, so we chose the scenic route. At this point, Kevin accidentally exposed himself to a young lady while relieving himself. You can't take him anywhere. About Black Rock, he decided that he'd had just about enough, so he withdrew his mobile phone and spent half an hour explaining to Margaret, his extremely tolerant wife, directions on how to find us. We then sacheed down the road and got a greeting from a Sun Tour reject, Eric Greaves. The way he was moving on that bike, I don't know how they left him out.

Finally, Margaret found her wayward spouse and dragged him kicking and screaming back home. I'm indebted to Kevin for the food he helped out with and the strength training I got from carrying all the supplies. Needless to say I was a physical wreck when I arrived home.

Ed's note: What Pete fails to mention in his article is the fact that it's a mere 60km from his place in Frankston to Kev's in Coburg so that makes a 120km training run all up. I might add that this was Pete's sole long run to prepare him for the Colac 6 Day. I think someone needs to TALK to the man!

IT'S HARD TO SOAR LIKE AN EAGLE WHEN YOU'RE FLYING WITH SPARROWS

By Kevin Cassidy

As mentioned somewhere else in this magazine, I attended a 100 mile race in Leadville, Colorado and the down side of all this was that I had to spend 2 weeks sharing a cabin with the incomparable Ross Shilston. Poor Ross never quite came to grips with the back to front controls of our hire car. Everytime he approached a corner he would put the windscreen wipers on, I'm sure the locals were amused. One night after washing the dishes the plug refused to come out. After waiting until the next morning we had to borrow some pliers to remove it, it turned out that this "*domestic blonk*" had jammed it in upside down, but what could you expect from someone who awoke early one day and brushed his teeth with shaving cream.

Question: "How do you store 20 fluid ounces of Coke?"

Answer: In a 20 ounce bottle! "WRONG"

Ross prefers to put 10 ounces in one bottle and the other 10 ounces in another bottle and shake them vigorously, more Coke bottles are saved and filled with water and those that are empty are saved for future use, pretty soon the place is overrun with Coke bottles.

Now, if you think that is bad, then as the "Demtel" man would say "There's more". I had to hide my face with embarrassment after Ross's effort of parking the car in Leadville's main street, two front wheels up over the kerb and the back end stuck out in a lane of traffic which almost caused a 40 car pile up, and it doesn't stop there. Why enter a gas station by driving up the driveway when you can get in by skidding past and bouncing over the kerb? As the "Demtel" man would also say "There's still more". Ross obviously has an aversion to kitchen sinks. An attempt to open a tin of soup saw the lid fly into a triple somersault and land right in the plug hole, it was a perfect fit which required another surgical operation to remove. "But there's still more". Poor Ross was silly enough to purchase a phone card, every attempt to use it required about 75 different voice prompts which would take about 30 minutes and the end result was that the damn card wouldn't work anyway. Whatever happened to the coin-in-the-slot method, Ross?

Now if all this wasn't enough, upon returning to Melbourne it was announced that all \$60 parking fines would be raised to \$100. Sure enough, just 2 days later, the poor lad was \$100 poorer. Now wouldn't that make you want to shake your 20 ounce Coke bottle? If you would like to know any more details then feel free to call Ross on (03) 9783 2114.

1000 MILE TRACK EVENT PLANNED FOR JULY 1997

This is to inform AURA Inc that recent negotiations with North Sydney Municipal Council to stage a 1000 mile track event have been extremely successful. Tony Collins has assured me that he will be out to break Gary Parson's World Record and I have to equal or better the 1000 miles in 50 days on grass track and the paths in and around St.Leonard's Park.

The event will start in early July and finish in the middle or end of August, 1997. There are only two entrants in the race, Tony Collins and myself. The reason for that being that we are not in a position where we can get an organising committee operating to the extent necessary where we can allow other runners to take part.

Also, regarding the number of people who stand as candidates for Interstate Reps, I feel that the ballot system we have to have every year in Queensland is stupid and should be abolished. Why don't we allow an increase in the number of all interstate reps?

Regards,

Barry Stewart

World Records: Some History, and the Current Best Marks

Reproduced from "Ultrarunning", July-August, 1966

by Andy Milroy

Ratified world ultra records have a long and distinguished history. They date back to way before the formation of the IAAF in 1913. In those more parochial days, the 30-, 40-, and 50-mile track records were recognized by the first of the modern day athletic federations, the Amateur Athletic Association of England. (British records, including these ultra marks, were first instituted in 1887.) The ultra records were subject to the same requirements as any other athletic running records.

Ultra track races were to be held very intermittently in the first half of the 20th century, and it was not until the formation of the British Road Runners Club in 1951 that serious attacks on the 19th-century marks were made.

When in 1960 the English AAA decided to remove the ultra marks from its record books, the RRC decided to set up their own record committee, employing the same procedures as those used by the IAAF for world records. It was made clear at that point that only the IAAF could recognize "world records," and that any performances recognized by the RRC would have to be termed "world best performances." That situation has not changed. In running, officially the only world records are those recognized by the IAAF.

Viewed from a modern day perspective, the RRC's action may seem presumptuous, but in terms of the 1950s and '60s it made good sense. In those days, ultrarunning was concentrated almost entirely in Britain and South Africa. The South Africans regularly competed in Britain and vice versa. Throughout the '60s and '70s virtually all the world track best performances were set by those two nations. However, the ultra world was beginning to change. In 1960 the first go-as-you-please 100-km race was held at Biel, in Switzerland. Ten years later the German Unna 100 Km began. Reflecting the growing interest in the 100-km, and metric distances, in the early 1970s the RRC recognized metric ultra track world best performances for the first time.

In the early 1970s I had begun keeping ultra track stats, and the growing world of ultrarunning necessitated wide international correspondence. In 1980 I was elected to the RRC Records Committee. With my growing international contacts I was well placed to obtain record documentation from the rapidly widening number of ultrarunning countries.

When in 1984 the International Association of Ultrarunners was formed, I became its statistician and record keeper. By this time I was also the RRC statistician as well, thus making it possible to both build on the expertise of the RRC and exploit the wide ranging international contacts of the IAU. It also ensured that the continuity stretching back to the 1880s was preserved.

When documentation on potential track world best performance is received, usually after a request from me, checks begin of the

different necessary requirements. Lap sheets must include the elapsed time in hours, minutes, and seconds at the end of each lap, which is the only way possible errors in lap recording can be detected. Details of the measurement of the track are required, along with that of any part lap necessary to complete the distance (i.e., when a 50-km race is run on a 440-yard track). Three stopped times (recorded in full to the hundredth of a second) are required for the world best performance claimed (though two is occasionally acceptable). Finally a statement from the race referee or race director that the start of the race was fair and the runner claiming the world best performance was given no unfair advantage is required. After my initial checks, the documentation is then double checked by other very experienced experts. If the documentation passes this scrutiny, it is then put forward for ratification by the IAU and RRC Councils. (The RRC in fact recognizes only track world best performances from 30 miles to 48 hours. The IAU recognizes a much wider spectrum of world bests.)

The procedure for age-group records is not quite so strict. It is more likely that stopped times will not be taken for intermediate marks for a runner way back in the pack. For that reason, although stopped times are preferred, lap times taken at the end of the lap in which the relevant distance was passed, plus one second, can be used. This is because any clock used for the benefit of lap recorders does not show the tenths or hundredths, and the time is therefore rounded down. By adding one second we are rounding up, as we do stopped times for absolute world bests. (The position of lap recorders in relation to the running clock and the start/finish line will vary considerably, and thus their perception of when their runner crosses the line will vary. Thus such times are only accurate to within plus or minus two seconds I would estimate. Stopped times are taken at the exact point where the distance is completed and thus are more precise. This would perhaps seem to be too small a difference to matter. However, Dionisio Castro missed a world hour record by one meter a couple of years ago. Such a near miss confirms our need to be as accurate as possible when dealing with absolute world best performances.)

In some countries, age-group records are calculated based on the age of the runner on January 1 of that year. The ages for ultra world age bests are as of the day of the race, and that has received general acceptance. (It also ties in with the rules used by W.A.V.A. for its championships.)

So far I have dealt exclusively with track bests, primarily because world ultra road bests are a recent development. Although the distance of the marathon for instance was set at 26 miles 385 yards in the 1920s, no method of measurement was specified. Surveyor's wheels, car odometers, maps, and so on were used. Not until 1960 did John Jewell of the RRC manage to persuade the IAAF to include the recommendation that road courses be measured using a

calibrated bicycle in their rule book. Despite that, widespread measurement by calibrated bicycle has only become common in the 1990s.

Documentation on road bests had been collected since the early '80s, but there was no established procedure for the recognition of world ultra road bests until the publication of the *Ultra Marathon Race Handbook* in 1992. The procedure for road bests involves checking the calibrated bicycle measurement documentation and the affirmation that the race was run on the course measured. (Post-race validation is the ideal, but often the funding is not available.) If the run was on a multi-loop course, lap times are needed. The requirements for stopped times are the same as for track races, as is the statement from race referee/race director as to the fairness of the race.

