

# ULTRAMAG

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**AURA**  
**MAGAZINE**



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

This editorial is being written well before the IAU 100km World Challenge to be held in Winschoten, Holland on 13th September. By the time you read this, the race will probably have been run. I know you all join with me to offer best wishes to our men's team and hope they are able to produce a result that they are happy with. Team members: Tim Sloan, Mick Francis, Ian Clarke and Paul Every. While not the strongest team that could be put together, should do well. We wish them well.

We were unable to form a women's team for the Winschoten race, having only one starter, Mary Francis. Mary will compete anyway, but is in reduced form due to injury. Good luck Mary!

Next year's 100km Australian Championships will be conducted by Traralgon Harriers on a sealed flat 10km loop just outside Traralgon, near Glengarry. The tentative date is the 5th April, which will be confirmed later. With next year's IAU 100km World Challenge being held in Japan in October, the Australian Championships will be a qualifying race for Australian team selection. A number of placegetters will be able to receive automatic selection, subject to attainment of a better than qualifying performance.

The Queensland Ultra Runners Club is hosting the IAU International 1000 Miles Track Championship in Nanango between 11th and 26th March, 1998. It is a great coup for the club to secure the first ever such championships. The event will be conducted by the Nanango 1000 Miles Track Race Committee and we wish them every success for a memorable fourteen days.

Yiannis Kouros has done it again. In a 24 Hour Race on the AIS track in Canberra on the 2nd and 3rd March this year, Yiannis surpassed his previous intermediate and final marks to again record Australian and World Records. The most significant World Records, pending, are 15:29:07 for 200km and 295.03km for 24 hours. Even though Yiannis was again foiled by the weather in his attempt to be the first person to surpass 300km in 24 hours, his efforts are to be heartily congratulated by us all. When most of us would have had enough of 24 hours running, Yiannis seems to thrive on them. Congratulations Yiannis. Well done!

I recently reported on the current ultra scene to Athletics Australia's Road Running and Cross-Country Commission. I also provide an ultra-update to their Distance Running Update Newsletter. These two occurrences reflect a growing interest and position of ultrarunning in the world of athletics. Let us hope the push to get a 100km event into the Commonwealth Games in Manchester is successful. Then we really would engender wide-spread public interest.

Stay fit and healthy,

Regards,

*Geoff*



# 1997 ULTRA CALENDAR

- 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. \$125 entry fee includes some meals + T-shirt A QURC event. (QURC members \$115) Contact Ron Grant, Bellmere Convenience Store, Bellmere Road, Bellmere 4510 Caboolture or telephone Ron or Dell Grant on 0754 989965
- Sept 13 **ROYAL NATIONAL PARK ULTRA, NSW, 50km, 6am start at Grays Point Oval, Grays Point, \$35, Entries to Royal National Park Ultra, P.O. Box 380, Sutherland, NSW 2232, phone/fax Billy Collis (02)520 6774 answering service**
- Sept 27 **AUSTRALIAN CENTURIONS CLUB 24 HOUR, 100 MILE, 50 MILE, 50KM RACEWALKS,** Contact Tim Erickson, 1 Avoca Cres, Pascoe Vale 3044 Vic, Ph. (03) 9379 2065 (H) More details to follow
- 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.
- Oct **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE, SA, 6am start, Adelaide Town Hall,, finish Advance Recreation, Victor Harbour, \$20 entry contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood. SA 5034 or Des Paul, ph. (08)83226400**
- Oct 4 - 5 **SRI CHINMOY 6/12/24 HOUR & INAUGURAL 100KM S.A. CHAMPIONSHIP TRACK RACE, SA.**(Australian 24 Hours Championship) Starts 8am on Saturday 4th October at Olympic Sports Field, 344 The Parade, Kensington Park. 24 Hour Race - \$75 entry, 12 Hour \$50, 6 Hour \$40, 100km Race \$60. Contact Sipra Lloyd, Sri Chinmoy 6/12/24 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. Closing date 19/9/97.
- Oct **ALBANY TO PERTH 560KM ROAD RACE, WA.** Contact Ross Parker, 33 Burradine Way, Craigie 6025 W.A., ph. (09)401 7797 to apply for invitation to run.
- Nov 8 **RAINBOW BEACH TRAIL RUN, Q'LD** (beach and forest trails) 15km, 30km 52km Rainbow Beach, near Gympie, a QURC + Rainbow Surf Club event, contact races organiser Dennis Parton, c/- P.O. Rainbow Beach 4581, phone Dennis Parton (074) 86 3547 or Ron Grant (071) 63 1645 or Gary Parsons (074) 95 7208
- Nov **BRINDABELLA CLASSIC, ACT** organised by the ACT Cross Country Club, 53km trail run over the Brindabella mountains, just south of Canberra. Contact Hugh Jorgensen (06) 2861252 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** Entry fee NZ\$60.00, Contact: Race Director, Scott Leonard, 4/69 View Road, Mt.Eden, Auckland, New Zealand. Phone/Fax 64 9 623 0567. "That Dam Run"
- Nov 16 - 22 **12TH AUSTRALIAN 6 DAY RACE, COLAC, VIC.** Memorial Park, 3pm start - and finish on Saturday 25th November, \$100 entry plus \$10 application fee. Late entry fee (iff accepted) \$125 Enquiries and entry forms to P.O. Box 163, Colac 3250. Vic. or phone President Cliff McAliese (0352)321406. Expressions of interest welcomed now.



# 1997 ULTRA CALENDAR

- Nov 30 **VICTORIAN CHAMPIONSHIP 6 HOUR & 50KM. VICTORIAN TRACK CHAMPIONSHIPS ( & 6 HOUR RELAY)**, Moe, Victoria, Traralgon Harriers event. Moe Athletic Track, Bass Street, \$25 entry covers both championship events Enquiries: Geoff Duffell, 7 Shaw Street, Churchill 3842 Vic, Ph. (051)22 2855 (H) or Barry Higgins (03) 5174 3712.
- Dec 6 **BRUNY ISLAND JETTY TO LIGHTHOUSE , TAS.** 63km Enjoy the ferry trip to the start, then the fantastic ocean and rural scenery as you run along nice quiet roads. A weekend away for family and friends. An event for solos and teams. Contact Mark Hey, Ultra Tasmania, 7 Hone Road, Rosetta, Tas 7010 or phone (03) 62 727233 (H)
- Dec **MARYBOROUGH WONGAI WATERHOLE 60KM TRAIL RACE ( 30 & 10KM)**, Maryborough, Queensland. Entry fee \$20, 6.30am start. Contact : Brian Evans (071) 24 4543 or Ian Cornelius (07) 5592 2349

# 1998 ULTRA CALENDAR

- Jan 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
- 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 (074) 952864 or Gary Parsons (074) 957208
- Feb **HOBART TO CYGNET , TAS.** 53km, An ideal event for first time solo runners, but also open to teams. An undulating rural course that finishes with a friendly lunch at Howards Hotel. Contact Mark Hey, Secretary Ultra Tasmania, 7 Hone Rosetta, Tas 7010 or phone (03) 62 727233 (H)

# 1998 ULTRA CALENDAR

- 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 15 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 7th March, Phone Geoff Hook (03) 9808 9739
- Mar 5-14 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 18 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)



# 1998 ULTRA CALENDAR

- April** **VICTORIAN 24 HOUR TRACK CHAMPIONSHIP, VIC.** supported by Vets. 24 Hour Relay Challenge. Harold Stevens Athletic Track, Coburg, Maximum of 10 individual racers per team. Entry \$10 per team member. Open and Vets team categories. Also individual 24 Hour Track event. Entry \$30. Both relay and individual events start 12 noon on Saturday. Entry forms available from: Harold Stevens, 55 Woodlands Avenue, Pascoe Vale South 3044 . Ph. (03) 9386 9251
- 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
- April 5** **AUSTRALIAN 100KM ROAD CHAMPIONSHIPS & 50KM & HALF MARATHON RACES,** Traralgon, Vic. Event conducted by Traralgon Harriers. Event endorsed by Athletics Australia and AURA. More details next issue. Contact Geoff Duffell (03) 5122 2855
- 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** **TAMWORTHII 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 Waters 4218 Qld.(07) 5596 6544 or Fax (07) 5596 6577
- June** **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** **AURA 50 MILE TRACK RACE, VIC.** (Australian Championship) at East Burwood (Bill Sewart Athletic Track), Burwood Highway, East Burwood, 400m track, 8am start, \$26 entry (AURA members), \$30 others; contact John Harper,
- Jul** **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** **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) 5596 6544 or Fax (07) 5596 6577
- Aug** **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

# 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)

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## AURA CLOTHING ORDERS

<b><u>COSTS:</u></b>	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

<b><u>COLOURS</u></b>	RED	WHITE	GOLD	GREY	NAVY
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<b><u>SIZES:</u></b>	12	14	16	18	20	22	24
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## AURA ADVERTISING MATERIAL

### PRINTED CLOTH BADGES

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

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

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### 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





# A.U.R.A. ANNUAL GENERAL MEETING

## MINUTES OF ANNUAL GENERAL MEETING OF THE AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED HELD IN THE CLUBROOMS OF THE BILL SEWART ATHLETIC TRACK, EAST BURWOOD ON SAT. 21ST JUNE, 1997

**PRESENT:** 10 members of the Association - Geoff Hook (Chair), Tony Rafferty, Nigel Aylott, George Christodoulou, John Harper, Les Clark, Dot Browne, Ken Riches, Peter Armistead, John Fotakis.

**APOLOGIES:** Kevin Tiller, Kev Cassidy, Barry Stewart, Sandy Kerr, Phil Essam

**MINUTES:** of the previous AGM held on Saturday 20th July, 1996, printed in Vol.11. No.3 of the Association's magazine, ULTRAMAG, were taken as read. Moved Tony Rafferty/John Fotakis that they be accepted as a true record of proceedings. Carried.

**1.0 MATTERS ARISING:** - nil

**2.0 PRESIDENT'S REPORT:** - Geoff Hook

The President circulated copies of his report which will be in the next issue of ULTRAMAG, with an apology for the omission of thanks to both Kev Cassidy and Sandy Kerr who are stepping down from the committee. Their services were very much appreciated.

Moved Geoff Hook/ Tony Rafferty that the President's Report be received. Carried.

**3.0 SECRETARY'S REPORT** - Dot Browne:

Dot Browne circulated copies of her Secretary's report, which also will be printed in the next issue of ULTRAMAG. Moved Dot Browne/ John Harper that the Secretary's Report be received. Carried.

**4.0 TREASURER'S REPORT** - Dot Browne

4.1 Assistant Treasurer, Dot Browne circulated copies of the financial statements for the Association for the period from 1/1/1995 to 31/12/1996, and commented on the figures, which again indicate that our Association is still surviving at the \$25 subscription rate firstly as a result of members' donations and secondly due to the reasonable printing costs charged by Bruce Cook in Queensland. We are very grateful to Bruce for the efficient job he does with the printing and distribution of the mags. Profits were down to \$538.53, partly due to the very expensive Public Liability insurance costs we are now forced to pay, plus increased costs of printing the magazine. However, Dot recommended that the membership fee remain at \$25 for another year.

4.2 The clothing account has made a loss of \$36.97, about \$70 down on last year. However, it was noted that we started off the year with 57 unsold items and finished the year with 73 unsold items, which would account for most of the difference.

4.3 The AURA Race Account for monies raised from AURA events has made a larger profit of \$313.65 for the 12 months, almost \$80 more than the previous year.

4.4 Invested monies with the Bank of Melbourne now amount to \$8583.23 with interest earned during the financial year being just on \$571.

Moved Dot Browne, seconded George Christodoulou that the Treasurer's Report be accepted. Carried.

## 5.0 STATEMENT BY COMMITTEE:

The following statement was received from the committee.

In the opinion of the committee:

- (1) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association for the year ended 31st December 1996 and the state of the affairs of the Association as at 31st December, 1996.
- (ii) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
- (iii) the accounts have been compiled by the simple Income and Expenditure format.

Moved Ken Riches seconded Nigel Aylott that the statement be accepted. Carried.

## 6.0 ELECTION OF OFFICE BEARERS:

The following members were elected into office:

President:	Geoff Hook
Hon. Sec:	Dot Browne
Vice. Pres:	Tony Rafferty
Assistant Sec.:	John Fotakis
Treasurer:	John Harper
Ordinary members:	Nigel Aylott
(for Victoria)	Mike Grayling

## 7.0 APPOINTMENT OF AUDITOR:

Jeff Briggs has again expressed his willingness to accept the appointment of Honorary Auditor

Moved Dot Browne/ seconded John Harper that Jeff Briggs be appointed Honorary Auditor for the year ended 31st December, 1997 Carried.

## 8.0 GENERAL BUSINESS:

- 8.1 The following Motion was put forward by Barry Stewart (Q'ld) :  
"I move that a disabled person be appointed or voted onto the interstate committee with full voting rights and that this Motion be put to the Annual General Meeting of AURA Inc. on 20th June, 1997."  
" I now put myself forward as a disabled candidate for Queensland. Barry Stewart."  
Geoff stated that it was not possible to create a new position on the committee without a laborious change of Constitution. However, he was happy to accept Barry Stewart in an unofficial position as a spokesperson for disabled athletes within the Association. Those present agreed with Geoff's statement.
- 8.2 Dot reported that she had been contacted by Mike Agostini, original organiser of the Westfield Sydney to Melbourne Run. Mike is interested in resurrecting the Sydney to Melbourne Run if possible and is looking for support from AURA members.
- 8.3 Dot commented on a letter received from interstate rep. for NSW, Phil Essam, who has offered his services as official Historian of our Association. He states " Due to my Westfield research, I am becoming more and more fascinated with the history of the sport. I would like to nominate myself as the Historian for AURA. I envisage that a historian would:  
a) Compile and record the history of the sport and Association past and present.  
b) Help promote the Association and sport in any way possible.  
c) Write articles for ULTRAMAG  
d) Write a book on the history of the sport and Association, and  
e) Liase with other sports' historians in Australia and overseas. "  
Those present agreed that they should accept Phil Essam's offer with gratitude and thanked him in anticipation for his future efforts.



George Christodoulou raised the fact that Safet Badic's 6 Hour record achieved at Knox track 3 years ago has not been acknowledged.

Geoff stated that the actual recorded distance was in fact incorrect, that Safet had run an indeterminate distance less than that recorded because he was observed on several occasions by other competitors, running shorter laps, running between the throwing cage and the steeple hurdle, more than 4 metres within the inside edge of the track. AURA was not prepared to acknowledge the record for this reason, although the Association acknowledges that Safet may have still broken the record, it was impossible to determine how far he actually ran. Geoff stated that he had no personal grudge against him. The committee discussed the situation, without any further participation from Geoff, and agreed to endorse the stand taken by AURA in this matter. Dot agreed, as requested by George, to write to Safet of the committee's determination.

Meeting closed at 7.06pm.

## THE SRI CHINMOY PEACE RUN BRISBANE TO GOLD COAST LEG

by Gary Parsons

I took part in this event on Saturday June 14th, 1997. I met with the Sri Chinmoy Peace Run team and joined Yiannis Kouros in the Brisbane City Mall, and after speeches at about 1.30pm, we headed off for a 45km run towards the Gold Coast. Each runners had a turn of carrying the Peace Torch (flame); at times it was just Yiannis and myself passing it to each other. We talked and laughed away the kilometres and got to know each other. We also swapped many views and ideas about ultrarunning until the daylight ran out.

The runs on Saturday and Sunday went via back streets and roads and dirt tracks, even through paddocks (we got lost!) as we were unable to run on the freeways. For the Sunday 7am start, we returned to the spot we finished at, on Saturday afternoon, a 57km+ run ahead.

The Peace members are a great bunch of people, and the day passed so quickly and just after noon, we reached the Broadbeach Mall at the Gold Coast. A large crowd listened to the speeches about peace in the world from many guest speakers.

For me, it ended a pleasant weekend surrounded by fun-loving positive people and the 100km+ run with Yiannis completed an excellent training week for me. Thanks to Sri Chinmoy Marathon Group and Yiannis for a great weekend.



**AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.**  
**Registered Office: 4 Victory Street, Mitcham 3132**  
**Telephone (03)9874 2501 Fax (03) 9873 3223**  
**STATEMENT OF INCOME & EXPENDITURE - GENERAL ACCOUNT**  
**1/1/96 TO 31/12/96**

	<b>1996</b>	<b>1995</b>
<b>INCOME:</b>		
294 Subscriptions (297 in 1995)	7395.00	7440.00
Donations	1328.00	1587.00
AURA Races - Insurance contributions	236.58	
AURA medals		95.00
Ultra books - Rules Manuals		9.50
Sale of magazines		110.00
Sales of Cliffy's Book	108.00	323.00
Cost of labels re-imbursed		<u>6.50</u>
Advertising in Ultramag	<u>120.00</u>	
	9187.58	9571.00
<b>EXPENSES:</b>		
Postage	1658.87	1655.80
Magazine expenses	4808.79	4595.31
Engraving costs		64.03
Telephone	183.56	150.29
Copies of "Cliffy's Book"	142.40	133.50
Catering AGM	38.83	37.70
Statement of AGM - prescribed fee	32.00	32.00
Bank Charges	23.69	35.01
Public Liability Insurance	900.40	858.34
Team Manager's expenses - Trevor Jacobs	25.00	25.00
Flowers - Linda Meadows	5.00	10.50
Auditor gift	13.00	
Printer ink	110.00	
VTOA membership	350.00	
Stationery, P/C paper, envelopes	<u>357.51</u>	<u>7597.48</u>
	8649.05	<u>7597.48</u>
Profit:	<u>538.53</u>	<u>\$1973.52</u>

**STATEMENT OF INCOME & EXPENDITURE - CLOTHING ACCOUNT**  
**1/1/96 TO 31/12 96**

Stock in hand 1/1/1996 - 57 items

<b>INCOME:</b>			
Sale of garments, car stickers, cloth badges	510.80		516.30
Bank interest	<u>3.06</u>		<u>5.62</u>
		513.86	521.92
<b>LESS EXPENSES:</b>			
Atlas Screening - Peter Ryan	519.00		444.00
Postage & handling	31.60		44.50
Bank Charges	<u>23</u>		<u>27</u>
		550.83	488.77
	<b>LOSS \$</b>	<u>36.97</u>	<b>Profit \$ 33.15</b>

Stock in hand 31/12/96 - 73 items.

DOROTHY BROWNE  
4 Victory Street  
Mitcham 3132  
Australia



# STATEMENT OF INCOME & EXPENDITURE - AURA RACE ACCOUNT 1996

INCOME:	Profits from AURA races:	1996	1995
	Mansfield to Buller, January 1996	47.00	
	Bogong to Hotham, January 1996	87.42	182.89
	50 Mile Track Race, June 1995	20.83	
	50 Mile Track Race, July 1996	149.25	
	AURA Dam Trail (ADT 50)		43.86
		304.50	226.75
	Plus interest	9.33	9.83
		313.83	236.58
EXPENSES:	F.I.D. Charges	.18	.14
	PROFIT	\$ 313.65	236.44

## FIXED TERM INVESTMENT ACCOUNTS AS AT 31/12/1996 BANK OF MELBOURNE

		1996	1995
1.	Account No. 39795075 as at 1/1/96	6671.87	6206.65
	Plus 12 months interest @ 7.25%	483.90	465.50
		7155.77	6672.15
	Less FID	.29	.28
	7155.48	7155.48	6671.87
2.	Account No. 76895796 as at 1/1/96	1340.25	1231.03
	Plus 6 months interest @ 6.5%	43.61	109.28
	Plus 6 months interest @ 6.35%	43.94	
		1427.80	1340.31
	Less FID	.05	.06
		1427.75	1340.25
	TOTAL INVESTMENTS AS AT 31/12/96	\$ 8583.23	\$ 8012.12

## CASH IN HAND, AT BANK OR INVESTED AS AT 31/12/96

Commonwealth Bank Cheque Account, Mitcham	6987.89	6007.06
Bank of Melbourne Clothing Account	173.94	210.91
Bank of Melbourne Race Account	846.11	532.46
Bank of Melbourne Investments	8583.23	8012.12
TOTAL CASH IN HAND AS AT 31/12/96 \$	16591.17	14762.55

## COMBINED PROFIT & LOSS STATEMENT - 1/1/96 TO 31/12/96

INCOME:	Main Account	9187.58	9571.00
	Clothing Account	513.86	521.92
	Race Account	313.83	236.58
	Interest on investments	571.45	574.78
		10586.72	10904.28
LESS EXPENSES	Main Account	8649.05	7597.48
	Clothing Account	550.83	488.77
	Race Account	.18	.14
	Investments	.34	.34
		9200.40	8086.73
	PROFIT:	1386.32	2817.55

## AURA ANNUAL GENERAL MEETING - 1997

### PRESIDENT'S REPORT

During the past 12 months we have seen solid progress in our sport of ultrarunning without it being spectacular. However, as always, there have been a number of notable performances by our athletes. Safet Badic was again winner of the Australasian 100km championships in New Zealand in a good time of 6:43:30. This win means that Australians have won all editions of this event. Not to be outdone, a New Zealander, Ian Curtis, won our prestigious Australian 6 Day Race at Colac with a distance of 836km. Mary Francis has again broken more Australian records at the Bunbury suite of championship races. Mary, together with husband Mick, will be competing in this year's 100km world championships in Holland in September. Yiannis Kouros made a valiant attempt at 300km+ in 24 hours and just missed out due to bad weather in Canberra. His 295km again broke his own world record and a couple of weeks later, tried again at Coburg, but suffered from a knee problem. No person can get within cooee of the great Yiannis' ability.

Two members have embarked on massive sole efforts. Cliff Young is running approximately 16,000km around Australia, collecting for charity. Cliff is well ahead of Ron Grant's previous best at the time of crossing the WA/NT border in a clockwise direction. Good luck Cliffy and keep up the stirring effort! Nobby Young, the ole stager, because he doesn't run now, has embarked on a gigantic 100,000km walk around the world. I don't know where he is right now and I am certainly not going to hold my breath until he returns. Good luck also Nobby!

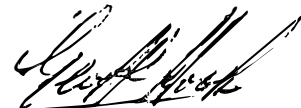
A great delight to me as a race director occurred this year when Mona entered my tough Bogong to Hotham trail race for his first ultra. The fact that he only intended to run the first half (34km) is something I won't mention. Mona turned his effort into a training run and allowed Peter Mitchell to beat him into half way. Nevertheless, he found it a tough section to run and I have my doubts of him returning for a repeat performance next year.

The AURA 50 Miles Track Championships, being held today, is my last as race director. This year is the 17th edition and my 13th at the helm. Even though numbers have been dwindling over the past few years (no reflection on me I hope, moreso due to declining interest by Victorian ultrarunners) I'm glad that John Harper has stepped forward and offered to keep this worthy event going. Please give John your full support for subsequent years. Incidentally, John is celebrating his 50th birthday today and was very pleased to be able to compete in an official 50 mile event on the same day. I'm sure all AURA members join with me in wishing John the very best of a HAPPY BIRTHDAY!

Our first official 100km Australian Road Championships, endorsed by Athletics Australia, was held last year at Shepparton. The event was very successful and Shepparton are congratulated on its presentation. The current Australian champions are Yiannis Kouros and Shirley Young. This year's event had to be held in the first half of the year to avoid the world championships in September. It was unfortunate the short amount of time precluded the staging of the event this year. We are currently looking around for an alternate venue for next year.

We have expressions of interest enough for a men's team (but not a women's team) to compete at this year's world championships. The team is not finalised yet and will be announced shortly. We wish all the Aussie competitors (men and women) the very best of luck!

I was recently invited to a meeting of the Distance Running Commission to give an update on AURA affairs in distance running, particularly championship events. The Distance Running Commission reports directly to the board of Athletics Australia, so the Commission is a very important body for us. They are keen to support the drive, and recommend to the AA board as such, for the inclusion of a 100km event into the 2002 Commonwealth Games. They will also include our current 100km road record holders into their list of athletes with "best on record" performances. Well done for AURA, we are making sure and steady progress.



Geoff Hook

June 1997

#### SECRETARY'S REPORT

The AURA Committee is pleased to announce that we are now into our twelfth year of operations. Years ago, I incorrectly surmised that once the Westfield Sydney to Melbourne race went down, that the sport of ultra-running in Australia would possibly die with that event. At the time, the Westfield seemed the great motivating goal for every ultra-runner in Australia. To get a guernsey in the Westfield and be seen on TV on the 6.30pm News every night for a week or more, plodding the Hume Highway, going without sleep, eating and drinking on the run, and coping with wintery weather conditions, seemed to be the ultimate dream. Seemed more like masochism to me. It always amazed me, the way that event motivated people. And it did. I remember having 70 athletes enter my Coburg 24 Hour Westfield Trial in 1989 and having to even knock back the famous Bryan Smith because he entered too late. I simply couldn't fit more than 50 on the track. Now we're lucky to get 5 in the same event.

So it is great joy to me that our ultra-running fraternity hasn't fallen apart and that we are still a viable body. I'm absolutely delighted that we now have a couple of state associations in Queensland and NSW who put out ultra newsletters and keep their state members informed. Queensland is particularly impressive. They certainly cater for ultra runners up there. In Victoria, we have certainly TRIED to cater for ultrarunners, but the athletes don't seem interested in entering the events, so many of our top races have gone to the wall. A crying shame. To survive, a race has to be supported.

Yiannis Kouros has been the superman of ultrarunning once again this last year and we are lucky that he now lives in Australia. The older he gets, the better he gets. In March earlier this year, he once again broke his existing 24 Hour World Track Record. It would have been nice to have heard more about it from the Sri Chinmoy organisers.

Geoff Hook has once again been the backbone of the Association with his attention to the main business of our Association, which includes: organising AURA 100km Championships, overseas 100km Championship teams, legal and insurance matters, hassles with members, in fact, all the problematical stuff. I just deal with the easy every-day stuff. Help put the magazine together four times a year, keep the general membership happy and send bundles of magazines to new members. Thankyou Geoff.

Kev Cassidy has also been great with his role as clothing person. He's handled all the AURA clothing orders once again all year in an extremely efficient manner. Thank you Kev. Thankyou also to the other local and interstate members of our AURA committee who have worked together as a network to keep us informed. We really appreciate your efforts. We were sorry to see Sandy Kerr resign from the committee due to family commitments but that's the way it goes.

Keep the magazine articles, race reports and results coming. We need them to create each new issue of ULTRAMAG



Hi Dot and Geoff,

What's wrong with you Victorians? I've just been out for a WALK with two of your so called best ultra-runners (Ross Shilston & Kevin Cassidy) and all they did was whinge!! So what if they had the previous day - flown from Melbourne, trained it from Sydney to reach Gosford, and run 47km around the beautiful Brisbane Water, then gone out for dinner until midnight. That's no excuse to complain when I wake them up at 6am for a supposed run. But thanks for coming guys. Mr. Bean might even find the right trail one day.

