

ULTRAMAG

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June 1997



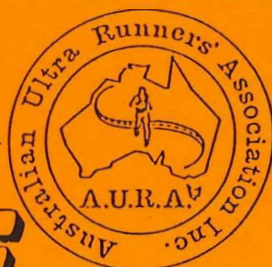
DO YOU KNOW THIS MAN?

Of course you do.
It's Yiannis Kouros,
who has just broken
his own World 24 Hour
Track Record just one
more time.

It happened in the Sri
Chinmoy event on 2nd
and 3rd of March this
year in Canberra.

Tony Rafferty sent us
this photo but it would
have been nice to have
had some results, and
a race report from the
organisers.

 **AURA**
MAGAZINE



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

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EDITORIAL

A plea from Race Organisers!

Do you realize that a Race Organiser's check - list has over 200 jobs which have to be attended to, in order to conduct a successful event ?

So PLEASE assist those who are dedicated enough to put themselves up, by doing the following

- * Enter the event before the closing date.

- * Appreciate the efforts the organiser has put in and thank him or her. And just remind yourself that it's a love job and he or she gets stuff-all for the time and effort, apart from the satisfaction of having put on a good event.



Put
yourself
in
Someone
else's
Shoes

- * Write to us about the event, as soon after the event as you can while impressions are still fresh. Two weeks later is too late. You will have forgotten the interesting details which make a good article.

- * Send us some photographs of the big event. We want to see you in action. (or some "before" and "after" shots would be good.)

Dot Browne
Hon. Sec.



1997 ULTRA CALENDAR

- 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, \$28 entry (AURA members), \$33 others; ordered tee-shirts - \$10, contact Geoff Hook, 42 Swayfield Road, Mt.Waverley, 3149 or phone (03) 9808-9739.
- Jul 4-20 **1000 MILE EVENT**, St.Leonard's Park, North Sydney, No.2 Oval, grass track, Contact Tony Collins (043) 963281 or Barry Stewart (071) 690 118
- 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 (
- Sept 8 - 12 **FIVE DAY STAGED FOOT RACE, Q'LD** (Start & finish at Nanango, South Burnett, 180km north of Brisbane), approx. 330km total distance ranging from 55km to 72km daily, handicap start. \$90 entry fee, \$80 QURC members - which includes 3 meals for the runner only), A QURC event. (QURC members \$115) Closing date 22/8/97. Contact Ron Grant, Bellmere Convenience Store, Bellmere Road, Bellmere 4510 Caboolture or telephone Ron or Dell Grant on 0754 989965
- Sept 13 **ROYAL NATIONAL PARK ULTRA, NSW**, 50km, 6am start at Grays Point Oval, Grays Point, \$35, Entries to Royal National Park Ultra, Billy's Bushies, P.O. Box 380, Sutherland, NSW 2232, phone/fax Billy Collis (02)9520 6774 answering service or Billy Collis information (02) 9525 5126
- Sept 27-28 **100 MILE / 106KM / 58KM TRAIL RUNS**, (Q'ld) Glasshouse Mountains. Loop course, 58km circuit. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, Q'ld, phone (0754) 95 4334.
- 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 5 **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) 83226400
- Oct 25/26 **SRI CHINMOY 12/24 HOUR TRACK RACE, SA.**(Australian 24 Hours Championship) \$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.

1997 ULTRA CALENDAR

- 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 (0754) 989965 or Gary Parsons (074) 95 7208
- Nov **BRINDABELLA CLASSIC, ACT** organised by the ACT Cross Country Club, 53km trail run over the Brindabella mountains, just south of Canberra. Contact Trevor Jacobs on (06) 254 7177 (H) or (06) 279 0134 (W). or ACT C.C. Club, GPO Box 252, Canberra 2601
- Nov **AUSTRALASIAN 100KM ROAD CHAMPIONSHIPS**, Waitaki District of North Otago, New Zealand, 6.00am start, 12 hours time limit, Closing date October 14 Entry fee NZ\$60.00, Contact: Race Director, Scott Leonard, 4/69 View Road, Mt.Eden, Auckland, New Zealand. Phone/Fax 64 9 623 0567. "That Dam Run"
- Nov 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 (if accepted - after 30th September) \$125. Enquiries and entry forms to P.O. Box 163, Colac 3250. Vic. or phone President: Mark Bayne (03)5233 1488, Secretary (03)5233 8361 or Treasurer John Farrell (03) 5231 2558. 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
Jan 11 **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 **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 **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 25 **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

1998 ULTRA CALENDAR

- Feb **CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston, Tas 7250, phone (03) 63 954294 Entries close: 21st January, 1997
- Feb **6 or 12 HOUR + 50K, 50 MILE, 100KM QUEENSLAND ROAD CHAMPIONSHIP,** Caboolture Historic Village, Q'ld. Contact Race Director Ian McCloskey (0754) 952864 or Gary Parsons (0754) 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)
- Feb 25 **250KM WONDAI TO BRISBANE FUNDRAISING RUN,** staged run, different starting days and times, finish together on 8th March, Own crew and vehicle required. Enquiries Barry Stewart, Race Director, 19 Greenview Road, Wondai 4606 Ph. 071 690118 (AH)
- 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 **IAU INTERNATIONAL 1000 MILES TRACK CHAMPIONSHIPS NANANGO, Q'd** - event organised by the Nanango 1000 Mile Track Race Committee, proudly associated with the QURC. Contact Peter Warner, Race Organiser, 43 Carbeen Cres, Nanango 4615. Tel (071) 631005
- 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 **AURA 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 22 **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

1998 ULTRA CALENDAR

- Mar5 - 14** **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)
- April** **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, VIC.** supported by Vets. 24 Hour Relay Challenge. Harold Stevens Athletic Track, Coburg, Maximum of 10 individual racers per team. Entry \$10 per team member. Open and Vets team categories. Also individual 24 Hour Track event. Entry \$30. Both relay and individual events start 12 noon on Saturday. Entry forms available from: Gordon Burrowes, 37 Douglas Avenue, St.Albans 3021 Ph. (03)9366 0326
- April** **KING & QUEEN OF MT.MEE 50KM, 25KM, & 10KM, Q'LD,** out and back course (twice for 50km) on bitumen and dirt roads; 50km start 6.30am, 25km start 7.30am, 10km 9am start. Sealed Handicap for 50km & 25km events. Presentations and light lunch at Mt.Mee Hall after race at 1.30pm. A QURC event. Contact: Gary Parsons P.O. Box 1664, Caboolture 4510, Ph. (074) 957208 or Ian McClosky (074) 95 2864
- April** **BRISBANE WATER BUSH BASH , NSW,** 47km trail run. start at 6am at Gosford Olympic Pool, finish Gosford Sailing Club, Time limit 9 hours, \$30 entry, Entries to Greg Love, 76 Birdwood Avenue, Umina 2257, Ph. (043) 41 6384
- May** **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** **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** **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
- July/August** **1000 MILES TRACK, NSW.** at Bon Andrews Oval, St.Leonards Park, North Sydney. Limit of 5 elite able-bodied runners and 5 disabled runners, cut off period 15 days, daily cut-off distance for able-bodied estimated 108kms, disabled will have handicapping system applied to them. Enquiries : Tony Collins (043) 963281 or Barry Stewart (071) 690118 (AH), 19 Greenview Road, Wondai 4606 Q'ld.

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Australian Ultra Runners' Association Incorporated will be held at the clubrooms of the Bill Sewart Athletic Track, Burwood Highway, East Burwood, on **Saturday 21st June, 1997 at 5pm.**

Business to be transacted at this meeting comprises:

- (a) to confirm the Minutes of the previous AGM held on 20th July, 1996.
- (b) to receive from the Committee reports upon transactions of the Association since the previous AGM.
- (c) to receive and consider the statement to be submitted by the Association in accordance with Section 30(3) of the Associations' Incorporation Act.
Statement by Committee:

In the opinion of the Committee -

- (1) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association for the year ended 31st December, 1996 and the state of affairs of the Association as at 31st December, 1996.
- (2) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
- (3) the accounts have been compiled by a simple Income and Expenditure format.
- (d) to elect officers of the Association and the Ordinary Members of the Committee.
- (e) Appointment of Auditor.
- (g) General Business

Only items listed here may be voted on by means of resolution at the AGM.
Other items not requiring resolutions may be discussed.

The time, date and place of the AGM has been chosen to coincide with a planned get-together of all those associated with the AURA 50 Mile Track Race. This way, we will be honoured with the presence at least a few interstate members, who will be attending the race. AGMs can be uninteresting occasions, so this one will be kept short. It is desirable to have as many members attending as possible (or your proxy vote) to show that you care about AURA and the way it is being run and managed. Some refreshments will be provided by the Association. However, it would be appreciated if you could bring a plate of food to share, and something to drink.

Regards,


GEOFF HOOK (President)

Another hardworking
AURA committee is to
be elected at our
Annual General Meeting
to be held at East Burwood
on Saturday 21st June, 1997 .



AURA CLOTHING & BADGES

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

We also have printed cloth badges and car windscreen stickers.

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

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

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

AURA CLOTHING ORDERS

COSTS:	T-shirt	\$8.00	Postage	\$1.40
	L/S T-shirt	\$12.00	Postage	\$1.40
	Singlet	\$ 8.00	Postage	\$1.40
	Fleecy wind-cheater	\$18.00	Postage	\$2.80

COLOURS: RED WHITE GOLD GREY NAVY

SIZES: 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

PRINTED CLOTH BADGES

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

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

CAR WINDSCREEN STICKERS

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

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

Kindly fill in details in BLOCK LETTERS:

NAME:

ADDRESS:

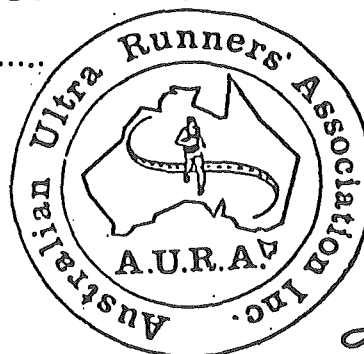
.....POST CODE:.....

TYPE:

SIZE: COLOUR:

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

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



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:

.....

.....

.....

Dear Dot

Already negotiations are underway with the Parks Dept.; North Sydney Municipal Council, for again staging a 1000 miles in 1998 and 3 x 1000 mile event in 1999. My purpose of writing this letter is to issue a challenge to all runners to enter at least one of the 1999 events. To qualify they must have run the Westfield Run or the equivalent or any 1,000 kms over 16 days or less, the above qualifying runs can be done, in any part of the world, and the challenge is being thrown out to runners like Ron Grant, Ian Gaves, Cliff Young, Yiannis Kouros, David La Piere, Senior Uria, Michael Carieau, Bryan Smyth of Colac, Tony Collins, and Tom Rafferty and all the eligible female runners. The above challenge is very serious and any one who thinks it is a joke believe you me the laugh is on them! Those who want to enter the 1999 event will have to let me know by approximately December 31st 1997 and those who wish to enter any of the 1999 events will have to let me know by 31st December 1999.

In 1999 hopefully in St. Leonard's Park North Sydney, I intend to take on and break the distance record set by Terry Fox of Canada, some years ago, but do not forget that all these runs are for different charities and also what is very important that we run for the right of all ultra marathoners whether they're ablebodied, disabled or intellectually handicapped to run together in the 100 kms and for the duration (e.g. 15 or 20 days) of the 2,000 Olympics in Sydney N.S.W. and both ultra marathons to be an official event in those Olympics.

This letter is also going to the Sporting Wheelies, Q.M.R.R.C. Inc., the Q.U.R.C. Inc. and the Achilles Running Club in Sydney. Dot! I need something in writing backing the above ideas. From A.U.R.A. and I shall appreciate it very much if AURA could also get the backing of Athletics Australia for the above.

It is very much painful for me now to write and at times I try to use a knife and fork and overall I get less than the old age pension and can no longer afford to pay to have letters typed, I have to do everything by phone from now on. The disability in my fingers is spreading and it is starting up in my feet! Apart from AURA I am also asking the Achilles Running Club, the Q.M.R.R.C. Inc. and the Qld Ultra Runners Club Inc., to get behind the ideas above and in this letter. I am appealing to the North Sydney Municipal Council to allow us to use No 2 oval in St. Leonard's Park North Sydney, for all the above events. At this stage, it is anticipated that the charities shall be:

1997 drought relief and the New Children's Hospital in Sydney.
1998:

1. The Cotton Wool Children Australia wide
2. The Qld and N.S.W Helicopter Rescue Services
3. The New Children's Hospital in Sydney.

Details later! 1999 All three events are to be run for cancer research rehabilitation, treatment and counseling and perhaps the new Childrens Hospital in Sydney.

The 1998 event will be dedicated to little Dean Clifford of Kingaroy, who is a "Cotton Wool" child, all three events in 1999 to my brother the late Lionel Mervyn Stewart, QAM a quadriplegic Olympian Gold Medallist who died of cancer, Nathan Weir of Durong North West of Kingaroy an early members of an unofficial Achilles Running club in Kingaroy, who was a runner and died of cancer and Terry Fox of Canada, who died whilst running across Canada, and also hope that through the Achilles running club in Sydney and the Canadian High Commission that Betty and Roland Fox be brought to Sydney for the 1999 events/

I must close now it has taken me six days to write this letter.

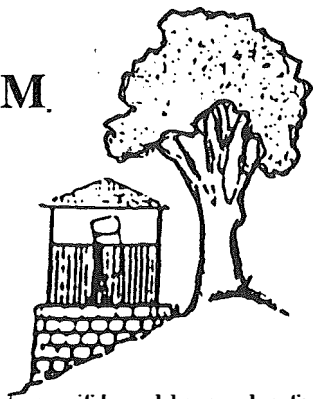
Yours sincerely

Bazz Stewart

Bazz Stewart



SIX FOOT TRACK TRAIL RACE - 46KM. MARCH 1, 1997



Not Another Six Foot Track ?!

by Max Bogenhuber

June 1996. In the middle of training for the Gold Coast Marathon. My club calls me to see if I could run a leg for the 'over 50' team, in the NSW Cross Country Relay Championships. The leg is a mere four kilometers. Sure, piece of cake.

June 22nd, Fairfield City Farm (near Sydney) and I run my leg of the relay, on what could hardly be described as a running track. There is grass more than 30 cm high, with rocks hidden underneath. I go over pretty badly twice, on my left ankle, but finish the race feeling OK.

When I get up the next morning to run, I can't. The left knee doesn't work. I take two days rest and I'm back into training, sort of. My left leg keeps dragging behind. I can hear it pfd, pfd, pfd, with every step I take. However I keep training.

The next Saturday I run with the Bushies (a madcap bunch of runners that run through the Royal National Park, south of Sydney). It's a hard run, with lots of rough track and, being in pretty good shape, I run for a top five finish (if you make the top five you get in the week's newsletter; people kill for less than that!). When I get home from the run and get out of the car I can't walk. The left knee is totally locked up. I take two days off, but trying to run after that is still impossible. By this stage the Gold Coast Marathon is on the doorstep and I can't run.

OK, forget about the marathon. I take a week off, but the knee still won't work. I take another week off. Still no go. In the meantime I have been to see the local physio, had some X-rays done and have been sent to the so called 'knee expert' who flogs me a pair of orthotics. My gut feeling was that this was not going to fix my problem. And I was right. With all those years of running I've got behind me I probably know more about my knees than any 'knee expert', who's being paid for his learned expertise. Something told me cartilage damage.

My local GP sends me to another sports injury specialist, who diagnoses it as 'torn cartilage' and suggests an operation. Being the paranoid cynic that I am, I don't want to go under the knife unless I absolutely have to, so I take another eight weeks off running in an effort to make it heal by itself. But the knee is not co-operating and instead of getting better is getting worse just from walking!

Cutting a long story short, end of September I had the knee operated. Could not even think of running for three weeks, because it was too painful. Then, being rather ambitious, I set out to run three K's. I got about half a K up the road and I had to walk, but I persevered. The next day I set myself a goal of one mile and, with much pain, managed to achieve that. I kept this up for a week, then upped it to two miles per day, for a week. It was now middle of November, I was doing all of two miles in my training runs, and the Bushies were taking bets that I wouldn't be able to do the Six Foot Track next March.

You see, there is more to this than first meets the eye. One of the Bushies, Barry (Big Eyes) Whitton had done all but one of the Six Foot Track races, I had run all of them to date. If I couldn't run the next one, then he and Graham (Mountain Man) Kerruish would have done as many as I have. Little did they know that trying to catch up with me, with the number of Six Foot Track runs, is like trying to catch up with the age of someone who is a year older than you. It just can't be done, ha, ha...

Anyway, after some drastic increase in mileage in early February (something I would always advise against) I was there, at the Six Foot Track starting line. Not quite as ready as I would have liked to be, but still confident of making the distance in a reasonable time. Hoping for a really hot day, to bring the faster runners back to me a bit. Adverse conditions always work in favour of the thinking runner, but not the fast runner.

I lined up under the 'start line' banner, being the obedient person that I am, and waited for the runners milling around in front of the start line to do the right thing and get back to where they belonged, behind the start line. But oh how naive can you be. There was little effort made to bring these renegades behind the start line and when the gun went off they were all rewarded with an excellent start, while those runners that did the right thing got caught up in the worst start that I have seen to this race.

Back where I was standing, behind the start line, everyone was standing still for the best part of two minutes or so, just so all those six and a half hour runners could get a good start ! There has to be a better way than that. The solution may be to have 'preferred' start areas set up for those runners that have broken four hours and five hours the previous year.

Once the bunch reached the stairs we all slowed to a walk, and at times came to a complete standstill as we had to wait for all those 'gun runners' up front to crawl down the rough bits. It was not until the track opened up, a good twenty minutes after the start, that one could actually start to move properly.

As I made my way through the field, not really running fast, but still passing all those 'gun runners' that just HAD to line up in front of the start line, I realised just how much time I had lost going down Nellies Glen. I'll know better next year, unless something is done about this.

Megalong Cemetery, Cox's River crossing, Lemon Grove, down the other side to Little River. All systems are still go. As usual, the bushfire personnel at the aid stations are looking after us in an excellent manner, always being friendly and helpful. This race would not exist without them and I always make a point of thanking them as I accept their services, not just this year but every year.

As I have not been able to train as I normally would for this type of race, I tried to run well within myself. Always wary of not overextending myself. I made the Pluviometer in 2:37 and realised that a sub 4:30 finish was still a possibility. From here onwards I got to see some of the Bushies that were not in the race, but had run in from the road to cheer us on. After all, there were a total of 37 Bushies in the race, which gave them plenty to cheer on.

Got out to the road in 3:30 and, having drunk enough to this point, I felt it safe to dump my drink bottle and 'go for it' over this last section to the finish. The road section from the Forestry Hut to the turn off back into the bush, about 5k from the finish, is always tough. But because I was making ground on other runners I was actually feeling good along there. Then back into the bush for the final few little hills and the nasty downhill to the finish. I don't think anybody actually likes that last drop down to Caves House, but we're all in the same boat and I managed to get through it without cramping up in any way.

As I got ready to make that final right hand turn to where the finish line used to be I was a bit shocked to find that the finish had been moved right to the bottom of the stairs. There is probably a good reason why this was done, but I preferred it further down. It gives the spectators a chance to see who is finishing. I managed a 4:22 finish, but would have liked to know what position I finished in. Unfortunately there was no easy way of finding out and I did not want to cause the organisers any problems, so I walked away with yet another Six FootTrack under my belt, but just little bit empty not knowing where I had placed.

I must congratulate Big Chris and all his staff for another very well organised and successful race. This is without a doubt the biggest and best trail run in Australia and rivals some of the best trail races in the USA in terms of size, organisation and atmosphere. As I would like to see the race get even bigger and better I would like to offer a couple of suggestions:

- 1) Segregate the runners at the start according to previous year's finish time and have them start in that order.
- 2) Introduce age group prizes to reward the older runners for their efforts.

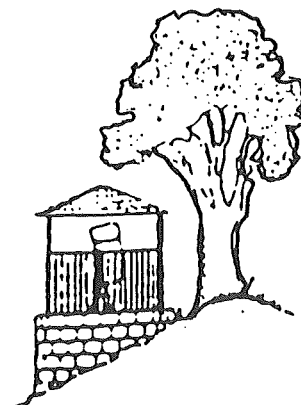
This magazine is a forum for all ultra runners, so please let your opinions be known. Other than that the race cannot be faulted. Congratulations once again and I'll be back next year for number 15.

THE BLISTER NO 65 JANUARY-FEBRUARY 1997

Six Foot Track Marathon

Results from Kevin Tiller, Sat 1 March 1997

The high temperatures did not faze 40 Striders who persevered and finished THE trail running event in Australia. With renewed sponsorship by Rockport shoes, this 46km event from Katoomba to Jenolan Caves in the Blue Mountains attracted 411 starters. Organisation has improved such that this event can lay claim to be the best organised off-road event in the country, especially given distance and terrain.



ADT 50

AURA DAM TRAIL 50km - 23 MARCH, 1997

RACE REPORT

Well, 3 years this event has been going and on each occasion a major problem has arisen. Always with lost runners. Kevin Cassidy claims that when he does training runs in the area from Healesville to Donna Buang and back, he occasionally comes across a pile of bones and he wonders if they are of some poor runner in the ADT50 of 1995 (when at one stage I had one runner on the course and 9 lost).

Things have improved markedly since 1995. This year we only lost 1 runner, Kelvin Marshall, who went off the trail and refused to listen to Kevin Cassidy behind him yelling out this fact. Seriously, there is no place for foolhardy behaviour. We were very close to calling on the SES for an official search party and the episode caused much consternation, time and effort for some of the Race Marshalls.

The results speak for themselves, more runners and a good spread of times. Greg Wilson ran a very fine, controlled race, not snatching the lead until Mt St Leonard and then grimly hanging on thereafter. Greg, together with Peter Le Busque and Tony Dietachmayer made a great race of it and it would have been exciting to see but for having to search for a lost runner.

It sounds good to have an interstate visitor, however Peter Hoskinson was already in Melbourne on business and only had to overstay the weekend. Peter was unlucky to miss a sub-5hr performance but nonetheless put in a top effort. So too did Kevin Cassidy who turned in a fine PB for the course. I forgot to charge you \$5 for the service of ferrying your car to the finish area, Kev - you can send me the money at your convenience. The old seadog from Frankston put in a solid effort but is capable of better. A bit more of the 3Ds would help Pete.

Three novices to ultrarunning turned in very creditable performances for their 1st-up effort. Andrew Creer, Raymond Waschl and Peter Sykes found the course tough but very enjoyable. Hope to see you back next year, fellas.

Kevin Tory won the prestigious spot prize of a full Devonshire Tea for Two at the Ferny Cottage Cafe (170 Mt Dandenong Tourist Road, Ferny Creek). I was hoping Peter Hoskinson would win this prize, because I knew he couldn't use it (he was returning to Tasmania that evening) and I had commanded him to donate it to me. Not to be. Thank you to Ken and Judy Walters for donating such a sought-after prize and I would urge all readers of this report to patronise the Ferny Cottage Cafe for the best scones and cappuccinos in the Dandenongs.

Thank you to the stirring band of helpers:

Brian and Christine Simmons at Carters Gap, Dom Dom Saddle and the finish
Laurie Black at Black Spur (or is it Laurie Spur at Black Black?)
Brian Flynn and Kathy Newbury at Dom Dom Saddle and the finish
Michael Grayling at 25 km
Sandy Wilson at Mt Monda
John Harper and boys at Mt St Leonard
Clive Davies at the Marathon point
Les Clark at Donellys Weir

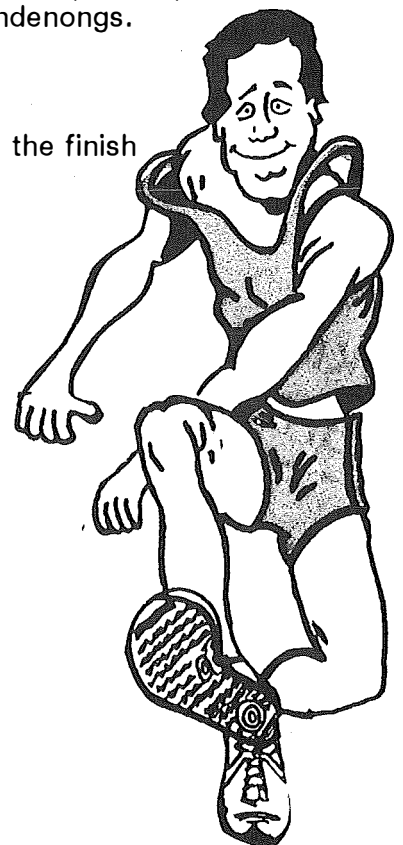
Car shuffle - Brian Flynn and Kathy Newbury
Search party - Brian Simmons and Geoff Hook

Congratulations to Greg Wilson on his fine, hard fought win.

Till next year's race, stay fit and healthy.



Geoff Hook
Your Unscrupulous Race Organiser





ADT 50
AURA DAM TRAIL 50 km
23RD MARCH, 1997

RESULTS

			6.2 km Carter's Gap	10 km Dom Dom 1	16.4 km Black Spur	20 km Dom Dom 2	25 km	30 km Mt Monda	37.7 km Mt St Leonard	Marathon	47.7 km Donelleys Weir	50 km Finish
1.	Greg WILSON	44 Vic	43:55	1:01	1:32	1:51	2:27	2:52:25	3:22:05	3:56:50	4:19:43	4:35:19
2.	Peter LE BUSQUE	37 Vic	43:57	1:03	1:34	1:52	2:26	2:49:30	3:29:15	3:57:00	4:21:33	4:37:48
3.	Tony DIETACHMAYER	33 Vic	42:54	1:00	1:31	1:50	2:26	2:51:33	3:33:30	4:00:45	4:24:30	4:42:12
4.	Peter HOSKINSON	34 Tas	45:15	1:03	1:33	1:52	2:27	2:53:15	3:41:15	4:12:55	4:42:50	5:00:25
5.	Kevin CASSIDY	36 Vic	48:10	1:08	1:40	2:00	2:46	3:14:00	4:00:45	4:29:40	4:55:23	5:12:26
6.	Kevin TORY	27 Vic	43:56	1:03	1:33	1:52	2:40	3:11:25	4:01:35	4:33:45	5:01:05	5:20:45
7.	Peter ARMISTEAD	50 Vic	48:49	1:09	1:40	2:01	2:50	3:22:10	4:14:00	4:51:10	5:20:05	5:39:24
8. =	Andrew CREER	25 Vic	46:30	1:05	1:37	1:59	2:48	3:26:15	4:23:30	5:00:10	5:30:50	5:51:44
8. =	Raymond WASCHL	27 Vic	49:51	1:15	1:53	2:14	3:04	3:37:55	4:32:40	5:05:10	5:31:13	5:51:44
10.	Peter SYKES	26 Vic	46:30	1:05	1:37	1:59	2:48	3:26:15	4:27:40	5:05:45	5:48:36	6:18:18
11.	Kelvin MARSHALL	32 Vic	Lost	Lost	2:44	3:00	3:47	4:34:35	5:22:20	5:56:12	6:19:25	6:36:34
12.	Peter NELSON	56 Vic	58:54	1:27	2:14	2:41	3:42	4:19:25	5:20:40	5:57:40	6:28:50	6:48:56
13.	Ernest HARTLEY	47 Vic	1:04:10	1:29	2:05	2:30	3:32	4:08:40	5:08:00	5:54:05	6:26:14	6:50:48

TRIAL BY DAM TRAIL - AURA DAM TRAIL 50KM

23RD MARCH, 1997

by Greg Wilson

Uh huh! It's time for the annual AURA Dam Trail 50k and I have forgotten the excuse which prevented me from running in last year's event. "Too far to travel" - No, I can't use that one as I only live 10km from the highest point on the course. "Unfit!" - certainly true, but after completing the 100km Championship on similar preparation, I guess that's out also. The final factor which pushed me to the start line was that work-mate and occasional ultra-runner, Brian Simmons, was manning a checkpoint. Unless I wished to suffer a similar fate, I had better start in the race.

For those who haven't competed in the ADT 50 (and that's almost everyone), a description follows. Nestled below the Great Dividing Range, 70km north-east of Melbourne is the Maroondah Dam. It is one of Healesville's many scenic tourist attractions. The object of the ADT 50 is to run from the Watts River, above the dam at Fernshaw, in a circle back to the Maroondah Dam car park.

Sounds idyllic! Lots of tall trees, hills, babbling brooks, hills, fresh mountain air and more hills. My advice to potential runners is to come up a day early and take in the sights. All I saw through my spectacles was rain, sweat, bog and tears. I also saw my shoelaces a lot as I leaned on my thighs to fire them up another climb. This is not the event to try for a pb. The record is held by dual winner and Australasian champion, Safet Badic and is 4 hours 31m.42s.

After four months of drought, thirteen of us faced the start line in a downpour. I knew Hookie, Brian and Tassie visitor Peter Hoskinson had spent 8 hours marking out the course, so I was confident there would be no repeats of the first year, when every competitor took the wrong route. I wanted to start cautiously, as lack of fitness and a tough course tend to combine into a long, painful and miserable event. Also, the trail is very narrow in the early stages, with few opportunities to pass. To cut a long story short, I led the field in single file along the river. It reminded me of orienteering, with many twists, slips and surprises as slippery rocks and hidden logs were traversed. Three km. into the run, my thighs were a lacerated mess from clearing the vegetation for those following.

This problem was solved by stopping. Oops! No trail, just a fallen tree and the rest of the field running into each other, they were following so close. I just stood there confused while the others lightheartedly (?) cursed my navigation skills and then set off after the tail-enders, who has seen a left turn. I pointed out that in my army days, Alan Batchelor, who organised our Around Australia Relay, said I should only be followed out of idle curiosity.

So suddenly, I was somewhere near last and confidence shaken, following the two Peters (Hoskinson and Armistead) through the undergrowth. The track started to climb and I moved past to have a clear view of the trail and the bloody awful climb to Cartes Gap on the Great Divide. An unmarked Y junction appeared, and I crossed my fingers, taking the left fork. At this stage, I passed Kelvin Marshall and a bit higher up, Peter LeBusque appeared on the course as I went by.

Last time I had raced up the hill and was stuffed by 20km. This time, I took it a bit easier but was soaked in sweat instead of rain, so at Cartes Gap, the jacket came off. Brian and Christine Simmons were there in the bush, like drowned rats, with the car 4kms away. They seemed happier than me at this stage, so perhaps I will try officiating in future.

With a huge sigh of relief, I burst out of the bush onto the main track to Dom Dom Saddle. I passed Kevin Tory and he mumbled about, "Not out of the woods yet - a 9 minute mile hill ahead" Well, he was right. It was a solid climb, but at least I could stride out and knew where I was going.

I arrived at Dom Dom Saddle Aid station as Tony Dietachmayer was leaving. On enquiring, I found out that I was in second place and the first 10km had taken me 63 minutes. After food and water, I set off on the 10km loop of Mt.Dom Dom, just glad that our sadistic organiser did not send us to the peak. Tony was just in sight until I walked up the steep track back to the aid station at Dom Dom. I felt fairly comfortable, but knowing what was ahead, didn't indulge in any heroics.

Across the highway and the Monda Track took us up for 10km to the top of Mt.Monda. Half way to the top, Peter LeBusque flew past while I was walking one of the steeper sections. I guess ultra-

running teaches you when to walk - or I just don't like pain. Pretty soon after this, Peter Hoskinson also caught me, but declined my offer to go and chase the leaders if he felt good. He said that it was only half-way and stayed behind me. I ran hard down hill, confident that he would pick me up when I next walked.

My wife Sandy was at the 30km aid station on Mt.Monda, which I went through in about 2 hours 45min. I was surprised to pass Tony Dietachmayer, who was walking up the track, eating some cake. So after fading out of the placings 5km ago, I was back into second with 20km to go. Peter LeBusque was out of sight ahead, which meant he had at least 4 minutes break on me.

I remembered Clive Davies had passed me on the same spot in 1995 as Peter had today. Then I had caught him at St.Leonard before he took second place off me near the finish. However I doubted that I would see Peter again before the finish.

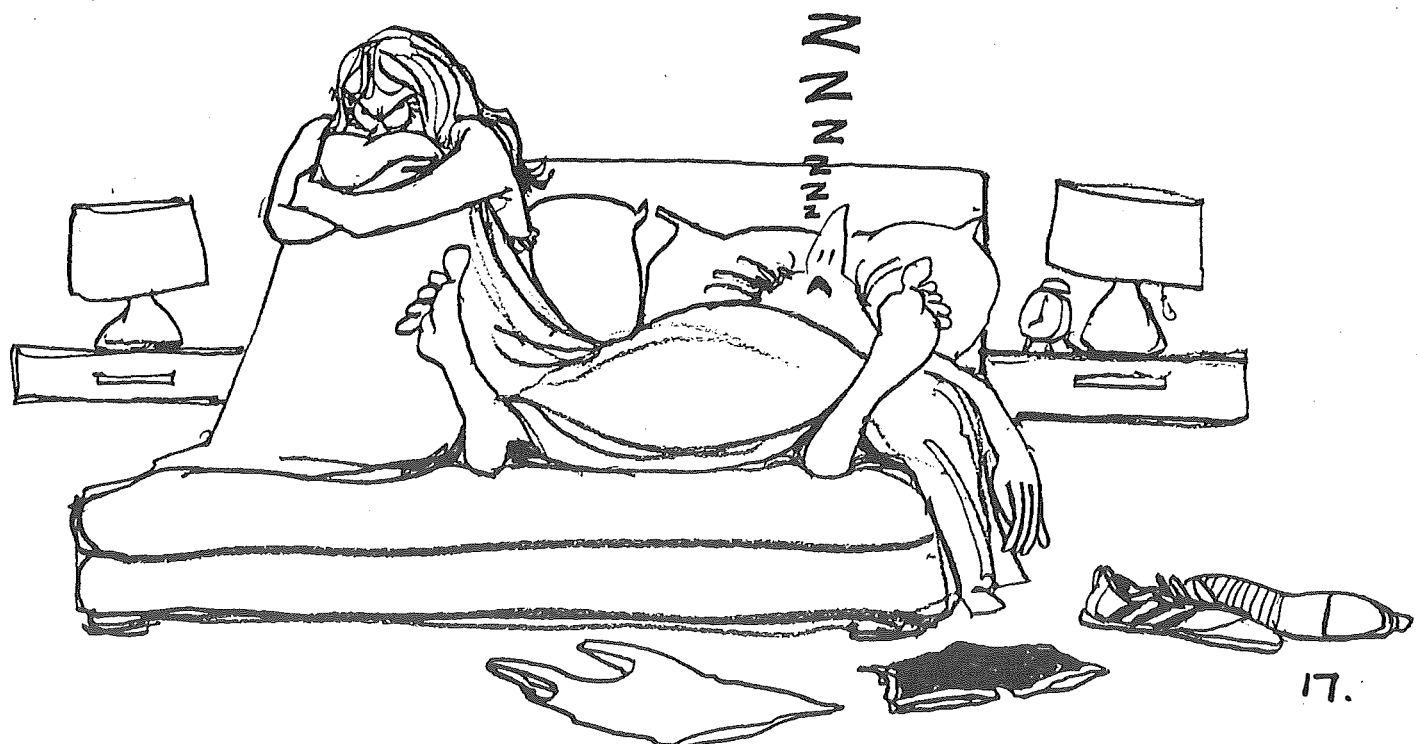
Through the gate at the start of the goat track and the peak of the final mountain. The aid station informed me that Peter was two minutes ahead, to which I replied, that he used to be 2 minutes behind. However, as I plodded up the track, I was encouraged to see that even he had to walk up that climb. Over the top at 1000 metre Mt.St.Leonard, and I threw caution to the winds, as I threw myself down the precipice. As I went careering past a more cautious Peter, I quipped, "I'm only coming past because I'm too tired to defy gravity" I realized that it was a repeat of 1995, except that now I had hit the lead. I was also aware that he would probably retake it when I was forced to walk on the final hill to the Maroondah Dam.