For there to be meaningful world ultra road bests, competition must be between runners, not courses. For this reason the decrease in elevation between start and finish must not exceed one-tenth of one percent (i.e., one meter per kilometer). Without this requirement, world road best performance lists would soon be dominated by marks set on substantially downhill courses.

Moreover, the start and finish points measured along a straight line must be within 30 percent of the race distance of each other. Marks set on point-to-point courses can be aided by a prevailing tailwind. However, such point-to-point courses have a long and distinguished history in ultrarunning. Therefore, proven performances which surpass the listed ratified road best performance on such a course are accorded "noteworthy performance" status.

In the world 100-km road best marks made since 1992 — both male and female, IAAF measurer Harry Arndt was able to post-validate the former and was present at the latter, having measured the course. With regard to the 100-km, there is also the additional requirement that a drug test be passed. This is because large prize money is often available in the 100-km event, and it is also a very high profile championship event. Moreover, when and if IAAF world road records are recognized, we want to have performances ready that will fulfill all criteria.

Indoor world ultra bests are in the process of being established. For indoor track the requirements are the same as for outdoor track. At present there are no fixed sizes for the tracks. As yet, the full range of ultra world bests are not available indoors.

The IAU keeps world best performances for a wide range of events — 30 miles, 50 kilometers, 40 miles, 50 miles, 100 kilometers, 150 kilometers, 100 miles, 200 kilometers, six hours, 12 hours, 24 hours, 48 hours, six days, 1,500 kilometers, and 1,000 miles. Not all these events have ratified world road bests as yet. I also maintain best on record marks for other events which are developing in popularity; these marks are unofficial.

The reasons for maintaining the width of events for world bests and the recognition of both road and track marks in these categories is partly for historical and geographical reasons. The 40-mile event may not be popular in the U.S., but is fiercely contested elsewhere. The 50-mile is popular in the U.S. but virtually unknown elsewhere. The importance of a world best relates

closely to the history of particular events within particular countries.

The overriding reason for the multiplicity of world bests is to motivate runners and to give the sport a higher profile in the media. Higher media profile means more sponsorship potential, both for events and for individuals. If a race director can legitimately claim that a world best performance has been set at her/his event, the media are more interested and more likely to feature the race. This applies equally to age-group world bests as well.

The IAU as such does not keep world age group records. However, I, as an indi-

vidual, do so. I keep the full range of age group marks for the track, but just the 100-km and 24-hour for the road — the reason being that it has been hard enough tracking down road measurement details for absolute bests. For the full range it would be too difficult. Single-age-group marks are not kept. Age-group world bests start at 40-plus. The reason for this is that in a number of countries runners are not allowed to run ultras until they are 18.

Finally, record keeping is like painting the Forth Bridge — a huge steel Victorian bridge in Scotland that has to be painted. The painters take so long to paint it, by the

time they finish it, it is time to start at the beginning again! Thus the following list is a snapshot of the current situation which will need updating regularly. Kouros's current 24-hour mark which is pending will lose two laps at least, and the distance shown is that.

The continuity strand is very important, I feel, and ties in with the traditions of the sport; the six days and 1,000 miles stretch back hundreds of years before the marathon.

In Moscow in May the IAU Executive ratified the following World Best Performances for Track and Road. These are the best totally verified marks available:

Track World Bests

Men

30 miles	Jeff Norman	GBR	2:42:00	Timperley	7 Jun 80
50 km	Jeff Norman	GBR	2:48:06	Timperley	7 Jun 80
40 miles	Don Ritchie	GBR	3:48:35	Hendon	16 Oct 82
50 miles	Don Ritchie	GBR	4:51:49	Hendon	12 Mar 83
100 km	Don Ritchie	GBR	6:10:20	Crystal Palace	28 Oct 78
150 km	Don Ritchie	GBR	10:36:42	Crystal Palace	15 Oct 77
100 miles	Don Ritchie	GBR	11:30:51	Crystal Palace	15 Oct 77
200 km	Don Ritchie	GBR	16:19:16 (a)	Hendon	26/27 Oct 91
	Yiannis Kouros	AUS	15:32:39(p)	Coburg	13/14 Apr 96
6 hours	Don Ritchie	GBR	97.200 km / 60 m 699 y	Crystal Palace	28 Oct 78
12 hours	Yiannis Kouros	GRE	162.400 km / 100 m 1602 y	Montauban	15 Mar 85
24 hours	Yiannis Kouros	AUS	285.362 km / 177 m 555 y	Surgeres	6/7 May 95
	Yiannis Kouros	AUS	293.704 km / 182 m 878 y(p)	Cogurg	13/14 Apr 96
48 hours	Yiannis Kouros	AUS	470.781 km / 292 m 932 y	Surgeres	6/7 May 95
	Yiannis Kouros	AUS	473.797 km / 294 m 710 y(p)	Surgeres	3/5 May 96
6 days	Yiannis Kouros	GRE	1022.068 km / 635 m 147 y	New York	2/8 Jul 84
1500 km	Gary Parsons	AUS	11 d 23:04:03 (p)	Nanango	13/25 Mar 96
1000 miles	Gary Parsons	AUS	12 d 19:44:35	Nanango	13/26 Mar 96

Women

30 miles	Carolyn Hunter-Rowe	GBR	3:12:25	Barry	3 Mar 96
50 km	Carolyn Hunter-Rowe	GBR	3:18:52	Barry	3 Mar 96
40 miles	Carolyn Hunter-Rowe	GBR	4:26:43	Barry	7 Mar 93
50 miles	Linda Meadows	AUS	6:07:58	East Burwood	18 Jun 94
100 km	Ann Trason	USA	7:50:09	Haywood	3 Aug 91
150 km	Hilary Walker	GBR	13:45:54	Blackpool	5/6 Nov 88
100 miles	Ann Trason	USA	14:29:44	Santa Rosa	18/19 Mar 89
200 km	Hilary Walker	GBR	20:18:07 (b)	Blackpool	5/6 Nov 88
6 hours	Linda Meadows	AUS	78.742 km / 48 m 1633 y	East Burwood	18 Jun 94
12 hours	Ann Trason	USA	147.600 km / 91 m 1258 y	Hayward	3/4 Aug 91
24 hours	Eleanor Adams	GBR	240.169 km / 149 m 142 y	Melbourne	19/20 Aug 89
48 hours	Hilary Walker	GBR	366.512 km / 227 m 1302 y	Blackpool	5/7 Nov 88
6 days	Sandra Barwick	NZ	883.631 km / 548 m 558 y	Campbelltown	18/24 Nov 90
1500 km	Sandra Brown	GBR	13 d 10:29:48 (p)	Nanango	13/27 Mar 96
1000 miles	Sandra Brown	GBR	14 d 10:27:21 (p)	Nanango	13/28 Mar 96

Road world bests

Men

30 miles	Thompson Magawana	RSA	2:37:31	Claremont-Kirstenbosch	12 Apr 88
50 km	Thompson Magawana	RSA	2:43:38	Claremont-Kirstenbosch	12 Apr 88
40 miles	Andy Jones	CAN	3:45:39 (p)	Houston	23 Feb 91
50 miles	Bruce Fordyce	RSA	4:50:51	Chicago	14 Oct 84
100 km	Jean-Paul Praet	BEL	6:16:41 (c)	Winschoten	12 Sep 92
100 miles	Rae Clark	USA	12:12:19 (d)	Queens, New York	1 Apr 89
200 km	Don Ritchie	GBR	16:31:08 (e)	Milton Keynes (i)	3/4 Feb 90
12 hours	Rae Clark	USA	157.715 km / 98 m 0 y (d)	Queens, New York	1 Apr 89
24 hours	Don Ritchie	GBR	267.543 km / 166 m 429 y	Milton Keynes (i)	3/4 Feb 90
48 hours	Yiannis Kouros	GRE	408.773 km / 254 miles	New York	21/23 May 88
6 days	Yiannis Kouros	GRE	1028.370 km / 639 miles	New York	21/26 May 88
1000 miles	Georg Jermolajevs	UKR	12:20:14:27 (f)	New York	11/24 Sep 95
Noteworthy point-to-point mark:					
50 miles	Bruce Fordyce	RSA	4:50:21	London to Brighton	25 Sep 83

