

# ULTRAMAG

Vol 12, No.1

April 1997

## MANSFIELD TO MT.BULLER 50KM ROAD RACE - JAN'97



On the starting line: (l. to r )  
Ernie Hartley,  
Dawn Parris,  
Pete Armistead  
(hidden),  
Kelvin Marshall,  
Bill Beauchamp.

Ready for a 7am  
start at Mansfield:  
Brian Gawne,  
Brian O'Farrell  
both Shepparton,  
Alan Witt,  
Randall Hughes  
(hidden),  
Ernie Hartley,  
Dawn Parris.



 **AURA**  
**MAGAZINE**



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

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# EDITORIAL

Dear Members,

I am sorry to announce that there will not be a 100km Australian Championship race at Shepparton this year. We just ran out of time to go through the steps required to make sure it would be the prestigious event it should be, and the Shepparton organiser and organising committee changed hands, resulting in more time being required than normal to come to grips with the massive job of pulling it all together. We should have full success next year.

The British are making a strong push to have a 100km event included into the Commonwealth Games to be held in Manchester in 2002. There are many stages for the bid to go through and it must pass them all. For the future development of our sport, it would be fantastic if such an event were included. AURA has sent a letter of support and requested Athletics Australia to do likewise. We have also asked our Interstate Representatives to lobby their state/territory associations so that our voice may contribute to the success of the British venture.

Cliffy is thumping around Australia to become the oldest man to do so. When many of us have stopped running at a "young" age, Cliffy just keeps on rolling (or running) on. What a great spirit you have Cliffy! Best of luck and I know you'll enjoy meeting a myriad of people almost as interesting as yourself.

Not to be outdone by Cliffy, Nobby Young (Is there some strange compulsion in the name Young to do crazy things?) has set off on a round the world, yes WORLD walk. If he doesn't shave while he's on the road, he'll trip over his own beard before he gets back to Australia. Good luck also, Nobby!

International rankings and best performances are printed in this edition. Together, they make interesting comparisons. For a country with a relatively small population, Australia has more than a fair share of the international lists.

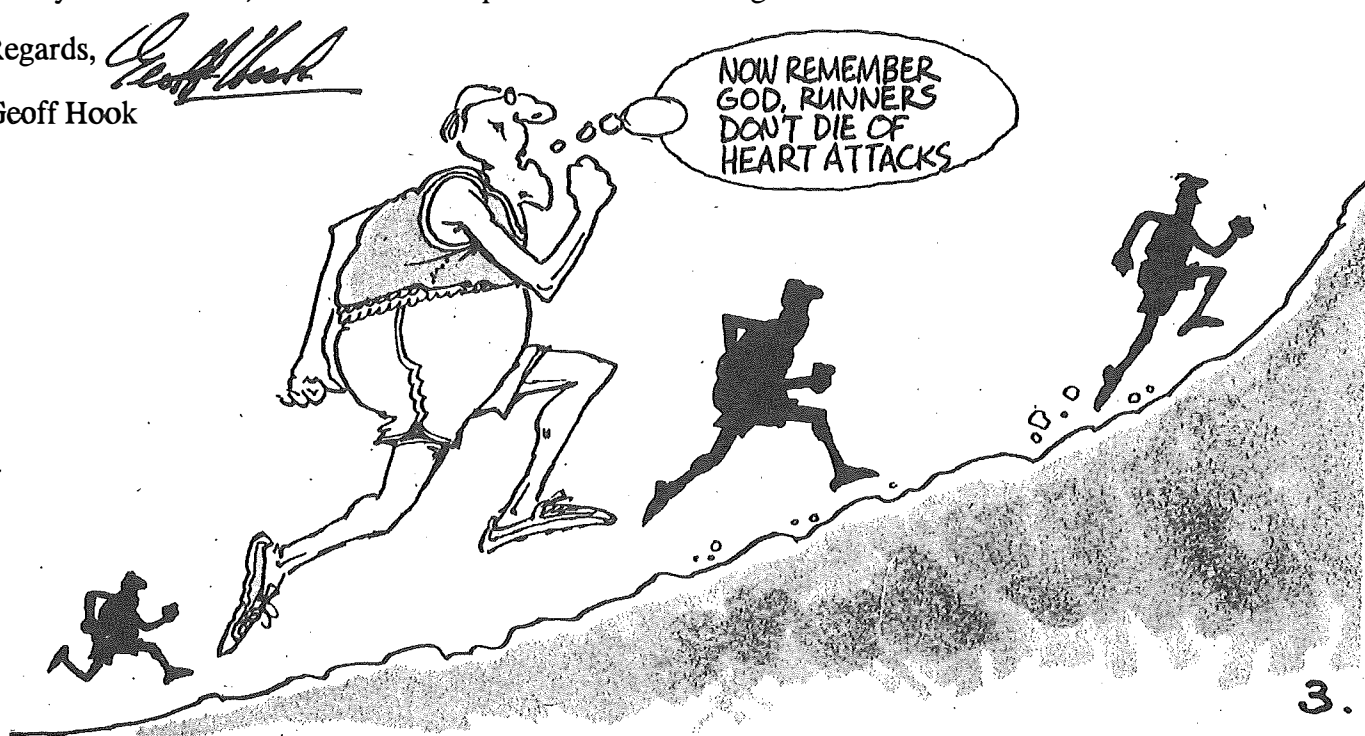
Yiannis Kouros has done it again. In a recent 24 Hour race in Canberra, he pushed out his own world record for the track event to 295km. But for heavy rain towards the end of the event, he would have achieved his long held ambition to surpass 300km in 24 hours. He is obviously capable of it and it is only a matter of time before he achieves it. Apparently Santalov believes he can also achieve the same goal. What a match race that would be! Anyway, congratulations Yiannis from all of us in AURA.

Our Calendar sometimes gets somewhat inaccurate when race organisers fail to notify us of intended race dates or when an event has been cancelled or discontinued. Please, if anyone can offer advice that could assist us in improving the accuracy of our Calendar, send us a note. An accurate, up-to-date calendar with known dates is in everyone's interest.

Have a happy 1997, even though a quarter of the year has already gone. Our next issue should follow shortly after this one, so we can catch up and return to our regular schedule.

Regards,

Geoff Hook



# 1997 ULTRA CALENDAR

- 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 26 **BRISBANE WATER BUSH BASH , NSW,** 47km trail run. start at 6am at Gosford Olympic Pool, finish Gosford Sailing Club, Time limit 9 hours, \$30 entry, Entries to Greg Love, 76 Birdwood Avenue, Umina 2257, Ph. (043) 41 6384
- May **SRI CHINMOY PEACE RIVER FOOTRACE,** 10 day staged race covering most of the length of the Murray River from source to mouth. More information in race advertisements.
- May 4 **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 Lyn Gawne, 11 Morrish Street, Shepparton 3630 Ph. (03) 5821 1693
- 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.
- June 21 **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.



# 1997 ULTRA CALENDAR

- Aug 3 **TAMBORINE TREK, GOLD COAST**, 68kms out and back course & 34km encouragement section, Road Race, staggered start, Entry fees, a QURC event. \$20 ( QURC and GCRC members \$15 ). Contact Ian Cornelius, P.O. Box 469 Broadbeach, Qld 4218 or (07) 5592 2349 or Fax (07) 5531 6171.
- Aug 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 **MUNDARING 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 8 - 12 **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 includes some meals + T-shirt A QURC event. (QURC members \$115) Contact Ron Grant, Bellmere Convenience Store, Bellmere Road, Bellmere 4510 Caboolture or telephone Ron or Dell Grant on 0754 989965
- Sept **100KM ROAD RACE, NSW.** Bathurst, 6am start at the Courthouse, Russell Street, Bathurst, time limit 12 hours. Pewter goblets to finishers. Contact Big Chris Stephenson, GPO Box 1041, Sydney, 2001, phone (02) 259 3981 (W)
- Sept ~~27~~ **28** **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 **13** **ROYAL NATIONAL PARK ULTRA, NSW**, 50km, 6am start at Grays Point Oval, Grays Point, Entries to Royal National Park Ultra, P.O. Box 380, Sutherland, NSW 2232, phone/fax Billy Collis (02)520 6774 answering service
- Sept 27 **AUSTRALIAN CENTURIONS CLUB 24 HOUR, 100 MILE, 50 MILE, 50KM RACEWALKS**, Contact Tim Erickson, 1 Avoca Cres, Pascoe Vale 3044 Vic, Ph. (03) 9379 2065 (H) More details to follow
- 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 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

# 1997 ULTRA CALENDAR

- 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 16 - 22 **12TH AUSTRALIAN 6 DAY RACE, COLAC, VIC.** Memorial Park, 3pm start - and finish on Saturday 25th November, \$100 entry plus \$10 application fee. Late entry fee (iff accepted) \$125 Enquiries and entry forms to P.O. Box 163, Colac 3250. Vic. or phone President Cliff McAliese (0352)321406. Expressions of interest welcomed now.
- Nov 30 **VICTORIAN CHAMPIONSHIP 6 HOUR & 50KM TRACK RACES ( & 6 HOUR RELAY)**, Moe, Victoria, Traralgon Harriers event. 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 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 **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

# 1998 ULTRA CALENDAR

- Jan **CENTENARY LAKES 50KM & 6 HOUR TRACK RACE, Q'LD,** Caboolture. Certified grass track. Need own lapscorer, 6pm start. \$20 Entry, club members \$15. A QURC event. Contact Gary Parsons P.O. Box 1664 Caboolture 4510 Phone (074) 957208 or Ian McCloskey - 16 Conondale Avenue, Caboolture 4510, Phone (074) 95 2864
- Jan **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 8 **CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog!  
Contact Richard Pickup, P.O. Box 946, Launceston, Tas 7250, phone (03) 63 954294

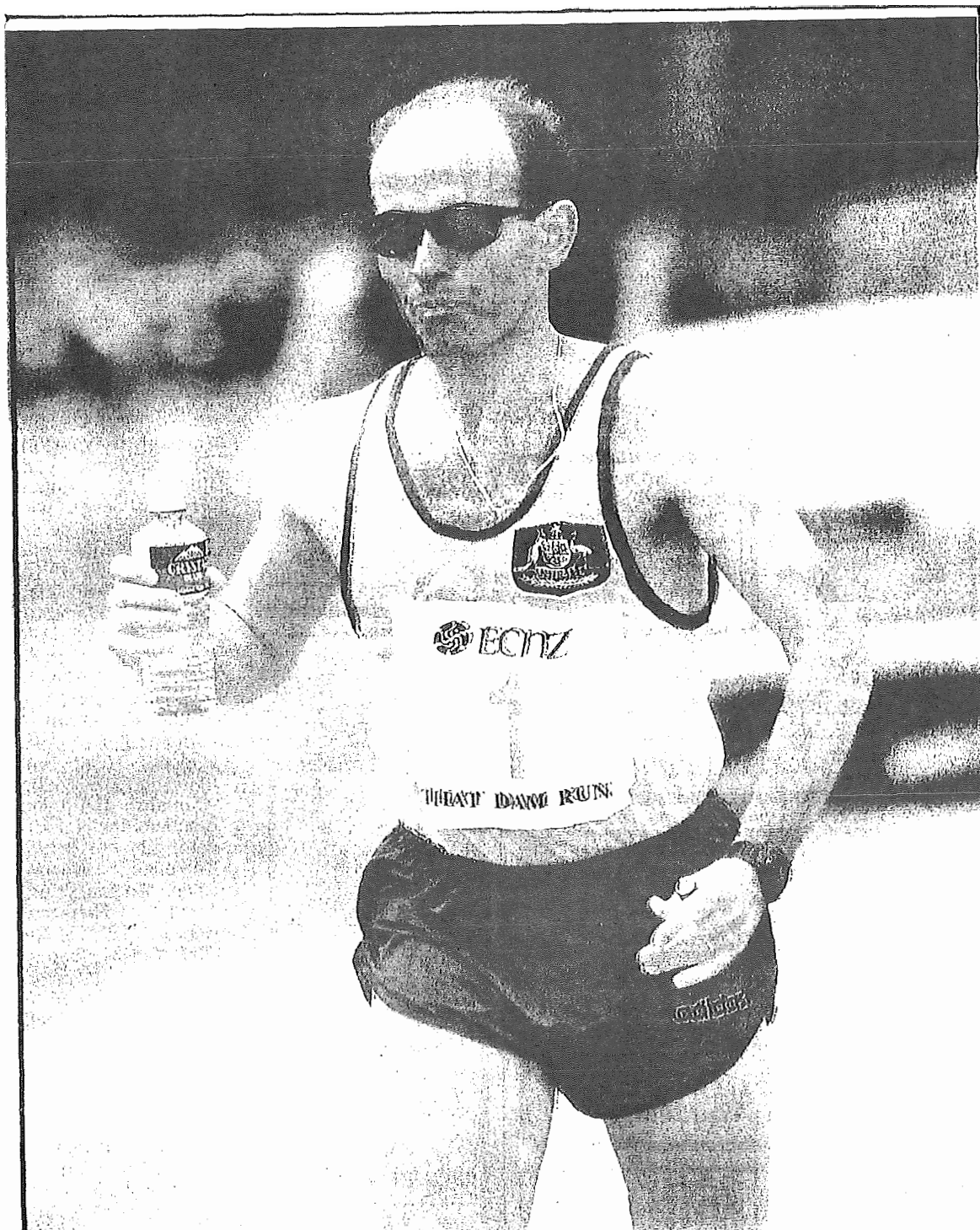
# 1998 ULTRA CALENDAR

- Feb**      **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**      **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**      **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW**, 46km mountain trail run, 9am start Saturday from Katoomba to Jenolan Caves, \$35 entry. Time limit 7.5 hours. Contact Chris Stephenson, Six Foot Track Marathon, G.P.O. Box 1041, Sydney 2001 NSW. Entries close: 10th Feb'96, Ph. (02) 259 3981 (W)
- Mar**      **RED ROCK TO COFF'S JETTY, BEACH & HEADLAND 45KM ULTRA MARATHON NSW.** Starts at 6.00 - 6.30am at the northern end of Red Rock Beach. \$5.00 entry or \$10 on race day. Finish Coff's Harbour Jetty. Course survey Sat 15th March 1997 at Arrawarra Headland at 3.00pm. Contact Steel Beveridge on (066) 53 6831 (H) or (066) 541 500 (W). Or by post, 2 Lakeside Drive, North Sapphire 2450, NSW by 12th March, 1997
- Mar 11-26**      **WORLD CHAMPIONSHIP 1000 MILES** event organised by Ron Grant, Bellmere Convenience Store, Bellmere Road, Bellmere 4510, phone 0754 989965
- Mar**      **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)
- Mar**      **50KM ROAD CHAMPIONSHIP & 6 HOUR FUN RUN, QLD. & 6 HOUR RELAY** (6 runners x 1 hour each) Toowoomba. QMRRC event on a 1.2km circuit, 4.00am. Race organiser, G.Medill, 13 Ramsey St, Toowoomba 4350 Qld. Phone (076) 382023 .
- Mar**      **6 OR 12 HOUR RACE + 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP, WA**, Bunbury, organised by the Bunbury Runners' Club, certified 500m grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact : Brian Kennedy, 64 Knight Street, Bunbury 6230, Ph. (097) 959546
- Mar**      **AURA DAM TRAIL RUN 50KM (ADT 50) Vic**, A beautiful 50km trail run close to Melbourne, around Maroondah Dam, 9am start, Fernshaw Reserve, finish Maroondah Dam wall. \$25 entry for AURA members, \$30 for non-members. Closing date for entries 10th March, \$5 surcharge for late entry to 19th March, 1997. Phone Geoff Hook (03) 9808 9739
- Mar**      **LIVERPOOL BOOMERANG MARATHON RACE: 835km.** Liverpool NSW to Albury and return. \$80 entry fee. Applications close 15/8/97. No late entries. Contact Dave Taylor, 56 Grandview Parade, Lake Heights 2502 NSW Ph. 042 74 0054
- April**      **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)



# NZ ULTRARUNNERS

- April 12 Hour & 100km Blenheim  
Contact D.Cosgrove 03 - 5782953
- 2 August Quality Hotel 100km Road Race, Rotorua  
Contact: A.Moustache, Ventelou Ph. 07 - 3496100  
(New Zealand 100km Championship 1997)
- 4 October 24 Hour Track Race, North Shore Bays  
Contact: Dick Tout 025 954 698 or 483 3037



8. Safet Badic takes some fluids at the 85 kilometre mark during That Dam Run held in the Waitaki Valley on Saturday. Badic won the race in 6 hrs 43 mins 30 secs.

# FORTHCOMING 1997 A.G.M.

## CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 11th Annual General Meeting in June, at which a new Committee of Management must be elected.

Nominations for elected Committee positions will close on May 20th, 1997. Positions open for nomination and election by ALL members of AURA are the Officers of the Association, namely: President, Vice President, Secretary, Assistant Secretary, Treasurer.. For the sake of reasonable management of committee meetings, filling these positions are open only to members living in or near Melbourne, except the position of President. The position of President is open to all AURA members; however, the person so nominated must undertake to personally guarantee to attend all Committee and General Meetings of the Association (sickness or illness excepted) at no cost to the Association, otherwise the nomination is invalid. All meetings will be held in Melbourne.

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

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

Positions available are:

NSW Entitlement	2 Ordinary Members of Committee
Q'LD Entitlement	2 Ordinary Members of Committee
S.A. Entitlement	2 Ordinary Members of Committee
W.A. Entitlement	2 Ordinary Members of Committee
A.C.T. Entitlement	2 Ordinary Members of Committee
TAS. Entitlement	2 Ordinary Members of Committee

Note: You do not need a formal nomination for these positions; you only need to indicate your willingness to stand.

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

Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business, please notify the Secretary by the 20th May, 1997.

In summary then, if you are interested, we require from you by the 20th May, 1997, the following:

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

\*\*\*\*\*

Example of Form of Nomination:

I nominate .....being a member of AURA  
for the position of .....  
to be decided at the Annual General Meeting of the Association to be held in 1997.

Name of Proposer: .....Signature .....Date .....

Name of Seconder .....Signature.....Date

Nominee's acceptance signature ..... Date

# 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



Hi Dot!

Happy New Year to yourself and your family and the rest of our ultra friends. Thanks for a great mag. and all the other work that you guys do. I've just been reading how much work everybody puts into organising, measuring courses and just making everything work, not only for your own runs but for other runs that need assistance, which is all of them. Well done!

I've also included some Bush Bash entry forms. I know they are unbelievably late; no excuses, just slackness on my part.

Once again, congratulations on all your good work and achievements, and I hope everything continues to go well in '97.

Stay fit,

Greg Love.

Thanks Romeo!



\*\*\*\*\*

Greetings running friends in Australia,

A friend just came across your address and magazine on the internet. I plan to subscribe to your magazine as soon as I come up with the \$41.00. My running club is called the Stotans, which of course is based on the teachings and lifestyle of the great Percy Cerutti. We are currently changing the name to the Kouros/Stotans Running Club due to the great respect and admiration we have for Yiannis Kouros.

After much time and painful search, we have come across some of Cerutti's books: Athletics, Success in Sport and Life, and one by Larry Myers called Training with Cerutti. We very much would like to obtain other writings, interviews, audio or video tapes by Cerutti.

Trying to get anything on Mr. Kouros that is fairly recent is pretty near impossible over here in the States. I subscribe to the US publication called Ultrarunning and they haven't run an interview or real article on him in at least 5 years. Once again, any help you could provide would be greatly appreciated.

You may find this hard to believe, but we can't even get a copy of Herb Elliott's The Golden Mile. We live and train as Cerutti taught, and find great inspiration from him and Yiannis. We would be very happy to pay the cost of any material available.

Thanks,

Dave Cavall,  
13071 Fish Hill Road,  
South Wales, New York  
14139. USA

Ed's note: We sent David the name of another of Percy's books Be Fit ! or Be Damned! plus articles and information on Kouros. Can anyone else help him out some more?

Dear Dot,

I was in AURA a few years ago but a forced knee operation has not allowed me to do as much running over the last couple of years, but hopefully I can do more now, as the knee seems to be holding up well.

The support given to me by Gary Parsons and all the ultra runners up here has been great. I must also mention the support of my husband who is my lap-scorer, support crew, masseur etc, not only in races but in training as well. He's really great. This, combined with my successful runs at Caboolture have given me so much encouragement as I really do love my running. It's a big part of our lives.

Yours in sport,

Joan Darlington.

\*\*\*\*\*

Dear Dot,

Things haven't gone the best for me since I was a bit careless putting up the Christmas decorations for my wife. I slipped and broke a rib on the left side and badly bruised a few others. On Christmas Eve 12 days later, about 8.30pm. I started to get a bit short of breath and thought my cast-iron heart was chucking it in. I was on my own but within half an hour my wife and daughters came home. I said I was worried as I had checked my pulse, which is usually 53-55 at that hour of the day and it was 78. They wanted to take me to the doctor, but I did the wise thing and called the ambulance. They put me on oxygen, took me to the local hospital, the doctor examined me once, said there was nothing wrong but finally did an ECG on me and said I could go home. They wheeled me out to my daughter's car and luckily I collapsed when I went to get up and woke up back in hospital and was sent with another ambulance to a bigger hospital in Brisbane. I was x-rayed and given other tests, had a drain put in my chest and was there for 10 days, lost 7kgs. and still am not the best, but I came out of hospital with a resting heart rate of 75-85 and it has now gone down to 48-56 so I'm improving a lot the last couple of weeks, and have got up to 10km runs again. I found out that the broken rib had scarred my left lung and I needed a blood transfusion after they got the blood from the chest cavity.

I received your letter re. times for age-group records but I haven't felt up to looking them up. I have been driving a taxi 2 days a week for the last 6 weeks and have got behind with other work around the house. I still have the Ross River fever and have to lay still for an hour or more some days.

My congratulations to the mighty Yiannis Kouros and all the best to you all for a very successful year. Kind regards from a still really keen runner.

John Petersen

Ed's note: It sure is hard to keep a good man down John, especially when he's 80 years of age and has the enthusiasm and energy that you have. Sounds like you need to take a bit more care of yourself. You're probably giving your wife nervous breakdowns.

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Dear Dot, Geoff and the AURA Committee,

Following a year of intermittent research and typing, this booklet of Adventure and Solo Ultra Distance Runs and Walks in Australia is complete. Please find a copy for your interest.

Copies of this booklet can be obtained from myself at the address below for \$5.00, which includes postage. Would you be able to inform your AURA members about this publication through ULTRAMAG. Further submissions and corrections would be appreciated for the next edition which will come out at the end of 1997.

Dell Grant,  
Bellmere Convenience Store,  
Bellmere Road,  
Bellmere, Caboolture. 4510 Queensland.

Dear Dot,

Just a note to tell you and the members why I haven't run many ultra races over the last few years. At some time or other, we lack motivation, so we have to set ourselves a goal. In my case, I started running the City to Surf in 1980 and haven't stopped since. Over the years, my goals have been: - to break 80 minutes for the half marathon, get under 3 hours for the marathon, 200km in 24 hours, run Sydney to Melbourne, run 40 marathons before I turn 40. And I have achieved all these.

At this time, I lacked motivation, so I set yet another goal. This time to run 100 marathons, all under 4 hours, with my slowest of 3.58 in 1988.

I can achieve this in Canberra, April 1998, along with my mate Dennis Cunliffe, who will also run his 100th marathon, but Dennis' times are a little bit slower. But he is happy to finish. Dennis is 57 years and is completely deaf, but this is no handicap for him.

On April 15, 1997, only days after running Canberra marathon, my wife Annie and I will fly to Boston. I am running in the 101st Boston Marathon on 21st April, 1997, and sight-seeing and being a tourist. Then we fly to Belgium and a marathon in Hamburg in Germany on 27th April, then back to London to meet Annie's younger sister and family. From there to Copenhagen, Denmark to meet mother-in-law and Annie's older sister and family and many friends. And yes, Copenhagen marathon. From there to Vienna to run another marathon on 27th May, '97 and Annie will run in a 14km Fun Run.

We stay a few days and then return to Denmark for a week. We will be back home in time for Kempsey marathon on June long weekend. I will run most of this marathon with Graham (Mountain Man) Kerruish and Dennis and Dale and George. Annie doesn't always come along; she's quite happy to stay at home sometimes.

After all these marathons, then I will look at running 6, 12 & 24 Hour runs again. At the moment, I am working 6-7 days a week, which takes up a lot of time.

I know this is an ultra-distance association, but running marathons is an interest in itself.

I almost forgot, congratulations to Pat Farmer and Dave Taylor on their runs.

Bobby Fickel

Ed's note: You have certainly set yourself some motivation there Bobby. Hope you achieve your goal. Good luck! Thanks also for your list of marathons. Most impressive! But not ULTRAMAG material.

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Dear Dot,

I had a good run in the 1996 Colac 6 Day and say "Thank God for a Crew Manager with faith." Without David Horne, I would still be retired and with a bad taste in my mouth at my Nanango performance.

The Colac track was great and almost as good on Day 6 as on Day 1. They had mats covering the normal walkways, but they were no problem.

It was a shame, being the only 6 day race, that they didn't have their normal statistician on the job. They didn't even know the top 10 on the rankings, never mind the fact that I was moving up the list. It was left up to me to tell Andrew Lucas that he had moved into the top 10. Things like that pick you up and help you through those last few hours.

Maybe next year, I'll aim for George Perdon's world age record of 841km.

George Audley (WA)



Dear Dot,

I would like to extend my thanks (?) to Peter Armistead, Race Director on the recent Mansfield to the very highest peak of Mt. Buller. It was a gut-wrenching run, and just before the peak, soul-destroying, but I urge those runners who have not tackled this, to give it a go.

I do not sound like I am promoting the run, but it was very satisfying personally for me and to see all the runners around me dig VERY deep to complete this run.

Many thanks to my husband Trevor, and yourself, Colin, Geoff Hook, Kev Cassidy and all the other helpers who manned the stations and offered encouragement.

Dawn Parris

PS A very big congratulations to Kevin Cassidy on his brilliant run in the States. Well done Kev.!

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Dear Dot & Geoff,

Please find my story on Colac. As you were part of Peter Armistead's crew, I must jump to your defence. I felt his crew was harmfully dealt with in his story. After all, to quote "they did the best with what they had" Thank you for all your efforts and look forward to catching up with you and other AURA members at the DAM 50 Run.

Regards,

Peter Hoskinson.

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Dear Dot,

I would like to share with you a little story about my dear wife, Lyn Gordon-Lewis, concerning her wonderful run at Centenary Lakes 6 Hour event earlier this month, where she broke the existing State record.

Lyn and I met and fell in love some 14 months ago, and from that point I have cared for our health using simple herbal principles to maintain our health. Although I have qualifications in sports medicine, it was the herbs of the field which have given Lyn the impetus to break the 6 hour and 24 hour Queensland records in the space of 8 months. Not a bad effort for someone who was told 12 months ago that her running days were over. Herbal medicine is a wonderful system of healing which helps maintain health and aids the prevention of fatigue.

I asked Lyn to surrender the need of having to perform to others' expectations and rather, fall in love with one's own running. It sometimes occurs that individuals become so obsessed with breaking a record or gaining a place, that the sheer joy of running is missed. Lyn didn't go out to break a record. However, it naturally occurred with the following grace of a swan in flight.

Our two main weapons for the six hour were, firstly the fitness we'd gained from our hour upon hour of dancing at local RSLs where we've jived to the old time rock'n roll. Our other weapon of all things was sandshoes and bare feet in preference to expensive shoes. I asked Lyn to trust her own natural ability and she performed a miracle.

Before the event, Lyn and I spent 20 minutes clearing sticks from the track area in one spot to set the stage for her wonderful 6 hour record. Hopefully, nobody took a photo of us, as we probably looked like a couple of old chooks scratching around.

Yours faithfully,

Peter Lewis.

14 .

# INTERNET ITEMS

supplied by Kevin Tiller

Dell and Ron Grant are well known for organising ultras, particularly the Nanango 1000 Miles. Ron has also achieved a number of notable solo runs on his own account. a run around Australia of 13,383 km in 1983, and twice breaking the 1,000 hour best. Following a year of intermittent research and typing, the Grants have produced a record of the various point-to-point solo runs and multi-day race records established in Australia, and by Australians abroad.

The booklet starts with a survey of the nineteenth century Australian pedestrians, before moving on to the pioneers of the intercity runners: Bill Emmerton in 1965 as well as Tony Rafferty and George Perdon in the early 70s. These runs were to foreshadow the Sydney to Melbourne race, an event whose results get detailed coverage in the booklet.

For some of these pioneers, mere intercity runs were too short. In a controversial, undeclared semi-race, George Perdon and Tony Rafferty both ran across Australia in 1973. Ten years later, Ron Grant ran around Australia. Desert runs were also recorded. The Trans-Simpson Desert course seems to have attracted quite a few runners over the years, despite temperatures of 55C. during the day in summer. A mass of point-to-point, inter-town marks for the various states are also listed.

The booklet concludes with a brief section on the Trans America runs of Mike McNamara in 1828 in the Pyle Race, and Pat Farmer in 19893 and 1884,

In a country as empty as Australia, the temptation to run between the isolated pockets of population is obviously great. Solo runs have a fascination for many. Although essentially unprovable, especially in areas with little or no population, for some, solo runs offer a chance to explore both the country and themselves.

This booklet gives non-Australians a chance to discover the background ultra culture from which the present day major Australian runners have emerged: Don Wallace, Bryam Smith, Mary Morgan, Linda Meadows, and Tom Sloan, among others. Equally significant, it is a culture in which Yiannis Kouros, the greatest multiday performer of our generation has found a home.

Quote for the day: "Ten armchair theoreticians cannot match one doer!"

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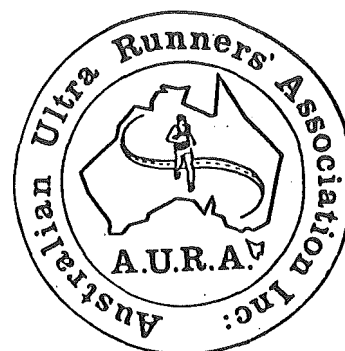
The Road Running Committee of the Amateur Athletic Association of England has voted unanimously to support the inclusion of a 100 kilometre race in the 2002 Commonwealth Games at Manchester, England. "They have been won over", reports John Foden of the Road Runners Club of Britain.

The proposal now goes to the AAA Management Board, which is also expected to look positively on the idea, since the Board has asked for guidelines on the issue. If the Board approves, the next step will be to refer the proposal to the Commonwealth Games Council for England, which meets March 1st.

Foden says that support for a 100km in the Games is spreading quickly. To date, the situation shapes up this way. (i) the AAA's Road Running Committee is now in full support; ii) Scotland has sent a formal letter of support, iii) Wales has placed the item on the Agenda of its next meeting, iv) the Isle of Man has given its tentative support, v) New Zealand has put the issue on its agenda., vi) Singapore has also agreed to take up on the issue, vii) contacts are still being made with Australia and New Zealand.

Foden, who is leading the campaign, is doing so with the support of the Road Runners Club, but he points out that other athletic groups are also directly involved, especially the International Association of Ultrarunners. The Association of Canadian Ultramarathoners has endorsed the proposal and is working to obtain the backing of Athletics Canada. Foden says that support from all groups is welcome. Faxes and letters should be sent as soon as possible to:

Mike Neighbour, Chairman  
Road Running Committee,  
Amateur Athletic Association of England  
225a Bristol Road  
Edgbaston B5 7UB, England.



# BRINDABELLA CLASSIC

*Australia's toughest downhill mountain race*

## 1996 Race Results

Sunday 10 November 1996

*Dear Runner*

I trust you enjoyed the 10th Brindy and that your body has stopped protesting by now. Whilst the number of individual runners was down slightly this year compared with last year, relay team numbers have continued to grow strongly.

In past years we've had runners that are blind, hearing impaired, and even pregnant. This year Greg Wright, a diabetic, completed the full distance whilst having to continually test his blood and adjust his sugar levels - and he still finished well within the time limit - well done Greg. For those that saw the 4wd almost disappear over the edge of the road near Mt Ginini, you'll be pleased to know that one of the buses, on its return trip, successfully pulled the 4wd back onto the road.

Congratulations to all the runners in the event, and commiserations to those that had to withdraw, which is always a difficult decision to make. Particularly Marie Boyd who was visiting from USA. There have been a number of runners from USA over the years, and this year Alf Bogenhuber ran very well to finish in 15th spot. Another overseas runner this year was Neil Wilson from France. Trudy Rae caught the attention of some when she pulled some lippy from her belt at drink station 10 and looked a million bucks for the finish line photo!

The volunteers were again terrific, enabling all runners to enjoy the event. The Wireless Institute once again excelled with communications. St John provided a veritable army of helpers, ready to patch you up should you take a tumble, which is easily done in this event. There were twenty or so aid station volunteers to take care of all your needs. The Army provided jerry cans for water, and the SES assisted at Vanity's crossing in case of a high river. Thanks also to the 16 volunteers at the finish line area, doing a range of jobs, including providing a free massage - many thanks to Rob Woodrow of Renew Massage Therapies for organising the group of Om Shanti Masseurs.

Local runner Glenn Paterson and Sydney Strider Dawn Tiller both ran great races to take out the individual events - congratulations to both of you. Dawn looked pretty comfortable at the finish so I reckon there room for faster times in future. Glenn got a scare near the finish line when I rather unexpectedly closed the gap on him - but he had enough left put in a good effort over the line. Pip Thorn was second for the second year in a row, in a time slightly slower than last year - what will you do next year Pip?

Dawn also took out the husband and wife team prize with her husband Kevin, who finished almost an hour behind Dawn. Geoff Monro and Gordon Nightingale returned to lead the fastest relay team in the MMMM (that's six years running for the SCT team) whilst the fastest FFFF team was the "Fast Women" team - long live the vets! The MM team "Over the Edge" performed extremely well by finishing close behind the MMMM team - Geoff Carter, who was second individual last year, bolted home over the second half of the course. Striders also took out the FF team - well done Breeda and Robyn. Team records fell for categories MMFF "The Dart Team", MFFM "Hey They're Faster", MMM "SAS", and FM "Black Mountain Madness". Records were very close to being broken by "Navy" (FMMM) and "Palindromic DSD" (MFM).