I went flat out for 4kms. down hill before stopping for a drink. As I put the bottle down, Peter was there to pick it up, so he maintained contact. Down I went for another few kilometres, and when I bottomed out at Donnelly's Weir, I had lost him. It was only when I looked back after starting the final hill that I felt I could win.

After crossing the dam wall, there is a 500metre steep brick path down to the finish. As I hopped my way down through steps and bends, I was just glad that it wasn't a sprint finish. Then after 4hours 35min, I crossed the line two and a half minutes ahead of Peter, with Tony fighting on well for a close third.

Thanks for a well-organised event Hookie and other helpers. The only problem areas - firstly, the first 7km track is too overgrown and indistinct. and secondly, no trophies or prizes for placegetters . Is this why the previous winners weren't there?

MATRIMONIAL BLISS ...



WATER WORLD GREAT OCEAN RUN RED ROCK TO COFF'S HARBOUR JETTY BEACH & HEADLAND ULTRAMARATHON 45KM - MARCH 16TH, 1997

by Steel Beveridge

The running of this year's event saw the return of Jim Bennington.... and how!!! I sometimes get confused about how many times Jim has won this race, but I am certain that he has never been beaten in it.

Sunday 16th March continued that tradition, with a vengeance. He strode off into the distance after the 6.30am start, leaving the rest of us ploughing along the soft sand of Red Rock Beach. The early (6am) starters saw him go by well before Emerald Beach. He was on his own from the aptly named "Look-At-Me-Now" headland to the finish underneath the jetty at Coff's Harbour. The time of 3 hours 18 minutes 15 seconds carved seven minutes from his old record set in 1995.

Further down the field, there were a number of ties which included Queenslanders Ross Kingsley and Peter O'Sullivan, whose 3.53.07 gained them second place and membership of the select "sub-four club" for this event. Peter was third last year, so is moving up gradually. His time improvement of over 20 minutes was even more impressive. Next year, sub 3.30 ???

The ladies' race was a repeat of last year as far as the placings were concerned, with Lyn Gordon-Lewis making three from three - also unbeaten on this course. Angie Cottrell was well pleased with a much faster second place than last time and her bare feet were unmarked despite the rock platforms and other rough going encountered during her 4.51.51.

Sandra Brett, who did much of the organising for the Queensland contingent still had enough energy left to cruise into third spot. One of her "group" of 5.51.21 finishers Graham Sivyver posted the most improved showing, taking over two and a half hours from his 1996 effort.

Two walkers set the standard for that mode of progression this year, when Angela Jones of Alstoneville and Kerri Hall from Caboolture completed the distance in 7.00.53

As an organiser who gets to run in the event, and this is too busy to know about all those things which need "fixing" along the way, I am greatly indebted to Thilo and his crew of drink/aid station personnel and to my partner, Lyn Fulton, who goes back to work for a holiday after one of these races.

The support from the Queensland Ultra Runners and the Gold Coast Runners has made this into an event of growing stature locally and in ultra-running circles. But there is room for more NSW participants or even Victorians. Twenty-seven of the 33 finishers were from Queensland, including all the ladies.

This year, the company which employs Jim Bennington came forward with generous sponsorship for the run, which will continue into next year. Water World is in the swimming pool business so it is appropriate for the event to take on their name to become the Water World as a sponsor. It will enable us to maintain the low entry fee while;st continuing to provide the post-race brunch and highly prized race souvenirs. Printing costs etc. will also be taken care of.

There are now a number of runners like Robert Herd, Sandra Brett, Nigel Hindon, Ben Boyle, Jim Heffernan, Peter Moore, Alan Ossey, the Markhams, Angela Clarke, Ian Cornelius, Therese Heffernan and Greg Hubbard with more than one "thong", so we may need to evaluate special awards for those with multiple finishes.

Once we can confirm an early low tide in March, we will get in touch with AURA to let them know about the 1998 Water World Great Ocean Run. Come on, get your feet wet!

Steel Beveridge

THE GREAT OCEAN RACE - RED ROCK TO COFFS HARBOUR - 16/3/97

	1 Jim Bennington	3:18:15
	eq 2 Ross Kingsley	3:53:07
	eq 2 Peter O'Sullivan	3:53:07
	eq 4 Jason Evans	4:02:49
	eq 4 Nigel Bindon	4:02:49
	eq 6 Steve Hayes	4:03:45
	eq 6 Peter McKenzie	4:03:45
	eq 8 John Heffernan	4:29:22
	eq 8 John Evangelista	4:29:22
1F	10 Lyn Gordon-Lewis	4:30:40
	11 Steel Beveridge	4:41:21
	12 Walter Kellerman	4:42:01
	13 Robert Herd	4:42:30
	14 Peter Moore	4:42:51
	15 Ben Boyle	4:43:00
	16 Ian Reed	4:46:00
2F	17 Angie Cottrell	4:51:51
	18 Greg Hubbard	5:35:20
	19 Tony Peart	5:41:59
	20 Hughie Littler	5:46:41
	eq 21 Dave Marshall	5:51:21
	eq 21 Allan Cossey	5:51:21
	eq 21 Graham Sivyer	5:51:21
3F	eq 21 Sandra Brett	5:51:21
4F	25 Angela Clarke	6:01:03
	26 Dennis French	6:03:44
	27 John Brett	6:08:01
	28 Graeme Grimsey	6:09:00
5F	29 Theresa Heffernan	6:17:28
6F	30 Lyn Marshall	6:51:43
	31 Angelo Jones (W)	7:00:53
7F	32 Kerri Hall (W)	7:00:53
	33 Peter Lewis	7:19:24



Jim Bennington ran a Race Record of 3hrs.18m.15s in the Great Ocean Race from Red Rock to Coff's Harbour on the 16th March'97. Well done!

This race was renamed the Great Ocean Race..... and what a great race it was. A beautiful day, clear blue sky, warm but not too hot. 33 starters with no non-finishers. Jim Bennington broke his own course record by 7 minutes. Ross Kingsley (a 2:30 marathoner) was competing in his first event of this nature and was content to run with Peter O'Sullivan who had been over the course before, for equal second. Jason Evans and Nigel Bindon were out for a nice day and did not want to push themselves too hard, finishing equal fourth. Peter McKenzie wasn't going to have a bar of letting Steve Hayes beat him and vice versa, so they had a sprint finish for the last 5 kms, hotting up and hotting up until the very last 10 metres, without either giving in. They finished equal 8th. Lyn Gordon-Lewis ran easily for 10th and first lady, beating race organiser Steel Beveridge by 11 minutes. Everyone else had a great run. Lyn Marshall showed what great stuff ultra runners are made of. Only 12 months ago she hadn't run further than 6kms. Some 23 runners ran PB's. Well done also to Therese O'Sullivan, only running for 7 months and to Joy Wixey for running the last half...hope you can take on the full event next year. John Brett travelled from Sydney for the event, and Angela Clarke all the way from Kingaroy. The course was well marked, with plenty of water stops. This race is through some of the most spectacular coastal scenery anywhere in the world and has the potential to become one of the great races on the ultra calendar.

THE GREAT OCEAN RACE RED ROCK TO COFF'S HARBOUR 16TH MARCH, 1997

Bennington busts Ocean Run record

Jim Bennington gave one of the best performances of his career on Sunday when he galloped away from a quality field in the Water World Great Ocean Run from Red Rock to Coff's Harbour Jetty.

Bennington obliterated his race record in a dazzling display of front running that saw his rivals reaching for superlatives to describe his 3hrs 18mins 15secs worth of effort.

The veteran runner left equal second place getters Peter O'Sullivan and Ross Kingsley trailing in his wake, winning by 35 minutes.

Although many in the field may have preferred a cooler day, beach conditions were ideal for most of the jour-

ney with several using the many creek crossings to cool off.

Lyn Gordon-Lewis from Wamuran in Queensland recorded her third straight victory in the women's section in 4.30.40. Also repeating her place from last year, although she improved her time considerably, was Angie Cottrell whose bare feet carried her to a time of 4.51.51.

Third, just on an hour later, was Sandra Brett one of the principal organisers of the Queensland onslaught each year.

Of the 32 athletes who finished the 45km, 26 came from north of the border, mainly representatives of the Gold Coast runners or Queensland ultra-runners' clubs.

Bennington runs hot

JIM Bennington gave one of the best performances of his running career on Sunday when he galloped away from a quality field in the Water World Great Ocean Run from Red Rock to Coff's Harbour Jetty.

Bennington obliterated his old race record in a dazzling display of front running that saw his rivals reaching for superlatives to describe his 3 hours 18 minutes and 15 seconds worth of effort.

The veteran runner left equal second place getters Peter O'Sullivan and Ross Kingsley trailing in his wake on the soft sand of Red Rock beach, finally recording a 35-minute winning margin.

Although many in the field may have preferred a cooler day the glorious weather did provide ideal beach conditions for most of the journey with several using the numerous creek crossings to cool off along the way.

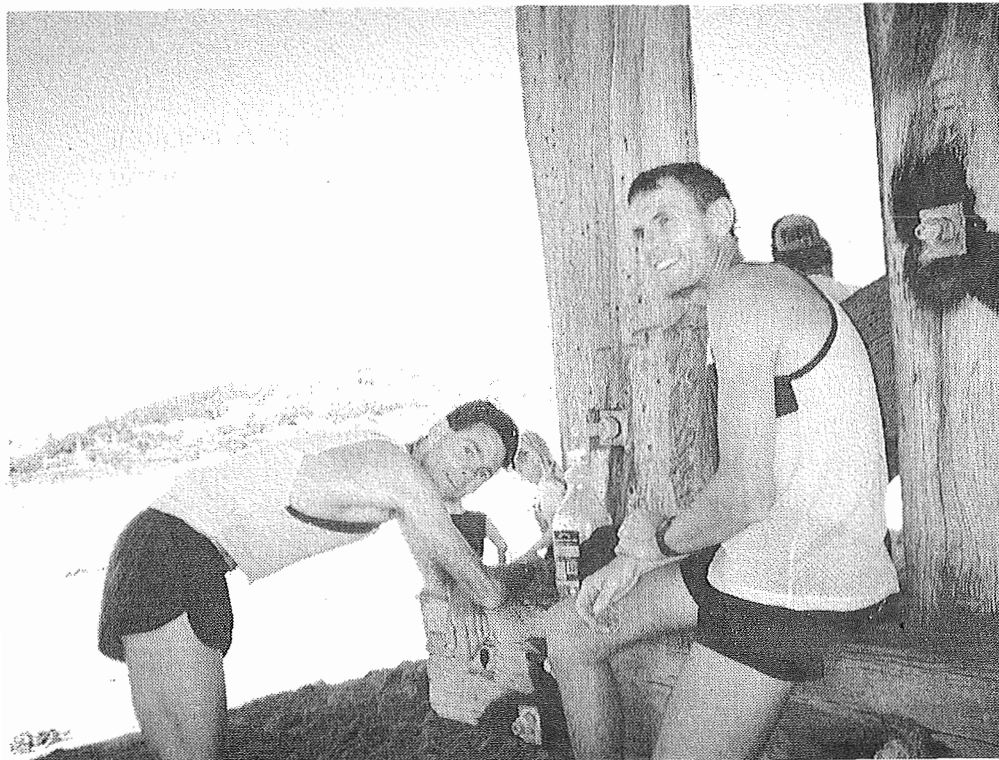
Lyn Gordon-Lewis from Wamuran in Queensland did not dally however, recording her third straight victory in the women's section in 4:30.40.

Also repeating her place from last year although she improved her time considerably was Angie Cottrell whose bare feet carried her to a time of 4:51.51.

Third just on an hour later was Sandra Brett, one of the principal organisers of the Queensland onslaught each year.

Of the 32 athletes who finished the 45 kilometres 26 came from north of the border, largely representative of the Gold Coast Runners or the Queensland Ultra Runners clubs.

Relief at the finish for John Heffeman & John Evangelista, who came in together in eighth place in 4:29:22.



MT.MEE CLASSIC EVENTS, Q'LD 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.

21.

Take care

Gary Parsons .

Mt Mee Classic Events

50km

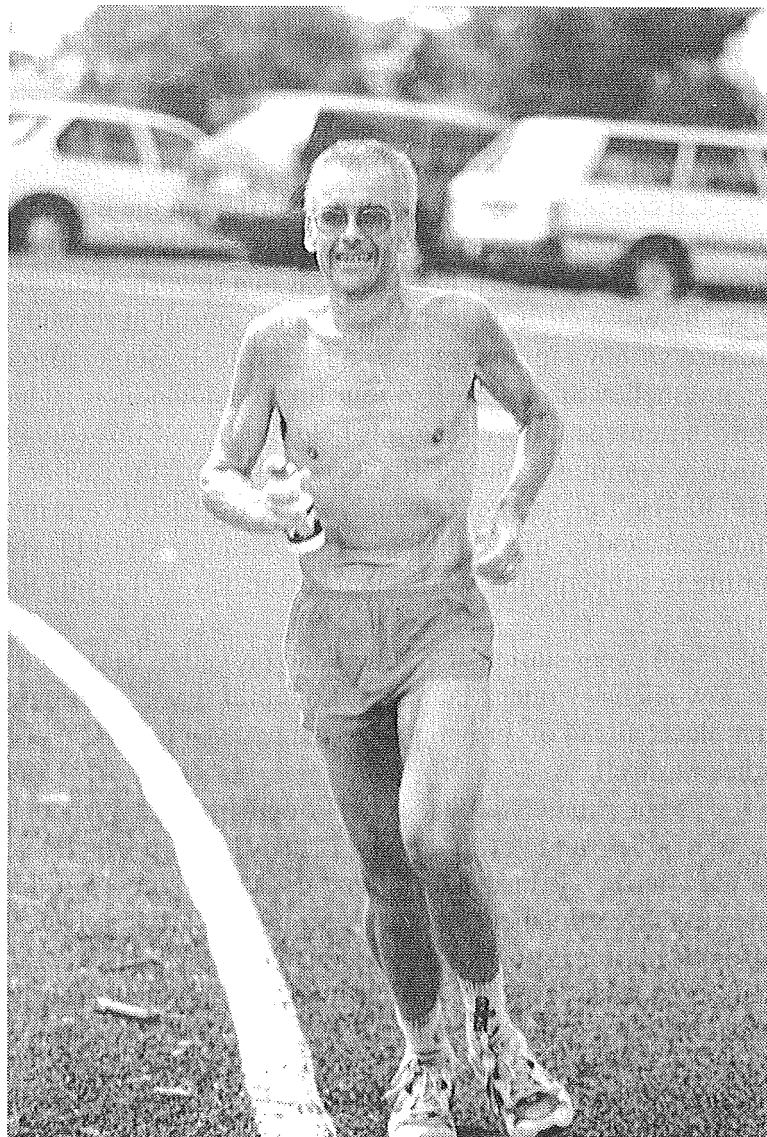
Name	25km	50km
Ian McCloskey	2:02:36	4:19:30
Brian Evans	2:09:51	4:58:21
Peter McKenzie	2:15:10	5:04:04
Geoff Williams	2:15:38	5:04:04
Ian Reed	2:18:20	5:07:56
Lyn Gordon-Lewis	2:27:53	5:18:33 1st F
Walter Kelemen	2:21:28	5:28:11
Bob Burns	2:36:30	5:29:03
Rod Morgan	2:44:52	6:00:47
Gerard Hocks	2:47:42	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 Sinfield	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

Major Random Prize Winner

Return Airfares to Sydney
Peter McKenzie



The "King" has returned. Ian McCloskey, finishing in winning style the Mt.Mee Classic 50km in 4:19:30. Congratulations!

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

Athletes conquer Mr Mee course

THE third running of the Mt Mee Classic event was run in cooler than expected conditions on April 13, which seemed to bring out the best in the runners.

The 50km event started at 6.30am at a fairly decent pace. The women's race was taken out by Lyn Gordon-Lewis, for 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 whose 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.

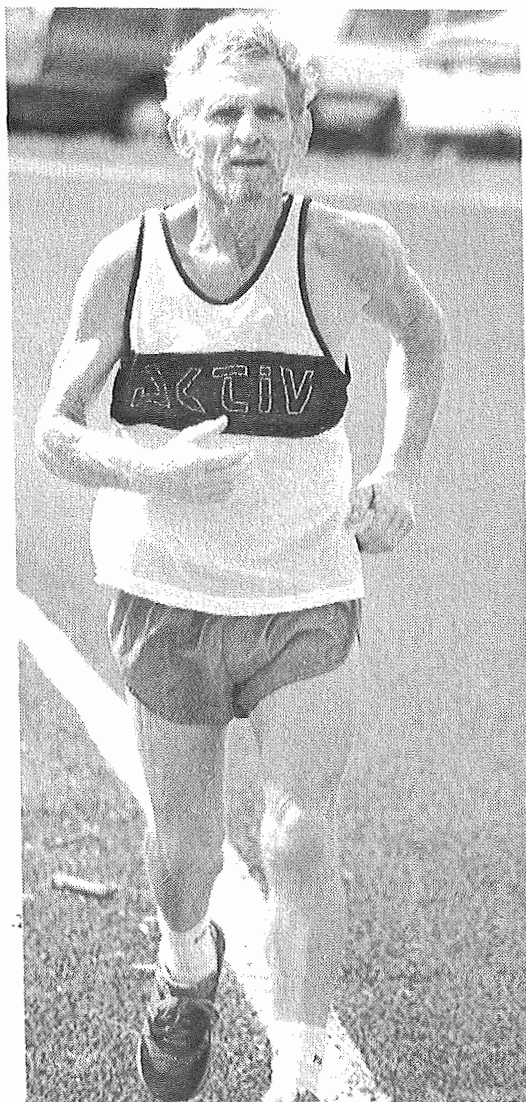
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finished very strongly ahead of Brian Evans in second, with equal third placegetters Peter McKenzie and Geoff Williams close behind. The 25km event started at 7.30am, and proved to be of an equivalent standard to the 50km for pace. Last year's women's winner Maureen O'Loughlin shaved two minutes off her own race record to finish strongly to win from previous race winner Maureen Kowalski, with Sarah Paget third.

In the 25km female walking event, Lorna Hill set a new course record ahead of second place Kerrie Hall.

The men's 25km race was won by Bruce Hogg in 1:48:42. Bruce also won the handicap section. The next three finishers were only minutes apart with Richard Lane taking second and Col Colthorpe third ahead of a strong finishing Greg Henzell.

A high standard in the walking events this year extended to the men's event with Don Worger slicing

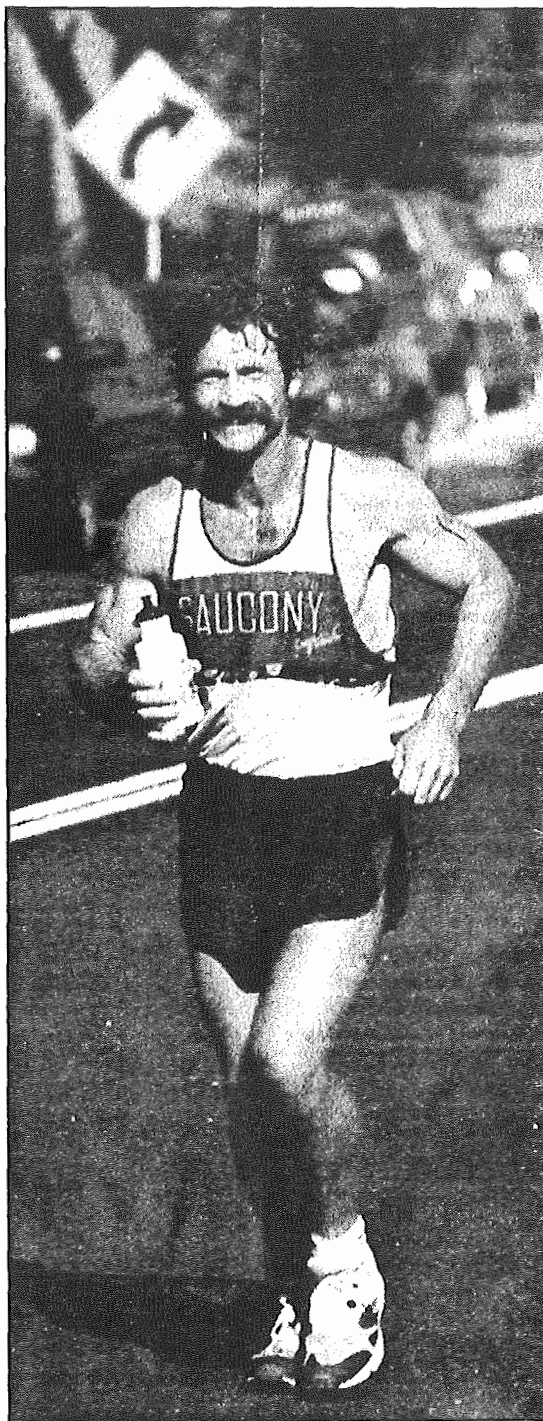


Brian Evans, runner-up in second place in the Mt Mee Classic 50km event in a time of 4:48:21. Well done!

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.

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 women's race was won by training partners Sandra Cox and Robyn Grimmer who crossed the lineside by side in 1:15:58, with third place going to Michelle Reed.

The men's 10km was won by promising youngster Andrew Bagley in 40:45, with second place going to ultra runner Geoff Boase and Tony McCala a close third.



BIG EFFORT: [redacted] at the 25km mark during the Mt Mee run. (PETER MCKENZIE)

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. Thanks to all sponsors, Caboolture Athletics Club for manning water stations and catering, and to ultra runner Cliff French for foregoing a run to help. We hope to see participants at future QUR and QMRRC races, and next year's Mt Mee event.

Royal National Park Ultra, Sat 28 September 1996

by Jim Screen

Overcast cool weather greeted the 99 starters in Billy's Bush Runners' 1996 50k Ultra. As many relay runners were also set to enjoy a well organised event over a terrific course. Starting promptly at 7.00am the field was taken from the start in the wake of another field; that is Alf Field who with arms upraised lead the field for the first 100 metres.

You'll be sorry

Alf, an experienced ultra runner of some note was seen soon after walking on a 1 in 200 grade (almost level) hill. "You'll be sorry later" we heard in the distance as we left him behind muttering about hills like this one being as steep as Everest in a couple of hours time.

About 46 kms later when he went past a walking Jim Screen on a slightly down hill sandy stretch of trail he was uncharacteristically heard to say. "Come on , no walking, it's not uphill you know." A few seconds after Alf disappeared around a corner, Jim, trying to run, tripped over a partly hidden stump and fell flat on his face on the dirty dusty sandy track and in an also uncharacteristic act wished the same on Alf.

Spectacular falls

Michael Wilson made his mark on the race by falling over no less than three times in most spectacular ways. He left a trail of blood and skin behind him which was most impressive. Anyway, someone who stops the momentum of his running partner by suggesting they walk for a while and then runs over 300 metres of soft beach sand deserves to fall over now and then even if just to let said running partner catch up.

Kelvin Marshall, who has been banished to Bleak City (Melbourne) for professional reasons, paid us a welcome visit. Although he was first Strider home and finished 6th overall he thought he could have done better but perhaps his legs were still feeling the effects of the 9 hour 100km race he had run in a fortnight before.

Bruce Inglis put in a good effort by running 6th for most of the journey but somewhere along the way he ended up 14th. Bruce thanks all those runners who kicked sand in his face on the way past.

Wendy Downes ran a terrific race pointing out all the while that the pace was far too fast but not slowing for a second. Wendy was second female

home and won herself a \$100 prize. She was 30th overall and 5th Strider. Wendy's pace was such that Mike Ward was in conversation distance at the 18km drink station. He was very gracious but you should have seen the look on his face.

The unexpected sighting of the Striders' rear guard woke Mike up and from there on he lifted his tempo to catch a fast tiring Kevin Tiller at Bundeena beach about 1.5 kms from the finish. According to Kevin Mike went past like a man with a mission. (Rumour has it that he wanted to get home in time to watch the AFL Grand Final) Kevin has been building his fitness up over the year to launch an assault on Mike Ward's favourite "it's easier than a marathon and its all down hill " race, the Brindabella Classic.

Murray Town unaided

Murray Town (I run the same pace up down and level) ran his usual steady pace on not much training and without the aid of either a bike or a kayak.

This Ultra covers a really first class course South of Sydney from Grays Point to Bundeena. The first 25k or so from the start down to Audley on the Port Hacking River, along Lady Carrington Drive and the Parkway is through beautiful bush and riverside rain forest on a first class surface. Running conditions are so good it is easy to forget that the ultra is not a half marathon!!!

Then up a b---y steep hill for a kilometre or so to the top of the coastal plateau. A few more kms and then on to the magnificent Curra Moors Track. More concentration required here as the track is a bit more difficult but every where wild flowers in profusion. Dropping down to Wattamolla the coastal scenery is worth every ounce of perspiration. The Royal National Park Management has done a lot of very worthwhile track work and should be congratulated for their efforts. It's nice to know that by sticking to the made tracks as this race does, we are privileged to enjoy one of Australia's great assets while having an absolute minimal impact on the environment.

Sting in the tail

The landscape north of Wattamolla is more rugged but the rocky scenery is very challenging and interesting. A bit of climbing and some downhill, across cliff tops with ocean views along the Marley Beaches and up to the final half a

dozen K's to Bundeena.

All things considered this is the sting in the tail. Lots of soft sandy tracks to remind you (and so will Alf if he's around) in no uncertain terms about running 10k pace on Lady Carrington Drive.

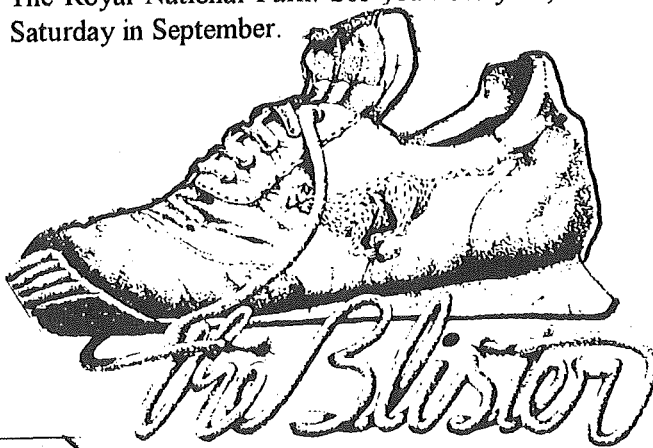
The race does pass through some remote areas and for those thirsty horses among us it is probably a good idea to carry a bottle. Any Spartans or camels could probably manage without one and survive from the organised drink stations along the way. This year running conditions were near perfect. Cloudy, cool and low humidity but given a fine day which can occur at this time of year good race management such as a cap, sun screen, & extra water would be a wise option for most.

Three legs

For anyone not wanting to run the full distance the relay is the way to go. 3 legs of 19k, 16k and 15k will provide plenty of challenge and

get you involved in a classic event. The logistics are easy to plan and any number of Striders would enjoy meeting the challenge.

Congrats and thanks to race Coordinator Barry Bulmer and his volunteer helpers, Billy's Bushies and sponsor Comfrig Manufacturing Pty Ltd, Bundeena RSL and Management and Staff of The Royal National Park. See you next year, last Saturday in September.



'Gee, I didn't know that AURA members were so generous !'

Grateful thanks to the following members who have added donations to their subs. during 1996 & 1997 and have helped us keep our subs. to \$25 since 1992.

David Standeven \$10, George Cormack \$5, Alistair Wallace \$5, Michael Bohnke \$30, Mark Hey \$10, Max Carlson \$5, Wayne Goldsmith \$15, Brian Bloomer \$225!!!, Glenn Dunn \$15, Gary Parsons, \$5, David Sill \$14, Mike Grayling \$25, Rob Channells \$5, Colac 6 Day Committee \$125, Tony Kleiner \$5, Warren Costello \$5, Brickley Hepburn \$5, Gerard Fay \$5, Gavin Bazeley \$5, David Clear \$25, Joe Skrobalak \$10, Stephen Dunn \$5, Cecil Walkley \$5, Paul Sturgess \$5, Dave Holleran \$5, Rick Foster \$10, Don Nesbitt \$5, John Champness \$10, Sue & Bill Clingan \$10, Mark Steinberg \$25, Brian Kennedy \$15, Mary Francis \$15, Oliver Williams \$35, Tom Clarke \$10, Shirley Young \$10, David Scanlon \$5, Phil Clark \$10, Stephen Grant \$10, Max Powditch \$25, Laurie Hemway \$5, Klaus Nuemann \$57, David Sommers \$10, Barry Coates \$10, Bruce Cook \$15, Kevin Tiller \$10, Ken Riches \$5, Ron Hill \$5, Bill Hick \$5, Andrea Cullen \$5, Barry Stewart \$10, Mark Steinberg \$25, Ian Cornelius \$35, Sandra Brett \$10, Jeff Visser \$30, Mike Hodgson \$5, George Takacs \$5, James Bazzo \$10, Ron Grant \$5, Peter Nelson \$15, Bill Beauchamp \$5, Tony Rafferty \$10, Greg Love \$5, Steel Beveridge \$25, Gerard Fay \$5, Julius Horvath \$10, Jerry Zukowski \$5, Brian Kennedy \$15, Harry Clements \$15, Eric Markham \$25, Andrew Moore \$10, Ross Shilston \$25, Kev Cassidy \$10, Peter Spehr \$5, Max Powditch \$25, Rick Foster \$10, Kelvin Woods \$10, Brad Boyle \$5, Dawn Parris \$5, Leigh Privett \$15, Alan Barkauskas \$50, Wanda Foley \$5, Dick Crotty \$5, Max Scherleitner \$5, Cec Walkley \$5, Nick Drayton \$25, Cliff Young \$5, Stephen Bryce \$5, Tony Collins \$15, Phillipa Bolt \$5, Godfrey Pollard \$15, Shaun Cooper \$6, Linda Meadows \$10, Alan Staples \$5, Jean Claude Morre \$5, Ian McCloskey \$5, George Audley \$5, Bob Sayers \$5, Col Konemann \$5, Randall Hughes \$5, Greg Reid \$5, John Henderson \$15, Ron Channells \$5, Ian Walker \$15, Bob Fickel \$15, Peter Armistead \$5, Ken Matchett \$5, George Cormack \$5, David Jenkins \$25, Sandy Kerr \$5, Ross Parker \$5, Ian Forsyth \$10, Stephen Dunn \$5, Shaun Scanlon \$10, Billy's Bushies \$25, Rudi Kinshofer \$5, Bryan Smith \$5, Joan Darlington \$5, Max Carson \$5, James Cronk \$5, Don Nesbitt \$5, Alistair Wallace \$5, Helen Stanger \$5, John Fotakis \$5, Keith Jackson \$5, Ernie Hartley \$5, David Scanlon \$5, Bill Johnston \$15, Mark Jewell \$25, Carl Barker \$2.

Brindabella Classic, 10 November 1996

Report number 1: by Robyn Flemming (an honorary Strider for the day)

At Bulls Head, the second relay change and approximate half way point on the 54 km descent from Mt Ginini, it was cold, damned cold. But not so frigid as at the top, where a little over two and a half hours earlier we had watched the start of the race.

I was an honorary Strider for the occasion and second runner in a two woman team with Breeda Kelly. Breeda was hoping to overcome a bad knee and run the second half with me, but as she climbed up to Bulls Head she shook her head: "You're on your own, kid" she said.

Took off down the hill

I had run the distance (27km) only once in training, but my inexperience proved to be an advantage. I had resolved, above all, to have as much fun with the race as I could. I was in luck: just ahead of me as I took off down the hill was Paul, Keeper of the Reptiles at Taronga Zoo and an experienced marathoner and ultra runner.

I ran with him for about 10km along a dirt road through dense bush and felt perfectly fine. If it hadn't been a race, I would have wanted to be there anyway. The next stretch of 7 km to the Seventh Heaven aid station was on my own. Apart from a quick duck into the bushes, I kept up a steady pace which was faster than I had planned but felt comfortable.

Muttered Irish curses

At the third relay change point I was delighted to see Breeda recovered enough from the first stage to join me for the final 9.9km. This was through more open country, with young forest and my first real hills for the run.

It was getting hot, damned hot. We were soon joined by Mandy Dawson. Breeda, who was suffering from her knee again, muttered Irish curses at my right elbow, while on my left Mandy impersonated a drill sergeant.

The finish appeared a kilometre or so before I expected it and Breeda and I were able to dig down and sprint to the finish in a combined time of 5.02.50.

Many thanks for Sydney Striders Kevin Tiller, Mandy Dawson, Breeda Kelly, Cathy Dunworth and Margaret White for welcoming me as a team member. Congratulations to Dawn Tiller for her great win!

Report number 2: by Jim Screen (an honourable Strider at all times)

That beguiling lady of the southern mountains, Brindabella Classic showed she has lots of class as she displayed her usual array of moods for the running of the 10th Annual Classic. "Australia's toughest downhill mountain race" is a must for distance running buffs as it combines all of the elements of toughness, great organisation and a the beautiful Aussie mountains.

There are lots of ways of describing the scene at Mt Ginini just before the start of the race. For one it was so cold that visions of brass monkeys and so on hardly seem to do justice to the wind which snap froze everything (and I mean everything) it could get a go at. Groups of runners huddled around the bus motors to extract whatever warmth there was and the hearty souls who stripped down well before starting time were soon involved in tight knit groups trying to benefit from the heat of humanity.

Suffering from exposure

Mike Ward claimed he was suffering from exposure and was engulfed by a group of female runners which was the envy of many of us left out in the cold. Amanda Dawson was feeling a little chilled out because she managed to move her parked car into the path of a b.....y great bus, the driver of which claims he didn't see her because she wasn't there. Amanda claims it was not her fault but then don't they always. Murray Town says it wasn't really cold giving some credence to those who claim he is a slice short of a loaf.