Women

30 miles	Frith Van Der Merwe	RSA	3:01:16	Claremont-Kirstenbosch	25 Mar 89
50 km	Frith Van Der Merwe	RSA	3:08:39	Claremont-Kirstenbosch	25 Mar 89
40 miles	Ann Trason	USA	4:26:13 (p)	Houston	23 Feb 91
50 miles	Ann Trason	USA	5:40:18	Houston	23 Feb 91
100 km	Ann Trason	USA	7:00:48	Winschoten	16 Sep 95
100 miles	Ann Trason	USA	13:47:41	Queens, New York	4 May 91
200 km	Eleanor Adams	GBR	19:00:31	Milton Keynes (i)	3/4 Feb 90
12 hours	Ann Trason	USA	144.840 km / 90 m 0 y	Queens, New York	4 May 91
24 hours	Sigrid Lomsky	GER	243.657 km / 151 m 706 y	Basel	1/2 May 93
48 hours	Sue Ellen Trapp	USA	360.109 km / 223 m 1340 y	Sacramento	13/15 Nov 93
6 days	Sandra Barwick	NZ	804.672 km / 500 miles	Queens, New York	16/23 Sep 91
1000 miles	Sandra Barwick	NZ	12 d 14:38:40	Queens, New York	16/29 Sep 91

Australian Rankings for 50km Track for Women

Name	State	PB for 50KM	Place	Date at Age	
1 FRANCIS, Mary	WA	3:44:18	BUNBURY	04/03/95	37
2 MEADOWS, Linda	VIC	3:45:43	EAST BURWOOD	18/06/94	35
3 PETRIE, Lavinia	VIC	3:49:32	EAST BURWOOD	19/06/93	49
4 WHITING, Sue	NSW	4:01:53	PARRAMATTA	4/3/90	
5 STANGER, Helen	NSW	4:12:10	WOLLONGONG	26/03/94	43
6 HERBERT, Cynthia	VIC	4:13:09	BOX HILL	28/06/86	44
7 GORDON, Lyn	QLD	4:19:56	CENTENARY LAKES	07/01/95	39
8 BALDWIN, Cherie	VIC	4:23:46	BURWOOD	25/10/92	40
9 YOUNG, Shirley	VIC	4:28:44	BURWOOD	21/06/92	62
10 KERR, Sandra	VIC	4:29:35	COBURG	27/02/93	47
11 PARRIS, Dawn	VIC	4:30:06	BURWOOD	25/10/92	39
12 WOODS, Sally	QLD	4:30:45	COBURG	28/08/88	
13 BARNES, Helen	SA	4:31:29	SALISBURY	07/07/91	41
14 McCONNELL, Georgina	NSW	4:34:00	PARRAMATTA	5/3/89	45
15 HAARSMA, Kay	SA	4:43:02	ADELAIDE	13/11/82	
16 WORLEY, Sue	SA	4:43:04	SALISBURY	07/07/91	43
17 GRANT, Dell	QLD	4:44:48	IPSWICH	10/04/93	39
18 FOLEY, Wanda	QLD	4:46:59	PARRAMATTA	5/3/89	43
19 THOMPSON, Dale	NSW	4:47:18	PARRAMATTA	3/3/91	
20 SPAIN, Trisha	WA	4:48:22	OLYMPIC P	19/08/89	47
21 O'CONNOR (MORRIS), Helen	SA	5:03:01	ADELAIDE	1/11/86	
22 BRINSDEN, Carolyn	WA	5:04:47	BUNBURY	04/03/95	36
23 DURRANT, Nicole	WA	5:04:47	BUNBURY	04/03/95	27
24 STANDEVEN, Cheryl	SA	5:06:10	ADELAIDE	29/10/88	32
25 SAYERS, Debbie	NSW	5:10:03	PARRAMATTA	//	
26 RILEY, Geraldine	VIC	5:10:20	ADELAIDE	9/11/85	21
27 KENNEDY, Gloria	NSW	5:10:45	PARRAMATTA	//	
28 SOMMERS, Corinne		5:23:00	CABOOLTURE	23/06/90	29
29 BARDY, Sue	SA	5:24:17	SALISBURY	07/07/91	57
30 CRIBB, Lyn	NSW	5:25:38	PARRAMATTA	3/3/91	
31 COTTRELL, Angie	QLD	5:30:00	CENTENARY LAKES	06/01/96	47
32 GLADWELL, Lucille	NSW	5:30:54	PARRAMATTA	3/3/91	
33 BISHOP, Lorrie	VIC	5:31:28	BOX HILL	15/06/91	44
34 PIKE, Denise	VIC	5:31:40	KNOX	20/07/96	44
35 TALBOT, Kim	VIC	5:32:22	COBURG	25/02/89	20
36 WISHART, Lois	VIC	5:32:38	TOOTGAROOK	2/5/92	46
37 WARREN, Val	NSW	5:39:48	PARRAMATTA	3/3/91	56
38 TAIT, Marilyn	VIC	5:43:29	OLYMPIC PK	8/4/90	40
39 PARSONS, Sharon	QLD	5:46:54	CENTENARY LAKES	07/01/95	43
40 HILL, Lorna	QLD	5:49:58	CENTENARY LAKES	07/01/95	29
41 SKROBOLAC, Sharon	VIC	5:50:20	ROSEBUD	04/05/91	34
42 COULTER, Joan	NSW	5:53:32	WOLLONGONG	1/4/95	
43 COLLINS, Jan	QLD	5:58:16	CENTENARY LAKES	07/01/95	56
44 KINCHIN, Marilyn	NSW	6:02:21	PARRAMATTA	5/3/89	39
45 McCARTHEY, Marilyn	SA	6:04:56	ADELAIDE	24/07/88	38
46 CASE, Valerie	QLD	6:16:42	HENSLEY	28/05/88	51
47 SALTER, Bronwyn	WA	6:22:23	PERTH	18/10/86	38
48 TAYLOR, Jacqueline	VIC	6:31:08	TOOTGAROOK	2/5/92	
49 CURRAN, Michelle	QLD	6:38:45	WOLLONGONG	1/4/95	
50 YOUNG, Mary	VIC	6:38:59	BOX HILL	2/2/85	24
51 METCALF, Karen	SA	6:47:21	ADELAIDE	21/10/95	22
52 LUSH, Eileen	SA	6:50:58	ADELAIDE	4/10/87	40
53 BENSON, Carolyn	SA	7:36:48	ADELAIDE	28/10/89	42
54 BECK, Carol	SA	8:09:30	ADELAIDE	24/10/92	
55 GUTERES, Elaine	SA	8:29:39	ADELAIDE	9/11/85	
56 FARROW, Lynette	SA	9:15:59	KNOX PARK	07/05/95	33
57 ZWYNENBURG, ALI	VIC	9:23:18	ROSEBUD	04/05/91	
58 BRUNER, Patty	VIC	9:47:40	BOX HILL	15/02/86	49