Besides these two misfits, we had a further 79 runners in the Brisbane Water Bush Bash (a record field) who really enjoyed the great weather and scenic course. As usual, we had a few cock-ups, but I'm sure that overall, the day was good fun. (judging by the beer bill back at the bar).

Seriously, we had some great running on the day, especially Dawn Tiller breaking the Ladies' Record, and the guys had a good tussle the whole way.

I hope to keep this run going and improving. Being a Race Organiser, it is not as easy as it looks), and will be staging the next one on Saturday 18th April, 1998.

See you then. Stay fit.

Greg Love ("Romeo")

P.S. I hear Mrs. Browne's lovely daughter has a lovely daughter. Congratulations!

(Thanks Greg. I don't know what Billy Beauchamp will make of that one)

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Dear Dot & Geoff,

Firstly, thank you for the coverage of the Waterworld Great Ocean Run in June's ULTRAMAG. However, I owe you and especially two runners from our race field an apology. The photo on page 20 of the two runners recuperating under Coff's Harbour Jetty after their race was incorrectly identified by me. They were NOT the two Johns (Heffeman & Evangelista) who tied for eighth, but were Ross Kingsley and Peter O'Sullivan who tied for second!

As all four were ahead of me, I can only justify my mistake by stressing the photo was NOT of their backs and plead the diminished responsibility which is the normal condition of an organiser who runs in his own event. Thank you for running the photo in the first place. I hope that AURA did not cop any flak from the four runners so misrepresented.

Hopefully the smaller field in the Coff's Harbour - Grafton run (and the fact that I acted as an official on that day) means I've got the right labels on the photos for that event.

Thank you for your continued efforts on behalf of our sport.

Yours in the long run,

Steel Beveridge.

\*\*\*\*\*

Dear Dot,

I managed to win the Bunbury Holden 6 Hour on the 1st March, 1997, something I am very proud of. I enjoyed the race reports on the event in the April issue and was a little disappointed that the winner of the 6 Hour event wasn't mentioned. I wonder if anyone out there is wondering who won the event? I have enclosed a few thoughts on the race and the article written in the Bunbury News by Julie Lightfoot. (This was actually attached to the article written by Julie on Mary's race). Last but not least, the article written about me has a couple of mistakes. "21 runners in the 12 Hour" - wrong. and "He claimed it was almost a non-event" - I couldn't believe I'd actually done it., feels like I didn't even run.

Yours sincerely,

Brian Jackson.

\*\*\*\*\*

Dear Dot,

Please find enclosed a copy of Malcolm Campbell's reply to my fax of 14th February, plus a copy of the letterhead designed for the big event.

At this stage, I would like to place an advertisement in the AURA newsletter, simply as a date-claimer, along the lines .....

"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 CHAMPIONSHIP IN NANANGO IN 1998 FROM MARCH 11 TO MARCH 26"

Details as to the entrance fee, type of track, size of field etc. could be supplied within a month or so for the next Newsletter.

Yours sincerely,  
Peter Warner.

# IAU

## INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

Under I.A.A. F. Patronage

Executive Council:

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**Harry Arndt**  
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**Geoff Hook**  
42 Swayfield Road  
Mount Waverley  
VIC 3149  
Australia

**Andy Milroy** (Technical Director)  
3 Bellefield Crescent  
Trowbridge, Wiltshire BA14 8SR  
United Kingdom

To. Peter Warner  
Nanango Race Organiser  
43 Carbeen Cres. Nanango. Qld 4615

Fax. 00 61 71 631 135

From. Malcolm Campbell

Fax. 44 1476 578822

Date. February 19th 1997

Dear Peter,

Many thanks for your fax message dated 14th February. I have had some discussions with Andy on the subject and I believe he has been in touch with Geoff Hook and Ron Grant. There is a lot of enthusiasm for the project and the race title suggested in your message is fine. The main problem will be to ensure that the best ranked runners are able to take part and whilst "appearance money" should not be necessary the sad fact is that many outstanding runners will not have the funds to make it to the race and in these cases the very best of these should be offered air tickets.

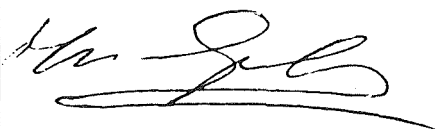
Andy is investigating record claims for Alfredo Uriah and two Ukrainian runners for 1000 miles and whilst it seems likely that the lap recording systems were less than perfect, making record claims invalid, the runners probably came somewhere near the times claimed. However "somewhere" doesn't count.

In the next IAU Newsletter I will mention that your event has been reserved for the 1998 IAU 1000 Mile Track Championships subject to contract and Andy will co-ordinate with you on the question of who should be invited. It's possible of course that some outstanding runners may have sponsors able to fund their travel and as long as these sponsors are not conflicting sponsors with your own maybe some promotional space at the race could be offered in return for them paying their own way.

In the next few weeks I will draw up a rough draft of a contract and send it to Andy for his opinion. I will keep it simple and the only purpose for it is to establish we are in agreement with the basic plan for the race. There are so many good reports of the Nanango events that I am sure the 1998 race will prove to be a great success.

Best wishes,

copy Andy Milroy



It was a pleasure speaking to you last week after such a long time, and knowing that you are still solidly involved in the ultramarathoning scene. As I indicated on the phone, several suggestions have been made from time to time about my reviving the Sydney to Melbourne Ultramarathon, and I am now taking a careful and serious look, trying to decide whether it would be worthwhile and also viable. I have already spoken to potential sponsors, and the initial response, while not over-enthusiastic, is still valid, provided the event is properly put together and managed to suit their requirements.

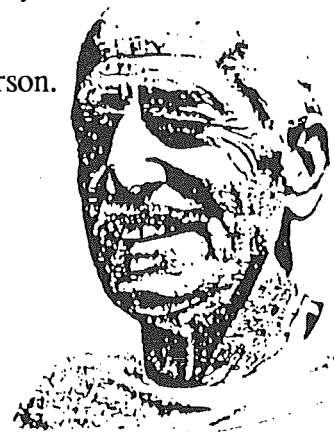
Dot, this is purely preliminary and not to be taken for a fact that the event will be revived by me. However, I am quite confident that it could and probably should be, since it went so well until others started taking over and doing some of the silly things they did, which decimated media and therefore also sponsor interest. But that is another story, as you well know.

Mike Agostini.  
P.O. Box 109, Rose Bay NSW 2029  
Ph (02) 9337 4391 Fax (02) 9337 4564

Enclosed is a newsletter I thought might be of interest to you. I want to thank you for your kindness in sending me the information on Yiannis Kouros and Percy Cerutti. I'm sorry it took me so long to get back to you. I think it's great that Australia is hosting the 2000 Games. What a beautiful country!

Well, take care. If you like the newsletter, I'll be happy to send it along free of charge. Unlike your ULTRAMAG, which is big and obviously takes much time and effort to put it together, my newsletter is small and fairly easy to arrange. The Stotan News is totally inspired by Mr. Cerutti. I try to pass on to the readers, principles he had on life and sport. The state of REAL running in the US is at a very low point. I look at the race calendar in your magazine and feel quite envious. If you can get a hold of a copy of his Success in Sport and Life, I'd highly recommend reading it. If you by some chance can't and would like a copy, let me know and I'll send along a xerox of it.

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





Dear Dot

I hope that I don't offend anyone else at A.U.R.A by writing directly to you but I have a great desire to addressing all correspondence to the best pair of legs about the place. I admit it is now a few years since I saw those pins of yours flashing around Thedbo, but I'm sure that class does not lose its lustre over the years.

Now that I'm on to pins, I just love the photograph of Geoff Hook's legs on page on page 3 of your June '97 issue. At first I thought that they belonged to Steve Cornelius, the insufferable pedantic pest who has given me so much pain (and support, damn him) over the years. Then I noticed that the legs had kneecaps pointing in each direction (Steves both go to the extreem right, the same as Ms Hansen) so I knew the legs belonged to PP (Pendulum Pete to friends of his, like myself).

I'm very pleased that Geoff had a very secure jock strap on when the photo was taken as otherwise the shot would have looked like an entry in a three-legged race with a running shoe missing. I wonder what it would be like to run on a club foot?

Come on Dot, that is enough of the frivolity, after all this is not the Sydney Striders Blister of a few years ago when satire took over and South African seriousness was abandoned! You always brought out the worst in me! Your fault!

Now I have to get serious and admit to a failure.

Back in 1993-94 the 16,000 km walk around mainland Australia went close to the original plan. The 2,000 km Sydney-Melbourne and around Tasmania walk early in 1997 also went much as planned. However, with the USA walk, the theory and the plan fell over. Someone got it wrong. Me!

Lets backtrack a bit. I flew to Seattle in North-Western USA and started walking South. The roads were suitable, the weather good (although I had quite a bit of rain), the locals were puzzled, cautious, and friendly, and the new cart worked very well. Walking a marathon or so a day was very comfortable.

On the down side I found that you never go onto private property unless expressly invited by the owner, even if you only want information, and camping in any form on road side is a no-no. I also found a human body, at least I'm almost certain that it was a body, lying on a private driveway. I was not game enough to walk onto the property and check it out in case I joined it; I did what any American would do, got to hell out of the area and did nothing.

I walked 300 km in 7 days, from Seattle to Portland, then decided that I needed a week to decide if the walk was definitely ON or definitely OFF. Too many thoughts were going around in my

head to make a decision at the time. It was always obvious that there was some risks involved in a walk around the States, but I had to do a proper trial over there to accurately assess those risks.

It worked out like this. There was a slight chance I would be mugged at some time over a three year period. There was a slightly larger chance that I would be shot at. However, the risk of being attacked by a guard dog (or plural of guard dog!) was a serious problem. I was challenged by more attack type dogs (fortunately all suitably restrained) in one week over there than I had in 14 months of walking in Australia. Americans are very big on protecting themselves and their properties, mainly against each other. Security is BIG business, and rather intimidating to country born blokes like me.

Long distance walking has to be fun and relaxing or there isn't any purpose in doing it. Danger means stress. I need stress like I need a new hair-dryer.

At the end of my week on the road I caught a train - and then travelled 20,000 km (on a special travel deal with Amtrax) through 45 states. Sydney to Perth is about 4,000 km. I found this to be a great way to see a lot of the country at a very low cost, and also meet hundreds of people. It also gave me time to think!

After one week on the rails I decided the walk was OFF. It can be very safe in America when there are plenty of people about, but it is not wise to get away from the safety of numbers. If I was a football player instead of a solo long distance walker I would have been okay. The American walk was always critical as the sponsorship deals involved would enable me to have funds to walk in other countries. It was not meant to be!

I planned to return to Australia at the end of the train journey. To see so much of the countryside from comfort of a train was well worthwhile and I'm pleased that I took the opportunity to do so. In all I had one month in America.

I then flew to Sydney where I bought a caravan and was heading South-West within days. My 25 years of employment with Australia Post had come to an end earlier in the year after along dispute, the end result being that my decision to become a "whistleblower" was not a good career move. Mind you, being a nomad and being unemployed seems to be appropriate.

I stopped at an old mates place in Boorowa where I managed to do a beautiful backwards dive down his shearing shed steps. I scored very well while in the air but lost many points due to a poor landing. A pipe frame broke my fall. It felt like it also broke my back, but all it did was put me out of action for 8 weeks while my ribs recovered. I will not be returning to diving!

I'm now a citizen of Young again after an absence of 25 years. This was the first town I worked in when I came to Australia as a 20 year old. Young is a very pleasant town with a great name, large enough to have the basic requirements for comfortable living without the problems associated with big city living.

Over the next few months I hope to get settled into work and community life, then look around for some sort of a challenge to keep me motivated. At this time I have no idea what that challenge will be.

On the other hand, now that I'm becoming 'normal' again, I just might take up lawn bowls!!

As a footnote, I want you to know that I have boiled the kettle 5 times while working on this little story, and had a tawny port each time while waiting for the hot water and cup of coffee. The port has run out and the water has gone off the boil again.

This problem is directly associated with my years as a distance runner; it knocks out brain cells. I have met hundreds of distance runners over the years, great company, fun people, salt of the earth, there when you need them, but all NUTS! Look at Cliffy - what an example. Yet we all love the old bugger! To hell with the brain cells, lets keep doing what we enjoy.

Kindest Regards

Nobby



Dear Dot:

Please could you print this letter in "UltraMag". Unfortunately my planned date of publication for the book on "The World's Greatest Race" is being postponed for twelve months. I now plan to have the book ready for publication by December 1999. This is due to other commitments in life (work and education), that I want to take precedent during the next twelve months.

Thanks to the people that have sent me information so far. Be assured I will continue to look after your information and return it to you in the same condition.

My next project after "The World's Greatest Race" is released, is a comprehensive book on the history of AURA and the sport of Ultra Marathon Running in Australia. This will be a lot easier once we defect south of the border in the year 2000! I fully believe that by preserving our past in the sport, we will be able to move on to a stronger future. This means I will be trying to record as much as I can about the sport from now on (Yesterday is history, tomorrow is our future!).

As I have said before, if anyone has any information on my current project, "The World's Greatest Race" or the sport of UltraMarathon Running in general, please write to me. My address is at the top of the page. Hope to see you all at Adelaide in October or Coburg next April.

Yours in running.

Phil Essam

Phil Essam



# International Association of Ultrarunners

Andy Milroy, Technical Director, 3 Bellefield Crescent, Trowbridge

Wiltshire BA14 8SR, United Kingdom

*Letter to —*

10th May, 1997

Barry Stewart,  
19 Greenview Road,  
Wondai,  
Queensland 4606,  
Australia

Dear Barry,

As Technical Director of the IAU I am closely involved in the development of Ultra Marathon running world wide. One aspect of the sport which the IAU is interested in developing further is the inclusion of disable athletes in open ultra events wherever this is practicable, and not detrimental to disabled or able-bodied athletes.

Your persistent advocacy of the needs of disabled ultra athletes has made you a pioneer in the development of this area of the sport.

I wish you the best of luck with the 1000 mile challenge race in 1998.

Yours,

*Andy*  
Andy Milroy,  
IAU Technical Director

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Dear Dot:

Further to our phone call a couple of weeks ago, you will be glad to know that "Tourism Wagga" are very interested in helping to stage a 12-hour Ultra Marathon in Wagga in July/August 98. Please find enclosed a copy of their very promising letter. If I can find a Service Organisation or charity to help stage the race it will definitely be on. Hopefully I will be able to make a definite announcement on the race by the end of the year. If anyone has got any ideas to help me please let me know. I will keep you posted with any developments

Yours in running.

22. *Phil*  
Phil Essam

I have hung around the ultra race tracks for a number of years now and have been aware that many ultra runners play it "as you go" in the sport. I have worked with some of the top runners, walkers and often wondered how they got there, as they make it difficult for themselves. So I have put together some notes on some of the better things that I have seen and used on the race track. I accept that many people won't change, but if they get at least one thing out of it, it will make a difference to their performance on the track.

Yours truly,

**Michael Gillan. C.T.T. (Masseur)**  
**128 Reynard Street,**  
**Coburg 3058**  
**Pager (03) 9483 3915**  
**Mobile 0414 416 554**

by Michael Gillan C.T.T. (Masseur)

**So to start the ball rolling:**

**BLISTER AVOIDANCE:** If possible, get seamless socks, cotton and wool blend. If not possible, turn socks inside out and cut off any loose threads and wear them that way. This gets rid of the seams from next to the skin - no rubbing. The elasticised part of the toe needs to be snipped to help avoid circulation cut-off and interference with the lymph flow. Tight socks at the ankle can cause feet to swell.

After shower, wash feet with methylated spirits to drive off moisture and harden the feet. particularly important between the toes.

Talcum powder. Give it up and replace with cornflour. Talcum is a mineral made from crushed rock and over a period of time, can act as an abrasive. Cornflour is environmentally friendly, being made of vegetable, and when put in socks and jocks, takes away heat. so less abrasion and heat to make us sore.

**CHAFING:** Vaseline is too thin. Woolfat or lanoline is thicker and lasts longer. Again, it is not a mineral, so there is less heat build up.

**SHOWERING:** While running, a hot shower is like an oasis in front of an athlete. Only one more hour then the HOT shower, especially when bedding down for a couple of hours off, particularly at night. **WRONG!** A hot shower increases the blood flow away from the core, so that when the athlete returns to the track, particularly at night or early in the morning, the heat to warm the outside of the body has to come from somewhere. If you have already dragged the heat out from the core, it is going to be cold isn't it? So a hot shower is **OUT**. Make it a warm one.

**FOOD:** When crews bed down at night leaving the runner to his own devices, with cold food, they are taking away his energy. When cold food is put into a runner, it has to be warmed up somehow. Heat = energy, and it has to be heated up from somewhere, so it comes from the core heat again. At night **heat food!!** (with and without the "h")

**SORE LIPS:** I use Vitamin E capsules and rub the oil out of the capsule into the lips.

**BLISTERS AND HOW I MANAGE THEM:** I have seen and tried numerous ways of management and found most of them to be a failure, especially for ultra runners. The most effective I have seen and used at the Nanango 1000 Mile is:

needle & cotton, methylated spirits & container, cotton wool balls, Friars Balsam, tape & scissors.

**Method:**

1. Thread needle and cotton and soak in methylated spirits.
2. Wash off area and blister with metho. to sterilise it. Get rid of the dirt and help the tape to stick.
3. Put needle through the blistered skin and out the other side and cut off to leave approximately 1cm. hanging out of either end so that..
4. Using cotton balls, press skin flat to remove fluid and relieve pressure.
5. Wash off with metho and dry.
6. Dab off with Friars Balsam (ouch!). This is better than Betadene as it dries and hardens the skin to form a protective barrier and allows new skin to form underneath.
7. Put on tape over the blister and area. Try to allow ends of cotton out so that blister can drain into the sock.
8. Change as needed after shower. Clean off with metho. Dab on Friars Balsam and put on clean tape.

**Theory:**

While I agree that this is NOT in the First Aid book, and the medical people say that it is risking infection, that the blister should be covered and left, we are discussing ultra runners and their needs. I have found that when treatment is done in the traditional way, the blister takes control, not the runner. And when did any runner take advice to stop because of a blister? It is when the blister takes control and bursts, leaving torn skin rubbing into the open wound that infection sets in.

**The needle and cotton method:**

- a) relieves the pressure, so relieves the pain
- b) forms protection by hardening the old dead skin
- c) prevents the dead skin splitting and rubbing
- d) the cotton acts like a wick, letting any fluid escape by draining.
- e) stops dirt getting in. It is also covered by tape to prevent any more damage.
- f) The athlete takes control.

**MASSAGE:**

Ultra runners do **not** need heavy massage and stretching. They do **not** need oil on their legs as it attracts cold at night and increases the risk of sun-burn during the day. As already stated, I am a veteran masseur from several ultra races. I admit it is not from the point of view as a runner that I write, but no matter how well intentioned the masseur, normal massage and stretching are far too severe for ultra runners. It inflicts more injury than it prevents. The masseur (or crewmember) should just do **gentle** compression of the muscle, **gentle** wobbling of the muscle and **gentle** stretch, concentrating on using the foot to pump fluids up the leg, also taking the knee up to the chest.

Areas to watch for and keep stretched and loose are the groin - illioposas. This tightens up while running long distances and shortens the step, bringing in low back pain. Also less ground is covered in proportion to the energy expended with the shortened step. This also tightens the quads, which tightens the hamstrings etc.

The main culprit to watch for which causes problems and altered bio mechanics, I have found, in both road and track is, tight illiotibial tracts or bands at the side of the thigh. These two should be checked and stretched at any opportunity. Never underestimate the importance of these procedures in the run. During the 1000 Mile at Nanango Race, I cut massage time down by ignoring most other stretches except for the knee to chest, **all done very gently**.

As soon as the runner comes off the track, he/she should have a blanket put around him/her to prevent loss of body heat. It is important to stay warm, especially at night.

**Ed's note:** Thank you Michael for your helpful hints. You've given runners some new ideas to try out for themselves. Well done! Any other theories folks??

**Sri Chinmoy 24-Hour Track Race**  
**Australian Institute of Sport Athletics Track, Canberra**  
**2 & 3 March 1997**  
**Results**

1st: Yiannis Kouros	295.03 kms
2nd: David Standeven	225.69 kms
3rd: Paul Every	200.19 kms
4th: Bob Brown	172.54 kms
5th: Peter Gray	147.24 kms
6th: Tony Rafferty	143.61 kms
7th: Trevor Harris	102.4 kms

Yiannis' Principle Splits and Records ...

Hour 1: 34 laps - 13.6 kms  
 Hour 2: 69 laps - 27.6 kms  
 Hour 3: 103 laps - 41.2 kms  
**Marathon: 3:04:00**  
**50 kms: 3:38:39**  
 Hour 4: 137 laps - 54.8 kms  
 Hour 5: 171 laps - 68.4 kms  
**50 miles: 5:53:43**  
 Hour 6: 204 laps - 81.6 kms  
 Hour 7: 237 laps - 94.8 kms  
**100 kms: 7:23:54**  
 Hour 8: 269 laps - 107.6 kms  
 Hour 9: 302 laps - 120.8 kms  
 Hour 10: 334 laps - 133.6 kms  
 Hour 11: 366 laps - 146.4 kms  
**150 kms: 11:18:30 (Australian record)**  
 Hour 12: 396 laps - 158.4 kms (Australian record)  
**100 miles: 12:11:14 (Australan record)**  
 Hour 13: 427 laps - 170.8 kms  
 Hour 14: 458 laps - 183.2 kms  
 Hour 15: 487 laps - 194.8 kms  
**200 kms: 15:29:07 (World record)**  
 Hour 16: 515 laps - 206 kms  
 Hour 17: 542 laps - 216.8 kms  
 Hour 18: 572 laps - 228.8 kms  
 Hour 19: 600 laps - 240 kms  
**150 miles: 19:15:42 (World record)**  
 Hour 20: 624 laps - 249.6 kms  
**250 kms: 20:00:38 (World record)**  
 Hour 21: 653 laps - 261.2 kms  
 Hour 22: 682 laps - 272.8 kms  
 Hour 23: 711 laps - 284.4 kms  
**Hour 24: 737.5 laps - 295.03 kms (World record)**



Tony Rafferty and Yiannis Kouros  
 at the launch of the Sri Chinmoy  
 Peace Run, January '97.



## ***Yiannis Kouros sets new world record at Sri Chinmoy 24-Hour Track Race in Canberra***

**by Isaac Owens**

At 10.00am on Monday 3 March, a new world record for ultra-marathon running was born. Yiannis Kouros completed 737.5 laps of the 400m track at Canberra's AIS during the Sri Chinmoy 24hr race. He broke his previous record by 1.3km to complete a staggering 295.03km which was less than 5km short of his ultimate goal for the event.

In a special meet organised by the Sri Chinmoy Marathon Team, the field included David Standevan, Tony Rafferty, Bob Brown, Peter Grey, Trevor Harris and Paul Every. Four teams of at least six runners per team also joined Yiannis on the track.

The weather leading up to the event was not a reliable indicator for race day conditions because on the Sunday, endless stretches of dark cloud and torrential rain persisted in making the track extremely wet. This was going to prove challenging for all competitors.

Before the race against the clock began, race director Prachar Stegemann announced that Yiannis was dedicating the race, his efforts and achievements to the former Soviet leader, Michail Gorbachev in honour of his birthday and his unparalleled contributions to world peace.

At 10.07 am, the athletes began their journey cheered on by the spectators and Yiannis immediately fell into a steady rhythm and pace to hold 1min 40 secs laps. Unfortunately, the water on the track made running much more difficult for the athletes and race officials armed with brooms attempted to clear a pathway in front of the runners.

Although the conditions were unfavourable Yiannis completed his first marathon in 3hr 4mins and 50 km soon followed in 3 hrs 38 mins 39 secs. With heavy shoes, socks and wet clothing he maintained both his spirit and pace to run 50 miles and 100 kilometres in 5 hrs 53 mins 43secs and 7 hrs 23 mins 54 secs respectively.

It was not until 11 hrs 18 mins 30 secs when Australian records began to crumble. The first being for 150km, then 12 hours and 100miles (158.4 km and 12hrs 11 mins 14 secs respectively) claiming the Australian record in each category.

During the race, Yiannis' support crew continuously brought him food and drink, changed his favourite Greek tapes, helping him stretch, changing his shoes and making sure that the world champion was happy and feeling well. His capacity to tolerate discomfort was demonstrated by his unerring determination to complete laps while suffering from foot and shoe problems, previous injuries and stomach cramps. These factors, combined with the rain only increased the challenge of the event.

Upon completing 200km in 15 hrs 29 mins 7 secs, the first world record fell to the applause of race officials and spectators. In the lead up to 150 miles (also in a world record time of 19 hrs 15 mins 42 secs, Yiannis began to feel slightly dizzy and the pace per lap jumped erratically. The race officials and support crew did what they could to help the Greek warrior overcome the new obstacle. Singers from the Sri Chinmoy Marathon Team began singing the song especially composed for Yiannis by Sri Chinmoy. Everyone's efforts appeared to help him regain his style and consistency per lap. His energy and determination are such a tangible force that everyone at the track felt his inspiration.

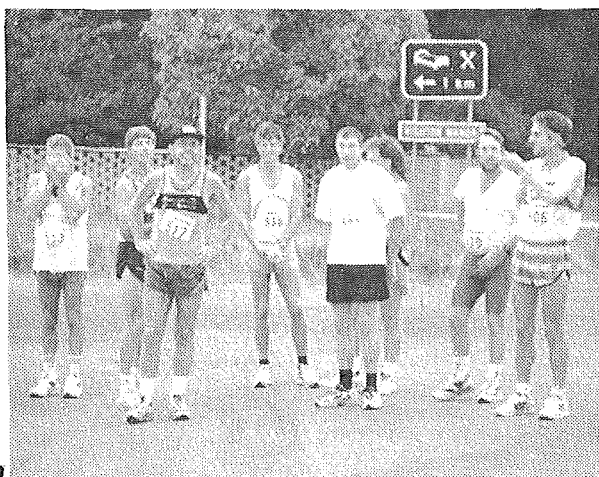
The third world record that Yiannis set was the 250km distance record in a time of 20 hrs 38 secs. The finish line was close and in sight. With only 4 hrs to go and maintaining a pace between 1 min 56 secs and 2 mins per lap, Yiannis relinquished his 300km goal and focussed all his energy on breaking his own 24 hr record of 293.7km.

At daylight of the following morning, the sky was clear apart from a few clouds and the sun's light and warmth helped the athletes to the finish line.