If trivia records were kept, the record for stripping down for the start would belong to the Brindabella Classic. At least 90 % of the field still had warm up clothes on with 10 seconds to go. The starter was encouraged to stop talking and get the show on the road and then away we went.

The race was won by Glenn Paterson in 3.43.51 followed by Trevor Jacobs in second place in 3.44.01 (First Strider). Kelvin Marshall (up from Melbourne & keen to set the record for the most kilometres travelled getting to ultra events) was second Strider in 4.09.17. He was followed by the in form Strider, Dawn Tiller who in her first attempt at the Classic was first female home by a country mile in 4.29.08. Second place went to Pip Thorn in 5.03.56 followed by "move over or get sand in your face".

Paula Whitehouse in 5.38.15 who was third lady in this her third Classic. Well done Paula for a great effort.

Dawn's time was the third fastest ever for a female and according to the race report she looked very comfortable at the finish. Dawn and Kevin also took out the prize for the Husband & Wife Team event. The race report unkindly even if factually pointed out that Kevin finished almost an hour behind Dawn but we wouldn't repeat that in the Blister.

Nobody of note fell over

Alf Field and Michael Wilson didn't fall over. Indeed Alf finished strongly in 5.30.33 just ahead of Derek Smith. Michael when he stays on his feet, even with a pair of the blackest big toe nails ever seen, was a true mate and ran with Jim Screen who should have had a Did Not Start but who was not going to have a Did Not Finish. Both finished equal 50th place in 5.54.44.

The official race report made mention of the great effort by Greg Wright, a diabetic who completed the full distance whilst continually testing his blood sugar levels. Michael Wilson is also a diabetic and carries a clever little gauge which every so often he produces to do his own testing. It is not unusual to hear Michael utter an expletive about the read out being too high or too low. The good thing about running with Michael though is he carries the best little selection of glucose tablets which he is generous enough to share at the appropriate times.

Cathy Dunworth figured out the origins of the "loneliness of the long distance runner" and retired at drink station 8 with only about 10 kms to go. Breeda Kelly teamed with Robyn Flemming to set a race record in the Female/Female relay section in the snappy time of 5.02.50 while Amanda Dawson and Margaret White came in third in the same section with a time of 5.30.41.

For those interested, as well as developing into a fine runner, Amanda has this ability to change layers of clothing while on the run without first taking the outer layers off. Very clever number 99, very clever.

Finished 10 Classics

Mike Ward and Brian Colwell achieved the distinction of finishing 10 Classics and were honoured with the presentation of permanent race numbers. This is a great achievement to be able to front up each consecutive year for 10 years and finish. Brian had to make a dash back from

overseas to be able to compete. He had not much training but looked fine when he crossed the finish line in a time of 6.17.35 which was well below his standard.

Heads turning

Brian didn't look half as good as the glam. Trudy Rae from the Terrigal Trotters who finished in 6.24.33. Trudy had the spectators heads turning as she finished without a hair out of place, lipstick perfectly applied and a smile for everyone.

Congratulation and thanks to Trevor Jacobs, Race Director and Peter Johnson, Assistant Race Director for another fabulous Brindabella Classic. Thanks also to all the volunteers who turned out to make the event possible. The Wireless Institute, St John Ambulance Brigade, the Army, SES and the Om Shanti Masseurs. Special thanks to those who looked after us at the Aid Stations. You're worth your weight in gold. See you next year.

Results:

1	Glenn Paterson	3.43.51 (non-Strider)
2	Trevor Jacobs	3.44.01
3	Peter Spehr	3.57.01 (non-Strider)
6	Kelvin Marshall	4.09.17
10	Dawn Tiller	4.29.08 (1st female)
12	Malcolm Satchell	4.41.00
13	Ray Potter	4.41.22
19	Mike Ward	4.56.19
19	Murray Town	4.56.19
29	John Sutherland	5.13.15
32	Tony Hatch	5.15.41
34	Kevin Tiller	5.17.42
41	Alf Field	5.30.33
42	Derek Smith	5.30.46
44	Keith White	5.37.14
45	Paula Whitehouse	5.38.15 (3rd female)
50	Jim Screen	5.54.44
50	Michael Wilson	5.54.44
54	Graham Butler	5.56.09
62	Brian Colwell	6.17.35

Relay results (Female/Female category):

1st Sydney Striders (Breeda Kelly and Robyn Flemming 5.02.50 (record))

3rd Sydney Striders (Amanda Dawson and Margaret White 5.30.41)

Kev's Korner 2

from Kevin Tiller

"Most people run a race to see who is fastest. I run a race to see who has the most guts." Steve Prefontaine.

TOP: Brindabella training group, knock-kneed and shivering (L-R): Geoff Taylor, Amanda Dawson, Scott Crawford, Andrew Healey, Andrew Smith, Jonathan Trope.

CENTRE: Striders at Cotter Dam before the Brindabella (L-R): Mike Ward (rear), Dawn Tiller, Margaret White, Breeda Kelly holding Jazmin Tiller, Keith White, Cathy Dunworth, Amanda Dawson, Murray Town, Kevin Tiller.

BELOW: A smiling Alf Field strides confidently out ahead of Dawn Tiller at the start of the 54th Brindabella. The situation later was very different!

Kev's Korner 3

by Kevin Tiller

Did anyone read about the New York City Marathon Psyching Team? There was an interview with Maryellen Duane, a Ph.D. Apparently there are about 75 psychoanalysts, behaviour therapists, and sports psychologists who work the marathon and comfort people having a bad day, and spend a lot of time "mothering" them at the finish (their words, not mine). She says the Psyching Team is trained to "treat people in a regressive state. Even if the runners are angry-looking, we say congratulations. They're hurting inside."

I've got just one thing to say: Where were you at Brindabella when my wife was disappearing off into the distance?

28.



Cradle Mountain & Comrades Marathon

by Dick Bartlett

It is hard to believe that, as I write this, it is 3 months since this year's Comrades. My run in the recent Sydney Marathon will act as my qualifier for next year and very soon I must stop enjoying the après Comrades slothfulness and start training again. No peace for the wicked.

First, though, a few words about this year's Comrades and an earlier event, the Cradle Mountain Run held in February (85km of tortuous, energy sapping, ankle snapping track).

I first tackled Cradle Mountain with Alf Field and John Ayliffe in 1992. We were all fit enough on the day but, I for one had failed to recognise the degree to which the terrain could slow you down. Add to that the time we took taking photographs and the 6pm cut off at Narcissus (17 kms around Lake St Clair from the finish) was always going to be tough to meet. It was late in the day that, although relatively fighting (or is that running) fit we realised we wouldn't make 6pm so decided we would pull out there and take the boat to the finish. Just a little late, we arrived at Narcissus at 7.30pm to find only walkers at the hut. The officials, support crews and boat had long gone. However they had left a message. You can get hold of the boat owner using the radio in the hut and he will come and fetch you. We tried this but could not reach anyone - the pub was more inviting than waiting on our call - so we had to settle in for a long and uncomfortable night. The emergency gear and rations we had carried all day proved their worth that night. The boat came at 9.30am the next day to take us to Cynthia Bay and our relieved support crews.

Cradle Mountain 1, Bartlett 0

The following year, my wife, Clare and I with John and Sue Hodges walked the track. We started at Lake St Clair on the same day as that year's run so were able to cheer Alf as he settled his score with the track. We took it at a more leisurely pace and finished it in 7 days.

Cradle Mountain 1, Bartlett 1

As far as running it is concerned I licked my wounds for a couple of years but, as Alf had already returned and beaten the track, I was forced to return. This I did in 1995 by which time the cut off at Narcissus had been changed to 5pm. Despite good training I had an awful day and was close to pulling out at half way. This meant a long walk

anyway so I decided to struggle on and reached Narcissus at 5.40pm in time for the last boat this time. I arrived at the finish in time to see Alf cross the line for the second time.

Cradle Mountain 2, Bartlett 1

As part of my training for Comrades this year I decided to give Cradle Mountain another try. Clare had been reviewing past runs and took over the role of chief motivator and coach. We turned up in early February having received a track condition update from Alf who had walked it the week before. Wet and muddy, in fact as bad as it had ever been. Clare would not allow this to deter me and forced me to concentrate on the run - no beers the night before, stay in our room and focus on what was ahead of me etc. A very determined person turned up in the dawn light the next morning and despite some shocking conditions, slightly tempered by the additional wooden board walk that has been built, I am pleased to say all went well. I reached Narcissus at 4.50pm in time to catch my breath, clean muddy feet, repack the back pack and head off around the lake for the final 17kms to the finish in 14hrs 17 mins.

Cradle Mountain 2, Bartlett 2

The ghost has been laid to rest and I may retire with a graceful draw. However Alf is still one up on me!!!

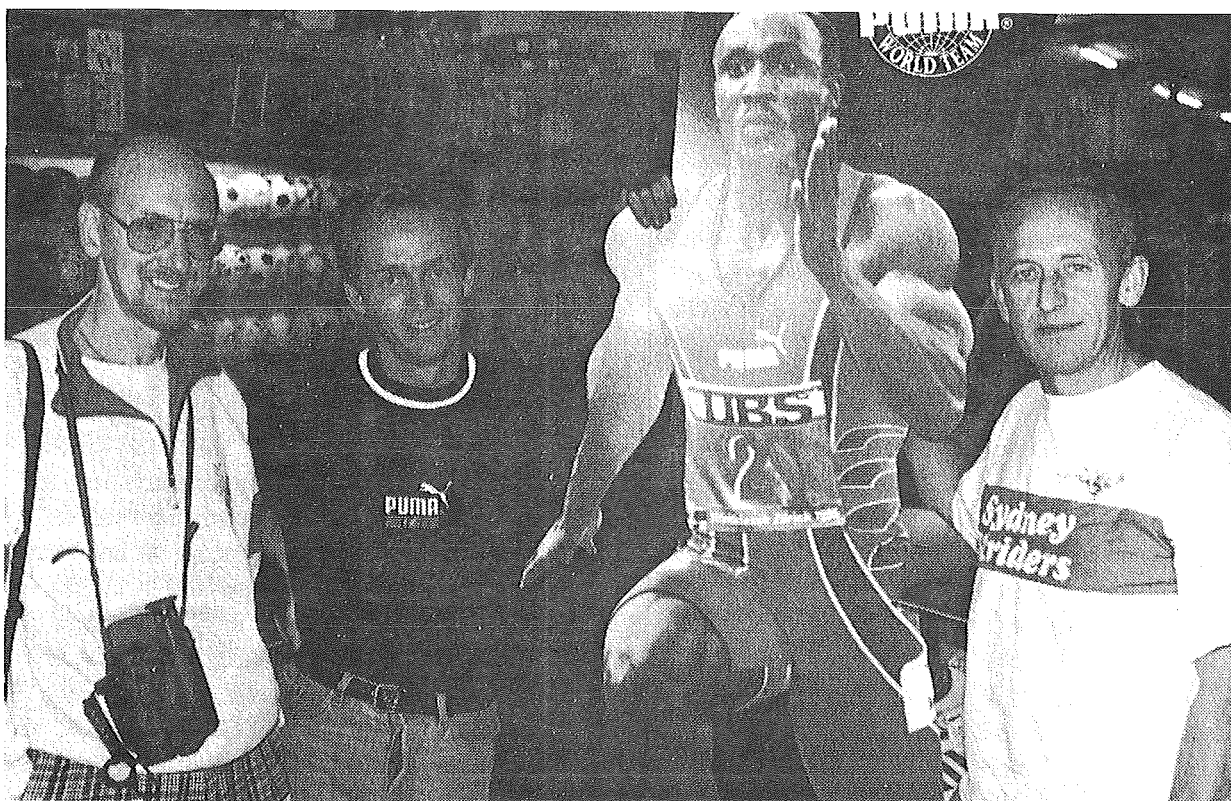
Comrades Marathon 1996

I now turned my attention to Comrades. There was a good group of Striders going and we managed some training runs together. Three Striders (Derek Smith, Grahame Murphy and Graham Butler) had opted to stay with hosts in Pietermaritzburg (PMB) which I arranged through Steve and Nan Gray with whom I stay. Lindsay Matthews of the WA Marathon Club was also going to join us in PMB. So nine of us (runners and partners) travelled together (Jonathan Trope, Jim Screen and Roger Rigby were also on the same plane) arriving in Durban on the Friday morning before the run on Monday.

We had arranged a rental VW microbus for the time we were in Natal and we crammed ourselves and our luggage in and headed off to the Comrades Expo to register and take in the atmosphere. We were due in PMB about 1.00pm and headed off a little late. It was now that I blotted my copy book as a tour leader by getting

Right: Just good friends! Blister editor Graham Butler and former editor Roger Rigby finish the 1996 Comrades Marathon hand in hand. Why does the clock seem to show 9 hours, 99 minutes and 99 seconds? Perhaps Mr Mandela's government has increased the number of minutes and seconds in every hour, to cope with the rapid rate of change in the Rainbow Nation?

Below: In Poobie Naidoo's Pietermaritzburg Sports Warehouse, Striders Dick Bartlett (r) and Grahame Murphy (l) share their vast joint store of running knowledge with Bruce Fordyce, (9-times winner of Comrades Marathon), and a two-dimensional friend.



off the freeway one exit early, losing my way in PMB, finding it again and then turning right one street too early to find ourselves back on the freeway with the next exit some 10kms further on. To add insult to injury when we did get off of the freeway we could not take it back again as a Coca Cola truck, probably carrying Comrades supplies, had overturned and blocked the freeway. We had a slow but scenic trip back to PMB via the back way to finally arrive at Steve and Nan's place about two and a half hours late. They had all been waiting for us and were getting a little worried. Still after introductions all round and a late lunch every one headed off to freshen up ready for a group dinner that night. We had another group dinner on the Saturday night both catered by our hosts who knew about carbo loading etc so we were very well looked after. Steve has run Comrades 10 times but was injured, Nan has run it once and Brad and Nobby, two of our hosts, have both run before and were turning out on Monday also so we were in good company.

Wallets given a going over

On Saturday we stopped at a sports store in PMB where we were fortunate enough to meet Bruce Fordyce and revisited the Expo in Durban where everyone gave their wallets a severe going over. With Steve as a guide, we drove back to PMB over the course. It is quite daunting in a vehicle let alone on foot and, with stops, took us over three hours. The highlight for me was the Comrades wall of honour at about the half way mark where for a small fee, runners can buy a space and a plaque on which their name, number, and years they have run is displayed. Thanks to the efforts of Alf Field and Roger Rigby, Sydney Striders has an area of its own and we spent some time viewing and taking pictures there. I am sure another couple of names will be there after this year's run.

Our hosts really went out of their way to make us feel at home and nothing was too much trouble. We dined together on the Friday and Saturday nights but decided that Sunday should be a rest day as we needed to be up at 3am on Monday morning to be in Durban for the start at 6am.

Magic of the Comrades

Many people have written about the magic that is Comrades. This was my fifth run and my enjoyment of the event and appreciation of the organisation and roadside and runner support increases each time. It is a joy to return.

It may sound trite but I ran/walked the first 78kms to Polly Shorts (a 200 metre climb over 2kms) fairly easily - all the training seemed to be paying off. Derek Smith and I kept each other company to Inchanga (just after half way) where the piece of string holding us together kept stretching until he was out of sight to finish half an hour ahead of me.

Brick wall had arrived

Pollys was always going to be a walk, but as I walked up it I began to feel worse and worse. My brick wall had arrived. Fortunately Clare, Steve and Nan were at the top and, since her success at Cradle Mountain, Clare had been rehearsing her motivational speech ready for my arrival. As I sat on an esky and demanded a coke she launched into it. The lights were on but no-one was home and I didn't hear a word, I just asked for another Coke. She tried again, this time I was more forthcoming, I brought the Coke up all over her feet (Oh the trials and tribulations of a supporter). This was the final straw and Steve and Clare forced me to stand up, told me to dig deep and pushed me back on the road. I wobbled off to a water trough, doused my head in ice cold water, started running and felt surprisingly good. I covered the last kilometres at the same pace as Clare, Steve and Nan who drove and we arrived at the stadium at the same time. My finishing time of 9hrs 43mins was a PB for the up run.

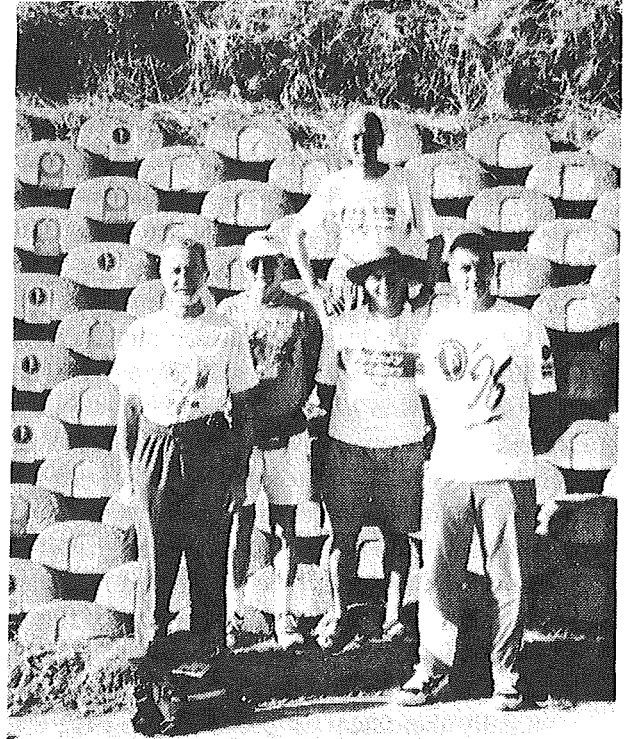
After the finish I couldn't work out where the International Tent, our meeting place, was so I headed for the Information Tent which is where Clare found me. She told me to wait there and went in search of the International Tent. In true Bartlett style I lay down and went to sleep. By the time Clare and I made it to the International Tent all the Striders and Lindsay from WA had finished and were looking extremely relaxed and pleased with themselves.

Suicidal pace

I have since watched the tape of the run. Christopher Parkes, an Englishman running his first Comrades, went out at what turned out to be suicidal pace to break the record to half way. He fell by the wayside at 60kms and struggled to the finish well down the field in 6hrs 14 mins. After this a four way battle ensued between Volgin and Grishine of Russia (second in this year's Two Oceans) and Mattheus and Bester of RSA. Volgin fell off the pace, Bester and Mattheus combined in trying to burn off Greshine who never replied to

Right: In relaxed mood at the Comrades' Wall of Honour: (rear) Strider Grahame Murphy, (front 1 to r) Lindsay Mathews (Western Australia) and Striders Derek Smith, Dick Bartlett and Graham Butler.

Below: The moment that makes it all worthwhile. Dick Bartlett crosses the line to finish the 1996 Comrades ultra.



any of the surges, he just kept running a steady pace to catch up again. Bester fell back in the run to the foot of Pollys and Greshine surged past Mattheus up Polly Shorts to take the race in the second fastest up time of 5hrs 29m. Bester and Volgin caught Mattheus in the run in to PMB and they finished 2nd and 3rd respectively with Mattheus 4th. Don Wallace of Australia, looking remarkably refreshed, finished 12th in a time of 5hr 43 mins which on any previous occasion would have given him a top 10 finish and a gold medal. Such was the class of the field.

Only one horse in the women's race

The women's race was a one horse affair with Ann Trason of USA returning after her disappointment of last year to lead all the way and win in a record time of 6hrs 14m well inside Frith Van Der Merwe old up run record. Maria Bak of Germany who won the down run last year finished second also within the old record. Incidentally Maria's husband finished 13th a few seconds behind Don Wallace.

Sick and sorry sights

Equally fascinating was the battle at the back. Not to see who could beat whom but to see who could get across the line before the 11hr cut off time. There are some sick and sorry sights as the back markers struggle to make it. Gordon Davids

who finished last this year fell 20 metres from the line, stood, fell again, crawled, stood and was then dragged across the line by a fellow runner who had just finished. He was interviewed as he sat there with a vacant glazed expression and was asked how he felt - "Dead, very dead" was his reply. On the day there were 11,264 finishers with 4,800 crossing the line in the last hour.

Mandela congratulates tail-ender

A little while later at the presentations he was asked to come forward to accept the last finisher's award from Nelson Mandela. This required him to negotiate a few steps. It was a struggle but he made it. However, worse was to come. He received two handfuls of gifts so the challenge now was how to get down. He stood at the top knowing that if he tried going down without the support of his hands he would end up a crumpled mess at the bottom of the steps. Fortunately help arrived to take his goodies to allow to negotiate the steps backwards.

Finally about 6pm the presentations were over and we headed home for a shower, something to eat and a welcome rest. Another wonderful and memorable day.

The next day the PMB contingent had a day out with some of their hosts with the home brew at Rawdons going down like a treat. That evening we took our hosts out for a most enjoyable dinner and evening in thanks for the warm and wonderful hospitality they had shown us. To Steve and Nan, Chris and Lianne, Nobby and Lynn and Brad and Jill our heartfelt thanks. Despite assurances to the contrary by some I am sure some or all of us will return for another crack at this challenge.

March for Kaiser Bill

Thanks are also due to Elizabeth, Cathy, Karin and Leanne at South African Airways who did such a fine job of organising our flights, seats and other ground arrangements.

On the Wednesday for most of us it was up early, final farewells and off to the airport to our next destinations - as you were told in the last Blister, Derek to march for Kaiser Bill in Swakopmund and Graham and I to go water divining in the Kalahari.

It's on again in '97

I will be at Comrades in 1997 and will organise things again, if there is sufficient interest of course. I will start this process in early November but if you are interested ring me on 9953 5317 to let me know.

Nobby: the Saga Continues

Email from Kevin Tiller

For those of you who are new to the Striders, we used to have an eccentric President for 5 years in the late 80s and early 90s: Nobby Young (OK, he was a bit of an egomaniac also).

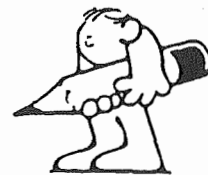
He walked around Australia for a year a couple of years back, and now he has just left for a 10 year walk around the world. He is a fruit loop of the first degree. Still, he has got a web page (that works now) which will be updated periodically: <http://www.nobby.com>. Incidentally he still holds the club record for the distance run in 24 hours - about 205k.

The person updating the webpage had to this say: "I am not actually in direct email contact with nobby (yet). He is carrying a Sharp Zaurus palmtop computer with him, but he doesn't have net access with it. The only way he is able to see his site or check any mail is by finding people along the way with a computer and net connection. We have arranged for a section of the site to be setup (invisible to the public) that Nobby can go to to read any mail messages that come through for him. If you want to send mail to Nobby, just forward it to walmac@acay.com.au and I will see to it that he gets it. The site is in the really early stages of production, expect to see a lot of improvements over the next few weeks. I hope you continue to enjoy it. Kind regards, Chris Walker, Walmac Interactive Media."

[Eds' note: we didn't reprint the article from the Sydney Morning Herald (18 Jan 97) since we figured just about everyone would have read it. If you want a photocopy contact Steve Cornelius.]

ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



Any articles will be considered.
Cartoons, photographs, reports or thoughts!

Please dispatch to the Editor.

COBURG 24 HOUR CHAMPIONSHIP, VIC. 12/13TH APRIL, 1997

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IT DIDN'T RAIN FOR 24 HOURS !

It was what the event organizer had always dreamed of for the COBURG 24HR CARNIVAL - 24 hours of sunshine & starlit skies. Some even complained that it was too hot on the Saturday afternoon. But, after the seemingly continuous rain of the past 2 years no one was really complaining.

YIANNIS KOUROS saw the forecast & decided that here was his chance to get that elusive 300K.

293K at Coburg '96 in wind & rain. 295 K at Canberra in Feb '97 during 8

hours of rain - all he needed was good weather & he would be the first in the world [& maybe the only one ever] to do 300K in 24 hours. But it was not to be - although as much as 10 & 11 laps ahead of his punishing 31 laps per hour schedule up to midnight - his injuries [knee & back] were starting to take their toll. By 4am his hourly rate had fallen & he was level with his schedule & from there on he was forced to walk & jog just to finish the 24 hours. He still covered 66K in those final 8 hours of pain !

HELEN STANGER - what she

puts her body through & her mind ! She enters every race knowing that she has to endure spasms of vomiting as the race progresses - she knows that she has to endure hours of pain after every race but still she pushes herself time after time beyond that 200K mark. At one stage St John had her on a stretcher ready to take her away to hospital but Helen said " I know my body,

Yiannis "only" does 266K !

Helen goes over 200K again !

Carmella sets a new walk WR !

this is nothing unusual or life threatening" & she

climbed off the stretcher to get back to running on the track ! 206K to add to the her list of plus 200K triumphs.

CARMELA CARRASSI

set a new women's World [track] Record for the 24Hr walk & new 50 Mile & 100 Mile Australian records. Many runners would be happy with 100 Miles in 24 hours ! CARMELA did nearly 5K more to finish 3rd overall. She was also instrumental in recruiting other walkers for the race. BEV CAR a local

CONT_ next page

24 HOURS_ Continued was inspired by CARMELAS '96 effort & set herself to walk for 24hours. A novice effort of 126.6K put her midway in the finishers' list ahead of some runners. **PETER WADDELL** was enticed down from Sydney by CARMELA to have a walk. He thought 100K was enough but couldn't resist the temptation to get back on the track & finished with 130K. **MERV LOCKYER** [M65 100 Mile record holder & "Centurion No 30" Of the Walkers Centurion Club"] was persuaded by CARMELLA to interrupt a holiday at Mildura to stroll about for 100K in 17hrs45mins. He & Bev formed a friendship on the track with Merv supplying encouragement & training hints & Bev supplying fantasy & mirth. [see Bev's notes - following] **The walking fraternity** are a great bunch to have in an Ultra. The Carrassi family looked after the lap scoring for the out of town walkers & **TIM ERICKSON**, President of the Centurion Club [present as the father of 2 boys in the L Aths team] manned the drink station & sprayed runners & walkers alike during the hot hours - thanks Tim. Of the runners **PETER ARMISTEAD & RON HILL** both bettered the 100 Mile mark & **KEVIN MANSELL** decided just to "enjoy himself" when it became evident that he wouldn't make 100 Miles. Very close Kevin - 1.5K short, less time giving cheek to the Race Director & you might have made it. Good luck with your 1000 Miles in Sydney. **PETER GRAY**

bettered his 1996 distance to be the only competitor to complete all 10 Coburg 24Hrs. A special award was made to PETER to recognize this achievement.

All but one of the other runners bettered 100K despite all spending some time off the track.

Novice 24Hr competitors **PHILIP ESSAM & OZKAN TURCAN** had quite different stories to tell. Philip, having bombed out in 1990 with 50K, this time persisted for the full 24 hours despite obvious pain & made 103K.. Local lad **OZKAN** saw an article on the 24Hr in the local paper & decided to have a go at this 24 hour caper. He has good credentials for a 24Hr runner - he doesn't read the instructions! He turned up 2 hours late for the start - after realising the start was on Saturday at Noon, not Sunday ! He did a good 50K in just over 6 hours before deciding that 50K a week jogging was not quite enough preparation for 24 hours of running.

TONY TSAKIS - no you won't find his name on the list of competitors. He too had read in the local paper of this event & turned up to have a look on Saturday. He pleaded to be allowed to run for 2 or 3 hours & see what it was all about. He didn't want any Lap Scoring - just to run with the "big boys". He did 3 hours on Saturday & came back for more on Sunday.

RELAY RESULTS_ next page

The 24HR RELAY CHALLENGE

In the relay sections 9 teams competed. The **TRARALGON HARRIERS** soon established a lead in the Open section that was not to be beaten & was to lead to them bettering the World Record of their arch rivals Yan Yean Road Runners by 2K. [Yan Yean did not field a team this year, but watch out next year. When they hear that they have lost

their record they will be fuming.]

At the other end of the Open field, a new team -

THE YOUNG

GUNS thought they could show the **LITTLE ATHS** how it was done. Made up of 3 graduates from L ATHS who had run in previous L ATHS teams, they recruited other teen-agers & 1 mum. The 20 L ATHS, running 15min legs, soon disposed of the **YOUNG GUNS** & settled down to their traditional rivalry with the **10 FABULOUS FEMALES**. This battle continued until the last 2 hours when the 10 FF inched ahead & held their lead to finish 3K up on the L ATHS.

The **ULTRA runners** were so impressed by the efforts of the L ATHS that they all signed a T Shirt for a

special presentation to the team. This was organized by **JOHN TIMMS**, the Colac 6 Day Runner. If he was impressed - then you can be sure that the L ATHS were something special.

The **VICTORIAN ROAD RUNNERS** fielded a strong open team & were second only to **TRALAGON HARRIERS**

The **ULTRA RUNNERS** were impressed with the **LITTLE ATHS** team & signed a presentation T Shirt for them.

during the daylight hours but lost their way during the night.

COBURG OPEN finished with

over 800 laps. The 3 Veteran teams finished 3rd, 4th & 5th overall. After a closely fought battle for most of the 24 hours, **TRARALGON VETS** broke clear to win the VETS section from **ALTONA VETS** followed by **COBURG VETS**.

Despite being unable to field a team of their own, **ABERFELDIE VETS** & **COLLINGWOOD VETS** contributed with several runners to support other teams as well as the loan of essential equipment. **CROYDON VETS** also helped with equipment & the VRR tea urn was appreciated by all.

BEV CAR reflects on her 1st [of many?] 24Hr races:

"I was a bit of a woose only 2 hours into my walk & started to feel sick. An Orchid Bouquet to John, my positive darling husband who assisted me & then told me to get back on!"

"I saw the individual efforts that each of our Team Members put in & I was so proud of you ...your strength was still there because each of you showed that you cared. The love & support you gave me was wonderful..."

"...Human Contact is so important during the.. 24hrs. You'd be surprised what a little wave, plus a bit of cheek, does for the .. spirit. They [the Lap Scorers] deserve a medal."

"...one goal creates another... give me another shot & I will try & get it right next time. I learned many things during my ...walk. Those unselfish people who chose to walk around with me - thank you for your moral support, which I will never forget."

"...thank God for Merv 'Do you mind me walking & chatting with you?' 'No..' 'Good, cause some ladies tell me to piss off' So the time went bet-

ter. We talked about everything & anything."

" '[My feet] would be OK except for the blisters.' Kevin Mansell stops & turns around to say 'What blisters? You have no blisters, it's all up here.' pointing to his head. 'This is what separates the men from the boys'

I decided to become a man.

Other impressions:

Phil who kept walking with very painful blisters.

Carmela who just kept powering at an incredible pace & the support of her husband.

The most beautiful sunset.

The fantasy of the surf [on the Great Ocean Road] as the 'Walkmans' interfered with the PA.

Greek music & dancing from Yiannis' friends at night. Skinny, tired, Ultra legs leaping into the air enthused by the music.

The support of St John crew on the drink station & the water sprays.

"I saw the good [but also] the bad & the ugly. The two bad & the ugly [disrupters] should run in a team, help or stay home.