Australian Rankings for 50km Track for Men

Name	State	PB for 50KM	Place	Date	at Age
1 COOK, Bruce	QLD	3:09:50	PARRAMATTA	5/3/89	32
2 CLINGAN, Bill	NSW	3:10:36	PARRAMATTA	1/1/84	38
3 BARKER, Carl	NSW	3:11:28	ADELAIDE	15/07/90	31
4 BADIC, Safet	VIC	3:11:38	BURWOOD	19/06/93	32
5 ISAILOVIC, Dragan	VIC	3:11:38	BURWOOD	19/06/93	32
6 VISALLI, Tony	NSW	3:12:31	PARRAMATTA	11/3/84	
7 WOODS, Graeme	QLD	3:14:44	COBURG	28/08/88	41
8 MONTAGUE, Steve	NSW	3:15:27	PARRAMATTA	//	
9 TUTTY, Peter	VIC	3:15:35	BOX HILL	18/06/88	23
10 THOMPSON, Martin	NSW	3:15:57	UXBRIDGE UK	25/06/77	31
11 LOVE, Greg	NSW	3:16:17	PARRAMATA	03/03/91	
12 SWIFT, Keith	NSW	3:18:59	PARRAMATTA	//	
13 JACOBS, Trevor	ACT	3:19:14	EAST BURWOOD	21/06/92	40
14 WHEATLEY, P.	NSW	3:25:03	PARRAMATTA	//	
15 TOLLIDAY, Owen	QLD	3:25:53	OLYMPIC PK	8/4/90	40
16 STANDEVEN, David	SA	3:27:48	ADELAIDE	15/07/90	38
17 DERIG, Peter	NSW	3:28:19	PARRAMATTA	//	
18 EVANS, Steve	QLD	3:32:35	CENTENARY LAKES	07/01/95	34
19 BREIT, John	VIC	3:33:49	OLYMPIC PARK	8/4/90	32
20 EVERY, Paul	NSW	3:34:27	PARRAMATTA	6/3/88	23
21 MASSINGHAM, Barry	NSW	3:34:37	PARRAMATTA	//	
22 MARDEN, Bob	NSW	3:34:55	PARRAMATTA	11/3/84	31
23 BOASE, Geoff	QLD	3:35:25	BOX HILL	15/06/91	40
24 SMITH, Jeff	VIC	3:37:29	BURWOOD	25/10/92	42
25 SMITH, Bryan	VIC	3:38:42	BOX HILL	18/06/88	44
26 MOORE, Peter	VIC	3:38:50	BURWOOD	21/06/92	44
27 CLARK, Dennis	VIC	3:39:09	BURWOOD	21/06/92	40
28 MILNE, Peter	VIC	3:39:14	BOX HILL	18/06/88	33
29 WALLACE, Alistair	NSW	3:39:16	PARRAMATTA	11/3/84	42
30 KELLY, Frank	NSW	3:39:25	PARRAMATTA	11/3/84	30
31 KINSHOFER, Rudi	SA	3:39:37	EAST BURWOOD	19/06/93	39
32 CLARKE, Ian	VIC	3:40:50	BURWOOD	25/10/92	38
33 GILLIS, Thomas	NSW	3:41:15	PARRAMATTA	//	
34 McCOOL, Tony	SA	3:42:03	ADELAIDE	24/07/88	
35 FRANCIS, Mick	WA	3:42:23	BUNBURY	04/03/95	36
36 SIMMONS, Brian	VIC	3:42:32	BURWOOD	24/10/93	
37 ZERVOS, T	NSW	3:42:46	PARRAMATTA	11/3/84	
38 WILSON, Greg	VIC	3:42:50	BURWOOD	25/10/92	40
39 RILEY, Gerry	VIC	3:43:01	SALISBURY	07/06/91	60
40 CAMPBELL, Ron	VIC	3:44:08	BOX HILL	16/06/90	47
41 BOYLE, Brad	NSW	3:44:10	PARRAMATTA	5/3/89	28
42 MEDILL, Graham	QLD	3:44:20	IPSWICH	18/04/92	44
43 SHILSTON, Ross	VIC	3:44:46	BURWOOD	18/06/94	40
44 CURTIS, Bob	VIC	3:45:08	BURWOOD	25/10/92	50
45 DOAK-SMITH, Alan	WA	3:45:15	BUNBURY	05/03/94	33
46 SMITH, Alan D.	WA	3:45:15	BUNBURY	02/04/94	
47 STEPHENSON, Chris	NSW	3:46:01	PARRAMATTA	11/3/84	27
48 READ, Nick	ACT	3:46:12	HENSLEY	28/05/88	36
49 GRAY, Peter	VIC	3:46:15	OLYMPIC P	08/04/90	25
50 MICHELSSON, Leif	VIC	3:46:35	BOX HILL	18/06/88	46
51 RECORD, Joe	WA	3:46:37	OLYMPIC P	08/04/90	48
52 BLACK, Jack	NSW	3:47:02	PARRAMATTA	10/3/82	
53 McCABE, Neil	QLD	3:47:48	COBURG	28/08/88	
54 DIETACHMAYER, Tony	VIC	3:48:47	BURWOOD	25/10/92	29
55 ZWIERLEIN, Bob	VIC	3:49:24	ROSEBUD	06/05/89	
56 AYLOTT, Nigel	VIC	3:49:34	KNOX	20/07/96	30

57 LAW, Andrew	TAS	3:49:50	ADELAIDE	24/10/92	33
58 CLARKE, Phillip	NSW	3:50:21	PARRAMATTA	6/3/88	36
59 DUNN, Stephen	SA	3:51:30	BUNBURY	04/03/95	28
60 WISHART, Greg	VIC	3:51:38	COBURG	28/08/88	50
61 ALEXANDER, Keith	VIC	3:52:07	COBURG	27/02/93	
62 PARCELL, Ashley	QLD	3:53:32	BOX HILL	15/02/86	30
63 STAPLES, Alan	NSW	3:54:37	PARRAMATTA	7/3/82	32
64 YOUNG, Cliff	VIC	3:54:42	ADELAIDE	1/11/86	64
65 OSBORNE, Robert	NSW	3:55:37	PARRAMATTA	6/3/88	
66 LOVELESS, Len	VIC	3:55:39	COBURG	10/9/89	
67 JOANNOU, Bill	NSW	3:56:29	COBURG	27/02/93	36
68 FICKEL, Bob	NSW	3:56:39	PARRAMATTA	4/3/90	38
69 SKROBALAC, Joe	VIC	3:57:23	BURWOOD	25/10/92	40
70 VISSER, Jeff	VIC	3:57:50	COBURG	10/9/89	26
71 HUTCHINSON, Ian	NSW	3:58:47	PARRAMATTA	8/3/81	34
72 CARSON, Max	VIC	3:58:51	COBURG	28/08/88	39
73 GAYNOR, Brendon	WA	3:59:14	BUNBURY	04/03/95	44
74 HOOK, Geoff	VIC	3:59:29	BOX HILL	18/06/88	43
75 BROOKS, Barry	VIC	3:59:59	COBURG	13/09/87	47
76 DONNELLY, Bruce	QLD	4:01:16	NSW	01/09/90	
77 HEPBURN, Brickley	VIC	4:01:37	BOX HILL	15/06/91	40
78 GERADA, Vic	NSW	4:01:39	PARRAMATTA	//	
79 MARKULIN, Doug	NSW	4:02:10	PARRAMATTA	//	
80 STEWART, R.	NSW	4:02:23	PARRAMATTA	11/3/84	
81 TAYLOR, Bob	VIC	4:02:51	BOX HILL	18/06/88	48
82 LEONARD, Simon	WA	4:03:07	BUNBURY	02/04/94	34
83 WALKER, Nick	NSW	4:03:11	PARRAMATTA	//	
84 COX, Don	SA	4:03:42	ADELAIDE	24/07/88	41
85 STEPHENSON, Bill	VIC	4:04:43	BURWOOD	25/10/92	
86 BOWMAN, Bruce	VIC	4:05:10	BURWOOD	21/06/92	
87 DAVIS, Ivan	TAS	4:05:23	COBURG	23/02/91	
88 FARMER, Pat	NSW	4:05:25	PARRAMATTA	4/3/90	27
89 HILL, Ron	VIC	4:05:33	OLYMPIC P	08/04/90	49
90 OLIFENT, Ian	SA	4:06:23	ADELAIDE	9/11/85	
91 PORTER, Neville	VIC	4:07:20	BOX HILL	15/06/91	56
92 CASSIDY, Kevin	VIC	4:07:28	BOX HILL	16/06/90	29
93 HUGHES, Randall	VIC	4:07:34	BURWOOD	25/10/92	68
94 McDONALD, Don	VIC	4:07:39	BOX HILL	18/06/88	
95 BEVERIDGE, Steel	NSW	4:08:07	PARRAMATTA	9/3/86	35
96 DAVIS, Les	NSW	4:08:43	PARRAMATTA	5/3/89	43
97 RICHARDSON, Peter	VIC	4:08:45	HENSLEY	30/05/87	32
98 CORMACK, George	VIC	4:09:02	BURWOOD	29/07/95	44
99 McCOMBE, Andrew	SA	4:09:04	SALISBURY	07/07/91	60
100 BEAUCHAMP, William	VIC	4:09:16	COBURG	13/09/87	42
101 BRYCE, Michael	VIC	4:09:29	BOX HILL	18/06/88	
102 FITZGERALD, Geordie	NSW	4:09:49	PARRAMATTA	//	
103 TAGGART, Bob	SA	4:10:01	ADELAIDE	29/10/88	41
104 STUART, Roger	SA	4:10:10	ADELAIDE	24/07/88	45
105 BELL, John	VIC	4:10:16	BOX HILL	15/02/86	41
106 MARTIN, Rod	NSW	4:10:32	HENSLEY	30/05/87	44
107 HOCKING, Evan	NSW	4:10:43	PARRAMATTA	//	
108 WILKINSON, Graeme	NSW	4:10:52	ADELAIDE	4/10/87	41
109 TORRE, Joe	4:11:09	BURWOOD	24/10/93	0	
110 TAYLOR, Maurice	NSW	4:11:11	PARRAMATTA	5/3/89	40
111 COX, Murray	SA	4:11:21	ADELAIDE	15/07/90	44
112 WRIGHT, Doug	WA	4:11:30	BUNBURY	02/04/94	48
113 BLOOMER, Brian	VIC	4:11:33	BOX HILL	15/02/86	45
114 MATINCA, Glen	QLD	4:12:21	CENTENARY LAKES	06/01/96	41