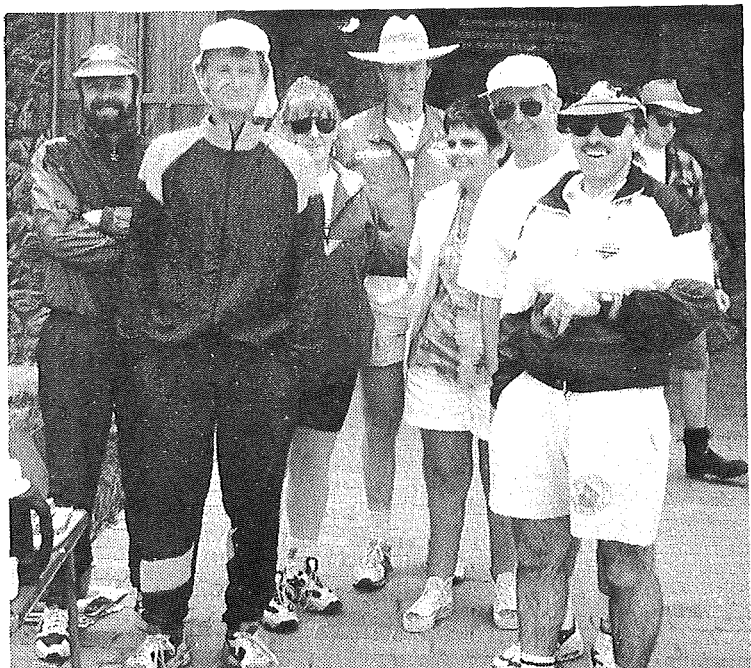
By the end of the 24th hr, Yiannis Kouros had completed 295.3km to the applause and cheering of all present. A new world record had been established. The media immediately concentrated their attention on the hero warrior who had overcome personal hurdles to transcend his own previous achievements.

All of the athletes who competed gave so much of their energy and resources to completing the 24 hr endurance event. David Standevan completed 225.69km; Paul Every, 200.19km; Bob Brown, 172.54km; Peter Grey, 147.24km; Tony Rafferty, 143.61km; and Trevor Harris, 102.40km.

Many personal, Australian and world records were set in the event and without the generous support and assistance from the Australian Institute of Sport in making available the world-class track and venue at no cost, these historic moments would not have been recorded for future athletes as a resource for inspiration, the world over.



The motley lookin' bunch who looked after Pete Armistead's Mansfield to Mt. Buller 50K Road Race in January'97. Can you spot Clive Davies, (former winner of the event), Kev. Mansell's missus Glenda, and the notorious Ross Shilston (wearing his mum's shorts) →



And here's some of the competitors they were SUPPOSED to be looking after! Big Billy Beauchamp was, as usual, late to the starting line.

**LIVERPOOL CITY COUNCIL, LIVERPOOL TO ALBURY & BACK**  
**BOOMERANG ULTRAMARATHON**  
**810 KM, 10th -21st MARCH, 1997**

Two years ago, Dave Taylor organised the Sydney to Melbourne and Back Boomerang Ultramarathon, sponsored by Liverpool City Council. This March he was at it again, only this time he did not run (resting from his superb Australian record 1,000 hour run in January/February) and the race went only as far as Albury and back. The field grew from 4 runners in 1995 to 8 runners this year, who set off from Liverpool amid the noisy fanfare of hundreds of school children, as well as many onlookers and media, at 11.00AM on March 10th. The weather was warm and sunny and the pace amongst the front-runners was very fast. Pat Farmer took the lead at the Crossroads followed by yours truly and George Cormack, Chilla Nasmyth, Eduardo Vega, Steve Bryce, Chris Varley and Isobel Buckland further back at a gentler pace. George overtook me at Campbelltown, going like a rocket - this fast dash was to be his undoing as he crashed out, exhausted, on day 2. Pat also suffered early on. As I passed him at about 30km I heard him call out for the loo paper. I think he was to use quite a lot of it in those first few days. On day 2, Pat again sped off in the morning, only to have me rope him back in and eventually pass him some 60 km down the track. It was on the downhill run into Goulburn that my crew paced me doing 18 km per hour at one point - shows what a little natural adrenaline can do! The 2 good days running left me tired and a little sore, but put Pat over 2 hours behind the pace at the start of day 3. However, he dug deep, like a true champion, and won this 60 km. stretch by some 48 minutes.

From here on, as the results show, a battle 'royale' developed between Pat and myself, with none of the other runners getting a look in. This was understandable, I suppose, as our pace averaged about 10km per hour, some 2 km/hr. faster than my own PB (I'm not sure about Pat, but my guess is I was keeping him as honest as he was keeping me!) My task then was twofold - maintain the 1.5 hour lead, and win as many stages as possible, as my crew were hungry for their share of the prize money which was allotted on a daily basis, with the daily winner taking home considerably more than the placegetters. My worst nightmare has always

been of an ultra marathon coming down to a sprint. This race provided many instances of this happening with only seconds between Pat and I after 85 km. on more days than I care to remember. Some days they nicknamed us the Siamese twins, held together by an elastic rope, as either Pat or I surged ahead repeatedly, only to be 'elastically' brought back together as the other caught up. This was why the pace was so fast. Day 8 was not a good day for Pat - unlike most previous days when he had shot to the lead immediately after the start, leaving me to rein him in gradually. This day saw me off to a fast start with Pat dropping further and further behind. Although it was my longest day, at 9 hours 23 minutes 45 seconds for 85 km., Pat's day was a shocker and he made the 12 hour cut by less than 20 minutes.

The remaining 3 days saw Pat bounce back to his energetic self, but with almost 4.5 hours behind, he had little or no chance of winning. To his credit he did win those 3 stages, by about 3 minutes each day. For my part. it would be easy to say I just sat on his tail and let him win those final 3 stages because of a sore ankle that didn't relish any more punishment, but, in all fairness to Pat, he never gave up and his pace never relented. If we had happened to be only a few minutes apart overall, it might have been a different story, but we'll never know - the race was won, and lost, much earlier than this. Pat was a gentleman at all times, and many days we enjoyed a schooner or two together after the run. Because each day's run often went from the pub in one town to the pub in the next town, 85 km away, not surprisingly the race was dubbed as a 'pub-crawl'!

Much credit for my performance must go to my sponsor, Elcom Credit Union, for providing their magnificent van once again, and paying the fuel bill. This van, complete with 240 volt generator to power the urn, the microwave, the fridge, the freezer and the sound system was the envy of all who visited. Bernie Farmer still thinks we were equipped with a mobile spa bath, but hid it in case he wanted a dip! The van housed my excellent crew - led by the Master, Bryan Smith. Bryan co-ordinated my 3 rookies, and moulded their enthusiasm into a formula 1 race crew. Many thanks, Bryan. The 3 rookies were selected from approximately 30 applicants who responded to an advert in the local paper requesting fit active people for a lousy job, at 10 cents per day, but a share in prize

money, if any. Over half the applicants were females aged between 17 and 27, but as my wife pointed out, people as young as this would not be able to drive the van, shop, cook, massage, pamper and generally keep me on the road, so were rejected. Smart woman, my wife! So, many thanks to Ron, Bob and Mark, who worked from 4.30AM till 8.30PM for 11 days straight, doing all the above things.

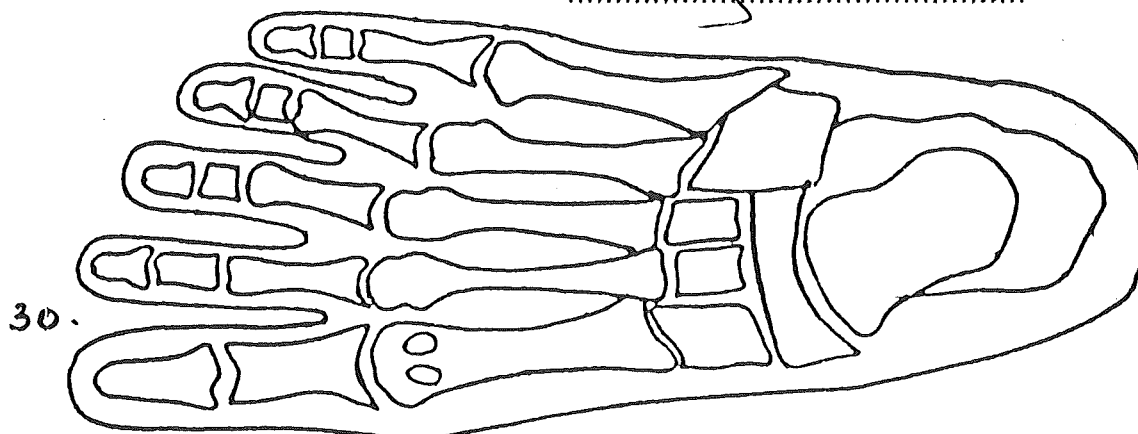
Before closing, I must commend Maurie Taylor for cycling the distance and more, officiating, time-keeping, encouraging and generally supporting the runners and crews. Dave Taylor, of course, deserves heaps of accolades for organising and running this landmark event. A credit to him and his partner, Anne, who coordinated the media during the event.

A word of acknowledgment for the other runners: because the field always split apart soon after each day's start, I had little contact with them and so cannot tell much about their particular struggles. I did however, see Chilla's feet at about day 7 and they were not a pretty sight, having several acres of blistered skin hanging off them, but to his credit he stuck it out, doing his distance each day, slowly and painfully. And Isobel was an inspiration to all with her quiet, determined resolution, giving the tail-enders a decent run for their money.

I claim no official records from this race, except that if anyone wants to duplicate the stages and better the times, good luck to them. Until someone does, however, my times stand as the fastest. Road races such as this may not receive official 'record' status, but they are an integral and essential part of the Ultramarathon experience, and vital to the survival of our sport because of their public visibility.

Best wishes,

*Jon Collins*





LIVERPOOL CITY COUNCIL BOMERANG MARATHON

L'POOL --ALBURY -L'POOL

March

1997 810 Km

Day1,55k Day 2, 83k Day3,60k Day4,85k Day5,85k Day6,66k Day7,85k Day8,85k Day9,60k Day10,83k Day11,63k Total Time

1st T Collins 4.43.56(2)8.34.34 (16.19.49(2)8.34.52(1)8.41.10(2)5.42.36(1)8.45.28(1)9.23.45(1)6.13.45(2)8.30.58(2) 6.26.44(2) 81.57.38

2nd P Farmer 6.13.02(5)9.19.11(2)5.31.31(1)8.41.18(2)8.40.42(1)5.43.00(2)9.24.09(2)11.49.42(2)6.10.24(1)8.27.10(1) 6.23.06(1) 86.16.15

3rd E Vega 5.58.52(4)9.41.31(3)7.25.31(3)11.35.01(3)10.19.22(3)9.04 (3) 12.25 (3) 12.06 (3) 8.25 (3) 10.44.08(3)6.45.40(3) 105.52.05

4th C Nasmyth 5.40.55(3)11.26.08(5)8.47.56(4)23.30 (7) 14.15 (=4)12.15 (5) 16.15 (5) 16.30 (4) 9.38.58(4)13.02 (4) 6.45.41(4) 138.27.38

5th I Buckland 7.41.10(8)15.20 (8) 10.28.23(7)13.25 (4) 14.15 (=4)11.25.10(4)17.00 (6) 17.00 (5) 11.34.30(5)19.00 (6) 6.51.50 (5) 144.21.02

6th S Bryce 6.43.50(7)12.35.40(6)9.59.37(6)21.30 (6) 20.00 (7) 18.00 (=6)14.10 (4) 24.00 (6) 13.00 (6) 16.35 (5) 6.51.52 (6) 163.25.59

dnf G Cormack 4.35.35(1)11.13.09(4)Withdrawn

dnf C Varley 6.43.49(6)12.35.42(7)9.59.36(5)18.00 (5) 16.30.22(6)18.00(=6) Withdrawn

THE REAL STORY by Kevin Cassidy

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Perhaps it would be best if I started by explaining the traditions of this low key but long standing race.

- \*Runners gather at Davey st. Frankston, and pay \$2 for the privilege of making their own way down to the Portsea gates.
- \*For your \$2 you get a block of chocolate and a small certificate for finishing.
- \*The winner receives a cheap bottle of wine

On race morning it was obvious that it was going to be a tough day as we six runners faced a howling head wind from go to whoa. I was fortunate to have Peter Armistead looking after me and he was a tower of strength, particularly towards the end when my body was starting to die.

I do, however, have to report that Ross Shilston's first effort as Race Director will go down in history. As Peter quite bluntly said "It was pathetic."

Ross's only concern at the start was in collecting the money then quickly saying "GO" before he disappeared to the comforts of his home for breakfast whilst we poor runners fought the ferocious head wind and the stop and start drizzle. The race was more than half over when he finally appeared but he still would not venture out from his warm and comfortable car. Meanwhile we poor runners are running two steps forward and one step back as we fight the wind until finally reaching Portsea where Ross has actually climbed out of his car into the atmosphere of the real world at the relatively well sheltered Portsea gates to take our times. Ross then had the audacity to file a race report that described the wind as a "Gentle breeze." [seen in Ultramags previous issue]

The blocks of chocolate that we received had to be seen to be believed. Fair dinkum, I've seen them at my local 7-Eleven for 20 cents, it was a rort that would have made Senator Mal Colston proud, in fact the rumour has it that Ross has put in a \$2,000 travel claim to the Peninsula Road Runners Club.

Max Gibbs put up a mighty effort to win in such tough conditions but he never got to see his bottle of wine, "He can buy himself one at the Koonya pub on the way home" was Ross's reply to my query, and as for certificates, well Ross has followed the lead of our former health minister "Marie Tehan" and claimed that some one must have put them in the wrong pigeon hole as they seem to have vanished. To repeat Peter Armistead's comment "It was a pathetic effort."

Peter tells me that Ross has even deserted him on the traditional 4 o'clock Friday morning runs, this tradition goes right back to the time when Jesus Christ played at full back for Jerusalem in the Roman Empire Football League.

We may just have to have a whip-a-round to buy Ross a mirror so that he can take a good hard look at himself.

## Canberra 50k Ultra Marathon

Held in conjunction with the New Balance Canberra Marathon

by 50k Race Manager Trevor Jacobs

It was pleasing to see a good increase in the number of competitors taking part in this, the fifth year, of the event. Although the weather conditions for the marathon were good, the temperature rapidly increased as the morning progressed. Not non-plussed, 34 hardy soles carried on *beyond the marathon* and completed the extra 7.8k despite the warmer conditions - well done!

Mary Francis, from Bunbury WA, returned to take out the women's event for the second year in a row but unfortunately she was not quite able to attain her target of setting a new Australian record. The current record was set by Linda Meadows on this course in 1995. Last year Mary was only one minute outside the record and this year she missed it by about six minutes - will you make amends next year, Mary? Pip Thorn, of Brindabella Classic fame, was second in just over four hours - a time in which many would be happy to complete the marathon, let alone an extra 7.8k on top!

I was lucky enough to win the men's race in a time about four minutes slower than my winning time in 1993 (and I deny that it is due to old age!). Bunbury's Mick Francis claimed second spot through running a significantly faster marathon this year than last year (by five minutes), and for 50k he sliced about three minutes off his 1996 time. Sydneysider Mark Steinberg took out third spot from Victorian Max Carson by completing the distance *beyond the marathon* faster than Max - congratulations to both Mark and Max, as well as all of the other finishers.

I trust that you enjoyed yourselves on the day and look forward to seeing you again in 1998, along with some of your friends.

### RESULTS 1314/97

Place	Name	State	Age	Mara time	50k time
1	Trevor Jacobs	ACT	45	2.36.06	3.09.22
2	Mick Francis	WA	38	2.39.26	3.12.46
3	Mark Steinberg	NSW	32	2.55.11	3.28.43
4	Max Carson	VIC	38	2.55.06	3.30.27
5	Mary Francis	F WA	39	2.56.07	3.33.36
6	Gerry Hughes	NSW	36	2.58.10	3.37.46
7	Alan James	QLD	46	2.58.38	3.40.38
8	Joseph Vucetic	NSW	42	3.04.22	3.40.53
9	Peter Clarke	ACT	46	3.01.26	3.47.17
10	Roger Lawes	NSW	34	2.56.38	3.52.30
11	Rob Ey	ACT	33	3.12.39	3.56.22
12	Richard Morcom	ACT	46	3.13.02	3.57.34
13	Geoff Isbister	NSW	27	3.03.16	3.58.04
14	Pip Thorn	F NSW	36	3.23.48	4.03.44
15	Neil Salvano	VIC	44	3.20.08	4.07.22
16	Jeff Visser	VIC	33	3.18.14	4.08.51
17	Roger Moroney	NZL	42	3.27.55	4.09.19
18	Roger Croft	NSW	54	3.31.26	4.18.42
19	Brett Molloy	NSW	37	3.42.23	4.23.03
20	Ernest Warner	ACT	63	3.38.43	4.24.18
21	Ludwig Herpich	NSW	61	3.34.33	4.26.04
22	Robert Osborne	NSW	41	3.38.39	4.27.31
23	John Trist	NSW	48	3.38.27	4.28.16
24	Dick Bartlett	NSW	51	3.42.49	4.28.48
25	Terry Threlfall	NSW	49	3.45.25	4.43.37
26	Bruce Hall	NSW	42	3.54.41	4.44.58
27	Gerard Field	VIC	43	3.53.19	4.45.43
28	Jon Bell	VIC	49	4.08.32	5.01.10
29	Charles Reis	NSW	30	4.12.34	5.16.14
30	Jim Metcalfe	NSW	71	4.27.29	5.30.21
31	David Hawkins	NSW	44	4.15.00	5.36.41
32	Lachlan Lewis	ACT	59	4.15.47	5.36.55
33	Christopher Wolfe	NSW	24	4.43.50	5.52.35
34	Victor Hessel	ACT	38	4.55.47	6.11.30

Note: Merrilyn Tail (VIC) was the third female to finish the 50k. She ran 5.21.32 but was not recorded as a marathon finisher after taking a wrong turn.

WESTERN TIMES, Thursday, April 17, 1997

## Francis family in near double

**BUNBURY'S Francis family almost snared a rare duration-double in the Canberra Marathon and 50-kilometre event last weekend.**



Mary Francis

Outstanding distance runner Mary Francis skipped away from the field to win the women's section of the event, while her husband Mick set a new personal best time of three hours and 12 minutes in finishing second to the ACT's perennial Australian 100km representative Trevor Jacobs.

Mick's performance was even more credible considering he was still suffering from the hamstring strain which forced him out of the Bunbury 12-hour race last month.

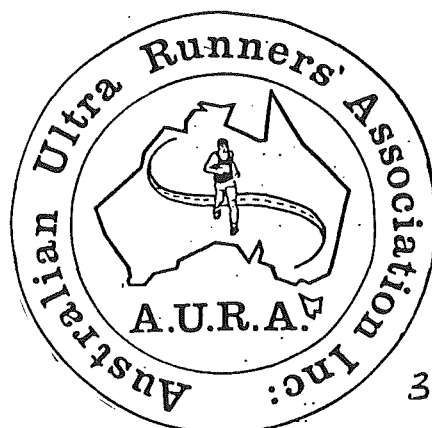
Mary was satisfied with her victory in 3:33, but it was four minutes slower than her time in the race last year and she vowed to get back to her peak,

despite a number of injury scares.

"I had hoped to go a bit faster, but I now realise I can't get away with not doing the speed work," Francis said.

"It was really good, but I've probably still got a bit of the 12-hour race in my legs. I've got the endurance, but I really have to pick up the speed."

The Francis' now plan to run in the Bunbury and Perth Marathons in preparation to represent Australia in the World 100km Championships in Holland in September.



# BANANACOAST ELECTRICS ULTRAMARATHON

## 1997

This year was the fifteenth running of this event, something of a landmark made possible by sponsorship for most of those years by local Coff's Harbour firm, Bananacoast Electrics. Another big factor in keeping my own enthusiasm alive has been the continued interest of Jim Bennington. Between us, Jim and I have finished this event over 20 times (23 we think!) That leaves a couple of non-finishes and non-starts to make up the total. However, apart from Bob Channells and Geoff Hain, no other North Coast (NSW) runners have shown a great deal of interest in repeat journeys up or down the back road between Coff's Harbour and Grafton.

This year, I did not start, and Jim did not finish so there were no NSW finishers at all. Thank goodness that the Sunshine State to our near north has produced a few intrepid spirits willing to have a go at one of the last road ultras still ticking over.

I am most grateful to Asim Mesalic, Peter McKenzie, Walter Kelemen and John Fowler for making the drive down to contest this year's Coff's to Grafton. It was a pity that former South African, now Victorian resident, Ron Coleman, was not in good enough condition to complete his run and join the four Queenslanders as finishers of the full 85kms. I am indebted to him for his even longer drive. Hopefully getting to half-way will have rekindled some of the old Comrades' fire in Ron's belly. (I gave him the AURA particulars, so he may find a run closer to home at Narre Warren, now)

Now to cut to the chase, or rather the race. Asim took off at the start with Jim shadowing him. Next came Peter and Walter (through 15kms in 79 mins), then Ron and John (90 mins). By 25kms, Asim's lead had stretched to one minute 26s. as he went through in 1.53.20. Peter and Walter were still together in 2.08.

They had to be. Walter's support vehicle was in dire need of its own support, so other runners pitched in and kept Walter on the road until his vehicle and support crew could rejoin him.

Jim pulled out with arthritis in one foot, just short of half-way, leaving Asim with the countryside and his crew for company. As his crew covered a couple of generations of his extended family, he was not exactly in isolation. His time at halfway 3.08.50. Peter passed that point next in 3.37.54, followed by Walter in 3.48.13 and John in 4.22.43. All looked strong, as they should at this point. After taking a long time for his last few kilometres, Ron Coleman called a halt after 4.43.00

None of the other runners looked like stopping after that. I checked their progress and all seemed in good spirits for the rest of the trek. Asim admitted to something of a dead patch, but finished strongly to record his second sub-seven hour clocking for the course. His time of 6.42.00 was the fourth fastest ever for the northward run, and marked a considerable improvement on his other performance in the opposite direction several years ago.

Peter McKenzie stuck to his guns really well to earn second place in 8.02.02. It was Peter's longest ultra and an excellent warm-up for the Comrades, which is his next major challenge. He will certainly have more company for that one.

Walter Kelemen was next in arriving at the post office in 9.17.50 to take third by 13.22 from John Fowler. John had closed the gap to even less, but Walter always seemed to have enough up his sleeve to stay ahead to the end.

For John, it was also a step - up in distance. His previous longest effort had been the Tamborine Trek. He handled the extra kilometres with style, in doing so, becoming our most "senior" finisher (date of birth - 17/9/39)

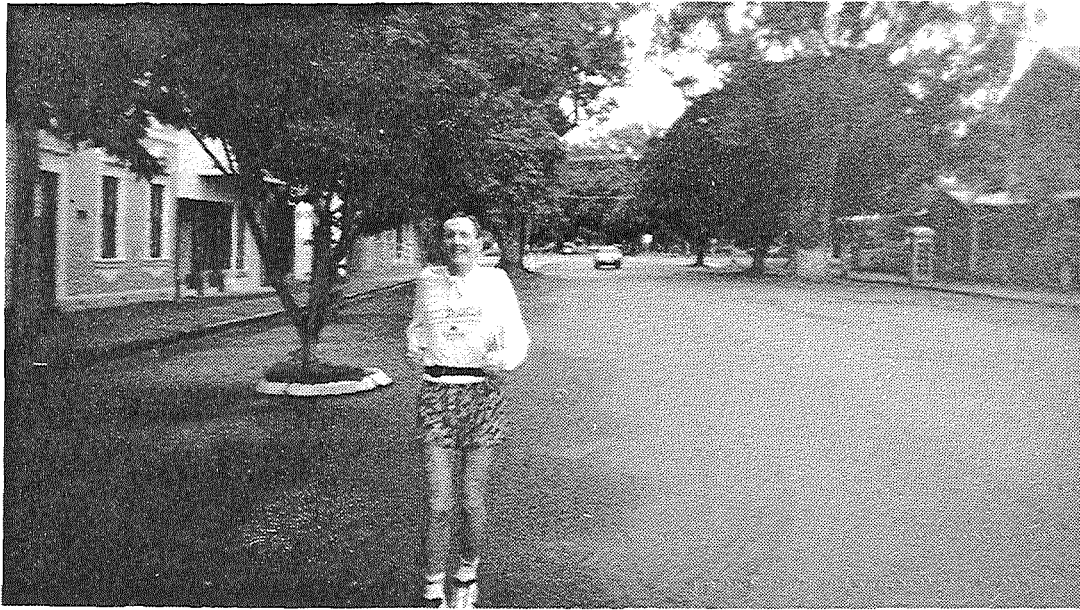
Thanks to the Riverside Crown Hotel, the finishers received some light refreshments and a warm/hot shower. The three race debutants also received a tee shirt and by now, should have received a commemorative goblet as well.

I hope that, even if they do not run south next year, their efforts serve to inspire others to have a go. The only cut-off is your own limitations.