It is really good to see so many teams with veterans and women running, particularly from interstate. The interstate support for the race is greatly appreciated, as is the growing local support. The team names were once again very interesting - I think there should be a prize starting next year for the most innovative name.

Paul Godden and Robert Simms completed their 6th Brindy and were rewarded with their special Brindabella Pottery Carafe. Remarkably all 4 runners who were eligible to receive the special Plate for completing all 10 events staged thus far were present with flying colours (and their special permanent green race numbers - numbers 2 to 5 - in anticipation that they would show and complete the course on the day) and they all did very well on the day and took home the booty - fantastic that you were all there and did Brindy proud. I'll have to start thinking about the reward for the 15th and 20th runs!!

Runners with permanent numbers are:

- #1 Trevor Jacobs For 3 wins
- #2 Brian Cowell For 10 runs
- #3 Ted Lillis For 10 runs
- #4 Mike Ward For 10 runs
- #5 Grahame Kerruish For 10 runs

Thanks to the individual runners for voting for the **DAS Distribution** best aid station. Station 7 "7th Heaven" took out the \$200 prize - well done! Station 6 "The Hairpin" was second and received \$100, whilst Station 9 was third and pocketed \$50 - thanks to them for doing a great job as well as to all the other stations. Donations to Disabled Sport totalled \$664 which will be thankfully received - thank you all very much for the very generous donations. See you all next year!

Trevor Jacobs

Peter Johnson

Race Director

Assistant Race Director

### Race History:

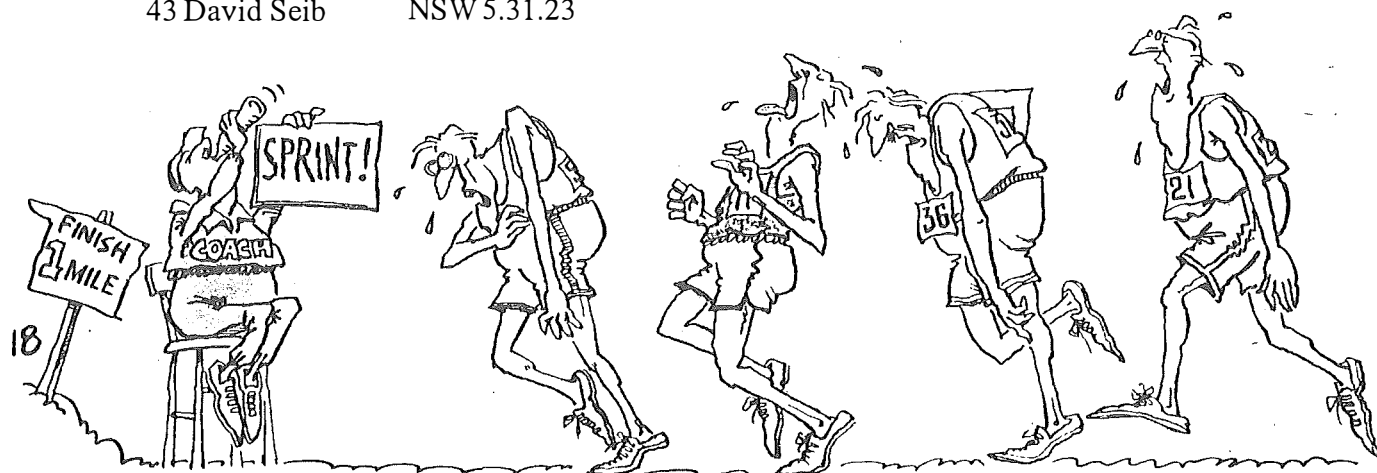
1987 Trevor Jacobs	ACT	3.53.55	Wanda Foley	NSW	6.33.37
1988 Martin Thompson	NSW	3.51.00	Linda Thompson	NSW	4.11.00
1989 Trevor Jacobs	ACT	3.48.30	Helen Stanger	NSW	5.04.23
1990 Geoff Large	NSW	3.36.14	Marion Langford	NSW	6.18.13
1991 Trevor Jacobs	ACT	3.39.13	Randi Bromka	USA	4.35.02
1992 Trevor Jacobs	ACT	3.33.33	Jenny Kiss	NSW	5.13.48
1993 Trevor Jacobs	ACT	3.41.40	Bronwyn Hanns	ACT	4.45.21
1994 Trevor Jacobs	ACT	3.45.08	Bronwyn Hanns	VIC	5.05.51
1995 Craig Ambler	NSW	3.42.20	Mo Bartley	USA	4.21.06
1996 Glenn Paterson	ACT	3.43.51	Dawn Tiller	NSW	4.29.08

### Race rankings:

1. Trevor Jacobs	3.33.33	1992	Linda Thompson	4.11.00	1988
2. Geoff Large	3.36.14	1990	Mo Bartley	4.21.06	1995
3. Craig Ambler	3.42.20	1995	Dawn Tiller	4.29.08	1996
4. Glenn Paterson	3.43.51	1996	Randi Bromka	4.35.02	1991
5. Geoff Carter	3.48.44	1995	Bronwyn Hanns	4.45.21	1993
6. Prachar Stegemann	3.50.14	1991	Pip Thorn	4.47.23	1995
7. Martin Thompson	3.51.00	1988	Debbie Cowell	4.51.16	1995
8. Eamonn Walsh	3.53.26	1991	Helen Stanger	5.04.23	1989
9. Bruce Cook	3.55.00	1989	Jenny Kiss	5.09.00	1993
10. Peter Spehr	3.55.19	1995	Wendy Downes	5.12.54	1993

## Individual Results

1 Glenn Paterson	ACT	3.43.51	44 Keith White	NSW	5.37.14
2 Trevor Jacobs	ACT	3.44.01	45 Paula Whitehouse	3FNSW	5.38.15
3 Peter Spehr	NSW	3.57.10	46 Ted Harrison	ACT	5.42.42
4 Greg Love	NSW	4.04.34	47 Thaene Siharath	ACT	5.43.27
5 Hugh Jorgensen	ACT	4.08.12	48 Rodney Sturch	NSW	5.44.02
6 Kelvin Marshall	NSW	4.09.17	49 Keith Law	NSW	5.47.12
7 Richard Lane	QLD	4.15.15	50 Jim Screen	NSW	5.54.44
8 Doug Kewley	ACT	4.17.01	50 Michael Wilson	NSW	5.54.44
9 Chris Graham	NSW	4.20.39	52 Michael Thorpe	NSW	5.55.35
10 Dawn Tiller	1FNSW	4.29.08	52 Scott Grant	NSW	5.55.35
11 Peter Clarke	ACT	4.33.10	54 Graham Butler	NSW	5.56.09
12 Malcolm Satchell	NSW	4.41.00	55 Mal McGregor	ACT	5.58.20
13 Ray Potter	NSW	4.41.22	56 William Rannard	NSW	6.03.11
14 David Clear	NSW	4.43.08	57 Ian Morgan	NSW	6.03.17
15 Alfred Bogenhuber	USA	4.43.30	58 Brian Hewson	NSW	6.05.49
16 Tim Foley	NSW	4.43.56	59 Carl Simpson	NSW	6.06.38
17 Geoff Isbister	NSW	4.45.01	60 Brad Boyle	NSW	6.07.01
18 Ian Green	NSW	4.45.17	61 James Griffiths	ACT	6.13.45
19 Mike Ward	NSW	4.56.19	62 Brian Colwell	NSW	6.17.35
19 Murray Town	NSW	4.56.19	63 Jeff Johnson	NSW	6.18.12
21 Judd Boeker	ACT	4.59.01	64 Greg March	NSW	6.18.12
22 Bob Montgomery	NSW	5.01.09	64 Peter Hastings	NSW	6.18.12
23 Pip Thorn	2FNSW	5.03.56	66 Jenny Kiss	4FNSW	6.23.08
24 Paul Every	NSW	5.04.47	66 Vic Anderson	NSW	6.23.08
25 Kurt Plummer	ACT	5.04.57	68 Trudy Rae	5FNSW	6.24.33
26 Philip Clarke	NSW	5.10.08	69 Robert Simms	NSW	6.29.28
27 Gregory Osborne	NSW	5.11.27	70 Colin Konemann	NSW	6.39.34
28 Michael Smith	ACT	5.12.12	71 Paul Godden	ACT	6.39.34
29 John Sutherland	NSW	5.13.15	72 Ted Lilliss	NSW	6.40.02
30 Mark Langworthy	NSW	5.13.56	72 Bruce Hall	NSW	6.40.02
31 John Walton	NSW	5.14.40	74 Susan Ingham	6FNSW	6.40.16
32 Tony Hatch	NSW	5.15.41	75 Peter Allen	NSW	6.40.28
33 Bill Nagy	ACT	5.17.19	76 Victor Hessel	ACT	6.40.28
34 Kevin Tiller	NSW	5.17.42	77 Gregory Wright	NSW	6.41.33
35 Neil Wilson	FRA	5.19.07	77 Chris Gamble	ACT	6.41.33
35 Rob Ey	ACT	5.19.07	79 John Brett	NSW	6.42.16
37 Dave Gilbert	ACT	5.20.35	80 Grahame Kerruish	NSW	6.54.26
38 Bob Dent	ACT	5.26.13	81 Cristine Ashcroft	7FNSW	7.06.03
39 Alan Duus	ACT	5.27.20	82 John McLeish	NSW	7.07.46
40 David Rossi	ACT	5.30.14	83 Tristan Abelard	NSW	7.09.03
41 Alf Field	NSW	5.30.33	84 John Dimitriou	ACT	7.31.09
42 Derek Smith	NSW	5.30.46			
43 David Seib	NSW	5.31.23			



## RESULTS OF 1996 BRUNY ISLAND 63KM RUN - 30/11/96

Dear Linda,

A summary of the last Bruny Island event follows:

"On Saturday 30/11/96, the annual 63 km run from the jetty at the northern end of Bruny Island to the lighthouse at the southern tip was held in good weather with overcast skies to start, but with sun later, a few showers, and a steady light wind.

There were four entrants in the solo section where the results were:

Tim Sloan	4 hours 12 minutes 53 seconds
Anatoly Kruglikov	5 hours 13 minutes 10 seconds
Peter Hoskinson	5 hours 38 minutes 57 seconds
Therese March	9 hours 50 minutes 18 seconds

In the teams section the results were:

Cripps Bakery	3 hours 17 minutes 15 seconds
Pacey's Pearlers	3 hours 31 minutes 24 seconds
TFL Tigers	4 hours 5 minutes 10 seconds
Black White And Red'dy	4 hours 14 minutes 27 seconds
Matt and Dave's Big Adventure	4 hours 14 minutes 49 seconds
CXR	4 hours 42 minutes 55 seconds
Northern Vets	4 hours 49 minutes 8 seconds
Barnes Bay Bombers	4 hours 55 minutes 11 seconds
Boys Chasing Girls On The Run	5 hours 1 minutes 21 seconds
On The Rocks	5 hours 4 minutes 45 seconds
Half Mad	5 hours 5 minutes 23 seconds
Girls On The Run	5 hours 33 minutes 8 seconds



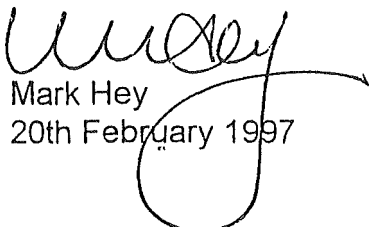
Secretary: Mark Hey, 7 Hone Road, Rosetta, Tasmania 7010 (03) 62-727233

In the solo event, Tim Sloan ran quickly and smoothly to break the 1995 record of Andrew Kromar by 11 minutes 13 seconds. Peter Hoskinson continued excellent form to win the handicap section, while Therese March again walked (and ran) the course raising money for Headway. It was good to see Anatoly back in Tasmania.

In the team event, Cripps Bakery were 37 seconds outside the record and will be back next time to save one second per kilometre and set a new record. Matt and Dave's Big Adventure really was as the two endurance specialists used a mountain bike as support vehicle, taking turns to run or ride each two kilometre leg.

Ultra Tasmania thanks the event sponsors: Kingborough Council, the Bruny Island Chamber of Commerce, BOAGS Brewery, and Talays."

Regards,

  
Mark Hey  
20th February 1997



# The Tassie Devil Roared for 6 Days at Colac



by **Peter Hoskinson**

(Crew for Andrew Lucas - Colac 1996)

(3<sup>rd</sup> Place - 784.8 km's)

From the moment Andrew Lucas was made a reserve for Colac 1995, he focussed on Colac 1996. What I had to offer was the experience of spending several days crewing for Ivan Davis at Colac 1995.

Not all went smoothly in the Bruny Island run December 1995, he had trouble with a very painful sciatica nerve. However he got over this and was consistently training near or above 200km per week. I was able to train some of this with him.

His form was shown in the 100km Championship at Shepparton with a fine sixth place in 8Hr 26M. What not many people would have noticed was the evenness of his split 4.08, 4.18.

After Shepparton a couple of injuries reduced mileage but with undetering single-mindedness, he was back on track. With direction from coach Mike Pace, Andy achieved his training goals and we sat down to work out a race plan and goals. We set daily goals which added up to a six day goal between 750km and 800km. This was based on quality running, quality recovery measures (drink, food & massage) and quality rest.

I explained to Mike that not many runners ran 20 laps per hour on days 4, 5 and 6, and Mike promptly replied, "If he can't run that, he can sleep and then get up and run properly". Whilst we knew our ambitions were high (our goals would put Andy in Top 10 Australians), we were confident of achieving them.

Andy and I agreed on a race goal of nothing less than 3<sup>rd</sup> place. This proved a very beneficial goal come the later part of the race. Mike was only able to attend from Day 5 because of work commitments, however we looked to using this to our advantage.

## **Saturday 16<sup>th</sup>**

Getting Andy organised is no easy feat, however we managed to get to Tullamarine Airport on Saturday morning ready to catch the coach to Geelong. With an hour to spare Andy suggested we had time for a stubby which turned into 3.

In Geelong we were picked up by Keith Fisher, who soon asked Andy what he was aiming for. I am sure Andy's reluctance to give a solid answer left doubt in Keith's mind. A final 10km run around the park at Geelong to shake out the cobwebs before going to Colac.

At Colac we had the chance to meet old friends and new. We were more than happy with the track and other facilities. We were lucky to draw the caravan closest to the track which we thought helped. We booked into our colonial accommodation, then walked the main street before sitting down for some pasta and pizza where we met 2 strange characters, Ross Shilston and Peter Armistead.

On the way home we got our first instalment of black magic G-Juice (Guinness Stout). This led to the introduction and exchange of names with the local police. Anatoli Kruglikov, who was with us at the time, quickly lost his ability to speak English. When asked his name by the Constable, his only reply was "No English", with a dead-pan face.

# AUSTRALIAN 6 DAY RACE COLAC INC.



## Day 1 Sunday 17<sup>th</sup>

Race day was finally with us. We got some supplies (not that I was intending to cook anything). In Tasmania we cannot buy alcohol in supermarkets so I was a little surprised when Andy started yelling "Down here - we can get Guinness down here". We had to get our priorities right.

Andy was relaxed and ready to run. We were away - no problems until about 6 hours when he started complaining of painful sciatica and shoulder (signs of more moaning later). A trip to the massage tent at 7 ½ hours proved successful physically and mentally. Andy managed to introduce himself to all in the massage tent but soon had a soft spot for Sam (Samantha).

100km in 9 hours 48 minutes, 112.8 in 12 hours, massage and into bed. We used our Magic G Juice to help Andy (and me) get to sleep.

After 3 ½ hours sleep, Andy was ready to run again. It took him half an hour to get going, but he soon got into 9km an hour pace. A quick massage at the end of day one.

On Andy's demand we started the ritual of checking Andy's shoes for rocks after each massage. We found some on Day 6.

### *Day 1 176.8km on schedule*

During Day 1, several runners and crews suggested I was pushing Andy too hard.

## Day 2 Monday 18<sup>th</sup>

4.00pm - The first test, Andy wanted to come off for a sleep, I wanted him to go to 200km. We met half-way - he had a foot massage. I wanted to ensure Andy got going again so kept the pressure on and told him to get going. Kevin Mansell pulled me aside and with a shake of the finger, told me in no uncertain terms "Your pushing him too hard". This was the start of a memorable friendship with Kevin and crew which was one of the highlights of the Colac 6 Day for me.

200km in 27 hours, 43 minutes. This earned Andy a long massage after another half an hour on the track.

Andy came off at 10pm, he was exhausted. He had his longest sleep of the race (4 ½ hours) and then came back onto the track, ready to go. He got 250km in 39 ½ hours. He finished Day 2 with the second highest total for the day with 124.4km behind Ian Curtis' 152.8km.

## Day 3 Tuesday 19<sup>th</sup>

Today was always going to be tough, but Andy found a great ally in Ian Curtis and together they ran relaxed for much of Day 3. Andy listened intently and Ian willingly shared some of his secrets.

Sam left the massage tent, but Andy soon introduced himself to the new comers. An hour later it was "Sam who?". We were slightly under our goal for the day, but not greatly disappointed - 114km.



## Day 4

Wednesday 20<sup>th</sup>

This was hard work for both Andy and myself. Andy was starting to become inconsistent. That night he was singing in the rain with Pete Armistead. After a massage at 2am, he came out and did a "Johnny Timms" - 14 laps in ½ an hour. He ran well for the rest of the night, however in the morning the going was tough.

Andy knew Mike was coming that evening and I was sure he was saving himself. If others said that I was pushing him hard, they had not seen anything yet. We were doing everything we could to keep Andy on course for over 100km for the day.

One hour of 4 minute timed laps, where I was getting 2 minutes sleep every lap. Oops, 8 minutes that lap. Andy assured me that he did not have a break, I must have had a long sleep.

After a phone call to Mike, when Mike said stay on track, Andy started to have problems. Andy had sore shins, he wanted ice packs on them, others suggested other remedies, however I knew the ice packs had to fix the mind as well as the legs. He got going for a short while, then decided raw ice would be better. We tried this. Next what about some Magic Cold Spray, thanks Neville Mercer. This spray was so good Andy soon developed a sore shoulder just so he could have the Magic Spray on it, naturally it was fixed instantly.

Up until now we had worked on the theory that Andy would do the running and I would do the thinking. Now Andy was trying to do both. At 2pm our aim was to get to 100km before 3pm. A drink of Coke usually picked him up but this time he decided he did not want it, so on the next lap when I went to give him a drink of yoghurt, he asked "Where's the Coke?", I told him that he didn't want Coke last lap - "Drink what I bloody give you", to which he quietly replied "Getting a little tired are you Peter?". We just got our 100km by 3pm, but that was enough.

## Day 5

Thursday 21<sup>st</sup>

A massage and down to sleep was what I had planned. However there is something that is always on Andy's mind and the fact that he had run for 4 days, did not dampen his enthusiasm. The massage went to plan, however he needed a little help to get to sleep - those who were there know the rest of the story.

Mike Pace, Andy's coach soon arrived and we were quickly back to the task at hand. At around 10pm that night Andy had a massage, Mike decided that there should not be any problems running 20 laps per hour (3 minutes per lap). At this stage most of the other runners were running between 10-15 laps. Andy attacked his task hour after hour, apart from a brief moment when he closed his eyes and fell over in front of the lap counters.

Andy did over 6 hours of 20 laps per hour to throw some life into the race. He had a sleep, shower and shave and came back onto the track looking and feeling fresh. He ran really well for the rest of Day 5. He deservedly won the award for the most laps of the day ending with 138km for the day.

## Day 6

### Friday 22<sup>nd</sup>

We started Day 6 about 4km in front of Kevin Mansell. We set our sights on George Audley knowing Andy would have to go well and George would have to tire. However behind George's soft face is a tough heart and George held us at bay.

At this stage several runners suggested to me that Kevin "Killer" Mansell would run Andy into the ground. That night we had a little action with some locals. At the opposite end of the park we heard Andy yelling and seen Peter Gray doing his stuff to protect his fellow runners. Mike Pace proudly showed us his victory scares and told us how bad the others looked.

Kevin Mansell went for a sleep after the turnaround at 3am, so we pushed Andy to try and build a buffer on Kevin. We then gave Andy as much sleep as possible and as such he came out 7 laps down on Kevin at 7am. We told Andy to take it easy and pick up one lap an hour. However Andy attacked and Kevin replied, within half an hour they were going head to head. Kevin told us Andy was going too fast and backed off slightly. Mike Pace took this as a signal to have a sleep. However we still had a long way to go and they don't come any tougher than Kevin.

2 Hours later we had several runners telling us Kevin had us, I will have great pleasure in taking \$50 off Peter Armistead.

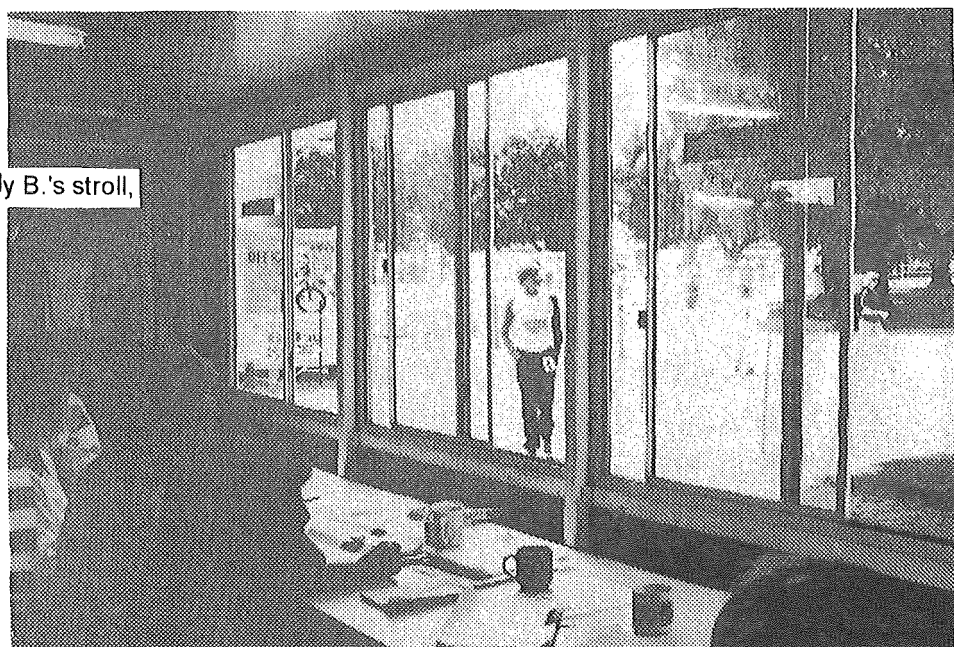
After spending every hour for 6 days with someone you get to read the body language and signs. At 9.30am, I looked at Andy and knew something was wrong, he was coming up the straight towards the massage tent, Kevin was 10m behind Andy. I grabbed Andy and by the time he hit the massage table he was emotionally wrecked. He told me he was sick of racing Kevin and he just wanted to have some fun. At the same time he was watching out of the corner of his eye to see when Kevin went past. We agreed he could have some fun for a couple of hours. He had a drink and an ice-cream, however the fire was still in the belly. He soon tacked onto Graeme Watts and picked up the pace again (Thanks Wattsy - not bad for a Queenslander!).

If you are ever bored at an ultra just ask Graeme to tell you a joke, six days later, did you hear the one about....

I decided that maybe this was time for his coach to be about and woke Mike up. Andy had knuckled down and with Mike pushing at the right time, mixed with 5 to 10 minute massages, he finished brilliantly to maintain 3<sup>rd</sup> place and complete 784.8km in his first 6 Day Race. Yes the Tassie Devil did make a noise.

Thanks to all associated with the race, committee, runners, crew, the Colac community and the ultra-running community. To Kevin Mansell, thanks for your kind words at the ceremony.

Lap counters watch Billy B.'s stroll,



**Results in last issue.**



# AUSTRALIAN 6 DAY RACE COLAC INC.



P.O. Box 163  
Colac 3250  
Victoria

## *The Runners:*

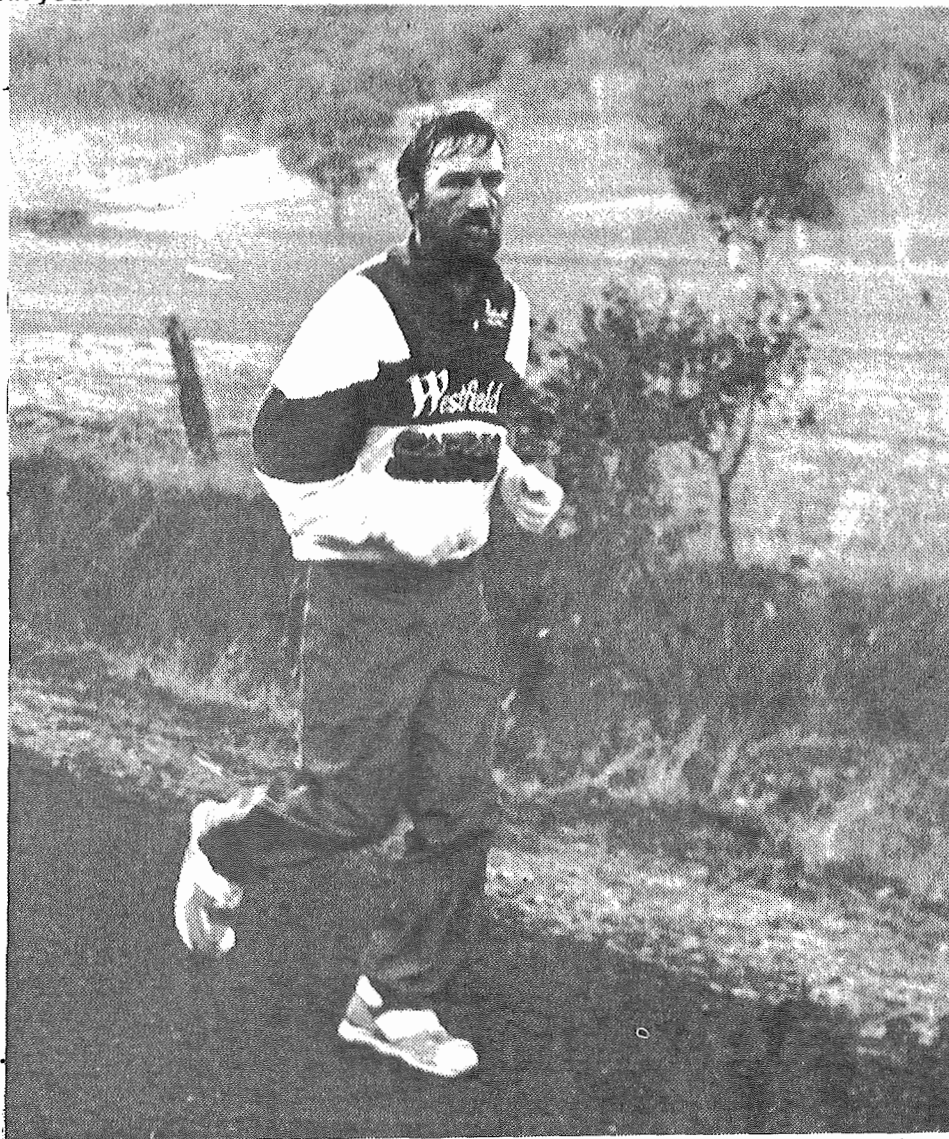
Ian Curtis	A great run, a great runner and a great crew. Thanks for sharing your secrets.
George Audley	A tough little fighter. Still plenty of good runs left George. A great crew in Dave Horne.
Andy Lucas	Thanks Andy. You did everything you said you would. This is just the start.
Kevin Mansell	This guy is what Ultra Running is all about. Go out, do your best, no excuses, just head down.
Peter Gray	Just keeps on keeping on.
J Kocourek	A top effort. A lot of pain but no moaning.
Bill Beauchamp	A real goer. Hang in there Bill!
Graeme Watts	A top bloke with a lot better in him. He'll need it in 2 years.
Cliff Young	The Legend.
John Timms	A great guy to have on the track.
J Laky (Henry)	A champion visitor, but the "Schnapps" was too much for me.
Shaun Scanlon	Always there, had a struggle but did the job.
Norm Morris	The happy walker, very unlucky to be injured. You were travelling well.
Peter Armistead	Under prepared, did it tough right from the start but got through 6 days. Most hours in massage tent.
E Janosi	She smiled for 6 days then she made some very tired runners happy with her final gear change.
Anatoli Kruglikov	It was not the champions year. A genuine nice guy. Those who criticise should look in the mirror.
Neville Mercer	I think we agreed maybe 6 days just wasn't meant to be for Neville.
Drew Kettle	Another legend. Hope you got an alarm clock for Christmas.

## ***Others:***

Masseurs	Kevin, Donna, Leonie, Sam and others. Kept the runners going. A special part of Colac 6 Day.
Big Red & Crew	Great people. The fact that our runners were racing simply brought us closer together.
Dave Horne	Kept George going, kept others on their toes. Thanks for the secrets, stay off the VB.
Snowflake (Mrs Watts)	Too cold for the Queenslander.
Janette Curtis & Crew	Ian really kept them on their toes. Well done.
The Twins, Cliffy's Crew Messr Timms, Scanlon, Gray	Added some life when it was needed with parties, dancing, jokes.
Pat and Others in the Food Van	Keep the runners and crew going.
Cliff McAelice	There when we need him and there when we did not need him.
Colac Alternative School	A top effort kids, shared a lot and learnt a lot.
Others	Thank you.



Kevin Mansell from Mt. Gambier, South Australia was a regular competitor in the Westfield Sydney to Melbourne in the days of its existence. Now a regular competitor in ultra events around Australia, ably supported by his wife Gwenda. Kevin placed fourth in the 1996 Australian Six Day Race at Colac with a distance of 776.8km.



# Debutante claims six day race

THE COLAC HERALD, MONDAY, NOVEMBER 25, 1996

## New Zealand runner Ian Curtis claims race crown in his first attempt at the gruelling six day format

The Australian Six Day Race crown has once again gone overseas, but not to its expected destination this time last week.

New Zealand runner Ian Curtis is the 1996 champion with an impressive 836 kilometres.

He finished 20 kilometres clear of Western Australian George Audley at the close of the race at 3pm on Saturday.

This was Curtis' first ever six day race.

Curtis trailed race favorite Anatoli Kruglikov by 24 kilometres after day one of the race.

Once again it appeared the two time champion would stamp his authority on the race early and score a convincing win.

However Kruglikov succumbed mid week to a recurring leg injury and was forced

from the race while the determined New Zealander stuck to his task and held off all challengers over the final few days.

Curtis grew in confidence after the opening two days where he matched it with Kruglikov.

Curtis was being pegged back late in the race but his lead after day three was too much for Audley and third placegetter Andrew Lucas to counter.

Audley said yesterday he had surpassed his goals in reaching 816 kilometres and finishing second overall in a strong international field.

Audley said yesterday he had surpassed his goals in reaching 816 kilometres and finishing second overall in a strong international field.

Nine years after his first attempt at the Colac Six Day Race, the 61 year-old set a personal best for the event.

Having come out of retirement earlier this year the result is a personal triumph for Audley.

"The hardest part was the last eight hours where the attempt on the record (his personal best) appeared to be slipping away," Audley

said.

However, he said he forced himself to keep going and it was worth the effort.

"My wife was over the moon when I called her last night," he said.

Second place carried a prize of \$1,000 which barely covers travel expenses, but Audley said the cash was not his incentive for entering the race.

"It's more for the personal satisfaction".

Audley survived on an average of 1 1/2 hours sleep every 12 hours.

He said this was possible because he had the ability to go to sleep quickly and get quality sleep.

Of the local contingent, Cliff Young surprised many with his performance to finish ninth overall with 561 kilometres.

John Timms was next with 536 kilometres.

Drew Kettle was originally a doubtful starter and was forced to withdraw after day two due to

illness having covered 161 kilometres.

Race publicity officer Cliff McAleice said the feedback from international runners was extremely positive and they were impressed by the running of the event.

He said word would spread once again about the high quality event, but organisers are still desperate to attract a major sponsor for the race.

Final results for the Australian Six Day Race were as follows:

1. I. Curtis 836 kilometres;
2. G. Audley 816.8;
3. A. Lucas 784.8;
4. K. Mansell 776.8;
5. P. Gray 700.8;
6. J. Kocourek 664.8;
7. B. Beauchamp 653.6;
8. G. Watts 572;
9. C. Young 561.2;
10. J. Timms 536.8;
11. J. Laky 506.4;
12. S. Scanlon 502.8;
13. N. Morris 495.2;
14. P. Armistead 485.2;
15. E. Janosi 480;
16. A. Kruglikov 428;
17. N. Mercer 302.4;
18. D. Kettle 161.6.





Six Day Race champion Ian Curtis strides towards victory in the closing stages of the race on Saturday.  
Photograph: John Lawless.

By PETER FLETCHER

NEW Zealand runner Ian Curtis overcame a chronic hamstring injury and sleep deprivation to win the 11th Australian Six Day Race on Saturday at Memorial Square, Colac.

The quietly spoken Kiwi visitor, dubbed 'Sidewinder' by rivals for his lateral approach to running with muscle pain, defeated race veteran George Audley, of Western Australia, by 19.2km.

Andrew Lucas, of Tasmania, finished third, a further 32km adrift.

Curtis, having his first start in a six-day race, controlled the contest from the front after an enthralling tussle with defending titleholder Anatoli Kruglikov during the opening three days.

When Kruglikov withdrew with a split shin muscle at 4pm on Wednesday, the 44-year-old professional athlete from trans-Tasman Hamilton had to fight off the gallant Audley, a 61-year-old retired meatworker from Albany, for the winner's prize of \$2000.

Curtis set up a 35km lead early on the final day, enabling him to ease down during the final 12 hours of the race.

In the final minutes he showed his joy at being the first New Zealander to win the event by parading his national flag, then kissed the ground at the finish line of the 400-metre track.

Curtis revealed he had struggled to sleep during breaks in the race.