115 SMITH, Bert	VIC	4:12:24	BOX HILL	18/06/88	
116 MORROW, Tom	NSW	4:12:48	PARRAMATTA	5/3/89	
117 RUSSELL, Graeme	VIC	4:12:48	BOX HILL	17/06/89	30
118 JAVES, Ian	QLD	4:13:10	OLYMPIC PARK	4/8/90	47
119 DE FANIS, Sam	VIC	4:13:11	BURWOOD	25/10/92	44
120 HORVATH, Julius	NSW	4:13:12	PARRAMATTA	2/3/91	37
121 TOWNSEND, Graeme	NSW	4:13:33	SYDNEY	30/09/90	33
122 BOND, Russell	NSW	4:13:40	PARRAMATTA	1/3/80	
123 REID, Stuart	ACT	4:13:40	CANBERRA	1/10/88	
124 MANNING, Peter	NSW	4:13:56	PARRAMATTA	6/3/88	35
125 CATTLE, Ernie	VIC	4:14:06	HENSLEY	28/05/88	38
126 KIP.MELHAM, Anyce	NSW	4:14:16	HENSLEY	28/05/88	30
127 WARNER, Ashley	NSW	4:14:21	PARRAMATTA	//	
128 PICKARD, Terry	QLD	4:14:25	QLD UNI	05/09/87	
129 McCORIE, Wal	NSW	4:14:32	PARRAMATTA	//	
130 AUDLEY, George	WA	4:15:09	PERTH	18/10/86	51
131 NASH, Robert	VIC	4:15:10	BOX HILL	18/06/88	37
132 BURKE, Peter	NSW	4:15:12	PARRAMATTA	1/3/83	
133 HARRIS, Trevor	QLD	4:15:21	HENSLEY	30/05/87	40
134 BANFIELD, F.	NSW	4:15:33	PARRAMATTA	11/3/84	
135 QUINN, Peter	VIC	4:15:57	BURWOOD	28/10/90	40
136 KIRK, Bruce	VIC	4:15:58	BOX HILL	16/06/90	26
137 MARTIN, Ross	SA	4:16:00	SALISBURY	06/07/91	61
138 WEINSTEIN, Roger	VIC	4:16:00	BOX HILL	15/06/91	41
139 KITTO, Max	SA	4:16:55	ADELAIDE	24/07/88	42
140 McKELLAR, Jack	VIC	4:17:30	BOX HILL	15/02/86	45
141 DUFFELL, Geoff	VIC	4:18:11	BURWOOD	24/10/93	42
142 DUCKWORTH, Steve	VIC	4:18:11	BURWOOD	24/10/93	40
143 ARMISTEAD, Peter	VIC	4:18:20	FRANKSTON	30/04/94	48
144 COX (SNR), Terry	VIC	4:18:33	COBURG	10/9/89	52
145 MELNYCZENKO, John	NSW	4:18:57	PARRAMATTA	4/3/83	
146 COPLAND, Charles	VIC	4:18:57	BURWOOD	21/06/92	
147 BAZZO, James	QLD	4:19:17	PARRAMATTA	3/3/91	43
148 THOMPSON, Mike	WA	4:19:30	COBURG	10/3/90	42
149 MACKAY, Mark	QLD	4:19:37	ADELAIDE	16/10/93	27
150 KIRKMAN, Geoff	SA	4:19:39	ADELAIDE	9/11/85	35
151 COLLINS, Tony	NSW	4:19:49	SYDNEY	30/09/90	43
152 McKENZIE, Peter	QLD	4:19:51	CENTENARY LAKES	06/01/96	45
153 HARTLEY, Ernest	VIC	4:20:00	PARRAMATTA	6/3/88	38
154 JERRAM, Col	VIC	4:20:04	BOX HILL	16/06/90	41
155 DEVINE, Alan	WA	4:20:36	PERTH	17/10/87	28
156 WALTERS, Ken	VIC	4:21:24	BOX HILL	16/06/90	57
157 HODGE, R.	NSW	4:21:25	PARRAMATTA	11/3/84	
158 HUNTER, Bob	QLD	4:21:48	QLD	01/07/89	54
159 JACKSON, Keith	NSW	4:22:28	PARRAMATTA	4/3/90	39
160 BROWNE, Greg	VIC	4:22:34	BOX HILL	17/06/89	36
161 BRUNER, Bob	VIC	4:23:10	ADELAIDE	13/11/82	44
162 FISHER, Keith	VIC	4:24:26	AUCKLAND NZ	23/08/87	22
163 MARCH, Mike	TAS	4:24:37	COBURG	25/02/89	45
164 GRAYLING, Michael	VIC	4:25:05	BOX HILL	16/06/90	33
165 YOUNG, Nobby	NSW	4:25:06	NSW	01/09/90	44
166 POWER, Tony	VIC	4:25:10	BOX HILL	16/06/90	
167 TWARTZ, Peter	SA	4:25:19	ADELAIDE	21/10/95	36
168 DREW, Robert	NSW	4:25:39	PARRAMATTA	6/3/88	
169 BUTKO, Kon	VIC	4:26:13	BOX HILL	15/02/86	38
170 COX (JNR), Terry	VIC	4:26:14	COBURG	10/3/90	24
171 BOHNKE, Michael	NSW	4:26:29	COBURG	22/02/92	38
172 SLAGTER, Michael	SA	4:26:46	ADELAIDE	22/10/94	24

173 McCLOSKEY, Ian	QLD	4:26:58	IPSWICH	18/04/92	40
174 SAYERS, Bob	VIC	4:27:07	FRANKSTON	30/04/94	52
175 CHAMPNESS, John	VIC	4:27:34	BOX HILL	28/02/87	35
176 RUSSELL, Rick	WA	4:28:22	BUNBURY	04/03/95	
177 GRAY, Dan	NSW	4:28:39	PARRAMATTA	11/3/84	37
178 FARNHAM, Tony	NSW	4:29:01	WOLLONGONG	26/03/94	48
179 MURPHY, Les	ACT	4:29:04	CANBERRA	1/10/88	
180 QUINTO, Derek	ACT	4:29:04	CANBERRA	1/10/88	41
181 CROUCH, Lawrence	VIC	4:29:06	BURWOOD	24/10/93	53
182 HARPER, John	VIC	4:29:36	BURWOOD	21/06/92	45
183 GILLIES, K	NSW	4:29:40	PARRAMATTA	11/3/84	
184 PARKER, Ross	WA	4:29:52	PERTH	16/10/87	
185 MESALIC, Asim	QLD	4:29:56	IPSWICH	10/05/91	44
186 KAPARELIS, John	VIC	4:30:07	COBURG	28/08/88	21
187 GOBEL, Joe	VIC	4:30:24	BOX HILL	28/02/87	49
188 BROWN, David	NSW	4:30:27	HENSLEY	28/05/88	30
189 HERPICH, Ludwig	NSW	4:30:47	WOLLONGONG	26/03/94	
190 MAHONY, Paul		4:30:49	NSW	01/09/90	
191 MEALEY, John	WA	4:30:52	BUNBURY	04/03/95	
192 SILL, David	NSW	4:30:54	BURWOOD	19/06/93	46
193 SCUTTS, Sam	NSW	4:31:07	PARRAMATTA	3/3/91	
194 YOUNIE, A.	NSW	4:31:16	PARRAMATTA	11/3/84	
195 DONOVAN, Tom	VIC	4:31:22	BOX HILL	18/06/88	57
196 MISKIN, Stan	QLD	4:31:37	MELB UNI	26/06/82	56
197 KEWLEY, Doug	SA	4:31:58	ADELAIDE	21/10/95	45
198 SEWELL, Robert	NSW	4:32:23	PARRAMATTA	//	
199 GIBSON, Peter	QLD	4:32:39	CENTENARY LAKES	07/01/95	39
200 LOMBARDI, Rudy	VIC	4:33:24	COBURG	27/02/93	29
201 PHILLIPS, Lindsay	QLD	4:33:30	QLD	01/07/89	23
202 BOIDIN, Keith	NSW	4:33:31	PARRAMATTA	1/3/81	
203 LYNN, Charlie	NSW	4:33:31	ADELAIDE	9/11/85	40
204 CHANNELLS, Robert	NSW	4:33:33	ADELAIDE	24/10/92	50
205 RAMELLI, Ray	VIC	4:33:43	BOX HLL	15/02/86	40
206 BUCHAN, Sandy	QLD	4:33:58	CABOOLTURE	1/7/89	35
207 WOLSTENCROFT, James	VIC	4:34:00	BOX HILL	16/06/90	35
208 SCHUBERT, Guy	SA	4:34:03	ADELAIDE	1/11/86	35
209 HARGREAVES, Bruce	NSW	4:34:13	CABOOLTURE	23/06/90	37
210 ALFORD, Graeme	VIC	4:34:16	EAST BURWOOD	28/10/90	30
211 ALFORD, Graeme	VIC	4:34:16	EAST BURWOOD	28/10/90	
212 MACCARONE, John	NSW	4:35:34	PARRAMATTA	3/3/91	42
213 SIDEBOTTOM, Ced	NSW	4:35:44	PARRAMATTA	5/3/89	48
214 MANSELL, Kevin	SA	4:36:25	PARRAMATTA	5/3/89	37
215 NASMYTH, Chilla	NSW	4:36:34	NSW	01/09/90	
216 NELL, Peter	NSW	4:36:51	SALISBURY	07/07/91	
217 FARMER, Christopher	NSW	4:37:14	PARRAMATTA	3/3/91	
218 MORELY, Darren	QLD	4:37:24	IPSWICH	18/04/92	30
219 SCHNIBBE, Klaus	VIC	4:37:35	COBURG	13/09/87	44
220 KELLAR, Chris	VIC	4:37:36	BURWOOD	14/10/93	
221 CACCARONE, John	NSW	4:37:57	PARRAMATTA	6/3/88	
222 WILLIAMS, David	NSW	4:38:02	PARRAMATTA	3/3/91	43
223 HOLMES, Chris	NSW	4:38:22	ADELAIDE	21/10/95	41
224 BENCZE, John	VIC	4:38:30	COBURG	25/02/89	55
225 GREEN, Keith	VIC	4:38:32	TOOTGAROOK	2/5/92	
226 ROWE, Craig	QLD	4:39:13	WOLLONGONG	26/03/94	26
227 STENNER, Graham	SA	4:39:24	ADELAIDE	24/07/88	43
228 FOLEY, Mark	NSW	4:40:00	PARRAMATTA	5/3/88	34
229 DONALD, Colin	VIC	4:40:42	BOX HILL	28/02/87	
230 HOUGH, Ken	VIC	4:41:11	BOX HILL	18/06/88	43