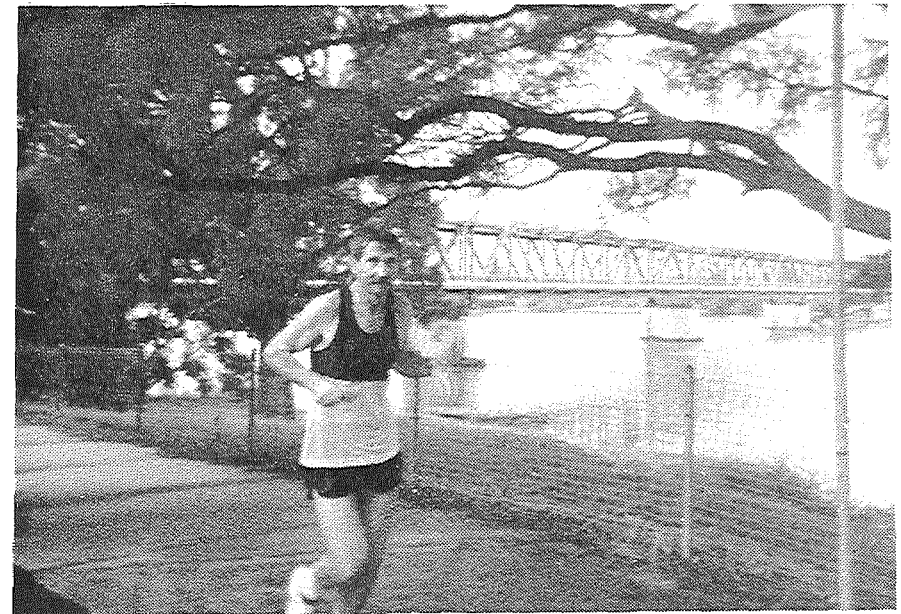
RESULTS:	1.	Asim Mesalic (born 4/1/57)	6.42.00
	2.	Peter McKenzie (born 9/5/50)	8.02.02
	3.	Walter Kelemen (born 20/8/53)	9.17.50
	4.	John Fowler (born 17/9/39)	9.31.12

P.S. Next year, the run will be on Mothers' Day to move it a bit further away from the Brisbane Waters Bush Bash and some other more or less local ultra or distance activities, I hope. Is the Shepparton 100km going to stay in May??? ) (Ed's note: We don't think so. It may be cancelled altogether)

# BANANA COAST ELECTRICS ULTRAMARATHON



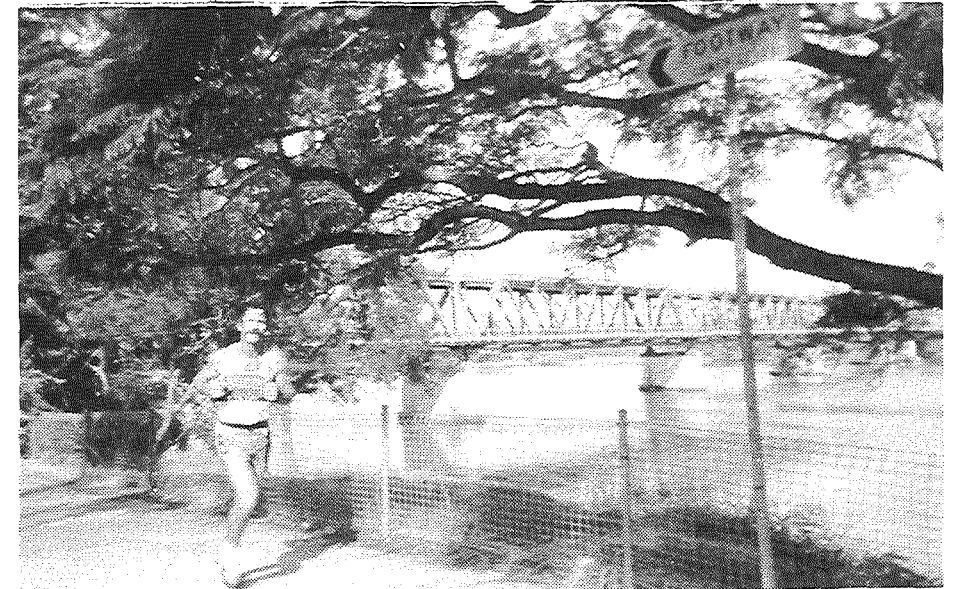
John Fowler finishing his longest journey.



Asim Mesalic closing in on the finish



Walter Kelemen entering South Grafton 1997



Peter McKenzie nearing the finish. The mighty Clarence River in the background.



# BUNBURY HOLDEN 6 HOUR ULTRAMARATHON - 1ST MARCH, 1997.

by Brian Jackson

The Bunbury 6 Hour Ultra was my first ultramarathon, and I am very proud to have won with a distance of 63.087km. This was the first time I have ever won anything, let alone an ultra. Even after 4 months, just mention Bunbury and my ears prick up. In all honesty though, the result belongs to many people, without whom, without question, I would have stopped at numerous points. There are three people in particular, my brother and team manager, Joe Jackson, who put up with all my whims, managed to get the rest of the Jackson crew to come and support us for a few hours during the race and stayed up with us all night celebrating (That didn't take too much convincing). Dawn Parris had a good sense of humour throughout the time I was running and at one very low point, walked a few steps with me, encouraging me to continue. Brian Kennedy's phone, before, during and after the race, was running hot. I had so many questions about my preparation - the race itself, training, what shoes to wear.... the list goes on. During the race, I felt strength from the fact that Brian was watching out for me. When I felt "No more", I've done my best and I was happy with what I'd done, he got me walking slowly, taking a few steps, then all of a sudden, I found I could run again. I crossed the line not by myself, but with a group of people who helped me to realise that you don't have to be brilliant, just do your best. I have struggled with my training and enthusiasm since then, but it doesn't take me long to cast my mind back to Bunbury in order to relax, take a few small steps, then carry on.

Thank you, Bunbury Runners' Club,  
Brian Jackson

Ed's note: Congratulations Brian on your first ultra win. May there be many more. Just hang in there and your enthusiasm will return. A feeling of depression and disinterest is quite normal after such a special event which has obviously meant so much to you and which you have trained so hard for. The period after the event is a real anti-climax and it usually takes a while to get keen again after you have put in such a big effort. Good luck anyway.

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## Action Jackson wins six hour

NEWCOMER Brian Jackson led a competitive field in the Bunbury Holden Ultra Marathon Footrace to win the six hour title.

The Perth runner claimed his first ultra-marathon win, clearing 63 kilometres and finishing 5km ahead of fellow Perth competitor Robin King.

Bunbury's Steve Pager was third with a run of more than 56km.

The title was Jackson's first ever big win in a sporting event.

He claimed it was almost a non-event.

"I was ready to quit at 3.30am with my 42km (the standard marathon distance), but my family and everyone out on the track kept me going by convincing me to not worry so much about the time and to walk for a couple of hours," he said.

"I picked up and came back strong — I'm over the moon."

Winner of the 50km, Bunbury's Dave Dye, claimed a WA title

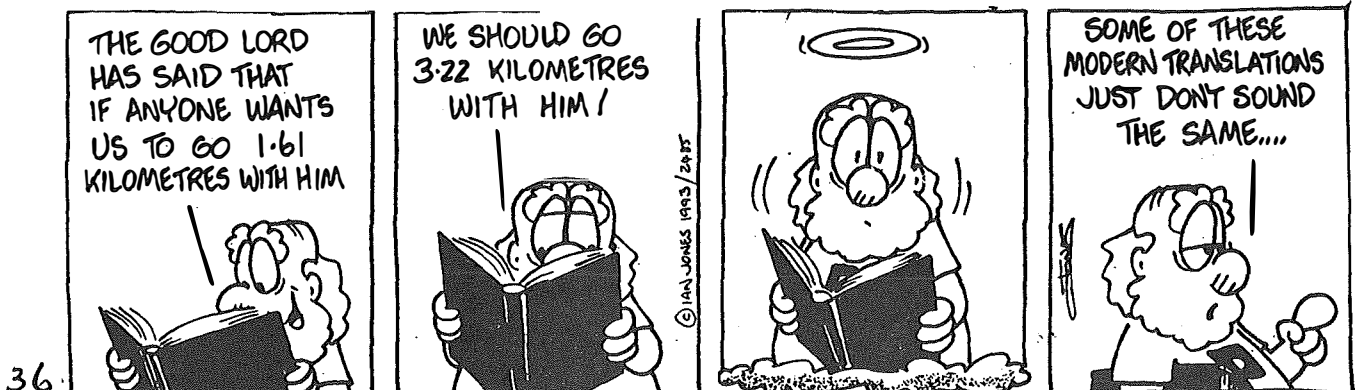
with his three hour 33 minute and 25 second run.

Another first-time entrant, Dye undertook the run as training for the upcoming Bunbury marathon.

He was 20 minutes ahead of Geoff Blyth and 40 minutes clear of last-minute entrant Bunbury Runners Club's Bjorn Dybdahl.

The 12 hour footrace attracted a record field of 21 runners.

One notable entrant was Bunbury's Lyle James who ran the six hour event barefoot.





**Bunbury Holden  
Bunbury Runner's Club  
6 Hour Race**  
1<sup>st</sup> March 1997

*BUNBURY  
RUNNERS  
CLUB*



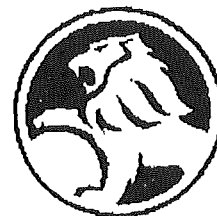
**HOLDEN**

First Name	Last Name	M/F	Total Distance	Marathon	30 Miles	50 Km	Apprx Aust Rank
ARIAN	JACKSON	M	63.078	03:37:32	04:38:14	04:47:13	55
ROBIN	KING	F	58.288	03:47:07	04:25:27	04:37:27	14
TEVE	PAGER	M	56.706	03:50:40	05:06:01	05:14:08	89
DOUG	SHAW	M	56.015	04:27:12	05:07:36	05:17:21	95
ANDREW	MCGLINN	M	52.511	04:54:54	05:35:35	05:44:48	118
DAVID	JAMES	M	51.992	04:44:32	05:34:37	05:47:16	123
DAVE	BIRD	M	50.607	05:07:54	05:46:50	05:55:25	132
TONY	STAHL	M	50.000	03:28:46	04:06:36	04:15:38	135
GEOFF	BLYTH	M	50.000	03:07:07	03:44:25	03:54:38	135
BJORN	DYBDAHL	M	50.000	03:23:31	03:59:26	04:13:14	135
DAVE	DYE	M	50.000	02:57:09	03:26:16	03:33:25	135
STEPHEN	DUNN	M	42.500	03:53:20			158
ANN	OSBORNE	F	42.500	05:47:14			35
CHRIS	COOPER	M	36.500				165
GARY	HARRIS	M	34.000				166
PHIL	CHILCOTT	M	25.500				167



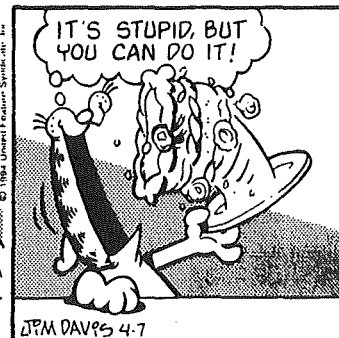
**Bunbury Holden  
Bunbury Runner's Club  
12 Hour Race**

*BUNBURY  
RUNNERS  
CLUB*



**HOLDEN**

First Name	Last Name	M/F	Total Distance	Marathon	30 Miles	50 Km	40 Miles	50 Miles	100 Km	6 Hour Dist
MARY	FRANCIS	F	128.095	03:03:48	03:33:49	03:42:16	05:09:36	06:38:30	08:23:00	73.500
DAWN	PARRIS	F	94.500	04:20:18	04:58:34	05:11:55	06:57:01	09:16:28		56.500
MICK	FRANCIS	M	59.000	03:03:46	03:33:44	03:42:16				59.000
CHARLIE	SPARE	M	50.000	10:43:41	11:42:34	11:56:59				35.500
STEVE	STONE	M	32.000							32.000



# **BUNBURY HOLDEN 6 & 12 HOUR TRACK RACE including WA 50KM & 100KM STATE TRACK CHAMPIONSHIPS.**

by Brian Kennedy

The weeks leading up to the race had me very concerned about how many starters there were, in fact, I nearly cancelled the race as I only had 4 starters 10 days before the race. Come race day, I was very pleased I did not cancel as there was a record field of 21 starters when the gun fired to start the race.

Publicity had been very good, with back-page articles in the local South Western Times and ABC radio interviews with Dawn Parris and yours truly. Dawn had been flown over here by our sponsor Bunbury Holden. The added bonus of having Dave Cundy here for the weekend to conduct a course measurers' seminar made this a big weekend.

Mick and Mary Morgan, who were running to raise funds for Legacy, were both keyed up, ready to go, as was the rest of the field, which included 10 first time ultra runners. The track was certified at 500m and weeks of preparation was not enough to get the track into top condition. The weather for the entire race was very good, with perhaps the humidity being too high for the first 6 hours.

And so the race started at 6pm, and the 6 hour entrants, Dave Dye, Tony Stahl and Geoff Blyth set an all or nothing pace and covered 15km in the first hour, with Mick and Mary Francis not far behind the 14km each. I knew after the first hour that it would be the survival of the fittest, and that is how the race turned out.

At the first change in direction at 3 hours, Dye was still full of running and had gone through the marathon and was looking stronger than the rest of the 6 hour field, and well on his way to becoming the new 50km State Track Champion.

Back in the pack, first timers Brian Jackson, Robin King, Geoff Blyth, Tony Stahl, Bjorn & Steve Roger were keeping up a solid pace, with well-planned consistent lap-times. Lyle James was showing us all that it is good to go "barefoot in the park", by running the entire 6 hours barefoot. Mick and Mary Francis were having their own in-house race to even the score, but as the race unfolded, it was not to be Mick tonight.

At the 50km mark, Dave Dye was first across the line in 3hrs.33min 25s. to be the new State Champion, followed by Geoff Blyth with a solid run in 3.54.38, followed by Bjorn Dybdahl in 4.13.14 & Tony Stahl in 4.15.38. All four runners had put in a big effort and decided it was enough and so the 6 Hour runners had plenty to run for.

At 50km, Mary and Mick Francis were still on track for a big run, with Mary recording new Australian times for 30 miles and 50km and was on track for a new 100km time. These times were a credit to Mary as the track was not fast, but she would show us throughout the race just how determined she was.

The 6 Hour Race was now unfolding into a mini battle between Brian Jackson and Robin King, with those remaining in the race enjoying their new experience and getting lots of support from the all supporters and spectators, and in particular, Dawn Parris.

Jackson paid the price of inexperience with food intake prior to the race, which nearly cost him his well deserved win, but he showed good old G & D to get back into the race.. The finish of the race saw Brian Jackson first across the line, followed by Robin King first female and Steve Pager.

At 6 hours for the 12 hour runners, it was Mary Frances powering along at 73.5km followed by Mick at 59km (having hamstring problems). Dawn Parris (Vic) had been putting her laps together very constantly with 56.5km. She was followed by Charlie ("Never again") Spare 35.5km and Steve Stone had withdrawn at 32km. With the retirement of Mick Francis and Steve Stone, it was up to the women to show us how to run for 12 hours.

Charlie Spare's mummy told him he would have to be in bed at midnight, so that is where he went for 4 hours. His 10:43.41 marathon would have to be a WW (world's worse). I could have done that time on one leg!! Thanks for coming to Bunbury Charlie. I mean that!

Back to the two outstanding ladies on the track. Even though there was not much action, it was still interesting to see both of them running. Mary, with her fast determined attitude and looking to break the 100km track time, and Dawn with a very efficient "run all day and night for 6 or 7 days" style, but both running very constant lap times.

From hours 8 to 10, Mary had problems and was putting every of effort into getting that 100km time. And that is what happened, by a mere 1 minute 11 seconds in 8.23.00. Her new times of 30 miles in 3:33.49 by 2 min.56s. and 50km in 3:42.16 by 2 min.02s was a big effort and worth watching every lap.

There was a good crowd at the finish to witness the second best 12 hour run in Australia by a woman. Mary now has No.1 & No.2 spot on this ranking list. Mary's final distance of 128.095km was an excellent run and Dawn Parris' 94.500km was, according to her own words, well below her best, but that did not matter. It was good to have Dawn and Trevor in Bunbury for our event. Charlie Spare returned to the track for the final 2 hours, just like a true ultra-runner.

The race was a success and sponsorship has been promised for the 1998 race. The date may be shifted and the 12 hour may be dropped. Thankyou to our sponsors Bunbury Holden, Subiaco Sports & Applebee's Jewellers. Thanks also to my helpers, in particular Ian Parker, who did all the computer work prior to, during and after the event and Marylyn Jones who lapscored for Dawn Parris.

Thanks must also go to AURA for their sponsorship and publicity.

## RESULTS:

### 50KM W.A. STATE TRACK CHAMPIONSHIP

1st Male:	Dave Dye, Bunbury	3:33.25
1st Female	Robin King, Perth	4:37.27

### 6 HOURS

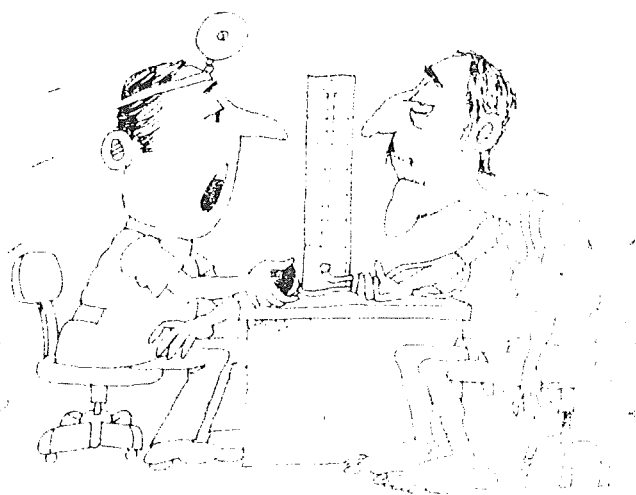
1st Male:	Brian Jackson	63.078km
1st Female	Robin King	58.288km

### 100KM W.A. STATE TRACK CHAMPIONSHIP

1st,	Mary Francis	8.23.00
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<u>12 HOUR</u>	Mary Francis	128.095km
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Brian Kennedy  
Race Director 1997



I'D SLOW DOWN ON THE WOMEN  
FOR A WHILE, YOUNG MAN!

## **NAROOMA - A RUNNER'S DREAM**

by Pip Thorn

Narooma lies on the coast 350km south of Sydney. The Princes Highway runs through it. Population 5,000. From the bottom of our drive-way, I have a choice of 30+ runs. There are 14 basic runs that can be reversed and most can combine with each other to make the run longer. They are all loops, that is, no out and back along the same course. In all but one of the runs, the furthestmost flat section is 2km. They range in distance from 15km to 50km, and I can think of a couple of 60-80kms, but as I have to psyche myself into the 50kms, I'll leave the longer runs on the back burner for another year. All runs include hills. They start at undulating, travel through fairly hilly to very hilly and on to the 45 degree slopes. You know the type, where your legs are really going for it, but as you look to your side, you discover that the scenery isn't moving.

I have two personal favourites. The first is the Mt.Domedary track, or as it is affectionately known as "The this is really stupid run". Mt.Domedary has an altitude of 792m and the loop from Narooma over

34.

the mountain and back to Narooma is 40-43km approximately. It is hard to be accurate about the distance as one side of the mountain is trail and difficult to measure. It takes me about 4 hours. The first 20km takes the back roads from Narooma to Tilba, a restored mining town which lies at the base of the mountain. The roads fall into the hilly category. From the base, it is about a 4km run straight top on a 2m. trail over rocks, roots and, when it has rained, small water-ways. When you reach the top of the ridge, the track divides. One takes you down the other side, and the other is what is known as the "short-cut" to the summit. What it really means is a 2km mud slosh up an invisible track. A trig marks the top, and if it's a nice day, the view is fantastic, and if it is not a nice day, the visibility is 1m. The downwards trail (again approximately 4km) is a good but steep forest road. From there, you run through more hilly foothills and then, it's all downhill on the way home. The scenery is lovely.

The second run is the exception already mentioned. Actually, it is only flattish, rather than flat. The first 10km heads south along the Princes Highway and the next 8km takes you through bushy farmland to a beach, delightfully known as 1080 I. From there, you follow the coast. It's mostly beach with some rock-hopping and farm head-lands right back to Narooma. It's a great run, but you have to pick the tide because high tide could see you swimming rather than running. The sand is hard-packed and makes for a good running surface. I haven't any idea of the final distance, but again, it takes me about 4 hours.

In the two years that we have lived in Narooma. I have run 4 times a week and have never thought once, "Oh God, not this run again!" Rather, it is a series of decisions at the bottom of our driveway. How much time do I have? How far do I want to run? Do I want hills, undulations, track, trail or road and do I want to run this run in reverse? It's tough making these decisions at 6am!

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## CAPEL TO COLLIE 100KM ROAD RACE (W.A.) 10TH AUGUST, 1997

by Brian Jackson

\$69 for the hotel in Bunbury. My brother and I checked in at 8pm and out at 4am for the one and a half hour drive to Capel and the 6am start of my first 100km race. I was cold and tired, my brother was cold and tired and the car agreed. Making it to the start was an achievement. I hadn't trained enough, eaten properly, slept enough, my shoes were too tight and I already had blisters from the Perth Marathon two weeks ago. "Why was I here?"

The Capel to Collie (CC 100km) was run by the Bunbury Runners' Club and was held once in '93 or '94 and is run in conjunction with the CC Classic - a 92km relay event for teams of 5 runners. I entered the CC 100km while suffering from delusions of grandeur in the wake of my first ultra - the Bunbury 6 Hour Track Race, in which I came first with a distance of 63km. Those delusions completely disappeared when the brass monkeys froze on the start line. We headed out into complete darkness with the relay walkers on the out and back 8km leg before starting the 92km course. Geoff and I didn't stop talking for the first two hours. I didn't pay any attention to my rhythm, breathing, fluid intake or that little niggle I felt in my knee. I had plenty of time to regret this as I walked up the first hill. Seventy kilometres to go and I was walking already. The reality of not coming second in a two man race began to set in like an avalanche. At less than 50km and more than 6 hours, I was reduced to a shuffle and a pace of around 5km per hour. My brother, support manager, and I agreed that I would not make it if I continued to stop for 5-10 minutes every time I saw the support vehicle. Joe set me a distance of 5-6km, drove ahead and left me to it. The turning point came at 61km when he set 6km as the next stop, returning to check on me if I didn't make it in an hour. It was 1 hour 40min when I next saw him coming towards me. By this time, I was gutted emotionally and physically. "I'm sorry Joe, I'm not going to make it" I thought I'd only covered 5km or so. Absolute euphoria set in when he told me I had just run 11km and had passed 72km!! Suddenly the landing lights on the runway came on. I could have sworn I touched down when, at 80km, my support crew swelled to 6 with the unexpected arrival of my family. I actually enjoyed the last 20km. Kevin Martin, Race Director, came out in support, running with us for 5km. Geoff Blythe finished in 11hours 50min and stuck around to see me finish in 13 hours 17 min. Thanks mate! Two weeks later, I'm trying to come to terms with my efforts and decide my next steps.

I want to get back to basics for a while, relax, enjoy life and some shorter (if any) runs before making a decision on my next ultra. Thanks to Kevin Martin and the Bunbury Runners Club for showing me that in ultra running, although I may cross the line myself, many people finish the race with me, making it a real team sport, in my view.

Yours in ultra,  
Brian Jackson.

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## AUSTRALIAN & QLD 48 HOURS AND QLD 24 HOURS TRACK CHAMPIONSHIPS

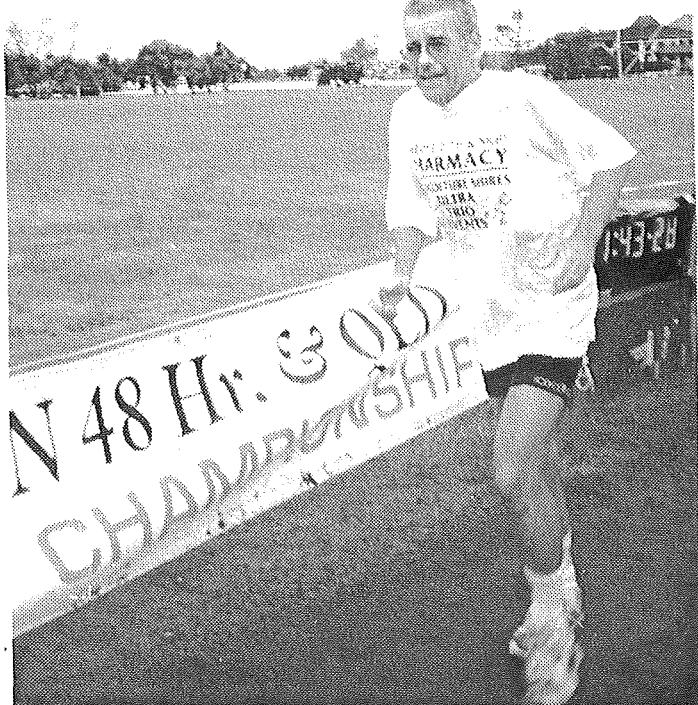
These Championships were held on the Gold Coast over 16-18 May 1997. The weather proved much of a repeat of the previous year, with rain falling heavily towards the end of the first 24 hours of the 48 hour race, just before the start of the 24 hours race. The track is of grass, in a non-standard configuration. One section of the track turned into a quagmire, causing 2 runners in the 24 hours race to withdraw early in the 24 hour event. Other runners battled on gamely in the wet and showery conditions. The wet weather is unseasonal for the Gold Coast in May and, after 5 to 6 hours, conditions improved and the track dried out fairly rapidly.

The highlight of the championships was Angela Clarke's performance in the 24 hours event. Subject to ratification by AURA, Angela broke the National 24 hours record in the 55 to 59 years age group in a new distance of 175.541 kms and placed 2nd outright in the event. Ian McCloskey won the race with a distance of 178.756 kms. Geoff Hain from Lennox Head did a PB with 165 from Brian Evans, Gary Parsons and others. Full details appear in the results schedule. Angela was the only female in a field of 12 starters.

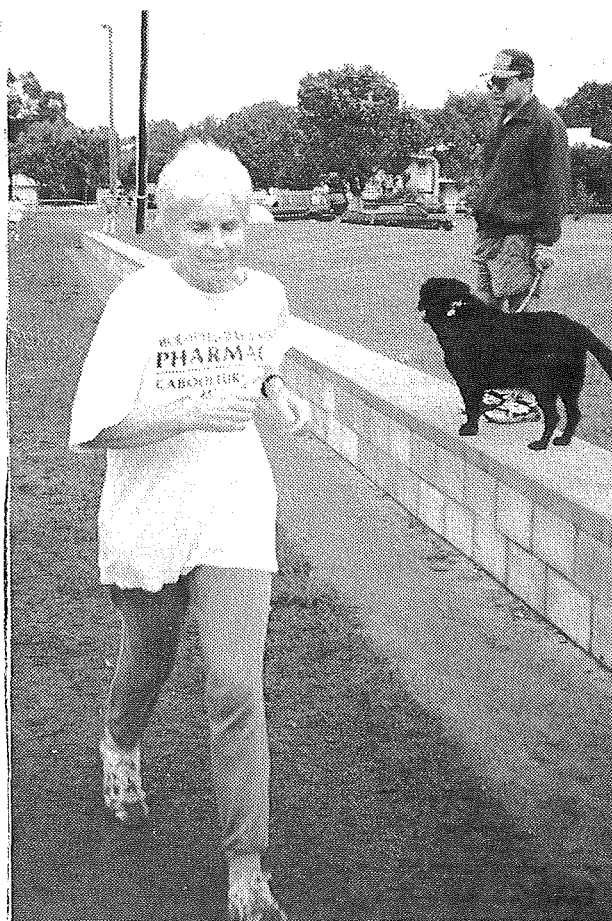
The 48 hours event was won by the evergreen Bryan Smith. Bryan, recovering from a virus, clocked up his normal 200 kms in the first 24 hours and battled on for a total of 307 kms. Peter Gray finished 2nd with 267 from Pete Gibson on 225. In the ladies section, Lyn Gordon-Lewis recorded another win with 217 kms, from walker Kerrie Hall on 209 and Shelley Smith on 200 kms.