We couldn't do it without all that behind the scenes support - Computer team, Canteen ladies, Masseurs

NAME		State or Country	Kils	Year
KOUROS	Yiannis	VIC	293.70	1996
KOUROS	Yiannis	VIC	282.98	1995
KOUROS	Yiannis	VIC	266.18	1997
MARCH	Mike	TAS	260.10	1989
SMITH	Bryan	VIC	250.73	1991
SMITH	Bryan	VIC	249.88	1990
STANDEVEN	David	SA	242.61	1989
HEPBURN	Brickley	VIC	239.32	1991
BREIT	John		238.10	1989
KINSHOFER	Rudi		232.43	1991
FISHER	Keith	VIC	232.21	1989
BREIT	John		231.48	1990
GRAY	Peter	VIC	230.73	1991
MERCER	Neville	NZ	229.76	1993
GRAY	Peter	VIC	224.89	1990
LEWIS	John	NZ	224.23	1989
STRELTISOV	Igor	RUSSIA	221.20	1994
STANDEVEN	David	SA	218.66	1991
COX[JNR]	Terry	VIC	217.37	1990
STANDEVEN	David	SA	217.05	1992
WISHART	Greg	VIC	216.78	1989
GRAY	Peter	VIC	213.52	1992
STANGER	Helen	NSW	211.13	1996
SKROBOLAK	Joe	VIC	210.43	1995
LEWIS	John	NZ	210.42	1990
READ	Nick		208.86	1988
STANGER	Helen	NSW	206.86	1997
WOLSTENCROFT	James	VIC	205.85	1989
SKROBOLAK	Joe	VIC	205.60	1994
SMITH	Jeff	VIC	204.85	1991
GRAY	Peter	VIC	204.22	1989

1997 10th Anniversary Coburg 24Hr Track Race Order of Merit

All attempts listed for all 10 years.
[14th Victorian Championship - be part
of the 15th in 1998]

London

NAME		State or Country	Kils	Year
PARSONS	Patrick		203.81	1990
STENNER	Graham	SA	203.53	1989
GRAY	Peter	VIC	203.16	1994
ANDREWS	Sue	NZ	202.89	1988
HOOK	Geoff	VIC	202.53	1991
KINSHOFER	Rudi		202.09	1990
HEPBURN	Brickley	VIC	201.95	1989
COX	Murray	SA	200.71	1990
ARMISTEAD	Peter	VIC	200.61	1990
NASH	Robert	VIC	197.78	1988
BEAUCHAMP	Bill	VIC	196.51	1989
STANGER	Helen	NSW	196.21	1992
SMITH	Ron	VIC	195.38	1988
MILNE	Peter	VIC	191.63	1988
BENCZE	John	VIC	189.05	1988
RILEY	Gerry	VIC	188.65	1988
QUINN	Peter		188.26	1991
COX	Murray	SA	187.61	1989
SKROBOLAK	Joe	VIC	185.34	1992
LUCAS	Andrew	TAS	184.81	1995

NAME		State or Country	Kils	Year
KIRK	Bruce	VIC	184.39	1989
DIETACHMAYER	Tony	VIC	184.00	1988
YEAMAN	David	VIC	183.51	1988
COX[JNR]	Terry	VIC	182.82	1989
JERRAM	Col	VIC	182.15	1990
WILSON	Greg	VIC	181.42	1992
WEINSTEIN	Roger	VIC	180.92	1991
WISHART	Greg	VIC	180.80	1988
GRANT	Stephen		179.90	1988
KAPARELIS	John	VIC	179.27	1989
YOUNG	Cliff	VIC	179.08	1988
GOONPAN	Peter	NSW	178.73	1996
HILL	Ron	VIC	177.75	1990
TRIPP	Tony	WA	177.03	1988
HOSKINSON	Peter	TAS	176.96	1995
QUINN	Peter		176.90	1990
GRAY	Peter	VIC	176.75	1993
HOUGH	Ken	VIC	176.06	1989
BENCZE	John	VIC	175.09	1989
FICKEL	Bob		174.94	1991
MADDOCK	Mike	TAS	174.85	1995
BOHNKE	Michael		173.66	1992
KINSHOFER	Rudi		172.87	1992
YOUNG	Cliff	VIC	171.65	1993
HOOK	Geoff	VIC	171.41	1990
WEINSTEIN	Roger	VIC	170.96	1990
DAVIS	Ivan		170.57	1991
QUINN	Peter		170.13	1992
STENNER	Graham	SA	169.23	1988
TRIPP	Tony	WA	169.22	1989
TALBOT	Kim	VIC	168.49	1989

NAME		State or Country	Kils	Year
KERRUISH	Graham	NSW	167.61	1988
CARRASSI	Carmela	VIC	166.60	1997
GRAY	Peter	VIC	166.47	1988
GRAYLING	Michael	VIC	165.70	1992
RAFFERTY	Tony	VIC	165.54	1988
YOUNG	Cliff	VIC	165.23	1991
FOLEY	Wanda		165.06	1988
KERR	Sandra	VIC	165.01	1990
POWER	Tony		164.96	1990
JERRAM	Col	VIC	164.77	1989
GRAYLING	Michael	VIC	164.72	1989
YOUNG	Cliff	VIC	164.51	1990
WILLIAMS	Reg	VIC	164.24	1989
HICK	Bill	NSW	164.21	1996
GRAYLING	Michael	VIC	163.76	1993
THOMPSON	Mike		163.29	1990
ARMISTEAD	Peter	VIC	163.09	1997
HOLLERAN	David		163.07	1992
LUCAS	Andrew	TAS	163.06	1988
LUCAS	Andrew	TAS	162.91	1992
CHAMPNESS	John	VIC	162.82	1989
GRAY	Peter	VIC	162.81	1995
CARRASSI	Carmela	VIC	162.54	1996
RISSTROM	Peter	VIC	161.74	1991
KERR	Sandra	VIC	161.60	1989
HILL	Ron	VIC	161.46	1997
VISSER	Jeff		160.80	1990
MANSELL	Kevin	SA	159.46	1997
HARRISON	Max	VIC	158.05	1989
YOUNG	Cliff	VIC	157.88	1989
MARDEN	Ken	TAS	157.00	1991
CHAMPNESS	John	VIC	156.45	1990

Peter Gray

1988 166K **1993 176K**
1989 204K **1994 203K**
1990 224K **1995 162K**
1991 230K **1996 111K**
1992 213K **1997 144K**

NAME		State or Country	Kils	Year
CHAMPNESS	John	VIC	156.45	1990
STENNER	Graham	SA	156.27	1990
NASH	Robert	VIC	156.22	1989
VEGA	Eduardo	VIC	154.79	1988
TAIT	Merrilyn	VIC	154.71	1989
KERR	Sandra	VIC	154.60	1994
WISHART	Greg	VIC	154.19	1991
YOUNG	Cliff	VIC	153.85	1992
YOUNG	Cliff	VIC	153.06	1994
BIVIANO	Frank		151.35	1990
WISHART	Greg	VIC	151.21	1990
PARRIS	Dawn	VIC	151.11	1992
MATCHETT	Ken	VIC	148.58	1993
YANNA	George	VIC	147.65	1989
BUTKO	Kon	VIC	147.00	1988
VERNON	Peter	VIC	146.80	1989
TAIT	Merrilyn	VIC	146.70	1992
ARMISTEAD	Peter	VIC	146.60	1988
GRAYLING	Michael	VIC	146.57	1994
STEPHENSON	Chris	NSW	146.22	1989
BUTKO	Kon	VIC	145.41	1990
TAIT	Merrilyn	VIC	145.24	1991

NAME		State or Country	Kils	Year
WISHART	Greg	VIC	145.07	1992
COX [Snr]	Terry	VIC	144.68	1990
GRAY	Peter	VIC	144.40	1997
GRAYLING	Michael	VIC	142.94	1997
CASE	Val	VIC	142.91	1992
JOHNSTON	Norm		142.89	1990
COX	Murray	SA	142.85	1991
RYAN	Cliff	VIC	142.27	1990
CHAMPNESS	John	VIC	141.64	1991
VERNON	Peter	VIC	141.20	1988
JANOSI	Elvira	YUGO	141.13	1993
HARRIS	Trevor	ACT	140.42	1989
POLLARD	Godfrey	VIC	139.89	1989
STUART	Roger		139.39	1988
BROOKS	Barry	VIC	139.11	1988
POLLARD	Godfrey	VIC	138.85	1991
BURROWES	Gordon	VIC	138.35	1988
POLLARD	Godfrey	VIC	137.94	1994
TAIT	Merrilyn	VIC	137.65	1990
WEINSTEIN	Roger	VIC	137.15	1992
WEINSTEIN	Roger	VIC	137.15	1992
RICHARDSON	Peter	VIC	136.80	1990
MORRE	Jean-Claude	VIC	135.19	1988
PARRIS	Dawn	VIC	134.16	1995
POLLARD	Godfrey	VIC	133.75	1990
MATCHETT	Ken	VIC	133.74	1991
CARROLL	Ray	VIC	133.33	1988
BROOKS	Barry	VIC	132.40	1989
RECORD	Joe	WA	132.40	1989
DUNN	Stephen	SA	132.34	1989
POLLARD	Godfrey	VIC	132.11	1993
DUNN	Stephen	SA	131.33	1988

NAME		State or Country	Kils	Year
HARRISON	Max	VIC	131.28	1990
COX [Snr]	Terry	VIC	130.84	1991
ROSS	Howard	VIC	130.80	1988
WADDELL	Peter	ACT	130.00	1997
CASSIDY	Kevin	VIC	128.21	1990
YEAMAN	David	VIC	127.77	1989
KERRUISH	Graham	NSW	127.60	1989
BADIC	Safet		126.80	1990
CAR	Bev	Vic	126.56	1997
BRYAN	Greg		125.30	1988
POLLARD	Godfrey	VIC	125.20	1995
CAMPBELL	Ron	VIC	123.62	1989
TIMMS	John	NSW	123.15	1992
O'KEEFE	Arthur	VIC	123.13	1994
WISHART	Lois	VIC	122.67	1992
RYAN	Cliff	VIC	122.34	1991
POWER	Tony		122.13	1991
STUART	Roger		122.00	1990
SCANLON	Shaun	NSW	121.35	1989
TALBOT	Kim	VIC	120.01	1990
HICK	Bill	NSW	117.72	1997
GAILLARD	Jacques	VIC	116.55	1990
MORRE	Jean-Claude	VIC	115.60	1989
CLARKE	James		115.06	1991
HOOK	Geoff	VIC	113.02	1989
GAILLARD	Jacques	VIC	112.46	1989
PRITCHARD	Mark	WA	112.40	1995
GRAY	Peter	VIC	111.01	1996
MANSELL	Kevin	SA	108.40	1991
BREIT	John		106.80	1991
TIMMS	John	VIC	106.00	1997

Cliff Young

1988 179K **1993 171K**
1989 157K **1994 153K**
1990 164K **1995**
1991 165K **1996**
1992 153K **1997**

NAME		State or Country	Kils	Year
JAVES	Ian		105.60	1992
DEDMAN	Kaven		104.89	1990
ESSAM	Philip	NSW	103.30	1997
COX [Snr]	Terry	VIC	102.71	1992
GRAYLING	Michael	VIC	102.00	1996
WILSON	Greg	VIC	100.00	1995
LOCKYER	Merv	Vic	100.00	1997
BENCZE	John	VIC	100.00	1990
CASSIDY	Kevin	VIC	93.60	1989
MERCER	Neville	NZ	89.20	1992
WHELAN	Robert	VIC	89.13	1990
CARROLL	Ray	VIC	86.06	1990
BARKER	Carl		83.60	1991
FAY	Gerard		80.40	1990
FISHER	Keith	VIC	80.40	1992
GAILLARD	Jacques	VIC	78.40	1992
CORMACK	George		72.80	1991
SMITH	Ron	VIC	72.40	1990
WALTERS	Ken	VIC	72.00	1989
CLEMENTS	Harry		68.40	1993
KOSTOPOULOS	John	VIC	68.00	1989

NAME		State or Country	Kils	Year
LAW	Andrew	TAS	63.20	1992
CASSIDY	Kevin	VIC	62.40	1991
MILNE	Peter	VIC	60.80	1990
McAVOY	Mike	VIC	60.00	1995
MOYLE	John		59.60	1990
MILNE	Peter	VIC	56.00	1989
MORRE	Jean-Claude	VIC	54.40	1991
TURCAN	Ozcan	Vic	50.00	1997
ESSAM	Philip	NSW	50.00	1990
COX[JNR]	Terry	VIC	45.20	1991
DIETACHMAYER	Tony	VIC	42.40	1989
RILEY	Gerry	VIC	42.40	1991
RAFFERTY	Tony	VIC	42.40	1991
NELL	Peter		42.00	1991
St JOHN	Gerald	VIC	38.80	1996
TIMMS	John	NSW	35.20	1991
GAILLARD	Jacques	VIC	30.40	1991
BINDER	Kurt	VIC	29.20	1989
CHAMPNESS	John	VIC	17.42	1992

Michael Grayling

1988
1989 164K
1990
1991
1992 165K
1993 163K
1994 146K
1995
1996 102K
1997 142K

Godfrey Pollard

1988
1989 139K
1990 133K
1991 138K
1992
1993 132K
1994 137K
1995 125K
1996
1997

"CONQUERING COBURG"

In 1989 I decided to get into Ultra-Marathons. I had become bored with the normal Marathon and decided to challenge the feat of time and distance. I was also drawn by the accomplishments of "Ordinary people doing extraordinary things" in the Westfield Run.

Early in 1990 I ran in a 12hr race in Canberra and covered 73.5km. I was more than happy with my performance. Two weeks later I ran in the Coburg 24hr race. As I was to find out later it was a bad move for a novice. I pulled out of the race after seven and a half hours and completing 50km. Knee problems and a weak heart!

I then crewed for John Breit in the 1990 Westfield and was quite overawed by his magnificent effort. After that instead of training harder I placed Ultra-Marathon running in the "Too-hard basket" and it faded into oblivion.

During the next couple of years I became married and my wife had a beautiful daughter. I also joined the computer age and started developing my writing passion. (I haven't had anything published yet, but the "Westfield Book" will be the first). It had irked me that a book on the Westfield Run had never been published and I was determined to rectify that situation when I left the tropics.

In 1996 we were posted to RAAF Base Wagga. I started thinking about the past and realised that I wasn't happy with walking away from Ultra Marathoning six years ago. Was I going to be one of life's great "Gunnas" that would walk away from the hard things in life?

I started jogging again and researching the Westfield Book. Towards the end of last year I decided to resume my Ultra Career and set myself to run in the Coburg 24hr Run in 1997. I was going to be there when the Gun went off after twenty four hours and I was going to have one hundred kilometres beside my name. Harold Stephens Athletics Track was not going to own me anymore!

I got into the training. My main aim was to increase the mileage every week. I didn't do any cross training, but I got a 44km six hour run and numerous half marathons under my belt. My brain was in gear and focused towards the event.

I assembled a crew that included my wife and best friend, Belinda, ex Westfield runner, John Breit(John had promised me after his 1990 run that he would return the favour one day) and mate, Sean Chipman.

Belinda and I drove down to Melbourne the day before the race. We left our four year old, Rugrat, Laura, with best friends, Lisa and Michael for the weekend. Hopefully they would still be our best friends by the end of the weekend!

We got to the track and set up the tent. We then had a chat with Race Organiser, Gordon Burrowes. He gave us the exciting news that there would be five ex-Westfield runners in the event. They included Yiannis Kouros, Kevin Mansell, Ron

Hill, Peter Gray and Helen Stangar. Was Yiannis going to beat the 300km goal? That would really be something to tell the grandchildren!

The day of the race dawned. I went for a walk to Williamstown Beach and psyched up with Tina Turner, Dead Poets Society, Chariots of Fire and Forest Gump on the walkman. We got out to the track about 9 o'clock and started organising ourselves. There was also going to be a 24hr relay race on which would make it more interesting.

Kevin Mansell and Ron Hill came and saw me before the race. Ron had a box full of information on the Westfield for me which was most appreciated. It was also great to meet Kevin after the help he had given me via Australia Post and Telecom.

It was now five minutes to midday and everyone was gathered around the starting line. The butterflies were now in my stomach! I relaxed myself and concentrated on the game plan of twenty minutes running and ten minutes walking. The starting gun went off and we were away.

The next three hours went by. I was moving well and had about twenty four kilometres under my belt. I was getting lots of food and drinks from my great crew and was having the time of my life. It was about three o'clock when I saw that a couple of other runners were starting to suffer in the warm conditions and I slowed down to a walk for the next couple of hours. I had plenty of time to get the score on the board.

The clock continued to click over. It was about five and a quarter hours when I went through the Marathon stage. It was going great! Night was starting to creep up on us and I was back into the run/walk pattern. I kept plodding on and by the six and a half hour mark I had fifty kilometres on the Board. (Yes there is a lot of cricket talk being used).

It was time for a Massage and meal break. I stopped at the Lap Scorers tent and my crew took me inside to the Massage table. I must say at this stage that my crew were magnificent during the whole twenty four hours. They looked after me during the whole race, gave me lots of food and drinks, knew what to say and knew what not to say! What more could a runner want!

Back to the story; I had a massage, the crew checked my feet and I had a lovely feed of mashed spud and peas. Half an hour later and I was back on my feet and heading out to the track. The plan was to have seventy kilometres up by midnight. I started walking again, but it wasn't too long before I had a slow jog going.

Kouros at this stage was well on schedule to beat his own World record. The spirit and camaraderie amongst the runners was evident from the start of the race. I must particularly thank Kevin and Ron for your kind words on encouragement throughout the race, Peter Gray for walking five laps with me on the Sunday morning, all the walkers for your help, all the Ultra runners for your words of encouragement and the Trarlgon team. They kept reminding me on who my coach was! I think at

one stage everyone on and off the track were passing words of encouragement to me. Thanks!

I kept running, but unfortunately it wasn't long, before I started getting trouble in my left foot. It happened right outside the Lap scorers tent and I was immediately reduced to a walk. John kept telling me every lap to forget the pain and focus on other areas. I think I felt like telling John where to put his pain, but I realised that he had been through ten times as much in his running career. The hours ticked by and I even started putting in the occasional lap of running.

It was just before eleven o'clock at night when I brought up the seventy kilometres. It was announced over the Public Address system just past eleven that I had beaten my Personal best of seventy two kilometres. Wrong! It was seventy three and a half kilometres I had to beat. Oh well, I kept on going and it wasn't too long before I had actually beaten my personal best. It was all unknown territory from now!

The midnight change around was effected and I had completed seventy six kilometres. Time for another major massage break! The next hour and a half is something of a blur. I know that I fainted twice and was feeling very nauseous.

I had a massage and my crew managed to get a bit more food into me. John also suggested that I have a shower as well. I wasn't too keen on the idea. I didn't relish the thought of getting warm, getting cold and then having to get warm again. I was soon under the shower and YELP! It was freezing cold! My wife heard outside and told me later that she did think about whether to let me go on with the race. One of the relay runners was having a warm shower and he gave it up for me straight away. Thanks mate, if you ever read this story.

After the shower, I was dressed and sat back down to have some more feed. My feet were now a mess and there was a mild debate going on in the background. I think there were about three different methods of blister removal being discussed. I went with the padding method as recommended by the St John's officials. My reasoning was that I had yet to experience the joys of suturing. (that joy can be left for another time) and my Mum was a St John's member for years and I have the highest regard for their training.

I was also thinking about pulling out because I rationalised that I had already beaten one goal and I could come back another day. I looked at the time and worked out that it was half past one in the morning. I said to myself that it was time to make a decision. I had plenty of time to get the hundred kilometres up. I think I stunned everyone when I asked to be helped up and to get out on the track. I dug into my heart and got back out there.

My wife told me later that just about everyone on the track expected me to pull out. I think I amazed myself when I started limping around. John kept telling me to watch my posture and to pick up my feet. It was dam hard. I now knew what the Hot Coal Walkers go through. But their pain only lasts for twenty seconds! The next few hours were a blur. I know that I called for the Walkman and serenaded the track with a combination of U2 (Sunday Bloody Sunday), Midnight Oil (King of the

Mountain) and Priscilla (No more Abba!). I was told by my wife and Glenda Mansell in daylight hours that my singing left a lot to be desired! The music helped me to pick up my pace anyway.

I came in for a ten minute break at four o'clock and then a twenty minute break at six o'clock. I think I needed about two kilometres an hour to bring up my hundred. I still wasn't confident though. I had another break at quarter past seven and only need four more kilometres. It was now an obtainable goal. I got back out about seven thirty and only had ten laps to travel.

Belinda was in the lap scoring tent. Each time I went past her she would call out how many laps to go. I could almost feel her love reaching out towards me. I would have to bite my bottom lip and stop myself from crying. During those laps I was thinking a lot of things. The past was driving me on. I was even drawing on Kevin Mansell's hero quote from one of the Westfield Runs. Ten became nine, nine became eight, eight became seven.

It seemed like an eternity but I was soon on the last lap. I felt like screaming for joy to the whole world. I was on the back straight and I looked next to me and Kevin Mansell was walking along side me. Kevin had sprinted around the track to join me and help me bring up my milestone. Kevin: You are a champion sportsman and champion human. If more sportsmen and women showed that humanity in the commercial sports they would be worth following again. Thanks Killer!

I crossed the hundred kilometre mark at about 8.40 am and a big cheer went up from my fantastic crew, the lapscorers and Kevin. It felt great. I had finally conquered my own body and soul. I was on top of the world! It was announced on the PA system. I kept plodding around towards our crew tent and soaked up the great feeling. I was getting congratulations from fellow runners, spectators and the few supporters that were there. I got around to our tent and immediately lied down in the car. I was going to have a sleep and get back up for the last hour.

I was lying down and could not wind down. I kept hearing the runners come past and my body was still in a state of perpetual motion. I think a few of the runners even asked if I was coming back out. It was half an hour later when I decided that it was time to keep going. We would repad my blisters and then take it lap by lap. I got down to the finish line and then headed inside to redo my feet. Unfortunately it took a bit longer than what was anticipated and the tiredness started to kick in. I was almost ready to say that enough was enough. My feet eventually got fixed. I dug into the last little bit of my energy reserves and got back out there.

I was moving very slowly when I got back out onto the track, but the time seemed to be flying. I was doing two laps at a time and having a break. It was now quarter past eleven. I got back out onto the track and kept hobbling around.

The minutes were ticking over and it felt as though a sense of relief was starting to develop over the whole track. It was now fifteen minutes to midday and John was carrying a deck chair with him. I was wondering why was he carrying a chair. The reasons soon became obvious! The whole crew joined me for my last lap.

The seconds were counted down and I even started to run again. The gun went off and it felt great. John put the chair down and told me to sit. We were all hugging each other and crying. It was fantastic. I had finally achieved! **103.3km** In my own mind I had finally arrived as an Ultra Marathoner. I have a lot more to learn, but the sport is going to see me around for quite a few years.

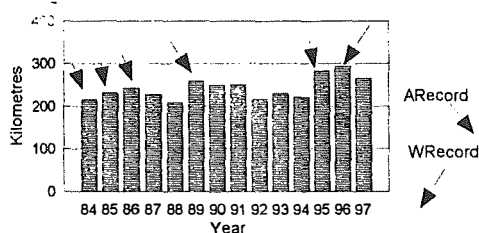
Thanks once again to my crew of Belinda, Shaun and John. I think my wife is definitely hooked on the friendship side that was so evident during the race. Shaun, you can do anything you set your mind to. John is now undergoing a Degree in Winemaking. I know that he will be a success in his new chosen vocation in life, after what he achieved in Ultra Marathoning.

I must make mention of the Walkers at this stage. They walked all the way through the race and did some incredible distances. How do you do it?

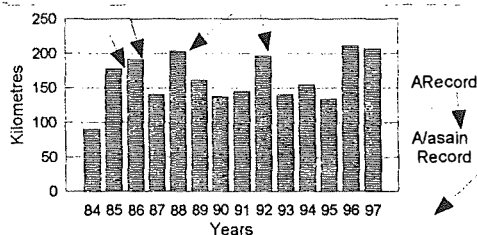
Thanks to all the Ultra runners, especially Killer and Ron. Thanks to the relay runners for your support. Thanks to the Little Athletics team. You guys and girls were great to watch. Thanks for the encouragement from everyone by the Track. Especially the official from the Little Aths team that walked with me for half a lap. Thankyou to Gordon Burrowes. It was a great event. Thanks Yiannis for your kind words after the race. I'm sorry that you did not get the three hundred kilometres. I hope that I am privileged enough to be on the same track when you do break the Barrier!

Philip Essam

Victorian Ch/ships Males

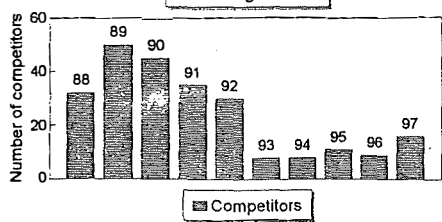


Victorian Championships Female



Year	Male Winner	Country or State	Kilometres	Female Winner	Country	Kilometres
1984	Geoff Molloy [AR]	VIC	216.0000	Caroline Vaughan	VIC	90.0000
1985	Geoff Molloy [AR]	VIC	232.4000	Margaret Smith [AR]	VIC	177.6000
1986	Brian Bloomer [AR]	VIC	242.5980	Cynthia Cameron [AR]	VIC	191.2180
1987	Barry Brooks	VIC	227.5740	Cynthia Cameron	VIC	141.0570
1988	Nick Read	ACT	208.8590	Sue Andrews [A/asian R]	NZealand	202.8900
1989	Mike March [AR]	TAS	260.0990	Sandra Kerr	VIC	161.6040
1990	Bryan Smith	VIC	249.881	Merilyn Tait	VIC	137.6530
1991	Bryan Smith	VIC	250.7290	Merilyn Tait	VIC	145.2420
1992	David Standeven	SA	217.0510	Helen Stanger [AR?]	NSW	196.2130
1993	Neville Mercer	NZealand	229.7550	Elvira Janosi	Yugoslavia	141.1260
1994	Igor Streltsov	Russia	221.2049	Sandra Kerr	VIC	154.6005
1995	Yiannis Kouros [AR]	VIC	282.9818	Dawn Parris	VIC	134.1600
1996	Yiannis Kouros [WR]	VIC	293.7040	Helen Stanger	NSW	211.1260
1997	Yiannis Kouros	VIC	266.1800	Helen Stanger	NSW	206.8600

10 years of
Coburg 24Hr



10 Anniversary.
Coburg 24Hr Track
Race

There have been 14 Victorian 24hr Track Championships, the last 10 of which have been held at the Harold Stevens' Athletics Field at Coburg. A total of 127 persons have competed 244

times over these 10 years. The graph shows peaks of 50 & 45 in '89 & '90. In all the 10 years only 12 females have competed. More than 200K has been run on 40 occasions, more than 100 Miles (but less than 200K) on 68 occasion & less

than 100K on 32 occasions. A total of 244 entries have accumulated 36 638.3547K over the 10 years at an average of 152.635K per competitor. Peter Gray has competed in all 10 races, Cliff Young in 7 & Michael Grayling & Godfrey Pollard in 6.

COBURG 24 HOUR VICTORIAN CHAMPIONSHIP

Impressions of a Lap-scorer

by Dot Browne

Heartiest congratulations must go to Gordon Burrowes, Race Director of this event., which is getting better and better each year. This was the 14th running. I organised the first 10 of these Victorian 24 Hour Track Championships in the early days but, this year, I was able to witness the event as a lapscorer, and I saw the event from a completely different point of view. I appreciated the hourly computer updates of placings that we received, as well as the extensive list of "significant distances" that we had to record - at least 30 of which were achievable by at least some of the competitors in this race, so we couldn't afford to go to sleep.

Les Clark, lap-scorer extraordinaire, had the usual state of the art equipment and was well set-up for comfort - sloping writing table, overhead fluoro light & fan heater under the trestle table for the cold graveyard hours, carpet underneath the feet, cushion on his chair, hot coffee in thermos on tap and 3 hourly snacks prepared, plastic sheeting wind-break round the front of the table - unbelievable preparation! And not once during the 24 hours did he need reminding to record a Kouros lap.

Harold Stevens looked after us during the first afternoon when the sun was shining in our eyes and the 24 degree heat felt more like 30. He rigged up canvas blinds to help the situation. Thanks Harold!

Kouros was two thirds on the way to his first marathon of 3.08.31 when the last of the competitors arrived, two hours late! He was a young Turkish boy, Ozkan Turcan who thought the event started at noon Sunday, and was just coming down to check out the track. He got a hell of a shock when he found the event had started but stayed to run, and retired at 50km, his first attempt at an ultra.

Quote of the day went to well-known wacker, John Timms, who stated "I've had a PB today. I've only spewed four times!". John, in his usual eccentric fashion fluctuated between sprinting and sleeping. Flat out on the track one minute then flat out on his back the next.

The female relay runners circling the track clutching the relay baton, looked like they were after the blokes ahead with a rolling pin.

Carmella Carassi, walker, was amazing. She smashed existing walk records with her grim determination and constant pace. Her daughter was lap-scoring and her husband was on the sidelines. Good family support. Good on you Carmella!

It is always a pleasure to watch Helen Stanger in an event. She (like Dawn Parris) has this amazing ability to stay happy and positive throughout the ultra event, whereas most others seem to hit the skids, slide into depression before coming good later in the event.

Norma Gray, Pete's mum, disrupted the lapscorers' tent around midnight when she suddenly shrieked that there was large spider on her foot. There was a dramatic fast exodus backwards by a row of lap-scorers and they all peered under the table in the shadows. Some people will do anything to break the monotony!

As I sat there, watching for my mate Pete Armistead each lap, I thought how things had changed. Modern technology has even infringed on the ultra scene. I noticed Kouros lapping regularly but chatting on his mobile phone as he ran. So cool. Kept the pace up and didn't miss a beat. But I left for a while to get some sleep myself and when I returned next morning, I was surprised to see Kouros walking. First time ever. Knee problems he reckons. The Greek community had apparently come to the party in the early hours and had played Greek music on guitars and had sung enthusiastically down in his support area, so that would have given him a lift. His crew weren't terribly popular with some of the workers when they knocked off two of the fat high-jump bags that they had planned to sleep on during the night. They'd stood them up on their edges to form a big V for Kouros' own private toilet, which comprised a couple of buckets hidden behind the mats. He virtually ran in and ran out behind the mats as he performed the essentials.

44.

By 9am, Phil Essam was giving the impression of a man walking on egg-shells - like trying to walk without touching the ground. His blisters were obviously giving him hell.

My mate Pete got very social once he had passed the 160km (100 miles) mark. He kept stopping to chat to anyone who would listen to him and lost interest in running. I kept losing him on the track. I reckon this event changed his mind about having another go at Western States 100 Mile Trail race in USA. He'd forgotten just how hard 100 miles was. Might give that one a miss, he reckons.

The Leader Board was interesting. It was made from black holed peg-board with silver roofing-nails poked into certain holes to form digital-type numbers against the names. An ingenious idea but would have been difficult for runners to read going past in a hurry. Also, there was no way to alter the order of runners each hour because the names were fixed. Good idea but probably needs a bit more thought.

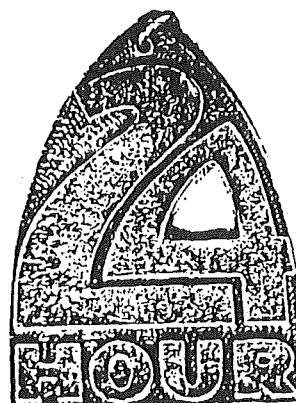
The finish was smooth and the presentations followed soon after. A great event. Well done Gordon !

C O B U R G 24HR C A R N I V A L

Noon Saturday 12 April to Noon Sunday 13 April 1997

14th Annual Victorian 24Hr Championship
10th Annual Coburg 24Hr Carnival
5th Annual Coburg 24 Hr Relay Challenge

		LAPS	KILS	
Yiannis Kouros		665	266.18	
Helen Stanger		517	206.86	
Carmela Carrassi	Walker	416	166.6002	World Record
Peter Armistead		407	163.09	
Ron Hill		403	161.46	
Kevin Mansell		398	159.46	
Peter Gray		361	144.40	
Michael Grayling		357	142.94	
Peter Richardson		338	135.20	
Peter Waddel	Walker	325	130.00	
Bev Car	Walker	316	126.56	
Bill Hick		295	117.72	
John Timms		265	106.00	
Philip Essam		258	103.30	
Merv Lockyer	Walker	250	100.00	
Ozkan Turcan		125	50.00	



Relay Teams

Traralgon Harriers	966	386.49	World Record
Coburg Open	807	322.90	
Traralgon Veterans	793	317.59	
Altona Veterans	759	304.31	
Coburg Veterans	754	301.61	
Victorian Road Runners	723	289.24	
Coburg 10 Fab Females	661	264.57	
Coburg Little Aths	653	261.56	
Coburg Young Guns	573	229.41	

Organizer

Gordon R BurrowEs
37 Douglas Avenue
St Albans 3021
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Stretching the Limits of 24 Hours

Reproduced from "Ultrarunning" July-Aug. 1996

by Andy Mi Iroy

Many view the 24-hour event as the ultimate ultra — up to 100 km, and even 100 miles are still perhaps extended marathons; but the 24-hour requires more careful husbanding of the body's resources, of measured physical and mental "chess." Beyond the 24-hour, comes the prospect of rest and sleep. This year has seen the event reach new levels in both the women's and men's events. I am now in a position to begin to assess these new marks.

On February 10–11 on a 133-meter track at Podolsk, Elena Siderenkova ran 248.901 km / 154 miles 1161 yards in 24 hours. Detailed lap sheets are not yet available, but an analysis of her run showing her two-hour splits is at hand.

It is interesting to compare her estimated splits over standard distances with those who hold the other world 24-hour bests — Sigrid Lomsky on the road and Eleanor Robinson on the track:

100 miles:	
Robinson	14:44:25
Lomsky	15:02:30
Siderenkova	14:47 (est.)
200 km:	
Robinson	19:28:48
Lomsky	19:02:00
Siderenkova	18:56 (est.)

Siderenkova's two-hour splits read as follows:

2 hours	24.266 km / 15.078 miles
4	47.732 km / 29.659 miles
6	70.665 km / 43.909 miles
8	92.664 km / 57.578 miles
10	113.597 km / 70.585 miles

12	134.263 km / 83.427 miles
14	153.063 km / 95.108 miles
16	173.062 km / 107.535 miles
18	191.062 km / 118.720 miles
20	211.461 km / 131.395 miles
22	231.194 km / 143.657 miles
24	248.901 km / 154.659 miles

Apart from the final two hours when she only covered 17.707 km / 11.00 miles, her slowest periods were 16–18 hours (18.000 km / 11.184 miles) and 12–14 hours (18.800 km / 11.681 miles).

Following on from her 24-hour, Siderenkova showed that she is a talent to be reckoned with in the future when she finished third in the Moscow World Challenge in 7:48:25. At the age of 29 she has time to establish herself as a major figure in the ultrarunning world.

Two months after Elena Siderenkova's 24-hour best, Yiannis Kouros revised his

own track 24-hour best once again. Feeling in excellent form he was aiming for his long expressed target of 300 km / 186 miles.

Heavy rain at one stage in the race slowed him down, but he still wound up with a new absolute best of 293.704 km / 182 miles 878 yards (subject to further checks, and so on). His two-hour splits are as follows:

2 hours	27.6 km / 17.14 mile
4	54.4 km / 33.80 mile
6	80.8 km / 50.20 mile
8	107.6 km / 66.85 mile
10	132.8 km / 82.51 mile
12	157.2 km / 97.67 mile
14	181.2 km / 112.59 mile
16	204.8 km / 127.25 mile
18	224.8 km / 139.68 mile
20	247.2 km / 153.60 mile
22	270.0 km / 167.77 mile
24	293.704 km / 182 miles 878 yards

The 24-hour event, following its renaissance last year, is obviously challenging the 100-km in terms of quality of performance. It will be interesting to see if Siderenkova and Kouros' performances inspire others to reach ever greater distances in this tough event.

Kouros Then and Now

It is interesting to compare the strategies employed by Kouros back in 1984 and 1985 when he ran his first 24-hour bests, and those used in his most recent runs at Surgeres last year, and now at Coburg.

	New York '84	Montauban '85	Surgeres '95	Coburg '96
50 miles	5:27:45	5:29:41	6:00:14	5:58:10
100 km	6:54:43	6:56:25	7:26:38	7:24:41
100 miles	11:46:37	11:52:40	12:25:04	12:17:59
200 km	15:11:46	15:11:09	15:49:07	15:32:39
24 hrs	177 m	176 m 388 y	177 m 555 y	182 m 878 y
	(284.853 km)	(283.600 km)	(285.362 km)	(293.704 km)

The above shows how closely Kouros keeps to a schedule, and how that schedule has changed over the years. The blitz start of his youth has been superseded by a more even-paced approach in his later years.

Landmarks in the 24-Hour Run

To place Yiannis' mark into an historical perspective: The first man reputed to have covered 100 miles under competitive conditions was the British pedestrian John Hague in 1762. The first track performance of 110 miles was by Edward Weston (U.S.) in 1870 in New York. The first person reaching other significant distances are shown below:

120 miles / 193.1 km	Harry Vaughan (GB)*	London(i)	1876	
200 km	Billy Howes (GB)*	London(i)	1878	(127 m 1210 y / 205.493 km)
130 miles / 209.2 km	George Hazael (GB)	London(i)	1879	(133 m 110 y / 214.144 km)
140 miles	Charlie Rowell (GB)	London(i)	1880	(146 m 251 y / 235.194 km)
150 miles	Rowell	New York(i)	1882	(150 m 395 y / 241.763 km)
250 km	Wally Hayward (RSA)	London	1953	(159 m 562 y / 256.400 km)
160 miles	Ron Bentley (GB)	Walton	1973	(161 m 545 y / 259.603 km)
260 km	Park Barner (US)	California	1979	(162 m 537 y / 261.204 km)
270 km	Jean-Gilles Boussiquet (FRA)	Lausanne	1981	(169 m 705 y / 272.624 km)
170 miles	Dave Dowdle (GB)	Gloucester	1982	(170 m 974 y / 274.480 km)
280 km	Yiannis Kouros (GRE)	New York (R)	1984	(177 m / 284.853 km)
180 miles / 290 km	Kouros (AUS)	Coburg	1996	(182 m 878 y / 293.704 km)
* walking performance	(i) indoors (R) road	Note that Hazael and Rowell's marks were splits in a six-day race.		