Australian Rankings for 50km Road by Women

Name	PB for 50KM	Place	Date at Age	
1 MEADOWS, Linda	3:27:22	CANBERRA	09/04/95	36
2 FRANCIS, Mary	3:28:19	CANBERRA	14/04/96	38
3 CARROLL, Nicole	3:38:04	TOOWOOMBA	13/03/94	22
4 HANNS, Bronwyn	3:41:23	SHEPPARTON	15/09/96	33
5 PETRIE, Lavinia	3:41:57	CANBERRA	10/04/94	50
6 EY, Carol	3:54:25	CANBERRA	18/04/93	
7 STANGER, Helen	4:07:37	SHEPPARTON	17/09/95	45
8 DARLINGTON, Joan	4:12:50	TOOWOOMBA	22/03/92	45
9 GRANT, Dell	4:17:25	TOOWOOMBA	28/03/93	39
10 STRUNGS, Inara	4:31:35	TOOWOOMBA	13/03/94	38
11 LOEKEN, Rene	4:32:43	TOOWOOMBA	22/03/92	36
12 PARKES, Helen	4:43:16	CANBERRA A	10/04/94	
13 MARKHAM, Aileene	4:49:38	CANBERRA	14/04/96	48
14 GORDON, Lyn	4:50:00	MT MEE CLASSIC	29/04/95	39
15 DURRANT, Nicole	4:53:20	MUNDARING -YORK 40	20/08/95	27
16 VOGEL, Winnie	4:53:55	MUNDARING -YORK 40	20/08/95	43
17 YOUNG, Shirley	4:59:30	SHEPPARTON	17/09/95	65
18 WRIGHT, Glenys	5:01:13	CABOOLTURE	02/09/89	40
19 WALLACE, Robyn	5:02:41	QLD UNI	25/06/88	30
20 COLLINS, Jan	5:12:26	TOOWOOMBA	28/03/93	54
21 McDOUGALL, Christine	5:12:47	NANANGO FOREST	3/12/95	35
22 CATON, Kathy	5:13:02	TOOWOOMBA	13/03/94	30
23 CLARKE, Angela	5:19:50	TOOWOOMNA	13/03/94	54
24 KIRNE, Debbie	5:22:16	SHEPPARTON	17/09/95	30
25 KERR, Sandra	5:27:40	SHEPPARTON	15/09/96	51
26 McAVOY, Rima	5:28:25	MANSFIELD-BULLER	29/01/95	
27 STREET, Carol	5:30:00	TOOWOOMBA	19/08/90	49
28 GAWNE, Lyn	5:34:19	SHEPPARTON	15/09/96	45
29 CHRISP, Wendy	5:37:37	QLD UNI	25/06/88	24
30 CALLAGHAN, Anne	5:48:29	SHEPPARTON	15/09/96	59
31 COTTRELL, Angie	5:51:38	CABOOLTURE D-	10/2/96	47
32 WISHART, Lois	5:58:25	MANSFIELD-BULLER D	26/01/92	46
33 WAYMAN, Lee	6:04:04	SHEPPARTON	17/09/95	35
34 FELDMAN, Liz	6:09:58	MANSFIELD-BULLER	30/01/94	45
35 ALLEN, Barbara	6:10:47	BRINDABELLA 5	12/11/95	45
36 STONEY, Barb	6:17:51	VIOLET TOWN	16/10/94	
37 RUDOLPH, Lorna	6:28:09	CABOOLTURE A	//	
38 FLANAGAN, Helen	6:34:51	VIOLET TOWN	16/10/94	
39 BALDWIN, Cherie	6:41:10	MANSFIELD-BULLER	31/01/93	40
40 HILL, Shondra	6:42:57	SHEPPARTON	17/09/95	48
41 CASE, Valerie	6:43:03	CABOOLTURE	05/05/93	56
42 BOLT, Phillipa	6:53:22	MT MEE CLASSIC	29/04/95	38
43 PRYER, Susan	7:09:37	TAMBORINE TRE	7/8/94	37
44 SMITH, Shelly	7:13:10	MT MEE CLASSIC	21/04/96	38
45 PARSONS, Sharon	7:17:00	NANANGO FOREST	4/12/94	43
46 PIRIE, Wendy	7:49:05	TAMBORINE TRE	7/8/94	
47 DELLOW, Cheryl	7:55:39	CABOOLTURE	02/09/89	39
48 HALL, Kerrie	7:57:00	CABOOLTURE	02/05/93	32
49 HUDSON, Leahy	9:41:00	CABOOLTURE	05/05/90	39
50 McCONNELL, Georgina	9:44:43	TASMANIA RUN	11/08/94	51

Australian Rankings for 50km Road by Men

Name	PB for 50KM	Place	Date at Age	
1 EVANS, Steve	2:56:29	CANBERRA	09/04/95	34
2 BADIC, Safet	3:03:31	CANBERRA	09/04/95	34
3 SPEHR, Peter	3:03:31	CANBERRA	14/04/96	34
4 JACOBS, Trevor	3:05:06	CANBERRA	18/04/93	41
5 LARGE, Geoff	3:09:36	CANBERRA	18/04/93	
6 FRANCIS, Mick	3:15:52	CANBERRA	14/04/96	37
7 PETERS, Ron	3:16:11	TOOWOOMBA C	28/03/93	
8 WALLACE, Don	3:16:42	TOOWOOMBA	13/03/94	32
9 WILLIAMS, Kent	3:16:45	CANBERRA	10/04/94	49
10 KOUROS, Yiannis	3:17:22	SHEPPARTON	15/09/96	40
11 KLEINER, Tony	3:17:50	TOOWOOMBA	13/03/94	29
12 LOVE, Greg	3:19:06	CANBERRA	09/04/95	40
13 FITZPATRICK, Peter	3:24:04	CANBERRA A	10/03/94	
14 STANDEVEN, David	3:24:43	CANBERRA	14/04/96	44
15 McLEOD, Col	3:24:58	TOOWOOMBA C	19/08/90	54
16 HARLOW, Bob	3:25:41	CANBERRA	10/04/94	46
17 MEDILL, Graham	3:25:59	TOOWOOMBA	13/03/94	45
18 CARTER, Geoff	3:27:07	TOOWOOMBA	28/03/93	
19 BOASE, Geoff	3:28:49	TOOWOOMBA	19/08/90	39
20 BARTON, Greg	3:29:05	SHEPPARTON	15/09/96	28
21 WILSON, Greg	3:29:47	CANBERRA	10/04/94	41
22 MESALIC, Asim	3:31:23	TOOWOOMBA	13/03/94	47
23 STEINBERG, Mark	3:34:09	SHEPPARTON	17/09/95	
24 CARSON, Max	3:35:02	CANBERRA	14/04/96	47
25 WEAVERS, Russell	3:36:00	VIOLET TOWN	16/10/94	
26 MARSHALL, Kelvin	3:36:06	VIOLET TOWN	16/10/94	30
27 RAINES, Wayne	3:37:03	TOOWOOMBA C	28/03/93	34
28 VISSER, Jeff	3:37:04	CANBERRA	10/04/94	30
29 GAWNE, Brian	3:37:14	SHEPPARTON	15/09/96	48
30 EY, Robert	3:38:40	CANBERRA	10/04/94	
31 SULLIVAN, Peter	3:38:53	CABOOLTURE	02/09/89	
32 GREEN, Ian	3:41:34	CANBERRA	10/04/94	48
33 MONRO, Geoff	3:42:42	CANBERRA A	18/04/93	
34 BAKAUSKAS, Alan	3:42:54	SHEPPARTON	17/09/95	
35 VALENTINE, Milton	3:43:43	CANBERRA A	18/04/93	
36 CLARKE, Peter	3:43:48	CANBERRA	14/04/96	45
37 SOMMERS, David	3:43:48	TOOWOOMBA C	19/08/90	32
38 SMITH, Bryan	3:45:13	SHEPPARTON	17/09/95	51
39 STRATFORD, Murray	3:45:15	TOOWOOMBA C	10/3/91	35
40 TOLLIDAY, Owen	3:45:54	CABOOLTURE	05/05/90	40
41 McKENZIE-HICKS, Andrew	3:46:01	CANBERRA A	18/04/93	
42 GOONPAN, Peter	3:46:18	SHEPPARTON	17/09/95	36
43 BOGENHUBER, Max	3:47:52	CANBERRA	18/04/93	50
44 GUARD, Roger	3:48:01	TOOWOOMBA	28/03/93	46
45 TROPE, Jonathon	3:48:20	CANBERRA	09/04/95	49
46 BARKER, Carl	3:48:22	MANSFIELD-BULLER	11/1/91	31
47 JOANNOU, Bill	3:49:37	CANBERRA	18/03/93	36
48 FORSYTH, Ian	3:50:00	CANBERRA	09/04/95	40
49 EVERY, Paul	3:52:42	CANBERRA	18/04/93	28
50 MORELY, Darren	3:53:04	TOOWOOMBA C	22/03/92	30
51 MOSS, Garry	3:53:11	CANBERRA A	10/04/94	
52 SILL, David	3:53:35	CANBERRA	09/04/95	48
53 COOK, Bruce	3:54:11	MANSFIELD-BULLER	27/01/91	34
54 COLQUHOUN, IAN	3:54:57	SHEPPARTON	17/09/95	40
55 SINFIELD, PETER	3:54:57	SHEPPARTON	17/09/95	
56 THOMPSTONE, Roger	3:55:12	TOOWOOMBA C	10/3/91	