"I had about an hour's sleep in the whole time here," he said.

"I couldn't believe I could be so tired and still be awake. I think I will have to learn how to go to sleep now."

Curtis is a relative newcomer to ultra-marathon running, contesting his first 24-hour race at Tauranga, NZ, in 1993 on a two-week training schedule.

"I've never lost a race since I started running ultras," he said.

"This would be the eighth."

His career has been plagued by a right hamstring strain during the past two years, although Curtis said he was determined to experience a six-day race before seriously addressing thoughts of retirement.

"I didn't come here to win this race," he explained.

"I came here because I wanted to break the 1000km mark. Once the (hamstring) problem arose I had to rearrange my thoughts. I thought I would have a go at winning it."

Curtis, who covered a total of 836km — 15.2km more than Kruglikov last year — offered unqualified



Ian Curtis gives New Zealand its first success in the Australian Six Day Race at Colac. He topped the performance of countryman Ziegfried Bauer, who was third to Yiannis Kourous in 1984. Pictures: LEANNE GOURLEY.

praise for the runner-up.

"George wouldn't give in. He just fought and fought."

Audley, who came out of retirement to contest the race for the fifth time, dedicated the run to David Horne, his handler of 10 years.

Horne, of Mandurah, was misty-eyed as he explained Audley's total distance of 816.8km was 11km above his personal best, set at Colac in 1987.

For Audley, it was the first time he had filled a placing in the event following three sixths and a 13th. It earned him \$1000 prizemoney.

"To come in second is absolutely beautiful," he said.

Of the 18 starters, 15 completed the six-day challenge.

The only woman in the field, Elvira Janosi, of Hungary, amassed 480km to finish 15th.

### Top 10 finishers by kilometres

Entrant	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Total
I. Curtis	186.8	152.8	129.6	122.0	130.8	114.0	836.0
G. Audley	168.8	122.8	126.8	129.6	137.2	131.6	816.8
A. Lucas	176.8	124.4	114.0	100.4	138.0	131.2	784.8
K. Mansell	161.2	120.8	122.0	126.8	118.0	128.0	776.8
P. Gray	139.2	111.6	107.2	102.0	112.4	128.4	700.8
J. Kocourek	195.6	114.4	110.8	85.6	68.0	90.4	664.8
B. Beauchamp	157.6	119.6	116.0	104.4	82.0	74.0	653.6
G. Watts	140.8	112.4	82.4	104.0	66.8	65.6	572.0
C. Young	134.4	87.2	86.4	91.6	83.2	78.4	561.2
J. Timms	130.0	70.4	119.2	92.0	92.8	32.4	536.8



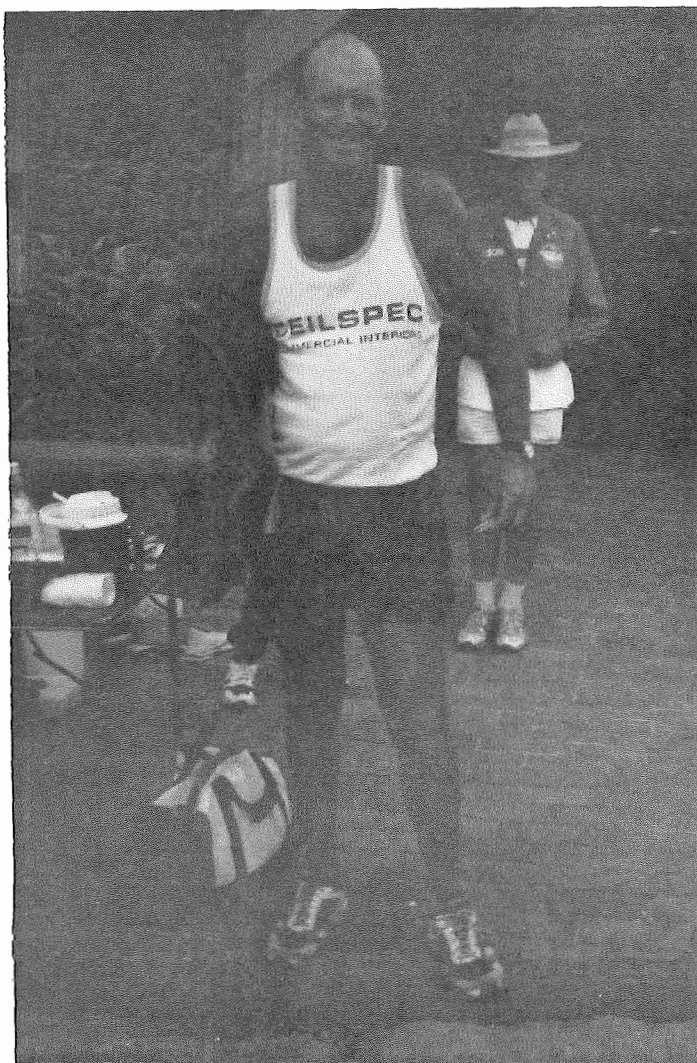
**Curtis remains footloose  
despite hamstring injury**

# First for Kiwis

The Standard, Monday, November 25, 1996



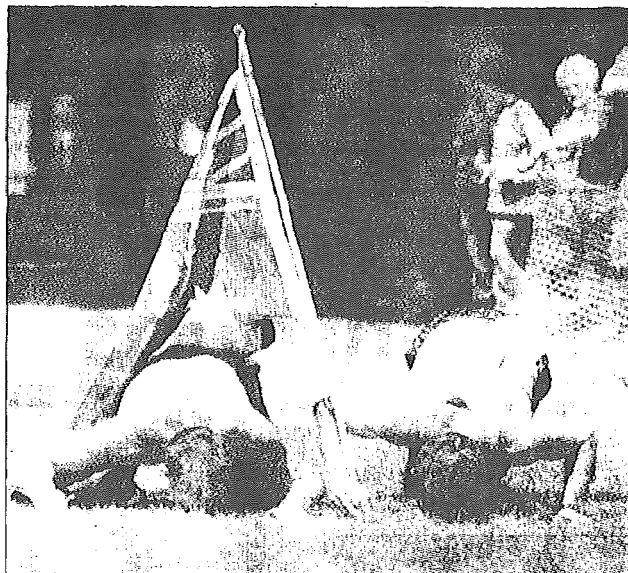
Hand it to Elvira ... Jindrich Laky, of the Czech Republic, acknowledges the efforts of the only woman to contest the 11th Australian Six Day Race, Elvira Janosi, of Hungary.



Bill Beauchamp, placed 7th in the 1996 Australian 6 Day Race at Colac with a distance of 653.6km.

# BACK FOR MORE

THE ECHO, Wednesday, November 27, 1996



How sweet it is . . . Andrew Lucas (left) and Ian Curtis kiss the Colac turf as they complete their final lap in the Six Day Race.

Pictures: GLENN FERGUSON

by Darren McLean

THE Australian Six Day Race at Colac has been won by New Zealander Ian Curtis.

Curtis, in his first appearance on the Memorial Square track, had clocked up 836km when the race ended at 3pm last Saturday.

He finished 20km ahead of George Audley, of Western Australia, who covered 816km. Andrew Lucas of Tasmania was third with 784km.

Of the locals, Cliff Young finished in ninth place (561km) and John Timms was next (536km).

Winner of the last two Six-Day events, Russian Anatoli Kruglikov, was pressing Curtis for front running when he was forced out of contention midweek with a leg injury.

Fifteen of the original 18 starters were still running when the race ended.

The event's publicity officer, Cliff

McAliece, described the race as "quite a successful week".

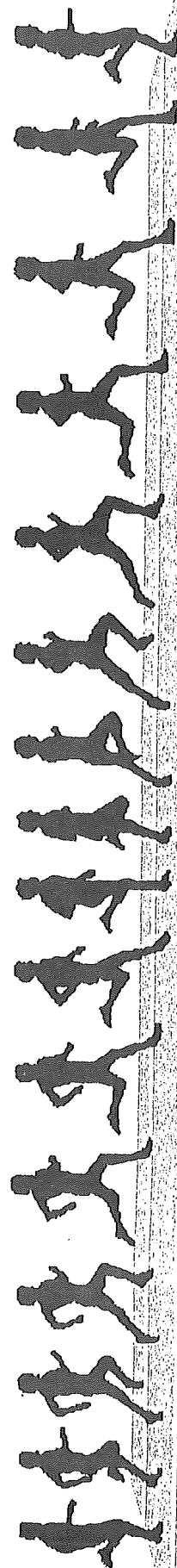
Both Curtis and Lucas, who was also contesting his first Six Day event, had indicated they would return, Mr McAliece said.

"To them it was quite a memorable thing to be part of, and a highlight of their careers," he said.

Two Czech runners also had made clear their intention to again compete at Colac, as had New Zealand's Norm Morris.

Mr McAliece said the event was a huge overseas promotional boost for Colac. "These people (international competitors) come here because of other runners from their countries who tell them about us," he said.

He said the race was not advertised internationally and, apart from excellent coverage in local and regional media, was virtually ignored by metropolitan and national outlets.





Winning feeling ... Ian Curtis celebrates his triumph in the Australian Six Day Race at Colac.



## AURA "BOGONG TO HOTHAM" TRAIL RUN, 5/1/97

Peter Mitchell has never attempted the full distance before. He has separately run both halves on several occasions and performed well - he was a previous record holder for the Mountain Creek to Watchbed Creek section until Andy Kromer broke it two years ago and he is the current record holder of the Langford Gap to Mt Hotham section. So it was obvious that Peter would do well and presumably win. And win he did in fine style, over half an hour ahead of the 2nd placed Kelvin Marshall, a perennial competitor in this race of recent years.

Congratulations to all those who finished the full distance - it is truly a great achievement just to finish.

The Sydney Striders again lent good support to the race but we could do with some more of you guys next year. Congratulations to Mike Ward to finally achieve cut-off at Langford Gap to enable him to complete the full distance after previous failures.

Jim Grelis and Peter Bearsley were obviously very weary and struggled over the latter stages of the course. They were the only ones to notch-up a positive split from the 1st "half" to the 2nd "half" (34km to 26km).

The 1st half section was keenly contested. It was especially exciting to have Steve Moneghetti competing. Steve is much better suited to track and road running than trail running (he naturally can't afford an injury on the rough trails, (especially T-spur)), but he still acquitted himself well, which included a long break on Bogong Summit to admire the view on such a fine day, as well as an uncharacteristic "hitting the wall" later on.

Congratulations to Michelle Smith for filling the vacant record space for Mountain Creek to Langford Gap. You were well within cut-off, Michelle, so why not try the full distance next year?

It was good not having Kevin Cassidy complaining about something, but I did miss his usual \$5 donation (for transport surcharge which he rarely got to savour).

The sweeper didn't perform his function properly and subsequently, due to confusion on Mt Bogong summit, fell behind the last competitor by several hours, which seriously delayed the clearing of checkpoint areas across the 1st half. Also, unofficial competitors were a drain on aid station resources and occupied transport places reserved for competitors to return to their starting point. I'm sorry for these problems and they will be addressed for next year's event.

Thanks for your donations. A large portion of the race income (entry fees and donations) goes towards race insurance and a donation to WICEN for their valuable contribution with race communications for your safety. On your (and my) behalf, I thank all the WICEN and Race Marshalls who assisted on the day to give you a safe and enjoyable race. You must have benefitted from the assistance rendered throughout the course.

Mountain Creek	WICEN Radio Operators	Race Marshalls
Bivouac Hut	Len Greaves (VK3BGM)	Geoff Hook
Bogong Summit		Tony Mandile
Cleve Cole Hut		Brett Mason
Madison Hut Site	Grant Jeffrey (VK3KGM)	Tamera Watson & sister
Big River		Geoff Mackay & Nick Rees
Roper Hut	Roy Veith (VK3TMJ)	Ron Crane, Alex & Mark
Warby Corner		Reg & Elaine Splatt
Watchbed Creek		Gary & Olga Meyland
Langford Gap	Alan Bengtsson (VK3ABB)	Laurie Black
Omeo Rd. Crossing	Murray Toogood (VK3THJ)	Peter Logan & Geoff Hook
Aqueduct Junction		Brian Flynn
Pole 333	Colin Finney (VK3VCF)	Julie, Jim & Benjamin Gogos
Dibbens Hut	Damien Huf (VK3FCA)	Clive Davies
Derrick Hut	Jack Bramham (VK3WWW)	Brian Smith
Lock Car Park	Neil Watts (VK3XNW)	
Mt Hotham Summit	Bob Tait (VK3UI)	Pat Pelly/Geoff Hook
	Alastair Tait	George Christodoulou
Mobile		
Medical Officer	Fred Armstrong (VK3XLV)	Geoff Hook
		Van Spargo

In total, 11 WICEN Operators and 26 Race Marshalls/helpers, which equals 37 people for just 25 competitors. Surely the runners have never been pampered so much?

Until next year's event (January 11th), stay fit and healthy and have nice dreams about the event.

GEOFF HOOK, Event Organiser

# AURA

## BOGONG TO HOTHAM RUN, 1997

### (ROOFTOP RUN, 5/1/97)

#### RESULTS

1.	Peter MITCHELL, 33, Vic.	8:02:26
2.	Kelvin MARSHALL, 32, Vic.	8:37:52
3.	Malcolm SATCHELL, 46, NSW	9:13:34
4.	Kevin TORY, 27, Vic.	9:38:39
=5.	Mike WARD, 44, NSW	10:42:23
=5.	Murray TOWN, 51, NSW	10:42:23
=7.	Jim GRELIS, 45, Vic.	11:44:10
=7.	Peter BEARSLEY, 54, Vic.	11:44:10

#### Mountain Creek - Langford Gap

1.	Peter MITCHELL, 33, Vic.	4:20:36
2.	Steve MONEGHETTI, 34, Vic.	4:23:32
3.	Kelvin MARSHALL, 32, Vic.	4:42:46
4.	Malcolm SATCHELL, 46, NSW	4:49:55
5.	Kevin TORY, 27, Vic.	4:51:53
6.	Mark PHILLIPS, 45, Vic.	5:05:08
7.	Max CARSON, 47, Vic.	5:14:02
8.	Michelle SMITH, 25, Tas.	*5:14:55
8.	Fred ATKIN, 27, Vic.	5:14:55
10.	Mike WARD, 44, NSW	5:18:54
11.	Murray TOWN, 51, NSW	5:19:30
12.	Michael BORSCHMANN, 22, Vic.	5:28:01
13.	Peter BEARSLEY, 54, Vic.	5:28:43
14.	Jim GRELIS, 45, Vic.	5:29:06
Cut		
15.	David HUNT, 23, Vic.	5:43:57
16.	Peter ARMISTEAD, 95, Vic.	5:45:16
17.	Tim CLARKE, 23, Vic.	5:49:45
18.	Belinda PHILLIPS, 24, Vic.	6:11:57
19.	Alan JONES, 37, Vic.	6:13:27
20.	Max SCHERLEITNER, 66, NSW	6:20:24
21.	Bernard SMITH, 53, Vic.	7:19:17
22.	Nigel AYLOTT, 30 (sweeper), Vic.	7:47:21

#### Langford Gap - Mt. Hotham

1.	Damon GOERKE, 23, Vic.	3:28:54
2.	David PINDER, 36, NSW	4:01:26
3.	Penny GROSE, 20, Vic.	4:26:47

#### Order of Second Half

Damon GOERKE, 23, Vic.	3:28:54
Peter MITCHELL, 33, Vic.	3:38:36
Kelvin MARSHALL, 32, Vic.	3:50:23
David PINDER, 36, NSW	4:01:26
Malcolm SATCHELL, 46, NSW	4:19:24
Penny GROSE, 20, Vic.	4:26:47
Kevin TORY, 27, Vic.	4:37:39
Mike WARD, 44, NSW	5:16:41
Murray TOWN, 51, NSW	5:16:41
Jim GRELIS, 45, Vic.	6:01:50
Peter BEARSLEY, 54, Vic.	6:01:50

\* Course Record

# AURA 1997 BOGONG TO HOTHAM EVENT

## 5TH JANUARY, 1997

### CHECK POINT TIMES

Mountain Creek Start Time: 6:24:30

Langford Gap Start Time: 11:30:00

RACE NO.	COMPETITOR	INTENT	BIVOUAC HUT	BOGONG SUMMIT	CLEVE COLE HUT	MADISON HUT SITE	BIG RIVER	ROPER HUT	WARBY CORNER	WATCHBED CREEK	LANGFORD GAP		OMELO RD CROSSING	POLE 333	DIBBENS HUT	DERRICK HUT	LOCK CAR PARK	MT HOTHAM SUMMIT
											IN	OUT						
5	Peter MITCHELL, 33	Full	0:50	1:25	1:44	1:52	2:27	3:19	3:38	4:00	4:20:36	4:23:50	4:51	5:44	6:38	7:23	7:54	8:02:26
23	Malcolm SATCHELL, 46	Full	0:55	1:32	1:54	2:02	2:39	3:33	3:56	4:20	4:49:55	4:54:10	5:36	6:43	7:39	8:31	9:04	9:13:34
26	Kelvin MARSHALL, 32	Full	0:52	1:29	1:49	2:00	2:33	3:28	3:50	4:15	4:42:46	4:47:29	5:20	6:21	7:06	7:57	8:29	8:37:52
29	Kevin TORY, 27	Full	0:55	1:33	1:53	2:01	2:32	3:36	4:00	4:25	4:51:53	5:01:00	5:47	6:54	7:49	8:49	9:28	9:38:39
30	Jim GRELIS, 45	Full	1:00	1:43	2:08	2:18	2:56	4:06	4:34	5:00	5:29:06	5:42:20	6:25	8:05	9:15	10:40	11:32	11:44:10
31	Mike WARD, 44	Full	0:59	1:41	2:03	2:14	2:53	3:57	4:22	4:49	5:18:54	5:25:42	6:11	7:35	8:37	9:44	10:31	10:42:23
32	Murray TOWN, 51	Full	1:02	1:44	2:07	2:17	2:55	4:00	4:26	4:52	5:19:30	5:25:42	6:11	7:35	8:37	9:44	10:31	10:42:23
33	Peter ARMISTEAD, 95	Full	0:59	1:42	2:07	2:18	3:08	4:18	4:48	5:17	5:45:16	-	-	-	-	-	-	-
36	Max CARSON, 47	Full	0:58	1:39	2:02	2:12	2:51	3:51	4:18	4:47	5:14:02	-	-	-	-	-	-	-
38	Bernard SMITH, 53	Full	1:08	2:01	2:33	2:49	3:50	5:15	5:59	-	7:19:17	-	-	-	-	-	-	-
40	Peter BEARSLEY, 54	Full	1:00	1:43	2:08	2:19	2:56	4:06	4:34	5:00	5:28:43	5:42:20	6:25	8:05	9:15	10:40	11:32	11:44:10
41	Max SCHERLEITNER, 66	Full	1:07	1:49	2:18	2:30	3:16	4:31	5:07	5:45	6:20:24	-	-	-	-	-	-	-
70	Nigel AYLOTT, 30 Sweeper	1st Half	0:53	-	4:06	4:20	5:00	6:16	-	-	7:47:21	-	-	-	-	-	-	-
50	Alan JONES, 37	1st Half	0:55	1:35	1:58	2:08	2:46	3:55	4:30	5:21	6:13:27	-	-	-	-	-	-	-
51	Mark PHILLIPS, 45	1st Half	0:55	1:34	1:55	2:04	2:11	3:44	4:11	4:38	5:05:08	-	-	-	-	-	-	-
52	Belinda PHILLIPS, 24	1st Half	1:04	1:50	2:20	2:34	3:17	4:28	5:05	5:42	6:11:57	-	-	-	-	-	-	-
53	Tim CLARKE, 23	1st Half	1:03	1:46	2:10	2:22	3:04	4:17	4:46	5:20	5:49:45	-	-	-	-	-	-	-
54	Fred ATKIN, 27	1st Half	1:00	1:42	2:05	2:16	2:55	3:57	4:24	4:50	5:14:55	-	-	-	-	-	-	-
55	David HUNT, 23	1st Half	0:59	1:41	2:05	2:16	2:55	4:09	4:36	5:15	5:43:57	-	-	-	-	-	-	-
56	Michael BORSCHMANN, 22	1st Half	0:59	1:40	2:04	2:13	2:51	3:55	4:23	4:55	5:28:01	-	-	-	-	-	-	-
57	Steve MONEGHETTI, 34	1st Half	0:42	1:11	1:48	1:56	2:37	3:24	3:41	4:02	4:23:32	-	-	-	-	-	-	-
58	Michelle SMITH, 25	1st Half	1:00	1:42	2:05	2:16	2:55	3:57	4:24	4:50	5:14:55	-	-	-	-	-	-	-
60	David PINDER, 36	2nd Half	-	-	-	-	-	-	-	-	-	0	0:31	1:22	2:06	3:02	3:45	4:01:26
61	Damon GOERKE, 23	2nd Half	-	-	-	-	-	-	-	-	-	0	0:30	1:16	1:59	2:47	3:20	3:28:54
62	Penny GROSE, 20	2nd Half	-	-	-	-	-	-	-	-	-	0	0:34	1:45	2:34	3:37	4:17	4:26:47

# THE KEPLER CHALLENGE - 7TH DECEMBER, 1996

by Kevin Cassidy

So what on earth is the Kepler Challenge? To put it simply, it is New Zealand's premier trail race, a 67km run around the famed Kepler Hiking Track (or "tramping" as the New Zealanders say) in the breath-taking and rugged surrounds of the south island's south-west coast.

I had known about this race for several years and it was on my "want to do" list, so I thought I would use some "frequent flyer" points and take a free trip to Te Anau. Te Anau is a small picturesque lakeside town that hosts the race (and I still can't pronounce the damn name).

My first shock was to discover that my "free" flight would only get me to Auckland, and a couple more connecting flights costing about \$400 were required. These flights were hair-raising to say the least, as each plane got smaller and smaller. Eventually, I arrived in the southern-most city of Invercargill a la "Fred Flintstone", sitting on the back of a pre-historic bird. Invercargill is a huge bustling city. The airport is a tin-shed on a sheep-farm, and the local rent-a-car offers a choice of two vehicles. I climbed into a small yellow car that looked something like "Mr Bean" would drive and I motored off to Te Anau, some two hours away. I am not for one minute suggesting that Invercargill is small, but if you check the phone-book, you notice that rather than list people in alphabetical order, they just print things like "Joe, over the road", "Bill up the street" and "Harry, around the corner" etc.

The trip to Te Anau revealed a land full of sheep. However, I didn't notice any farmers in gum-boots. The sheep country soon transfers into spectacular snow-capped peaks, and on arrival in Te Anau, the whole place was buzzing. Three hundred runners were present, including several internationals (5 Aussies).

The Friday night pre-race meeting was hosted by race patron, Rod Dixon, arguably the last of the truly world-class Kiwi runners. I was interested to discover that his opinions of the current crop of Kiwi runners were similar to my thoughts on many of the high profile Aussies. That is, that while many of the poverty-stricken Africans are showing the world how to run, our runners seem more concerned about their fancy sun-glasses, scientific sports' drinks and state of the art track suits.

As I crawled into bed on race eve, I wondered to myself why all the convenience stores and milk-bars in New Zealand are called dairies.

It was bitterly cold as the starter's gun sent us on our way from the Lake Te Anau flood gates. The first 6km was fairly easy before tackling the steep and gruelling 8km climb up above the tree line to the Luxmore Hut. It was here that we were subjected to a thorough gear inspection. We were required to carry wet weather gear, thermal gear, hat and gloves. If you weren't fully equipped, you would be turned back. One of the interesting things about the climb to Luxmore was a series of "one person only" footbridges, and with the runners still tightly-packed together, it meant several delays at various points of the climb.

After leaving Luxmore Hut, the next 16km was a series of ups and downs through snow and rough tracks as you crossed the ridge. This is the most beautiful and most spectacular part of the world I have ever been in, and as I have visited all parts of Australia and the U.S.A. in pursuit of mountain runs, this is not a statement that I make lightly. During this section of the race, all competitors had their safety monitored by helicopter. I had to laugh when I saw the "hole-in-the-ground" toilet at the Hanging Valley Hut. The solitary cubicle had a huge window on one side for all and sundry to look through.

Suddenly, a long series of switchbacks took us back into the forest and all the way down the valley to the Iris Burn Hut. "Half-way" I heard some-one say as I refilled my water bottle. The course continued down the twisting track through what is known as "The Iris Burn" before levelling out as we joined the Waiau River with 17km to go. From there to the finish it was hard to judge a minutes-per-mile pace and my projected finish time varied from sub 7 hours to 8 hours plus. It was during this stage that I managed to trip on a tree root that popped up in front of me and I went sprawling on the ground, but bounced straight back up again.

The course started climbing again and the track got rougher. "2.5km to go!" said the sign on the corner. "1km" said the next sign. "Wow! I have just equalled the world 1500 metre record whilst running uphill on a rough track after already having covered 65km. Sydney 2000, here I come!" (Methinks the signs were a little inaccurate.)

Suddenly the Lake Te Anau flood gates were visible through the trees. (that's the Finish Line) and I dug in hard up the last climb with barely 200 metres to go and managed to overtake 2 runners in this section and then crossed the line feeling satisfied with my 7hrs.15mins and approximate placing of 100th out of about 300 runners.

The four other Aussies all finished. Louise Fairfax from Tassie beat all the women (and most of the men) in 6 hrs.02mins. with Mark Duckworth in 8hrs.18mins and Neil McNeil and Peter Shaw finishing together in 9hrs.23 mins.

The presentations were not held until the following morning, which was a clever move as it kept everybody in Te Anau for an extra day. The race is spectacular and well worth the trip over the Tasman for a great experience. However, I should point out that it is nowhere near as tough as the Bogong to Hotham or Cradle Mountain.

I sure did feel like "Mr.Bean" as I whirled around the South End in my little yellow buzz box of a car over the next two days. Arriving home, I couldn't help but wonder why the Kiwis call their take-away food "Fush and chups" and why is that white stuff they put in coffee called "mulk" And no, I still don't know the correct pronunciation of "Te Anau."

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## CENTENARY LAKES 1997

by Laura McCloskey

If you have not been to Caboolture lately, you don't know what you are missing. Caboolture has a new town centre. The building is white and dominates the skyline as you drive up Morayfield Road. We are also getting our own regional shopping centre so I will no longer have to drive to Strathpine to go to the movies!

Caboolture also has the beautiful Centenary Lakes where the 50km and 6 Hour track race was held on 4th January, 1997. It was great to see so many people competing. There were also lots of new faces. The party lights were up and everyone had a wonderful time. The lapscorers were treated to some wonderful donuts donated by one of the sponsors, DCM Donuts.

The runners were competing for not only the winners' trophies and tee-shirts supplied by sponsor Morayfield Day and Night Pharmacy, but also the chance to win a flight from the Flight Centre.

After Ian had competed in the Daisy Hill Forest Run, he complained to me that he was too slow and overweight. I laughed and told him to look at what he eats! Now a double pack of potato chips once a week may be alright, but not one EVERY NIGHT!

I hunted out all his old running diaries and found one for 1985. That year, he did not eat a packet of chips for three months before the Adelaide Marathon and he finished with a PB of 2:52:52. When he came home, I showed him his diary and about three weeks later he relented. NO MORE POTATO CHIPS until after the Centenary Lakes Run.

At Christmas time, Ian was desperate, but I would not give in. He could have some after the race! So on Saturday night as I sat down to lap-score, I hoped Ian would run well as he had sacrificed so much. He WON the race with a PB of 64km. and has vowed not to touch potato chips again!!! I wonder how long it will last?



# CENTENARY LAKES 50KM & 6 HOUR TRACK RACES

## SATURDAY 4TH JANUARY, 1996

### 6PM - 12PM

The Queensland Ultra Runners Club started 1997 with the first race of the Caboolture Shire's, Morayfield Day and Night Pharmacy's Ultra trio series with the Centenary Lakes 50km/6 Hour track races at the Caboolture Sports Complex.

Rain in the lead up days made for a slow track but race day was perfect. Tents, Marquees, party lights and a flood lit ground set the mood for a great night's running. Local Councillor John Cook fired the gun at 6.00pm and at midnight, 24 PB's and a new Qld ladies 6hr track record set by Lyn Lewis. Ian McCloskey had his first ultra win in the 6hr event. Tony Kleiner ran strong all night to win the 50km mens event and Joan Darlington's return to the Ultra scene finished with a solid 50km win. During the event I saw many entrants that had improved (when normally they would ease up or give in) they dug in, lifted and finished with PB's. First up runners came in all smiles (hiding the pain), they lifted during the events, I believe, because people around were all positive.

Tony Kleiner's effort inspired others to keep up the pace. Cliff French, at 54 showed that hard training pays off. Joan Darlington, still not running at full strength yet, with a strong positive mind showed the ladies the way.

In the 50km event Tony Kleiner ran a strong one man race, Cliff French and I were together at 40km then the old fella stepped up the gas and pulled out a 6min gap to take 2nd. Peter, Phil and Steve were close all night. Joan Darlington and Angie Cottrell (barefoot runner) put on a great race with Joan pulling out 7min in the later stages.

Ian McCloskey had his first win in a n ultra race taking out the 6hr event. At 5hrs Ian and Brian Evans were neck and neck. They were both hungry for a win but Brian ended up with a 2nd. that's 3 in a row for Brian. Ian hasn't stopped smiling for weeks. Bob Hendricks in his first track ultra ran a nice even race for 3rd. I think he was just checking out ultra running, he left with 61km for his efforts, and the major random prize return airfare to Sydney, so he was also all smiles.

Lyn Lewis finished with 61.4km, a new Qld track record, and finished ahead of Aileen Markham with Angela Clarke 4k's behind in 3rd spot. Cathy Caton returned to ultra running and 48.6km was a steady training run for the night. Kerrie Hall took out the 6hr walkers event with 41km and Patrick Collins 38.7km won the male walking section.

It was a great night, each contestant received their t-shirt and trophies from Jim Johnson from Caboolture combined Chemists, and Councillor John Cook. All night lapscorers were treated by DCM Donuts to donuts, muffins and cakes. Many thanks must go to all our sponsors:

Morayfield Day and Night Pharmacy

Flight Centre

Strider Sports Shop

DCM Donuts

Charlie's Chainsaw Shop

Also thanks to the Caboolture Sporting Complex Committee, and Councillor John Cook for their efforts and assistance for the smooth running of the event.

Take care

Gary Parsons

Caboolture Ultra Trio organiser



**QLD ULTRA RUNNERS CLUB INC**  
**RESULTS OF TRACK RACES HELD AT CENTENARY PARK, CABOOLTURE**  
**ON 4th JANUARY 1997**

50kms			6 hours		50k split
1	KLEINER Tony	3:38:46	1	McCLOSKEY Ian	64.602 4:38:25
2	FRENCH Cliff	4:07:36	2	EVANS Brian	62.957 4:33:19
3	PARSONS Gary	4:13:35	3 1F	GORDON-LEWIS Lyn	61.412 4:50:50
4	McKENZIE Peter	4:24:56	4	HENRICKS Bob	61.055 4:45:55
5	LEAR Phil	4:29:20	5	SINFELD Peter	60.283 4:57:33
6	HAYES Steve	4:39:05	6	TRELOAR Roy	59.263 5:03:49
7 1F	DARLINGTON Joan	4:45:18	7	WILLIAMS Geoff	57.555 5:07:08
8 2F	COTTRELL Angie	4:52:57	8 2F	MARKHAM Aileene	55.233 5:26:44
9	MORGAN Rod	5:29:04	9	BEVERIDGE Steel	52.345 5:45:35
10	HOLLERAN Dave	6:17:39	10	DAVEL Corrie	52.126 5:38:35
	PHILLIPS Lindsay - 45	DNF	11 3F	CLARKE Angela	51.675 5:49:16
	MATINCA Glen	DNF	12	BURNS Bob	51.352 5:52:31
			13	HOCKS Gerard	50.178 5:55:12
			14 4F	CATON Cathy	48.671
			15	LITTLER Hughie	47.261
			16 5F	COLLINS Jan	46.254
			17	LEWIS Peter	45.236
			18	DAVIS Murray	44.743
			19 6F	SMITH Shelley	43.013
			20 7F	HALL Kerrie - WKR	41.171
			21	COLLINS Patrick - Wk	38.741
			22	HILLEARY Don	34.021
			23	BLATCHELL Andrew	31.920

The 50k section was won comfortably by Tony Kleiner in the smart time of 3:38 from Cliff French and race organiser Gary Parsons. The ladies was won by Joan Darlington, making a comeback to ultra running after a long break, from the barefooted Angie Cottrell.

The 6 hours section was won by Ian McCloskey, hard pressed for most of the way by Brian Evans. Newcomer Bob Henricks performed admirably for third place. The ladies was won by Lyn Gordon-Lewis (3rd overall) in a new Qld record of 61.412 kms. Lyn finished very strongly, moving well up the field in the last two hours. Congratulations, Lyn. Aileene Markham and Angela Clarke ran well, to fill the minor placings.

Of particular significance was the increase in competitors at 35 starters, up from 28 the previous year. Also significant was the fact that there were at least 24 'personal bests'.

# MANSFIELD TO MT. BULLER - 50KM ROAD RACE

26TH JANUARY, 1997

by Dot Browne

It was probably the best weather conditions we've had this year for the seventh running of the event - cool, cloudy although still rather humid. In past years, we've had scorchers, so we were lucky. The numbers were down, only 13 fronted up this year. Still you can't blame them. It's a shocker of a race. I reckon the ones who've done it before (e.g. the Shepparton boys) and who still turn up again deserve a medal just for turning up, knowing the course. We've had many over the years who've said, "Never again". So if you're looking for a challenge, then this is the one for you.

The first 34km is not too bad, if you've done the work. Undulating bitumen road through beautiful farmland - rolling yellow-ochre hills, broken up with lines of willows following the path of the river and banks of cypress and yellow poplars concentrated around the odd farmhouse. Mt. Buller, the destination, is nestled high in a range of navy blue mountains on the skyline. (You wouldn't guess I was an art-teacher, would you? I felt like dragging out my bloody easel, it was so beautiful!).