TALAYS HOBART TO CYGNET 54KM , TAS. FEBRUARY 16TH, 1997

A good turn-out of runners presented themselves at the start line outside the 'Talays' shop in Hobart around 6.45 a.m. Solo runners were sent off at 7.00 a.m. closely followed by 2 x 2 person team entries who had requested an earlier starting time for teams. As no further entries had been lodged the race director followed the runners along the route. On doubling back the 3rd time to check on the tail runner she noticed a black attired runner pounding along with considerable enthusiasm. A quick quip of "Perhaps you'd like to join in the run" elicited the response that he was in it - as part of another 2 person team, they'd just woken late and decided to enter at the last minute. This tactic must work as they ended up winning the team event.

Weather conditions were ideal for the event, cool, cloudy with a few sunny patches towards the end of the run, and even a gentle breeze. The race director even benefited from the luscious clumps of ripe blackberries growing along the fence lines along the route. As is traditional a counter meal was had by most of the participants and support crews at Howard's Hotel, which is the finishing point for the run. Thanks should once again go to the owners of the hotel for the excellent meals and for also making available shower facilities for those who needed them.

RESULTS:

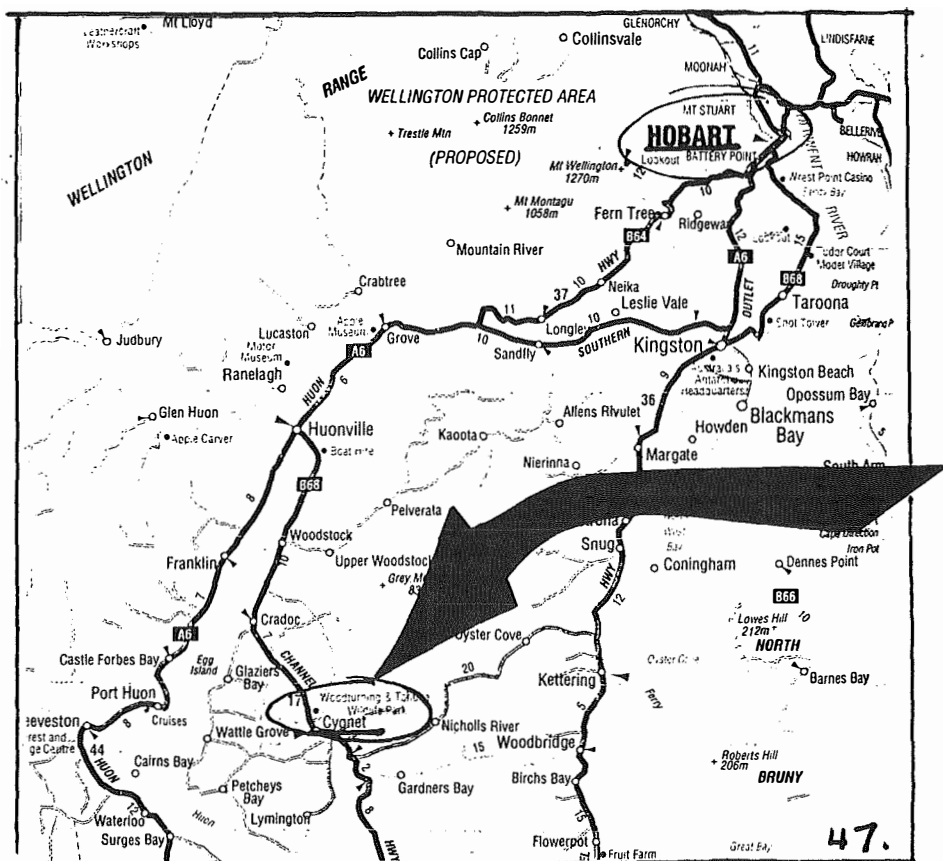
Solo Runners: Peter Hoskinson	Time: 4 hrs. 14 mins. 16 secs.
Sue Wright	4 hrs. 51 mins. 47 secs.
Ivan Davis	4 hrs. 59 mins. 09 secs.
Lloyd Febey	5 hrs. 21 mins. 14 secs.
Victor Weller	5 hrs. 21 mins. 14 secs.
Stephen Sonneveld	5 hrs. 27 mins. 07 secs.
Jenny Farley	(completed run from Hobart to Snug)

Teams: (all teams had 2 runners)	Time: 3 hrs. 58 mins. 48 secs.
"Late Comers"	
(Paul Riseley and Jacqui Page)	
"S.R.S. 'Glebe' "	4 hrs. 07 mins. 49 secs.
(Andrew Lucas and Daniel Maksimovic)	
"Dad and Dave"	4 hrs. 31 mins. 30 secs.
(Phil Thorp and David Gatenby)	

Thanks to all involved in the event, particularly those who came down from the north-west coast. We hope to see you all again soon.

Therese March
(Race Director)

(Wow, it looks a long way on the map! Did they REALLY run all that way?)



Triple Trial And Tribulation

Mike Ward's personal vendetta with the Bogong to Hotham

In 1995, 1996 and 1997 I joined fellow Striders at the bottom of Mount Bogong in North East Victoria to have a go at the annual Bogong to Mount Hotham 60km trail run. Having completed quite a number of bush runs over the years I had few concerns about finishing the event. Sure I'd read Alf Field's comments on it being less a run than a survival course. Sure it may have a few hills but no way could they be as steep as the final climb over the Saddle or up Pluviometer on the Six Foot Track. Why be concerned about a cut-off of 5 hours for 32km - we run that distance every Sunday in half the time. Just allow a little longer for the hills and a slower pace to leave something for the second half. Still loads of time.

Alarm bells should have rung

Such were my thoughts in 1995 when I first tackled this challenge. Sitting in the Pizza parlour in Mount Beauty with John Sutherland and Murray Town the night before the run we all felt confident. The alarm bells should have started ringing when three experienced ultra runners from Victoria joined us and started telling us horror stories of what was before us. They were only kidding us - weren't they? We found out for ourselves the next day.

All runners congregated at the bottom of Mount Bogong at around 6am keen and raring to go. This is the highest mountain in Victoria so it's a good idea to get it out of the way first. Off up the "Staircase" and up and up into the clouds. Legs feeling a bit tired but should be OK. Reach the top but unable to see anything due to cloud cover. Must keep sight of the bloke in front as I don't know where I'm going and it takes time to stop and read numbers on the ski poles. This is much easier and should get better on the down hill run to Big River. Probably like Brindabella with sweeping slopes perfect for the stretch out of legs. Wrong! Vertical downhill through bush with a track that keeps on disappearing. Over logs, under low branches and on the seat of my pants as I eventually near the river. Wade across holding on to the chain. Find what looks like the track out and off I go - upwards.

Aching quads

This was one of the horror stories from the previous night becoming reality - Duane Spur. It was steep and just kept ascending. Aching quads from the previous up and down. Must keep going. After well over an hour Roper Hut is sighted and the worst is over. On to the flat (relatively speaking) plains and able to break out into a run. Hours and

minutes had ticked away and that previously easy cut-off time was racing towards me. I caught up with one of our (tor)mentors from the previous night and together we trundled on with the ever growing knowledge that we had blown it. Still 1km to go when the dreaded 5 hours struck. So we ambled into the half way, collapsed under shade, and competed with the flies for the feast of fruit, cakes and chocolate. I was disappointed with not achieving my goal but somewhat thankful as I don't think that I could have survived a further 28km. There were 11 contestants completing the full distance, 7 of whom were Striders.

History repeated itself

Not to be defeated, I fronted up again in 1996. That year the cut-off had been extended by 2km and 20 minutes. Travelling with a too full backpack I set off speedily to have time in hand for the cut-off. Unfortunately history was to repeat itself and I found myself short of cut-off by about 1km having traversed some of the extra distance through marshy bush. As in 1995 I was relieved to finish at half way. Especially as I'd had a shower, lounge in the motel pool, dinner and a couple of beers by the time the three Victorian runners stumbled back into the motel looking the worse for wear.

So it was back in 1997 to tackle it with fellow Striders Murray ("nothing better to do this weekend") Town and Malcolm Satchell. Malcolm runs well in the bush and on hills so we had convinced him that this would suit him down to the ground. As a concession Geoff Hook had extended the cut-off time by a further 10 minutes without altering the distance. As expected Malcolm soon disappeared, leaving Murray and me to plod on.

Murray bounced in

We've run quite a few ultras together over the last few years and have found that we have a similar pace that gets us there without excessive damage to the body. Going up Mount Bogong I did pull away from him. At Roper Hut I was still feeling good and avoided the prior years' mistake of too much walking. I could see Murray only a couple of minutes behind so I pushed on trying to stay ahead of a couple of runners only doing the first half. They did overtake me with 2km to go but I was unconcerned as I knew that not only had I made it within the time limit but had also managed it within the old time of 5:20. As I bent over getting my breath back and convincing myself that I did want to go on, Murray bounced in, less than a minute behind

me. Malcolm was well ahead of us in 3rd place, only 7 minutes behind Strider Kelvin Marshall.

I felt much more at ease now that the time pressure was off and Murray knew where we were going. We jogged off with tired legs feeling the effect of cumulative climbing and dropping. After about a km (and out of sight of half way) I needed to walk. So we continued alternating running and walking. Murray kept on telling me that this was the place to run as further on the going got rougher. Nevertheless my legs were shot.

Watching the cows and bulls

Eventually we were on the High Plains carefully watching the cows and bulls and calculating whether we could outrun them should they decide to investigate us at closer quarters. The scenery was magnificent and the ground rough. So it was consistent walking. We knew that there were another 2 runners behind us so we didn't feel that we were holding up any of the race officials. The temperature was in the high 20's but we were lucky to have a slight breeze to cool us.

In the far distance (and over at least one range) we thought we could see Mount Hotham. The end was in sight. First, however, it was another vertical descent. May as well run, as walking downhill was painful. According to my calculations only about 10km to go. That's just over the distance we used to run in Lane Cove Park midweek so no problem. How we are so easily fooled! I'd heard about Swindler's Spur but thought no more about it as nothing could be steeper than Duane Spur. It was! Maybe we'd been out for too long or maybe it was steep but I found the climb up torturous. My quads shrieked with pain and I began to get cramp in my feet. If we stopped huge flies settled on us. I looked at Murray and saw that even he was feeling it. At long last we arrived at Derrick Hut. Only 3km to go I said. Wrong - about 5km.

Expletives

The expletives did drop out at that stage. So on and on and of course more up and up though on a less severe incline. Slopes like this would normally have been great to run up, though not to-day.

The end was at long last in sight. Past the car park and on to the road. Up the road and on to the track for the final ascent of a few hundred metres to the top of Mount Hotham. We jogged over the finish line in 10:42 in 5th equal position. Kelvin had finished 2nd in 8:37 and Malcolm 3rd in 9:13. The final two competitors arrived in about an hour after us despite only being 10 minutes behind us at halfway. Striders comprised 4 of the 8 full course finishers. It was now about 6 at night so I can

understand the rationale of having a strict cut-off to allow time for action to be taken in the event of accidents or missing runners.

Due to a stuff-up in transport arrangements Malcolm and I were dropped off at Bright en route home whilst Murray got a lift back to the start and then had to drive back to pick us up. So it was about 9.30 when we eventually reached Mount Beauty. Take away pizzas were the order of the day for three weary but satisfied runners.

Many thanks to Murray for helping me round. This is the hardest event I've ever undertaken and his encouragement to keep going was invaluable. For him it must have been but a mere training run compared to his gargantuan effort in the Sri Chinmoy ultra triathlon. How can I complain about a 60km trail run when he completed a 100 km run after a 15 km swim and 400 km bike ride? I'll leave him to tell that story.

Mount Bogong to Hotham,

12 Nov 1996: Race 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

FRANKSTON TO PORTSEA ROAD RACE, VICTORIA 34 MILES SUNDAY 6TH APRIL '97 RESULTS

Max Gibbs	4:20:05
Kevin Cassidy	4:32:12
Graeme Bonnett	4:48:15
John Harper	5:12:55
Ron Coleman	5:49:58
Peter Nelson	DNF
(caught the bus from Rye)	

Big field this year Kev!!
Remember last year when you were
the only bastard that turned up?

Ross Shilston
(Race Director)

by Kevin Tiller

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the correct checkpoints, so we were still legal. We even saw fellow internet ultra society member, Dave Palen, who introduced himself part of the way on the run. We had been running with him for almost 2 hours before he recognised us (we wouldn't have guessed him either if left up to our own devices).

Hurtle down the footpaths

The halfway point was at Box Hill, at approx 5+ hours, where someone saved my life with a couple of cups of tomato soup. I had been continually slipping off the back of the group and was barely managing to keep up. A warm drink and time to really re-group was what I needed. The course had displayed some rare beauty - very wintry scenes of snow covered hills, frosted trees etc. Virtually all of the course was on snow and ice so the beauty was wearing off as I just hoping to get to the end.

When Alan decided it was time to go, we all quickly left. It was grim. I was dropping off the back within minutes. I ran up every hill, pushed and strained. I tried everything, even chocolate Pocket Rockets, but at some point I just never saw them again. I should have admitted this to myself, but continued to hurtle down the narrow footpaths as quickly as I could go. I should have stopped and read my directions as when I eventually did get to the next checkpoint it was nowhere to be seen. I had gone wrong and not even known it!

Bought a VegeBurger

To make it worse, I didn't have a map, just the course instructions, which meant that other than retrace my steps I had no way of getting back on course. I guessed that I had gone wrong miles back (literally) and set off to find a better route. I got to the nearest village, and managed to buy a map (!!). From there I decided to run by road to the next checkpoint- some 4 miles distance. This I did. At this point (Newlands Corner), I realised that not only would I be very late, and finish in the dark, but I would be all on my own, as I hadn't seen anyone for about 2 hours. Luckily there was a tea Shop open, so I bought a cup of tomato soup (Saved my life again) and a VegeBurger as I figured I'd need something warm inside me. I ate these whilst walking along the track and deciding on my plan of action.

I decided that firstly there was no way I'd quit. Secondly I'd keep going all night if I had to, even though I had to go to a nephew's christening in the morning. Thirdly, I'd relish the pain and suffering as we are taught at the Sydney Striders that this is the way of things.

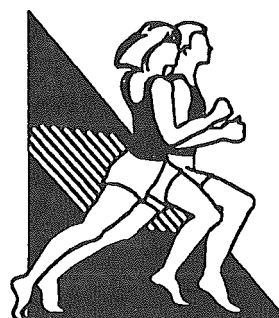
By now it was getting darker, so I pressed on, map in hand this time. Within an hour or so it got dark and I also ran with a torch in hand. I made good progress, even though it was soon pitch black. It was the first time I had to race with a torch. I have run before at night on an athletic track, and I have done bush runs along trails known to me in the dark, but had never raced in the dark on trails before. I found it easier to read an instruction by torchlight, turn it off, stagger to an appropriate point then turn on the light again.

On and on for 12 pages

After an hour of this, I was almost interrupted having a drink, a Pee, and a Gu by another runner catching me up. Rory and I quickly became friends and ran the last 2 hours to the finish together. It helps to have someone to run with in the dark. If you have never run the English countryside footpaths then it is certainly an experience. Try this one in the dark, in sub-zero temps after you have been running for 10 hours: "Cross RD and go thru hedge to L of house around edge of golf course for 600 yds to go over stile to RD. TL and in 450yds TR at "T" by clubhouse. Follow RD for 660 yds and TL (just past pair of cottages on R) (acorn on fence L) and pass between barriers. Go along path between fences thru barriers to RD. TL and in 30 yds TR on TK by Mulberry Cottage. Follow ahead for 360yds to TR on wide XTK at SP to TL in 160 yds up steps just before field. Over stile ahead between fences then hedges to stile."

It goes on and on for 12 pages. At one point we read about following a wall for 120 yards and Rory said "What wall?". Turned on the torch and there was a wall 100 yards long by 10 feet tall about 3 feet to his left!

I finished in 13 hours 3 minutes for another personal worst. Still I had a great time! Dave ran 10 hours 49 mins and finished with the Race Director.



GLASSHOUSE 50 TRAIL RUN

April 27

Race Director - Ian Javes

Despite the showery conditions over one hundred runners took part in the Glasshouse Trail Run conducted on Sunday , 27th April . A 25km loop using some of the toughest trails in the Lookout - Mount Beerwah area were used and only one person managed to stray off course .

Ten hardy souls set out as dawn broke in an endeavour to run , walk or crawl 50km (2 loops) in under 8 hours . Nine succeeded . Greg Barton , Balmoral in Brisbane , finished first in 4hr 15min 52sec . Greg ran the tough 100 mile Western States Endurance Run across the Sierra Nevada mountains in California , U S A in 1995 . Greg commented after the event that he thought that the trails covered in the Glasshouse Run were just as tough as those of the Western States Run . Greg Rowsell of Chermside finished second in his first attempt at such a long run and experienced Caboolture ultra runner Geoff Williams took out third place . Kumi Kato was the first of the two women entered to finish in a time of 6hr 29min 49sec , while Kerrie Hall , the renowned Caboolture walker , completed the course in just under the 8 hours .

Paul Millington from McGregor led home the 25km runners in the excellent time of 1hr 57min 37sec with Sunshine Coast runner Allan Hemerik second and Alan Allwright , Ferny Hills , third . Paige Fitzpatrick , Windsor , was the first female in 2hr 26min 30sec ahead of the other Brisbane runners Robyn Horne and Melinda Rolland . The ten kilometre event saw a sprint finish with 15 year old Clint Bignold , Everton Hills , just edging out Howard Matthew , Buderim in a time of 48min 06sec. Allan Wallace of Alexandra Headlands was third . Kelley Flood from Buderim was the first woman in 54min 27sec . Lynda Outen and Barbara Gruber both of the Sunshine Coast , finished second and third .

Runners were treated to a barbeque featuring local products put on with the assistance of the Glasshouse Mountains Advancement Network who also manned the checkpoints to keep track of the competitors . The general comment seemed to be that although the course was tough the event was enjoyed by all and that they would return for future runs . The idea of this run was to give those who may like to try one of the three longer runs in September experience over the tougher parts of the 58km loop used .

	<u>NAME</u>	<u>NO</u>	<u>AGE</u>	<u>SEX</u>	<u>TIME</u>
1	GREG BARTON	512	29	M	4:15:52
2	GREG ROWSELL	503	30	M	5:12:22
3	GEOFFREY WILLIAMS	509	46	M	5:49:29
4	IAN REED	506	49	M	6:09:53
5	BOB BURNS	507	53	M	6:20:13
6	RAINER NEUMANN	505	50	M	6:29:49
7	KUMI KATO	511	36	F	6:29:49
8	GERARD HOCKS	510	56	M	6:57:00
9	KERRIE HALL	504	36	F	7:50:55

RANDOM DRAW GLASSHOUSE TRAIL TIBROGARGAN OUTDOOR TABLE SETTING (Valued at over \$1000)

TICKETS IN THE RANDOM DRAW CAN BE EARNED IN BOTH
GLASSHOUSE TRAIL RUNS - APRIL 27 and SEPTEMBER 27/28 .
DRAW TO BE CONDUCTED SEPTEMBER 28 .

TICKETS TO BE AWARDED ON THE FOLLOWING BASIS :

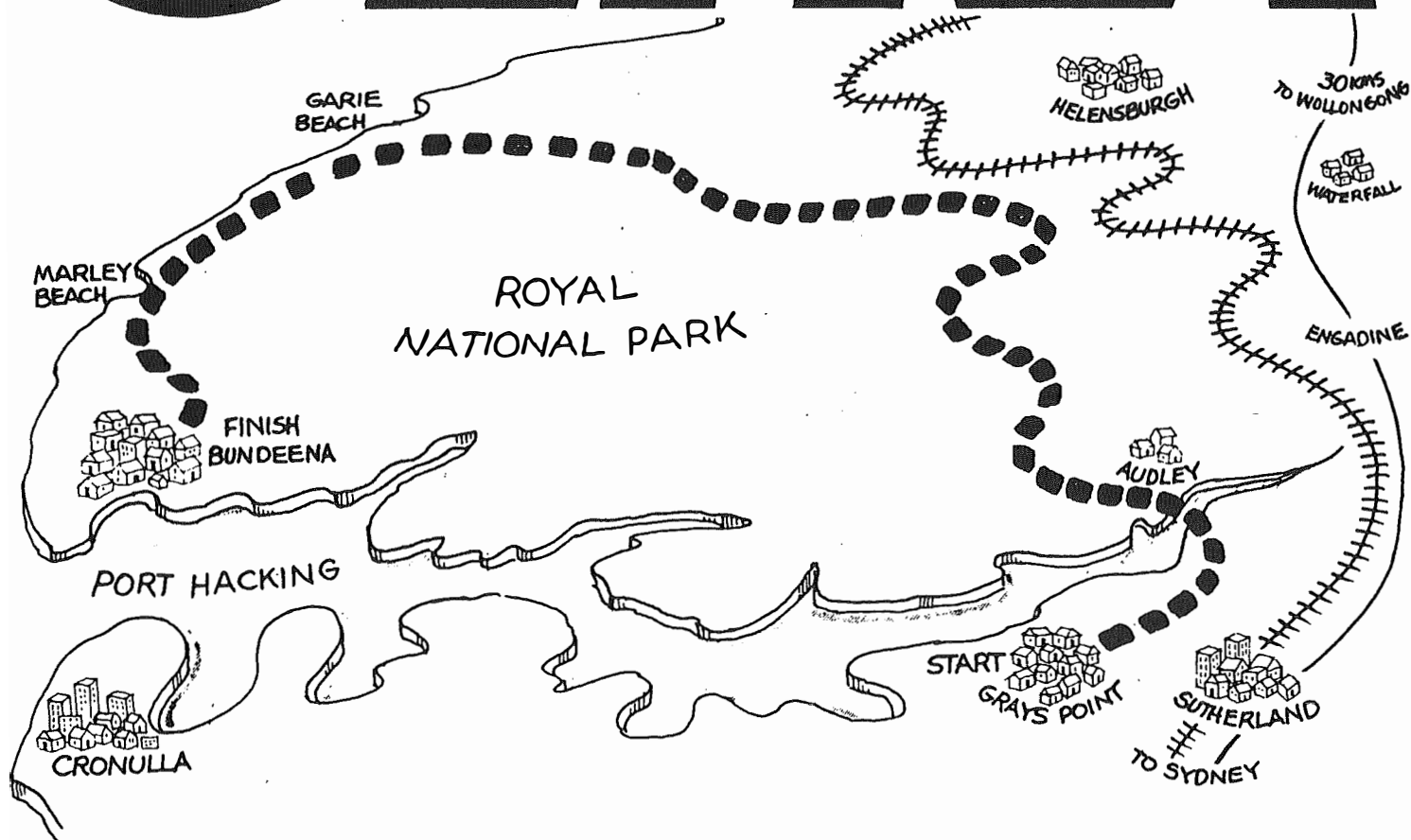
- One ticket for each early entrant (before April 22 and September 22) in each event.
- One ticket for each finisher in both events.
- One ticket for each age group winner , male and female: Under 15 ; 15 - 19 ; 20 - 24 ; 25 - 29 etc up to Over 70.
- Three tickets for each race winner , male and female ; two tickets for second and one for third .
- Tickets for helpers at checkpoints etc .

REMEMBER ALL COMPETITORS MUST CARRY A WATER BOTTLE

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



International Tool & Gauge



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 (2½ Waterfall Causeway, 5½ 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

any injury or 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: _____

54.

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

NANANGO SOUTH BURNETT PIONEER FOOTRACE

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	\$

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.

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 HWORK

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

56.	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			

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 spare 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 photograph 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

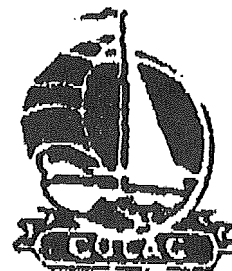
1. All runners shall obey directions from officials.
2. All runners are strongly advised to have their own helpers (seconds).
3. Personal requirements (food, drink and first aid materials) must be supplied by each runner.
4. No pacing is allowed and helpers may not run with participants. Only officials 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.
3. 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.





AUSTRALIAN 6 DAY RACE COLAC Inc.



P.O. BOX 163
COLAC 3250
VICTORIA

FAX CONTACT:
COURTESY BUDGET FURNISHINGS
COLAC
61 03 5232 1430

President: Mark Bayne 03 5233 1488
Secretary: Mary Lowe 03 5233 8361
Treasurer: John Farrell 03 5231 2558

APPLICATION FORM 1997 AUSTRALIAN 6 DAY RACE - COLAC 16th to 22nd NOVEMBER INCLUSIVE

NAME:

ADDRESS:

PHONE: HOME: POST CODE:
FAX: BUSINESS:
MOBILE:

AGE: D.O.B. NATIONALITY

NOTABLE PERFORMANCES OVER THE PAST TWO YEARS:

PERSONAL BESTS:

6 HOURS 12 HOURS 24 HOURS
48 HOURS 6 DAYS

**APPLICATION TO ABOVE ADDRESS BY MONDAY JUNE 30th 1997
WITH \$10 APPLICATION FEE**

Final field will be notified by the end of August and Application forms with Runners Profile and requirements will then be sent out for completion to be returned with \$100 Entry Fee by 30th September

Any runner applying and accepted after end of August will be classified as a late entry and will be required to pay an additional \$25 late entry Fee

ALL Victorian competitors MUST provide at least one crew member for the duration of the race. interstate and Overseas competitors will try to be assisted with crew but there can be NO guarantee.

***** NO MONIES WILL BE REFUNDED *****

SECRETARY : MARY LOWE
RMB 9520
ELIMINYT 3249

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***

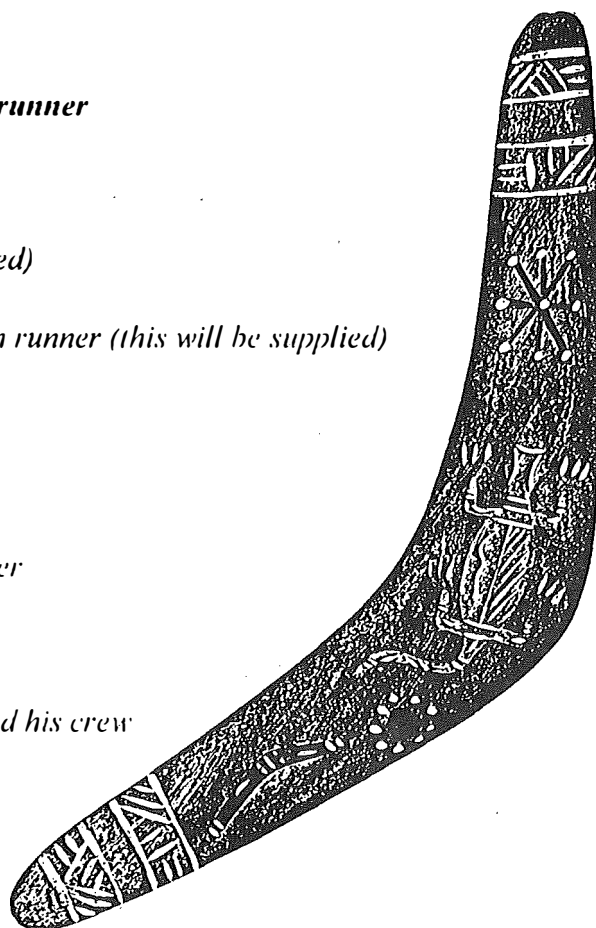
- * *Required for vehicles and runner*

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 ULTRA RUN
LIVERPOOL TO ALBURY AND RETURN
DAILY TIMES AND ARRIVALS**

DAY	DATE	DAY	START TIME	ARRIVAL TOWN	FINISH TIME
1	5.3.98	THURSDAY	11AM	PHEASANTS NEST MOBIL GARAGE	7PM
2	6.3.98	FRIDAY	7AM	GOULBURN McDONALDS	7PM
3	7.3.98	SATURDAY	7AM	YASS McDONALDS ON FREEWAY	7PM
4	8.3.98	SUNDAY	7AM	TARCUTTA HOTEL	7PM
5	9.3.98	MONDAY	7AM	WOOMARGAMA HOTEL	7PM
6	10.3.98	TUESDAY	7AM	ALBURY McDONALDS FIRST RIGHT	12 MIDDAY

HALF-WAY

6	10.3.98	TUESDAY	12 NOON	MULLENGANDRA HOTEL	7PM
7	11.3.98	WEDNESDAY	7AM	TARCUTTA HOTEL	7PM
8	12.3.98	THURSDAY	7AM	JUGIONG HOTEL	7PM
9	13.3.98	FRIDAY	7AM	MITTAGONG TOWN CENTRE CLOCK	7PM
10	14.3.98	SATURDAY	7.30AM	LIVERPOOL MALL	12.30PM

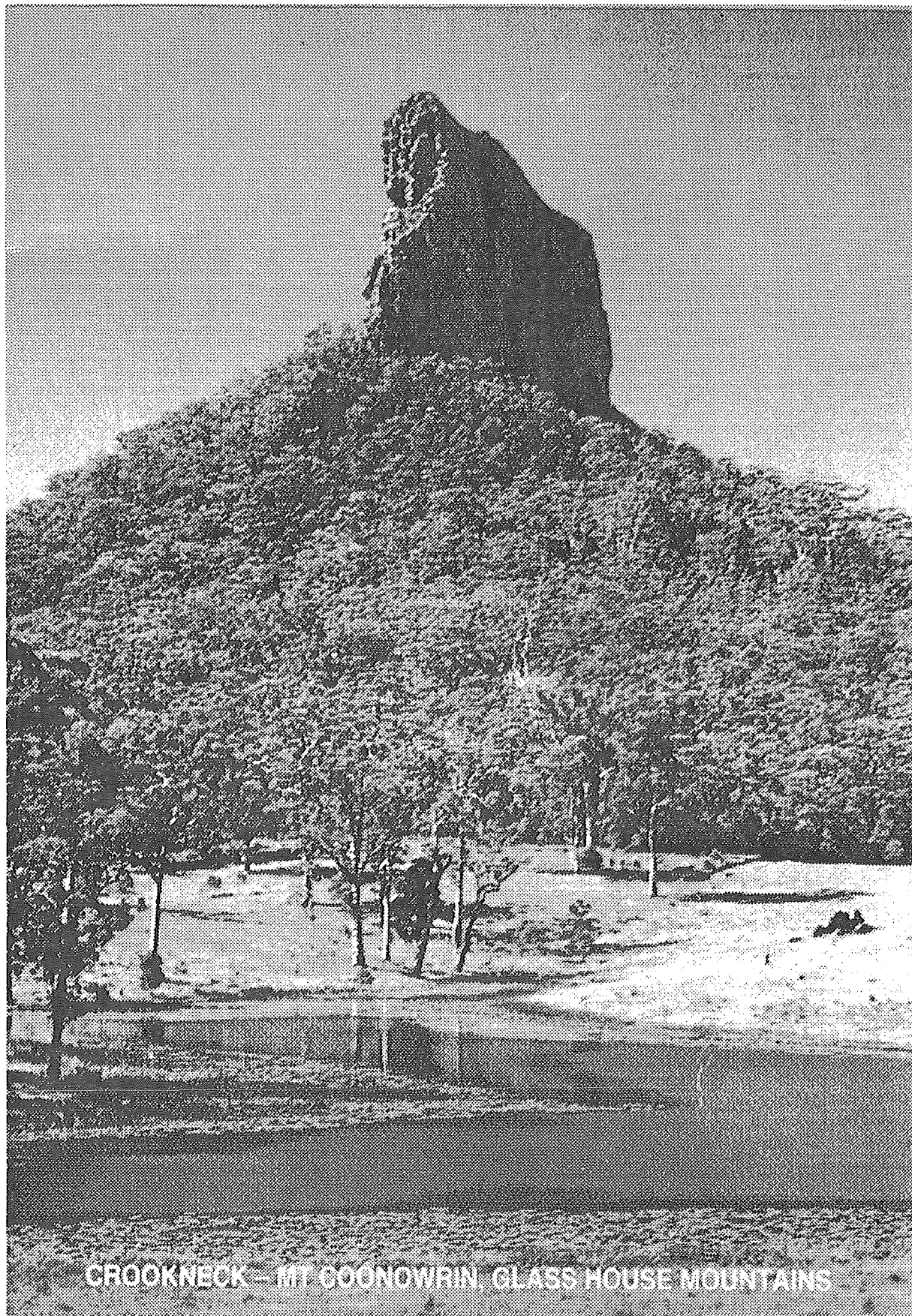
FINISH

**LIVERPOOL BOOMERANG ULTRA MARATHON RUN
LIVERPOOL TO ALBURY AND RETURN
DAILY PLAN**

DAY	TOWN	TOWN	DISTANCE	FINISH POINT	CUT OFF	PROG
1	LIVERPOOL	TO PHEASANTS NEST	55	PH'S NEST MOBIL GARAGE	8HRS	55
2	MITTAGONG	TO GOULBURN	83	McDONALDS NEAR JAIL	12HRS	138
3	GOULBURN	TO YASS	80	McDONALDS ON FREEWAY	12HRS	218
4	JUGIONG HOTEL	TO TARCUTTA	86	TARCUTTA HOTEL	12HRS	304
5	TARCUTTA	TO WOOMARGAMA	85	WOOMARGAMA HOTEL	12HRS	389
6	MULLENGANDRA	TO ALBURY	33	McDONALDS ALBURY		422
HALF-WAY						
6	ALBURY	TO MULLENGANDRA	33	MULLENGANDRA HOTEL	11½HRS	455
7	WOOMARGAMA	TO TARCUTTA	86	TARCUTTA HOTEL	12HRS	541
8	TARCUTTA	TO JUGIONG	86	JUGIONG HOTEL	12HRS	627
9	GOULBURN	TO MITTAGONG	83	BIG CLOCK TOWN CENTRE	12HRS	710
10	PICTON TURN OFF	TO LIVERPOOL MALL	42	SHOPPING MALL	5 HRS	752

FINISH

GLASSHOUSE 100 TRAIL RUN



CROCKNECK - MT COONOWRIN, GLASS HOUSE MOUNTAINS



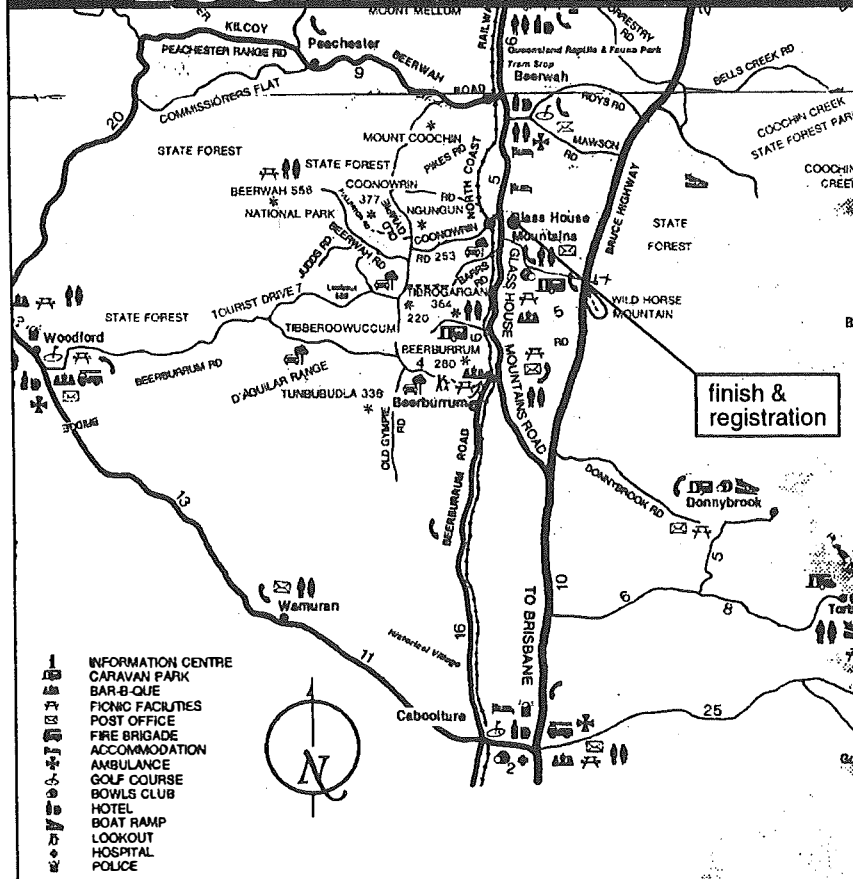
September 27-28, 1997

with assistance by Glasshouse Mts. Advancement Network (GMAN)

walkers welcome

1st 50 paid entrants receive a 63.
free souvenir t-shirt.