Thanks to the Army for the tents which kept the lapscorers dry and Club Banora for the huge marquee which housed the crews and resting runners. Without the canvas/vinyl, the holding of this race would have been next to impossible. Thanks also to John Evans and the Gold Coast Eagles Rugby Club for the use of the ground and clubrooms, complete with showers, bar, canteen etc. These races are so much easier to conduct with a good team to spread the workload. Thanks to the Gold Coast Runners Club for the provision of lapscorers and gear, Alan Cossey who did almost all of the organisational work and the many other people who helped with the event.

Ian Cornelius  
19 May 1997



Ian McCloskey, 1st place in the Queensland 24 Hours Track Championships, 1997 with a distance of 178.775km.



Angela Clarke, first female in the Queensland 24 Hour Track Championships 1997. Age group (55-59 years) record pending - 175.541km.



# **AUSTRALIAN & QUEENSLAND 48 HOURS & QUEENSLAND 24 HOURS TRACK CHAMP'S HELD GOLD COAST, QUEENSLAND 16-18TH MAY, 1997 RESULTS**

				24 hrs	48 hrs
<b>48 Hours</b>					
Smith, Bryan	VIC	1		201.00	307.282
Gray, Peter	VIC	2		166.00	267.282
Gibson, Peter	QLD	3	1QM	175.00	225.000
Gordon-Lewis, Lyn	QLD	4	1QF	122.00	217.266
Hall, Kerrie	QLD	5	2QF	117.00	209.817
Smith, Shelley	QLD	6	3QF	117.00	200.684
Hilleary, Don	QLD	7	2QM	78.50	90.500

## **24 Hours**

McCloskey, Ian	QLD	1	1QM	178.756
Clarke, Angela	QLD	2	1QF	175.541
Hain, Geoff	NSW	3		165.513
Evans, Brian	QLD	4	2QM	154.019
Parsons, Gary	QLD	5	3QM	149.500
Morgan, Rod	QLD	6	4QM	148.607
Swain, Sean	NSW	7		141.207
Burns, Bob	QLD	8	5QM	134.087
Sinfield, Peter	QLD	9	6QM	119.015
Collins, Tony	NSW	10		118.500
Treloar, Roy	QLD	DNF		
French, Cliff	QLD	DNF		

\* Australian age group record pending

Bryan Smith (left), winner of the 1997 Australian 48 Hours Track Championship with a distance of 307.282km, with Tony Collins, winner of the Sydney - Albury - Sydney, March 1997.



## The Third Shoalhaven Ultra-Marathon - Peter Goonpan wins!

15-6-97

A cool, overcast, calm winter's day - perfect running conditions - greeted the fifteen starters who lined up at 8 am on Sunday 15 June at Cambewarra School (just out of Nowra, South Coast NSW) for the third running of the Shoalhaven Ultra-Marathon. They raced to Kangaroo Valley on bitumen and gravel roads, and firetrails. Results were:

Place	Time	Name		Locality
1	3.15.44	Peter GOONPAN	M	KIRRAWEE NSW
2	3.17.17	Kelvin MARSHALL	M	ELSTENWICK VIC
3	3.18.40	Danny MOORE	M	KINCUMBER NSW
4	3.31.06	David CLEAR	M	WEST RYDE NSW
5	3.35.10	Brock McKINLEY	M	CALWELL ACT
6	3.35.37	Pip THORN	<b>First F</b>	NAROOMA NSW
7	3.37.44	Andrew HISLOP	M	MANLY NSW
8	3.40.36	Helen STANGER	<b>Second F</b>	LOFTUS NSW
9	3.40.36	Bill HICK	M	ENGADINE NSW
10	3.48.16	George TAKACS	M	KEIRAVILLE NSW
11	4.04.42	Max BOGENHUBER	M	SUTHERLAND NSW
12	4.07.33	Michelle KRELLE	<b>Third F</b>	WEST CAMBEWARRA NSW
13	4.14.57	Ludwig HERPICH	M	MIRANDA NSW
14	4.53.40	Ross STEVENSON	M	COOGEE NSW
15	5.31.22	Victor HESSELL	M	GIRALANG ACT

Without a spy out there in the final sections, I guess there must have been a great battle between the front runners; less than three minutes separated Peter Goonpan, Kelvin Marshall and Danny Moore after the 46 kms. Peter, Kelvin or Danny might like to report in to ULTRAMAG about it. In the end, Peter was clearly number one as he approached the Kangaroo Valley Showground. However, as the photo shows, he wasn't allowed to cruise home. Andrew Lloyd (who was just finishing an easy run in the 32 km King of the Mountain that is held at the same time) saw Peter coming in, chased and caught him, and challenged him to a sprint to the finish! Well done Peter!

Three women entered this year. Pip Thorn ran an great race, making her excellent time look easy when she came in. She was closely followed by Helen Stanger; local runner Michelle Krelle in her first ultra, ran a race she can be really proud of. Us organisers messed up the women's trophy yet again - sorry Pip - but we promise we will get it **right** next year!

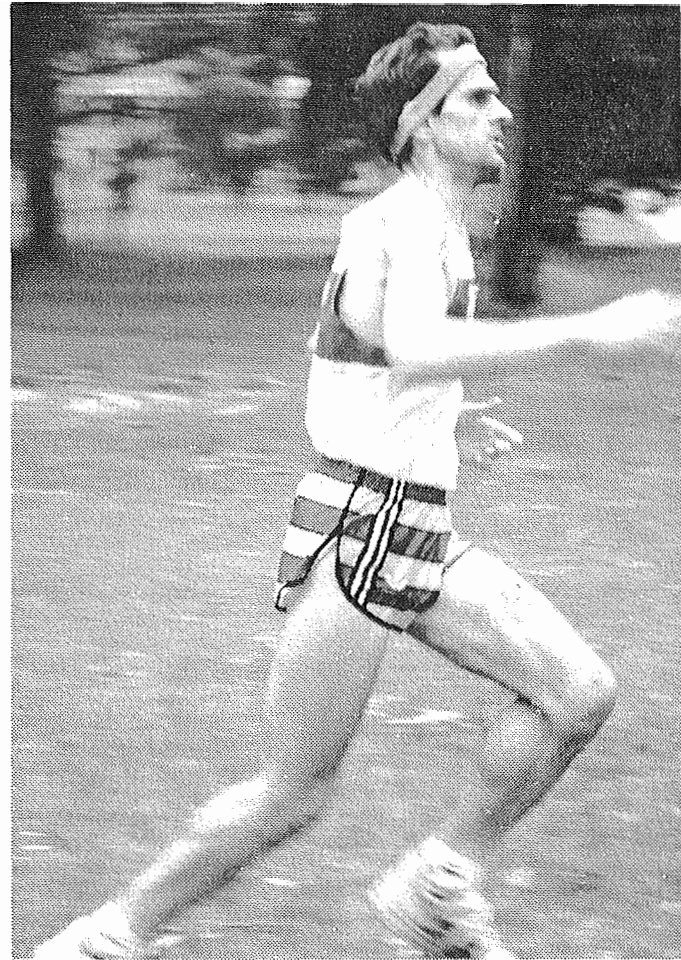
It was a great day thanks to major sponsor Nowra Toyota, the huge team of Officials from Nowra Athletic Club, the backup buses provided by Shoalhaven Community Transport, and the Kangaroo Valley Lions Club canteen - a good country cup of tea and scones go down very well after an Ultra on a cold day! Next year's Ultra same place and same conditions - 14 June 1998.

Terry Threlfall  
Secretary, Nowra Road Runners  
June 28, 1997

Pip Thorn cruises home first in the women's section of the Shoalhaven 46km Ultramarathon. - 15/6/97



Shoalhaven 46km Ultramarathon  
15th June, 1997  
Kelvin Marshall strides out for home.



Shoalhaven 46km Ultramarathon 1997  
Peter Goonpan's victory speech. Race  
Director & Nowra A.C. President, John  
Morris in background.



Peter Goonpan and Andrew Lloyd  
fight it out.



# AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

## 50 MILES TRACK RACE

SATURDAY 21ST JUNE, 1997

BILL SEWART ATHLETICS TRACK, EAST BURWOOD, VIC.

## RESULTS

				Marathon	30 Miles	50 km	40 Miles	50 Miles
1.	Nigel AYLOTT	31	Vic.	2:57:12	3:23:57	3:31:40	4:42:37	6:09:03
2.	John HARPER	50	Vic.	3:57:54	4:33:07	4:43:24	6:13:32	7:56:47
dnf	Boris of KAMCHATKA	39	Russia	2:52:56	3:19:59	3:28:43	133 laps = 53.2km in 4:02:30	
	Carmela CARRASSI	43	Vic.	5:11:55	6:04:27	6:20:05	125 laps = 50km in 6:20:05	
	Ron CAMPBELL	54	Vic.	3:15:50			106 laps = 42.4km in 3:17:10	

## RACE REPORT

Nigel Aylott made it two in a row with another convincing win in this year's race. An early duel with Russian Boris of Kamchatka gave promise of an exciting race but Boris succumbed to stomach problems after 50km and was forced to retire, leaving Nigel unchallenged. Nigel's winning time this year was an improvement of 18 minutes over his last year's time. Well done Nigel! Can you make it 3-in-a-row next year?

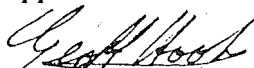
It was disappointing to only have five starters and even more disappointing to end up with only two finishers. At least each finisher received a trophy.

For almost the middle of winter, it was amazing we were blessed with perfect weather. A light breeze, 14°C and broken cloud, coupled with a brand new polyurethane track saw the competitors receive the very best of opportunities. I am particularly indebted to the Track Management Committee for their generous assistance.

I am also indebted to our principal sponsor who supplied heaps of delicious scones, jam and cream which were enjoyed by helpers, onlookers and competitors alike. Thank you to Ken and Judy Walters of the Ferny Cottage Cafe, 170 Mt. Dandenong Tourist Road, Ferny Creek. Ken, an ex-bakery pastry cook, is reputed to make the best scones in the Dandenongs. I like their cappuccinos as well!

John Harper celebrated (?) his 50th birthday by successfully completing the distance with the added bonus of securing 2nd place. Many friends visited and ran a lap with him to join his celebration. I was very pleased the race coincided with his birthday. Well done John! Will you be running 60 miles on your sixtieth birthday?

I've decided to relinquish the job of Race Director after 13 years of the race's 17 year history. We have had many notable performances over the years (many Australian records and a world record, not to mention countless age records, world and Australian) and the biggest field was 47 runners. Things have certainly changed now, however, John Harper has kindly offered to keep the race going so I urge all you runners to please support John in future editions of this great event.

  
Geoff Hook  
Ex Race Director



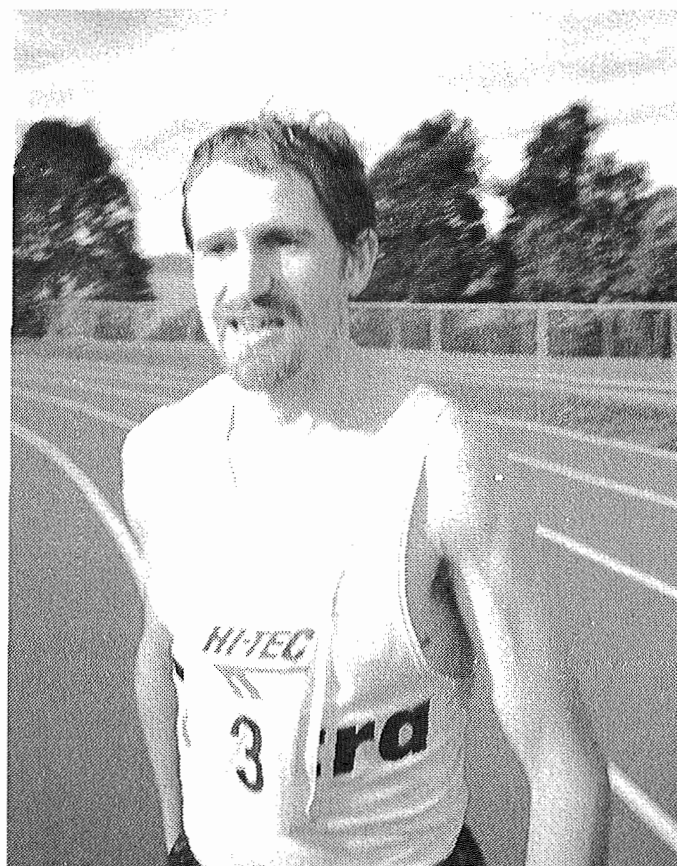
**AURA 50 MILES TRACK RACE**  
**SATURDAY 21ST JUNE, 1997**  
**BILL SEWART ATHLETICS TRACK, E. BURWOOD, VIC.**



Geoff Hook, Race Director and second place getter, John Harper, who turned 50 years of age on the day and ran 50 miles to celebrate.

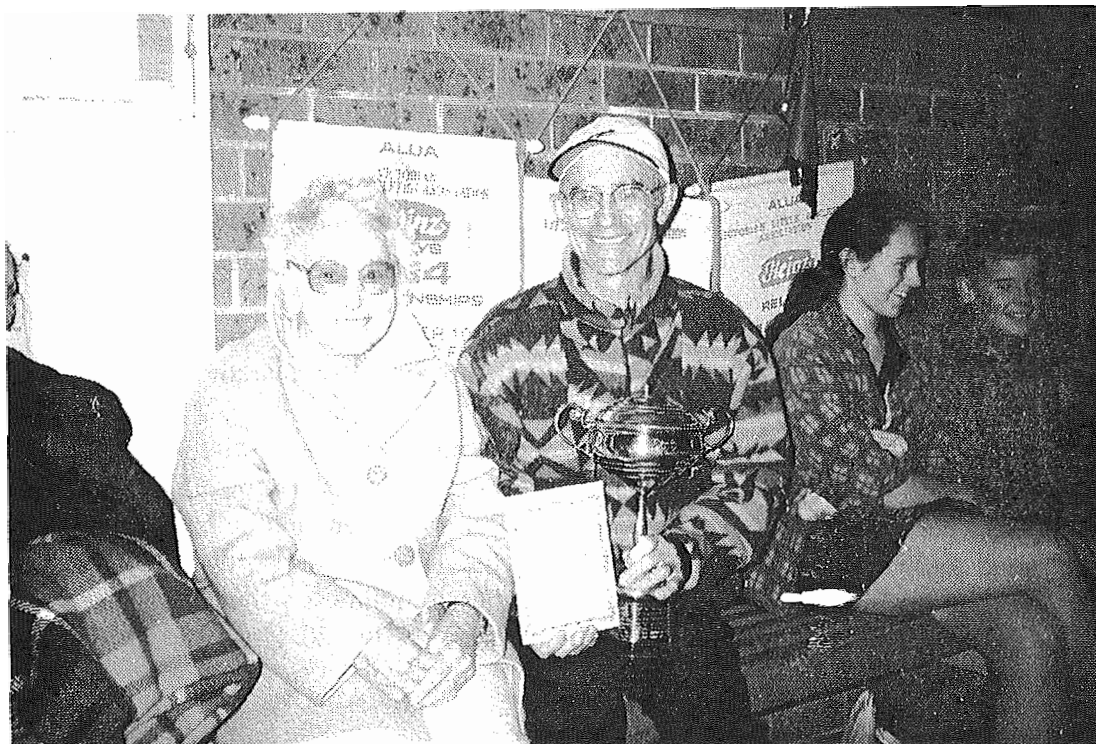


Nigel Aylott, winner, with Geoff Hook, Race Director.

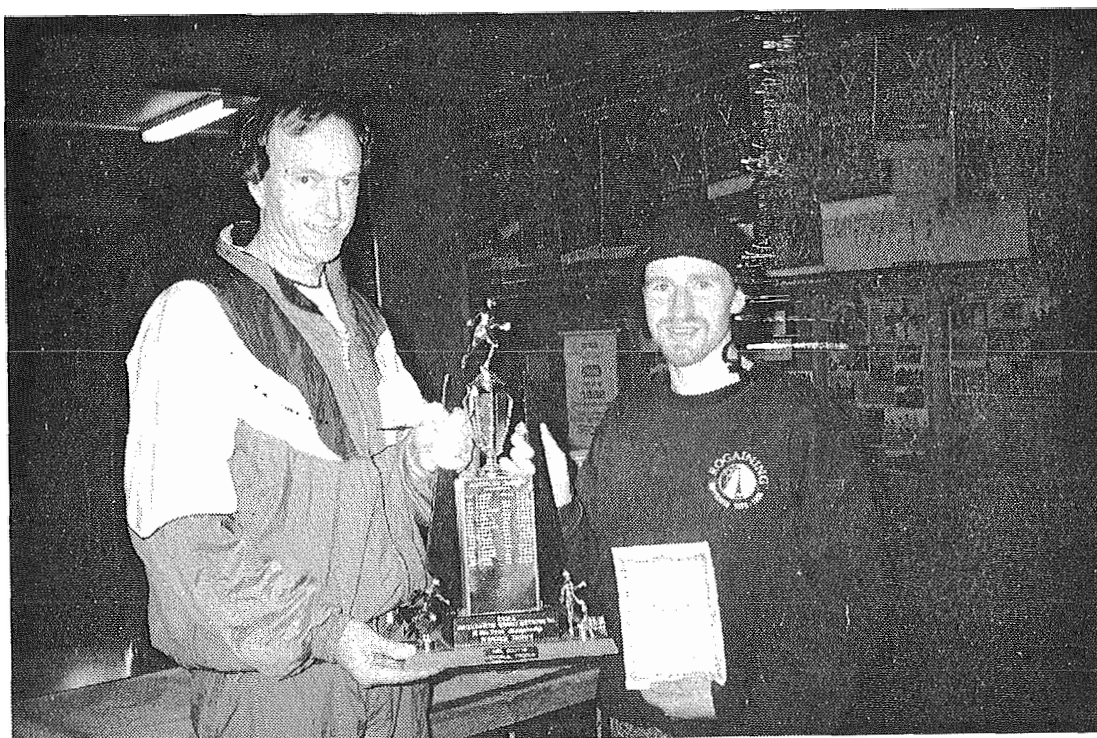


Second time winner of this event, Nigel Aylott, who ran 6.09.03, a time 18 minutes improvement on last year. Congratulations Nigel!

**AURA 50 MILES TRACK RACE  
SATURDAY 21ST JUNE, 1997  
BILL SEWART ATHLETICS TRACK, E. BURWOOD, VIC.**



John Harper, second placegetter in the 50 Miles Track event at East Burwood on 21st June, 1997 with his lovely mum, helping him celebrate his 50th birthday.



Geoff Hook, Race Director, presenting the winning trophy to Nigel Aylott, 1997 Australian 50 Miles track champion.



# Sri Chinmoy 100 km / 24 hour Track Races

Lovelock Track, Auckland, New Zealand - 5/6 July 1997

*by Simahin Pierce*

The Inaugural Sri Chinmoy 24 hour track race was held in mild, windless and sunny conditions .

After the runners introduction the race was started by NZ Ultrarunner's Association President Richard Tout. The men's and women's 24 hour races were dominated by NZ 24 hour record holder Ian Curtis and by smooth gliding rookie Carolyn Tassie.

In a 'Yiannis' type opening the power packed Ian charged through the marathon split in 3:13:52 and past 50 miles in 6:39:16. He was joined for a few kilometres by 62 year old masters champion Gary Regtien who displayed some of his classic high knee-lifting running form on route to a 50 km split of 4:15:48 (12 minutes under the world record masters (60-65) 100 km pace!) Unfortunately Gary had not fully recovered from a respiratory ailment and he had to stop after 73 km. Ian continued to run strongly passing 134 km at the 12 hour mark. In the second half he slowed a little and required several massage stops for muscle tightness - thus slipping behind his NZ record pace. Nevertheless he pushed on to complete 200 km in 20:47:00 and finished with a classy 224.8 km.

First-upper Bob Lee achieved the 100 mile goal in 22:56:09 and finished with 165.3 km. Colin Clifton made a brave attempt at his NZ O/70 masters record but stomach problems kept him a few kilometres short. Race walker Jack Tregurtha added 15 km to his 24 hour best with a steady 142 km. Michael Simons had not fully recovered from the Comrades marathon (90 km) and struggled in the second half while Russell Shannon showed grit to reach 128 km in his first 24 hour race.

In her initial 24 hour outing Carolyn Tassie showed the poise and style which usually comes into it's own in multiday events. Looking remarkably fresh in the latter stages of the race she finished just 20 m short of an impressive 190 km.

Sri Chinmoy Marathon Team representative Dianne File was very pleased with her 21 km improvement to reach a 137.6 km personal best and Caroline Patton was cheerful and steady covering 111 km.

The Sri Chinmoy 100 km race started simultaneously with the 24 hour event at 9:00 am. The men's race was won by first-timer Dave Mason of the Sri Chinmoy Marathon Team in 10:30:19 from a determined Geoff Clarke in 11:22:42 and team mate Barney McBryde in 11:47:01. Walkers Chris Metcalfe and Maureen Pennell recorded a consistent 16:51:20.

NZ World 100 km Challenge representative Shawn Cooper was a late starter but he showed his talent as he effortlessly strode through 50 km in a 3:53:30 training pace before stopping at 74 km with a slight Achilles strain.

The 100 km team relay was won by the Sri Chinmoy Marathon Team "Boys Quad" from the YMCA Fliers and the Sri Chinmoy Marathon Team "Girls Squad".

# Sri Chinmoy 100km/24 Hour Track Races

Lovelock Track-Owairaka Amateur Athletic and Harriers Club

Auckland New Zealand 5/6 July 1997

Name	Place	Marathon	30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	200 km	Total
<b>Sri Chinmoy 24 Hour Race - Men</b>											
Ian Curtis	1	3:13:52	3:46:20	3:54:47	5:10:53	6:39:17	8:26:52	14:05:26	15:16:43	20:47:00	224.800
Bob Lee	2	4:06:10	4:48:50	5:02:17	6:51:21	9:07:17	11:52:30	20:45:37	22:56:09		165.304
Colin Clifton	3	5:35:53	6:38:46	6:51:50	8:53:27	11:09:58	15:06:26				145.200
Jack Tregurtha	4	6:03:08	7:00:38	7:15:25	9:43:46	12:57:02	16:32:20				142.028
Michael Simons	5	4:07:11	4:48:39	4:59:50	6:58:25	9:20:25	12:11:13				137.601
Russell Shannon	6	4:57:54	5:49:28	6:00:36	8:44:38	11:09:53	14:06:20				128.633
Gary Regtien	7	3:27:17	4:04:40	4:15:48	6:05:39						73.200
<b>Sri Chinmoy 24 Hour Race - Women</b>											
Carolyn Tassie	1	4:18:21	4:55:25	5:05:59	6:48:05	9:21:06	11:47:06	18:29:19	20:21:58		189.980
Dianne File	2	5:40:50	6:50:09	7:08:10	9:25:57	12:05:52	16:29:40				137.702
Catherine Patton	3	6:18:50	7:49:22	8:03:40	11:23:28	15:47:24	20:39:08				111.041
<b>Sri Chinmoy 100 km Race - Men</b>											
Dave Mason	1	3:41:17	4:27:24	4:37:36	6:19:56	8:16:23	10:30:19				100.000
Geoff Clarke	2	4:12:39	4:55:53	5:06:10	6:40:35	8:38:42	11:22:42				100.000
Barney McBryde	3	4:11:49	4:58:11	5:11:43	7:05:35	9:20:37	11:47:01				100.000
Chris Metcalfe	4	6:58:27	7:59:06	8:14:35	10:41:11	13:23:43	16:51:20				100.000
Shawn Cooper	DNF	3:12:51	3:45:11	3:53:30	5:42:15						74.000
<b>Sri Chinmoy 100 km Race - Women</b>											
Maureen Pennell	1	6:58:27	7:59:06	8:14:34	10:41:11	13:23:30	16:51:20				100.000
<b>Sri Chinmoy 100 km Race - Team Relay</b>											
Sri Chinmoy Marathon Team (boys)	1						8:56:26				100.000
YMCA Fliers	2						9:54:05				100.000
Sri Chinmov Marathon Team (girls)	3						11:13:47				100.000

16<sup>th</sup> ANNUAL

# Sri Chinmoy National 24 Hour Track Race

Incorporating the Sri Chinmoy  
12 Hour & 6 Hour Races,  
and the Inaugural  
100 Km S.A. Championship Race



Adelaide - South Australia  
October 4th and 5th 1997

“Run and Become...  
Become and Run.”

## INFORMATION FOR THE ULTRA TRACK RACES

How long have you been running?.....  
Do you hold any ultra distance records?.....If so, please list: .....  
How many ultras have you run?.....  
What was your Most outstanding race?.....  
Longest distance run?.....

Distance	Best Race (including placing)	BEST TIME	HOW MANY	COMMENTS
MARATHON				
50 KM				
50 MILES				
100 KM				
100 MILES				
12 HOUR				
24 HOUR				
48 HOUR				
ANY OTHERS				
SYD - MEL				

What other sports are you active in?.....  
Any comments or additional information of interest. ....  
.....  
.....

# 16th Annual Sri Chinmoy Ultra Track Races

## Race Information

### Start:

24 Hour Race 8.00am Saturday, 4 October 1997  
 12 Hour Race 8.00am Saturday, 4 October 1997  
 6 Hour Race 2.00pm Saturday, 4 October 1997  
 100 km Race 12 Noon Saturday, 4 October 1997

### Location:

Olympic Sports Field  
 344 The Parade, Kensington Park

### Service to runners:

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

### Prizes:

Medallions to all finishers

## Application for entry

- Applications close 19 September
- NO ON THE DAY ENTRIES
- To apply - Fill out application for entry coupon and the information requested on the rear of coupon. Further information is welcomed on a separate sheet.