The Race Organiser, Pete Armistead and his stalwart band of nine raggle-taggle officials, had hit the town of Mansfield the day before, fronted up en masse for a pub meal on the Saturday night, put up with Billy Beauchamp's ravings, spent a sleepless night in sleeping bags on the floor due to some of our officials being REALLY good at snoring, were rudely awakened at 5.30am the next morning by Pete Armistead, and were bright and alert, (well a couple of us were) for a 7am start on the Sunday morning.

Many of the 13 competitors had their own helpers, usually tolerant family members who probably thought their runners were crazy but they'd support them anyway - Dawn Parris had Trevor, Randall Hughes had his daughter & son-in-law, Brian O'Farrell and Brian Gawne had Lyn. and a couple of other Shepp. Road Runners, Ernie Hartley had his beautiful wife Robyn and young son Christopher, Wayne Bishop and Kevin Mansell had Kev's amazing wife Gwenda, who would have to be the most positive woman I know.

The photographs were taken, the race started at 7.05am and we all bunny-hopped the runners over the undulations and up the mountain. Our over-abundance of officials provided 3km support stations with water, fruit, cakes, lollies and fruit bars. However, the runners mainly went for the water and cantaloupe. The officials ate the rest!

Kelvin Marshall took off fast and headed the field, as he has done in the past. 73 years old Randall Hughes, Peter Armistead and the Shepp. boys were in hot pursuit, around a minute behind at 3km. We all expected Kelvin to hit the wall and get passed, as has happened in previous years. But this one was his year. Despite complaining of a tight hamstring all the way, he hung onto the lead and in fact, increased it to around 4km up that rotten mountain, which, incidentally, is 15km of solid climb. He was one of the few runners who were able to keep running the whole distance. An amazing effort.

There were some great performances, particularly from novices Randall Hughes (73 years), Wayne Bishop (26 years) from Mt. Gambier, Stephen Pascoe from Broken Hill (37 years), Dawn Parris, Ernie Hartley and Alan Witt. Stephen Pascoe epitomised the difficulty of the event when he finally struggled over the rocks to the summit of Mt. Buller at 48km., which was cold, windy and shrouded in mist. "Who's the organiser of this event?" he asked Kev Cassidy who was taking summit times. "Armistead" was the reply. "He deserves a smack in the mouth" was Steve's comment. Dawn Parris, first lady, had earlier demoralised Steve with her ability to keep running all the way up the mountain.

The race organiser, Pete Armistead was in the event himself. He wasn't coping too well either. At several checkpoints, he wanted to get into an official's car. We all had to lock up to keep him out and on the road. "As Race Organiser, you're supposed to be setting an example, Pete", we told him. "Stuff that, if you can look in one ear and see out the other, then you'll do pretty well in this race", he told a sightseer.

Ernie Hartley asked Kev. up top. "Is this the top is it?" "Yeah. Good on ya." stated Kev. "I may as well check the view while I'm here. There's no way I'm going to be seeing it again" was the response.

However, 12 out of 13 starters made it to the finish and drowned their sorrows at the Ahlberg Pub with one or five quiet beers and a few baskets of chips while the presentations were held. They all received congratulations, AURA tee-shirts and certificates and hopefully began to think, "Well p'raps it wasn't so bad after all."

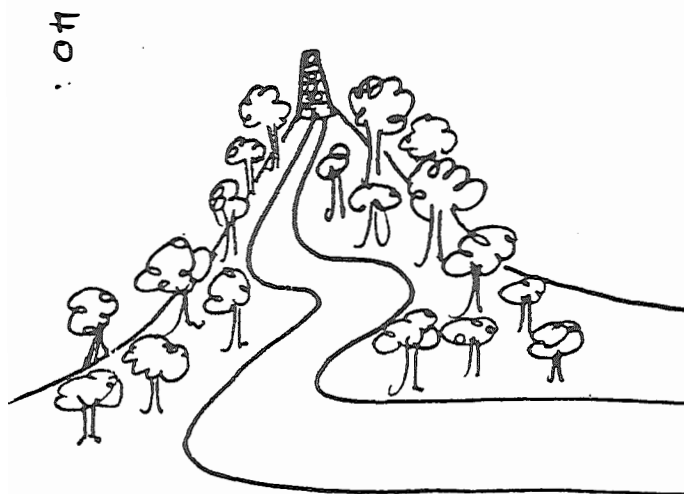
# MANSFIELD TO MT.BULLER 50KM ROAD RACE

26th January 1997

NAME	3km	6km	9km	15km	18km	21km	27km	30km	33km	39km	42km	summit	50km
1. Kelvin Marshall	12.3	24.01	40.00	1.05.06	1.16.39	1.35.00	2.04.03	2.22.38	2.38.44	3.13.00	3.36.00	4.18.39	4.28.04
2. Brian Gawne	13.3	27.13	42.00	1.09.40	1.21.28	1.40.00	2.08.42	2.27.23	2.47.24	3.36.32	4.04.01	5.06.00	5.18.08
3. Alan Witt	14.1	27.28	45.00	1.13.45	1.26.41	1.48.31	2.18.10	2.36.40	2.56.54	3.38.30	4.01.51	5.10.14	5.26.37
4. Dawn Parris *	17.2	33.22	47.00	1.23.20	1.38.11	2.01.13	2.35.00	2.56.42	3.21.02	4.06.15	4.32.30	5.34.53	5.50.17
5. Bill Beauchamp	14.5	29.38	50.00	1.18.56	1.32.56	1.55.28	2.28.20	2.49.55	3.12.56	4.04.00	4.31.39	5.40.32	5.55.06
6. Randall Hughes	13.3	25.08	43.00	1.10.49	1.23.43	1.46.26	2.22.35	2.45.38	3.08.11	4.00.28	4.31.19	5.41.00	5.57.04
7. Stephen Pascoe	15.4	30.52	47.00	1.21.54	1.36.20	2.00.10	2.33.35	2.55.23	3.17.53	4.06.35	4.33.38	4.45.10	6.04.52
8. Brian O'Farrell	13.4	25.42	44.00	1.09.40	1.21.36	1.41.00	2.12.20	2.33.09	2.55.03	3.48.24	4.23.09	5.54.26	6.08.54
9. Ernie Hartley	16.2	31.42	47.00	1.22.32	1.36.42	2.01.58	2.38.45	3.04.36	3.29.07	4.24.00	4.51.15	6.09.43	6.25.53
10. Peter Armistead	13.3	25.08	42.00	1.07.35	1.19.14	1.37.00	2.11.50	2.39.48	3.11.10	4.08.45	4.41.39	6.05.37	6.29.02
11. Wayne Bishop	17.2	33.22	54.00	1.28.08	1.43.30	2.08.16	2.44.20	3.08.50	3.36.30	4.34.30	5.04.36	6.17.50	6.36.19
11. Kevin Mansell	17.2	33.22	54.00	1.28.08	1.43.30	2.08.16	2.44.20	3.08.50	3.36.30	4.34.30	5.04.36	6.17.50	6.36.19
DNF Peter Nelson	19.2	36.47	60.05	1.31.15	1.45.50	2.10.35	2.48.50	3.11.05	3.34.50	4.27.35	5.04.35	6.05.42	→ at 45km

## MANSFIELD TO MT.BULLER 50KM ROAD RACE HISTORY OF THE EVENT

YEAR	MEN	RESULT	WOMEN	RESULT
1991	Carl Barker	3:48:22	Lavinia Petrie	4:35:11
1992	Greg Wilson	3:57:25	Lois Wishart	5:53:48
1993	Clive Davies	4:22:33	Barbara Allen	6:17:06
1994	Greg Wilson	4:07:37	Liz Feldman	6:09:58
1995	Greg Love	3:57:45	Rima McAvoy	5:28:25
1996	Peter Goonpan	4:19:40	Barbara Allen	6:42:36
1997	Kelvin Marshall	4:28:04	Dawn Parris	5:50:17



## MT. MEE CLASSIC EVENTS - 13th April, 1997

The third running of the Morayfield Day and Night Pharmacy, Mt Mee Classic events was run in cooler than expected conditions, which seemed to bring out the best in the runners.

The 50km event started out at 6.30am, at a fairly decent pace. The womens' race was taken out by Lyn Gordon-Lewis making it the third year in a row, showing that she is the one to beat when it comes to the hills, she was a clear winner from Angie Cottrell in second, and Angela Clarke in third place who group finished within a minute of each other. Angela Clarke also took out the handicap section for the 50km event. Shelley Smith finished fourth with another consistent effort.

The 50km mens' course record is held by Bruce Cook (4:04:56), and a fit and confident Ian McCloskey finished 15 minutes outside the record to record the second fastest time on the mountain course with 4:19:30. He finished very strongly ahead of Brian Evans in second, with equal third place getters Peter McKenzie and Geoff Williams closely behind. All of the male runners seem to have been training hard and putting in some quality work as most finished well inside their nominated times, and all looked in good shape.

The 25km event started at 7.30am, and proved to be of an equivalent standard to the 50km for pace. Last years womens' winner Maureen O'Loughlin shaved 2 minutes off her own race record to finish strongly in first place, ahead of previous race winner Maureen Kowalski, with third place going to Sarah Paget. All the ladies ran well.

In the 25km female walking event Lorna Hill set a new course record ahead of second place Kerrie Hall. The mens' 25km race was won by Bruce Hogg in 1:48:42, Bruce ran strongly to record the sixth fastest time for the course. He also showed that he is a good judge of his pace by winning the 25km handicap section. The next three finishers were only minutes apart with Richard Lane taking second, Col Colthorpe took out third ahead of a strong finishing Greg Henzell. The top of the leaderboard was tight in this race with the first seven finishers all under 2 hours. The shop talk after the event proved that most were satisfied with their quicker results.

A high standard in the walking events this year extended to the mens' event with Don Worger slicing 43 minutes off the previous course record (3:36:16) to win the event in 2:53:44. Second place David Adamson, and third place Bob Hill both finished well inside the old record as well. Sponsor Charlie Hall in his first outing put in a credible effort.

This year saw the introduction of a 10km event on a very steep and testing section of the main course (5km out and back from the start/finish).

The womens' race was won by training partners Sandra Cox and Robyn Grimmer who crossed the line side by side in 1:15:58. With third place going to Michelle Reed who also put in a marathon effort in volunteering her help with the organisation of the 50/25 events and catering of families and runners.

The mens' 10km was won by promising youngster Andrew Bagley in 40:45, with second place going to ultra runner Geoff Boase, showing he hasn't lost any of his former pro-track/middle distance pace. Tony McCall was a close third.

The Mt Mee 50km event was the third in a series of 50km races held in the Caboolture Shire this year. The series winner was to be the person with the most overall points from the three 50km events. First place and winner of the Clarke Family Perpetual 50km Series Trophy was Angie Cottrell, with a very consistent three second places, ahead of equal second Joan Darlington and Tony Kleiner.

The major random prize from Flight Centre of a return Airfare to Sydney was won by Peter McKenzie, who ran in all three 50km events and was also close to taking the series trophy. Many thanks to all sponsors, and Caboolture Athletic Club for manning water stations and catering, and ultra runner Cliff French for foregoing a run to help. Special thanks to major sponsor of the trio series of events, Morayfield Day and Night Pharmacy.

Thanks to all participants, hope to see at future QUR, and QMRRC races, and more importantly see you at Mt Mee, April 1998.

Take care

Gary Parsons  
Race Director



## Mt Mee Classic Events

### 50km

Name	25km	50km
Ian McCloskey	2:02:36	4:19:30
Brian Evans	2:09:51	4:58:21
Peter McKenzie	2:15:10	5:04:04
Geoff Williams	2:15:38	5:04:04
Ian Reed	2:18:20	5:07:56
Lyn Gordon-Lewis	2:27:53	5:18:33 1st F
Walter Kelemen	2:21:28	5:28:11
Bob Burns	2:36:30	5:29:03
Rod Morgan	2:44:52	6:00:47
Gerard Hocks	2:47:42	6:02:42
Angie Cottrell	2:47:42	6:02:47 2nd F
Angela Clarke	2:47:37	6:03:02 3rd F
Scotty Colquhoun	2:36:29	6:06:14
Hughie Littler	2:31:01	6:28:26
Brian Jones	3:08:44	7:15:54
Shelley Smith	3:29:03	8:30:07 4th F
Peter Sinfeld	2:41:09	N/A

### 25km

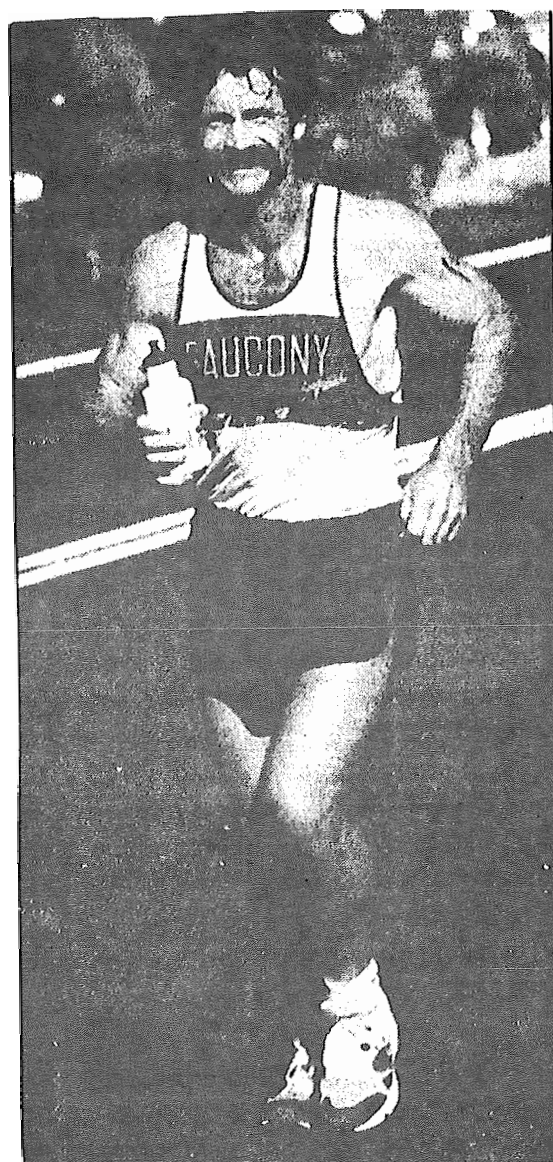
Name	25km
Bruce Hogg	1:48:42
Richard Lane	1:53:18
Col Colthorpe	1:54:37
Greg Henzell	1:57:56
Guy McNicol	1:59:34
Ross Neumann	1:59:44
Rob Walker	2:01:18
Steve Hayes	2:04:27
Maureen O'Loughlin	2:04:51 1st F
Gary Chisholm	2:09:24
Andrew Tabain	2:12:20
Ian Riddell	2:12:47
Michael Shultz	2:17:09
Bernie Stringer	2:25:07
Neville Martin	2:26:45
Warren Venaglia	2:26:45
Steve Anderson	2:27:14
Maureen Kowalski	2:27:27 2nd F
Sarah Paget	2:33:43 3rd F
Carol Street	2:42:41
Gary Wylie	2:52:09
Trevor Guthrie	2:53:28
Don Worgner	2:53:44 1st M Walker
Joan Stubbings	2:54:58
Umberto Greco	2:56:29
David Adamson	2:56:58 2nd M Walker
Lorna Hill	2:58:44 1st F Walker
Roy Osborne	3:12:36
Bob Hill	3:15:11 3rd M Walker
Kerrie Hall	3:24:14 2nd F Walker
Sharon Guthrie	3:32:58
Charlie Hall	4:46:38

### 10km

Name	10km
Andrew Bagley	0:40:45
Geoff Boase	0:45:13
Tony McCall	0:46:01
John Buttner	0:49:44
Mal Wilson	0:53:13
Chris Audibert	0:57:15
Bob Clarke	1:01:31
Sandra Cox	1:15:58 1st F
Robyn Grimmer	1:15:58 1st F
Michelle Reed	1:24:48 3rd F
Lauren Martin	2:00:06
Linda Jones	2:00:15

### Handicap Winners

50km	Nom.	Actual
Angela Clarke	6:00:00	6:03:02
25km		
Bruce Hogg	1:50:00	1:48:42



**Major Random Prize Winner**  
Return Airfares to Sydney  
Peter McKenzie

# LIVERPOOL TO ALBURY TO LIVERPOOL BOOMERANG MARATHON, NSW - 863km March 10 - 20th, 1997

Dear Dot & Geoff,

Enclosed are the results of the Boomerang Marathon. The race was a great success. Police complimented the runners on the way they conducted themselves. There was prize money fro first to 5th across the line daily. All runners started together and times were recorded as they crossed the line.

Congratulations to Tony Collins, who won from Pat Farmer by four and a half hours, also to Isobel Buckland who finished. The race was also to raise funds for Westmead Children's Hospital for cancer research.

Maurice Taylor could not run in the event because of sickness but must be congratulated, as he rode the bike all the way there and back and helped the officials. He helped the battlers by riding and encouraging them all . He clocked up about 1390km. A great effort to everyone. Chilla Nasmyth fought blisters and nausea to finish, along with Steve Bryce. Eddie Vega was a fine third. Congratulations also to Chris Varley on reaching Albury and withdrawing at Millengandra, a great effort for a first timer. Well done also to George Cormack who was forced to withdraw.

Regards,

Dave Taylor.( Race Director, who also rode the bike 1399km)

## RESULTS:

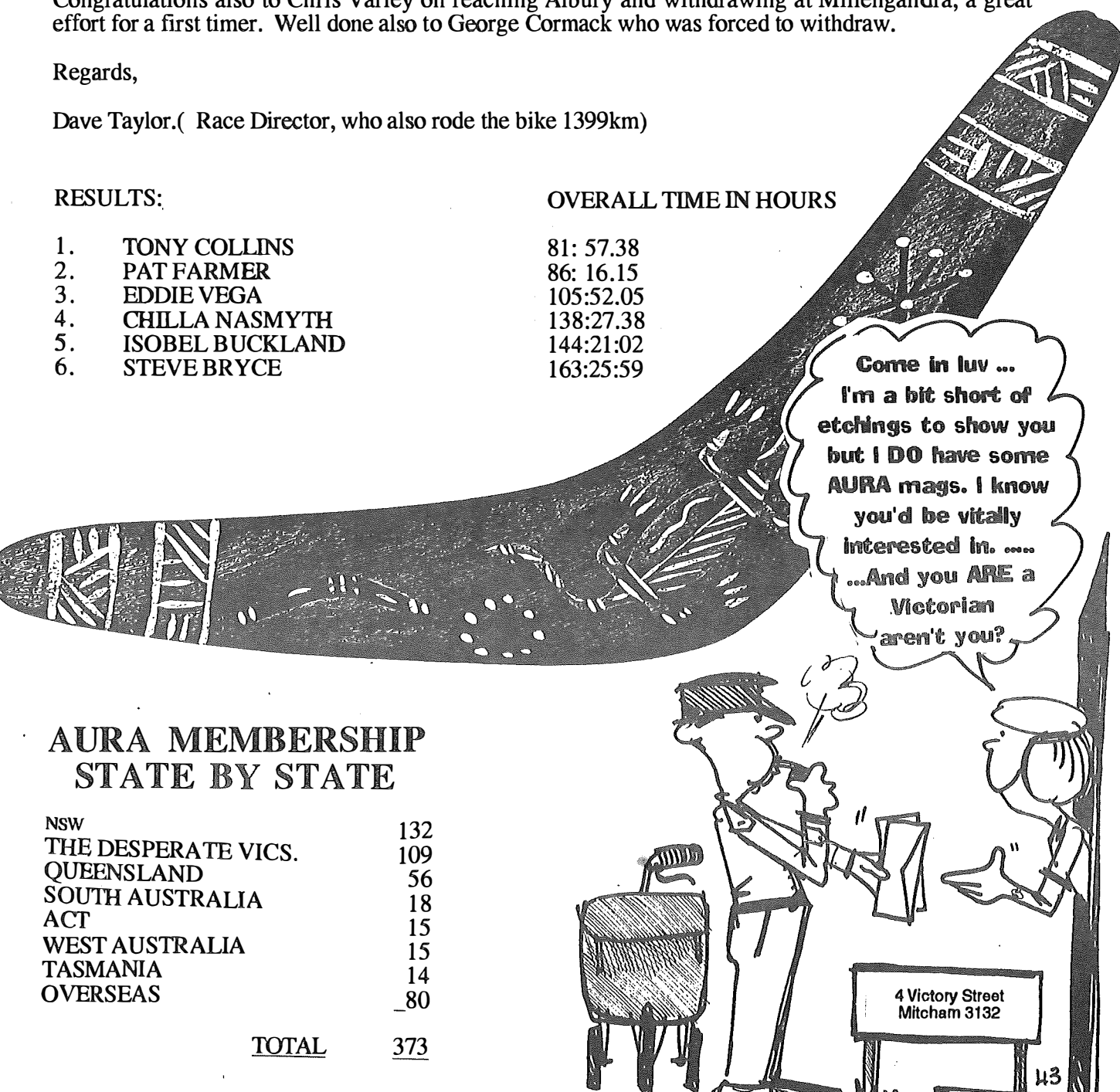
1. TONY COLLINS
2. PAT FARMER
3. EDDIE VEGA
4. CHILLA NASMYTH
5. ISOBEL BUCKLAND
6. STEVE BRYCE

## OVERALL TIME IN HOURS

81: 57.38  
86: 16.15  
105:52.05  
138:27.38  
144:21:02  
163:25:59

## AURA MEMBERSHIP STATE BY STATE

NSW	132
THE DESPERATE VICS.	109
QUEENSLAND	56
SOUTH AUSTRALIA	18
ACT	15
WEST AUSTRALIA	15
TASMANIA	14
OVERSEAS	80
<u>TOTAL</u>	<u>373</u>





THE TASMANIAN DEATH RUN  
OR  
THE CRADLE MOUNTAIN RUN  
1st of February 1997

Don Nesbitt and I left Sydney 9:35am Friday, and arrived in Launceston Tasmania at 11:30am. Bought some fruit and 3 squeezies, no they're not girls but liquid carbohydrate tubes, had lunch at the pub and then wandered around town. Three pm at Hertz we meet Peter Nunn (our driver), and James Evans and his wife Rachel. Just the 5 of us and off we drive to Cradle Mountain. Girvos mate John Henderson from Moree didn't come as he was rained in. Found our accommodation at Waltheim and I settled in with Don, Peter and his wife Jeni, his very very brave wife who had just back packed alone from Narcissus hut the 62k mark, to Cradle Valley, 3 days it took. At 8:00pm there was a briefing at Cradle Lodge and we had our tea there. Then back to our 15 x 8 room where we prepared for tomorrow's run. Off to sleep and much much snoring, alarm set for 4:50am. It was hard to breathe, oh well I'm on a double bunk 1 foot from the roof maybe that's why.

Alarm goes off and we are up and rearing to go. Forty five runners started at 6:00am and the fast guys were out front and going fast, Don and I were not too far behind. The first hill was murder and from there it stayed that way. ....moans of agony are coming from Pete's room and its 5am the next day, oh well back to the run,,,,,,

Pete catches us near Waterfall Valley and we run together for a while until he eats a banana from his vast supply of food, and suddenly disappears off into the distance as if jet propelled. (Don and I wonder what were in those banana's???)

It was warm on the track and it consisted of some lovely boardwalks smooth and fast but these were in short supply for the most part you either put your foot on a rock, root, raised wooden slats, logs or down a hole or mud puddle, the climb up the hills were often via raised steps almost as high as a chair, well I have little legs don't I. Don carried my backpack 2km up one of these monsters "thank god for Don" as I wasn't getting any air in my lungs, had a stitch, and lent on 2 trees looking down the hill in despair wondering "Is this a good place to die?" What an awesome sight to see Don disappear up this hill with 2 backpacks, if he could make it with 2, I must be able to without any, so deep breath and on up and up and up. Finally the top and Don's there chatting with a group of walkers. I lay down for 20 minutes, this was the 40k mark, struth 40 odd to go.

Put on heaps of Denco rub and on we go, this time Don made me run in front and told me not to stop for him if he stopped. Don was continually monitoring the times of arrival and departures "thank god for Don" as I could not have read any thing and made sense of it to save my life!!!!

Ten ks from Ducane gap to the cut off point at Narcissus. The spotter at Windy ridge hut tells us we had better get a shuffle on or we would miss the cut off, be pulled out of the run and have to catch the boat back the last 20ks!!! this was just not an option we had come to run 80ks and we were going to run it, so on we run not sure now if we would just make the cut off or just miss it. After endless running Don in an angry voice said "speed up you old mongrel mark or we'll miss the cutoff." What he actually said in a quiet manner was "I think we will make it OK." Oh no if we failed it would be my fault, as Don had put me in front of him as I could not keep up with him. Now running fast and furious it was murder not knowing how close or far the cutoff was "ahhg aggh" the pain "quick get the Denco rub out of my backpack Don as I cant move" that's better and on we run, we pass another runner walking and asked how far to go? "Don't know, don't care, I am finished" was his reply 5 mins later we spot a tent and a man with a camera jumps up to take our photos, we had made it to the 62k mark and in time, all was well with the world again, a cup of coffee, bikkies, and a good lie down how peaceful how absolutely satisfying.

Don was standing and chatting with some runners when some bad news came, a woman with all the kindness of a nursing mother said "you cant stay here any longer, if you do you wont be able to finish the race, we'll have to pull you out of the run you have 3 mins and you will have to be gone and the

sweeper will be leaving 10 mins after you and you don't want him to catch you"!!! Don's eyes and mine met like saucers of disbelief, lets go marcus was the Gestapo command no sweeper was going to catch us said Don, and up and off we went Don fairly flying, well I've got little legs haven't I. We wrongly thought that if the sweeper caught you then you would be pulled out of the run. Seemed terribly unkind to have a fresh runner chase you the last 20ks but this was Tassie. Don had calculated that it was going to take 3hrs to run the last 20ks, good grief how bad was this going to be 20ks of unknown terrain, and a fresh runner chasing you to pull you out of the run. As we were the last runners to make the cut off and thereby the first runners that the "Grim Sweeper" would catch, Don and I agreed that he should run on without me and if the "Grim Sweeper" caught me I would faint or dawdle to hold him up, so with this plan in mind off Don ran. I continue running, walking, climbing, and spasmodically looking around for the "Grim Sweeper" but can't see him behind or Don in front, but now the suicidal thoughts of the previous 62ks had passed and I was relaxed and happy for the first time in the run, Don must have thought he was running with a sad faced mute and a look on my face that read I'm going to kill you as soon as I get some strength. Hope and evil now combine, up ahead I spot another runner and I figure if I can pass this guy then the "Grim Sweeper" would get him and not me. I asked him how he was doing and he replied he was tired, good I thought as he waved me by, now the "GS" would not upset my plans to run 80 ks. Only 2hrs to go and I finally relaxed and was having the time of my life, my method was walk all hills very carefully then run gently down and hold a slow steady pace on the flat sections of which there weren't many. But why I was so happy was that the guy I passed, Rob, had told me that it was not true that the sweeper pulled you out of the run, he only guided you to the end to make sure you made it, now I felt I could run on forever providing the Deco rub and Diffiam did not run out. The scenery was now beautiful and calming a truly magnificent sight, and I felt very pleased, another runner was coming toward me, and he asked if I had seen an elderly runner. "No", I replied and asked "how far to the finish," "oh you've got it beat about 15mins to go, keep an eye out for a turn right and a wide track and then you're almost there." I thanked him and he continued on to look for his old mate (we weren't the last to make the cut off after all) and ran on to the finish grateful for his directions as I didn't have a clue that you had to turn right up ahead.

Finished 31st in 14:09, Pete was 30th in 13:46, Don 29th in 13:44, James 2nd in 9:29. The race was won by Tim Sloan in 7:43, and Michelle Carrington-Smith set a new womans record of 11:06.

Want some advice? Train long and hard using very long rough steep hills and you too can experience the pain and the ecstasy of the Cradle Mountain Run, and oh yes "thank god for Don".

Mark Tuxford.



45.

MARK + DON AT NARCISSUS RIVER

## Cradle Mountain Run

Tasmania, Australia February 1, 1997  
80 km, wilderness track

1. Tim Sloan,28	7:43
2. James Evans,28	9:29
3. Leigh Privett,51	10:35
4. David O'Brien,31	10:42
5. Peter Hoskinson,33	10:45
6. David Cole,50	10:58
7. Bernard Walker,35	10:59
Rob Taylor,56	10:59
9. Bruce Chetwynd,46	11:02
10. Bill Broughton,44	11:03
11. <u>Michelle Carington-Smith,25</u>	11:06!
12. Fred Atkin,27	11:25
13. <u>Sue Gray,40</u>	11:45
David Sweetman,43	11:45
15. Rod Andrewartha,38	11:49
16. David Stary,46	11:53
17. <u>Sue Wright,47</u>	12:11
Paul Stancombe,41	12:11
19. Chris Sherwood,42	12:23
<u>Dale Lancaster,46</u>	12:23
21. Vlastik Skvaril,57	12:33
Steve Sonneveld,41	12:33
23. Robert Simpson,47	12:39
David Fisher,30	12:39
25. Ivan Davis,43	13:10
26. John Crook,60	13:17
27. Nevill Sweetman,37	13:29
28. James Watson,31	13:38
29. Don Nesbitt,47	13:44
30. Peter Nunn,43	13:46
31. Mark Tuxford,45	14:09
32. Robert Coates,46	14:15
33. Vic Weller,56	14:51
45 starters	

Tired of those long-winded pre-race meetings? Can't stand those little plastic hospital bracelets? Looking for a nice run in a southern clime to fill in the big February gap? Then the Cradle Mountain Run in Tasmania might be perfect for you. It's not perfect for everybody, though—just those looking for a real challenge.

The Cradle Mountain Run is an Australian classic. In 80 km it traverses the famous Overland Track, which starts at Cradle Mountain and ends at Lake St. Clair, crossing the high central plateau. The Overland Track is one of the great Meccas for Australian bushwalkers. The run compresses all of the fabulous scenery that most people see over a week's time into a single breath-taking, knee-breaking day. It is run entirely in wilderness. The aid station crews hike in one or two days before the race, and once you're started, there is no place to bail out until Narcissus Hut (62 km). OK, if you are really hurting at Pelion Hut (35 km), you can quit there—it's only a three hour walk out. Otherwise, you are pretty much on your own.

There are three aid stations where volunteers offer coffee, cookies, and stream water, but most runners are entirely self-sufficient. The race organizers require that you be very experienced and carry warm

clothing, food, matches, a survival bag, and an elastic bandage, so when you get bitten by one of the three species of snakes found in Tasmania (all poisonous), you can wrap your wound and lie motionless until you are rescued. (No worries, mate—this reporter only saw two of the three species during the run). Volunteers patrol the trail, tracking runners and offering first aid. Ultimately, though, participants must be well conditioned, have good wilderness sense, and run within their limits.

It is a very different experience from big runs in the U.S. Australians were bemused with my stories of diesel generators, floodlights, attendants in wet suits, and handmaidens with blister repair kits at the American River crossing when I tried the Western States. Races in Australia are low-key. The pre-race meeting was held on the porch of the tavern at Cradle Mountain Lodge, which otherwise is a pretty fancy destination resort. It took ten minutes, which included advice from the ranger that stream water near the backcountry cabins "might be a bit dodgy, because not everybody does the right thing," and a trail report from Jeanette Collin, a runner who normally gets to the starting line by walking up the track. We had our numbers written on our hands with magic markers, and were given numbered ribbons for our packs, to leave on the track for the sweepers in case we detoured into the bush to do the right thing and never returned.

At six the next morning, before even the wombats were awake, 47 runners gathered in the mist on the buttongrass plains near Waldheim, and Bob Richards sent us off with the command, "Ready? Go!"

This year the run followed a long stretch of wonderful summer weather, and the track did not live up to its moist

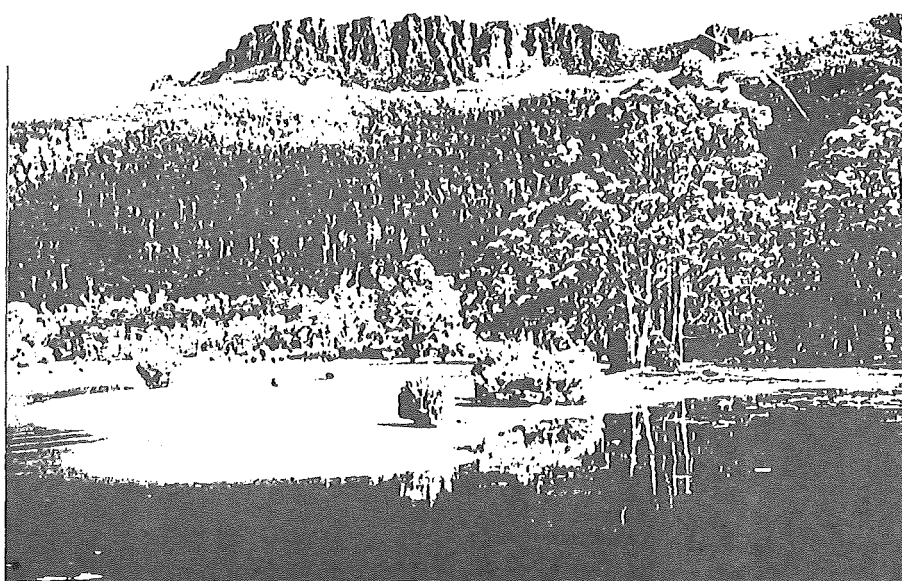
reputation. However, there was plenty of water along the way (some runners only carry cups for scooping it up as they go) and everybody got their feet wet. In fact, the warm and dry weather may have slowed the top runners a bit. The three big climbs seemed reasonable (about 1,550 meters in total) and the trail was well maintained with long stretches of "duckboard." Each year the track gets faster as it is improved; this year a women's record was set, and last year a men's record was set. Runners came from Tasmania, New South Wales, and Victoria to compete; for some, it was their tenth run.