LOCALITY MAP



EVENTS

100 miles
106 km
58 km

Start 5:30 Saturday, Sept. 27th 1997

The 100mile and 106km events only proceed if 15 or more entries have been received by the 1st September, 1997. Pacers allowed on 3rd loop of 100 miles or after 6pm Sat 27th, 1997.

If there are insufficient entries for the 100 mile and 106 km events by the 1st September 1997, then the 58km event will commence at 4am Sunday September 28th, 1997. No pace runners will be required if this is the case.

Total field limit for ultras is 200.

25km 7.30am start Sunday, Sept. 28th, 1997
10km 9.00am start Sunday, Sept. 28th, 1997

Coonowrin Team Trophy-One runner in each event to start. Minimum of 4 finishers from a team to count.

Persons under 18yrs may only compete in 10km events. Field limit in these runs is 150.

All competitors assemble at Glasshouse Mountains Sports Ground, Glasshouse Mountain Road. Toilets and shower facilities are available. Make a day of it. Rugged trails and fantastic scenery. Some trails are most difficult and require care. Aid stations (water and food) are about 5-10km apart and thus runners will need to carry a water bottle. Water bottles are mandatory in case runners take the wrong trail. Friends and crew may only assist runners at the designated aid stations which are on normal access roads. Only official vehicles should travel on forestry tracks. Competitors in 10, 25km events will be bussed to starting points half an hour before start. Luncheon available to non-runners for \$8.00.

ENTRY FEES

100 mile	\$100.00
106 km	\$75.00
58 km	\$50.00
25 km	\$25.00
10 km	\$20.00

\$5.00 less if you are not staying for lunch.

Cheques payable to Q.M.R.R.C.
Postal entries close **22nd September, 1997**
Note: Pace Runners must sign declaration form before race start.
Please return medical/application form only

CALL

Enquiries & Entries to:

Ian Javes
25 Fortune Esplanade
CABOOLTURE 4510
Tel. (07) 5495 4334

or

Enquiries only to:

Strider Sports
64 Troughton Road
Sunnybank 4109
Tel. (07) 3344 5255
Fax. (07) 3344 5266

Presentation and Luncheon (free to competitors) at the Glasshouse Mountains Sportsground between noon and 1.30pm. All finishers receive free pottery mugs-these cannot be purchased.

ALL ENTRANTS MUST CARRY A WATER BOTTLE

MEDICAL INFORMATION SHEET

For ultra events only. Other events optional, this includes pace runners

For one to be eligible to participate in this year's Glasshouse Trail Run, this medical history form must be completed. It is not the intent of the Race Management to eliminate runners from the event, but rather to alert our medical staff of existing or past health problems. If the Medical Director, in reviewing this form, feels it necessary to clarify any information listed below, you will be contacted. Applicants might not be allowed to participate in the run, if the medical director believes their participation would pose an unacceptable risk to the runner or the the Glasshouse Trail Run organisation.

Yes	No	Health History (please explain 'Yes' answers) Explanation includes onset date, diagnosis, medication, physician's name, address and telephone number and any current condition or limitation. Attach additional sheet if needed.
		Cardiovascular disease
		High blood pressure
		Head, neck or spinal injury
		Seizures, convulsions or fainting
		Dizziness or frequent headaches
		Eye problems (except glasses)
		Lung disease (including tuberculosis and asthma)
		Diabetes
		Kidney disease
		Permanent defect in skin or scarring
		Any drug allergies
		Any major illness in last 5 years
		Any operation in last 5 years
		Currently taking and medication

I certify under penalty of perjury that I have provided true and complete information concerning my health and qualifications.

Date: ____/____/____

Applicant's Name: _____

Applicant's Signature: _____

Completion of this medical form and statement of qualifications is compulsory for all Ultra runners, but optional for runners in the events 25km or less and pace runners.

STATEMENT OF QUALIFICATIONS

ultra runners only to fill in this page.

The undersigned submits the following statement of qualifications to the screening committee of the Glasshouse Mountains Trail Run.

- Entrants in the 58km and 106km events must have completed a marathon. Entrants in the 100 mile event must have completed an ultra event of 50km or longer in the past 18 months.

IT IS THE RESPONSIBILITY OF EACH ENTRANT TO SUBMIT ADEQUATE VERIFICATION OF THE QUALIFYING RUN WITH THE RACE APPLICATION FORM i.e. PUBLISHED RESULTS LIST OR CERTIFICATE. TRAINING RUNS OR RUNS ESTABLISHED FOR THE SOLE PURPOSE OF QUALIFYING WILL NOT BE ACCEPTABLE.

- I have completed the following marathon/ultra marathon races.

Race name: _____ Location: _____
Date: ____/____/____ Finishing time: ____:____:____

Race name: _____ Location: _____
Date: ____/____/____ Finishing time: ____:____:____

Race name: _____ Location: _____
Date: ____/____/____ Finishing time: ____:____:____

NOTE: If you are going to use any of the above races as a qualifier for this year's Glasshouse Trail, independent certification of your performance must be proved as per #1 above.

- I have competed in the Glasshouse Trail before... ☐ No ☐ Yes Year(s) _____
(if Yes, please note finishing time or location of drop-out point for each year of participation.

- Name, address and telephone number of relative or friend who will not be present at the 1997 Glasshouse Trail Run.

- The Screening Committee reserves the right to admit runners whose athletic accomplishments will greatly enhance the competitive aspect of the race, or whose contributions to the organisation of the event has been unusual and substantial. If you feel you merit special consideration for entry on either of these two grounds, please succinctly list the reasons below.

- I have the following medical and physical condition(s) that should be noted by the Medical Doctor. Please describe any medical/physical conditions that may affect your ability to safely compete in this event. Please list any medications that you are routinely taking.

- I hereby grant irrevocable permission to the Glasshouse Trail Run and any media covering this year's race and the authorised agents, contractors and representatives of each, to use my name and likeness in any photographs, videotapes, motion pictures, recordings or any other records of my participation in this event for any purpose

- I expressly acknowledge that I have read this entry form and that I understand and agree to be bound by the terms and conditions set forth herein. Please sign application on reverse.

APPLICATION

This entry contains a limitation of your legal rights-Read it!

I wish to enter and participate in the Glasshouse 100 Trail Run on September 27-28th 1997. I accept the rules, conditions and regulations of the event and will comply with them. I acknowledge that I am responsible for my pacers and crew and can be disqualified for their violations of the rules. I am aware that this trail is extremely difficult and hazardous for even well conditioned athletes under favourable conditions. I am aware that I should not participate in this event unless I am in excellent condition. I am also aware that I may be exposed to physical injury from a number of natural factors and other hazards on the trail, lack of water, communicable diseases, wildlife and to hazards of vehicular traffic and other hazards attendant to running along or across roadways during the day or night. I understand and accept that the risks include the fact I may become injured or incapacitated in a location where it is difficult or impossible for the Run's management to get required medical aid to me in time to avoid additional physical injury, even death. Knowing these facts, and in consideration of you accepting this entry, **I hereby for myself, my heirs, executors and administrators, waive, release and discharge** the Glasshouse 100 Trail Run any official sponsor entity and the officers, trustees, director, shareholders and/or members, agents and employees of each, all medical and other personnel assisting the run, or any of them and any other person connected with this running event, their representatives, successors and assigns; **from any and all rights, claims or liability for damage** for any and all injuries to me or my property, or for the damage caused by me or by anybody else (including Acts of God), arising out of or in connection with my participation in this event. I further agree that I will defend and indemnify the above released parties against all claims, demands and causes of action or other proceeding brought by or prosecuted for my behalf contrary to this agreement. This release extends to all claims of every kind and nature whatsoever, whether known or unknown.

THE ESSENCE OF THIS RELEASE IS THAT THE TRAIL RUN PRESENTS UNKNOWN RISKS FOR WHICH I FREELY AND VOLUNTARILY AGREE TO BE SOLELY RESPONSIBLE, IN ORDER TO ENABLE THIS EVENT TO TAKE PLACE AND MY PARTICIPATION IN IT.

IMPORTANT CONDITIONS

1. The appropriate entry fee must accompany this application. A bounced cheque will bounce your entry. Foreign entrants must send a money order or bank cheque (payable in Australian Dollars only), not a personal cheque.
2. The statement of Qualifications and the Medical Information sheet on the following pages of this application must be completed by all ultra entrants.
3. This entry is of and by the runner, who by his/her signature, has verified acceptance of all risks for his/her condition and welfare during this event.
4. Late entries will be accepted on the day only if field limits have not been filled. Entry must be completed one hour before scheduled start time.
5. Parents/guardians will need to sign the waiver for competitors under 18 yrs in the 10km events.

NOT TRANSFERABLE

The qualifications of entries must be approved by the Medical Director and the Screening Committee. Any entry form can be rejected at the discretion of the screening committee.

Name _____ D.O.B. _____
Signature: _____ Age on Race Day _____
Weight: _____ Height: _____ Sex: _____
Address: _____ Telephone _____
City: _____ State: _____ P/C _____
Date _____ Occupation: _____ Entry Fee: _____
EVENT: _____ RACE NO: _____

No. of extra for luncheon @ \$8/head (ie crew, family & friends)

How Not to Train for Brindabella - but Who Cares!

by Brian Colwell

It was immediately after the 1996 Forster Ironman (at which I was a spectator for a change) that I discovered that my lobbying at work for a redundancy package had been successful. "Whoopee!" I thought, and over the next few weeks (partly while enjoying a month in the Queensland sun) I had booked a ticket to go back to the U.K. for the first time in almost 20 years plus made a list of all my "must do" things for a trip I planned to make to Africa. I also discovered that, unlike my previous travels around the globe in the seventies, when I just threw a few things in a backpack and took off, a bit more organisation was required. Nevertheless, after sorting out financial affairs and storing, throwing or giving away various possessions I was on my way in late June.

Ron the Pom

Those who have been around the Striders long enough will remember my long time mate Ron (the POM) Feeney. Well he is still fit, into triathlons these days, and he and his wife Ann gave me a key to their house in Pinner (North West London) and said "make yourself at home". So I did, basing myself there and driving all over the U.K. for about two months in a small, old, cheap, but amazingly reliable little car I bought. I ran on the Sussex Downs and the Cornish Hills, Mountain biked in the Fens, hiked on Dartmoor, walked part of the Cornish Coastal Track, pottered through the Peak District, went Fell Walking (and some running) in the Lake District, swam across England's deepest lake (brrr!) hiked to the top of Snowdon and of course tried numerous of the "Real Ales" that the U.K. has to offer. I looked up family and lots of old friends (some of whom I hadn't told I was coming after 20 years away!) plus made plenty of new friends, mainly hiking and Youth(!) Hostelling. Well, I may not be as young as most in the YHA's, but I had a ball anyway.

Also had a couple of weeks in France, saw the sights of Paris, looked up friends in Antibes (one of whom is a 9h.30. Ironman - so did some pretty heavyweight training there), lazed on beaches in that Millionaires' playground, hired a bike and rode 100k around the Carmargue and experienced a journey through the Channel Tunnel.

Strange fetish

Now came the time when the training all fell apart - but it was worth it all for the experience that was Africa. I kicked off that trip by maintaining this strange fetish that Striders members seem to

have for wanting to climb to the highest point of whatever far flung corner of the globe they happen to have found themselves in. Yes, I joined a trek to the top of Mount Kilimanjaro, 5895m and the highest mountain in Africa. It isn't a technical climb, but the altitude (especially when you have just flown in from sea level) makes it very tough. I suffered the usual headaches and nausea of altitude sickness and felt so crook on the final night that I couldn't sleep at all.

Not that you get much chance for slumber. They wake you at midnight to start the final ascent by flashlight, so it was head down and keep on plodding ever upward until we reached Gillmans Point (5685m) at first light. Once we were that close, nothing was going to stop me (even throwing up all over the landscape about 30mins from the top!) and at 7.25am on Thursday 12th September we proudly stood atop Uhuru Peak. I hugged Toni (the ex swimmer, ski bum, keen mountain biking and very fit American girl who became a good friend on the way up), shook hands with Jackson (our guide) savoured the experience, the view, the feeling of elation and gave thanks that I was one of the few of our party who made it. One other plus I discovered on the way down is that my long held fear of heights seems to have lessened dramatically. Perhaps I had left that at the peak??

Head impaled on a stake

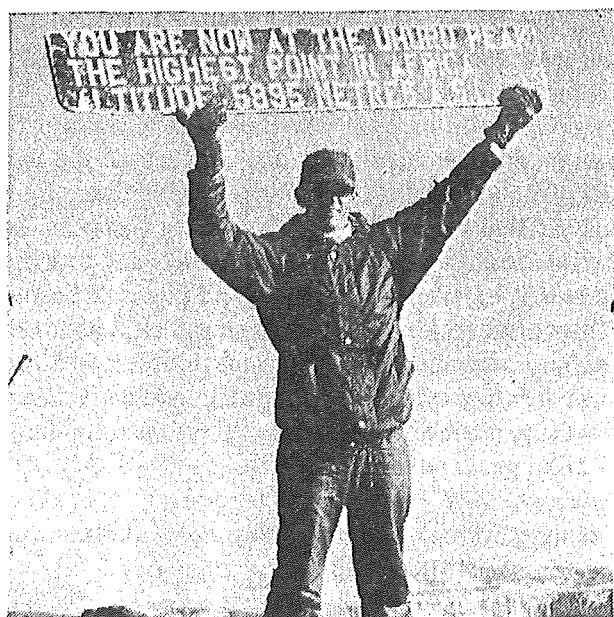
The next item on the agenda was an overland truck/camping safari through Uganda and into Zaire to see the Mountain Gorillas. We were very lucky to get in as the Zaire border post had been shelled a few days before (half the immigration building was rubble when we arrived) the chief administrator beheaded and his head impaled on a stake. In the two and a half hour walk to Djomba we saw villages partly burnt out, also by the Rwandan rebels, in an area that shortly after became a war zone. Despite all that, hacking through the jungle and spending an hour within arms length of such impressive but gentle creatures was absolutely incredible. So close, one of them grabbed hold of my camera strap and I found myself playing tug of war with a gorilla for my camera! No feeling of threat however - it was just a young one full of playful curiosity. Oh, and I did manage to keep my camera

After this it was back to Nairobi, where I managed one of my few (four) runs in two months

in Africa. Nairobi is not one of the nicest cities around (frequently referred to as "Nairobbery") so I was glad to soon be back on the road into Tanzania and heading for Ngorongoro Crater. This and the other game parks I saw (in Kenya, Uganda and Zimbabwe) were fantastic. I saw almost all the wild game animals and got some great photos. Some of the campsites were interesting. At various different places we were sharing them with baboons, warthogs and hyenas, - and at QE2 National Park in Uganda even had hippos browsing around the tents in the evening!

Communication was limited

So many highlights - including the people themselves whom I found amazingly friendly, especially the kids. One rather "special" memory is of another run down a dirt road from a campsite in the back of nowhere in southern Tanzania, when I felt like the Pied Piper, attracting a succession of kids who wanted to run with me. They included one lad of about 12 who, dressed in long trousers, shirt and thongs, kept up with me at about four an a half minute km. pace, smiling all the way. Communication was limited - but sharing the pleasure of running said it all.



Brian Colwell adds Kilimanjaro to the list of Strider-conquered peaks.

Zanzibar (the Spice Island) was a fascinating place and one of the few real swims I did was the approx. 2km circumnavigation of Prison Island,

offshore from Zanzibar town, where there was a great coral reef and a colony of Giant Tortoises. From there it was down the shores of Lake Malawi (50km wide and 300km long - like a freshwater sea) and that was idyllic beaches/tropical paradise stuff. Very easy to take! It was also at Chitimba Bay that I had my one long run - about 17km uphill to the Presbyterian Mission at Livingstonia, then 17km back. All this for a bet with our courier that he would pay my bar bill if I did it!

Following this it was on through Zambia to Victoria Falls on the Zambia/Zimbabwe border. Of course I had to go Whitewater Rafting down the Zambezi - and that was sensational. The best whitewater in the world, at a time when the rapids are at their wildest. 18 rapids over 24km, we flipped the raft in the biggest possible way on the worst rapid of all, I took another ducking on the way down, but managed to be the only one to stay in the raft on the final rapid (they call it "Oblivion") where just about every raft flips. One of the most exciting experiences of my life - highly recommended.

Nervously over my shoulder

Also a "stand out" memory was tracking Rhino on foot in the Matopos, just outside Bulawayo. I now have a photo of me looking a little nervously over my shoulder at a Rhino just a very few metres behind me - but what was really magical was getting within about 5metres of a 2 or 3 day old baby rhino suckling on its mother. Slightly scary but absolutely unbelievable. All in all a great trip - and all I really did was scratch the surface of what Africa has to offer.

So it came to be that at the end of October I was on a flight from Nairobi back to London for a quick round of farewells to family and friends in the South East, plus a final taste of English running. This included slogging round part of the "Sisters Marathon", 26 miles of muddy fields, soggy clay and dirt tracks on some of the hillier parts of the South Downs outside Eastbourne and then hammering my legs in the Harrow Half Marathon. On the afternoon of the 8th of November I arrived back in Sydney, on the morning of the 9th Mike Ward picked me up for the drive to Canberra and early morning on the 10th I am standing, shivering, jet lagged, untrained and half asleep at the summit of Mt. Ginini waiting for the starter's gun for Brindabella Classic number ten.

Being brainless and stupid must help to some degree, because about six hours and seventeen minutes later I shuffle stiffly across the finish line

(over an hour slower than the previous year) to maintain my finishing record. Mike, of course, had done so about 1½ hours before. To think I introduced him to ultra running and haven't beaten him on this course yet. Ungrateful creature. Maybe if I break both his legs (just joking, Mike).

Hey, better yet, Mike, have you ever thought about taking a trip overseas for a few months and doing no training while you are away, then coming back a day or two before Brindy? Well, I can dream, can't I??!!

Herald Sun, Monday, May 27, 1996



COLAC swaggie Drew Kettle, 76, and mate Laddie will continue work for the Royal Flying Doctor Service with a 2500km stroll from Ayers Rock to Albany. He has raised \$200,000 since 1983, covering 30,000km. Picture: PAUL TREZISE

THE TOP THIRTY "WESTFIELD" RUNNERS

by Philip Essam

The Westfield Sydney to Melbourne Ultra Marathon was classed as the World's Greatest Running Race. It was an annual race held between the cities of Sydney and Melbourne. The distances varied between 860km to 1060km. Over two hundred people started the race in the nine years that it was held. Only fifty two percent of them finished the run!

Runners from all around the world competed in the Race. The concept grew out of a planned Match race between Ultra Running Greats, George Perdon and Tony Rafferty with \$10 000 prizemoney provided by John Toleman. History tells us that the irrepressible Cliff Young won in the first year. Other winners in the nine years were Geoff Molloy, Yiannis Kouros(5), Dusan Mravlje and Bryan Smith. After many hours of calculations I have calculated the thirty greatest runners in the Westfield. Some of the positions will be questioned and bound to cause controversy.

The ranking's were calculated by allocating points for position finished and the time taken in each race. The times were also adjusted, so that each race reflected a standard distance of one thousand kilometres. This stopped the runners from the first couple of years gaining an unfair advantage. One will also observe from the ranking's that runners, who only had one great race did not rate as highly as some of the runners who ran on four or five occasions.

THE LIST

- | | |
|--|------------------------|
| 1. YIANNIS KOUROS (Greece and Australia) | 16. SIGGY BAUER(NZ) |
| 2. BRYAN SMITH (Victoria) | 17. TONY COLLINS(NSW) |
| 3. KEVIN MANSELL (SA) | 18. PAT FARMER(NSW) |
| 4. DAVID STANDEVEN (SA) | 19. JOE RECORD(WA) |
| 5. MARK GLADWELL (NSW) | 20. RON HILL(VIC) |
| 6. BRIAN BLOOMER (Vic) | 21. OWEN TOLLIDAY(QLD) |
| 7. PATRICK MACKE(UK) | 22. ANDREW LAW(TAS) |
| 8. TONY RAFFERTY(Vic) | 23. GEORGE AUDLEY(WA) |
| 9. DON MITCHELL(NZ) | 24. GEOFF MOLLOY(VIC) |
| 10. DUSAN MRAVLJE(Slovenia) | 25. PETER GRAY(VIC) |
| 11. CLIFF YOUNG (VIC) | 26. SANDRA BARWICK(NZ) |
| 12. MAURICE TAYLOR (NSW) | 27. DONNA HUDSON(USA) |
| 13. ROSS PARKER(WA) | 28. JOHN BREIT(VIC) |
| 14. DICK TOUT(NZ) | 29. GEORGE PERDON(VIC) |
| 15. ELEANOR ADAMS(UK) | 30. PETER QUIRK(NSW) |

Yiannis Kouros was no surprise in landing the number one ranking. The Greek Ultra marathon Superstar won the event on five occasions and almost broke the magical barrier of five days! After his win in 1985, they started to handicap him but he would still make his way through the field and win. 1989 was the only year in which he did not win Line honours!

Victorian runner, Bryan Smith was ranked second. He raced from 1988 through to 1991 and never finished lower than fourth. His moment of triumph arrived in 1991 when he won line honours. This was after making up a tough twenty four hours handicap during the race.

Kevin Mansell from South Australia was rated as third. Kevin ran in five races from 1987 and finished everyone. He gradually improved every year and was definitely a tough customer that could not be underestimated. Some critics will probably criticise this ranking, but Kevin did knock sixty eight hours off his time in three years and was one of a handful of runners to beat the coveted six day target.

Diminutive South Australian runner, David Standeven ranked forth in the list of best Westfield runners. He finished on three occasions, but who will forget his great run in 1989 when he pipped Yiannis Kouros for line honours. Kouros did have a twelve hour handicap, but it was still a run full of greatness from Standeven.

Next on my list is Mark Gladwell from Sydney. This will probably raise a few eyebrows, but Mark was another runner to finish five years in a row. Even though his highest finish was ninth, he accumulated enough points to be worthy of a place in the Top Five.

Coming in from sixth to tenth place were Brian Bloomer, Patrick Macke, Tony Rafferty, Don Mitchell and Dusan Mravlje.

Tony Rafferty competed on seven occasions and finished in the top ten four times. Definitely worthy of a place in the top ten in my books. Don Mitchell from New Zealand had three top ten finishes from 1989 to 1991. They were all under seven and a half days and full of determination. 1986 winner, Dusan Mravlje from Slovenia finished in tenth place. He also finished third in the Bicentennial race which lifted him into the top ten.

The other two Westfield winners, Cliff Young(83) and Geoff Molloy(84) finished eleventh and twenty forth respectively. Cliff was the initial winner and finished

on two other occasions. I would have loved to rank him in the top ten, but he just didn't get enough points on the board. Geoff Molloy won the second race in 1984, but never finished the race in the following year. His winning performance though was definitely worthy of a place in the Top thirty list.

Three women were ranked. They were Eleanor Adams(15th), Sandra Barwick(26th) and Donna Hudson(27th). It would have been an interesting race to see all of them together and fully fit.

Dick Tout and Siggy Bauer from New Zealand finished fourteenth and sixteenth respectively. Both runners were typical Kiwis and loved nothing better than beating Aussies on their home soil. They gave us some great moments in the nine years of the Westfield.

Joe Record from WA was ranked nineteenth. Joe went in five races and managed fifth place in 1985 and 1986. He succumbed to wide range of injuries and did not finish on three occasions. Joe was such an aggressive playmaker each time he raced. I am sure he would have ranked much higher with a couple of more finishes under his belt.

The late great George Perdon was ranked twenty ninth for his performance in 1983 when he finished second to Cliff Young. George had already achieved so much in his lifetime, even before the Westfield run started.

Coming in at thirtieth on the List was Peter Quirk for his third placing in 1990. It was the first multi day race for the ex Sydney- Swans footballer and was definitely a heroic effort.

Some of the rankings on my list will probably be subject to debate. You will notice that those that finished on four or five occasions ranked higher than those that finished two or three times. That is because of the points system that I utilised.

If anyone has any comment on my list, please don't be backwards in coming forwards. Every piece of input will help me with research on my book "The World's Greatest Race". Thankyou.

My Address is:
43 Gray St
Forest Hill
NSW 2650.

INTRODUCTION

Cliff Young and the Westfield Sydney to Melbourne Marathon

Cliff Young, the unassuming potato farmer of Beech Forrest, captured the imagination of the Australian people for the record-breaking five days, fifteen hours and four minutes it took him to run the 875 kilometers from Sydney to Melbourne. During this miraculous run, he not only annihilated a world class field but endured the hardships created by the elements, shrugged off injury (resulting from an early fall) and wore out eight pairs of running shoes.

The race record was previously held by John Hughes who was placed fourth in this year's event.

Joe Record, Cliff's training companion, was forced to withdraw from the race because of a swollen ankle and kidney infection. He was the only runner to pass Cliff after the start of the race. Cliff was sleeping at the time and when awakened to be told of the situation, he dressed immediately, to pass Joe and quickly put twenty-six miles between them. Incidentally, Cliff slept for only fifteen hours during the entire ordeal.

The little champion won this race at the ripe old age of sixty-one. The pre-race favourite, George Perdon, was no spring chicken either. He was aged fifty-eight and came in second. Although George also shattered the record, he finished forty-five kilometers (ten hours) behind Cliff.

A country 'boy' with the dry humour of the bush, Cliff varied his training from the orthodox, by herding his brother's cattle on foot and wearing gumboots. Like many country folk, he makes no display of his intelligence but it shows nevertheless in television interviews when he bamboozles experienced comperes with his succinct and witty answers.

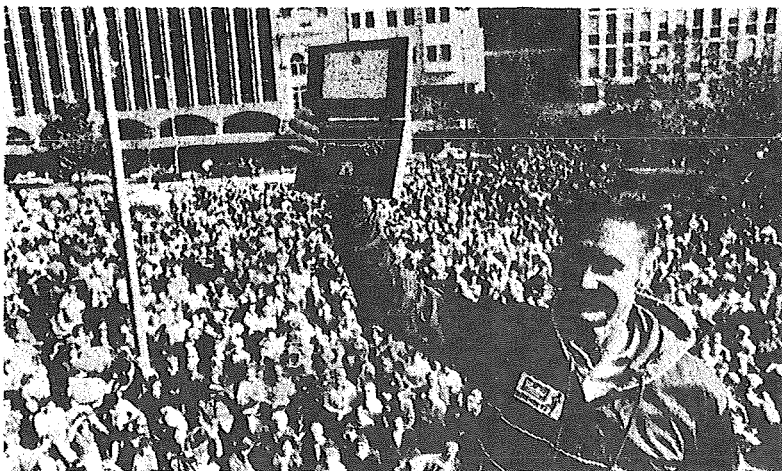
Cliff runs with a shuffling gait, his arms hanging almost limply by his sides, yet he enthusiastically waved to well-wishers throughout the journey. His energy-conserving action will no doubt cause trainers of long-distance runners to re-assess the value of traditional running styles. The Australian crawl revolutionized swimming; maybe the evolution of the "Cliff shuffle" will do the same for running.

He slaughtered the course record by one day, eighteen hours and forty-three minutes.

We have witnessed many great feats of courage and human endurance but surely in the hearts and imagination of today's Australians, none could be brighter than the triumph of this nice little bush bloke from Colac.

Congratulations, Cliff Young.

This man's victory inspired me to write the simple, light-hearted verse contained in this booklet. If both you and Cliff gain a smile from it, then my wish is fulfilled.



Melbourne Tribute

The champion with the key presented to him by the Lord Mayor Mr. Bill Gardner

Al Simmons

Is Fat the Fuel of the Future?

By Fiona Pelly (Bsc Dip Nut Diet APD)

As we all know, both carbohydrate and fat can be used as fuel source during exercise. Up until now the emphasis has been on the performance enhancing effects of carbohydrate. However, it now appears that the role of fat has been underestimated. The latest research is showing that dietary fat may have more of a role in exercise performance than we have previously thought.

It appears that by manipulating our diet we can influence the proportion of fat and carbohydrate that is burnt. As we get fitter, we become more efficient at burning intra-muscular triglyceride (fat stored within the muscle). It seems that we can train the body to burn this fat more efficiently during exercise (ie fat adapt). This in turn will help to decrease our reliance on muscle glycogen. But remember most well trained individuals store enough glycogen for around 1.5 - 2 hours of continuous exercise, so most events will not benefit by fat adapting. It also appears that fat adapting is only of benefit for events over 3 hours (eg. Ironman, ultramarathon, 3 hour+ marathon)

How do I fat adapt?

You are still best training throughout the year on a high carbohydrate diet. In the week before your event begin with following a 3 day low carbohydrate, high fat regime, then carbohydrate load for the 3 days immediately prior to the event. Many of you will instantly say this reminds you of the 'old' method of carbo loading where the aim was to deplete the muscle of carbohydrate before the carbo load. Yes, this method is similar, however it is not necessary to train hard during the 'fat load' period. In fact it is still necessary to taper your training to ensure maximum fuel storage.

Another interesting finding is that fat ingested during exercise may also enhance performance for endurance activities. The only types of fat that seems to have this effect are known as medium chain triglycerides (MCT's). MCT's are absorbed and metabolised as quickly as glucose unlike most other fats. It appears that the best performance enhancing effect occurs when the MCT's are combined with glucose. This is probably because the MCT's act as an additional fuel for the muscle.

Where do I get MCT's?

MCT's are not found naturally in food and are presently sold to those with gastrointestinal problems who can't digest normal fat. They are also very

expensive! It does appear that some companies in the US are manufacturing sports bars and gels containing MCT's and these are just starting to appear on the Australian market. The best solution would be to provide MCT's in a sports drink so that fluid requirements can be met at the same time, however it may be a long time before a palatable solution can be found!

The bottom line.

- Carbohydrate is still the best fuel for training and competition;
- For ultra-events, try fat loading followed by carbo loading (if possible, try in training first);
- Stick to sports drinks during the event. If you want to try MCT bars and gels remember to practice in training first and always consume plenty of fluid at the same time.

From last edition's nutrition news

My apologies to Benny who lives in Hong Kong who I mentioned trained in Bangkok. At least the climatic conditions are fairly similar!

[Fiona Pelly is a Strider and professional Sports Dietitian, contactable on 9888 3638].



Strider David Sill in the French champagne capital, Reims, resisting temptation and "thinking about running". Oh yeah, Dave.

Rapid Recovery For Peak Performance

by Fiona Pelly BSc DND APD, Sports Dietitian (phone 9888-3638)

Muscles are primed to replace carbohydrate stores (glycogen) immediately after exercise. The more depleted the muscle, the faster it will replenish glycogen BUT it can only do so if carbohydrate is supplied. The rate of glycogen use depends upon:

- 1) **Duration** - the longer the exercise the more carbs will be used;
- 2) **Intensity** - glycogen stores will last much longer at 60% VO₂ max (lower intensity) than 80% (high intensity). At very low intensity, glycogen will last for hours;
- 3) **Storage of glycogen**- after a heavy training week, stores will be more depleted;
- 4) **Environmental temperature** - more glycogen is used in hot conditions due to increased blood flow and temperature in the muscle. Altitude training spares glycogen and increases use of fatty acids;
- 5) **How well trained you are** - at the commencement of your training program, less is stored. With time muscles are trained to increase storage;
- 6) **Type of sport** - eg. Swimming has a higher glycogen use than running.

Muscles are more depleted than normal after a race because of its high intensity.

The best recovery is achieved by commencing replacement of carbohydrate stores within the first hour after exercise completion. The first 15 mins are the most vital. The amount needed for recovery is about 50 grams of carbohydrate (see suggestions below). The following 24 hours is also important so don't eat junk on your rest day! If sufficient carbohydrate is supplied, glycogen can be restored after 8 hours as opposed to 24 - 36 hours. This is very important as it means you will return to training fresh after your weekend race. Aim for a total of 500-800 gms carbohydrate over 24 hours.

If you are particularly sore and/or fatigued the day after a run, it may indicate poor recovery. If this soreness and/or fatigue lasts for 2-3 days, you are NOT recovering well. Alcohol will also increase muscle soreness. Delayed onset muscle soreness (from hill running, heavy weights etc) can be overcome by early recovery.

Recovery Plan

If necessary, carry recovery food & drink with you. Drink 1-1.5 litres of sports drink in the first 30 minutes after intense training or a race. Withholding for more than 2 hours results in poor glycogen resynthesis. Sports drinks are ideal as they are

absorbed quickly and replace both fluid and carbohydrate. Soft drinks will supply carbohydrate, however it is harder to drink enough of a carbonated drink to replace all fluid lost. Most people sweat at the rate of 1-2 litres per hour. However if the weather is hotter than normal you may lose 3-4 litres of sweat. Obviously men sweat more than women as will those with a larger body size. Because there is so much variation, weigh yourself before and after a hard run. One kilogram lost equates to 1 Litre that needs to be replaced. You may be surprised by the result. NOTE: Coke/Diet Coke are diuretics due to the caffeine and will NOT assist with fluid replacement possibly leading to further dehydration.

Eat carbohydrate-rich foods

Remember if you choose water or a diet soft drink, you are NOT replacing carbohydrate so carbohydrate rich food needs to be eaten. As soon as you feel you can stomach it (within the first hour after running), eat carbohydrate-rich foods that are preferentially absorbed into the muscles quickly (eg. banana roll, jelly beans, watermelon, pineapple, rockmelon, bread and honey, carbohydrate gels or soft drink (not Coke). Follow up with carbohydrate-rich meals and snacks regularly throughout the day (every 3 to 4 hours) Include some fruit in first 8 hours of recovery to help replace carbohydrate stores in the liver.