57	SMALL, Mark	3:55:54	CANBERRA A	10/04/94	
58	WHEATLEY, Mike	3:56:19	F'STON-PORTSE	3/4/93	
59	O'FARRELL, Brian	3:56:45	SHEPPARTON	15/09/96	49
60	WARD, Mike	3:57:12	CANBERRA	14/04/96	43
61	McCABE, Neil	3:58:24	CABOOLTURE	15/04/89	
62	FRENCH, Cliff	3:59:59	TOOWOOMBA	22/03/92	4
63	ROONEY, James	4:00:47	CANBERRA	14/04/96	43
64	SCOTT, Garrie	4:01:07	SHEPPARTON	15/09/96	45
65	SYLVESTER, Bob	4:01:13	CABOOLTURE A	02/09/89	43
66	CHAMBERLAIN, Kevin	4:01:14	CANBERRA	09/04/95	48
67	REIS, Charles	4:03:43	CANBERRA	10/04/94	37
68	HUNTER, Bob	4:05:30	CABOOLTURE	15/04/89	54
69	OBERSKEIDER, Anton	4:05:36	MANSFIELD-BULLER D	23/01/91	
70	GIRVAN, Dave	4:06:31	CANBERRA	09/04/95	64
71	HENRICKS, Bob	4:06:51	CABOOLTURE	02/09/89	44
72	SMITH, Lester	4:07:01	CANBERRA A	10/04/94	
73	LUCAS, Andrew	4:08:01	SHEPPARTON	15/09/96	31
74	HOSKINSON, Peter	4:08:05	SHEPPARTON	15/09/96	33
75	MIERS, Michael	4:08:23	TOOWOOMBA C	22/03/92	28
76	GRAY, Peter	4:08:43	CANBERRA	18/04/93	28
77	MATINCA, Glen	4:09:34	CABOOLTURE D-	10/2/96	42
78	ALEXANDER, Keith	4:11:53	SHEPPARTON	17/09/95	
79	OSBORNE, Robert	4:11:54	CANBERRA A	18/04/93	
80	RIDER, Alan	4:13:59	HOB-CYG D	17/04/91	42
81	GRAYLING, Michael	4:14:27	SHEPPARTON	15/09/96	40
82	JAVES, Ian	4:14:30	CABOOLTURE	20/05/89	46
83	PESCI, Sam	4:14:33	CANBERRA	10/04/94	36
84	EVANS, Brian	4:15:36	TOOWOOMBA	22/03/92	49
85	CLARKE, Ian	4:16:05	MANSFIELD-BULLER	30/01/94	39
86	CASSIDY, Kevin	4:16:16	SHEPPARTON	17/09/95	35
87	HUGILL, Phillip	4:16:44	BRINDABELLA 5	12/11/95	37
88	CHRISTOFFEL, Jeff	4:17:05	CABOOLTURE	2/9/89	35
89	PHILLIPS, Lindsay	4:18:14	CABOOLTURE	02/09/89	23
90	CARROLL, Neil	4:20:25	MUNDARING-YORK 40M	20/08/95	35
91	PATTRICK, Gary	4:22:07	CABOOLTURE A	02/09/89	
92	ALFORD, Graeme	4:22:15	MANSF-BULLER	26/01/92	32
93	ALFORD, Graeme	4:22:15	MANSFIELD-BULLER	26/01/92	
94	DAVIES, Clive	4:22:33	MANSFIELD-BULLER	31/01/93	51
95	LEWIS, Stephen	4:23:04	CABOOLTURE	02/09/89	30
96	PARSONS, Gary	4:23:07	CABOOLTURE	08/09/90	41
97	CLARK, Dennis	4:24:21	MANSFIELD-BULLER	29/01/95	42
98	FISHER, Keith	4:26:25	QLD	25/06/88	23
99	BREIT, John	4:27:20	MANSFIELD-BULLER	10/1/91	33
100	RIGBY, Roger	4:27:23	CANBERRA	10/04/94	51
101	LAW, Andrew	4:27:38	HOBART-CYGNET	20/02/94	34
102	McCABE, Neil	4:28:10	QLD UNI	25/06/88	
103	KEEVERS, Tony	4:28:17	CANBERRA	10/04/94	
104	ARMISTEAD, Peter	4:28:34	MANSFIELD-BULLER	11/1/91	44
105	CONNOLLY, ALLAN	4:29:40	SHEPPARTON	17/09/95	27
106	EVANGELISTA, Gino	4:30:19	HERITAGE D TO	25/02/95	55
107	DUNN, Stephen	4:30:30	MUND.-YORK 40	20/08/95	29
108	HEATH, Frank	4:31:44	CABOOLTURE	02/09/89	42
109	FERDINAND, Michael	4:32:01	MANSFIELD-BULLER	26/01/92	
110	LOGAN, Peter	4:32:09	MANSFIELD-BULLER	10/1/91	43
111	ALLEN, Gary	4:32:27	CABOOLTURE	15/04/89	
112	BURNS, Bob	4:33:33	CABOOLTURE	05/05/90	46
113	BROWN, Dave	4:33:44	CABOOLTURE	05/05/90	33
114	HEPBURN, Brickley	4:33:46	MANSFIELD-BULLER	10/1/92	40