Favorite Tim Sloan was gunning for Andy Kromar's record of 7:25, set last year. However, he had to run alone, because Kromar did not enter and the other top contender, 1995 winner David Ross, pulled a calf muscle a week before the race. Tim raced hard against the clock and even though he stopped often for water, he bettered his previous best by 30 minutes, finishing in 7:43. The next finishers were Jamie Evans (9:29) and Leigh Privett (10:35). Michelle Carington-Smith set a new women's record, finishing in 11:06, ahead of Sue Gray (11:45) and Sue Wright (12:11). In all, 33 runners finished the course, one retired at Pelion Hut, and the rest (and maybe the smartest) finished at Narcissus Hut after a mere 62 km, then rode the boat down Lake St. Clair. Everyone was off the trail before dark, and all made last call for dinner at Bronte Park.

Runners interested in competing in next year's race should write to P.O. Box 704, Sandy Bay, Tasmania 7006, Australia.

Chris Sherwood

Don Field



Approaching the finish of the race along the Overland Track, runners view Lake St. Clair.

# **CABOOLTURE HISTORICAL VILLAGE 50KM, 6 HOUR, 50 MILE, 100KM, 12 HOUR SAT. 8TH FEBRUARY, 1997 6PM START**

The Queensland Ultra Runners club held the second race of the Caboolture shire's, Morayfield Day and Night Pharmacy's ultra trio series with the Caboolture Historical Village 50km, 6hr, 50mile, 100km, and 12hr road races.

There was a large field of runners including many from throughout Queensland and interstate, and an international flavour with a runner travelling from France to compete. With 41 people entering in the events it was a record field for the Historical Village race. The event once again proved to be of an excellent standard with entrants being enticed to the venue to gain age records over varying distances. Angela Clarke who last year set over 55yrs age records bettered her times and distances this year.

The humidity for the first few hours proved too great a hurdle for the frenchman to complete his 346th 100km race, and for Ken Matchett from Melbourne who was out for the over 75yrs age records. But as the night went on it turned into perfect running conditions. Runners could enter multiple events this year which brought out extra efforts and some good results. The ladies have all improved over the Christmas period. Joan Darlington, 1st in the 6hr event, 1st in the 50km event and winner of the 50km State Championship. Angie Cottrell (barefoot runner), 2nd in the 50km event and 2nd in the 50km State Championship. Sharon Parsons, 2nd in the 6hr and 3rd in the 50km event in her first ultra for some time.

Lyn Lewis entered the 50mile and 12hour events with Angela Clarke the big improver entering the 12hr event. At the 50mile mark Angela at 57 years young, was 45min ahead of Lyn and heading for a great 12hr victory. Lyn decided to finish at the 50mile mark, it gave her a win. While Angela took out the 50mile and 100km State Championships. (Older Stronger Longer - it fits Angela Clarke to a tee)

Cathy Caton in her 2nd return run to the ultra scene, put in a creditable 90kms, 2nd in the 12hr and 3rd in the 50mile State Championships. Kerrie Hall won the 6hr walk section, then walked another 6hrs to finish 3rd in the 12 hr open ladies section.

In the men's sections of the events, Tony Kleiner (TK) took out the 50km event and the 50km State Championship, he had been away with the Army for 4 weeks, unable to train properly but still gutted it out in the last hour to pull away from novice ultra runner Phil McClure. Phil is on a comeback program after about 3 yrs of problems, but he paced the night out for 2nd in the 50km event and State Championships. Peter McKenzie came in strong for 3rd in the 50km event and the State Championships. Steve Hayes, Glen Matinca and Gino Evangelista were close all night with just minutes between them. Cliff French was once again strong over the full 6 hours to win from myself and James Rooney, also on the comeback. There were lots of little races within the 6 hour race with runners all finishing very close. The 50mile and 100km events saw Peter Sinfield and Geoff Williams both take out a win, with Peter also finishing 3rd in the 12hr event.

Peter Gibson, with 111.6km won from a much improved Kelvin Woods. Peter had a good night with a 1st in the 50mile championships. Kelvin Woods finished 2nd in the 12hr and took out 3rd in the 50mile championships. Both look in good form for the 24/48hr events in May. Improver for the 12hr event must go to Gerard Hocks (82.5km), on average training, 'good stuff, keep it up Gerard'.

Overall it was a great lot of events with Angela Clarke having some possible age records (to be followed up), and many runners doing some good base runs early in the year.

Many thanks to major sponsors, Jim Johnson of Morayfield day and night Pharmacy, and Flight Centre.

Gino Evangelista won the major random prize of a return flight to Sydney.

Ian McCloskey, it was his first time as race director, along with his wife Laura and son Dale. He was heard to say that running is easier.

During the night lapscoreers, crew and runners had donuts and muffins supplied by DCM Donuts, and listened to music performed by the E-Z Country Travellers band.

Thanks to the Caboolture Historical Village for the track preparation and catering, to Councillor John Cook, and Major Sponsor Jim Johnson for being at the start and finish and presenting the trophies at 6.30am.

After the runners and crews helped pack up we all headed for bed.

A good nights fun.

Take care

Gary Parsons

Caboolture Ultra Trio Organiser

8th February 1997 - Caboolture Historical Village

### Queensland 50km Road State Championship

Name	D.O.B	50km	
1 Tony Kleiner	31/07/64	3.39.49	
2 Phil McClure	15/2/60	3.50.49	
3 Peter McKenzie	9/5/50	4.10.52	
4 Steve Hayes	25/6/57	4.22.19	
5 Glen Matinca	1/2/54	4.25.20	
6 Gina Evangelista	3/10/39	4.26.12	
7 Cliff French	10/5/43	4.28.20	
8 Joan Darlington	19/5/46	4.30.24	F
9 Gary Parsons	23/12/49	4.43.06	
10 Angie Cottrell	9/8/48	4.53.50	F
11 Geoff Williams	25/3/51	4.55.58	
12 James Rooney	6/12/52	4.57.59	
13 Pete Gibson	19/3/55	5.12.50	
14 John Fowler	17/9/39	5.16.03	
15 Angela Clarke	14/9/39	5.18.44	F
16 Geoff Hain	12/8/46	5.33.10	
17 Rod Morgan	16/12/47	5.44.05	
18 Henry Girault	22/7/36	5.45.28	
19 Lyn Lewis	14/8/55	5.46.28	F
20 Kelvin Woods	19/2/65	5.50.08	
21 Ken Matchett	12/12/21	5.54.10	
22 Cathy Cator	24/6/63	5.56.57	F
23 Sharon Parsons	25/5/51	5.57.19	F
24 Bob Burns	12/6/43	6.02.16	
25 Peter Sinfield	3/2/60	6.34.00	
26 Gerard Hocks	7/11/40	6.53.40	
27 Don Hilleary	25/9/41	8.15.50	
28 Kerrie Hall (W)	25/3/61	8.25.15	F

### Queensland 50mile Road State Championship

Name	D.O.B	50 Mile	
1 Pete Gibson	19/3/55	8.39.29	
2 Geoff Williams	25/3/51	8.55.54	
3 Angela Clarke	14/9/39	8.57.19	F
4 Lyn Lewis	14/8/55	9.41.58	F
5 Kelvin Woods	19/2/65	9.52.36	
6 Cathy Cator	24/6/63	10.38.09	F
7 Peter Sinfield	3/2/60	11.35.41	
8 Gerard Hocks	7/11/40	11.47.03	

### Queensland 100km Road State Championship

Name	D.O.B	100km	
1 Pete Gibson	19/3/55	10.49.01	
2 Geoff Williams	25/3/51	11.27.41	
3 Angela Clarke	14/9/39	11.33.37	F



Angela Clarke, 56 year old ultrarunner from Kingaroy, Qld who was placed 3rd in the Q'ld. 100km Road State Champs. on 8th Feb. 1997 with a time of 11 hours 33min 37s. Well done Angela!

8th February 1997

Name	D.O.B	Time	
1 Tony Kleiner	31/07/64	3.39.49	
2 Phil McClure	15/2/60	3.50.49	
3 Peter McKenzie	9/5/50	4.10.52	
4 Steve Hayes	25/6/57	4.22.19	
5 Glen Matinca	1/2/54	4.25.20	
6 Gina Evangelista	3/10/39	4.26.12	
7 Joan Darlington	19/5/46	4.30.24	F
8 Angie Cottrell	9/8/48	4.53.50	F
9 James Rooney	6/12/52	4.57.59	
10 Sharon Parsons	25/5/51	5.57.19	F

## Caboolture Historical Village 50km Event

### Caboolture Historical Village 6 Hour Event

Name	D.O.B	Dist.	
1 Cliff French	10/5/43	65.503	
2 Joan Darlington	19/5/46	63.542	F
3 Gary Parsons	23/12/49	62.000	
4 James Rooney	6/12/52	58.417	
5 John Fowler	17/9/39	55.500	
6 Geoff Hain	12/8/46	53.990	
7 Rod Morgan	16/12/47	52.954	
8 Henry Girault	22/7/36	52.000	
9 Ken Matchett	12/12/21	50.754	
10 Sharon Parsons	25/5/51	50.272	F
11 Bob Burns	12/6/43	49.500	
12 Lindsay Phillips	17/9/65	48.688	
13 John Jackson	30/5/50	47.597	
14 Colin Colquhoun	30/3/54	47.506	
15 Peter Lewis	14/12/55	47.246	
16 Peter Grant	13/7/59	47.188	
17 Kerrie Hall	25/3/61	37.511	F - Walker
18 Phil Clarke	23/4/63	36.500	
19 Carol Street	15/8/41	28.000	F
20 Ron Grant	15/2/43	27.503	
21 A Davis	3/10/52	27.500	
22 Hughie Littler	10/4/61	21.000	
23 Brian Evans	29/9/42	20.500	
24 Dave Palmer	24/2/44	20.000	
25 Phil Lear	23/4/44	18.500	

HOME OF THE CARPET SNAKE



### Caboolture Historical Village 50mile Event

Name	D.O.B	Time	
1 Lyn Lewis	14/8/55	9.41.58	F
2 Peter Sinfield	3/2/60	11.35.41	

### Caboolture Historical Village 100km Event

Name	D.O.B	Time	
1 Geoff Williams	25/3/51	11.27.41	

### Caboolture Historical Village 12 Hour Event

Name	D.O.B	Dist.	
1 Pete Gibson	19/3/55	111.641	
2 Angela Clarke	14/9/39	103.900	F
3 Kelvin Woods	19/2/65	95.557	
4 Cathy Caton	24/6/63	90.051	F
5 Peter Sinfield	3/2/60	82.851	
6 Gerard Hocks	7/11/40	82.575	
7 Don Hilleary	25/8/41	73.752	
8 Kerrie Hall	25/3/61	71.000	F



# BUNBURY HOLDEN 6 AND 12 HOUR TRACK RACE, WA MARCH, 1997

by Mary Francis

At 6.00pm on Saturday, five 12 hour and sixteen 6 hour runners set off. Three guys from Berty took off in the lead and lapped Mick and myself several times before fading. Dave Dye of Bunbury started sensibly in a 50km training run but soon got up momentum and started lapping us. Chris Cooper and Bjorn Dybdahl, two strong and promising local runners, set off at a sensible pace in their first ultra. Steve Pager did likewise in his second 6 hour event.

Unfortunately, the hot and very wet week preceding the race made it very difficult to produce a good track. However, Brian spent many hours out there with his faithful old Victa and roller and produced the best track possible under the circumstances. It was rather spongy, which meant that a lot more effort was needed than hoped in the early stages. Unfortunately, the rough track down the back was probably the cause of both Dave and Mick aggravating old hamstring injuries. Dave slowed to protect his injury (after a couple of years off, he is heading for the Bunbury marathon in May) and completed the 50km in a good time, taking out the 50km state championship. Bjorn and Chris ran steadily until Chris decided to try Gatorade, which he had used in training. He soon found himself keeping Stephen Dunn company heaving against the fence! Steve Pager ran into third position in the 6 hour event.

Anne Osborne ran consistently and was over the moon to complete her first marathon, having only covered an 18km run prior to this night. Lyle and Ron also ran tremendous races to produce pb.s, and Lyle did it in bare feet! Phil also made a good start in the run.

After 50km, Mick and I spent a few laps walking and jogging to discuss the hamstring predicament. Perhaps it is a disadvantage having a partner in the same race, as you both suffer when one is injured. If Mick pulled out, it meant that only I would be there to support Dawn who had come over for the race. If he didn't pull out, it would be likely he would miss Canberra 50km in six weeks' time. Steven Stone had pulled out at this stage and Charlie Spare was having a sleep! We decided Mick should help crew for me, even though Doug and Sharon were doing a wonderful job, but this was on condition that I ran more than 130km. Help!!

By this time, I had completely lost the plot and had to pull myself back into gear. With much trouble I succeeded but it meant a tremendous effort was required to make up the lost ground if I was to take Linda's 100km record. I managed by mere seconds, but this effort left me wiped out and craving for a bowl of porridge, I decided to walk a couple of laps until I got my porridge. Unfortunately, a lot of others on the side lines also ordered porridge and Mick obliged them! How dare he! Here I was craving for porridge and Mick was feeding the supporters. (As marvellous as they were, this was not on!) Forty minutes later, he produced my porridge and he FORGOT THE MILK!!

My wonderful husband won't crew for me again - lousy back-up. He will jolly well run next time, injured or not, or crew for my opposition. Eventually, I crawled back into action. Dawn and husband Trevor were always chatty and passing words of encouragement. Thanks!

This was a very tough and badly-run fartlek session, but as always, a wonderful crew kept me going. Despite that, I'm really glad to be on my way up after two years of injury and many disappointments. Mick and I are both looking forward to putting in a blast for OZ in Holland in September in the 100km World Champs.

During the course of the race, I learned that I need no longer suffer from evening headaches or such like any more. Mark Pritchard was masseur on the night, and when Mick left the track, he slapped an ice pack on Mick's buttock. Mick was heard to say "This is better than sex!" News travels quickly through my loyal supporters and now I always keep a couple of ice-packs in the freezer.

It was great to have so many starters in the 6 hour, many doing their first ultra. Keep it going Robin King of Perth (58km in her first ultra) and many others such as Doug and Gary from Corrigin, who have supported us every year. Another p.b. for Doug. Mick and Brian are talking about next year's 6 hour, but will drop the 12 hour due to lack of interest.

At this stage, the weekend really started. An enormous champagne breakfast, loyally supported by Mick's crew JP and Madge, was devoured at the Extensions Restaurant next to our club, over-looking the golden sands and crystal blue waters of Bunbury Beach. This was followed by viewing and supporting our compatriots in the aqua spectacular Olympic length triathlon. Following some more relaxation, we ate a huge tea at the best steak restaurant in the west, Lump of Rump. Dave Cundy and Fran will vouch for the quality of these steaks, as they came over from Canberra to sample the steak and wine, view the 6 and 12 Hour and to take a course which left six of our guys ready to certify our race courses - or perhaps it was the other way round.

BUNBURY HOLDEN  
6 & 12 HOUR TRACK RACE, WA  
1ST MARCH, 1997

# Mary runs to records

by JULIE LIGHTFOOT

AUSTRALIAN records tumbled when Bunbury ultra-marathon runner Mary Francis took to the track Saturday night.

Francis broke three national records on an epic 12 hour run around Bunbury Recreation Ground which ended in the early hours of Sunday morning.

The seasoned ultra runner claimed the 30 mile, 50 kilometre and 100km titles with new Australian times in the Bunbury Holden Ultra-Marathon Footrace.

She did it with a whopping 128.95km run — more than 250 laps of Bunbury Recreation Ground — which fell just short of another national record, the 12 hour record which she already holds.

The wins were despite nagging injuries and a slower grass track.

Francis was off the track with a

stress fracture five weeks ago and had not run a 100km race for two years. *needy*

She claimed Saturday night's record-breaking race was the worst of her life.

"I didn't have any good spells, I was pushing all the way and that makes it really hard," Francis said.

"There was a really bad patch at 50 to 65km where I felt like I was crawling.

"I had to pull myself together and put everything into it because I wanted the 100km record."

Francis clocked eight hours and 23 minutes for the 100km title, reinstating her as national 100km champion after a record-breaking run by eastern state's athlete Linda Meadows three years ago.

"It was great to get it back and hopefully it will get Linda out there again," Francis said.

Her 100km time on Saturday was an hour short of the world title she

had been aiming for.

"I had been planning to go for broke and just hoping that everything would go well on the night," she said.

"I'm disappointed but I knew before I started on Saturday night that it wasn't the race for it."

"I was injury-free, but lacking a bit in energy and with the grass track (rather than a faster synthetic surface) it was a bit ambitious."

The big performance is still likely to put her name back into the hat for major invitational races in Europe.

Francis said her next challenge was the 42km Canberra Marathon in six weeks where she would be running for another 50km record.

Husband Mick Francis was forced to pull out of Saturday's 12 hour event after five hours and 59km with a hamstring injury.

Second place went to eastern state runner Dawn Parris who battled through the night to cover 94.5km.

## BUNBURY HOLDEN 6 & 12 HOUR TRACK RACE, WA

by Charlie Spare

A few months ago, I had a heart-breaking phone call from the Race Director, Brian Kennedy. "How about running at Bunbury?" They looked like being a little light on starters. Okay, I could probably make six hours if I take it easy. I had been doing about 20 miles a week for the last couple of years. Up speaks my wife, "Why not try the 12 Hour?"

The moral is, ignore all Race Directors and wives! I was not fit for either.

The race started at 6pm in cool but humid conditions on a firm 500 metre track. The weather stayed fine all night, with only a light wind. There were 16 in the 6 Hour and 5 in the 12 Hour. I moved through the field rapidly, being dead last by the end of the first 100 metres, and managed to stay there for the whole race. The leaders were going round at a very fast rate, Mary Francis staying with them all, even though she was in the 12 Hour. At one stage I'm sure they lapped me twice in one lap. I was starting to suffer from wind burn. Just before the 6 hours were up, I decided to have a rest, and came back out with about 2 hours of the 12 hours left. At least I could keep up with Mary Francis and Dawn Parris by then. At the end of it all, it was an honour to see these two great ladies in action, as well as Mary's husband Mick, and have a chance to mix with ultra runners again. They really are a race apart. I finished without any soreness or discomfort from a mildly arthritic back, Perhaps with a bit of training, it could be fun again. I must improve on the 50kms. here!

At the end of it all, the race director claimed he could have beaten me on one leg! In your dreams Brian, old son, maybe....

\*\*\*\*\*

Ed's note: What a character you are, Charlie! When you reckoned you moved through the field rapidly, I thought for a moment there you were being brilliant... until I realized that you were moving BACKWARDS. Ah well.... they need blokes like you in the field to make the others look good. It's really great that you met our lovely Vic runner, Dawn Parris. Dawn has the most amazing disposition for ultrarunning (or basically anything, really). She is unfailingly positive, friendly, outgoing and smiling and never seems to hit the low spots as most other ultrarunners do. We think she's fantastic! ....Dot.



Bunbury's Mary Francis broke three Australian records while covering more than 120 kilometres in the Bunbury Holden Ultra-Marathon Footrace.

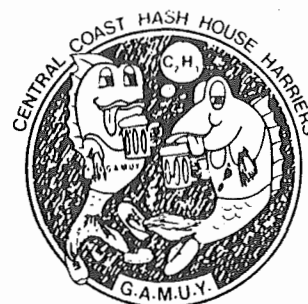
**BUNBURY HOLDEN  
6 & 12 HOUR TRACK RACE, WA  
1ST MARCH, 1997**

**Greg Love**

**With the assistance of the  
Central Coast Hash House Harriers**

**and**

**Terrigal Trotters Inc.**



**PRESENTS**

**The 5th Annual**

**BRISBANE WATER**

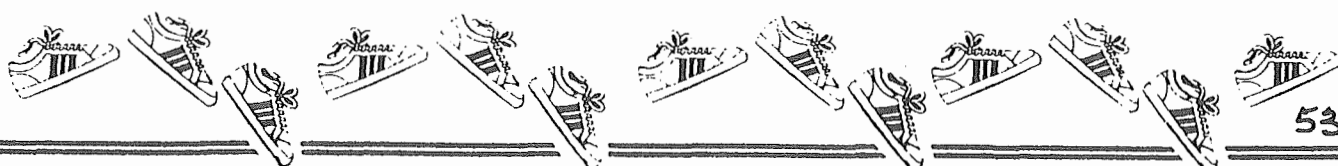
**BUSH BASH**

**47km**

**Saturday: 26th April, 1997.**

A circumnavigation of the Brisbane Water on mainly bush tracks and trails through the National Parks of the Central Coast with some of the best scenery you will ever see.

*"An experience you will never forget."*



## INTRODUCTION

As a previous entrant or a new runner you're invited to be part of the 5th Annual Brisbane Water Bush Bash on the Scenic Central Coast.

The 47km course is mainly on bush tracks and trails that go through The Brisbane Water National Park, Wards Hill Reserve, Bouddi National Park, Kincumba Mountain and Rumbalara Reserves with some of the best scenery that you will ever see.

Starting on the waterfront in the City of Gosford you will go through the popular tourist destination of Woy Woy as well as pass by the coastal suburbs of Kilcare and MacMasters Beaches after which there is Kincumber and Erina.

There are many spectator points along the way the best being (as per the map) 2, 3, 4, 5 or 6, 10, 11 or 12, 13 and of course at the Start/Finish line at the Gosford Sailing Club.

The event is well marshalled, about 50 in all and most importantly The Brisbane Water Bush Bash is a run set by a runner, with the assistance of runners, for runners.

## HOW TO GET THERE

Coming from Sydney (South) turn off the Expressway at the first Gosford exit. Follow the Pacific H'way through Kariong and West Gosford. A little further on the Brian McGowan Bridge goes over the railway line and on the other side is a roundabout. Take the right exit of the roundabout and follow the road to the traffic lights. Turn right at the lights, 100 metres on is the Gosford Pool. Just past the pool turn right and 100 metres on is the Gosford Sailing Club.

Coming from Newcastle (North) turn off the Expressway at the second Gosford exit, which is approximately 10 km past the first, then follow as above.

## AT THE FINISH

Enjoy the hospitality of the Gosford Sailing Club while watching the sailboat racing and the other runners arriving, prior to the presentation which will take place at approximately 12.00 noon. All runners will be provided with coupons for food and a couple of well earned drinks.

## HOW TO ENTER

Please complete Entry Form (Photostats accepted) , enclose Entry Fee and mail to:

Greg Love. 76 Birdwood Ave., Umina. N.S.W. 2257.

**ENTRY FEE: \$30.00**

**THE ENTRY FEE IS NON-REFUNDABLE. CHEQUES  
SHOULD BE MADE PAYABLE TO,**

**BRISBANE WATER BUSH BASH**

# RUNNERS INFORMATION & REGISTRATION FORM

1. Run will start at 6.00am at The Gosford Sailing Club.
2. Late Entries will be accepted between 5.00am. and 5.45am.  
(Early Entries would be appreciated though.)
3. Numbers must be displayed during the run.
4. Water will be provided at approximately 5km intervals. (Your special drinks will be distributed along the course for you at 15k, 30k and 40k's. Label and place in marked boxes provided.)
5. Fruit/Sweets/Cakes will be provided at a number of points during the run.
6. It is intended that medallions be presented on the day. This may not be possible for late entries.  
In this case medallions will be posted.
7. Certificates will be issued on the day.
8. Numbers must be put into barrel for Mystery Draw Prizes.
9. Minimum age for the event is 18 years old.
10. Your entry will not be valid unless the Entry Form is signed.

## ENTRY FORM

Post entry forms to: Greg Love. 76 Birdwood Ave., Umina. N.S.W. 2257.

Cheques made payable to,  
"BRISBANE WATER BUSH BASH."

Surname.....First Name.....

Address.....

.....Postcode.....

Male ( ) Female ( )

Age.....

Registration Number.....

(Office Use Only)

### Conditions of Entry.

I, the undersigned, in consideration of an as acceptance of my entry in the Brisbane Water Bush Bash for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or might have for, or rising out of loss of life or injury, may sustain, in the course of or consequent upon my entry or participation in the said event. This waiver, release and discharge shall be and operate separately in favor of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and servants, agents, representatives and officers of any of them, and shall so operate whether or not the loss, injury or damage is attributable to the act or neglect of any or more of them.

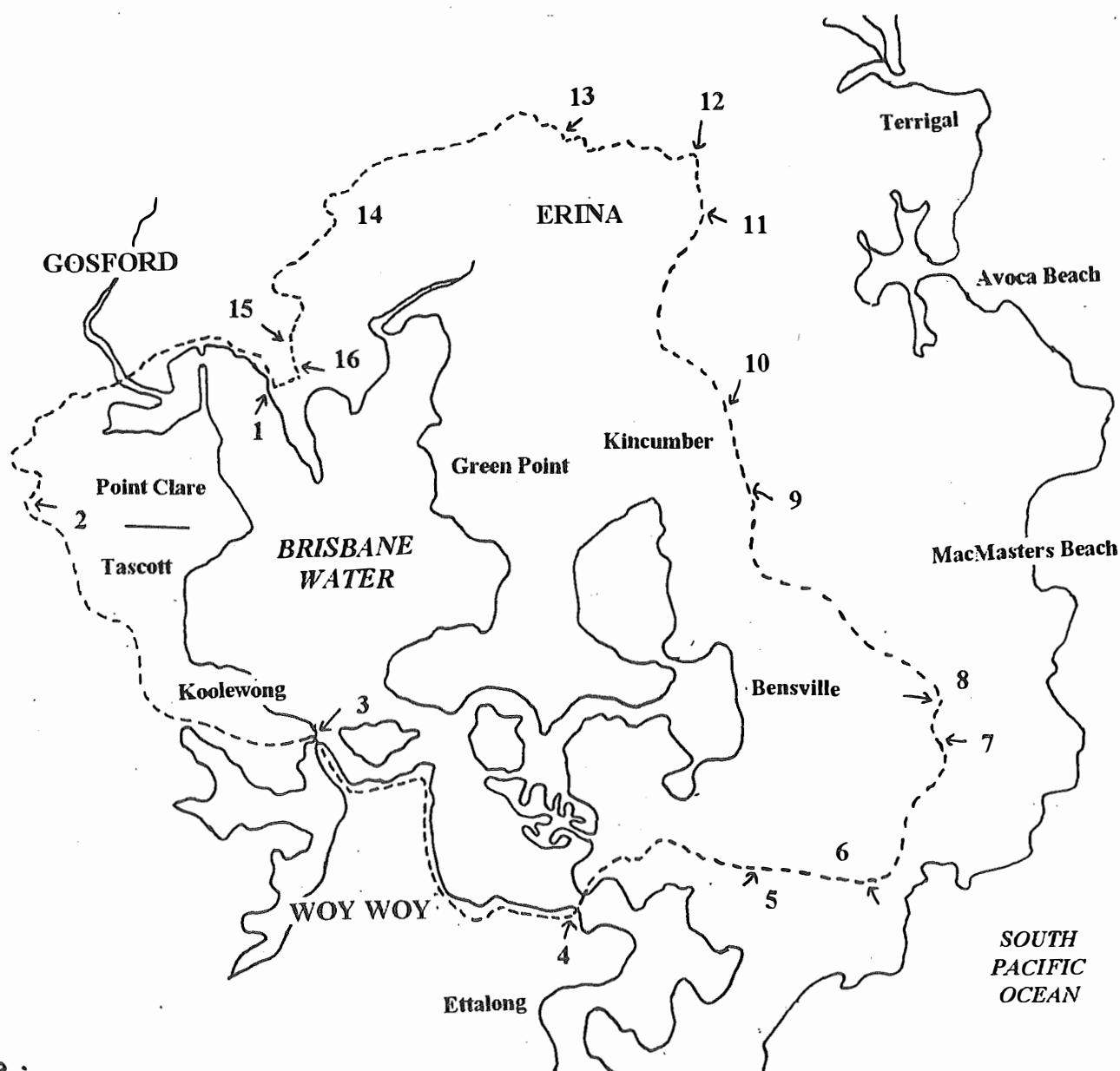
Signed.....Date.....

Details: Greg Love (043) 41 - 6384.

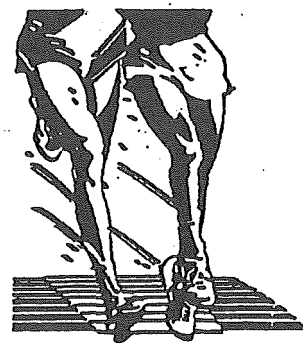


## THE COURSE

1. The Start/Finish is the Gosford Sailing Club. You will be escorted for the first 4km's along the Pacific H'Way to point (2) which takes you into the Brisbane Water National Park. This section is on undulating fire trails with splendid views across the Brisbane Water. You will descend down to Brisbane Water Drive (3) on the northern side of Woy Woy Bridge approx 10km from the start. The Woy Woy Channel will be on your left hand side for about 2 km's. You will pass Fisherman's Wharf and Memorial Park. The next 3 km's is alongside the Brisbane Water to the Rip Bridge (4). You will go under it then across it before going bush through the 20 km mark into the Wards Hill Reserve (5). Next is a virtually traffic free road section along Maitland Bay Dr to where you will enter the Bouddi National Park (6). Bush trails are broken by 500 metres of the Scenic Road (7) before the 25 km mark and undulating bush trails again at point (8). At point (9) the bush trails are left for approx 1 km of Empire Bay Dr. With about 17 km to go at (10), it's a climb up into the Kincumber Reserve with great views to the Brisbane Water and where you have been. You will descend down to and through the Stratford Park Estate (11) to Terrigal Dr (12). It's down to Portsmouth Rd then along some back roads in one of the semi rural areas of the Central Coast to the squash courts at Erina. Starting at point (13) this section crosses The Entrance Rd, goes up Clyde Rd to Rumbalara Reserve (14). With approx 6 km to go it's through the reserve down to and across Henry Parry Dr (15). Finally it's up Frederick St to and across York St, then back to the Gosford Sailing Club.



**BANANACOAST ELECTRICS**  
**ULTRA MARATHON (85kms)**  
**Sunday, 4 May 1997**



**Entry Form**

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

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

FINISH: Grafton Post Office

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

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

Enquiries telephone (066)536831

**RULES.**

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

**WAIVER.**

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

(2) I will abide by the competition rules.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Previous Ultra Marathon experience: \_\_\_\_\_

Best Marathon time: \_\_\_\_\_ Event: \_\_\_\_\_ Year: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex (Male or Female): \_\_\_\_\_

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

# 50 MILE TRACK RACE

## AUSTRALIAN CHAMPIONSHIP EVENT

SATURDAY 21ST JUNE, 1997

### ENTRY APPLICATION please print clearly

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

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

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

☐ T-Shirt      Circle Size:    14    16    18    20    22

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

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

### CONDITIONS OF ENTRY

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

### WAIVER

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

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

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

# 17TH 50 MILE TRACK RACE

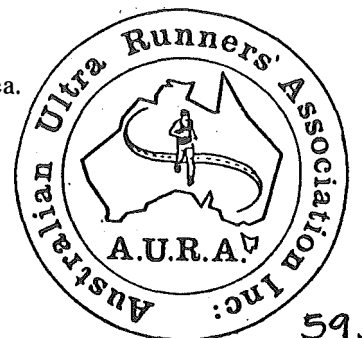
## AUSTRALIAN CHAMPIONSHIP EVENT - GENERAL INFORMATION

- CONDUCTED BY:** AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
- DATE:** Saturday 21st June, 1997
- PLACE:** Bill Sewart Athletic Track, Burwood Highway, East Burwood, 3151. (Melway Ref: 62, C8)
- TIME:** 8.00 a.m. Race Start
- REPORT IN AT:** 7.00 a.m. sharp
- RACE NUMBERS:** Will be issued at the venue at 7.00 a.m.
- LAP COUNTERS:** These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.
- FACILITIES:**
1. Changing room, showers and toilets are all contained in a pavillion adjacent to the track.
  2. Tea/coffee, biscuits and sandwiches will be supplied to the lapscorers.
  3. Hot water will be available for runners' assistants.
  4. Chairs and (if possible) a tent (for weather protection) will be provided for lap counters. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Personal tents are permitted on the lawn areas beyond the outer edge of the track (none are permitted inside the track).
  5. A leader board will be displayed throughout the race to show distances covered by each runner and placings at the end of each hour.
- PARKING:** Car park close to the track. (Vehicles are not permitted beside track.)
- TROPHIES & AWARDS:** 1st: Neil Coutts Memorial Trophy. 2nd: Perpetual Trophy.  
Other prizes may also be presented. Certificates will be presented to all finishers within the cut-off time. The presentation ceremony will be held at 3.30 p.m. approximately.
- AURA EVENT RECORDS:** Dragan Isailovic 5:15:00 - 1993 Linda Meadows 6:07:58 - 1994
- AUSTRALIAN RECORDS:** Dragan Isailovic 5:15:00 - 1993 Linda Meadows 6:07:58 - 1994
- AUSTRALASIAN RECORDS:** Dragan Isailovic 5:15:00 - 1993 Linda Meadows 6:07:58 - 1994
- WORLD RECORDS:** Don Ritchie (Eng) 4:51:49 - 1983 Valentina Liakhova (Rus) 5:55:41 - 1996
- ENTRY FEE:** \$28.00 for AURA financial members      Make cheques payable to G.L. Hook. Mail or deliver  
\$33.00 for non-members      entry form and fee to: Geoff Hook, 42 Swayfield Rd,  
\$10.00 extra for t-shirt (optional)      Mount Waverley, 3149. (Telephone: (03) 9808 9739)
- CLOSING DATE:** All entries shall be delivered by 11th June, 1997.  
Entries received after 11th June 1997 may not be considered.
- FURTHER QUERIES TO:** Geoff Hook, telephone (03) 9808 9739 (H) or (03) 9826 8022 (W).

### RACE RULES

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

Good running and enjoy this event.