### Include:

Entry fee:	24 Hour Race	\$75
	12 Hour Race	\$50
	6 Hour Race	\$40
	100 Km Race	\$60

Entries after 19 September will incur a \$10 late fee

All 24 Hour entry fees include a T-shirt  
 12 / 6 Hour & 100 Km entry fees do not include T-shirt  
 Extra T-shirts - \$15 each

PASTA PARTY Friday 3 October 7.00pm \$15 per person  
 Olympic Sports Field

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

Sri Chinmoy Ultra Track Races  
 P.O. Box 554  
 North Adelaide SA 5006

For More Information Phone  
 (08) 8332 5797

-----Tear Here ✂-----

## Sri Chinmoy Ultra Track Races

Please Print Clearly

For Official Use Only

Last Name		First Name		Sex		Age on race day	
<input type="text"/>		<input type="text"/>		Male <input type="checkbox"/> Female <input type="checkbox"/>		<input type="text"/>	
Mailing Address		Street		Birth Date		Occupation	
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>	
Post code		Area Code		Phone		City	
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>	

No runners under age 18 will be accepted. Entry Fee

- |                          |                |                            |
|--------------------------|----------------|----------------------------|
| <input type="checkbox"/> | 24 Hour Race   | \$75.00 (Includes T-shirt) |
| <input type="checkbox"/> | 12 Hour Race   | \$50.00 (No T-shirt)       |
| <input type="checkbox"/> | 6 Hour Race    | \$40.00 (No T-shirt)       |
| <input type="checkbox"/> | 100 Km Race    | \$60.00 (No T-shirt)       |
| <input type="checkbox"/> | Pasta Party    | \$15.00 per person         |
| <input type="checkbox"/> | Extra T-shirts | \$15.00                    |

☐ Sm ☐ Med ☐ Lg ☐ X-lg Total \$

Make cheques payable to: Sri Chinmoy Centre

Signature ..... Date .....

In consideration of this entry accepted, I, the undersigned, intend to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release the Sri Chinmoy Marathon Team and their representatives for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

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

51.

Support By : Australian Chiropractors Association (S.A. Branch)  
 Mount Lofty Natural Spring Water  
 Findon Fresh Pasta

*Regards Ian Cornelius*

**24 HOUR TRACK RACE  
NORTH SHORE BAY AUCKLAND  
NEW ZEALAND  
4 TO 5 OCTOBER 1997  
STARTING TIME 4 PM SATURDAY  
FINISH TIME 4 PM SUNDAY  
Information. Richard Tout Ph. 09 4833037 or 025-954698  
ENTRY FORM**

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_ Bus \_\_\_\_\_

Sex \_\_\_\_\_ Occupation \_\_\_\_\_

Age \_\_\_\_\_

Previous 24 HR Best \_\_\_\_\_ Marathon Best \_\_\_\_\_

Entry Fee \$50.00      NZUAI 4 Mayall Av Birckdale Auckland

Signature \_\_\_\_\_

# *6 hour & 50 km Victorian Track Championships 1997*

**SUNDAY 30 NOVEMBER at MOE ATHLETIC TRACK**

The races will be held at the Moe Athletic Track at Newborough (near Moe), approximately 138 kilometres east of Melbourne. The track has a synthetic surface. Changing rooms, showers and toilets are close to the track. Masseurs will be available before, during, and after the race. Both Championship races will be held together with a single entry covering both events. The marathon distance will be measured and marked. Refreshments will be provided at the end. A 6 hour relay race will be held simultaneously. The races are organised by Traralgon Harriers Athletic Club Inc.

A single \$25 entry fee covers both championship races. Relay team entry is \$35. Entries close on 20 November.

Relay race: Teams shall be any number up to five runners, changing after each 20 minute interval, and strictly following the nominated order of runners. Team members and running order are to be advised on the day. There are two team categories, open and mixed (which must have at least 2 runners of each sex, and at least two must be over 40 vets).

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

Times: Start at 8:00am. Runners and relay captains are to report in by 7:30am. Presentations approximately 2:15pm. There will be a 6 hour time limit on the 50 km race.

Enquiries: Barry Higgins (03) 5174 3712 or Geoff Duffell (03) 5122 2855.



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## **ENTRY FORM**

Surname ..... Call name .....

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

Postal Address .....

..... Postcode .....

Telephone – home (.....)..... business hours (.....).....

Event entered:

6 hour & 50 km Championships (\$25 for both)

☐

6 hour relay (\$35 per team)

☐

Which relay category? Open ☐ Mixed ☐

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

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

Signature.....

Please make cheques or money orders payable to **Traralgon Harriers**.

Send entries to: **Belinda Issell, 22 Waratah Drive, Morwell, 3840.**



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

carrying on the proud tradition of the Rooftop runners

**SUNDAY 11TH JANUARY, 1998 [13TH EDITION]**

COST: \$28.00 (for AURA current financial members)  
\$33.00 (for non-members)  
\$5.00 Surcharge for transport from where you finish, back to where you started.

CLOSING DATE: 23rd December, 1997

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

(SPECIAL STAGE BEING OFFERED FROM HALF WAY TO FINISH. START 11.30AM AT LANGFORD GAP, FINISH MT. HOTHAM SUMMIT. DISTANCE APPROX. 26KM) (Your chance to do this section if you've had trouble with the cut-off in previous years!)

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

FINISH: Mount Hotham

## IMPORTANT NOTES:

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

## WARNINGS AND RULES OF THIS EVENT

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

**Time Limit:** There will be a ~~maximum~~ time limit of five and a half (5½) hours for any runner who wishes to complete the run to reach the half-way point at Langford Gap. A second time limit of six and a quarter (6¼) hours for any runner successful in leaving Langford Gap to reach the Omeo Road crossing. These times will be strictly enforced.

**Instructions:** All competitors must obey instructions from Race Officials, especially if instructed to withdraw from the race for medical, injury or non-achievement of time limits reasons.

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

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

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

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

**Pacing:** Pacing will not be permitted in this event.

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

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

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

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

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

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

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

carrying on the proud tradition of the Rooftop runners

**SUNDAY 11TH JANUARY, 1998 (13TH EDITION)**

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

## ENTRY APPLICATION

NAME: .....

ADDRESS: .....

.....

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

AGE ON DAY OF EVENT: ..... DATE OF BIRTH: .....

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

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

.....

.....

.....

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

.....

.....

.....

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

DO YOU REQUIRE TRANSPORT FROM WHERE YOU FINISH TO WHERE YOU START? (Yes / No)

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

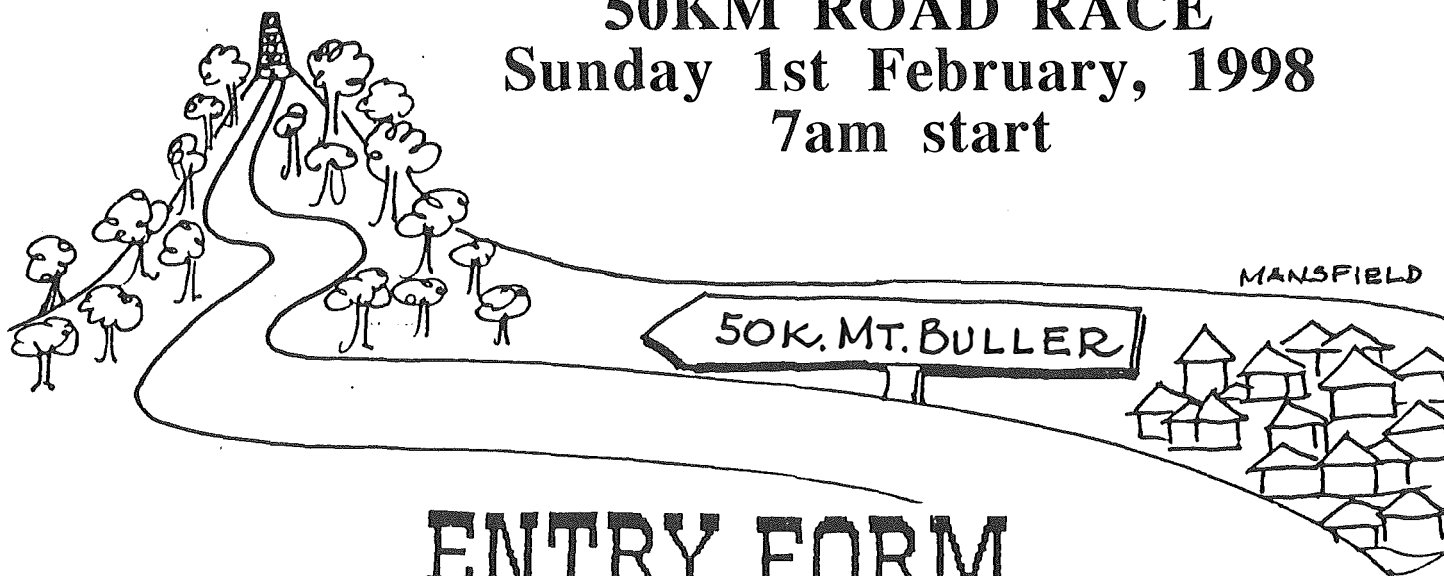
Signed: ..... Date: .....

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

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

Send entry application to: Geoff Hook, 42 Swayfield Road, Mt. Waverley. 3149  
Ph. (03) 9808-9739 (H) or (03) 9826-8022 (W)  
(Not contactable after 24th December)  
Cheques payable to: Geoff Hook

**A.U.R.A.**  
**MANSFIELD TO MT.BULLER**  
**50KM ROAD RACE**  
**Sunday 1st February, 1998**  
**7am start**



# ENTRY FORM

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

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME	INITIALS	SEX M or F		
<input type="text"/>					
ADDRESS: number and street					
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
suburb or town	POSTCODE	TELEPHONE HOME		WORK	

Person to be notified in case of emergency:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME				
<input type="text"/>					
Relationship					
			<input type="text"/>	<input type="text"/>	<input type="text"/>
			TELEPHONE HOME	WORK	

### WAIVER

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

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

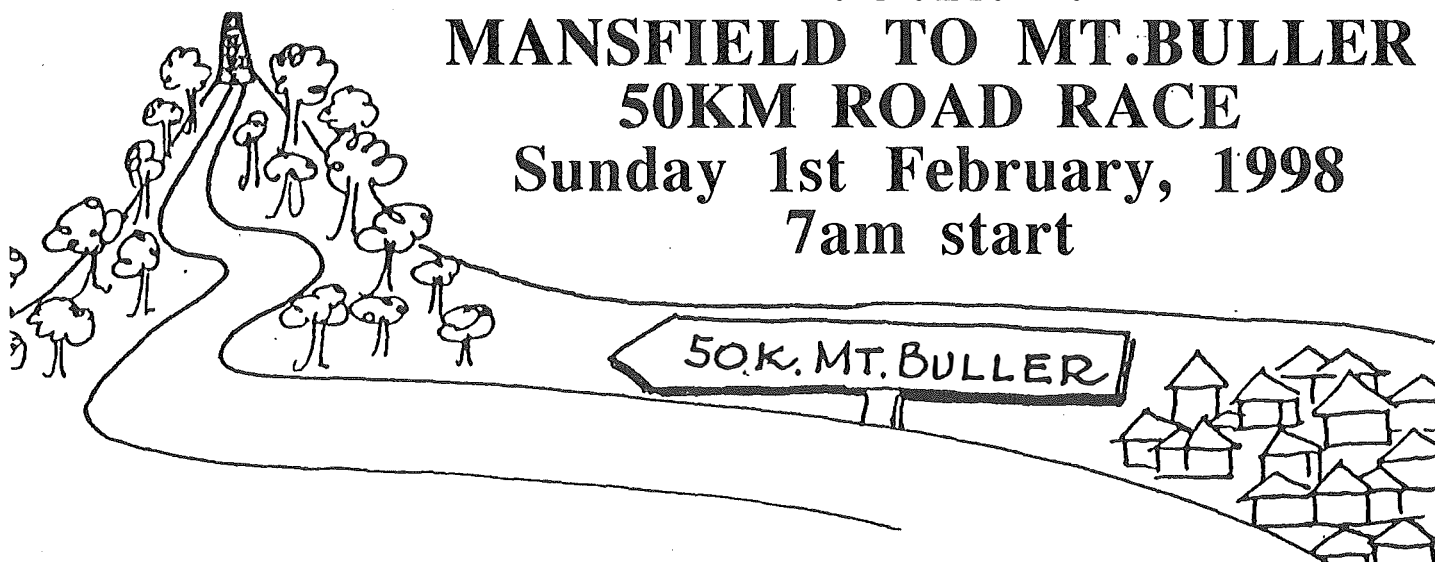
Signed.....

Date.....

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

- Race Date:** Sunday 1st February, 1998
- Start Time:** 7am (daylight savings time)
- Report in:** 6.30am sharp.
- Entry fee:** \$20.00 payable to Peter Armistead,  
includes an AURA tee-shirt.
- Entry to:** Peter Armistead, 26 William Street, Frankston 3199 Vic.
- Closing date:** Friday 16th January, 1998
- Race start Location:** Corner of Highton Lane & Malcolm Street. (Malcolm St. is the main road to Mt.Buller, just out from the centre of Mansfield, 400 metres on the Mansfield side of Pullins Ski Hire).
- Accommodation:** A variety of accommodation is available at Mansfield and Merrijig, and further details will be advised on receipt of entry.
- Support team:** It would be advisable for each runner to provide a support vehicle for themselves. A number of drink stops will be provided by organisers, but further assistance, clothing changes and food stops may be needed by the runner. Runners must be aware that dramatic temperature differences and variable weather conditions occur between the Mansfield area and the Mt.Buller climb. Runners will need to have warm, waterproof clothing available for the final 16km should weather conditions deteriorate. Even in mid-summer this is a necessary precaution.
- Safety Precautions:** Runners must run on the right hand side of the road, facing the traffic at all times during the race and take extreme care with oncoming cars.
- Clothing:** If no support vehicle is provided by the runner, clothing bags and gear will be taken from the start to the Arlberg Hotel at the finish.
- Finish:** Drinks and refreshments available at the Arlberg Hotel at the finish, where the presentations will be held.
- Results:** Apart from the major prizewinners, certificates will be awarded on the day and results will be posted to each entrant. within two weeks of the race.
- Cut-off Time:** 3 hours 15 min. for 30km.  
7 hours 00min for 50km.  
Drink stations, official timing or race supervision will not be provided after these cut-off times.

**A.U.R.A.  
MANSFIELD TO MT.BULLER  
50KM ROAD RACE  
Sunday 1st February, 1998  
7am start**



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

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

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

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

**PRIZES:** First Male  
Second Male  
Third Male      First Female

**ENTRY FEE:** \$20.00 payable to Peter Armistead  
includes an AURA tee-shirt

**ENTRY FORMS TO:** Peter Armistead,  
26 Williams Street,  
Frankston 3199  
(03) 9781 4305

**CLOSING DATE:** Friday 16th January, 1998

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

**DEDICATION      DETERMINATION      DISCIPLINE**

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



Castle Lite Two Oceans Marathon

PO Box 2276

Clareinch 7740

Tel: (021) 61 9407/668 2239

Fax: (021) 61 8724



Castle Lite Two Oceans Marathon

PO Box 2276

Clareinch 7740

Tel: (021) 61 9407/668 2239

Fax: (021) 61 8724

## NEW DEVELOPMENTS FOR THE TWO OCEANS MARATHON

*We welcome the participation of foreign athletes in the Castle Lite Two Oceans Ultra Marathon (56km) and Half Marathon (21.1km) - held on Easter Saturday morning.*

**DATE OF RACE :** Easter Saturday 11<sup>th</sup> April 1998, 3<sup>rd</sup> April 1999, 22<sup>nd</sup> April 2000

**QUALIFICATION:** Participants must qualify for the Ultra Marathon by running a standard marathon (42. km) in 4 hours 30 minutes from the 1st August each year. Proof of qualification must be enclosed with the entry form e.g. copy of certificate, copy of results, letter from road running official.

IF marathons have not been held frequently in your country we will accept, by special request, a marathon from the 1st April. You have 6½ hours to complete the 56km Ultra Marathon.

**CLOSE OF ENTRIES:** Wednesday 18<sup>th</sup> March 1998. Entry forms will be posted to you in October.

**ENTRY FEE:** ± R150 (Foreign currency - depends on exchange rate and bank charges)

**THE ROUTE :** The race will start in the Newlands Main Road (2km from the Two Oceans venue). The first half of the route is flat. At 15km one reaches the False Bay coastline and follows the coast to 22km. One then cuts across the Cape Peninsula going through a coastal resort and open country. At 29km the hills start and one reaches the Atlantic side of the ocean. The runners go over the magnificent coastal mountain pass of Chapman's Peak for 9km then through the picturesque village of Hout Bay. The long climb then begins up to Constantia Nek, the last 4 km being very steep. The route then passes through forest areas and the loveliest suburbs of Cape Town, past the Kirstenbosch Botanical Gardens and finishes at the magnificent grounds of the University of Cape Town against the mountain above the suburb of Rondebosch.

**RACE NUMBERS:** These will not be posted to the runners, but every runner will receive a Race Brochure and a postcard acknowledging his/her entry. This postcard must be brought to the registration in order to receive race numbers. However, all results and information concerning the next year's race will be posted to all entrants.

**REGISTRATION :** All runners will be required to come to registration to receive their race numbers, T-shirts and final instructions. Registration takes place on the Thursday and Friday before the race, and on the Saturday morning from 05h00 to 05h45. There is a carnival atmosphere at the grounds for the three days with an Expo, a Two Oceans Shop, food vendors, on going pasta, pizzas and music, and a fun fair for the children. A pasta party is held on the Thursday evening, and a series of Fun Runs (2.5, 5 and 10km) on the Friday afternoon. An Inter-denominational Church Service is held for all interested runners on Good Friday.

**RACE DAY:** The race starts at 06h00 and ends at 12h30. Silver medal cut off is at 10h00, bronze medal cut off is at 12 noon, and a different medal will be awarded to finishers between 12noon and 12h30.

**TWO OCEANS HALF MARATHON:** This will take place at the same time. The race will have a duration of 2 hours 30 minutes. The Start and Finish will be at the same place as the Ultra Marathon but the Start will be at 06h20 and the cut off time will be at 08h50 so that the area is clear before the winners of the 56km Ultra Marathon finish.

**E-Mail address:** [twoceans@iafrica.com](mailto:twoceans@iafrica.com)

**Web Site:** [www.twoceansmarathon.org.za](http://www.twoceansmarathon.org.za)

ORGANISED BY:

CELTIC HARRIERS CLUB

## TRAVEL AND ACCOMMODATION FOR FOREIGN ATHLETES

The official travel agent for the Two Oceans Marathon is **Penthouse Travel Sporting Tours**. You are not obliged to travel with them but they will help you with hotel accommodation and travel arrangements should you wish to use them. They can also plan a tour for you in South Africa before or after you have run your race. They will arrange your transport to and from the race and have a hospitality tent on the Finish Line. Please contact:

Ms Pam Bedford, Penthouse Travel Sporting Tours, P O Box 193, Cape Town 8000 South Africa.  
Phone +27 - 21 - 215679; Fax: +27 - 21 - 252300. E-Mail: [travpent@ink.nis.za](mailto:travpent@ink.nis.za)

**South African Airways** is our official carrier and will provide a competitive market rate if the code number which is printed on the entry form is quoted to your own travel agent. Entry forms will be available in October and will be posted to you.

Please feel free to contact your nearest **SATOUR** office for information on accommodation and places of interest in South Africa. E-Mail: [verna@is.co.za](mailto:verna@is.co.za) Web: <http://africa.com/satour/>

Our local tourist office is **CAPTOUR** and they will also assist you with accommodation and places of interest in Cape Town.

Their phone number is: +27 - 21 - 418 5214, and Fax - +27 - 21 - 418 5227.  
E-Mail: [captour@iafrica.com](mailto:captour@iafrica.com)

School hostels provide basic accommodation for 4 nights over the Easter Weekend. Please contact the Two Oceans office if this will interest you - Cost is between ±R30 and ±R60 p.p. per night.

**GREAT BRITAIN:** Should you wish to join a package tour to Two Oceans then please contact Mike Gratton Sporting Tours. Ph: +44 - 1344 - 890 999

We look forward to welcoming you to the magnificent Two Oceans and the beautiful city of Cape Town.

Annemarie Sainsbury  
Race Administrator

ORGANISED BY:

CELTIC HARRIERS CLUB



## Kev. Tiller's INTERNET NEWS on Cliffy's Run Around Australia

Cliff Young's run around Australia has ground to a halt after approx 6520 km somewhere north of Fitzroy Crossing in the Northern Territories. He has been averaging between 60 and 70 km a day, since the end of March 1997, in an attempt to break Ron Grant's Round Australia Record. To do this Cliff was planning on finishing back in Adelaide in early to mid-October 1997. Clearly not bad for a 76 year old !

Details are sketchy at the moment, but it appears that his one of his crew members has been ill this week, and as a consequence little progress has been made. When the crew member pulled out yesterday, leaving Cliff with no permanent crew, his run by default, ground to a halt. For a run of this distance he needs constant food and drink and changes of clothing on hand. Some type of aid would be given, typically, every couple of kilometres or about 15-20 minutes of running.

Cliff is feeling de-motivated to continue as it looks like he will not be able to break Ron Grant's record.

Thanx  
KevinTiller

**NEW AURA INTERNET HOMEPAGE!!**

**<http://www.coolrunning.com.au/ultra>**

**With thanks to Kevin Tiller**



Starters in the  
Coburg 24 Hr  
Track Race'97.  
Start time 12  
noon Saturday  
12th April '97

# Kouros paces the beat in marathon of melodies

THE SUNDAY AGE LIFE 29 JUNE 1997

By Kevin Norbury

**W**HAT goes through the mind of a long-distance runner, hour after solitary hour, day after solitary day, during gruelling ultra-marathon runs?

The record-breaking Greek athlete Yiannus Kouros, now living and studying in Melbourne, thinks about life, literature, his studies and music. Especially music.

The five-time winner of the Sydney-to-Melbourne ultra-marathon writes Greek music. During the long, solitary hours of an ultra-marathon, the seemingly monotonous pounding of his feet on the roadway beats out a rhythm to which he adds a melody, then lyrics.

Kouros, who has run 35 marathons and 35 ultra-marathons, has been a full-time student at La Trobe University since 1992.

He has completed a Bachelor of Arts degree, majoring in music and modern Greek studies, and in May 1996 graduated with honors in Greek literature. But his "main emphasis" has been music.

"I'm not a good performer," he says. "My aim is to write music. I prefer to compose music . . . I used to write lyrics (in Greece)." His studies have taught him modern composing methods.

Does that mean when he is running those long distances he is sometimes composing music?

Kouros is sitting at the small table in his simple Northcote apartment in shorts, runners and a white T-shirt that has the word MARATHON splashed across his chest. "There's a lot to say in that field because when you're running your mind is always working, thinking," he says.

"One of those thoughts are some lyrics, perhaps. You can write the lyrics, music, or some melodies are coming through your mind because of the rhythm of your steps."

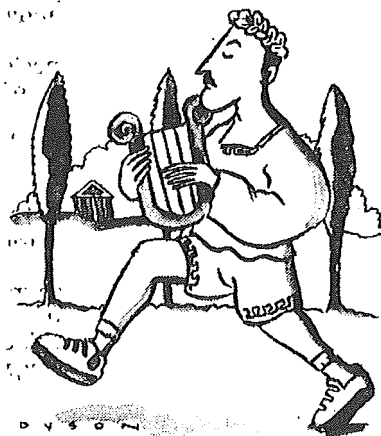
He explains that in Greek tradition, the musical beats are different, "not exactly symmetrical".

"Sometimes it creates something interesting when the main beat

comes in your right leg and on the second measure it comes to your left leg — and that creates something interesting.

"Also, a lot of melodies which I have written in those combined rhythms are because of running. They came through running."

Kouros, now 41, came to live in Australia seven years ago when he was competing in the Sydney-to-Melbourne. He spent a year in



Sydney then moved to Melbourne to start an athletics club but the venture fell through.

He gave up marathon running for three years after his rebel solo run in the last Sydney-Melbourne race in 1991 to concentrate on his studies. He is now doing his masters in Greek Literature.

There are more sides to Kouros than his "obsession for running painfully long distances", as one newspaper put it.

On a wall of his apartment is a young Kouros, arms folded, no moustache, a self-portrait he painted at 19. In Greece, he composed and sang his own songs, releasing two albums and another two LPs of instrumental music.

"I am not a famous figure in Greece as a singer because after that I moved towards athletics," he says.

Kouros often works on music and assignments while running. When he is training, he carries a pad and paper and stops to write down anything important.

As for the music he composes during ultra-marathons, because

he can't stop to record his thoughts, he repeats a melody "in order to remember it, then I put lyrics behind that." When the race is over he writes down the notes.

What goes through the mind is vitally important during ultra-marathons, he says. "So your thinking is the main point . . . memories, or songs, music in general or planning stuff for the future. If you think of all those things, then your mind is away from the pain and that makes you keep going."

Pain? Is this seemingly invincible athlete really in pain during long-distance runs?

"The pain is always there," Kouros says quietly. "I think it is always there. There is a point in marathon running where, even if you are fit, there comes a point where your fitness is gone."

"If you have trained well, you may run 50 or 60 kilometres without pain. Maybe 70 or 80 kilometres without pain. But after that everybody has pain. Everybody!"

He says there is no way athletes can truly prepare themselves for ultra-marathon events. "I can't run for 24 hours or for six days. Impossible!" he says.

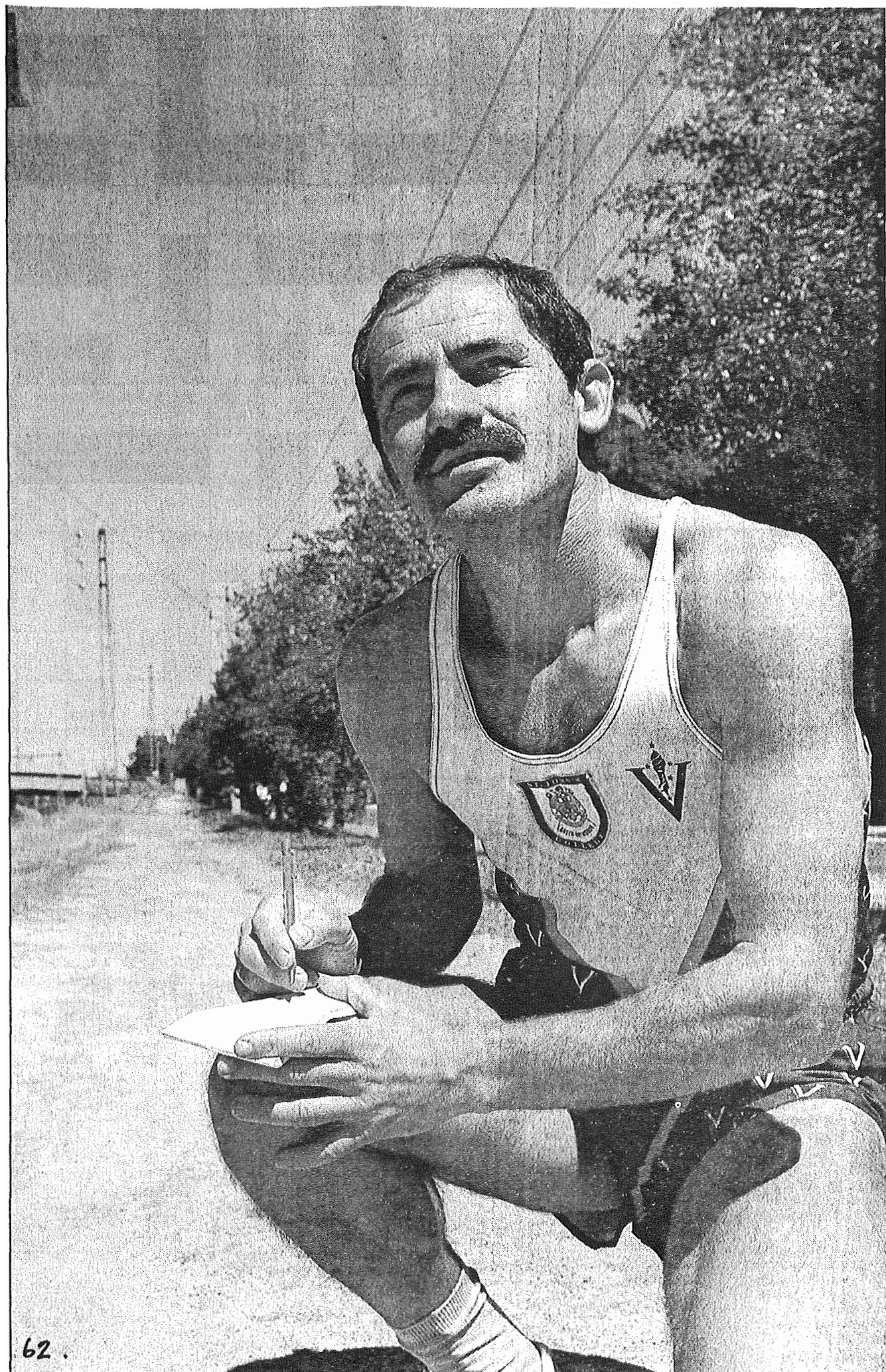
"In that way we are past our limits when we do the big jump, sort of thing, when we are participating."