Decrease exercise during recovery for maximum replacement of carbohydrate stores.

Recovery Foods (50gms of carbohydrate)

- 800-1000mls sports drink;
- 800mls cordial;
- 500mls soft drink, flavoured mineral water or fruit juice;
- 250mls High carbohydrate drink (eg. Gatorload, Exceed);
- 250-350mls Sustagen or home-made smoothie;
- 50gms jelly beans;
- 1 honey / jam sandwich with lots of honey / jam;
- 1 English muffin with 1 tablespoon honey / jam;
- 1.5 crumpets with jam / honey;
- 1 thick pancake with maple syrup;
- Bowl of Sustain or 3 Weetbix with low fat milk;
- Large banana, large slices of watermelon, rockmelon & pineapple;
- Rice pudding with sugar and low fat milk;
- 2 large baked potatoes;
- Mars Bar (high in fat!).

The Salt Story

by Fiona Pelly

[Eds' note: Fiona Pelly is an accredited sports dietician and a member of Sydney Striders. She can be contacted on 98883638 or 015462262].

In response to Benny Hagberg's letter, I thought it would be worthwhile discussing sodium requirements for athletes. As stated in last month's Blister, most Australians do consume too much salt or sodium, but does this apply to those who exercise?

Sodium is needed to balance the amount of water within the cells of our body. The level of sodium in our body is carefully maintained by the kidneys. If we eat salty foods more sodium is excreted, while a diet low in salt results in reabsorption of sodium back into the blood. Sodium is also lost via sweat, however athletes and those who live in hot climates are more efficient at diluting their sweat. Athletes are also better at reducing loss of sodium through the kidneys. As most athletes eat more food than the average non-exerciser, they also tend to consume higher levels of sodium. For this reason most athletes do not require additional salt in their diet.

However, as Benny pointed out, loss of sodium through sweat can become a problem during ultra-endurance events (or continuous exercise that lasts over 4 hours). Risk groups are:

- Those who sweat profusely and only partially replace this loss with water or a low sodium drink (otherwise known as **hyponatraemic dehydration**)
- Those who have a low sweat rate who consume excess amounts of water in effect diluting their sweat (**water intoxication**).

Preventing excessive loss of sodium

Both situations can easily be rectified by substituting water with sports drinks. To make sure adequate sodium and fluid is obtained, drink a sports drink with a concentration of 20-30 mmol sodium. (46mg -69mg per 100mls) This should be stated on the label. Note that although most sports drinks contain some sodium, not all contain this higher concentration.

The use of sports drinks

The first sports drinks introduced in the 1970's contained high levels of sodium to mimic the composition of sweat. It was originally thought that significant levels of sodium were lost in sweat and must be replaced, which we now know is not true (except in the extreme cases mentioned above.) Why then are sodium and other minerals added to sports

drinks? The reasons are outlined below:

- Sodium increases the speed at which fluid and glucose is absorbed into the body. This means that we are less susceptible to dehydration and thus can exercise for longer or at a higher intensity.
- Sodium improves palatability as it offsets the sweetness of the added sugars. There is also some evidence that after exercise and when dehydrated most people have a preference for a slightly salty tasting beverage
- Sodium and other electrolytes do need replacing in ultra endurance events over 4 hours.

Dehydration problems

The most common problem arises in those who sweat profusely, as they are at risk of both dehydration and sodium depletion. Many athletes don't drink enough on a day to day basis and often go into events already partially dehydrated. Fluid is absorbed faster if small amounts are drunk regularly. If already dehydrated, fluid will be absorbed slowly and may sit in your stomach or cause a stitch during running. This often results in the athlete drinking less due to discomfort, which of course exacerbates the problem! Dehydration can also cause gastric upset, so runner's diarrhoea can be caused by lack of fluid as much as by the food you eat beforehand. Loss of as little as 2% of body weight can decrease exercise performance even at low intensities. Dehydration can also affect mental functioning and co-ordination. Most seriously, a loss of 5-6% body weight due to dehydration becomes dangerous and can result in heat stroke and death

How to determine your fluid needs

Start by drinking regularly throughout the day. Don't save up until training. Check the colour of your urine. This should be virtually clear (unless taking vitamin supplements!). During exercise fluid losses should be matched to sweat rate. Obviously, the more you sweat, the more you lose. Sweat rate is determined by:

- Sex - males sweat more than females;
- Fitness level - sweating mechanisms are better in the very fit;
- Exercise intensity and duration;
- Temperature and humidity;
- Body surface area (the bigger you are, the more sweat you lose);
- Genetics - thank your parents for this one!

- Temperature and humidity;
- Body surface area (the bigger you are, the more sweat you lose);
- Genetics - thank your parents for this one!

On average most people will sweat at a rate of 1 Litre/hour. Fluid replacement should match the rate of sweating which can be measured by loss of body weight during exercise ie. 1 kilogram of weight loss = 1 litre of fluid that needs replacing. Remember, thirst is NOT a good indication of fluid needs.

What about salt and cramping?

Latest research indicates that extra salt will not reduce cramping. Cramping has more to do with poor posture, shortened muscle length, very intense exercise and exercise to fatigue, although the exact cause is still not known.

In answer to Benny's letter:

A low sodium intake won't *prevent* fluid absorption, but consuming sodium in combination with fluid can speed it up. This may be the saving grace against dehydration in those that struggle to meet fluid losses. For ultras and other events over 4 hours, YES, sodium replacement is vital as large amounts will be lost in sweat especially in hot climates (such as Benny's training conditions in Bangkok.)

I have outlined below a strategy for those who compete in ultras:

- Make sure you're fully hydrated BEFORE the race;
 - Check the type of sports drink on offer at drink stations - does it contain sufficient sodium? (and carbohydrate);
 - Consume sports drink from early in the race - don't wait until already dehydrated.
 - Match your own sweat rates as mentioned above (practise in training first). Remember the hotter the day, the more you will need. This may mean more than one cup per drink station;
 - If possible, make up your own drinks. This way you ensure the right concentration. Always make to instructions on the container. Altering concentrations can affect the carbohydrate concentration which will slow down the rate of fluid absorption possibly leading to dehydration.
 - If you can stomach it and feel hungry, eat solid food towards end of race. (eg. Sports bar) This will provide sodium and carbohydrate, but remember you **MUST** drink as well.
 - Practice using sports drinks in training
- Good luck Benny in your next event!



In Percy Cerutti's view this programme demands a real desire for strong manhood, a belief in the necessity of a clean and informed mind, partnered by a tough, but resilient, trained body; an unwavering persistence in carrying out a programme, and for psychological reasons, at least, the

joining of an organization for experience in teamwork and administration.

I hold that the human being cannot be reduced to the status of a machine—and I attribute the success of the athletes who received their early training at Portsea on my specialized Fartlek methods, not so much to the initial ability of the athletes, but to the form of training we favour at Portsea, and the terrain we train upon. The introduction of resistance in the form of sand and hill is too important to be ignored and the track can never fulfil the lack nor the scientific formula replace 'natural and instinctive' effort.

Introduction

What it Takes to be a Champion

In the beginning a world class or world champion type of athlete must have ability above the average but not necessarily be at the top of his age group or other classification.

Indeed, even above inherent natural ability it is important that innate worth be born with the athlete. He will be found to be persistent, not easily discouraged (indeed, set-backs will be a spur and goad), intelligent, self-reliant and ambitious once he sees the road ahead and the means to get to his destinations.

I myself believe that nature does not fool us. If we feel within ourselves real potentiality, abilities, we can reasonably attain to any goals that we may conceive of for ourselves, and when these ideas or feelings about ourselves persist. We all know the youth and man who is going to do something but in a week or month has forgotten all about that goal, completely abandoned all goals or switched to others, most equally fatuous. But if the feeling of ability to achieve in something, sometime, somewhere, persists with us, becomes part of us, we can be assured of results mostly beyond our earliest dreams.

To cleave to your ambitions, have faith in yourself and believe that if you do the work results must be achieved. But also believe that if work alone did things, then all good labourers would end up rich. We know the many don't.

It is intelligent work that does things--intelligent training methods, new ideas, especially when proved, that can work miracles. It is useless to revert to the ideas and methods of Nurmi, for instance, if we wish to run sub four minute miles. His methods and training, supposing we have the intelligence, persistence, etc., of Nurmi, can only result in a 4:10 mile! (Nurmi's world record.) No! We must be receptive to new ideas, be prepared ourselves to march into the future, and either discover new methods, new training concepts, or find someone who has done so.

Seek, and you do find, in time. Ask, and you do get the information, but perhaps not from the sources you thought. Knock, and some superior person, coach or teacher will take you in, but you may have to try many doors.

Summed up: You can become what you think you can become. But you must find the teacher or discover new methods for yourself, as did Parry O'Brien.

Remember: Work does do things, but it is superior work, highly intelligent work, often exhausting, soul-killing work, that gets one out of the rut, makes one a world figure, no matter in what field. Never entirely give up when discouraged, frustrated.

Every difficulty carries within itself the means of its own solution. The test for you is to find that means, that teacher. There is a teacher, a way-shower, at every cross road in life. You never know that until you reach the cross-road. He is not available while you are on the journey to his place in life.

You cannot be taught until you are ready to be taught. And you cannot function until you are ready to function. A four minute mile when ready to function at a four minute mile rate is just as easy to do as a five minute mile for the five minute class functioneer. Indeed, it is often easier by virtue of the resilience and recovery factor of the highly evolved and trained specialist.

In the ultimate, if you are to succeed, you must believe in the worth-whileness of your goals, find the means to attain them, and do the essential work, make the personal effort. No one can do it for you. No one can travel the road for you, do your training and your thinking. At the best you can only find a way-shower and teacher.

I hope you will feel, in reading this small exposition, that you have found both a modest wayshower and teacher, that you gain something to help you to your ends, your goals, your successes.

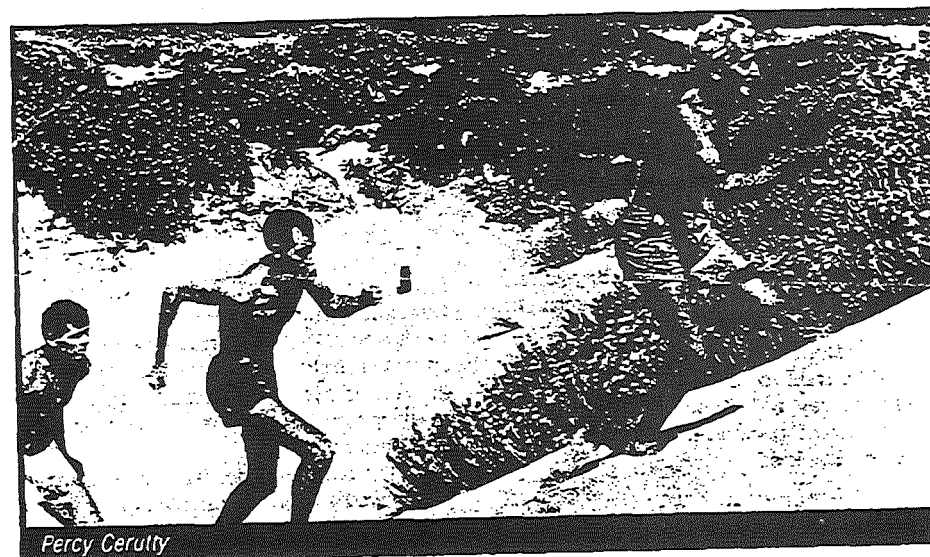
I would have it so--so it merely remains for you to do your part.

You can, if you but will.

May all success be yours. It can!

PERCY WELLS CERUTTY
Portsea, Victoria,
Australia

February, 1959



Your High Performance Training Diet: Part 3

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

Vitamins and minerals to maximise performance

Ensuring an adequate vitamin and mineral intake is essential for maximising performance. A good intake of the antioxidant vitamins - A, C and E - is important for recovery. These are found in green and yellow vegetables, fresh fruit, and brown rice, rice bran, wheatgerm, nuts and seeds respectively.

The B-group vitamins are also essential for optimal athletic performance. These are used to assist in many important functions in the body including the conversion of carbohydrate to energy, and are found in wholegrain cereals such as brown rice legumes, green, leafy vegetables as well as low fat dairy products, lean meat, and liver.

While deficiencies of vitamins will affect your performance, there is no evidence that athletes should be supplementing with particular vitamins to improve performance if their dietary intake is adequate.

There are two minerals of particular concern for athletes, iron and calcium.

Increasing Iron

Iron is important for maintaining haemoglobin levels, and deficiencies can result in tiredness, early fatigue and poor performance. Particularly at risk are female athletes (especially those trying to lose weight), endurance athletes and vegetarians.

The richest sources of iron in the diet include liver and kidney, lean red meat and poultry. Green leafy vegetables, legumes, eggs and some breakfast cereals also contain a lot of iron, however we don't absorb this iron as well. Including vitamin C rich foods with these sources of iron will help enhance absorption, for example have a glass of orange juice with your lentil, rice and spinach pie.

Tips to increase iron intake

- The richest sources of iron in the diet include lean red meat, liver and kidney as well as the dark meat of poultry and fish. Eat these foods on a regular basis.
- Include plenty of green leafy vegetables, iron rich breakfast cereals, and legumes.
- Include Vitamin C rich foods with meals based on iron rich plant foods to help absorption.

- Avoid drinking tea with meals as its tannic acid stops iron absorption.
- Only take iron supplements if advised by your dietitian or physician after blood tests to determine your iron levels.

Increase Calcium

Calcium is important for bone strength and muscle and nerve function. During adolescence when growth is occurring, calcium needs are high. Female athletes who have infrequent or absent menstruation also have much higher calcium requirements as they are at higher risk of 'osteoporosis', or thinning of the bones.

The best sources of calcium in the diet are low fat dairy foods and canned fish with edible bones. Green leafy vegetables, nuts and seeds also contain calcium, however it is not as well absorbed from these foods.

Tips to increase calcium intake

- Include at least three serves of lot fat dairy foods each day - milk, yoghurt, and low fat cheese.
- Include low-fat milk, like Lite White, on cereal, in smoothies, or in custards and rice puddings.
- Melt low fat cheese on rice cakes, or use ricotta cheese or low fat Philadelphia on toast in place of margarine or butter .
- Dollop low fat yoghurt or low fat cream cheese on baked potatoes, or eat low fat fruit yoghurt as a snack.
- Make creamy rice pudding by blending Sunlong Jasmine rice with low fat fromage frais and fresh or canned fruit. Chill and enjoy.

Drink more water

Humans are the only animals for whom thirst is not an accurate indicator of fluid needs. By the time you feel thirsty, you are already partially dehydrated.

The effects of dehydration are debilitating and extremely dangerous, so it is of vital importance to prevent this from occurring. The correct way to replace water losses and maintain normal temperature is to drink enough fluid to replace the amount of fluid lost.

A good guide is for every kilogram lost during exercise, you need to drink one litre of water. This fluid should be replaced before, during, and after exercise. Keep fluid intake to no more than 1 litre

per hour - approximately half a glass of water every 10-15 minutes in the hours before exercise. Young children may need a little less but it is still critical that they have fluid regularly throughout exercise sessions.

Water is the best fluid to replace sweat losses during training, however, in endurance events (such as marathons or triathlons), a carbohydrate/electrolyte are recommended. Drinks very high in sugar, such as soft drinks, are best avoided before and during exercise, but may be used immediately after exercise to help recovery.

A word about alcohol

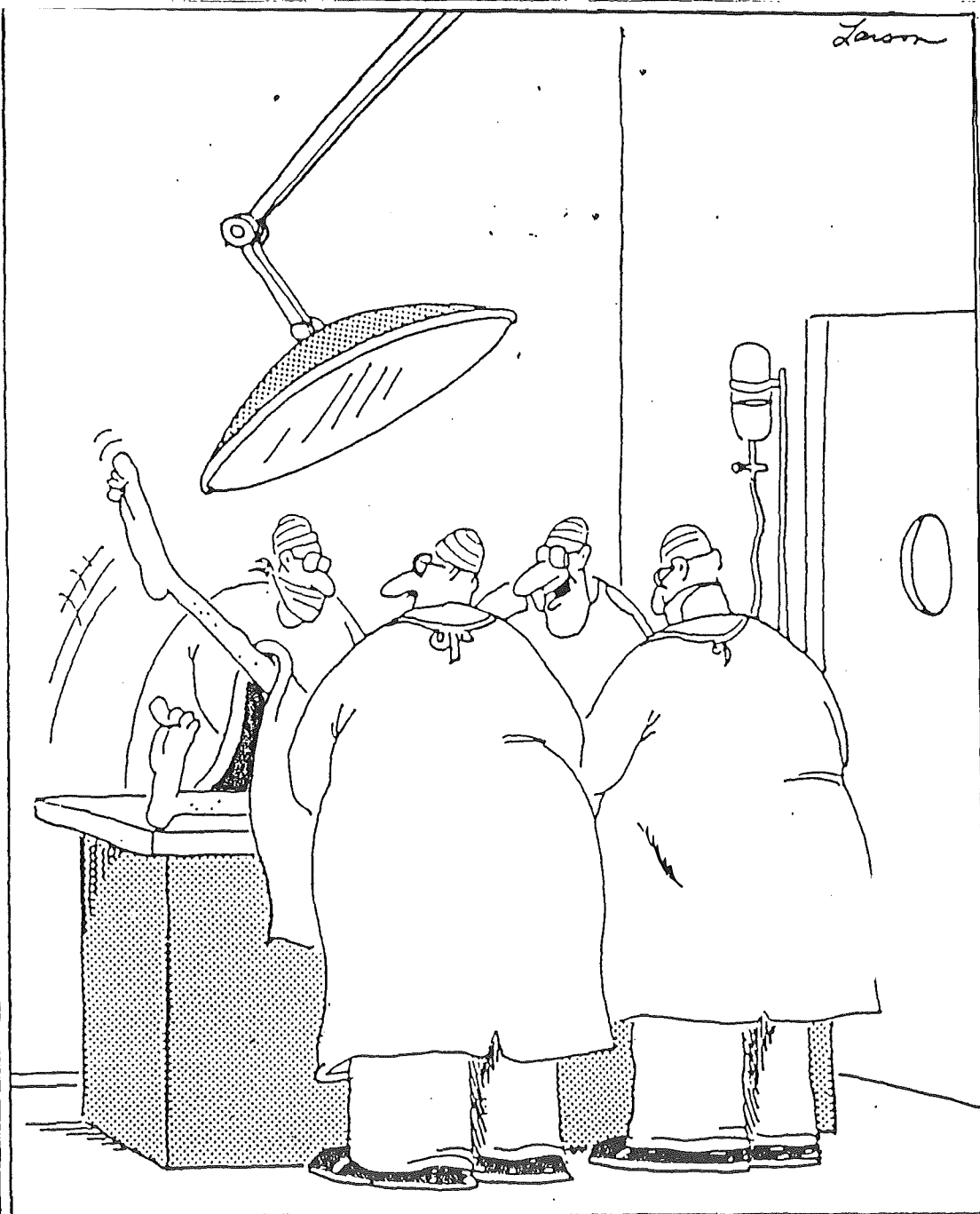
Alcohol is a powerful drug which has an

adverse effect on sporting performance. Although different people react differently, even small amounts will make you perform worse rather than better.

Alcohol increases the risk of dehydration and can cause low blood sugar levels, therefore should be avoided well before and after exercise.

Alcohol is also high in kilojoules with few other essential nutrients so it should be avoided by athletes needing to lose body fat.

After exercise alcohol can aggravate soft tissue injuries resulting in increased bruising and swelling. This can delay treatment and slow down recovery.



"Whoa! That was a good one! Try it, Hobbs — just poke his brain right where my finger is."

Ultra Update:

International Results & Commentary

Written by Andy Milroy

100 km

There have been a number of great 100 km performances over recent months. On June 7, at the Biel 100 Km, Peter Camazind won with 6:37:59 over Markus Kramer with 6:54:45. Birgit Lennartz showed she is still a force to be reckoned with, clocking 8:23:05, edging the Swiss runner, Ursula Alder, with 8:27:25.

The best men's mark in the world this year was set at Torhout, Belgium, on June 21. Andrej Magier is a solid performer, who perhaps races too often, but ran a fine 6:24:11, ahead of the new Belgium find, Marc Vanderlinden with 6:28:10. Jeri Jelinek of the Czech Republic was a close third with 6:31:55, and another of the new Belgium stars, Jan Vandenriessche ran 6:39:34. Marta Vass was the first woman with 8:16:51 ahead of Karen Bakker, who perhaps was suffering from the frenetic start to her season.

The race was also the IAU Veterans Championships. The first over-40 was Andre Beneens (6:45:35), first over-45 was Roland Vuilleminot (7:27:07), the first over-50 was William Verdonck (9:11:07), first over-55 was Gennardi Panchin (8:10:02), and the first over-60 was Bauke Te Nijenhuis (13:23:45). For women the first over-35 was Ulrike Steeger (9:41:41), the first over-40 was Ria Buiten (9:31:54), the first over-45 was Katia Nolens (9:20:00), and the first over-50 was Angela Mertens (11:06:00).

The Lake Saroma 100 Km has established itself as one of the major events on the ultra calendar. This year's race on June 23, was won by the British runner, Patrick Macke, who loves competing in Japan, with a time of 6:56:13. Second was Toshiro Kashiara with 6:58:58. Kiminari Kondo had gone off at great speed in an attempt to break the world road best of 6:16; he passed 50 km in just over three hours, but slowed drastically thereafter while finishing in 7:09:41. However, a Japanese woman met with more success. The 2:28-marathon runner, Noriko Kawaguchi, running comfortably, posted the second fastest 100 km of all-time with 7:11:42, well ahead of Reiko Hirosawa with 8:27:32 in second. Kawaguchi was apparently just trying out the distance, and has the ability to crack seven hours. (It could be argued that she is the fastest female marathoner to tackle an ultra—Frith Van Der Merwe's 2:27:36 was set on the Port Elizabeth, South Africa course which had a drop of 149 meters.)

The IAU African 100 Km Championships in Botswana on August 18, had very tough weather conditions that slowed times considerably. The winner was South African Trust Langa in 7:32:50, followed by Enoch Ndlovu of Swaziland in 7:39:15, with the

Reproduced from Ultrarunning, Nov '96.

consistent Botswanan runner, Charles Khudube, in third at 7:55:12.

On August 25, the small French town of Cleder played host to the fifth IAU European 100 Km Championships under the patronage of the European Athletic Association. There were 750 entrants with strong representation from all the major ultrarunning nations. Due to visa problems the Russian men's team could only field two runners, however. An early leader was Andrej Magier of Poland with Vandenlinden of Belgium next, pursued by Roland Vuilleminot of France all followed by a group containing Janicki of Poland and Jelinek of the Czech Republic. By 50 km Janicki and Jelinek were in front, passing that point in 3:12:58. By 77 km Janicki had a one-minute lead over Jelinek, with Magier still in third, and Roger Julien and other French runners still bunched together.

In the women's race, Carolyn Hunter-Rowe swiftly stamped her authority on the race. Although not at her 1993 peak form, she was moving well and looked relaxed, and by 50 km was already some minutes ahead of the new French record holder, Martine Cubizolles, who ran a 7:38 in the national championships at Steewerk. Behind her were the other strong French runners, Isabel Olive and Huguette Jouault.

The Cleder course consisted of two 50-km loops, the second of which is quite tough. This showed in the final times, with Janicki slowing to 6:33:39, still well clear of Jelinek in 6:38:15 and Magier in third with 6:39:49. The Poles clinched the team prize when Rysard Plochocki came in seventh with 6:51:25. Nine men ran under seven hours. One of them was the remarkable Roland Vuilleminot, who had celebrated his 50th birthday four days before. His 6:43:33 smashed the seven-hour barrier that other 50-year-olds had been nibbling at for several years.

Behind the Polish team's 20:04:53, France was second with 20:41:32, with Vuilleminot leading the way as usual. Spain was third with 21:19:01.

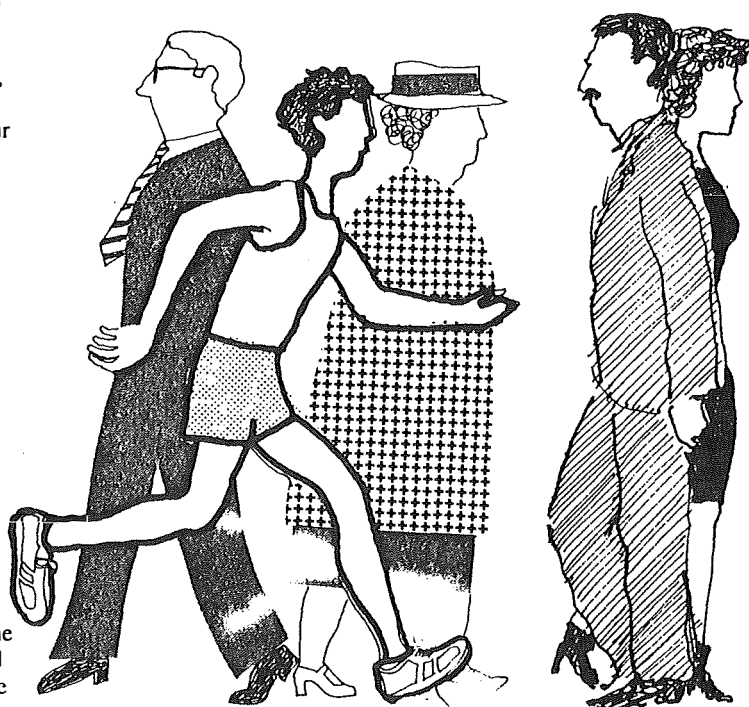
Hunter-Rowe won the women's championship in 7:41:29, with Martine Cubizolles in second with 7:49:09, and the

tough Huguette Jouault in third with 7:51:54. With Sybille Mollensiep (7:55:04) and Isabel Olive (7:59:32) the European Championships saw five women under eight hours for the first time despite the tough course. France won the team title with 23:40:35 with Germany in second totaling 24:40:51, and Great Britain took third with 24:50:39.

24 Hours

There have also been a rash of 24 hour events held recently. On May 4-5, in the Basel 24 Hour, Hans Peter Bronnimann of Switzerland won with 257.329 km/159.89 miles, passing 100 miles in 13:45:40 and 200 km in 17:40:16; second was Thomas Kabuss, of Germany, with 224.363 km/139.41 miles; third was Milan Furin, of Slovakia, with 220.230 km/136.8 miles. The leading women were Inge Ludwig and Heike Pawzik, of Germany, with 203.155 km/126.234 miles and 201.000 km/124.89 miles.

The Doncaster 24 Hour on May 25-26, in the United Kingdom was won by Alden Barlow with 220.490 km/137.0 miles, with Helga Backhaus running 210.032 km/130.5 miles to win the women's event. On June 29-30, the German Championships was held at Fellbach/Stuttgart. The winner was Michael Maier with a strong 243.422 km/151.255 miles, ahead of Albert Lehrhuber's 226.644 km/140.83 miles with German national 24-hour team member, Kassian Burster, in third with 222.337 km/138.153 miles. The first woman was Anna Dyck with 198.941 km/123.616 miles, with Martine Hausman next at 181.146 km/112.558 miles.



Reproduced from "Ultrarunning" November 1996

- **Winschotten 100 Km**
- **Australian 100 Km Championships**
- **Santa Cruz De Bezana 100 Km**
- **River Shimanto 100 Km**
- **German 100 Km Championships**

In many ways, the ultra year peaks during the autumn months. Runners have prepared through spring and summer's races and training, and are now ready for a final major effort before reverting to low-key winter schedules.

After last year's excitement at the World 100 Km Challenge, this year's Winschotten 100 Km in the Netherlands on September 14 was more subdued. The field was still strong. Konstantin Santalov faced both his fellow countryman Aleksy Kruglov, and the fastest ultrarunner in the world this year, Andrzej Magier of Poland. Magier likes to run at the front; he and Santalov matched strides to 40 km, at which point the Russian retired. The Polish runner had a six-minute lead over Kruglov, a lead he maintained to the finish in 6:43:09, as Kruglov finished in 6:50:19. Dutch runner Gerrit van Rotterdam was third in 6:53:39. The first woman was Marta Vass of Hungary in a sound 8:27:52, with Astrid Benohr of Germany second in 8:37:11. Next year the World 100 Km Challenge returns to Winschotten, provisionally scheduled for September 13.

The following day, across the globe, the first official national Australian 100 Km Championship was held at Shepparton in Victoria. The winner was Yiannis Kourous in 6:58:46. It was appropriate the inaugural event be won by this great runner, now eligible to compete for his newly adopted country. The first woman was the redoubtable 60-year-old veteran, Shirley Young, in 10:47:13.

The first real clash between Konstantin Santalov and Alexey Volgin in 1996 at the 100 km distance occurred at Santa Cruz De Bezana in northern Spain on October 6. Santalov emerged as the clear winner in 6:33:10, with Volgin second in 6:40:04. The first woman was Maria Theresa Liras Rodrigues in 8:44, with two other Brazilian women under nine hours.

On October 13, the River Shimanto 100 Km race was held on the island of Honshu in Japan. There were more than 2,500 entries for this event, but it was forced to limit its numbers to 1,000. The necessary basis for successful international ultra competition—the development of a large, experienced ultra community—is being swiftly laid in Japan, and it will not be long, I suspect, before they are a serious threat to the powerful Russian squad.

The winner of the Shimanto race was Kiminari Kondo, who decided to forget his usual blitz tactics for this race. Running more conservatively, he finished well clear of the opposition in 6:41:12. His main intent in running the race was to try out the course which will be used for the 1998 World 100 km Challenge. Second in the race was Patrick Macke (GBR) in 7:35.

The following weekend, the national German Championships were held at Rodenbach, near Frankfurt. Kazimierz Bak,

the national record holder, made a welcome return to 100 km running, winning in 6:34:18, with Michael Sommer second in 6:46:20, and Ulrich Amborn third in 6:49:41. The first woman was Jutta Philippin, currently the top German, in 7:55:05, Ricarda Botzon was second in 8:07:07, and Birgit Lennartz a distant third in 8:20:50.

- **London to Brighton**
- **Two Bridges Race**
- **Dublin Peace Run**

On October 6, the London to Brighton race was held. There was no strong opposition from South Africa this year, but British national team members Stephen Moore, Greg Dell and Robin Gardner faced off, along with Carl Barker, who has represented Australia in the World Challenge. Dell, Moore, and Barker set the early pace, passing ten miles in under 65 minutes. Over the next ten miles Dell moved away, building a three-minute lead over Moore and Barker, running together. Dell stretched his lead to eight minutes by the 30-mile mark, while Carl Barker soon quit.

Fifty miles passed in 5:25:56 for Dell, before he reached the finish in 6:00:59, the second-fastest time on the 55 mile course, and probably his best career performance. Stephen Moore clocked 6:14:06 in second, and Robin Gardner was third with 6:33:51. The fastest North American was Mexican Vincenti Pani, who was seventh in 6:58:07. Todd White from the U.S. ran 7:10:45 for twelfth place and won the Ted Corbitt Trophy, awarded to the first U.S. entrant to finish. The trophy was presented this year by Lou Myers, an Englishman who loves competing in the U.S. Canadians Giles Malet and Colin Kingsford were thirtieth (7:52:50) and fifty-seventh (8:41:34), and Joe Schroeder of Atlanta was forty-ninth in 8:30:23. The first woman was Hilary Walker in 7:40:13, with Lorna Garrod second with 8:01:31.

On August 24, the Two Bridges race in Scotland witnessed a tough battle over the shortened distance of 35 miles 616 yards. Simon Lund ran 3:34:12 to beat last year's winner, Lee Harris, by two minutes. The first woman was Pauline Walker in 5:23:07. The following day the 33-mile Grantham Canal run saw Greg Dell, running the race in preparation for London to Brighton, finish in 3:45:10, some seven minutes ahead of Robin Gardner. Top woman was Ann Grant in 5:05:44.

The following weekend, the Belfast to Dublin Peace Run was held between Northern Ireland and Eire. This point-to-point, 104-mile race was won by Ron Teunisse of the Netherlands in 15:11:48, well ahead of James Zarei with 17:09:43, and Norrie Williamson, now resident in Scotland, third in 18:32:14. The first woman was Mary Joyce of Eire with 20:55:30.

- **West Highland Way 95 Mile**
- **South Downs Way 80 Mile**
- **Swiss Alpine Marathon**

There is, of course, more to the sport than just the 50 mile and 100 km distances.

There have also been some notable trail events held over the summer. On June 22, the West Highland Way 95 Mile event was held in Scotland, with Dave Wallach the winner in 18:56:22, well clear of the opposition, which included Don Ritchie in sixth place. The next weekend, the South Downs Way 80 Mile was held in southern England; it was won by Stephen Moore in 9:53:08; the first woman was Susan Ashley in 13:15:03. The Swiss Alpine Marathon at Davos on July 27 saw Peter Geswend cover the 67-km distance in 5:28:50 and defeat Charl Mattheus, from South Africa by 10 minutes. Birgit Lennartz won for women with 6:33:20.

- **Sri Chinmoy 24 Hour**
- **Barcelona 1,000 Mile**
- **Odessa, Ukraine 1,000 Mile**

On October 12 the Sri Chinmoy 24 Hour was held at Tooting Bec, London. The race was won by the British international 100 km competitor William Sichel, with 125 mi 1510 yds. The highlight from an international standpoint was the new world 12 hour over-55 female best by Pat Bonner of 64 miles 401 yards, breaking the mark set by Angela Clarke of Australia earlier in the year. Bonner was close to Ruth Anderson's 24-hour best with 108 mi 57 yds at the finish, a strong performance in her 24 hour debut.

Other world age group marks not reported earlier were new over-65 track bests of 4:05:56 for 50 km, and 7:07:12 for 50 miles, set by Max Jones in the Doncaster 24 Hour on May 25.

There have also been some longer events of note recently. From September 15–28, in Barcelona, Spaniard Alfred Uria surpassed Australia Gary Parson's world 1000 mile track best in a time of 12 days, 17 hours, 59 minutes, 9 seconds. There were six starters, but by Day Four only Uria was left. News of this performance was relayed to Odessa, Ukraine, where on October 5, that 1000 mile event began. The leader for much of the race was Brit Richard Brown, who was aiming for a sub-12 day clocking; he hit 507.7 miles in six days, and 1000 km in 7 days 6 hours 41:13, the fastest time set in a track event, other than a 6-day. However, a stomach bug began to affect him badly after 700 miles, and after reaching 1200 km in just over nine days, he retired. The winner was Vladimir Glazkov in 12 days 15 hours, which surpassed Uria's newly set best. However, the status of both these marks is still uncertain. In the Odessa event no lap times were taken, apart from those by Richard Brown's handler.