# INFORMATION

## THE NANANGO FIVE DAY FOOTRACE

### 8TH TO 12TH SEPTEMBER, 1997

Hello Ultra Runners,

Just a quick note to invite you to the fifth running of the Nanango Five Day Footrace to be held from Monday 8th to Friday 12th September this year. It is a great race, including terrific scenery and plenty of socialising, with about 65km per day to cover, totalling 320km. In fact, it is two races in one, with the outright daily winner being acknowledged as well as the handicap winner. You can start at your own selected time each day, with the aim to finish as close to 4pm as possible for a handicap win. For more information, please contact the telephone number below. The Five Day Race will be held every second year, and if early indications are anything to go by, this year's field will well and truly be the largest yet.

Regards,  
 Ron Grant Queensland Ultra Runners Club Inc.  
 Bellmere Convenience Store,  
 Bellmere Road,  
 Caboolture 4510 Queensland.  
 Telephone (0754) 989965

\*\*\*\*\*

## ENTRY APPLICATION

SURNAME ..... CHRISTIAN NAME ..... D.O.B. ....

MALE/FEMALE AGE AT RACE TIME...PHONE H .....WORK .....

POSTAL ADDRESS..... POSTCODE .....

BEST RESULTS IN MARATHONS, ULTRAS, OR OTHER CLAIMS TO FAME

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

PERSONAL PROFILE: MARRIED? FAMILY? OCCUPATION, ANYTHING ELSE?

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

Names of your Crew Members:

**MEALS:** 3 MEALS PROVIDED IN THE ITINERARY ARE INCLUDED IN THE ENTRY FEE  
 FOR THE RUNNER ONLY

NUMBER OF CREW

Monday 8th Sept. (Breakfast)	\$10	X	<div style="border: 1px solid black; width: 40px; height: 40px; display: inline-block;"></div>	= \$ .....
Tuesday 9th Sept. (Dinner)	\$10			
Wednesday 10th Sept. (Dinner)	\$11			

60

8TH - 12TH SEPTEMBER, 1997

CLOSING DATE FOR ENTRY – FRIDAY 22nd AUGUST (PLEASE!)

ENTRY FEE: \$90 non Club members.  
\$80 Queensland Ultra Runners Club members

PAYMENT TO BE MADE TO THE RACE ORGANISER NO  
LATER THAN 22ND AUGUST 1997

ENTRY FEE (which includes 3 meals for  
the runner only) \$ .....

CREW MEALS \$ .....

TOTAL PAYABLE	\$	.....
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## CONDITIONS OF ENTRY

- 1 No Runner under the age of 18 years on the day of the race will be  
accepted.
- 2 The race officials reserve the right to reject any applicant
- 3 All entrants shall provide, one person to assist and a vehicle,  
and any other people (seconds) to assist the Runner as he or she  
may require. Failure to provide the above may result in  
cancellation of Application.
- 4 The required entry fee must be paid by the nominated date (see  
information).
- 5 All rules for the race must be observed as outlined in ' Overview  
Of The Event'.

# WAIVER

- 1 I, the undersigned, in consideration of and as a condition of acceptance of my entry in the NANANGO SOUTH BURNETT PIONEER FOOTRACE 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 any loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequence upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest that I am physically fit and sufficiently trained for the completion of this event.
- 2 This waiver, release and discharge shall be and operate separately in favour of all persons corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.
- 3 I hereby grant full permission to any and all of the foregoing to use any photographs, video-tapes motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signed..... DATE .....

Fill out completely this Entry Application, sign and date it and send this sheet only, together with your Entry Fee to the Nominated Address by the Required Time.



## NANANGO - SOUTH BURNETT PIONEER FOOTRACE

8th - 12th September 1997

Organised by Ron and Dell Grant and Queensland Ultra Runners Club Inc.

### OVERVIEW OF THE EVENT

Nanango, fourth oldest town in Queensland, was founded in 1843 and is two and a half hours drive from Brisbane or one and a half from Toowoomba. The five day race starts and finishes in Nanango and totals 320 kilometres. This will be broken into five stages of between 57 and 75 kilometres per day. It will also be handicapped. This event causes quite a great deal of excitement in the South Burnett and all competitors are looked upon as stars. The people of the communities you will be passing through are friendly and welcoming and many will want to meet you, wave and cheer as you run past. Enjoy the celebrity status while you've got it!!

### VEHICLES AND EQUIPMENT

This will be a camping trip, and the night time temperatures can drop to zero. Chances of rain are minimal, but be prepared. You will need your own camping gear, and your own food for those nights when meals are not included in the itinerary and food for breakfasts and lunches.

Ordinary sedans will be able to negotiate the course. The roads are sealed or well maintained gravel with some steep hills in parts. No food or petrol is available on day one after leaving Nanango, and no petrol available on the Bunya Mountains. You must supply your own vehicle and one crew person.

### RACE PATRON

Reg McCallum, Mayor of Nanango Shire, has worked tirelessly for this event. He and his wife Edna are entirely responsible for the route and the enthusiastic response of the other Shires. Reg has kindly accepted the honour of being the Race Patron and will once again accompany the runners for the five days. Reg is a great ambassador for the area and has many fire-side tales to tell. If you are interested in early settlement history and local anecdotes just get Reg talking about Nanango and the South Burnett (and that isn't hard to do). Reg again this year will be ably assisted by Tom Perrett (Nanango citizen of the year for 1993).

### THE PATRON'S PRIZE

Reg will present this prize to the person who runs the fastest time for that section of the race on Day 4 from the grid at 41.6 kilometres to the camp grounds on top of the Bunya Mountains at 57.2 kilometres. This leg of the race is very steep uphill for most of the way.

## HANDICAPPING

Each day will be handicapped with the aim of getting each runner into camp by 4pm, except on the last day which will be a 2.30pm finish. The runner must give the timekeeper the number of hours and minutes he/she estimates it will take to complete the next day's journey.

At the pre race breakfast prior to race start, runners will be given the instruction sheets for each day's running. The estimated time for the first day must be given to the timekeeper as soon as possible for announcement during the breakfast.

Day 1 will differ in that all runners will start together at 8am from Nanango, so the handicap estimate will be adjusted at the end of Day 1 for that day only. It is each runner's responsibility to supply their own estimate for each day. The handicap winner for each day will be that person who runs closest to their estimate. For example - you aim for a 4pm finish, the handicap winner is that person finishing closest in time on either side of 4pm, and subsequent places worked out according to ever increasing number of minutes each side of 4pm. It is hoped that all runners will put in an 'honest' effort and estimate each day. Watches should be synchronised with the timekeeper's watch each day. You will not be penalised in any way for running slower than your estimate but the aim is to be in camp by 4pm on days 2, 3, and 4 and 2.30pm on the last day.

Hand in your time/speedo sheet to the timekeeper daily as soon as possible after finishing each day, with all time entries completed at the relevant distances. Each day at presentations, the fastest runner and the handicap winner for that day will each receive a prize. If the fastest runner and the handicap winner are the same person for that day, the second person will then receive the handicap prize.

A companion runner is allowed, depending on traffic safety. Use your own judgement. Run facing the traffic, vehicles should go ahead and wait for the runner to arrive. If a competitor withdraws during a day's running, they may still run the next day onwards and complete the journey, but are not eligible for inclusion in prize giving or placings from that time forth.

DAY 1. MONDAY 8th SEPTEMBER      NANANGO TO KINBOMBI FALLS 75.0 km

Gather at 6.30am at the BBQ area behind the Nanango Cultural Centre for pre race breakfast, introductions, race briefing, give estimated times for that day and any questions answered. Set watches with the timekeeper. Start at 8am sharp from the front of the Nanango Council Chambers, and proceed as a group with police escort out of town until crossing the bridge on the Goomeri Road. Proceed then in racing manner. No townships for the remainder of the day. The first 15 kilometres are flat to undulating, then undulating. The last part of day 1 is hilly, with some gravel roads. At Kinbombi Falls camp ground there are no showers, petrol or shops. Reg and Tom will light the BBQ's supply the wood and provide extra water. Toilets provided. Fireside presentations and runners to give their estimated times for day 2 to the timekeeper at 6.30pm. Supply your own food for the BBQ.

DAY 2 TUESDAY 9th SEPTEMBER KINECKEI FALLS TO WONDAL 65.8 km

Commence running at each handicap time start. Depart from the Kilkiven Shire and enter Murgon Shire, over Boat Mountain which has a steep uphill section, but fantastic views. At both Goomeri and Murgon all necessities can be filled. Finish the day at the Wondai Diggers RSL Hall. Camp the night either in the hall or the Council camp grounds next door. Hot showers, toilets and laundry facilities are available. Presentations and buffet meal commences at 6.30pm at the Diggers Club. Estimated times for day 3 to be given to the timekeeper.

DAY 3 WEDNESDAY 10th SEPTEMBER WONDAL TO KINGAROY 66.5 km

Commence running at each handicap time start. No townships until Kingaroy, where all facilities are available. Some long straight stretches on day 3 with minor roads branching off. Some of these minor roads are to be taken. Care taken in following the instruction sheet. The finish is the entrance to the Kingaroy Motel, 38 Knight Street, Kingaroy. Wes Grimshaw the proprietor suggests you book early if needing a room - phone 071 621966. Rooms are \$44 per double and family rooms taking as many as six are \$44 plus an extra \$8 for each additional person. When booking let Wes know if you are prepared to share a family room. You may camp at the back of the motel rooms and share toilet and shower facilities with your fellow runners. The buffet meal and presentations commences at 6.30pm in the dining room of the motel. Estimated times for day 4 to be given to the timekeeper.

DAY 4 THURSDAY 11th SEPTEMBER KING ROY MOTEL TO BUNYA MOUNTAINS 57.2 km

Commence running at each handicap time start. Undulating then steep uphill on day 4. Pass through Kumbia, which has petrol and grocery needs. The Patron's prize contest commences from the grid at the foot of the Bunyas at 41.6 km to the camping grounds at 57.2 km. Climb from 420 metres at Kingaroy to 1050 metres above sea level. The Bunya Mountains is a National Park with a temperate rain forest. Excellent walking tracks, views and waterfalls. Feeding the birds is a must. Hot showers, toilets and laundry facilities in the camp grounds. Kiosk, but no petrol. Reg and Tom will look after the BBQ's. Supply your own food. Camping fees are pre paid. Presentations and estimates for the last day commence at 6.30 pm. Aim for a 2.30pm finish on day 5.

DAY 5 FRIDAY 12th SEPTEMBER BUNYA MOUNTAINS TO NANANGO 65.5 km

Commence running at each handicap time start. Steep downhill, then undulating. Pass through Maidenwell which has a store and petrol. Aim to arrive at official finish at 63.1 kilometres at 2.30 pm. Arrive in Nanango at 3.30 pm as a group, but in order of finishing for the spectator finish. Proceed to the RSL Club, across the road for drinks and socialising. Afternoon tea for runners and crews and presentations at 4 pm. Afternoon tea is pre paid.

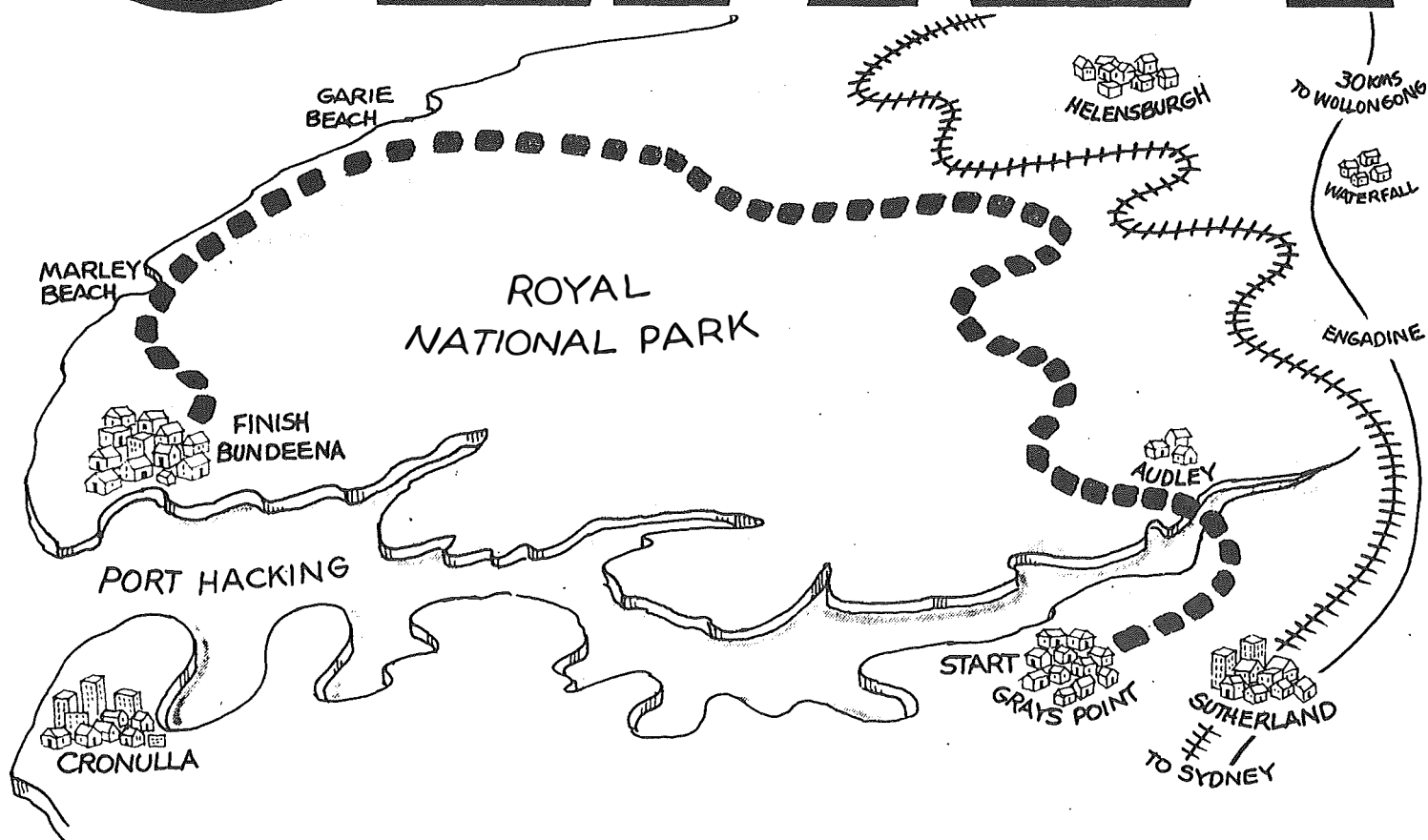
ACCOMMODATION IN NANANGO

Antler Motel, Henry Street, 071 631444 \$35 single; \$45 double  
Fitzroy Motel, 55 Fitzroy Street 071 631100 \$50 double; \$45 single  
Two camping grounds/caravan parks

50 KM

3 PERSON  
RELAY TEAMS

# ROYAL NATIONAL PARK ULTRA



**Saturday 13th September 1997**

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

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

Sponsored by

**Reebok**

**International Tool & Gauge**

65



# Saturday 13th September 1997

## RACE DETAILS

### 50 km Ultra and Teams Relay

**Date:** Saturday, 13th September 1997  
**Closing Date:** 6th Sept  
**Time:** 6.00am Individuals  
6.30am Teams  
**Cut off time:** 7hrs 50k (2 $\frac{3}{4}$  Waterfall Causeway, 5 $\frac{1}{2}$  Wattamolla)  
**Starting Place:** Grays Point Oval, Grays Point  
**Finish:** Bundeena RSL, Bundeena  
**Course:** Undulating, hilly, bush trails and sand, beach and track. Commencing outside the Royal National Park, through the park and finishing at Bundeena.

## INFORMATION

**Entry Fee:** \$35.00 Individuals including finisher, designer type T-shirt and BBQ  
\$30.00 for teams (3 members)  
Cheques payable to R.N.P. Ultra  
**Post to:** PO Box 380, Sutherland 2232  
No Refunds.  
Late entries will not receive a T-shirt.  
**Prizes:** Individual 1st Male and Female \$200  
2nd Male and Female \$100  
3rd Male and Female \$50  
Teams: Trophy – 1st, 2nd, 3rd  
All individual entrants receive a certificate  
Results posted to Individuals and teams.

**Race records:** (New course 1996)  
**Male:** Mike Burton 3hrs 44.53  
**Female:** Helen Stanger 4hrs 54.35  
**Course Sections Relay**  
**Start:** Grays Point to Waterfall Causeway approx 21k  
**2nd Section:** Causeway to Wattamolla Car Park Approx 18.5k  
**3rd Section:** Wattamolla to Bundeena RSL Approx 10.5k. Total 50km.  
Token to be passed at each leg.  
Total – 50km

## GENERAL

- **Information sheet** will be posted upon receipt of entry.
- **Drink stations** 5-7km, special drinks to be handed in before race start.
- **Fruit** and cake available at Check points.
- **First Aid** support, communications over course, course marshalled and marked at appropriate places.
- **Showers** and change facilities available at finish.
- **Presentation** 1.30pm sharp Club Auditorium
- Bus will transport clothing to the finish and return to start at completion of presentation. Please tick box if return trip is required. Donation appreciated to bus driver on day.
- After completion of 5 events, RNP Ultra 50km special awards will be presented.
- BBQ for all entrants (by ticket only)
- All proceeds to various charities
- Organising Group – Billy's Bushies (Inc.)  
PO Box 380, Sutherland, 2232
- Co-ordinator Barry Bulmer
- 9520 6774 (Answering Service)  
9542 7852 Fax  
9525 5126 Billy Collis Information  
Correspondence PO Box 380 Sutherland 2232

<-----> **T-Shirts** S ☐ M ☐ L ☐ XL ☐ Bus Trip ☐ **Tear off and return** >

(Individuals only)

## ENTRY FORM (Individuals or Teams)

Print Name/s \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Signature \_\_\_\_\_

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

Address/es \_\_\_\_\_ State \_\_\_\_\_ Post Code \_\_\_\_\_ Country \_\_\_\_\_

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

Team Name .....

Sponsored by Comfrig, International Tool & Gauge, Reebok

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

**WAIVER** I the undersigned, in consideration of and as a condition of acceptance of my entry in the Royal National Park Ultra for myself, my heirs, executors, and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or

arising out of loss of my life, or injury, damage of any description whatsoever which I may suffer or sustain in the course upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest and verify that I am physically fit and

sufficiently trained for the competition of this event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and

officers of any of them. I hereby grant full permission to use any photographs, videotapes, motion pictures, recordings, or any other records of this event for any legitimate purposes

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

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

## **LIVERPOOL BOOMERANG MARATHON**

*Race Organiser:* Dave Taylor  
*Address:* 56 Grandview Parade  
Lake Heights. NSW 2502  
*Phone:* 042 74 0054  
*Mobile:* 0416 109 279

*The race is from Liverpool Shopping Mall, NSW to Albury at McDonalds North, NSW and **return** a total of 835 kilometres.*

*The race is open to 12 entries. All applications have to be received by the 15 August 1997. I have sent out 35 entries to the top ultra-runners in Australia. An official entry form of acceptance will be sent out at a later date.*

*There will be an \$80.00 entry fee. Applications will close on 15 August 1997, and there will be no acceptances after that.*

*There will be prize money for this event, and I will inform you of that at a later date.*

**ALL COSTS WILL BE SUPPLIED BY THE RUNNERS.**

*Runners will need the following:*

### **1 Support Vehicle to follow the runner**

*How this is done is up to each runner. Suggestions are as follows:*

- \* Campervan this will follow runner and will also be the support vehicle for crew and runner to sleep in*
- \* Car/Station wagon follows runner. Crew and runner will stay in either hotels or caravan parks at each town.*
- \* Caravan and car this will go ahead to towns and set up for crew and runner. If you choose this way you will need an extra car to follow runner during the race.*

### **2 CB Radio's and Flashing Lights**

- \* On vehicle following runner*

### **3 Signs**

- \* Caution Runner Ahead on vehicle (**this will be supplied**)*
- \* Any other signs such as your sponsors logo's etc is your responsibility*



**4      *Equipment to be in vehicle following runner***

- \*      *First Aid Kit*
- \*      *Witches hat (this will be supplied)*
- \*      *Safety Vests for crew when with runner (this will be supplied)*
- \*      *Mobile phone (not essential)*

**5      *Insurance***

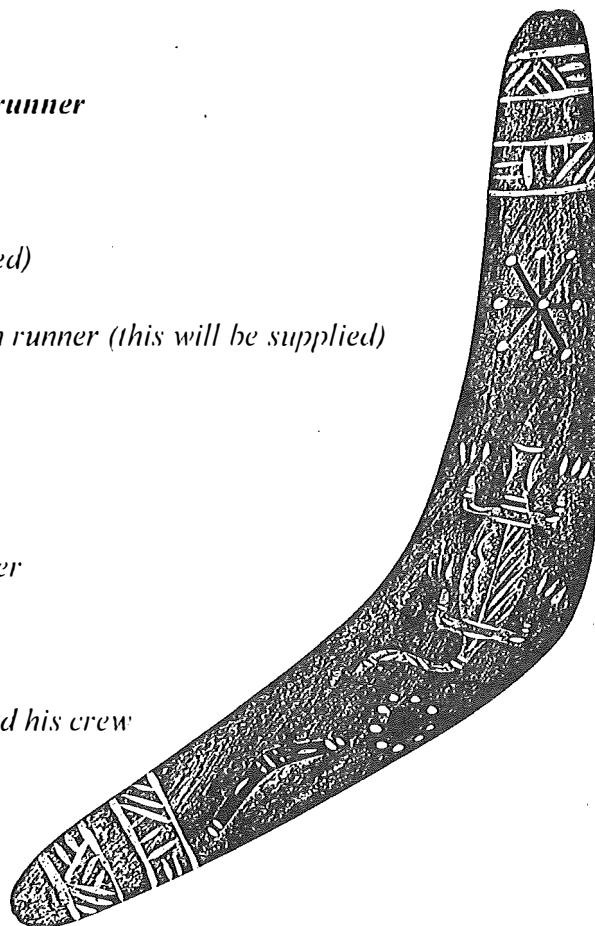
- \*      *Required for vehicles and runner*

**6      *Food***

- \*      *Required by both the runner and his crew*

**7      *Petrol***

- \*      *Required by vehicles*



***ESTIMATED COSTS***

*Petrol for total trip is usually approximately \$350 - \$400, this will obviously vary depending on what sort of vehicle and amount of vehicles used. This cost was based on two ordinary vehicles.*

<i>Hiring a camper</i>	<i>\$900.00</i>
<i>Hiring Car/Caravan</i>	<i>\$800.00</i>
<i>Food (depends on crew numbers)</i>	<i>\$500.00</i>
<i>Accommodation in Caravan parks</i>	<i>\$450.00</i>
<i>Hotels allow up to \$60 a night</i>	<i>\$700.00</i>

*Approximately cost per runner is between \$2,600 to \$3,000 each*

***INFORMATION***

*Trophies will be awarded to 1st, 2nd and 3rd runners.*

*Medals will be given to all other runners who finish along with certificates to all runners including support crews.*

*Prize money has been allocated for this race.*

*All runners will start together each day. Daily times will be recorded at the end of each race day finish.*

*Books will be issued to each runner which will include the race rules and maps of the course.*

*Police rules will be obeyed at all times.*

*No banned drugs or alcohol will be allowed*

*Race Organiser will have final say in all matter*

**LIVERPOOL BOOMERANG MARATHON RACE  
LIVERPOOL TO ALBURY AND RETURN  
TOTAL 835KMS**

**APPLICATION FORM**

Race Organiser: Dave Taylor  
56 Grandview Parade. Lake Heights. NSW 2502  
Phone No: 042 74 0054  
Mobile No: 0416 109 279  
Date of Race: MARCH 1998 dates to be announced

**Applications close 15 August 1997. No late entries accepted after that.**

**Name**.....

**Address**.....

**Suburb**.....**Postcode**.....

**Home Phone**.....**Mobile phone**.....

**Fax No**.....**Date of Birth**.....**Age**.....

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

**Signed**.....**Date**.....

*List Your Best Performances:*

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

**Marathon**

**80km**

**100km**

**160km**

**12 hour**

**24 hour**

**6 day**

**Longest**

**Entry Fee \$80.00. Please make payable cheque/money order to Dave Taylor, Race Director**  
**In the event of withdrawing after acceptance no refund will be available**

# YOU CAN'T TAKE HIM ANYWHERE

by Kevin Cassidy

It was the last weekend in January when another edition of the Mansfield to Buller 50km was held and I was present as a result of being roped into officiating. The night before the race was a nightmare, when Peter Armistead and I were forced to sleep on the lawn outside (and get eaten alive by mosquitoes) because Alan Witt was snoring like the proverbial chain-saw. "I don't snore" claimed Big Al the next morning.

With the race underway, Big Al was running like a man possessed. The look in his eyes said it all. I had the job of recording times at the Mt. Buller summit, 2km before the finish, and Al arrived in third position and looked to be out to it. He was absolutely stuffed. I noted his time and then he let out several expletives that drew a big laugh from a group of sightseers that had gathered to cheer on the runners. As Big Al staggered back down to the finish, I was amused by one of the sightseers when he said to me in all seriousness, "He's done well for an old-timer!"

Now Big Al is known to be quite forgetful. After he finished, the penny dropped that all his spare clothing etc was back at the start, and it gets rather cold on the mountain. Before I knew it, he had snaffled my spare track suit and was hitting the turps to celebrate his third placing. I then decided to buy some food as I was starving, only to have Big Al say, "Good, I'm hungry" and proceed to eat my meal before I had a chance to blink. His next effort was to snaffle my phone so he could ring home and then declare he was thirsty. "It's your shout Mr. Bean" he said as he looked my way.

With a surname of Witt, poor Al is the butt of many jokes (Half Witt, Nit Witt etc. etc) but I think the poor confused old timer should change his surname. A name like "Zheimer" should do, then we can all correctly call him "Al Zheimer" as he swears to this day that he did not speak to or see anyone at the Mt. Buller summit.

\*\*\*\*\*

## ADVANCE INFORMATION NANANGO 1000 MILE TRACK RACE FIRST WORLD 1000 MILE TRACK CHAMPIONSHIP !! MARCH 1998

Dear Ultra Ultra Runner,

The Nanango 1000 Mile Track Race Committee has just received approval from the Executive Council of the International Association of Ultrarunners (IAU) to stage the very first 1000 Mile World Championships in Nanango in 1998.

Our committee consists of Dell and myself as patrons, and technical advisers, our local Mayor Reg McCallum, Rod Morgan, a committee member of the Queensland Ultra Runners Club Inc., the race organiser, Peter Warner and his wife, Shirley, who are also QURC members. Peter and Shirley hosted Michael Careau of Canada and Alfredo Uria of Spain last year and crewed for both of them.

We feel we have established a good reputation in successfully staging world-record attempts for 1000 miles in 1994 and 1996 and are equal to the task ahead of us for the World Championship in 1998.

Your participation in the event would help ensure that the elite ultrarunners of the world are present for the World Championships and to this end, we cordially invite you to enter.

The event will be in March, with prize money on offer. The Committee look forward to hearing from you soon. For more information, phone Peter and Shirley Warner (071) 631005 This race will be the ultra ultra runners' Olympic Games !

Regards  
Ron Grant



## Highway shuffler young at heart

By **DUNCAN GRAHAM**

Others walk, jog or run. But the old man from Colac shuffles.

For most, Highway One is a track to be travelled at speed, but not Cliff Young. Everyday from 6am to 6pm the determined 76-year-old pounds on.

The former Victorian potato farmer, who won the Sydney to Melbourne foot race in 1983, wants to set two records.

He wants to be the first to beat the 1983 achievement of the marathon runner Ron Grant who ran 13,383 kilometres around mainland Australia in 217 days, and the oldest.

It looks as though he will win on both counts.

Yesterday he reached Coolgardie and he is feeling chirpy because the previous day he covered 75 kilometres, said his manager, Mrs Helen Powers.

"He has his mood swings and sometimes they're hard to manage," she said. A motorhome provides shelter for Mr Young and his support team.

Mr Young is also shuffling dollars for the City Missions in each state. He collected \$12,000 for South Australia after starting from Port Adelaide on 28 February. He expects to be in Melbourne in September.

*Cliff Young, 76, outside of Coolgardie, in Western Australia, yesterday as he continues on his record attempt and charity run around Australia. Picture: TONY McDONOUGH*

## CLIFFY'S RUN AROUND AUSTRALIA

( via internet)

Cliff Young, the potato farmer who became a household name after winning the 1983 Sydney to Melbourne race, is about to set off on another jaunt.

At 75, (his birthday was February 9th) he plans to become the oldest person to run more than 16,000km around Australia. In 1983, Ron Grant ran 13,383km around Australia, minus Tasmania in 217 days. (Nobby Young, a letter carrier who is not related, walked around Australia in 1983 and 1994 and has recently begun a walk around the world.)

Cliff Young says he's fit enough and age has never been an issue:

"I'm pain-free you could say. I can get back from a 20km and I stand on my head. I've got a lot of energy you know".

He also has a crew to match his enthusiasm. From February 28th when he starts from Adelaide, Young, Helen and John Powers of Wollongong, their twin daughters Paula and Bridgette and Trixi, the Chihuahua, will share a motor home for eight or nine months.

Young's reason for running around Australia is to raise money for street kids. Sponsors fund the trip but money raised when the group puts out buckets in towns will go to City Missions in each state (Rotary in Northern Territory).

Cliffy, as he is affectionately known, aims to run 65km to 75km a day heading clockwise. His nickname became the title of his biography, "Cliffy's Book", published in 1995.

## Cliff's still shuffling along

**DOING THE CLIFF YOUNG SHUFFLE....** with that trademark weatherbeaten face and distinctive shuffle it could only be one ultra-distance runner - former Sydney to Melbourne marathon winner Cliff Young. Cliff was competing in the Australian 50 Miles Track Championship at Knox Athletic Track on Saturday.

LOCAL athlete Nigel Aylott, 30, from Emerald headed home a depleted field of ultra-distance runners battling cold blustery winds and rain squalls in the Australian 50 Miles Track Championships at Knox Athletics Track on Saturday.

The weather conditions took their toll with only five of the 12 runners completing the course in the allotted time.

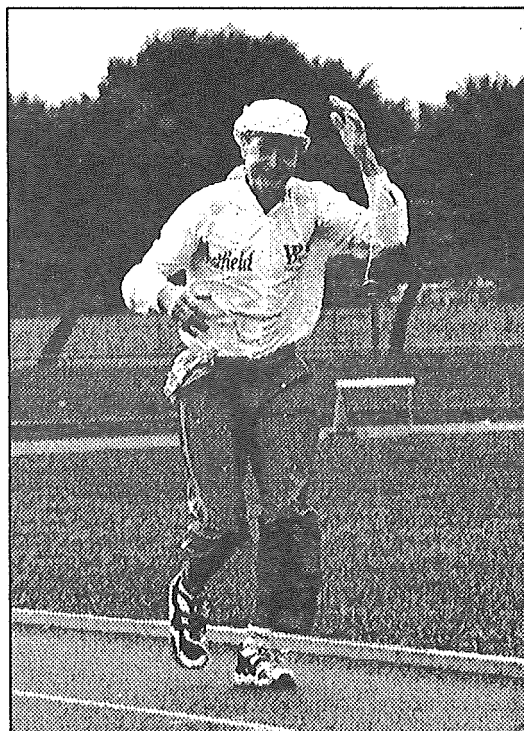
One of those who failed to finish was ultra-distance running identity and former Sydney to Melbourne marathon winner Cliff Young. Still doing his dis-

tinctive shuffling run at 73 years of age Cliff completed 171 laps in eight hours 35 minutes but finished 12 kilometres short of the 50 miles.

Because of the weather conditions Nigel Aylott's winning time of 6.27.39 was more than an hour outside the Australian record.

Nigel was followed home by Bryan Smith, 52, of Melton in a time of 6.47.28 and Ian Clarke, 42, in 7.07.52.

Shirley Young, 66, of Sydney who last year broke five Australian age and distance records, was fourth in 8.15.38.





# After a giving spirit

By LISA McINTOSH

**VETERAN** ultra-marathon runner Cliff Young is anything but your average sporting hero.

After all, there he was shuffling through the early morning rain on Highway One, heading out into eight months of the unknown.

Joining the Colac farmer, 75, for a snippet of his 13,500km around Australia run, I had the feeling I was in the company of greatness.

Young has an incredible generosity of spirit many people mistake for madness as he continues his fund-raising odyssey for City Missions.

But Young has a ready reply for his detractors.

"I'd just tell them to get off their backsides and have a go themselves," he said.

The man who won the 1983 Sydney-Melbourne Ultra Marathon aged 61, has been joined on his journey by distance running fans John and Helen Power, and their twin daughters Bridget and Paula, as his crew.

Young hopes to cover 60-70km a day on his journey. He set out on Friday night from Football Park in Adelaide before the Port-Fremantle clash, after a standing ovation and more than \$5000 in donations.

On the road, the target of \$100,000 shrinks each time a driver stops to make a donation.

When monotony sets in, support vehicle driver Helen has the answer.

"She puts the stereo on and I start jitterbugging down the road to the music," Young said.



**On the road:** Lisa McIntosh accompanies Cliff Young for part of his around Australia run.

*Herald 4 March*

## SOMEWHERE ON THE ROAD (in NSW)

### A report on Cliffy's progress

Dear Geoff,

Writing in reply to a letter Cliff received today. Nothing has changed apart from his age. He is now 75 years old. The last race Cliff was in was the Australian 6 Day Race at Colac in 1996. Cliff will be the oldest man to do this run. Look out Ron Grant! Cliff is trying to get your records. All is well with Cliff and crew. He's running around 68km to 72km a day.

Kind regards,

Helen Power (on behalf of Cliff)



# CLIFF YOUNG ROUND AUSTRALIA RUN 1997

The darling of Australian Ultrarunning, Cliff Young, has embarked on a solo run anticlockwise, around Australia. This is a charity run for the City Missions of Australia and money raised within a State or Territory will be given to the relevant mission.

Cliff started at the South Australian Football Ground, witnessed by many tens of thousands of spectators on Friday 28th February, 1997 and expects to finish in November.

After the big run, Cliff will do a memorial run for Vicki from Sydney Opera House to Wollongong. Cliffy will be ably supported throughout the whole run by the Powers family, with one of his most ardent supporters, Helen in charge. The initial itinerary put Cliff in Melbourne around 12th March, prior to going to Tasmania.