In recent years he has had problems with a knee injury. "I feel some pain, it's coming and going," he says. "It depends on the weather."

But it didn't stop him from competing in the 24-hour world record event in Canberra in March this year. He ran 295 kilometres in 24 hours, breaking his own record of 293.7 kilometres.

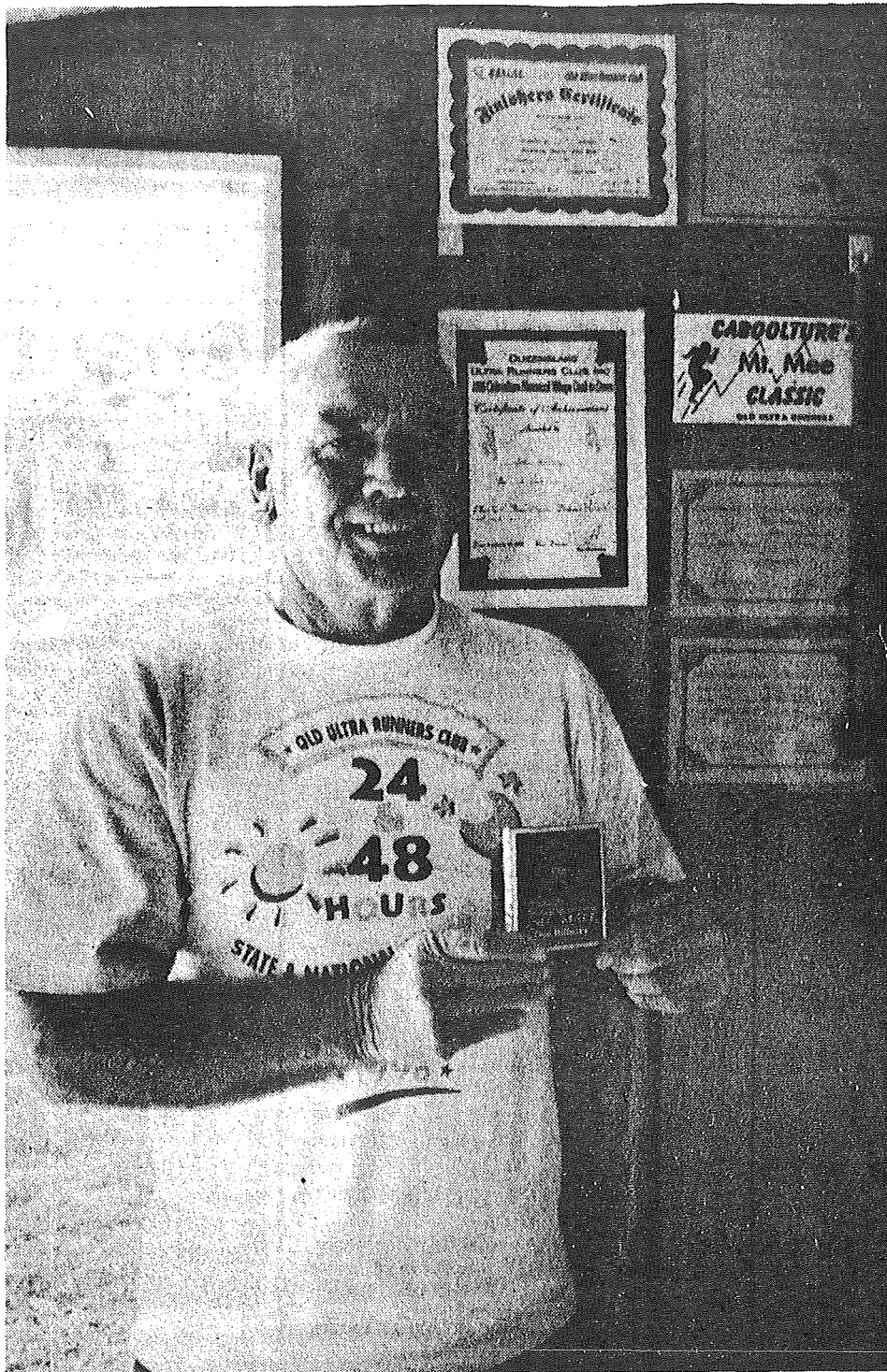
Kouros has just finished a book on the six-day race in New York in 1984 when he broke 15 world records. He has called it *The Six-day Run of the Century* — "that's how 'The New York Times' described it".

It was published in Greece last year. It is being translated into English and will probably be published in Australia later this year.



**Yiannis Kouros:** "When you are running . . . melodies are coming through your mind because of the rhythm."





Nanango runner Don Hilleary overcame incredible odds to run in 48-hour championships.

## Don overcomes trouble afoot

In 1983, Don Hilleary started having trouble with his right leg and foot.

He was told he had a large plantar wart which would have to be removed and after more problems and two more doctors, Don was told he would have to lose his leg.

He had just about accepted the fact when he met an old friend, his previous family doctor.

After seeing him, Don was sent to an orthopaedic specialist who gave a different diagnosis.

After 10 years of operations, physiotherapy and other treatments the specialist told Don: "Well, I've done my part. The rest is up to you."

"My advice is to start walking."

"At this stage, I had been 5½ years on crutches and 18 months on a walking stick, but I kept walking," Don said.

"Kathy Caton asked me if I was interested in walking the 25 kilometre Mt Mee course and I said, 'Why not?'"

"I didn't walk it though, I ran it."

"Now I've done about six ultra distance runs and I have plans to keep going."

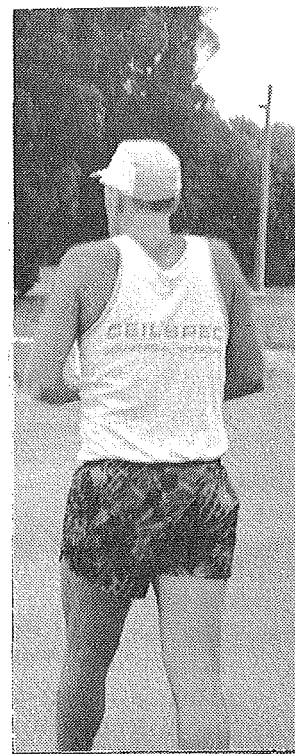
"My next run will be the Daisy Hill Forest Trail run."

"That's 57km on 9 June."

Between 17-19 May, Don competed in the open age 48-hour championship run at Eagles football ground at Southport and came in second.

"I was the first Queenslander over the line so that means I was first in Queensland and second in Australia," he said.

"I was the only person from this area in that race and I feel I have really achieved something."



Who IS this man??

Clue No.1:  
His favourite song  
"Mrs. Browne  
You've Got a  
Lovely Daughter"

## SOUTH BURNETT

South Burnett Times, Tuesday, 4 June, 1996

"I did it to prove something for myself, but I did it for the South Burnett too."

"Nanango is becoming the ultra distance running capital of Australia and I feel proud to be part of it."

During the first 24 hours of the race, Don had to contend with high winds and driving rain which made the going a bit rough.

"I'm 54 and I gave up smoking and drinking six years ago," he said.

"I've never felt better. I hope I can encourage others to have a go."

Don was also part of the crew for Canadian Michel Careau, who ran the 1000 mile run in Nanango this year.

"Michel taught me a lot about nutrition, endurance and how to look after myself, particularly on long distance runs."

"Now I'm thinking of entering in the next 1000 mile race which may be held in 1998."

At the moment, he is only training lightly, running about 10 or 15km per day but he said he would have to get down to some "serious running" shortly.

# TRACK, TRAIL AND 50 YEARS

BY  
TONY RAFFERTY

During 13 years as race director of the Australian 50 Mile Championship, Geoff Hook strived diligently to stage an event of high professional standard in hope of race records and personal bests. In a bid to see runners realise their potential he restlessly encouraged them to compete in what is now known as "Hookey's Race".

Because of runners' declining interest in track events in Victoria in recent times this year's race at Bill Sewart Athletic Track, East Burwood, presented a small but significant field. Among them two notable performances - and at trackside, a spectator with a momentous task ahead.

Last year 31 year-old Nigel Aylott crossed the finish line in 6hrs 27mins 39secs. This time, favoured to win, he aspired to challenge the six-hour mark.

John Harper celebrating his 50th birthday would attempt 50 miles non-stop and hoped to break the eight-hour time limit. "A pleasant Saturday outing," he said.

In a morale-boosting role and general run-a-bout, affable Kevin Cassidy relished conversation and fellowship, before travelling to California the following week to compete in the knee-wrenching Western States 100 Mile Trail Race.

John Driver, in 1986, welcomed Nigel Aylott as a member in his fitness centre. Motivated by Driver's tenacity to finish more than 300 fun runs, Aylott took up regular running to increase his fitness and stamina for hockey.

Attracted later, by trail runs such as Bogong to Hotham and Cradle Mountain, he specialised in navigating the bush on foot and graduated to 24-hour Rogaine events which became his form of running expression. "Rogaine is easier than track races," he said. "This 50 mile event is much more intense."

With no special training for the Australian 50 Mile Championship he ran occasional marathons along rolling countryside at Macclesfield near Emerald, Victoria. He believed three-hour sessions helped increase endurance and strengthened his legs.

On the East Burwood track, it seemed after 25 miles, his chances of breaking the six-hour mark were good until intermittent gusty winds developed. "They slowed me down about five seconds a lap."

Aylott pays little attention to diet. "I eat lots of pasta. Besides that I don't take much interest in what I eat. I take no vitamins and minerals (supplements). Maybe I should," he said, and shrugged his shoulders.

In front of a small enthusiastic crowd the 60 kilogram runner crossed the line after 6hrs 9mins 3secs. Chatting eagerly he showed no signs of stress. "I'm a little dehydrated. My energy level is good. I'm just stiff, probably the result of a marathon just two weeks ago."

Meanwhile at a much slower pace, with determined eyes, strong arm movements, slightly stooped, John Harper trundled on - in mind his birthday objective.

Behind the lap counters a group stood in a huddle, braced against a cold wind, in their grasp, mugs of steaming coffee. Geoff Hook power-walked a lap or two to keep warm. Kevin Cassidy shared past exploits, and future hopes for his coming effort in the United



States. Stomach cramps and vomiting on two previous attempts forced his withdrawal in the Western States trail.

The Grand Slam of trail ultrarunning: Old Domimion, Leadville, Wasatch and Western States, is a goal for most trail runners. Cassidy, successful in three of them believes this time his mental attitude and physical condition will establish him as a member of a unique group. "In last year's race I plunged to the depths of depression. The year before I had similar feelings," he said. "Right now my confidence is high."

Four hundred competitors chosen each year from about 1200 applicants arrive from all over the world. A big contingent of Germans and Japanese compete. Only a handful of Australians challenged the terrain. (A notorious incident during one episode gained Bob Bruner wide media coverage when he reported a bear chased him. He plummeted into a ravine!!)

Arrival times at aid stations must be met. "If a competitor is 30 seconds late the station closes. Rules are strict," Cassidy said. "Every detail is considered. Because of the heat a runner must carry two water bottles. In my bumbag - or as the Americans say "fanny packs"...I always laugh at that. In Australia it means something entirely different...- I carry a spare t-shirt and an energy bar."

Assistance from support crew is forbidden. For example carrying a runner's water bottle. "They call it "mule-ing". It attracts a strict penalty."

Five to eight-hour training sessions, twice a week, through Victoria's Yarra Ranges prepares his body for the rigors of the Californian trail. "Downhill running is my main form of workout. It's physically stressful but very important in this year's preparation."

And the mental aspect? "I'm inspired by Norma Desmond's song from Sunset Boulevard, 'Never Ever Surrender'. I've seen the stage show in the Regent (Melbourne) about 20 times. That song sticks in my mind." He said it would motivate him during the tough stages of the race.

His desire to run long distances now on the wane because of foot injuries and continuous groin soreness, Cassidy said the Western States classic would end his running interests. "Marathons, ultras, don't interest me anymore. I must rest this body," he said with a hint of relief.

But will Cassidy rest on his laurels? After the Western States will the symptoms of withdrawal haunt him like The Furies?

A rowdy cheer from spectators at a nearby football oval echoed round the track as a stoic John Harper, running alone, entered his final lap.

At school Harper competed in sprint and cross-country events. At 16 he won the state 100-yard championships. Unlike most runners he makes no plans for future races. "I'll just wake up one morning and say 'I'd like to attempt this' and I'll train for it," he said.

One time, with an air of eccentricity, he told a friend he would run every day for a year. He set a daily three-mile minimum. One day in a restaurant at 11.50pm he shocked everyone at the table when he stood abruptly: "Shit...I forgot to run today." His appetite satisfied with pasta and a drink or two, he realised a run before midnight was out of question. It was the first day he missed a run for 10 years 10 months 20 days.

Harper, a 2hr 55min marathon man, former schoolboy athletic champion, 10 years a Malvern Harrier with a yearning for 50 miles on

His next challenge? "None. One morning I'll just take off on the spur of the moment."

A week later in a telephone call from Geoff Hook I learned that an elated Kevin Cassidy realised his objective. At his journey's end he recorded 28hrs 52mins 43secs in the Western States 100 Mile Trail Race to complete his aspiration: the Grand Slam of ultra trail races.

Like Pathfinder's probe on Mars the feats of Nigel Aylott, Kevin Cassidy and John Harper are no longer missions impossible.

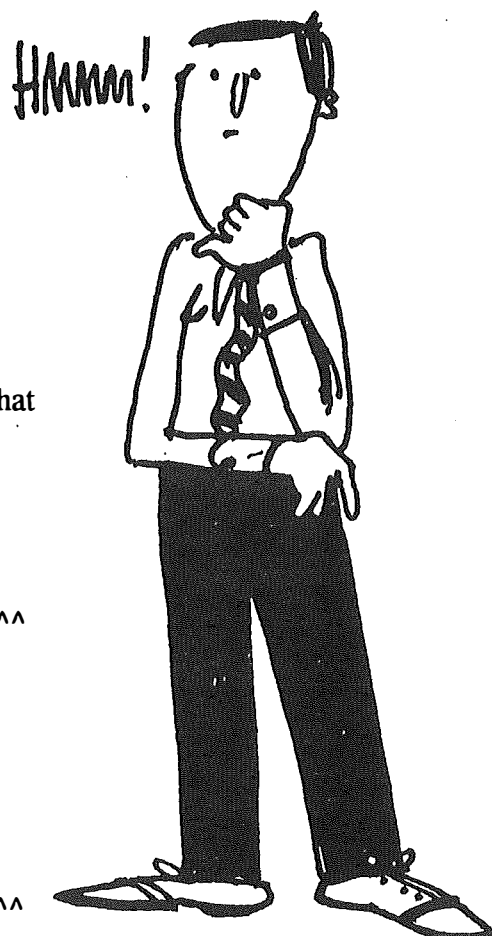
## BRAIN TEASER

***What do all of these trail runs have in common?***

1. Provide him with a compass and a cut lunch
2. Offer the services of a Guide Dog
3. Have an Aboriginal tracker on standby.

**Name a trail run that Kevin Cassidy has not got lost in.**

None that he has run, only those he has not entered yet.



## BOOK REVIEW

### “MY LIFE ON THE LINE” BY RON GRANT

Philip Essam

I recently decided to obtain a copy of Ron Grant's book "My Life on the Line". It tells the story of Ron's epic trek in 1983 around the highways of Australia. For those that don't remember he covered 13383 kilometers in 217 days. I shudder just thinking about it! The book arrived from Ron and Dell and I started reading it straight away. For the next two days I could not put it down. If I could have read the book whilst I was training or sleeping I would have done! It was great!

"My Life on the Line" is a story on three levels. Primarily it tells the story of Ron's magnificent run around Australia. This includes how he got into running initially and the battle of chasing the tarmac all the way around Australia.

To me the book is also an interesting travel story (it covers all of Australia) and it provides an in depth snapshot of our great country fourteen years ago.

"My Life on the Line" tells the story of Ron's great run. It starts with Ron's visit to the 62 Commonwealth Games and the profound effect that it had on his life. He then shares his first few Marathons with us and how his love affair of running develops into Ultra Marathoning. His long runs are soon between cities around the Sunshine State of Queensland.

By 1982 he had made up his mind. Running around Australia was his destiny! Ron started training in earnest, assembling a crew and finalizing preparations for his epic run. It was March 28<sup>th</sup>, 1983 and it was time to go. After a rousing farewell from Brisbane he was soon on his way and leaving the warm cocoon like security of Brisbane and venturing into the Great Unknown!

The Run progressed and by Day 39 he was at the Queensland Border Township of Camooweal. Three weeks later he arrived in Darwin having covered 3870km. Another 69 days later he arrived in Perth having covered 8044km. The Run continued through Adelaide, Melbourne and Sydney before arriving back in Brisbane after 217 days of torture.

The book describes the good and the bad days of running. I could almost feel the ecstasy and torture in my feet as I was reading the book.

"My Life on the Line" is also an interesting travel monologue. He describes the various areas of Australia magnificently. I could almost feel the flies of the Barkly highway brushing against my face. I could almost taste and remember the atmosphere and hospitality of the Outback Road Houses. I could visualize running into my old posting of Darwin. There were also plenty of other stretches of road that I can remember driving along over the years. It was definitely an incredible experience to see it all on foot and not behind the wheels of a mechanical monster!

The book also provides a snapshot of life in Australia fourteen years ago. He mentions Deek's big win and the great victory by Cliffy in the first Westfield. What was I doing in 83? Sitting on a cold Flight Line guarding various forms of Military aircraft. I wish I could have swapped lives that year. It would have been great!

I think the highlight of the Book for me is in Page 105 when Ron finds a great quote in a Readers Digest. It says, "IF IT IS TO BE, IT IS UP TO ME". Ron ends up using it as a motivational tool for the rest of the Run. To me that quote says so much about life and what can be achieved. It is now deeply entrenched in my own bag of motivational helps!

"My Life on the Line" is a magnificent story that tells of one man's battle with himself and the elements of Australia. To reveal much more about the story would not be fair to Ron. Write a letter to Ron and Dell Grant, enclose \$15 and order yourself a copy of the great book.

# interview with cliff young

by  
Tania Jamieson

Cliff Young is still running, and now aged 75, is attempting to run around Australia, a total distance of some 15,000 km. Cliff became a national hero after his amazing win in the 1983 inaugural Westfield Sydney to Melbourne run and since then has participated in almost 20,000 km of ultra marathons. Since turning 60, he has set six world endurance records. A former potato farmer, Cliff lives a very simple life at Beech Forest in Victoria's Otway Ranges. He was interviewed before he left on his epic 8 month journey.

**What inspired you to want to run around Australia?**

My ambition for a long time has been to run around Australia, like Ron Grant did in 1983,<sup>(1)</sup> but I could never get anyone to take it on, and look after me for all that length of time. I was very lucky to find the Powers family, Helen and John, their daughter Vicki and identical twins Paula and Bridgette, who said they would love to go with me. It has been in the pipeline for two years and Helen has been fighting, fighting, fighting, to get permission from all the authorities in each State. In fact they made it as hard as they could for us. Everything is now go, go, go. After two years of battling we've now got the green lights everywhere. By the time I finish I will have run about 15,000 km and I plan to get back by November for the Colac six day race. I will be running an average of 65 km - 70 km per day. Have you heard of anyone in the world who can run around Australia at 75? I think I will be the first in my age and it will probably stand for a long time. I think I can do it. In fact I am sure I can do it. Only death will stop me. If I get run over by a semi-trailer that is the only thing that will stop me. Of course, I hope I don't because I have a lot of living to do after this.

**What drives you to keep going?**

I like to finish what I start doing. I like to see it through to the end, to the best of my ability. I have a good chance of breaking several records and that is my aim.

**How did you first get interested in running?**

I started running when I was about 56. I went down to Geelong and ran with

the Geelong Cross Country Club and did fairly well. I wasn't exactly a sprinter but I could run a pretty quick marathon. I then tried to run 1,000 miles at Colac on my own, but only ran 560 miles. My shoulders got very sore and I had to stop because of them. Probably a good massage would have fixed it up.

**What was the highlight of the Westfield Sydney to Melbourne ultra marathon.**

The prize money of ten thousand dollars! Now that's a helluva lot of potatoes. There were only 11 starters, so I thought I had a chance of getting something and I finished up getting the lot. Joe Record and I had a pact on before we ran that if either of us won we would split the prize money between us. I forgot about Joe and started giving it away left, right and centre. I gave \$4,000 away to the other runners. So I said to Joe here's your half of the spoils. He said "Hmm \$3,000? I thought the prize was \$10,000." I said "I give the lot away. Don't worry about it." He wasn't that concerned.

**Describe your current typical exercise regime?**

When I get up in the morning I do my warm up exercises to keep myself agile. I'll give you a quick demonstration... (Here Cliff got out some empty packets of Organic Vita Brits and stacked them knee high in his living room. He jumped over them from a stationary position. After each successful jump he would increase the height by an extra layer of boxes. He then demonstrated doing pull ups by holding onto the architrave above his bedroom door!) After the exercises, I go for a run each morning. I have been doing that ever since I have been here [about 8 years]. I

run about 20 km, sometimes more, sometimes a bit less, but on average 20 km. Once a month I might do 50km to see if I'm slipping, but I'm not. I'm holding my own.

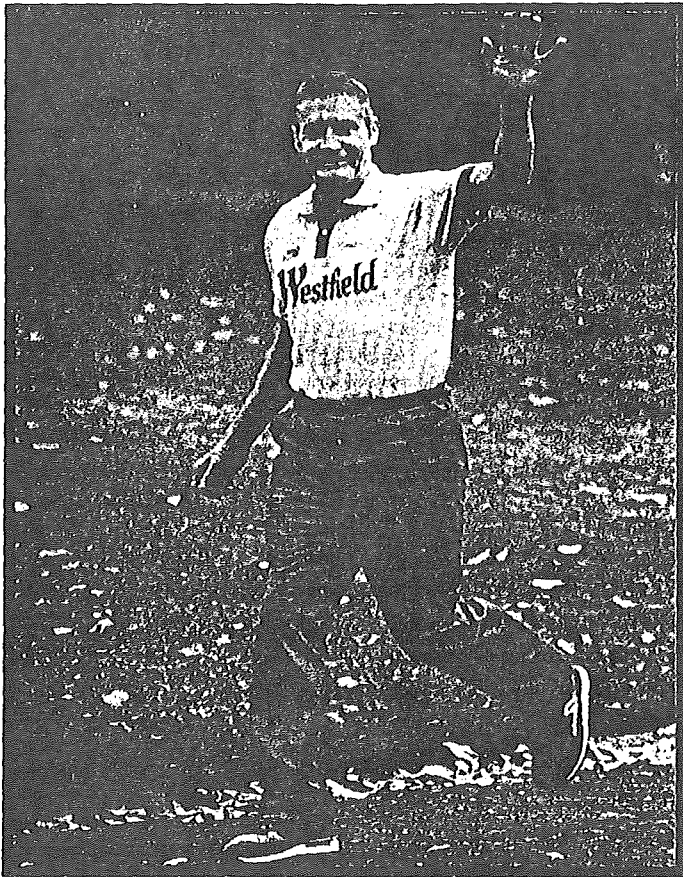
**What food would you typically eat on a long distance marathon run?**

Breakfast is my main meal. It gives me strength and I can run all day. I'll show you what I eat... (here Cliff got a large bowl and from the pantry produced several cereal biscuits. I eat up to 28 followed by a generous helping of rolled oats and process bran. (He poured some milk on top, then added treacle and yoghurt.) For lunch I might have a couple of sandwiches, cheese and fruit and at night a big plate of vegetables, cheese, spaghetti, fruit salad and chocolate. I eat anything they give me. I like eggs, poached or scrambled, ice-cream and a bit of junk food. I don't mind a bit of junk. I think it whets your appetite.

**What prompted you to become a vegetarian?**

We use to rear calves on a farm I once lived. I would feed the calves from a bucket, from the time they were born, and they thought I was their mother. They would follow me and trusted me. Then when Autumn came we would send them in to get slaughtered. I couldn't sleep too good those nights when I knew they would get slaughtered. I hated having the poor things killed. It was on my conscience so I thought to myself I would give up eating meat altogether and get away from animals as much as I can. So now I don't have to see them killed or get them killed. It goes against my principles.

I became a vegetarian about 25 years



ago, back in the dark ages. The last straw was when my sister cooked a stew and the meat was a bit off. She thought if she put some onions with it I wouldn't notice. The meat nearly killed me. I was pretty crook. I was on my hands and knees all night heaving. Evil. It helped considerably in making me become a vegetarian but the main thing was my conscience.

How do you feel about cattle farming now?

I hate it. I have these heifers here (Cliff agists land to his brother) but I don't see what happens to them. I just look after them while they are young, then they go and disappear. I don't ask any questions. They are milked for 10 years before they get killed so that is a pretty good life.

How has your diet affected your running?