115	BUCHAN, Sandy	4:35:11	CABOOLTURE	02/09/89	35
116	WARNER, Ernest	4:35:37	CANBERRA A	18/04/93	
117	McCLOSKEY, Ian	4:36:04	CABOOLTURE	06/09/91	39
118	HOOK, Geoff	4:36:20	VIOLET TOWN	16/10/94	49
119	NGENDA, Eddie	4:36:50	CANBERRA	10/04/94	54
120	McPHAIL, Graham	4:37:41	MANSFIELD-BULLER D	30/01/94	
121	BOYLE, Brad	4:38:58	SHEPPARTON	15/09/96	36
122	COLLINS, Tony	4:40:40	QLD	25/06/88	40
123	RABL, Dave	4:40:40	SHEPPARTON	17/09/95	
124	BRETNALL, John	4:41:02	CANBERRA	10/04/94	
125	RITZER, Bernd	4:41:29	MANSFIELD-BULLER	26/01/92	45
126	MASKEY, Errol	4:42:27	CABOOLTURE A	2/9/89	41
127	SKRYPNIUK, Jo	4:43:05	MUNDARING-YORK 40M	20/08/95	40
128	WALKER, Graeme	4:43:30	CABOOLTURE A	05/05/90	42
129	GIBSON, Peter	4:43:30	MT MEE CLASSIC	29/04/95	40
130	ANDERSON, Vic	4:45:32	CANBERRA	09/04/95	42
131	COCKS, Danny	4:49:22	CABOOLTURE	02/09/89	35
132	HENRY, Ian	4:49:51	QLD	25/06/88	25
133	DUFFELL, Geoff	4:49:51	MANSFIELD-BULLER	29/01/95	44
134	HENDERSON, John	4:50:00	TOOWOOMBA	13/03/94	38
135	WILLIAMS, Geoff	4:50:33	TOOWOOMBA	19/08/90	39
136	GOSATTI, Gary	4:50:33	MUNDARING-YORK 40M	20/08/95	38
137	McAVOY, Mike	4:50:39	MANSFIELD-BULLER	29/01/95	60
138	QUINN, Peter	4:51:28	MANSFIELD-BULLER D	12/1/91	41
139	CORNELIUS, Ian	4:51:32	HERITAGE D TO	25/02/95	54
140	BAZZO, James	4:51:58	MT MEE CLASSIC	29/04/95	47
141	McKENZIE, Peter	4:52:24	RAINBOW BEACH	28/10/95	45
142	HUNGERFORD, Philip	4:53:32	CABOOLTURE	02/09/89	36
143	TILLER, Kevin	4:53:50	BRINDABELLA 5	12/11/95	29
144	KELLER, Julius	4:53:52	CABOOLTURE	15/04/89	
145	WOLSTENCROFT, James	4:57:32	MANSFIELD-BULLER C	26/01/92	37
146	TAYLOR, Maurice	4:58:00	QLD	25/06/88	40
147	TOWN, Murray	4:58:12	BRINDABELLA 5	12/11/95	50
148	SHILSTON, Ross	4:58:31	VIOLET TOWN	16/10/94	40
149	HORVATH, Julius	4:58:54	SHEPPARTON	15/09/96	43
150	HILLIER, Greg	4:59:23	CABOOLTURE	15/04/89	33
151	HEIRS, Michael	4:59:41	CABOOLTURE D	5/5/90	26
152	BEVERIDGE, Steel	4:59:45	MANSFIELD-BULLER	26/01/92	41
153	KEENAN, Geoff	5:00:32	MANSFIELD-BULLER	26/01/92	
154	WEINSTEIN, Roger	5:00:53	MANSFIELD-BULLER D	26/01/92	41
155	CLARKE, James	5:02:06	SHEPPARTON	17/09/95	52
156	MATCHETT, Ken	5:02:38	SHEPPARTON	15/09/96	74
157	ST JOHN, Gerald	5:02:54	LINCOLNSHIRE	18/06/89	44
158	WATTS, Michael	5:03:17	MUNDARING-YORK 40M	20/08/95	36
159	BRUNDA, Ron	5:03:28	MUNDARING-YORK 40M	20/08/95	36
160	WILSON, George	5:05:02	SHEPPARTON	15/09/96	
161	BENOS, Ricky	5:05:24	MANSFIELD-BULLER	31/01/93	34
162	GRANT, Ron	5:05:50	CABOOLTURE	02/09/89	46
163	HERPICH, Ludwig	5:05:52	BRINDABELLA 5	12/11/95	
164	DAVIES, John	5:07:58	MUNDARING-YORK 40M	20/08/95	51
165	ROWE, Craig	5:08:24	CABOOLTURE A	01/09/91	24
166	COLWELL, Brian	5:08:25	BRINDABELLA 5	12/11/95	46
167	WHITTAKER, Peter	5:08:42	CABOOLTURE	05/05/90	31
168	WALKER, Ian	5:09:00	NANANGO FOREST	4/12/94	34
169	BAZELEY, Gavin	5:09:49	MT MEE CLASSIC	29/04/95	32
170	MACKAY, Mark	5:13:03	CABOOLTURE	10/09/93	27
171	FARRELL, John	5:13:35	MUNDARING-YORK 40M	20/08/95	46
172	LEWIS, Lachlan	5:14:08	CANBERRA	14/04/96	55

173 RAMSDEN, Graeme	5:14:11	QLD D	25/06/88	42
174 WOMERSLEY, Geoff	5:15:51	FRANK-PORT 55	1/4/95	
175 BEAUCHAMP, William	5:16:02	MANSFIELD-BULLER	10/1/92	46
176 BRYANT, Viv	5:16:57	MUNDARING-YORK 40M	20/08/95	49
177 McMANUS, TREVOR	5:19:20	SHEPPARTON	17/09/95	39
178 ARNOLD, Derek	5:20:14	MUNDARING-YORK 40M	20/08/95	58
179 NELSON, Peter	5:20:39	VIOLET TOWN	16/10/94	
180 FOWLER, John	5:21:02	HERITAGE D TO	25/02/95	
181 HOLLERAN, David	5:21:21	VIOLET TOWN	16/10/94	38
182 CARROLL, Ray	5:21:28	QLD	25/06/88	37
183 DE FANIS, Sam	5:25:07	MANSFIELD-BULLER	31/01/93	44
184 WISHART, Greg	5:25:51	MANSFIELD-BULLER D	//	
185 RILEY, Gerry	5:27:35	MANSFIELD-BULLER D	26/01/92	61
186 RAUWENDAAL, John	5:28:29	TOOWOOMBA C	13/03/94	4
187 WOODS, Kelvin	5:30:47	MT MEE CLASSIC	21/04/96	31
188 CONNOLLY, Dennis	5:30:56	CABOOLTURE	01/09/89	42
189 CONWAY, Dennis	5:31:31	MUNDARING-YORK 40M	20/08/95	47
190 TAYLOR, Dave	5:31:39	CABOOLTURE	01/09/91	40
191 WATTS, Graham	5:31:42	NANANGO-SB 57	7/9/95	42
192 DELLOW, Kevin	5:31:43	CABOOLTURE	02/09/89	40
193 CLARKE, Phillip	5:34:41	BRINDABELLA 5	12/11/95	43
194 YOUNG, Cliff	5:35:47	CABOOLTURE	//	
195 WOODS, Graeme	5:38:18	CABOOLTURE	15/04/89	42
196 TIMMS, John	5:38:39	CABOOLTURE	//	
197 CURRIE, Stuart	5:40:23	QLD	25/06/88	41
198 FIELD, Alf	5:42:41	BRINDABELLA 5	12/11/95	55
199 FARNHAM, Tony	5:43:11	BRINDABELLA 5	12/11/95	49
200 HENRY, Mel	5:43:25	CABOOLTURE	15/04/89	31
201 GOURLEY, Joel	5:45:00	QLD	25/06/88	28
202 HAIN, Geoff	5:47:25	CABOOLTURE	08/09/90	44
203 MATTHEWS, Lindsay	5:47:25	MUNDARING-YORK 40M	20/08/95	56
204 TRELOAR, Roy	5:49:00	NANANGO FOREST	4/12/94	39
205 HEFFERNAN, John	5:49:00	NANANGO FOREST	4/12/94	
206 MUSK, Bill	5:50:08	MUNDARING-YORK 40M	20/08/95	52
207 MILLER, Peter	5:50:16	MUNDARING-YORK 40M	20/08/95	33
208 CARRIGAN, John	5:52:00	NANANGO FOREST	4/12/94	42
209 GATENBY, David	5:52:25	HOBART-CYGNET	20/02/94	
210 BOYLE, Ben	5:55:24	NANANGO FOREST	3/12/95	43
211 CHATTERTON, Ray	5:57:24	CABOOLTURE	05/05/90	41
212 PETERSON, John	5:57:30	QLD	25/06/88	71
213 HARRIS, Trevor	5:57:51	BRINDABELLA 5	12/11/95	48
214 PITMAN, John	5:58:27	MT MEE CLASSIC	21/04/96	56
215 CAMILLERI, Mark	6:03:00	NANANGO FOREST	4/12/94	
216 SIMMS, Robert	6:07:31	BRINDABELLA 5	12/11/95	45
217 CHALMERS, Bruce	6:09:53	CABOOLTURE	02/09/89	36
218 ROBERTSON, Graeme	6:11:21	MANSFIELD-BULLER D	30/01/94	49
219 AUSTIN, Patrick	6:12:46	BRINDABELLA 5	12/11/95	56
220 ALLEN, Peter	6:13:55	BRINDABELLA 5	12/11/95	48
221 BURNS, Michael C-	6:16:00	NANANGO FOREST	4/12/94	
222 MADDOCK, Mike	6:16:40	BRUNY ISLAND	03/12/94	
223 CHANNELLS, Robert	6:17:00	NANANGO 57.2K	8/9/94	52
224 HENZELL, Greg	6:21:38	CABOOLTURE	06/09/91	39
225 FARMER, Pat	6:27:58	TASMANIA RUN	11/08/94	32
226 BROWNE, Kevin	6:30:14	MANSFIELD-BULLER	30/01/94	57
227 ROACH, Steven	6:30:16	TAMBORINE TRE	6/8/95	
228 LILLIS, Ted	6:30:35	BRINDABELLA 5	12/11/95	
229 HEBEL, Karl	6:33:59	RAINBOW BEACH	28/10/95	56
230 KERRUISH, Graham	6:35:17	BRINDABELLA 5	12/11/95	56

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I
(Full name of Applicant)

of
(Address)

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

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

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

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

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

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

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

Current membership fees for 1997 (in Aust. dollars) are as follows: Cheques payable to AURA Inc.

Please circle desired rate: \$ **25** within Australia

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

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

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

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