Cliffy would like to thank the following sponsors:

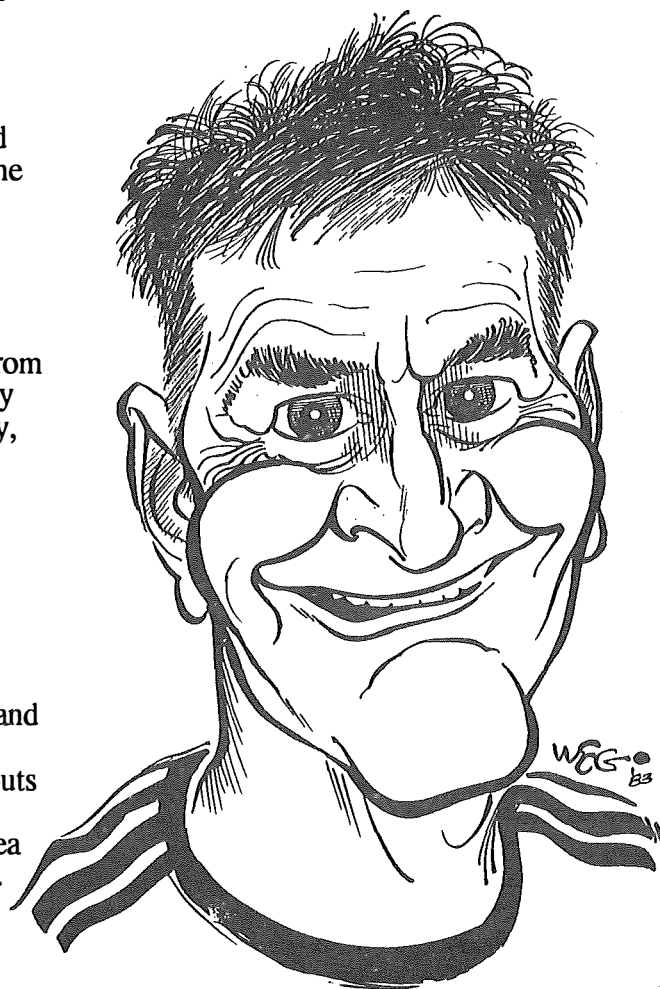
Spirit of Tasmania (free trip)

Yamaha

Your Local Paint Place

We will give progress reports on Cliffy in this magazine and a more frequent update can be obtained by catching A Current Affair, which will do a segment on his whereabouts once a month.

Please go and see Cliffy when he passes through your area and, if possible, give generously to his charity collection.



**GO CLIFFY GO !!**

**GOOD LUCK !!**

**HAVE FUN AND ENJOY THE EXPERIENCE,  
FROM ALL OF US IN AURA.**

## **DON'T FORGET !**

**This is the last magazine you will receive from us if you have not paid your \$25 dues for 1997. Remember, we are a non-profit organisation, run solely on the good will of a couple of dedicated souls who put **HEAPS** of time and effort into keeping the association going. We rely solely on subs. to pay our printing and postage costs.**

**(Dot sends very nasty letters to people who have been slack!)**

# NOBBY YOUNG'S MERE 100,000KM 'ROUND THE WORLD' WALK

(via Internet)

There was a last minute scare when a wise-cracking well-wisher suddenly called out:

"It's all off; he's changed his mind"

But just after 10.30am on January 17th, 1997, Nobby Young checked over a trolley-load of gear, embraced family and friends and, with a final wave, set off on what is planned as a solo, 100,000 kilometre round-the-world walk.

"See you back here on January 17th, 2007" he shouted before pushing out into George Street pedestrian traffic, heading slowly south. On his first night, he was hoping to camp in the Royal National Park. Today Wollongong, tomorrow, the world. At least, that's the plan of the 50 year old retired postman, who intends doing a quick - well, one year - warm-up walk round Australia, before heading for the United States (every state in 3 years), Canada, Europe, Fiji and New Zealand.

"Ten years to the day, all being well"

It may not be quite up there with swimming through shark-filled waters from Cuba to Florida, hanging on an up-turned yacht in the Southern Ocean or crossing the Andes by toad, but it's still a big ask, especially of a slight man with dicky joints and a sore heel, inexplicably cut while packing the trolley at his home in Gladesville.

Far from nuts.

So is Nobby nuts? Not a bit of it. Far from being a crackpot, he is an accomplished ultra-marathoner who stopped long-distance running only when arthritis ruined his hips. Yoga got him back on the road and Young has been walking ever since. Ever great distances.

Through 1993-94, he became the only person to walk around mainland Australia. The 16,000km journey which took exactly a year to complete, is listed in the Guinness Book of Records. There were good times: a late-night entry into Mt. Isa, Queensland "laid before me like a giant space-ship" There were bad times: Nob Hill, South Australia "is a real depressing place. When I asked a classroom of kids during a school visit, how many would smoke when they grew up, everyone put their hand up. Nothing else to do I suppose."

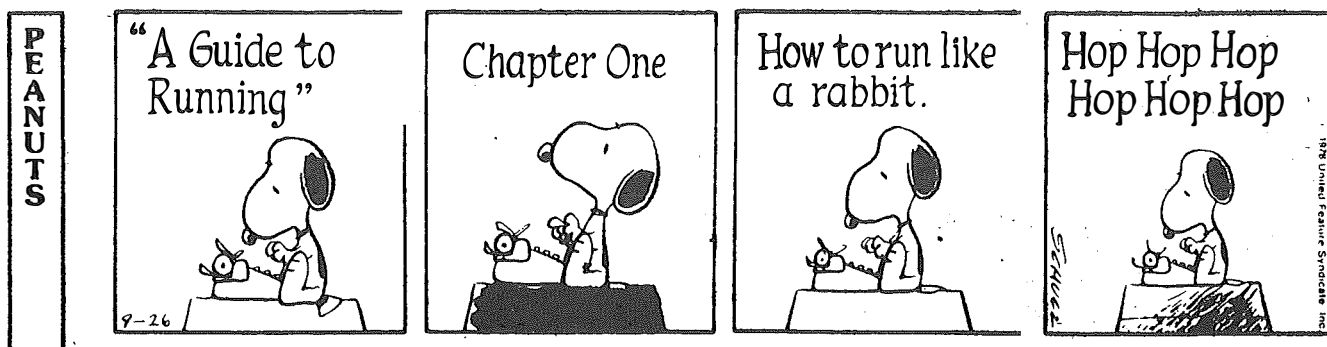
Most of all though, there were hard times as he strove and strode to beat the record for his walk. \$7.50 a day. On this occasion, Young, who is funding his walk from his own life savings at an estimated \$7.50 per day - intends to have "a lot more fun". Though he has been in hard training, he intends walking only about seven hours, five or six days a week. But for 10 years?

"Well, yes. But I'm no masochist. I want to see things, meet people, enjoy myself" says Young, who is divorced.

There is little room on his purpose-built trolley for luxuries, though. A radio, a Walkman with classical music tapes, two books (an enviro-guide to the US entitled, "How to S... in the Woods" and, by chance, the wit and wisdom of 2BL broadcaster Mike Carlton), a palm-top computer through which Young will send reports to a special Nobbywalk Web site, and er.... that's it.

Other items tightly packed into his 60kg load include credit card, emergency supplies of rolled oats, a tent with pole that doubles up as defence weapon and a first-aid kit containing among expected things, "miscellaneous items" Like what?

"Well condoms actually", said Young, who, whether or not he arrives, is determined to travel hopefully.



## AN ULTRARUNNER'S AUSTRALIA DAY SPEECH

As keynote speaker for the Baw Baw Shire Council's Australia Day Breakfast at Drouin, TONY RAFFERTY, was invited to speak about some of his run experiences - and what Australia Day means to him.  
Here is an edited transcript of his 25 minute address to 150 invited guests.

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Distinguished guests, ladies and gentlemen, thank you, it's nice to be with you. After an early rise and a pleasant drive here this morning it's a pleasure to be greeted by what appears to be a happy, bright Australia Day audience.

A certain nostalgia comes to mind every Australia Day because it was on this day, in a bar, in 1971, that I made plans to become the first person to run from Sydney to Melbourne, and indeed about a year later it became a reality.

Very thirsty one day I ran into a shop in a country town. The man behind the counter not recognising me in my wet-weather gear said: "Are you in competition with that idiot who's running from Sydney to Melbourne?"...with a red face he offered me a free milkshake. During a hot night lying outside my escort vehicle on a groundsheet I woke with a leap when a rat ran up my leg, across my chest and for a moment got its legs tangled in my hair. Immediately responding to my panic my support crew realised that a plague of rats had invaded our space. They chewed through our plastic water containers and rummaged through our bags.

Nation-wide publicity during and after the run attracted others to attempt ultramarathons. Eleven years later the first Sydney to Melbourne race took place following a number of solo record attempts between the two capitals by the late George Perdon, New Zealander, John Hughes and myself.

The harrowing, emotional event contained memories I won't forget. The event had humour, drama and it was steeped in emotion. I've experienced, in the four races I've finished, the anxiety of the highway and the ecstasy at the finish line. I won't forget: bruises caused by stones fired like bullets from the wheels of speeding semi-trailers. Red-raw blistered, bloodied feet and swollen ankles the result of jumping potholes and sliding on loose gravel. Puffed-up knees and aching back caused by, hour after hour, running on one side of the road on a camber.

Sealed in my mind, the semi-trailer on the Hume Highway that ran through a flooded section outside Goulburn. A sheet of water carried me into a lake, knee-deep in melty, slimey sludge. Black leaches clung to my legs. My skinny neck, boney shoulders, caved-in cheeks, the result of my body not absorbing enough nutrients from its food supply to meet energy needs. Glazed sunken eyes; sleep deprivation; not forgetting out of Sydney and through Melbourne, carbon monoxide fumes spewed from exhaust pipes of semis, buses and cars. Stifling heat, high humidity - at other times teeth-chattering, below zero temperatures...and we came back for more - yes - year after year we came back for more...Why? "It helps if you're Irish," a person says from that table over there...Maybe.

We put our bodies and minds through this trauma, among other

reasons, because of the PB. Yes, the Personal Best...The challenge to race about 1000 kilometres between the two cities in a faster time than the previous year. Others compete in the hope of making it to the finish line before the cut-off time.

And that's what Australia Day means to me: developing winning attitudes; positive outlooks; celebrating the Personal Best.

A man who works tirelessly to achieve characteristics such as these is the great Yiannis Kouros - probably the best ultramarathon athlete in history. Delighted with the warm response from the Australian public after each of his five wins in the Sydney to Melbourne race he decided to migrate here. Speaking only broken English when he arrived today he fluently speaks our language. Yiannis, his wife and two young daughters live in Melbourne. He studies literature and music at LaTrobe University. Recently he became a citizen. One example of many thousands from a number of nations happy to commemorate this day.

I'd like to take you back in time just a little. I was born 57 years ago in Belfast...and some might say I've been running ever since. It's always nice to go "back home" and indeed I've been lucky with that opportunity a number of times. During a trip to Belfast and because, to France, it's only a two hour flight, I took advantage of accepting an invitation to race in the World Six- Day Championships on the south-west coast, La Rochelle.

On a 200-metre indoor track - yes, half the size of a standard athletic track - a group of highly-ranked six-day runners ran as many kilometres as they could within 144 hours. Once every six hours they looked forward to changing direction. After midnight every night local drunks leaned over the advertising hoardings, blew smoke in our faces and spilled booze on the track. Vibration from loud pop music threatened to lift the roof; sleep?...out of the question. During the afternoons, in the centre, brass bands performed or marching girls demonstrated. On others young gymnasts showed their form. One day an acrobatic motorcycle team expressed their skills as smoked reeked from exhaust pipes. A purple haze filled the building as we sputtered round the tight track. One evening a pop concert drew thousands. Meanwhile, suffering sleep deprivation we ran on. The exhibition building filled up during the presentation ceremony. I departed the historic fishing village with a sixth place, 747 kilometre total, and enough prize money to extend my holiday back in Belfast - the place where I lived during my first 21 years before migrating to this country.

Unhappy with the wording of the oath of allegiance I remained a permanent resident for 35 years. When the Keating Government changed the phrasing I applied for citizenship. Imagine my disappointment after the citizenship ceremony to hear a few ill-informed, irresponsible people with prejudice and hate, seeking to divide our community.

Today, Australia Day, is a time to put forward plans to rid our country of the curse, of the division of race, promoted by these people. We've let slip the dignity we gained after dumping the White Australia Policy. All Australians on this Australia Day must endeavour to regain our dignity. Indeed, I believe we are off to a good start with the selection of Victoria's new Governor General, Sir James Gobbo...a walking example of multi-culturism. Coming from an Italian background he didn't speak English until he was seven...an excellent choice during a time when a few aspire to split our fellowship.

Australia gave me the confidence to be adventurous in my

ultrarunning feats. I celebrate that on this day: The opportunity to run the barren and desolate Birdsville Track, where a sandstorm roared and growled, clogged my nostrils and burned my throat. The searing sands of the Simpson Desert where 1162 sand dunes carved out by Mother Nature many thousands of years ago tested my strength and endurance in 50 degree heat; according to aboriginal legend "the land of evil spirits and death". The vast empty spaces of the Nullarbor Plain where the road meets the horizon; day after day the road runs to the sky. The opportunity to run across this continent - 5931 kilometres from Fremantle to Surfer's Paradise.

Australia's corporate world supported me in my quest to attempt runs and compete in races in other parts of the world: Death Valley in the Nevada Desert, in mid-summer, is a lifeless, barren, inhospitable land that doesn't suffer fools gladly. There's an old saying that if you throw a piece of bread in the air it will come down as toast.

On the 13 July 1979 I started running from a small Indian village, Shoshone, up over the Panamint Ranges and down to the lowest point in the western hemisphere, Badwater, 82 metres below sea level. Nothing survives at Badwater. The thermal air currents travel down the side of the mountains across the valley and up the other side but they don't rise high enough to cool down. The temperature taken by a Death Valley ranger who kindly acted as one of my support crew recorded, at shoulder height, 60 degrees celsius. The mercury had reached the gauge's limit. In the hottest temperatures I've ever witnessed, my tongue dry as old rope, my stomach refusing sustenance - my body gained little satisfaction from copious fluids: water and electrolytes. In an effort to avoid hot air entering my throat and nostrils sometimes, because of a headwind, I was forced to run sideways.

A helicopter landed on the salt flats. A journalist and a photographer ran towards me to file a story for a weekly magazine with a 10 million circulation. "Tony, I'll stay with you for an hour or two. I'd like some quotes," said the writer unbuttoning his shirt. "When are you going to collapse?" the photographer shouted. My response would not be suitable for this audience. With ringing-wet shirts and beads of sweat dripping from their double-chins, 10 minutes later and struggling to keep up with my 8k's per hour pace! they dragged their feet back to the helicopter. The following week a story appeared: HOW I RAN WITH RAFFERTY THRU THE HOTTEST PLACE ON EARTH. One could say it was a nice piece of fiction. Nevertheless - great publicity. Hours spent in a sauna bath, back in Melbourne, with a skipping rope didn't seem to assist my acclimatisation process.

Past Dante's Peak, Devil's Golf Course and Zabriskie Point heatwaves danced above the salt flats; an American eagle with the biggest span of wing I've seen hovered above my head and escorted me the last six kilometres to the finish of the 207 kilometre trek at Scotty's Castle. I told the news media I'd run into and out of the Jaws of Hell.

Again through the advantages of corporate sponsorship opportunities arrived to compete a number of times in New York. The Big Apple is charming and sophisticated; at the same time it can be ugly and violent, however, behind that gruff exterior of the normal New Yorker - if there is such a being - is a person with a keen sense of humour: I walked up Fifth Avenue and into Central Park on my way to a race meeting at the New York Road Runners' Club. Concerned I may be late I approached a policeman and asked how long it would take me to walk through Central Park. He paused for a moment and said: "I don't

know - nobody's ever made it." A second or two later he ambled toward me with a smirk and said: "About 20 minutes. Enjoy it." Which I did.

An ultra-distance runner must be assertive, resolute, positive. Australia Day is a celebration of winning attitudes - negative attitudes destroy, positive attitudes create and develop. Winning is improving, winning is growing. Winning is placing fifth when last we were sixth. We must ask ourselves the question: Are we winning. Are we growing.

Last Tuesday just a few minutes from where I live an intense game took place in what could be called a Devil's Playground, when, courageous CFA volunteers fought raging bushfires. Courage. Determination. And we'll remember for years to come the teamwork and dedication toward a specific task shown by our defence forces when from the fury of Australian waters they heroically rescued yachtsmen Tony Bullimore and Thierry Dubois. What a good news story. That's what we celebrate today: winning attitudes...cool minds in the eye of the storm.

At times, not so cool of mind was the late, and indeed the great - Percy Cerutti. On one of many visits to his home and training camp at Portsea he said: "Rafferty - Strive For The Impossible." Still cemented in my mind are those words. Cerutti, a motivator, inspired anyone in his company. For years we corresponded. Those letters still inspire me.

On visits to his place, usually at weekends, he forced us out of bed before sun-up. In mid-winter wearing nothing but running shorts, Percy sometimes in the nude, we'd run along the back beach up and down sandhills in howling winds and driving rain that stung the skin. To warm up we'd charge into the sea.

We'd pump iron, run laps, kick a soccer ball - then sit round PERCY'S PULPIT for a lecture before sitting down to a healthfood breakfast. At night we'd lounge round a fire and chat about art, music, drama - never athletics. Even in 1969, post-Elliot days when I first met him his fire in the belly hadn't petered out. He didn't coach he said - he taught. His enthusiasm captivated anyone within 100 metres. We are inspired by enthusiastic people.

After running through Death Valley, my system still recovering from dehydration I was charmed by the enthusiasm and exuberance of Muhammad Ali when he spoke at a gathering in Los Angeles University. The audience laughed until tears ran down their cheeks at his poems and quick one-liners. Speaking about his speed in the ring he said: "Man I'm so fast when I flick the switch I'm in bed before the light's out." Like Cerutti, Ali's enthusiasm rubbed off on all his listeners. We must be more enthusiastic. Enthusiastic people motivate, inspire, enrich our lives.

Honoured to spend a few minutes in conversation at Monash University with the first man to climb nine kilometres into the sky, Sir Edmund Hillary, instilled in my psyche when I came away was a strong belief in myself. In the early '50's a number of climbers had a better chance of scaling the peak of the world than Hillary - but none believed it could be done.. Hillary believed in himself and his support team led by Sir John Hunt - and the rest is history. Belief - the motivating force that enables you to achieve your goal.

About the same period it was considered by many that the human body was incapable of running a mile in fewer than four minutes. Sir Roger Bannister believed otherwise. Six weeks later after Bannister put his name in the record books John Landy broke four minutes for the mile; one year later 13 men had broken the four-minute mile and New



Zealander, John Walker officially broke the four-minute mile 126 times. If you want something badly enough said Cathy Freeman you can achieve great heights. Yes, as Cerutti said, strive for the impossible.

Speaking about happenings in the '50's a thought comes to mind in a humorous vein about how things have changed - even our language. In the Melbourne Herald, after the Duke of Edinburgh officially opened the 1956 Games the following headline appeared: GAY CROWDS GREET DUKE AT MCG.

Everywhere we see the results of super-human efforts proving the exceptional powers of men and women...pyramids built in the desert, mountains moved, the course of rivers changed. We survived plane crashes, shipwrecks, conquered illnesses, created great works of art - often under impossible odds.

The intensity, the passion needed to paint the Sistine Chapel, to win an Olympic gold medal - is also a requirement in the realization of our dreams on this Australia Day. In all of us is a fierce will to live, to acquire knowledge, to explore the unknown - a need to create.

The running and success of this country is ours to win. We determine its course - not Britain, not America, not Asia - but us. Now and again we'll taste the mud. Ascending once from the quagmire may be difficult. Getting up 50 times will test our tolerance...and it may have to be that way. But in the end our dreams will be sweet.

We don't have to beat our chests...Let's just celebrate our love of this land and its inhabitants...Thank you for your company.

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Tony Rafferty, in 1972, was awarded the Australia Day Medal for Services to Youth and Sport.

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This photograph shows members of the Sri Chinmoy Marathon Team after the launching of their Peace Run'97 at Southgate, Melbourne in January, 1997. AURA members, Yiannis Kouros and Tony Rafferty supported the launch.

# Ultra Update:

## International Results & Commentary

Written by Andy Milroy

Reprinted from "Ultrarunning", March, 1997

### Ultra Marathon Summary 1996

#### Men's 100 Km

1996 was a remarkable year in several ways. It was the AIMS Year of the Woman, and indeed women had a major impact on the year. It was also a year in which the Eastern Europeans showed that other countries aside from Russia can produce major ultra stars. The 100 km was relatively quiet compared with 1995's explosion, but new levels of performance in the other events were reached, over ever greater distances.

When Greece withdrew from hosting the World Challenge in January just three months before the event, only an extreme optimist would have predicted an alternative venue to be up and running within days. But that is exactly what happened. The Russian Federation worked hard to put together a very successful World Challenge in Mayards. The course alongside the Moscow River was closed to traffic, a tribute to the importance the Russians attached to the event. The race was won by **Konstantin Santalov**, in 6:32:41, who returned to form despite a strong challenge from European Champion **Jaroslav Janicki** of Poland, who finished in 6:35:40. The Moscow win made Santalov a three-time winner, a unique achievement. The conditions were the toughest yet seen in the World Challenge, with temperatures in excess of 20° C, accompanied by a very strong, gusting wind. This led to a very high attrition rate; only 14 men finished under seven hours and five women under eight hours. In a non-championship event, such a result would be excellent, but not when judged by the recent standards of the World Challenge. The impact of the conditions was evident; in the men's race, less than 52 percent finished.

The fastest time of the year came at Torhout in June when **Andrzej Magier** from Poland ran 6:24:11, ahead of new Belgian discovery **Marc Vanderlinden** in 6:28:10. **Jiri Jelinek** from Czechoslovakia, who made an impact in 1995, ran 6:31:55. Unfortunately, unchecked course alterations make these times potentially questionable.

In August, the European Championships were won by Janicki for the third time with 6:33:39, ahead of Jelinek and Magier, on what proved to be a tough course in the late stages. In early October, Santalov produced a 6:33:10 to defeat a rather lackluster **Alexey Volgin** in 6:40:04; later in the

month German record holder **Kazimierz Bak** posted a fine 6:39 in a rather low-key race. The next day, Japanese record-holder **Kaminari Kondo**, unable to compete in Moscow, contented himself with a well controlled win over the River Shimanto course in preparation for the 1998 World Challenge which will be held there. The year finished with familiar faces in unusual surroundings. Monterrey in Mexico saw a major international 100 km, with the active Santalov emerging as winner ahead of **Vincent Pani** (MEX).

#### Women's 100 Km

The women's World Challenge event was won by **Valentina Shateyava** from Russia in 7:33:10, after an early battle with Australia's **Linda Meadows**, who eventually finished second in 7:46:27. It was Shateyava's second win, placing her alongside all-time greats **Eleanor Adams Robinson** and **Ann Trason**.

**Martine Cubizolles** of France did not go to the World Challenge, but produced a new French best of 7:38 in the French Championships in Mayards. Making her ultra debut at Lake Saroma in June, 2:28 marathon runner **Nariko Kawaguchi** from Japan ran 7:11:42, the third fastest women's time ever. This breakthrough sent ripples around the world. Asian women have established distance running credentials, which allied to Kawaguchi's marathon speed, place Ann Trason's current world best of 7:00:48 in jeopardy.

In August at the European Championships, an established star returned to form when **Carolyn Hunter-Rowe** (GBR) took the title in 7:41:29 ahead of Cubizolles (7:49:09) and **Huguette Jouaul** (7:51:54) both of France.

September saw Germany's **Maria Bak** run 7:43:39 in a low-key event at Kiel, but a week later the high profile First World 100 km Track Trophy event for Women took place. A stellar field was on hand. After a fiercely contested first 40 miles between **Ann Trason**, **Donna Perkins**, (both from the U.S.A.) and **Valentina Lyachova** (RUS), the Russian emerged the winner, setting new world track bests for 50 miles and 100 km 5:55:41 and 7:23:28 respectively.

Despite some fine performances at the top, especially in the women's event, 1996 saw a decline in the standards of the 100 km event. This was due in part to the late change of venue for the World Challenge, which prevented several world class runners from competing, and also to the tough conditions in both the World and European events, which had serious affects on both the times and the number of finishers.

World 100 km Rankings - 1996:  
Men

1. Konstantin Santalov, RUS
2. Jaroslav Janicki, POL
3. Jiri Jelinek, CZE

Women

1. Valentina Lyachova, RUS
2. Valentina Shateyava, RUS
3. Nariko Kawaguchi, JPN

#### Men's 24 Hour

The 24 hour event reached new levels of excellence in 1996 with absolute bests in both the men's and women's events shattered. The year started well at the indoor event at Podolsk in February, when Russian **Nasibulla Khusnullin** won with a fine 262,853 km ahead of **Nikolay Kruglikov's** 256,457 km. The real explosion occurred in April in Coburg, Australia. **Yiannis Kouros** (AUS) had spoken before of covering 300 km in a day. He nearly made it at Coburg, recording a new absolute best of 294,104 km/182m 1316y and setting a new world 200 km best of 15:32:39 en route. He added over nine km to his previous best mark set last year. His remarkable form continued in May at the Surgères 48 hours. He covered 285,304 km in the first day, just shy of his previous world track best.

In May, **Hans Peter Bronnimann** set a new Swiss 24 hour road best of 257,329 km/159.8 miles in Basel. **Ivan Bogdanov** ran 254,662 km/158.2 miles in Moscow. In July, **Urban Kropfitch** set a new Australian best of 258,251 km/160.4 miles at Worschach.

This year's IAU European 24 Hour Challenge was held in Courcon, France. Hungarian **Ferenc Gyori**, making his debut in a 24-hour event, ran 259,922 km/161.5 miles (the best road mark of the year) to win well clear of **Michael Maier** (GER), who had also finished his national championships in second. Also in September, the inaugural IAU North American 24 Hour Championships were held in Sylvania, Ohio. The winner was **John Gessler** with 236,782 km/147.1 miles, ahead of **Tom Possert** 233,177 km/144.8 miles.

#### Women's 24 Hour

The women's 24 hour began the year explosively with a new absolute world best of 248,901 km/154m 1161y by **Elena Siderenkova** set on the small indoor track at Podolsk. Lapsheets are apparently not available, so ratification will not be possible. At Worschach in Austria, the consistent **Helga Backhaus** ran 229,389 km/142m 942y in July. The eagerly awaited confrontation between Siderenkova, the

German Lomsky, and track record-holder Robinson (GBR) had to wait until the IAU European Challenge in Courçon, France in September. However, it was **Marie Bertrand** on home territory who claimed first prize at 231.049 km/143.5 miles, ahead of Siderenkova's 227.287 km/141.2 miles, with Robinson in third with 223.129 km/138.6 miles. This performance was superior to her world track record set eleven years earlier, and Robinson competed successfully in the World Track Trophy 100 km the following weekend! The IAU North American 24 Hour championships also held in September featured serious competition between **Sue Ellen Trapp** from the U.S.A., **Suzanne Gagnon**, the Canadian record holder, and **Silvia Andonie**, the Mexican record-holder. They finished in that order, with Trapp recording 221.043 km/137.3 miles, Gagnon a new Canadian best of 202.552 km/125.8 miles, and Andonie with 193.105 km/119.9 miles. Backhaus ran a late season 227.845 km/141.5 miles at Niort, France in November.

The 24 hour season made a truly spectacular start, with Siderenkova and Kouros' world marks. Perhaps inhibited by the Beamesque quality of the latter's run, the rest of the year's marks tended to be solid, without matching the early promise. The continued growth of national and continental championships allied to the new world bests offer the prospect of further strong development in the event.

#### World 24 Hour Rankings - 1996:

##### Men

1. Yiannis Kouros, AUS
2. Ferenc Gyori, HUN
3. Nasibulla Khusnullin, RUS

##### Women

1. Elena Siderenkova, RUS
2. Marie Bertrand, FRA
3. Helga Backhaus, GER

#### 48 hours, 6 Days, 1000 Miles

The 24 hour's closely allied event, the 48, flourished brilliantly at Surgères, with Yiannis Kouros setting a new world best of 473.496 km/250m 764yards. Japan's **Seigi Arita**, a dominant force in French 24 hour running, (where he is resident) was second, and **Valery Goubar** (RUS) third with 383.924 km/238.5 miles. The 50-year-old Sue Ellen Trapp (USA) came into her own at Surgères, moving to second place on the all-time combined road and track list with 363.415 km/225m 1435y, ahead of her fellow country woman, **Sue Olsen**, with 336.272 km/208.9 miles. Eleanor Robinson was third with 329.336 km/204.6 miles. Earlier in the year, in February, there had been an indoor 48 hour at Brno. The race was won by Goubar with 352.227 km, but the significant performance was by Robinson, who moved to third place on the all-time combined list with 349.545 km/217m 347yards.

The best six-day marks of the year

were set by New Zealand's **Ian Curtis** with 836.0/519.4 miles set at Colac, Australia in November, and Britain's **Sandra Brown**'s 728.92 km/452.9 miles six-day split at Nanango, Australia in March. It was, however, the 1,000 mile race that attracted much attention. There were three such track races this year, and each time the world best for men was surpassed. In March at Nanango, **Gary Parsons** broke his won world best with 12 days 19:44:34. Brown set an inaugural women's track best of 14 days 10:27:21. Second in Nanango was **Alfredo Uria** (ESP). On his return home a 1,000 track event was arranged at Baracaldo where he surpassed Parsons mark with 12 days 17:59:09. In October, the Odessa 1,000 mile track event was held, and both first and second in the race surpassed Uria's mark. **Vladimir Glaskov** (RUS) and **Vladimir Vasutin** (UKR) recorded times of 12 days 13:32:41 and 12 days 14:55:21. Unfortunately, recording problems in both the Spanish and Ukrainian events will prevent these marks from being ratified.

#### Non-Standard Distances

There was no Trans-Continental race this year, but a 2,700 mile race around a 883-meter loop was held in Jamaica, New York. With compulsory rests from 11 p.m. until 6 a.m. each day, runners only had 17 hours to cover at least 57.4 miles/92.4 km. If any runner dropped below that minimum distance, they would be eliminated. **George Jermolajevs** (LAT) won the race in under 41 days, setting new road marks for 3,000 km and 4,000 km en route. The women's race was won by **Suprabha Beckjord** (USA) in just over 43 days, also setting 3,000 and 4,000 km marks on the way.

The classic non-standard events continue to attract runners. The 88.5 km/55 miles London to Brighton race was won by **Greg Dell** (GBR) in 6:00:59. The Comrades Marathon (90 km) was won by Russian **Ditri Grishin** in 5:29:33, ahead of **Nick Bester** (RSA) 5:30:48, with **Alexey Volgin** (RUS) in third. The women's race was won by Ann Trason (USA) in 6:14:12 with Maria Bak (GER) in second in 6:24:08, and Valentina Shateyava (RUS) third. The Spartathlon from Athens to Sparta (240 km) was won by **Roland Vuilleminot** (a former winner of the World 100 km Challenge). His time of 26:21 left him well clear of Japanese/American **Nobuaki Koyabo** in 27:41, with Yugoslavian **Dusan Mravlje** in third. The first woman was Helga Backhaus of Germany in 29:50, with **Mary Larsson** in second in 30:27, and **Kimie Funada** (JPN) in third.

Stage races offer even more variety. The Hiroshima to Nagasaki 457 km/283 miles race in August was won by **Hubert Karl** (GER) in 61:47:10 from **James Zarei** (GBR) with 63:04:50. The Vienna to Budapest 340 km/211 miles event in October was won by **Janos Bogar** (HUN) in the accumulated time of 24:30:37 some 25

minutes ahead of Konstantin Santalov. The first woman was Elena Siderenkova (RUS) in 29:58:32 some 43 minutes ahead of **Anke Drescher** of Germany.

#### Ultrarunning Growing Worldwide

During recent years on the world scene, I have focused on Asia and Latin America as growth areas. Japan, in particular, is developing strongly. When the Lake Saroma race became over-subscribed three years ago, a second race was begun on the island of Shikoku at River Shimanto. This race had 2,500 entries this year, and has a limit of 1,000. Consequently, a third 100 km had been started in another part of Japan at Akita, also with a limit of 1,000 runners. That race, too, is already over-subscribed. With the example of world class runners like Kondo, Kawaguchi and Arita setting national and Asian records, combined with a large, growing base of active ultrarunners, it will not be long before Japanese ultrarunners represent a serious threat to the Russians and others, especially with the World Challenge to be held in Japan in 1998.

As far as Latin America is concerned, the Mexicans have long been major figures in world marathon running. Now, at last, they are becoming part of the world ultrarunning network. In late December, a major international 100 km was held in San Pedro in northern Mexico and won by the active Konstantin Santalov. **Vincente Pani**, who figured strongly in the London to Brighton, produced a respectable time in second place behind the Russian. Together with the experienced Silvia Andonie, who has competed extensively abroad, there is already a nucleus of Mexican ultrarunners.

Among the other Latin American ultrarunning nations, the Brazilians are the most dominant with their men's team. For the first time in the Moscow World Challenge, and at the Bezana 100 km in Spain, two Brazilian women went under nine hours with a third at 9:26. The Argentinians have annual 100 km and 24 hour events and are beginning to compete successfully internationally.

Eastern European runners (other than the mighty Russians!) have been noteworthy for some years, but in 1996 their cumulative impact was felt. The Poles were a major force in both the World and European 100 km events, and the Hungarians were significant figures at 24 hours and beyond. The Czech runners Jelinek and Rusek compete at the highest level in their own events. Ukrainian, Latvian and Lithuanian ultrarunners surpassed world bests or figured prominently on world rankings. It is noteworthy that the Russian women made a strong comeback after a rather low-key 1995, with Elena Siderenkova as the new star of 1996.