- **Spartathlon**

Perhaps one of the most significant performances recently has been Roland Vuilleminot's win in the Spartathlon. Moving up from 100 km, Vuilleminot ran a strong 26:21 for 158 miles. The Frenchman is one of the great championship runners, both on a national and international level. He won the IAU 100 km Championships in Duluth in 1990, and was second the following year. At the age of 50, he ran 6:43:33 at the Euro-

pean Championships in Cleder this year. Perhaps feeling his 100 km career is nearing its close, he has decided to tackle longer events, just as Sigrid Lomsky did so successfully at the same age in 1992. Winning the Spartathlon in his first excursion over 100 km strongly suggests Roland has the

ability and mental strength to make a profound impact on the world 24 hour scene.

Yiannis Kouros' 200 km and 24 hour world bests set at Coburg, Australia, have been ratified. His 200-km time is 15:32:39 and his 24 hour at 294.104km/182 mile 1316 yards (the latter a very unusual example of a

ratified mark being better than the distance originally reported!).

The World 100 km Track Trophy for Women held at Nantes, France, was such a success that negotiations are in progress for another such event next year. There is a possibility that the location could be Tokyo.

TRAINING FOR ULTRAS edited by ANDY MILROY

The original version has been completely revised, updated and enlarged and this publication seems certain to become a standard reference book on the subject of training. It should be invaluable to novices, experienced runners and their coaches.

The book includes updated and expanded articles from Don Ritchie, Eleanor Adams-Robinson, Dan Coffey and Tom O'Reilly. New articles are included from Norrie Williamson, Mike Cudahy, Erik Seedhouse, Stephen Moore, Mike Hartley, Tony Jones, Marianne Savage, Dave Cooper, Mike Newton, Hilary Johnson, Dr Lynn Fitzgerald, Marie Caldwell and Andy Milroy.

Areas covered in depth: Getting started; preparing for the shorter ultras; training for the 100km; 24 hour training; trail running; multi-day running up to 1000 miles; ultrarunning for women; cross-training and overtraining. Also included is the most comprehensive ultra bibliography yet produced.

The complete revised version containing 148 pages is available from: Don Bonser. 76 Benhill Wood Road. Sutton.

Surrey. SM1 3SJ. United Kingdom.

cost including postage is United Kingdom	£5.50
Europe	£6.50
North America & Africa	£7.50
Rest of World	£8.00

The new TRAINING FOR ULTRAS is complete in itself but another booklet has been published by the RRC which is specifically designed to complement TFU. INTERNATIONAL ULTRA TRAINING contains expert advice from such runners as: Hilary Walker, Bruce Fordyce, Rune Larsson, Terry Edmondson, and Sany Barwick. The combined cost of both editions including postage is:

United Kingdom	£ 8.50
Europe	£10.00
North America & Africa	£11.50
Rest of World	£12.00

Payment should be in sterling and cheques drawn on banks outside of the United Kingdom are not accepted. Cash payments may be made in local currency. For further details please contact Don Bonser-address given above.



World's First 100 Km

Track Trophy for

Women *Reprinted from ultrarunning, Nov. '96.*

Nantes, France Sept. 28, 1996
Track (with 50-mile splits)

1. Valentina Lyachova, RUS	7:23:28
(5:55:41)	
2. Huguette Jouault, FRA	7:46:53
(6:12:07)	
3. Marina Byachova, RUS	7:50:04
(6:17:12)	
4. Donna Perkins, USA	7:55:04
(6:09:27)	
5. Eleanor Robinson, GB	8:13:00
(6:33:15)	
6. Irina Reutovich, RUS	8:16:09
(6:35:08)	
7. Ashley Evans, CAN	8:19:51
(6:26:44)	
8. Agnes Bozan, HUN	8:24:15
(6:38:25)	
9. Hilary Walker, GB	8:27:36
(6:37:15)	
10. Reiko Hirose, JPN	9:01:10
(7:01:02)	
11. Paulette Echevarne, FRA	9:41:31
(7:36:44)	
12. Sylvia Andonie, MEX	9:42:08
(7:41:34)	
13. Ria Buiten, NETH	9:45:06
(7:36:44)	
14. Theresa Daus-Weber, USA	9:49:20
(7:43:36)	
17 starters	

Attention was focused on Nantes, France, when the first ever all-women's 100 km track race was held on September 28. The IAU had used its good offices to promote this event as part of A.I.M.S. Year of the Woman. The race was entitled the "World's First 100 Km Track Trophy for Women." The race attracted top female ultrarunners from all over the world—they included Ann Trason, the world record holder on roads (7:00:48) and track for 100 km, Donna Perkins who has run 7:34 for the distance, and Valentina Lyachova whose best is 7:22, and who had her early season ruined by a broken leg. Also in the field was Huguette Jouault, who has run eight IAU 100 Km World events, and was third at Clede. Reiko Hirose, former Japanese record holder with 8:05, was also running, as were the famous British duo of Eleanor Robinson and Hilary Walker. The former was fresh from her 24-hour run the previous weekend. Ashley Evans, the Canadian record holder, plus new Russians, Marina Byachova and Irina Reutovich, and Mexico's Sylvia Andonie, added even more strength to this cosmopolitan field.

Ann Trason set off as she had in the 1995 World Challenge at Winschoten, and in fact her first 10 km was even faster than that blistering start, 40:15 as compared with 40:36! Her next 10 km took a mere 40:41, but she was now 10 seconds outside of her 1995 schedule. Thirty km was reached in 2:02:20, some minutes down on Winschoten. Donna Perkins was not far behind, but was losing around a minute per 10 km to Ann. Lyachova had gone with Perkins over the first 10 km but eased back losing a minute per 10 km to Perkins by the 30-km mark. Trason slowed between 30 and 40 km but so did Perkins and Lyachova. By 50 km Trason was some six minutes behind her Winschoten schedule but had an eight-minute cushion over Perkins, who in turn

was over three and a half minutes ahead of Lyachova. The Russian had a seven-minute lead over Jouault, who was six minutes ahead of Walker, who was three minutes up on Evans. Then came a group containing Hirose, Robinson, Byachova, with Reutovich and Agnes Bozan, the Hungarian, a minute further back.

Ann Trason's decline became more marked over the next 10 km, which took her nearly 46 minutes, and Perkins and Lyachova were closing on her. She reached 40 miles in 4:34:55, before stopping for a brief talk with Carl Anderson, her husband/handler. She didn't lose much to Perkins with this pause, since she had to stop to ice her leg anyway, but by now the second American was in third place, eight seconds back of the Russian (4:42:42 to 4:42:50). Lyachova looked ominously strong.

Soon after Trason was to retire, and by 70 km Lyachova had a five-minute lead over the slowly declining Perkins. Jouault was secure in third, with Byachova, after an even paced start, moving through to fourth, with Evans three minutes back, and Robinson and Walker in sixth and seventh.

By 50 miles Lyachova had increased her lead still further. She passed that point in 5:55:41, a new track world best and a time that only Ann Trason has surpassed on the road. Donna Perkins was second, and took a much prized trophy by taking Trason's U.S. track record with 6:09:27, good for third place in the track all-time list. Jouault reached that point in 6:12:07, five minutes ahead of Byachova, with Evans setting a new Canadian track best with 6:26:44. Robinson was looking strong in sixth, with Reutovich, Walker and Bozan all under 6:40.

Lyachova slowed to over 46 minutes between 80 and 90 km but still drew away from Jouault who was now in second. She revived to push in a 42:51 last 10 km to clock an excellent 7:23:28, a new track world best by over 26 minutes, and the second fastest time in the world this year, on either road or track. Jouault came home in second with a new 100 km personal best of 7:46:53 (an over-45 world track best) also under the old world mark, as was Marina Byachova in third with 7:50:04. Donna Perkins, suffering from her earlier excesses, came in fourth with 7:55:05. In fifth was the redoubtable Eleanor Robinson with 8:13:00. Hilary Walker's time of 8:27:36 was an over-40 world age group best.

Andy Milroy

Spartathlon

Athens, Greece Sept. 28, 1996
Roads and some trails, 246 km

Americans Nobuaki Koyago of New York City and Roy Pirrung of Sheboygan, Wisconsin, placed second and fourth, respectively, out of an international field of 164 runners from 28 nations in the 14th annual running of the 147.2-mile Spartathlon in Greece. The event commemorates the historic run of the ancient Greek hemerodromos (all-day runner) Phidippides from Athens to Sparta to request Spartan assistance in the Athenian's landmark battle against the invading Persians on the shores of Marathon in 490 B.C.

Phidippides was accustomed to such runs, as were other hemerodromoi, employed at the time because their foot power was the fastest and most reliable means of

1. Roland Vuilleminot, FRA	26:21
2. Nobuaki Koyago, USA	27:41
3. Dusan Mravlje, SLO	27:55
4. Roy Pirrung, USA	28:02
5. Vladimir Novikov, RUS	28:12
6. Jun Onoki, JPN	28:34
7. Lucio Bazzana, ITA	29:25
8. Helga Backhaus, GER	29:50
9. Thomas Kabuss, GER	29:53
10. Mary Larsson, SWE	30:27
11. Kazuyoshi Ikeda, JPN	30:30
12. Eugen Leipner, GER	30:57
13. Roland Roux, FRA	31:02
14. Jens Lukas, GER	31:22
15. Jean-Claude Lapeyrygne, FRA	31:44
16. Seppo Leinonen, FIN	32:20
17. Wilson Dammekens, BEL	32:29
18. Michael Kraus, GER	32:42
19. Rene Heinz, FRA	32:43
20. Manfred Leismann, GER	32:44
50. Stanley Hardesty, USA	35:30
58 starters	

delivering urgent messages over long distances. Phidippides is better known for his alleged 26-mile run from Marathon back to Athens to announce Greek victory in the battle (even though their request for assistance was turned down by the Spartans) before dropping dead from exhaustion. The latter story has been deemed apocryphal and unreliable by historians, but the longer, earlier run of about 150 miles to Sparta (completed in about a day and a half) is well documented and considered historical fact.

The event was created in 1982 to commemorate the historic event in Greek history and the course follows a route agreed by a consortium of scholars to be the most probable one taken by Phidippides. The current course follows mostly paved and gravel roads in usually very hot weather, but includes one climb on a rough trail over the final mountain range shortly after the 100-mile point.

The inaugural run in 1982 was the venue for the shocking emergence on the world scene of Yiannis Kourous, an unheralded young Greek running his first ultramarathon who bested a handful of the world's top 24-hour runners by winning by over 3 hours. In the subsequent decade and a half since then, Kourous has gone on to rewrite the world record books at every ultra event from 100 miles through 1,000 miles, most recently breaking his own 48-hour world record last May as a master athlete.

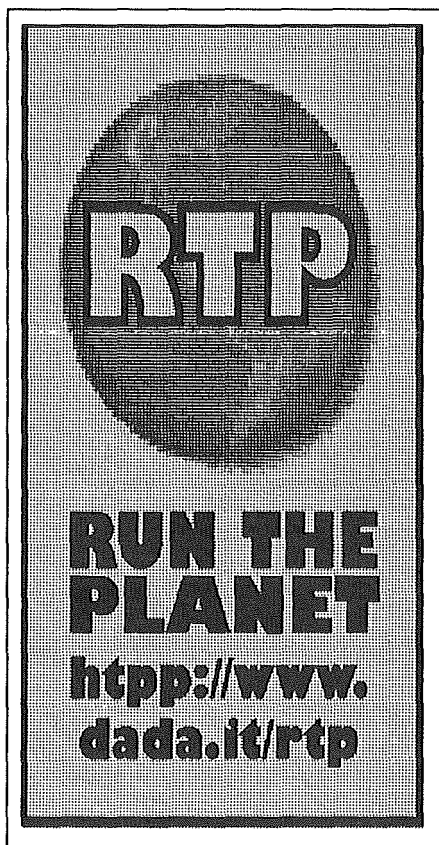
This year's Spartathlon was won in 26:21:20 by Frenchman Roland Vuilleminot, one of the world's leading 100 km runners over the last decade (and 100 km World Champion in 1990), running his first race longer than 100 km. In a great surprise, Koyago, who rarely races outside of New York City and has been the NYRR ultra-runner-of-the-year for the last three years, finished second in 27:41:55, with former USA 24-hour champion and national record holder Pirrung fourth in 28:12:04. In between was Russian Vladimir Novikov in 28:12:04.

The event completed a banner month for American athletes in international competition in which Sue Ellen Trapp and John Geesler won North American 24-Hour titles, Donna Perkins set a new American 50-mile track record, and now an American men's pair has figured so prominently in such a prestigious international event.

Dan Brannen



NERI EDITORE



RUN THE PLANET
<http://www.dada.it/rtp>

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The mission of the "Run The Planet" (RTP) Internet website is to become the reference point for runners and walkers around the world. The site was inaugurated on September 7, 1996 and in the first month of operation over 600 visitors browsed the pages to find out where to run around the world. RTP is a free service and functions on a collaboration basis: runners and walkers offer their opinions on where to run or walk in their home town. We have received advice on where to run from Nanjing, China to Antananarivo, Madagascar. The staff at RTP is continuously sending messages to addresses found on the Internet asking for information, for this reason RTP grows everyday and is why you will find information on running in the most exotic countries in the world. This information is divided into continent, nation, and city to make browsing entertaining and specific searches quick and easy. Along with course information RTP offers a variety of other pages to bring the running and walking world together. The "T-Shirt Trading Co." is a mutual T-shirt exchange between our visitors. Once a runner sends in a T-shirt from a course we will send him/her a T-shirt from someone else around the world. The "Running Dictionary" page offers key running and walking terms and is growing in our list of languages, while the "Art Gallery" is for those runners and walkers who want to express themselves through art. "Running Links" is a page that contains the addresses to running and walking related websites and it is here where RTP is one step closer to being the running and walking reference site on the Internet. RTP contains information useful to runners and walkers while also offering some fun on the side. "Run The Planet" has been welcomed by the running and walking community which is no surprise because it is that community which makes "Run The Planet" possible. The collaboration by our visitors enables us to offer the service free, it is a give-and-take service and belongs to the runners and walkers around the world. If you were going to Lima, Peru, where would you go running? Go visit RTP and find out.

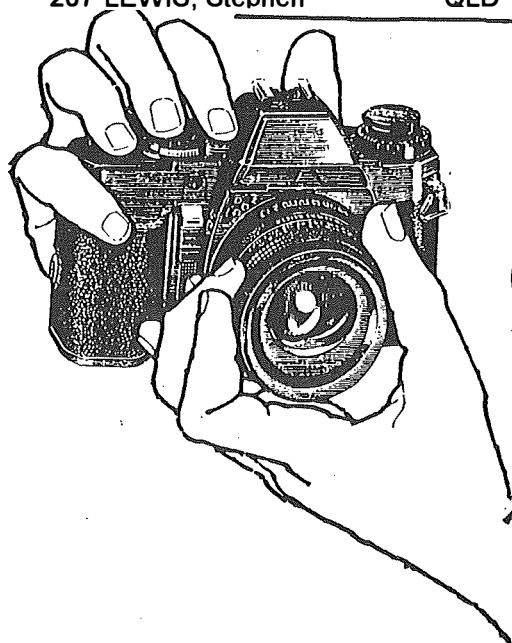
AUSTRALIAN RANKINGS FOR 100ML TRACK BY MEN

Rank	Name	State	PB for 100ML	Place	Date	at Age
1	KOUROS, Yiannis	VIC	12:16:03	COBURG	14/04/96	40
2	PERDON, George	VIC	12:25:09	OLYMPIC PARK MEL	3/5/70	45
3	THOMPSON, Martin	NSW	12:42:50	TIPTON UK	25/10/75	29
4	STANDEVEN, David	SA	14:02:47	ADELAIDE	1/11/86	34
5	KIP.MELHAM, Anyce	NSW	14:05:05	ADELAIDE	28/10/89	31
6	BREIT, John	VIC	14:14:00	COBURG	25/02/89	31
7	SMITH, Bryan	VIC	14:21:00	COBURG	10/3/90	46
8	SCHULTZ, Peter	SA	14:27:37	ADELAIDE	13/11/82	
9	TOLLIDAY, Owen	QLD	14:28:18	ADELAIDE	29/10/88	39
10	YOUNG, Cliff	VIC	14:37:54	MANLY	2/4/83	61
11	MARCH, Mike	TAS	14:45:00	COBURG	25/02/89	45
12	BLOOMER, Brian	VIC	14:51:07	BOX HILL	15/02/86	45
13	HEPBURN, Brickley	VIC	15:06:19	COBURG	23/02/91	39
14	SWIFT, Keith	NSW	15:10:52	MANLY	21/04/84	
15	WALLACE, Alistair	NSW	15:16:05	MANLY	29/03/86	44
16	WOODS, Graeme	QLD	15:28:27	ABERFELDIE	23/01/88	41
17	QUINN, Peter	VIC	15:35:51	OLYMPIC P	4/8/90	40
18	FISHER, Keith	VIC	15:38:20	AUCKLAND	22/08/87	22
19	KELLY, Frank	NSW	15:55:38	HENSLEY	28/05/88	34
20	GRAY, Peter	VIC	16:00:00	COBURG	10/3/90	25
21	JAVES, Ian	QLD	16:06:13	BOX HILL	28/02/87	44
22	KINSHOFER, Rudi	SA	16:09:06	COBURG	23/02/91	36
23	KEYSSECKER, Don	NSW	16:09:48	NSW	25/05/79	
24	BROOKS, Barry	VIC	16:20:00	BOX HILL	28/02/87	46
25	BOGENHUBER, Max	NSW	16:22:21	MANLY	6/4/85	42
26	MASSINGHAM, Barry	NSW	16:22:44	LIANDILLO	13/04/80	
27	McCRORIE, Wal	NSW	16:26:40	MANLEY	2/4/83	52
28	TUTTY, Peter	VIC	16:32:48	NZ	22/08/87	22
29	COX (JNR), Terry	VIC	16:40:00	COBURG	10/3/90	24
30	AUDLEY, George	WA	16:45:02	PERTH	18/10/86	51
31	McKELLAR, Jack	VIC	16:45:48	BOX HILL	15/02/86	45
32	KIRKMAN, Geoff	SA	16:46:14	ADELAIDE	9/11/85	35
33	DEDMAN, Kaven	A	16:49:05	ADELAIDE	28/02/87	39
34	VISSER, Jeff	VIC	16:52:43	COBURG	10/3/90	26
35	DILLON, Buck	NSW	16:59:00	NSW	26/05/79	
36	TAGGART, Bob	SA	16:59:22	ADELAIDE	29/10/88	41
37	RILEY, Gerry	VIC	17:15:59	ADELAIDE	1/11/86	56
38	DEVINE, Alan	WA	17:19:20	PERTH	17/10/87	28
39	McMANUS, Alistair	O/S	17:20:00	HONG KONG	17/11/84	34
40	CHANNELLS, Robert	NSW	17:22:01	CAMPBELLTOWN	28/10/89	47
41	TAYLOR, Maurice	NSW	17:25:56	ADELAIDE	4/10/87	39
42	LYNN, Charlie	NSW	17:26:30	ADELAIDE	9/11/85	40
43	ELLIOT, Ernie	VIC	17:27:01	NSW	13/04/80	
44	PEACOCK, Alan	QLD	17:31:46	QLD UNI	5/9/87	
45	DIETACHMAYER, Tony	VIC	17:32:57	COBURG	13/02/88	24
46	READ, Nick	ACT	17:33:50	COBURG	13/02/88	36
47	COX, Murray	SA	17:40:29	OLYMPIC P	4/8/90	44
48	YOUNG, Nobby	NSW	17:42:59	NSW	1/9/90	44
49	MARDEN, Bob	NSW	17:43:00	MANLY	10/4/84	31
50	BOYLE, Brad	NSW	17:44:30	CAMPBELLTOWN	28/10/89	29
51	WISHART, Greg	VIC	17:46:30	COBURG	25/02/89	50

52	TWARTZ, Peter	SA	17:46:51	ADELAIDE	22/10/95	36
53	STEPHENSON, Chris	NSW	17:47:43	NSW	2/4/83	26
54	BEAUCHAMP, William	VIC	17:48:53	ADELAIDE	4/10/87	42
55	BRUNER, Bob	VIC	17:51:48	BOX HILL	15/02/86	47
56	SKROBALAC, Joe	VIC	17:53:07	ADELAIDE	23/10/94	42
57	ROSS, Howard	VIC	17:59:56	BOX HILL	28/02/87	41
58	PEARCE, Phil	WA	18:04:46	PERTH	26/05/90	
59	MEDILL, Graham	QLD	18:05:20	CABOOLTURE	26/09/92	44
60	HOOK, Geoff	VIC	18:12:35	MANLY	6/4/85	40
61	DONNELLY, Bruce	QLD	18:16:02	CAMPBELLTOWN	8/10/88	
62	TWARTZ, John	SA	18:16:57	ADELAIDE	22/10/95	52
63	ARMISTEAD, Peter	VIC	18:17:44	COBURG	10/3/90	43
64	WOLSTENCROFT, James	VIC	18:20:20	COBURG	25/02/89	34
65	PARSONS, Patrick	VIC	18:25:00	COBURG	10/3/90	43
66	FOX, Allan	SA	18:26:20	ADELAIDE	5/11/83	
67	WILKINSON, Graeme	NSW	18:28:25	HENSLEY	29/11/86	40
68	NASMYTH, Chilla	NSW	18:30:03	CAMPBELLTOWN	13/10/90	
69	THOMPSON, Mike	WA	18:30:31	PERTH	27/05/89	41
70	HARGREAVES, Bruce	NSW	18:32:45	CABOOLTURE	23/06/90	37
71	TOWNSEND, Graeme	NSW	18:33:06	HENSLEY	28/05/88	30
72	SMITH, Jeff	VIC	18:33:10	COBURG	23/02/91	40
73	SCHNIBBE, Klaus	VIC	18:33:57	ADELAIDE	9/11/85	42
74	COOK, Bruce	QLD	18:38:40	QLD UNI	6/9/87	31
75	HILL, Ron	VIC	18:42:34	HENSLEY	29/11/86	46
76	FIRKIN, Graham	NSW	18:43:17	NSW	1/9/90	52
77	BELL, John	VIC	18:43:38	BOX HILL	15/02/86	41
78	GRAY, Dan	NSW	18:45:27	HENSLEY	30/05/87	40
79	BURNS, Bob	QLD	18:45:42	QLD RRC	1/6/89	45
80	STUART, Roger	SA	18:47:13	ADELAIDE	29/10/88	45
81	ALLEN, Greg	SA	18:48:00	ADELAIDE	24/10/92	
82	SLAGTER, Michael	SA	18:48:00	ADELAIDE	24/10/92	22
83	COLLINS, Tony	NSW	18:48:58	CAMPBELLTOWN	28/10/89	42
84	NASH, Robert	VIC	18:51:00	COBURG	13/02/88	37
85	CHAMPNESS, John	VIC	18:57:08	HENSLEY	28/05/88	37
86	BRISTOW, Ralph	VIC	19:00:38	TAMWORTH NSW	9/3/91	51
87	MARKULIN, Doug	NSW	19:01:09	LIANDILLO	13/04/80	
88	STENNER, Graham	SA	19:03:31	COBURG	25/02/89	44
89	PARKER, Ross	WA	19:10:40	PERTH	16/10/87	
90	OOSTDAM, Bert	WA	19:15:56	PERTH	26/05/90	
91	WOODHOUSE, Paul	NSW	19:17:15	MANLY	29/03/86	23
92	BENCZE, John	VIC	19:25:30	COBURG	25/02/89	55
93	PARTINGTON, Ian	WA	19:31:04	PERTH	12/10/85	
94	BRYCE, Michael	VIC	19:35:35	ADELAIDE	29/10/88	40
95	SMITH, Ronald	VIC	19:36:13	COBURG	13/02/88	43
96	WILSON, Greg	VIC	19:43:18	COBURG	22/02/92	39
97	HART, Gerry	VIC	19:47:44	NSW	13/04/80	41
98	COX (SNR), Terry	VIC	19:50:30	HENSLEY	29/11/86	49
99	WEINSTEIN, Roger	VIC	19:51:50	COBURG	23/02/91	40
100	WHITEOAK, Michael	VIC	19:55:41	ADELAIDE	3/11/84	39
101	CASSIDY, Kevin	VIC	19:57:55	HENSLEY	30/05/87	26
102	MILNE, Peter	VIC	19:59:49	COBURG	13/02/88	32
103	MARTIN, Ross	SA	20:05:19	ADELAIDE	2/11/84	55
104	BOASE, Geoff	QLD	20:10:52	ADELAIDE	28/10/89	38
105	YEAMAN, David	VIC	20:13:33	COBURG	13/02/88	51
106	MANSELL, Kevin	SA	20:23:27	CAMPBELLTOWN	13/10/90	39

107 FARMER, Pat	NSW	20:24:20	CAMPBELLTOWN	8/10/88	26
108 O'CONNELL, Keith	NSW	20:25:03	HENSLEY	28/05/88	49
109 MISKIN, Stan	QLD	20:25:22	ADELAIDE	3/11/84	59
110 GOBEL, Joe	VIC	20:34:03	MANLY	6/4/85	47
111 KITTO, Max	SA	20:49:31	ADELAIDE	4/10/87	41
112 McCOOL, Tony	SA	20:49:56	ADELAIDE	9/11/85	
113 LOGAN, Peter	VIC	20:52:41	ADELAIDE	8/11/83	36
114 KIRK, Bruce	VIC	20:54:57	COBURG	25/02/89	25
115 JERRAM, Col	VIC	20:59:31	COBURG	10/3/90	40
116 TAYLOR, Ian	NSW	21:02:01	HENSLEY	30/05/87	35
117 PICKARD, Terry	QLD	21:03:36	QLD UNI	5/9/87	
118 HARRIS, Trevor	QLD	21:05:31	QLD UNI	5/9/87	40
119 TAYLOR, Dave	NSW	21:07:00	BOX HILL	15/02/86	34
120 BROWN, David	NSW	21:07:11	HENSLEY	28/05/88	30
121 FICKEL, Bob	NSW	21:09:01	CAMPBELLTOWN	28/10/89	37
122 KAPARELIS, John	VIC	21:15:18	COBURG	25/02/89	21
123 HAMILTON, Kevin	WA	21:17:26	PERTH	12/10/85	
124 HOUGH, Ken	VIC	21:18:18	COBURG	25/02/89	44
125 SUTCLIFFE, Roy	SA	21:19:59	ADELAIDE	13/11/82	
126 BOHNKE, Michael	NSW	21:20:40	COBURG	22/02/92	38
127 SPENCER, Don	SA	21:23:25	ADELAIDE	3/11/84	
128 DAVIS, Ivan	TAS	21:30:00	COBURG	23/02/91	
129 CLARKE, Phillip	NSW	21:30:05	HENSLEY	28/05/88	36
130 KEWLEY, Doug	SA	21:35:20	ADELAIDE	16/10/93	43
131 LIGHT, Graham	VIC	21:35:35	MANLY	21/04/84	35
132 DONALD, Colin	VIC	21:37:40	BOX HILL	28/02/87	
133 BOIDIN, Keith	NSW	21:40:54	LLANDILLO NSW	13/04/80	
134 VEGA, Eduardo	NSW	21:41:12	NSW	1/9/90	49
135 BIRD, David	WA	21:41:53	PERTH	26/05/90	
136 RAMELLI, Ray	VIC	21:41:53	BOX HILL	15/02/86	40
137 BRAY, Steve	SA	21:47:34	ADELAIDE	24/10/92	
138 ALLEN, Barry	VIC	21:50:05	ADELAIDE	9/11/85	29
139 DOCHERTY, Andy	SA	21:51:12	MANLY	21/04/83	51
140 MARTIN, Rod	NSW	21:52:38	HENSLEY	28/05/88	45
141 TURNBULL, Jim	WA	21:54:56	PERTH	28/05/88	51
142 GRANT, Stephen	NSW	21:54:59	COBURG	13/02/88	30
143 BIVIANO, Frank	VIC	21:56:24	ADELAIDE	1/11/86	42
144 TRIPP, Tony	WA	21:58:10	COBURG	13/02/88	41
145 LAW, Andrew	TAS	22:02:45	OLYMPIC PARK	19/08/89	29
146 KENNEDY, Brian	WA	22:07:31	PERTH	27/05/89	
147 SPARE, Charles	WA	22:10:49	PERTH	18/10/86	47
148 STAPLES, Alan	NSW	22:11:54	MANLY	17/04/87	37
149 ASHWELL, Tony	SA	22:12:00	ADELAIDE	01/11/86	
150 RICHARDSON, Peter	VIC	22:21:14	HENSLEY	30/05/87	32
151 SCHUBERT, Guy	SA	22:25:45	ADELAIDE	1/11/86	35
152 WALTERS, Ken	VIC	22:28:31	CLIFTON HILL	9/10/94	62
153 LOVE, Greg	NSW	22:30:18	CAMPBELLTOWN	28/10/89	
154 GUTTERIDGE, Bill	SA	22:38:07	ADELAIDE	5/11/83	
155 KERRUSH, Graham	NSW	22:40:27	MANLY	17/04/87	47
156 COULTER, Greg	SA	22:42:35	ADELAIDE	01/11/86	28
157 SINCLAIR, John	QLD	22:42:36	QLD UNI	5/9/87	45
158 BIRD, John	WA	22:42:39	PERTH	28/05/88	
159 ELLIS, Ray	VIC	22:43:46	COBURG	13/02/88	57
160 PHILLIPS, Lindsay	QLD	22:44:32	CAMPBELLTOWN	8/10/88	23
161 WARREN, Morris	WA	22:44:34	PERTH	12/10/85	

162 COLWELL, Brian	NSW	22:44:56	SYDNEY NSW	2/9/90	41
163 CLEMENTS, Harry	NSW	22:46:31	NSW	1/9/90	
164 HOLMES, Chris	NSW	22:47:12	ADELAIDE	22/10/95	41
165 HUTCHINSON, Ian	NSW	22:47:14	HENSLEY	30/05/87	40
166 MARSHALL, Keith	VIC	22:49:02	BOX HILL	15/02/86	59
167 WILLIAMS, Reg	VIC	22:54:47	COBURG	25/02/89	37
168 RAFFERTY, Tony	VIC	22:54:59	ADELAIDE	3/11/84	45
169 HEPPELL, Barry	WA	23:01:17	PERTH	12/10/85	
170 TAYLOR, Bill	WA	23:02:25	PERTH	18/10/86	44
171 BYRTH, Robert	SA	23:03:28	ADELAIDE	9/11/85	36
172 POWER, Tony	VIC	23:05:00	COBURG	10/3/90	
173 NORDISH, Steve	NSW	23:05:49	NSW	1/9/90	
174 MARTIN, Claude	VIC	23:07:19	ABERFELDIE	24/01/88	52
175 EVERY, Paul	NSW	23:08:39	HENSLEY	28/05/88	23
176 MARTIN, Kevin	WA	23:10:00	PERTH	27/05/89	
177 WALDECK, David	SA	23:14:10	ADELAIDE	3/11/84	
178 GRAYLING, Michael	VIC	23:14:47	COBURG	25/02/89	32
179 WILKINS, Michael	SA	23:15:49	ADELAIDE	22/10/95	49
180 LITTLE, Bob	NSW	23:18:00	MANLY	21/04/84	45
181 SCOTT, Dave	WA	23:18:17	PERTH	27/05/89	41
182 KING, Les	SA	23:19:46	ADELAIDE	24/10/92	
183 SILL, David	NSW	23:23:19	ADELAIDE	24/10/92	45
184 HAIN, Geoff	NSW	23:26:52	CABOOLTURE	23/06/90	43
185 CLARK, Gary	WA	23:29:38	PERTH	16/10/87	
186 HILLIER, Greg	VIC	23:29:58	ABERFELDIE	23/01/88	32
187 HANNAMAN, Martin	QLD	23:30:00	CAMPBELLTOWN	13/10/90	
188 MAHONY, Paul	NSW	23:31:20	CAMPBELLTOWN	28/10/89	
189 GLADWELL, Mark	NSW	23:32:35	MANLY	29/03/86	
190 PIERCE, Simahin	SA	23:32:45	ADELAIDE	22/10/95	47
191 McCARTNEY, Stan	SA	23:33:21	ADLEIADE	3/11/84	39
192 WIESE, Bob	SA	23:33:29	ADELAIDE	27/10/90	44
193 VERNON, Peter	VIC	23:34:00	BOX HILL	28/02/87	32
194 HAYNES, John	SA	23:35:16	ADELAIDE	5/11/83	
195 VENUS, Graham	SA	23:37:13	ADELAIDE	28/10/89	
196 KING, Peter	WA	23:41:14	PERTH	17/10/87	
197 HOLLERAN, David	QLD	23:41:18	COBURG	22/02/92	35
198 LUCAS, Andrew	TAS	23:45:11	COBURG	13/02/88	22
199 RISSTROM, Peter	VIC	23:47:40	COBURG	23/02/91	29
200 BARKER, Carl	NSW	23:49:50	CAMPBELLTOWN	28/10/89	30
201 SHERMAN, Andrew	NSW	23:56:56	NSW	1/9/90	
202 MILLS, Brian	NSW	23:57:20	CAMPBELLTOWN	28/10/89	
203 DUNN, Stephen	SA	29:34:56	ABERFELDIE	23/01/88	21
204 HUME, James	VIC	33:20:27	ABERFELDIE	23/01/88	56
205 KETTLE, Drew	VIC	33:48:35	COLAC	21/11/95	75
206 WAKEFIELD, Charlie	VIC	42:01:34	CABOOLTURE	22/06/90	36
207 LEWIS, Stephen	QLD	47:13:17	QLD	1/7/89	30



**We need more photographs
for our next issue. Give us a
look at you in all your glory !**

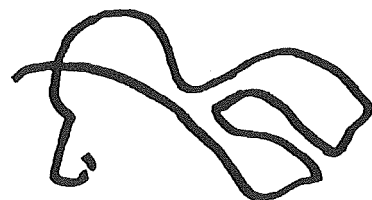
AUSTRALIAN RANKINGS FOR 100ML TRACK BY WOMEN

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

IAU-
INTERNATIONAL
ASSOCIATION OF
ULTRARUNNERS

UNDER I.A.A.F. PATRONAGE

INTERNATIONAL 1000 MILES TRACK CHAMPIONSHIPS NANANGO



1 9 9 8

MARCH 11 - MARCH 26

IAU INTERNATIONAL 1000 MILES TRACK CHAMPIONSHIPS NANANGO,
The Nanango 1000 Mile Track Race Committee, proudly associated with the
Queensland Ultra Runners Club, has just received approval from
the Executive Council of the IAU
to stage the very first 1000 Mile World Championships in Nanango
in 1998 from March 11 to March 26

Congratulations from all of us in AURA!!

AUSTRALIAN RANKINGS FOR 100ML ROAD BY MEN

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

AUSTRALIAN RANKINGS FOR 100ML ROAD BY WOMEN

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

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

Please circle desired rate: \$ 25 within Australia

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

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

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

Also note: A Proposer and 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!