The year was notable for the width and variety of the significant performances—with major marks from 30 miles to 4,000 km!

# All-Time Ultra Bests

*Reprinted from Ultra Running, Nov '97*

Below are some all-time lists for the most common ultra events. **Marks set in 1996 are listed in italics.** In order to make the lists as informative as possible, we have combined road and track performances, as well as certified and uncertified performances. The intent is to recognize the best ultra performances, recognizing that in many cases they will not satisfy all the criteria for ratification as records. This is especially true for marks set many years ago.

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

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

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

## Legend

R = road in otherwise track list

I = indoor

T = track in otherwise road list

s = split in longer event

\* = uncertified road course or no lap times taken

^ = incomplete lap recording (only to minute)

' = resident alien

rr = ratified record (better marks may exist)

## 1,000 Miles

### Men

Yiannis Kourous,GR	10+10:30:35	
Stu Mittleman,US	11+20:36:50	
Al Howie,46,GB	12+01:42:52	s
Siggy Bauer,41,NZ	12+12:36:20	
Vladimir Glackov,RUS	12+13:32:41	T
Vladimir Vasutin	12+14:55:21	T
Alfredo Uria,ESP	12+17:59:09	T
rr-Gary Parsons,AU	12+19:44:34	T
rr-Georgs Jermolajevs,52,LAT	12+20:14:27	Rs
Istvan Sipos,HUN	12+22:52:37	s
John Ball,SA	13+01:00	*
Piir Silkin,LIT	13+05:06:03	T
Marty Sprengelmeyer,45,US	13+07:19:41	s
Trishul Cherns,CAN	13+07:50:45	
Tom Possert,US	13+14:02:52	
Stefan Schlett,GER	13+16:11:06	s
Ian Javes,47,AU	13+18:35:50	s
Peter Gibson,NZL	13+19:48:16	T
Michel Careau,47,CAN	13+21:31:53	
Alan Fairbrother,49,GB	13+22:48:08	
Kevin Mansell,AU	14+02:15:46	T
John Wallis,52,US	14+09:45:04	
Dan Coffey,54,GB	14+10:44:50	
Rustem Giniatullin,RUS	14+11:43:31	T
Tony Rafferty,47,AU	14+11:59:04	T
Ronnie Wong,44,US	14+12:48:25	s

## 6 Days

### All-time, men

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

### Uncertified additions

Yiannis Kourous,GR	658	1144	R*
David Standeren,AU	628	352	R*
Kevin Mansell,AU	628	352	R*
Richard Tout,NZ	589	1199	Rs*

### World track record

Yiannis Kourous,GR	635	1385	
rr-Yiannis Kourous,GR	623	147	

### Modern, men

Jean-Gilles Boussiquet,48,FR	640	21	i
Yiannis Kourous,GR	639		Rs
Gilbert Mainix,57,FR	626	164	i
James Zarei,46,GB	622	508	
Bryan Smith,45,AU	622	435	

Ramon Zabalo,FR	593	64	
Patrick Macke,GB	579	207	i
Stu Mittleman,US	577	1100	i
Torn O'Reilly,GB	576	675	
Dusan Mravljje,YUG	568	319	
Siegfried Bauer,42,NZ	563	1245	
Maurice Taylor,41,AU	555	890	
George Gardiner,40,US	554	72	

### Age groups, world

40-44 J.-G. Boussiquet,FR	605	1691	i
45-49 J.-G. Boussiquet,FR	640	21	i
50-54 Gilbert Mainix,FR	609	775	i
55-59 Gilbert Mainix,FR	626	164	i
60-64 Cliff Young,AU	536		R*
George Perdon,AU	522	1664	
65-69 Cliff Young,AU	416	998	
70-74 Cliff Young,AU	406	225	
75-79 Drew Kettle,AU	363	876	T

### All-time, women

rr-Sandra Barwick,NZ	548	558	
Eleanor Adams,GB	538	582	
Donna Hudson,US	487	1585	
Edith Couhé,41,FR	479	968	i
Suprabha Schecter,US	459		Rs
Georgina McConnell,AU	458	1119	
Renate Nierkens,GER	458	1056	
Cynthia Cameron,AU	458	1006	
Lorna Richey,US	456	589	
Madame Du Pree,US,1882	456		
Pippa Davis,48,US/GB	454		Rs
Antana Locs,CAN	452		Rs
Silvia Andonie,MEX	450		R

### Uncertified additions

Mary Hanudel,US	486	1056	Rs*
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### Age groups, world

40-44 Sandra Barwick,NZ	548	558	
45-49 Renate Nierkens,GER	458	1056	
50-54 Georgina McConnell,AU	434	943	T
55-59 Ch. Vollmerhausen,57,GER	431		Rs
60-64 Françoise Lamothe,FR	402	1582	
65-69 Helen Klein,US	354	1584	R
70-74 Helen Klein,US	373		R

## 48 Hours

### All-time, men

Yiannis Kourous,40,AU	294	710	T
Tomas Rusek,46,CZ	269	514	
Valéri Goubar,SU	265	1187	^
Gilbert Mainix,57,FR	264	282	^
J.-G. Boussiquet,47,FR	263	597	^
Ramon Zabalo,FR	260	1717	
Charles Rowell,GB,1882	258	220	si
Richard Tout,NZ	253	914	Rs*
John Hughes,US,1882	251		s?
Seigi Arita,JPN	250	764	T
Richard Brown,GB	249	526	^
Anatoli Kruglikov,RUS	248	632	^
Alain Mallereau,FRA	245	945	^
Bryan Smith,AU,46	240	172	s
Brian Purcell,US	240		

### Age groups, world

40-44 Yiannis Kourous,AU	294	710	T
45-49 Tomas Rusek,46,CZ	269	514	
50-54 Gilbert Mainix,FR	259	427	^
55-59 Gilbert Mainix,FR	264	282	^
60-64 George Perdon,AU	198	164	s
65-69 Phil Latulippe,CAN	150	1689	i
70-74 Cliff Young,AU	145	87	T
75-79 Matt Miller,US	144	281	

### All-time, women

Hilary Walker,GB	227	1302	
Sue Ellen Trapp,50,US	225	1435	T
Eleanor Robinson,GBR	217	347	i
Susan Olsen,US	216	1444	
Arlette Touchard,44,FR	215	1543	
Angela Mertens,BEL	214	1196	
Marianne Savage,GB	213	1092	
Helen Stanger,AU	204	1038	
Sandra Barwick,NZ	202	1589	s
Else Bayer,GER	196	34	T
Silvia Andonie,MEX	195	1760	
Martina Hausmann	195	462	i
Edith Couhé,40,FR	195	167	
Christel Vollmerhausen,55,GER	193	1563	
Bev Williams,CAN	191	1470	i
Suprabha Beckjord,US	191		Rs
Sandra Brown,GB	190	1380	^
Françoise Lamothe,62,FR	190	48	

### Age groups, World

40-44 Arlette Touchard,FR	215	1543	
45-49 Sue Ellen Trapp,US	223	1340	R
50-54 Sue Ellen Trapp,US	225	1435	T
55-59 Else Bayer,GER	196	34	T
60-64 Françoise Lamothe,FR	190	48	
65-69 Françoise Lamothe,FR	169	890	^
70-74 Françoise Lamothe,FR	148	1729	^

## 24 Hours

### All-time, men

Yiannis Kourous,40,AU	182	1316	T
Wolfgang Schwert,GER	171	1106	R
Anatoli Kruglikov,RUS	171	857	
Bernard Gaudin,FR	170	1231	R
David Dowdle,GB	170	974	
Hans Erdmann,GER	170	580	R
Jean-G. Boussiquet,FR	169	705	
Eduard Khiron,RUS	169	699	
Nasibula Khushnulin,RUS	167	874	i
Don Ritchie,47,GB	166	1203	
Ivan Labutin,RUS	165	1690	
A. Komissarenko,SU	165	500	R*
Rae Clark,US	165	427	
Mikhail Eremisov,RUS	164	511	
Paul Beckers,BEL	164	342	R
Mark Pickard,GB	163	1249	
Valeri Goubar,SU	163	510	
Rune Larsson,SWE	163	346	
Richard Tout,NZ	163	286	iR

### World track record

Yiannis Kourous,40,AU	182	1316	T
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### World road record

Don Ritchie,GB	166	429	R
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### Age groups, world

40-44 Yiannis Kourous,40,AU	182	1316	T
45-49 Don Ritchie,GB	166	1203	
50-54 Peter Samulski,GER	162	343	R
55-59 Dave Cooper,GB	155	676	R
60-64 Max Courtillon,62,FR	149	91	iR
65-69 Cy McLaughlin,NZ	130	999	
70-74 Konrad Volening,GER	115	285	
75-79 Ernie Warwick,GB	103	651	

### All-time, women

Yelena Siderenkova,RUS	154	1161	i
Sigrid Lomsky,51,GER	151	706	R
Eleanor Adams,41,GB	149	411	
Hilary Walker,GB	146	1629	R
Sue Ellen Trapp,47,US	145	506	R
Angela Mertens,BEL	144	395	R
Marie Bertrand,FRA	143	1502	R
Ann Trason,US	143	152	R
Helga Backhaus,GER	142	942	R
Marianne Savage,GB	141	1306	R
Monika Kuno,GER	141	132	R
Randi Bromka,40,US	138	510	R
Tamara Merslikina,SU	137	1684	R
Sandra Barwick,NZ	137	21	
Helen Stanger,AU	136	996	
Anni Loenstad,DEN	135	534	R
Susan Olsen,US	134	1695	
Wynnis Wu Cosgrove,NZ	134	1222	
Rosalyn Paul,GB	134	1089	s
Pascale Mahe,FRA	134	1042	R
Waltraud Reisert,GER	133	1486	R
Sandra Brown,GB	133	1110	R
Anna Dyck,GER	133	1044	R
Monica Peter,GER	133	966	R
Lynn Fitzgerald,GB	133	939	

### World Indoor record

Yelena Siderenkova,RUS	154	1161	i
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### Age groups, world

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

## 200 Km

### All-time, men

Yiannis Kourous,GR	15:11:10	s
rr-Yiannis Kourous,AU	15:32:39	T
Don Ritchie,GB	16:19:16	s
Wolfgang Schwert,GER	16:20:51	Rs
Martin Daykin,GB	16:20:46	*
Jean-Marc Bellocq,FR	16:26:00	R
rr-Don Ritchie,GB	16:31:08	R
Paul Beckers,BEL	16:51:33	R

### Age groups, world

40-44 Yiannis Kourous,AU	15:32:39	T
45-49 Don Ritchie,GB	16:19:16	s
50-54 Helmut Schieke,GER	18:16:15	Rs
55-59 Dave Cooper,GB	19:16:16	Rs
60-64 Max Courtillon,FR	19:42:13	siR
65-69 Cy McLaughlin,NZ	22:41:00	s
70-75 Cliff Young,AU	42:11:47	T
76-79 Drew Kettle,AU	42:38:51	T

## All-time, women

Eleanor Adams,42,GB	19:00:31	sRi
Sigrid Lomsky,GER	19:08:21	Rs
Ann Trason,US	19:22:05	Rs
rr-Elena Siderenkova,RUS	20:00:00	
Hilary Walker,GB	20:05:50	Rs
Sue Ellen Trapp,47,US	20:14:06	Rs
<i>Marianne Savage,GBR</i>	20:23:06	T
Angela Mertens,BEL	20:39:05	Rs
Monika Kuno,GER	20:43:42	s

## Age groups, world

40-44 Eleanor Adams,GB	19:00:31	
45-49 Sue Ellen Trapp,US	20:14:06	
50-54 Sigrid Lomsky,GER	19:08:21	
55-59 <i>Else Bayer,GER</i>	27:46:38	T
65-69 <i>Françoise Lamothe,FRA</i>	32:58:00	T
70-75 <i>Françoise Lamothe,FRA</i>	38:27:41	T

## 12 Hours

### Men

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

## Age groups, world

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

### Women

Ann Trason,US	91	1258	T
Angela Mertens,BEL	87	831	
Eleanor Adams,GB	83	1339	T
<i>Anni Loenstad,DEN</i>	83	877	R
Hilary Walker,GB	83	682	Ts
Eleanor Adams,GB	83	555	

## Age groups, world

40-44 Eleanor Adams,GB	83	1339	T
45-49 Angela Mertens,BEL	87	831	
50-54 Sandra Kiddy,US	75	1454	
55-59 Pat Bonner,GBR	64	401	T
60-64 Ursula Schmitz,GER	62	241	
65-69 Françoise Lamothe,FRA	62	241	

## 100 Miles

### All-time, men

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

## Age groups, world

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

### All-time, women

Ann Trason,US	13:47:42	
Eleanor Adams,42,GB	14:43:40	si
Hilary Walker,GB	14:49:34	
Sigrid Lomsky,51,GER	15:02:30	s
Sue Ellen Trapp,44,US	15:05:51	
Christine Barrett,GB	15:07:45	
Sandra Kiddy,49,US	15:12:54	
Monika Kuno,GER	15:27:46	Ts
Donna Hudson,US	15:31:57	*
Marianne Savage,GB	15:42:36	si
Lynn Fitzgerald,GB	15:44:21	Ts
Marcy Schwam,US	15:44:28	Ts
Randi Bromka,US	15:45:52	s
Winnie Cosgrove,HK	15:54:57	*
Sue Medaglia,48,US	15:55:17	*
Sue Olsen,US	15:55:24	Ts

## Age groups, world

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

## 100 Km

### All-time, men, certified

rr-Don Ritchie,GB	6:10:20	T
Jean-Paul Praet,BEL	6:15:30	
rr-Jean-Paul Praet,Bel	6:16:41	R
Valmir Nunes,BRA	6:18:09	
Alexey Volgin,RUS	6:20:44	
Aleksander Masargin,RUS	6:20:59	
Konstantin Santalov,RUS	6:22:28	
Jaroslav Janicki,POL	6:22:33	
Kazimierz Bak,GER	6:24:29	
Bruce Fordyce,SA	6:25:07	
Jiri Jelinek,CZ	6:25:19	
Cavin Woodward,GB	6:25:28	Ts
Jean-Marc Belloq,FR	6:26:13	
Kiminari Kondo,JPN	6:26:23	
Shaun Meiklejohn,SA	6:26:58	
Andrzej Magier,POL	6:27:29	
Tim Sloan,AU	6:29:25	
Karl-Heinz Doll,GER	6:29:34	

### Uncertified additions

Vaclav Kamenik,CZ	6:17:56	*
Jan Szumiec,POL	6:17:57	*
Alexey Volgin,RUS	6:18:49	*
Domingo Catalan,SP	6:19:35	*

## Age groups, world

40-44 Domingo Catalan,SP	6:30:37	
45-49 Roland Vuilleminot,FR	6:30:35	
50-54 <i>Roland Vuilleminot,FRA</i>	6:43:33	R
55-59 Kurt Engländer,GER	7:10:51	
60-64 Peter Köhn,GER	8:03:52	
65-69 Wil Van der Lee,HOL	8:07:22	
70-74 Heiner Gutbier,GER	9:20:45	
75-79 Konrad Volkening,GER	11:53:10	
80-84 Michael Selb,SW	16:40:13	
85-89 Johann Schauer,SW	21:06:25	R
40+ track: Don Ritchie,GER	6:46:10	T

### All-time, women, certified

Ann Trason,US	7:00:48	
<i>Noriko Kawaguchi,JPN</i>	7:11:42	
Bireit Lennartz,GER	7:18:57	
Valentina Liachova,RUS	7:22:18	
Carolyn Hunter-Rowe,GB	7:27:19	
Valentina Schatyaeva,RUS	7:27:39	
Maria Bak,GER	7:30:32	
Helena Joubert,SA	7:31:47	
Donna Perkins,US	7:33:46	
Irina Petrova,18,RUS	7:34:05	
Alicia Portela Lario,POR	7:34:27	
Marta Vass,HUN	7:37:05	
<i>Martine Cubizolles,FRA</i>	7:38:56	
Linda Meadows,AU	7:40:57	
Trudi Thomson,GB	7:42:17	
Isabelle Olive,FR	7:43:14	
Chrissy Duryea,US	7:44:23	
Nurzia Bagmanova,RUS	7:44:37	
<i>Huguette Jouault,FRA</i>	7:46:53	T
<i>Yelena Siderenkova,RUS</i>	7:48:25	

### Uncertified addition

Irina Petrova,RUS	7:22:55	*
Chantal Langlacé,FR	7:26:01	*

## Age groups, world

40-44 Nadiezhdia Gumierova,RUS	7:46:44	
45-49 <i>Huguette Jouault,FRA</i>	7:46:53	T
50-54 Daniele Geoffroy,FR	7:54:23	
55-59 Sandra Kiddy,US	8:42:36	
60-64 Ursula Schmitz,GER	9:20:07	
65-69 Françoise Lamothe,FR	11:24:23	
70-74 Helen Klein,US	12:50:49	s
75-79 Rosa Vögeli,SW	15:38	*

## Age groups, U.S.

40-44 Sue Ellen Trapp	8:38:44	
45-49 Sandra Kiddy	7:49:17	
50-54 Sandra Kiddy	8:46:11	*
Sandra Kiddy	9:16:28	
55-59 Sandra Kiddy	8:42:36	
60-64 Ruth Anderson	11:30:58	
65-69 <i>Shirley Young,AU</i>	10:47:13	R
70-74 Helen Klein	12:50:49	s

## 50 Miles

### All-time, men

Bruce Fordyce,GB/SA	4:50:21	s
Barney Klecker,US	4:51:25	
Don Ritchie,GB	4:51:49	i
Andrew Jones,CAN	4:54:59	

Risto Laitinen,FIN	4:57:28	*
Cavin Woodward,GB	4:58:53	T

## Age groups, world

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

### All-time, women

Ann Trason,US	5:40:18	
<i>Valentina Lyachova,RUS</i>	5:55:41	T
<i>Donna Perkins,US</i>	5:55:45	
Carolyn Hunter-Rowe,GB	5:57:58	
Marcy Schwam,US	5:59:26	
Kim Moody,US	6:01:53	
Leslie Watson,GB	6:02:37	*
<i>Eleanor Adams,GB</i>	6:04:00	
Mary Morgan,AU	6:07:29	
Linda Meadows,AU	6:07:58	T
Sandra Kiddy,47,US	6:09:09	
<i>Sue Olsen</i>	6:09:28	
Ann Franklin,GB	6:10:24	s
<i>Huguette Jouault,FRA</i>	6:12:07	T
Hilary Walker,GB	6:12:11	T
Daniela Cherniak,US	6:13:44	
<i>Martina Byachova,RUS</i>	6:17:12	T
Monika Kuno,GER	6:17:30	Ts
Donna Perkins,US	6:18:38	
Jan Kreuz,41,US	6:19:05	

## Age groups, world

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

## 50 Km

### All-time, men

Thompson Magawana,SA	2:43:38	s
Jeff Norman,GB	2:48:06	T
Ben Choou,SA	2:48:52	
<i>Zithulele Sinque,SA</i>	2:50:16	
<i>Dmitri Grishin,RUS</i>	2:50:28	s
Don Ritchie,GB	2:50:30	T
Miltas Tshabalala,SA	2:50:45	R
Chuck Smead,US	2:50:46	*
Don Paul,US	2:50:55	
<i>William Molo,RSA</i>	2:50:57	s
<i>Thabiso Mphahli,RSA</i>	2:50:58	s
Johnny Halberstadt,SA	2:51:16	*
<i>Mandla Mkhathshwa,RSA</i>	2:51:32	s
Barney Klecker,US	2:51:53	
Johannes Thobejane,SA	2:52:13	s
Willie Farrell,SA	2:52:16	*
Bill Scoobey,US	2:52:24	*
Bruce Mortensen,44	2:59:36	
Jeff Wall 3:00:00		

## Age groups, world

40-44 Jeff Norman,GB	2:53:21	
Tim Johnston,GB	2:55:07	T
45-49 Stephen Moore,GB	3:04:48	Ts
50-54 Fred Kiddy',US/GB	3:15:39	
55-59 Otho Perkins,US	3:17:26	T
60-64 Malcolm Gillis,US	3:35:51	
65-69 Ray Piva,US	3:50:02	
70-74 Randall Hughes	4:16:50	T
75-79 Ed Benham,US	5:03:38	
80-84 <i>Edson Sower,US</i>	7:31:41	Ts
85-89 <i>Charles Benovoy,CAN</i>	14:50:01	Ts

### All-time, women

Frith van der Merwe,SA	3:08:39	s
Janis Klecker,US	3:13:51	
Maria Bak,GER	3:16:36	
Carolyn Hunter-Rowe,GBR	3:18:52	Ts
<i>Monica Drugmoller,RSA</i>	3:18:55	s
Ann Trason,US	3:20:23	T
Linda Edgar,US	3:21:27	*
<i>Liz Eglinton,RSA</i>	3:22:00	s
<i>Trudi Thomson,GBR</i>	3:23:23	s
Mary Bange,US	3:23:31	*
Lorraine Moller,NZ	3:23:57	a
<i>Jowaine Parrott,RSA</i>	3:24:11	s
Carolyn Hunter-Rowe,GB	3:26:44	Ts
Jan Arenz,US	3:26:47	
<i>Madeleen Otto,RSA</i>	3:27:01	s
Linda Meadows,AU	3:27:22	
<i>Eniko Feher,HUN</i>	3:28:13	s
<i>Lizanne Holmes,RSA</i>	3:28:31	s
Birgit Lennartz,GER	3:29:40	
Ricarda Botzon,GER	3:29:52	

## Age groups, world

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

# **AUSTRALIAN RANKINGS FOR 1000KM TRACK BY WOMEN**

Rank	Name	State	PB for 1000KM	Place	Date	at Age
1	McCONNELL, Georgina	NSW	10d19:50:58	NANANGO	23/03/96	

# **AUSTRALIAN RANKINGS FOR 1000KM TRACK BY MEN**

Rank	Name	State	PB for 1000KM	Place	Date	at Age
1	SMITH, Bryan	VIC	05d23:52:23	COLAC	19/11/89	46
2	PARSONS, Gary	QLD	07d17:36:56	NANANGO	21/03/96	47
3	COLLINS, Tony	NSW	08d01:40:31	NANANGO	21/03/96	48
4	MANSELL, Kevin	SA	08d06:56:00	NANANGO	21/03/96	45
5	WATTS, Graham	QLD	08d11:27:33	NANANGO	21/03/96	42
6	BEAUCHAMP, William	VIC	09d02:18:18	NANANGO	22/03/96	50
7	BURNS, Bob	QLD	09d15:32:04	NANANGO	08/03/94	50
8	HOLLERAN, David	QLD	09d21:01:40	NANANGO	08/03/94	37
9	GRAY, Peter	VIC	10d13:02:14	NANANGO	24/03/96	31
10	KETTLE, Drew	VIC	13d23:05:05	NANANGO	27/03/96	76

# **AUSTRALIAN RANKINGS FOR 1000ML TRACK BY MEN**

Rank	Name	State	PB for 1000ML	Place	Date	at Age
1	PARSONS, Gary	QLD	12d19:44:35	NANANGO	26/03/96	47
2	MANSELL, Kevin	SA	14d02:15:46	NANANGO	27/03/96	45
3	RAFFERTY, Tony	VIC	14d11:59:04	PARRAMATTA	26/08/89	50
4	BEAUCHAMP, William	VIC	15d08:52:38	NANANGO	28/03/96	50

# **AUSTRALIAN RANKINGS FOR 1000KM ROAD BY WOMEN**

Rank	Name	State	PB for 1000kmRD	Place	Date	at Age
1	HERBERT, Cynthia	VIC	8d10:55:00	SYD-MELB	27/03/87	44

# **AUSTRALIAN RANKINGS FOR 1000KM ROAD BY MEN**

Rank	Name	State	PB for 1000kmRD	Place	Date	at Age
1	STANDEVEN, David	SA	5d13:55:00	SYD-MELB (1011km		24/05/89 37
2	MANSELL, Kevin	SA	5d22:59:00	SYD-MELB	18/05/89	38
3	QUIRK, Peter	NSW	6d11:40:00	SYD-MELB	17/05/90	
4	TAYLOR, Maurice	NSW	6d18:40:00	SYD-MELB	17/05/90	42
5	HILL, Ron	VIC	6d22:36:00	SYD-MELB	27/03/87	
6	BLOOMER, Brian	VIC	7d04:53:47	SYD-MELB	02/05/86	45
7	BREIT, John	VIC	7d10:06:00	SYD-MELB	17/05/90	32
8	TOLLIDAY, Owen	QLD	7d19:00:00	SYD-MELB	18/05/89	39
9	STENNER, Graham	SA	7d19:45:00	SYD-MELB	18/05/89	44
10	WISHART, Greg	VIC	8d00:55:00	SYD-MELB D	18/05/89	50
11	RECORD, Joe	WA	8d01:14:27	SYD-MELB	02/05/86	44
12	COX (SNR), Terry	VIC	8d07:25:00	SYD-MELB	18/05/89	52
13	MARTIN, Rod	NSW	8d09:33:00	SYD-MELB	17/05/90	47
14	PARKER, Ross	WA	8d10:01:00	SYD-MELB	17/05/90	
15	TAYLOR, Dave	NSW	8d12:13:00	SYD-MELB	18/05/89	37
16	YOUNG, Cliff	VIC	9d13:17:00	SYD-MELB		

# **AUSTRALIAN RANKINGS FOR 1000ML ROAD BY MEN**

Rank	Name	State	PB for 1000mlRD	Place	Date	at Age
1	RAFFERTY, Tony	VIC	14d16:45:11	HULL, UK	26/07/86	47



# AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN TRACK RECORDS as at February 1997

## MEN - DISTANCE RECORDS - km

50km #	Bruce COOK (ACT)	3:09:50	Parramatta NSW (NS)	5/3/89
100km #	Trevor JACOBS (ACT)	7:16:17	East Burwood Vic. (S)	21/6/92
150km	Yiannis KOUROS (Vic)	11:23:34	Coburg, Vic (S)	13/4/96
200km #	Yiannis KOUROS (Vic)	15:32:39	Coburg, Vic (S)	14/4/96
500km	Bryan SMITH (Vic)	2d.19:00:21	Colac Vic (NS)	16/11/89
1000 km.	Bryan Smith (Vic)	5d.23:52:23	Colac, Vic (NS)	19/11/89
1500km	Gary Parsons (Qld)	11d.23:04:04*	Nanango, Qld (NS)	25/3/96

## MEN DISTANCE RECORDS - Miles

30 Miles	Martin THOMPSON (NSW)	3:01:19	Ewell Court UK (S)	29/4/78
40 Miles	Dragan ISAILOVIC (Vic)	4:07:33	East Burwood (Vic) (S)	19/6/93
50 Miles #	Dragan ISAILOVIC (Vic)	5:15:00	East Burwood, Vic (S)	19/6/93
100 Miles #	Yiannis Kouros (Vic)	12:16:03*	Coburg, Vic (S)	14/4/96
500 Miles	Bryan SMITH (Vic)	4d.19:05:09*	Colac Vic (NS)	18/11/89
1000 Miles	Gary Parsons (Qld)	12d.19:44:35	Nanango, Qld (NS)	26/3/96

## MEN TIME PERIOD RECORDS:

6 Hours	Trevor JACOBS (ACT)	83.600km**	East Burwood Vic (S)	21/6/92
6 Hours	Yiannis KOUROS (Vic)	83.600km**	Coburg, Vic (S)	8/4/95
12 Hours #	Yiannis KOUROS (Vic)	157.600km**	Coburg, Vic (S)	14/4/96
24 Hours #	Yiannis KOUROS (Vic)	294.104km	COBURG, VIC (S)	14/4/96
48 Hours #	Yiannis KOUROS (Vic)	470.781km	Surgeres, France	8/5/95
6 Days #	Bryan SMITH (Vic)	1001.410km	Colac Vic (NS)	19/11/89

## WOMEN -DISTANCE RECORDS - km

50km #	Mary MORGAN (WA)	3:44:18	Bunbury WA (NS)	4/3/95
100km #	Linda MEADOWS (Vic)	8:24:11	Frankston Vic (S)	30/4/94
150km	Helen STANGER (NSW)	15:23:14	COBURG, VIC (S)	14/4/96
200km #	Helen STANGER (NSW)	21:40:52	Wollongong, NSW (S)	2/4/95
500km	Georgina McConnell (NSW)	3d.23:51:52	Colac, Vic (NS)	19/11/92
1000km	Georgina McConnell (NSW)	10d. 19:50:58*	Nanango, Qld (NS)	24/3/96
1500km	Vacant			

## WOMEN DISTANCE RECORDS - miles

30 Miles	Mary MORGAN (WA)	3:36:45	Bunbury, WA (NS)	4/3/95
40 Miles	Linda MEADOWS (Vic)	4:51:52	East Burwood Vic (S)	18/6/94
50 Miles #	Linda MEADOWS (Vic)	6:07:58	East Burwood, Vic	18/6/94
100 Miles #	Margaret SMITH (Vic)	16:01:43	Manly, NSW (NS)	21/4/84
500 Miles	Georgina McConnell (NSW)	8d.4:31:28	Nanango, Qld (NS)	21/3/96
1000 Miles	Vacant			

## WOMEN - TIME PERIOD RECORDS

6 Hours	Linda Meadows (Vic)	78.742km	East Burwood, Vic (S)	18/6/94
12 Hours #	Mary MORGAN (WA)	130.832km**	Bunbury, WA (NS)	3/4/94
24 Hours #	Helen STANGER (NSW)	219.782km	Wollongong, NSW (S)	2/4/95
48 Hours #	Helen STANGER (NSW)	329.256km	Lota, Qld (NS)	2/6/95
6 Days #	Georgina McConnell (NSW)	738.103km	Campbelltown, NSW (NS)	24/11/90

## LEGEND

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

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

# AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

## CURRENT AUSTRALIAN ROAD RECORDS

### as at December, 1996

#### MEN - DISTANCE RECORDS - km

50km #	Steve EVANS (Q'ld)	2:56:29 (a)	Canberra ACT	9/4/95
100km #	Tim SLOAN (Tas)	6:29:26 (a)	Ross to Richmond Tas	23/4/95
150km	Graham MEDILL (Qld)	15:57:34 (d)	QRRC 24 Hr.Q'ld	26/6/88
200km #	John BREIT (Vic)	18:49:36(d)	L'ston - Hobart,Tas	16/10/88
500km	Bryan SMITH (Vic)	2d.19:54:00 (c)	Albany to Perth WA	14/10/94
1000km	David STANDEVEN (SA)	5d.13:55:-- (c)	Syd - Melb (1011km)	24/5/89
1500km	Ian JAVES (Qld)	13d.8:03:37(a)	Sri Chinmoy, N.Y.	1/10/89
2000km	Ian JAVES (Qld)	17d.4:55:37 (a)	Sri Chinmoy, N.Y.	5/10/89

#### MEN - DISTANCE RECORDS - miles

30 Miles	George PERDON (Vic)	2:53:48 (d)	Princes Park, Vic	15/8/65
40 Miles	Martin THOMPSON (NSW)	4:04:36(d)	Isle of Man ,UK	5/5/77
50 Miles #	George PERDON (Vic)	5:22:55 (c)*	Portsea - Melb. Vic	May 1968.
100 Miles #	Keith SWIFT(NSW)	14:02:54 (c)	Melb - Colac, Vic	23/11/84
500 Miles	Tony RAFFERTY (Vic)	Less than 6 days (d)	Melb - Colac, Vic	Nov.'83
1000 Miles	Tony RAFFERTY (Vic)	14d.16:45:11 (a)	Hull,UK	26/7/86
1500 Miles	George PERDON (Vic)	25d.22:9:-- (c) *	Transcont. Aust	1973
2000 Miles	George PERDON (Vic)	32d.19d.43:-- (c)*	Transcont. Aust	1973
2500 Miles	George PERDON (Vic)	42d.04:03:-- (c)*	" " " (2600 Miles)	1973

#### MEN - TIME PERIOD RECORDS:

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

#### WOMEN - DISTANCE RECORDS - km:

50km #	Linda MEADOWS (Vic)	3:27:22 (a)	Canberra ACT	9/4/95
100km #	Linda MEADOWS (Vic)	7:40:58 (a)	Kurow,NZ	18/11/95
150km	Helen STANGER (NSW)	16:45:24 (a)	Basel, Switzerland	3/5/92
200km #	Helen STANGER (NSW)	23:21:04 (a)	Basel, Switzerland	3/5/92
500km	G. McCONNELL (NSW)	4d.2:27:-- (c)	Alb- Perth,WA(560km)	16/10/93
1000km	Cynthia HERBERT (Vic)	8d.10:55:00	Syd - Melb (1060km)	27/3/87
1500km	Open for claim			
2000km	Open for claim			

#### WOMEN - DISTANCE RECORDS - miles:

30 Miles	Open for claim			
40 Miles	Open for claim			
50 Miles #	Mary MORGAN (WA)	6:07:26 (a)	Harriers, Canada	31/8/94
100 Miles #	Helen STANGER (NSW)	18:13:11 (a)	Basel, Switzerland	3/5/92
500 Miles	Open for claim			
1000 Miles	Open for claim			

#### WOMEN - TIME PERIOD RECORDS:

6 Hours	Nicole CARROLL (Qld)	62.600km (c)	Toowoomba, Qld	10/3/91
12 Hours #	Helen STANGER (NSW)	112.225km (a)	Basel, Switzerland	3/5/92
24 Hours #	Helen STANGER (NSW)	206.497km (a)	Basel, Switzerland	3/5/92
48 Hours #	Wanda FOLEY (NSW)	228.000km (d)	Campbelltown, NSW	8/11/88
6 Days #	Wanda FOLEY (NSW)	619.012km (d)	Campbelltown, NSW	12/11/88

#### LEGEND

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- # AURA Record plaques issued for these marks.

# MEMBERSHIP APPLICATION

## AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I .....  
(Full name of Applicant)

of .....  
(Address)

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

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

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

\*\*\*\*\*

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

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

\*\*\*\*\*

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

.....  
(Signature of Seconder) (Date)

\*\*\*\*\*

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

Please circle desired rate: \$ 2 5 within Australia

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

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

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

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