I think I have gone better on it. Do you know why? We use to have an old draught horse when I was a kid that wouldn't work too good at all. My father said "Get them off the grass and put them on oats". After a day or two they would bolt so I said "By Gees, there must be something in those oats. They were all about 20 years old. Before you would be hitting them with the reins all the time, then after a couple of feeds of oats, you would be flat out holding them back. They wouldn't stop. So I woke up to it straight away. There is something in those oats. I'll stick to the oats. That's why I eat rolled oats and I think it helps".

When I use to eat meat religiously every day, I don't think I could perform as well as I can now on a vegetarian diet. I am better now. On the track, I can still put it over those pie eaters who are only in their 30's. So there must be something in the vegetarian diet.

Is there any advice you would like to offer others in your age category?

Yeah, get out of your wheelchairs and start doing a few laps, if you can. If you don't get any exercise your joints start seizing up like a rusty engine. The doctors once told me I had

arthritis in my joints and to take it easy, so I said "I'll fix that up, I'll run it out". So I kept running and it disappeared. It is like rust that gets into a vehicle. Well, I think it was like rust in me. I reckon you have to keep your joints moving. Absolutely. No matter what you do, you have to keep moving. If you don't wear out, you rust out, and you rust out quicker than you wear out.

#### NOTES

(1) In 1983 Ron Grant ran around mainland Australia completing a total distance of 13,393 km(2) in 217 days(3). Cliff believes he will be the first because Ron didn't run around Tasmania. On February 28, Cliff left Adelaide westbound along Highway 1. Just before 'NV&NH' went to print Cliff had reached Port Hedland WA, ahead of schedule, successfully having completed 4,500 km out of a total 15,000 km.

(2) Brown, R. Milestones in Australian History, 1788 to the Present, Collins, Sydney 1986. p.735.

(3) Barker, A. When Was That?, John Ferguson P/L, Sydney 1988. p. 409.



**IAU International Competitions- Open or Closed**

**by Andy Milroy**

**IAU Technical Director**

Whether or not IAU Championships are open to all qualified competitors, or restricted to only national team members has been a matter of debate recently. This prompted me to look at this issue closely.

Closed championships are usually instituted when an open championship becomes dominated by outside athletes; in the case of national championships, by foreign runners. Such closed championships are designed to protect local runners from such dominant opposition, and to ensure a local runner wins the title. In the context of a World event, such a mechanism is meaningless, except in as far as it protects a national federation's investment in their team. Having spent money on travel, accommodation etc for their team, they wish their runners to do as well as possible to get a good return on their investment. In this context, individual runners can be seen as a disruptive influence, and also possibly serious threat to the investment in individual members of national teams.

The inclusion of individual runners in international ultra championships was first queried by one delegation at the Technical Meeting prior to the Winschoten World Challenge in 1995. However the actual issue was not discussed with the Association until the IAU Executive meeting in Clever in August 1996. In the European 24 Hour Challenge which took place in Courcon, France a month or so later, matters came to a head when a Russian runner was denied third place because he was an individual entry. The resulting dispute within the race's Jury of Appeal following a Russian objection is now well known.

Following the Executive Council discussions at Clever, Malcolm Campbell had undertaken to contact the IAAF and discover their official position on allowing individual runners to compete in their championships. He was informed that they saw no problems with this, and indeed an individual Kenyan runner had won their Half Marathon Championships, defeating runners from international teams. Malcolm was in possession of this information at Courcon.

IAU Championships have a long tradition of being 'open' championships, the individual competition being open to both team members and individuals. Indeed the inclusion of a team competition only really developed in 1990 at Deluth, USA, evolving from the original individual competition of 1987 onwards.

On a number of occasions since then (1990, 1991, 1992 and 1995) the World Challenge has been won by individual runners who were not part of a national team-Valmir Nunes (twice), Roland Vuilleminot, Konstantin Santalov and Nurzia Bagmanova (the latter pair in 1992 when the Russians arrived too late to register a team and were not included in the team competition). When the IAU International 24 Hour Championships were held at Milton Keynes, United Kingdom, the race was won by Don Ritchie, who had not been selected for the official British team.



Although the IAU has not proclaimed their championships as 'open' events, this has always been taken for granted-primarily because right from the start they were open to any qualified\* runner.

**Note\*** Qualified by a previous performance where numbers have to be restricted due to course limitations, or by nationality i.e. an American is ineligible to compete in a European championships.

Following problems concerning eligibility at the 100km World Cup at Faenze, Italy, when the "Ultra Marathon Race Handbook" was published in 1992, it stated in the section on International Championships (3.6.3b) that: "Entry to the event must be open to all eligible, qualified competitors." To date, despite the Handbook being widely translated into over a dozen languages, and distributed to virtually every ultra running country, no one has queried this rule.

In this connection it is significant that the IAU publication, "The Ultra Marathon Race Handbook" is, in fact, approved and published by the IAAF. Moreover the new IAAF Distance Running Manual strongly advises ultra marathon race organisers to study the Handbook before staging such an ultra race.

Thus it would seem that the established, traditional IAU policy of having international championships open to all qualified runners accords closely with that of the IAAF.

The IAU 100lm World Challenge and any continental championships endorsed by the IAU are IAU championships. It is therefore the IAU's decision as to whether such championships should be 'open' i.e. open to all qualified, eligible runners, or 'closed' i.e. open only to federation team members. Any potential organisers are given a copy of the Ultra marathon Race Handbook which specifically states that international championships "must be open to all eligible, qualified competitors".

The team competition has become an important part of the IAU Championships. However in many cases national teams only developed following the initial success of individual runners from those countries. There was a Brazilian team at Moscow-this developed because of Nunes' successes in earlier championships. Would the Japanese have become involved in the World Challenge if their single male entry had been refused a place at Palamos? (It was on this runner that the Japanese television coverage focussed; coverage that was to be instrumental in the further development of Japanese Ultrarunning).

In my opinion, open international ultra championships foster the development of the sport world wide. Individual runners compete in the World Challenge, are enthused by the occasion, go back to their own country and inspire others, thus eventually building a future team. Building that team becomes a powerful force in the development of Ultrarunning in that country. Deny such individual entries and the future development of IAU championships becomes limited to those countries which already have teams competing, and the future expansion of Ultrarunning world wide is seriously curtailed.

# From the South: Counting Switchbacks

Reprinted from "Ultrarunning"  
May 1996

by Gary Cantrell

Ultrarunners are big on sharing. Over the years, this magazine, in particular, has printed a wealth of advice on training for, and competing in, ultramarathons. Often, it seems that a worn-out old plodder like me has little to add.

However, I have noticed that one especially important facet of the sport has been overlooked. What to do when you are dying. Maybe it is because none of us particularly enjoys reliving those hellish experiences. Maybe it is because the writers have followed their own advice so well that they don't ever run out of gas with a lot of race left. Whatever the reason, most of us have had to find out the hard way how best to survive when the race is going on, and we are not.

There are those who never DNF. Others, such as myself, have often made the acquaintance of early exits. As time has passed, I have learned that many of my DNFs were unnecessary. I simply lacked the know-how to stay the course. Perhaps if I share some of what I learned the hard way, someone else can avoid the same outcome.

Needless to say, the first advice is to stick with it. Ultrarunning has a cyclic nature to it, and just as you felt way too good earlier, you may feel way too bad now. If you simply slow down and keep moving your will and strength may return.

Slow down, but don't get sloppy. When we are fatigued it is all too easy to slump and shuffle along inefficiently. This is a normal response to pain and exhaustion, but not an unavoidable one. Focusing on form will help you in many ways. It keeps your mind off of your problems, it enables you to cover ground more quickly with the same effort, and most of all, it avoids compounding the difficulties you are already encountering by further torturing your body. After all, if you didn't train for the race bent sideways at a 90° angle, you can't expect to survive long running the race that way.

If you can not move on, stop and rest rather than bailing out. Anyone with a few DNFs to their credit can tell you that, with a little rest, you might find yourself ready to go on.

Eat, even though you feel nauseous. Oftentimes nausea is simply a result of too much fluid and too little food. At this point most of us are well aware of the hazards of under hydration. Ingesting food, however, is underrated as a key factor. Running and drinking combine to make food seem unappealing, even though it is just what you need. Nausea, headaches, general weakness, even mild disorientation may result from a

lack of food intake, and after a short rest, you may well respond to a timely meal.

Now, if you have decided to stick it out but every step is a nightmare and the finish seems too far away to survive, then it is time to fall back on the ultrarunner's survival tactics.

One of my favorites is the brief stop. Rest stops are familiar to us all. At many of the 100-milers they are even mandatory (while they check out your body weight, hat size, or whatever other criteria they enforce for your continuing the event).

Brief stops are different. They don't involve actually sitting down, or propping up your feet, changing shoes, or anything else. Instead, they consist of allowing your momentum to peter out until you are no longer moving. Then, after a few moments of wonderful relief from movement, you simply continue.

When we are fresh, an unchanging pace is called "getting a rhythm going." Once we are good and tired we call it monotony. And, when we are ready to drop out, we think of it as torture.

Brief stops provide a respite from that torture. We all know how good it feels to finally stop at the end of a long race. Brief stops give that same wonderful feeling, even though we will be moving again in just moments. When the race has become a personal hell, those moments of pleasure are remarkably refreshing.

With practice, the brief stop can become an art form. The best place for a brief stop is where the course changes from downhill to uphill. By relaxing at the last of the down (doing no more than putting your feet out to keep from falling on your face), and then continuing the same non-effort as you turn uphill until you come to a stop — never waste valuable momentum by putting an effort into stopping — it is possible to "rest" for much more than the ten or 15 seconds that you actually ceased to move at all. With practice, you can even time it so that your actual stop comes at a place where you can lean against a tree or a rock, further relieving your unhappy legs and feet of their burden.

Another favorite of mine is counting switchbacks. One of the demoralizing aspects of dying in an ultra is the lack of tangible progress compared to the awful price of continuing. If you are on a trail that climbs 1,500 feet over the next mile and a half, but there are 15 switchbacks along the way, count the switchbacks. When we are suffering, a climb like that is too much to imagine. A switchback, however, is only a few hundred yards away. We can manage that.

Counting switchbacks also applies to

road racing. Telephone poles, mailboxes, side roads, anything that you will pass on a regular and frequent basis will do.

And the benefits of switchback counting are many. Not only do you have the reward of frequent goal achievements and the innate satisfaction of soon reciting large numbers, but it requires an effort to keep your count right. If you aren't alone, you can even debate the correct count. And that is mental effort not being applied to thinking of reasons to quit! You may even find your count inspiring further deliberations. Did you know that in a marathon with a telephone pole every 100 feet casting an eight-inch wide shadow, you will total 307 yards of shade?

The final secret I have to offer is don't allow yourself to think of quitting as an option. We are all familiar with the combo-races, those with a choice of stopping or continuing (say 50 miles and 100 kilometers). And how do those races always turn out? Ninety percent may reach the first "finish line," but only about five percent ever go on. The reason is that most runners decide to wait and "see how I feel" after the first option is achieved. Only a crazy person still wants to run after 50 miles, if you already have an official finish.

I have personally witnessed many a grizzled veteran DNF in relatively easy ultras that they ran just for fun. Consider, also, how many 24-hour runners fizzle after reaching 100 miles. The fact of the matter is that every ultra is a serious undertaking, every time. Success is as much due to mental determination to persevere as any other factor. You must go into the race prepared to endure any hardship if you are to survive. Quitting cannot be an option, or you will do it.

In conclusion, these "tricks" are available to relieve the torment of finishing a race when we are dying. Knowing them will greatly improve our rate of success. But, in the final accounting, only the will to finish will get us there.

## ATHLETICS

### CABOOLTURE ROAD RUNNERS

A record set by George Buck in 1973 for the 64km Caboolture to Maleny Relay of 7 hours 30 minutes was broken last Sunday.

Gary Parsons, world 1000 mile track champ, tackled the 64km in cool, windy conditions and crossed the finish line in 5 hours 22 mins 26 secs.

The event will be used as a lead-up to a 1000 mile road race in New York in September.

Parsons was pleased with the run and will contest a few other short ultras before going to New York. New York is on a one mile road loop and Parsons is after world road 1000 mile ranking. Local sponsor, Centre Pharmacy, is helping Gary in his attempt in New York

## IAU Newsletter

## Women's Track Rankings as of September 9th 1996

by Andy Milroy

*Reprinted from IAU Newsletter, September, 1966*

## 50km

3:18:52	Carolyn	Hunter-Rowe	GBR	25.01.64	1	Barry	3 Mar 96
3:20:24	Ann	Trason	USA	30.08.60	1	Santa Rosa	18 Mar 95
3:28:45		Hunter-Rowe			1	Barry	7 Mar 93
3:28:41		Hunter-Rowe			1	Birmingham	8 Aug 92
3:35:31		Trason			1	Santa Rosa	28 Mar 92
3:38:58	Ann	Franklin	GBR	26.04.51	1	Barry	9 Mar 86
3:44:08	Eleanor	Adams	GBR	20.11.47	1	Bingham	20 Nov 82
3:44:18	Mary	Morgan	AUS	25.10.57	1	Bunbury	4 Mar 95
3:45:43	Linda	Meadows	AUS	10.03.59	1	Burwood	18 Jun 94
3:46:57	Hilary	Walker	GBR	9.11.53	1	Tooting Bec	16 Oct 93

## 40 miles

4:26:43	Carolyn	Hunter-Rowe	GBR	25.01.64	1	Barry	7 Mar 93
4:47:27	Ann	Franklin	GBR	26.04.51	1	Barry	9 Mar 86
4:51:51	Linda	Meadows	AUS	10.03.59	1	Burwood	18 Jun 94
4:53:54	Hilary	Walker	GBR	9.11.53	1	Tooting Bec	16 Oct 93
4:55:17	Eleanor	Adams	GBR	20.11.47	1	Bingham	20 Nov 82
4:55:52	Leslie	Watson	GBR	4.02.48	1	Barnet	13 Mar 83
4:56:03	Ann	Trason	USA	30.08.60	1	Hayward	3 Aug 91
4:59:34	Monika	Kuno	FRG	13.11.43	1	Vogt	8/9 Jul 83
4:59:58	Lavina	Petrie	AUS	13.09.43	1	Burwood	19 Jun 93
5:04:38	Katarina	Janicke	GER	29.12.53	1	Ronneburg	28 Oct 89

## 50 miles

6:07:58	Linda	Meadows	AUS	10.03.59	1	East Burwood	18 Jun 94
6:12:11	Hilary	Walker	GBR	9.11.53	1	Tooting Bec	16 Oct 93
6:16:07	Ann	Trason	USA	30.08.60	1	Hayward	3/4 Aug 91
6:16:25		Walker			1	Eltham	4 Apr 93
6:17:30	Monika	Kuno	GER	13.11.43	1	Vogt	8/9 Jul 83
6:20:42	Leslie	Watson	GBR	4.02.48	1	Barnet	12 Mar 83
6:23:53	Lavinia	Petrie	AUS	13.09.43	1	East Burwood	19 Jun 93
6:29:25	Katarina	Janicke	GER	29.12.53	1	Ronneburg	28 Oct 89
6:34:47	Lynn	Fitzgerald	GBR	9.09.47	1	Barnet	16 Oct 82
6:37:06		Walker			1	Tooting Bec	94

## 100km

7:50:09	Ann	Trason	USA	30.08.60	1	Heywood	3 Aug 91
7:58:21	Nursia	Bagmanova	RUS	8.06.63	1	Podolsk	24 Jun 95
8:01:01	Monika	Kuno	GER	13.11.43	1	Vogt	8/9 Jul 83
8:01:39	Hilary	Walker	GBR	9.11.53	1	Eltham	4 Apr 93
8:13:59	Katharina	Janicke	GER	29.12.53	1	Ronneburg	28 Oct 89
8:16:33		Trason			1	Santa Rosa	18/19 Mar 89
8:22:44	Tamara	Merzlikina	URS	18.07.39	1	Valmiera	10 May 86
8:24:11	Linda	Meadows	AUS	10.03.59	1	Frankston	20 Apr 94
8:24:43	Anna	Dyck	GER		1	Elze	31 Aug 91
8:25:28		Walker			1	London	27/28 Oct 90
8:26:26	Wynnie	Cosgrove	NZL		1	Blenheim	23 Dec 95
8:28:20	Angela	Mertens	BEL	11.11.41	1	Arcueil	15 Nov 88
8:28:20		Walker			1	Blackpool	5/6 Nov 88

Note. The date of birth, where known, is shown after the country code.

# ALLTIME LISTS AT FEBRUARY 20th 1996

by Andy Milroy

Men  
road

100km

6:15:30+	Jean-Paul	Praet	BEL	8.11.55	1	Torhout	24 Jun 89
6:16:41#		Praet			1	IAU/EC Winschoten	12 Sep 92
6:18:09	Valmir	Nunes	BRA	16.01.64	1	IAU/WC Winschoten	16 Sep 95
6:20:44	Alexey	Volgin	RUS	21.01.68	2	IAU/WC Winschoten	16 Sep 95
6:20:59	Aleksander	Masarigin	RUS	18.10.60	1	Rognonas	31 Jan 93
6:22:13		Nunes			1	IAU/NC Sacramento	18 Feb 95
6:22:19		Masarigin			1	IAU Rodenbach	24 Apr 93
6:22:28	Konstantin	Santalov	RUS	3.01.66	1	Barcelona	3 May 92
6:22:33	Jaroslav	Janicki	POL	6.07.66	1	IAU Kalisz	21 Oct 95
6:22:43		Volgin			1	IAU/WC Saroma	26 Jun 94
6:23:15		Santalov			1	IAU Amiens	25 Sep 93
6:23:25		Santalov			1	IAU/WC Palamos	16 Feb 92
6:23:34		Janicki			2	IAU/WC Saroma	26 Jun 94
6:24:24		Santalov			1	IAU Amiens	19 Oct 91
6:24:29	Kazimiertz	Bak	GER	31.08.56	3	IAU/WC Saroma	26 Jun 94
6:24:46		Praet			1	IAU/NC Torhout	19 Jun 92
6:24:55		Santalov			1	IAU Amiens	24 Oct 92
6:25:07	Bruce	Fordyce	RSA	3.12.55	1	Stellenbosch	4 Feb 89
6:25:19	Jiri	Jelinek	TCH	5.02.63	1	IAU Amiens	15 Oct 95
6:25:52		Santalov			1	IAU/EC Winschoten	18 Sep 93
6:26:13	Jean-Marc	Belloccq	FRA	8.02.57	1	Amiens	13 Oct 90

(10 performers/21 performances)

6:26:20		Santalov			1	IAU Winschoten	7 Sep 91
6:26:23	Kiminari	Kondo	JAP	.63	1	IAU Saroma	25 Jun 95
6:26:24		Masarigin			1	IAU Rodenbach	25 Spr 92
6:26:26		Santalov			1	IAU/WC Torhout	8 Aug 93
6:26:58	Shaun	Meiklejohn	RSA	30.11.61	4	IAU/WC Saroma	26 Jun 94
6:27:20		Nunes			1	IAU Torrelavega	3 Oct 92
6:27:29	Andrzej	Magier	POL	23.01.62	2	IAU Rodenbach	24 Apr 93
6:27:43		Volgin			1	IAU S.C.de Bezana	1 Oct 94
6:27:59		Bak			1	IAU Rodenbach	16 Apr 94
6:28:11	Don	Ritchie	GBR	6.07.44	1	Santander	25 Sep 82
6:28:12		Praet			1	IAU Torhout	18 Jun 93
6:28:36		Janicki			1	IAU/EC Chavagnes	27 May 95
6:28:45		Santalov			2	IAU/EC Winschoten	12 Sep 92
6:28:52		Santalov			1	IAU Torhout	16 Jun 95
6:28:58		Nunes			1	Madrid	23 May 93
6:29:14		Santalov			1	IAU S.C.de Bezana	7 Oct 95
6:29:25	Tim	Sloan	AUS	29.07.67	1	Ross-Richmond	23 Apr 95
6:29:34	Karl-Heinz	Doll	FRG	9.01.54	1	IAU/NC Hanau	28 Apr 90
6:29:42		Praet			1	IAU Torhout	17 Jun 94

(16 performers/40 performances)

6:30:04	Igor	Ryabov	RUS	25.09.67	2	IAU/EC Chavagnes	27 May 95
6:30:11	Tom	Johnson	USA	15.05.59	3	IAU/WC Winschoten	16 Sep 95
6:30:35	Roland	Vuilleminot	FRA	21.08.46	1	IAU/NC Chavagnes	22 May 93
6:30:37	Domingo	Catalan	ESP	4.08.48	2	IAU/WC Palamos	16 Feb 92

(20)

6:31:14	Deon	Holtzhausen	RSA	27.07.52	2	Stellenbosch	4 Feb 89
6:31:41	Valery	Mikhaylovsky	RUS	2.01.59	2	Rognonas	31 Jan 93
6:32:41	Bernard	Curton	FRA	13.11.52	1	Rognonas	29 Jan 95
6:32:47	Vladimir	Grishin	RUS	26.06.67	5	IAU/WC Winschoten	16 Sep 95
6:33:03	Erik	Seedhouse	GBR	19.06.64	3	IAU/WC Palamos	16 Feb 92

# IAU Newsletter

6:33:11	Jerzy	Wroblewicz	POL	21.08.61	1	IAU	Kalisz	10 Oct 92
6:33:38	Lucien	Taelman	BEL	9.07.57	3	IAU	Amiens	25 Sep 93
6:33:38	Eiji	Nakagawa	JAP	.64	6	IAU/WC	Saroma	26 Jun 94
6:33:40	Jan	Szumiec	POL	.54	1		Rodenbach	23 Apr 88
6:33:57	Andy	Jones	CAN	9.11.61	1		New Orleans	14 Dec 91
(30)								
6:33:57	Peter	Hermanns	BEL	26.08.60	2	IAU/EC	Winschoten	18 Sep 93
6:34:21	Farid	Zharipov	RUS	22.03.57	5	IAU/WC	Palamos	16 Feb 92
6:34:39	Przemyslaw	Jamont	POL	.60	1		Kalisz	14 Oct 89
6:34:45	Werner	Dorrenbacher	FRG	5.10.54	1		Rodenbach	31 Oct 87
6:35:22	Philemon	Mogashane	RSA		3		Stellenbosch	4 Feb 89
6:36:02	Andrzej	Lisowski	POL	.61	1		Kalisz	15 Oct 88
6:36:34	Narihisa	Kojima	JAP	16.08.64	1	IAU	Saroma	5 Jul 92
6:36:38	Mikhail	Kokorev	RUS	1.03.65	3	IAU/EC	Winschoten	18 Sep 93
6:36:57	Richard	Chouinard	CAN	2.07.51	1		Montmagny	21/22 Jul 79
6:37:10	Vaclav	Kamenik	TCH	17.02.51	1		Rodenbach	19 Apr 89
(40)								
6:37:16	Livingstone	Jabanga	RSA	.59	6	IAU/WC	Winschoten	16 Sep 95
6:37:17	Safet	Badic	AUS	7.07.60	1	IAU/AC	North Otago	18 Nov 95
6:37:36	Alexey	Kruglov	RUS	25.12.65	1	IAU	Moscow	7 May 95
6:37:45	Mike	Hartley	GBR	27.07.52	4	IAU/EC	Winschoten	18 Sep 93
6:37:47	Denis	Gack	FRA	24.02.59	3	IAU/WC	Winschoten	3 Jun 94
6:37:52	Heinz	Huglin	FRG	25.12.50	1		Unna	30 Sep 89
6:38:00	Russell	Prince	NZL	7.09.55	2	IAU/WC	Duluth	27 Oct 90
6:38:08	Stanislav	Korablin	RUS	14.10.57	4	IAU	Amiens	25 Sep 93
6:38:12	Bruno	Joppen	HOL	9.04.52	2		Rodenbach	23 Apr 88
6:38:17	Burkhard	Lennartz	GER	4.02.67	1	IAU/NC	Rheine-Elte	5 Sep 92
(50)								
6:38:21	Bernd	Heinrich	USA	19.04.40	1		Chicago	4 Oct 81
6:38:21	Sergei	Soldatov	RUS	.60	1	IAU	Amiens	24 Sep 94
6:38:29	Aleksey	Kononov	RUS	6.06.60	2	IAU	Torrelavega	3 Oct 92
6:38:46	Attila	Kovacs	HUN	25.11.63	2		Torhout	24 Jun 89
6:38:54	Cornet	Matonane	RSA	26.12.52	3	IAU/WC	Torhout	8 Aug 93
6:38:59	Yuriy	Kazmin	UKR	4.10.60	7	IAU/WC	Winschoten	16 Sep 95
6:39:12	Bruno	Scelsi	FRA	3.10.54	3		Amiens	10 Sep 88
6:39:21	Yuri	Starikov	RUS	7.11.57	2	IAU	Torhout	18 Sep 93
6:39:25	Lev	Khitterman	URS	.52	2		Kalisz	14 Oct 89
6:39:26	Don	Wallace	AUS	19.07.61	1	IAU	North Otago	28 Dec 92
(60)								
6:39:32	Leonid	Krupsky	RUS	.52	2	IAU	Amiens	24 Sept 94
6:39:50	Alesander	Motorin	RUS	22.05.55	5	IAU/EC	Chavagnes	27 May 95
6:39:51	Nikolay	Gromov	RUS	.59	3	IAU	Amiens	24 Sep 94

Notes + At the time of his 6:15:30 Praet was under suspension by the Belgian Federation. # recognised as the world road 100km best performance.  
Also note Praet ran 6:28:59 Torhout 8 Aug 93 but was subsequently disqualified.

## Track

6:10:20	Don	Ritchie	GBR	6.07.44	1		London	28 Oct 78
6:25:28	Cavin	Woodward	GBR	1.08.47	1		Tipton	25 Oct 75

## IAU Newsletter

Women  
road

100km

7:00:48	Ann	Trason	USA	30.08.60	1	IAU/WC	Winschoten	16 Sep 95
7:09:44		Trason			1	IAU	Amiens	25 Sep 93
7:18:57	Birgit	Lennartz	GER	22.11.65	1		Hanau	28 Apr 90
7:22:18	Valentina	Lyachova	RUS	24.06.58	1	IAU	Amiens	24 Sep 94
7:26:52		Lennartz			1		Unna	30 Sep 89
7:27:19	Carolyn	Hunter-Rowe	GBR	25.01.64	1	IAU/WC	Torhout	8 Aug 93
7:27:20		Lennartz			1	IAU/NC	Rheine-Elte	5 Sep 92
7:27:39	Valentina	Shatyayeva	RUS	23.11.63	2	IAU/WC	Torhout	8 Aug 93
7:30:32	Maria	Bak	GER	3.01.59	1	IAU	Kalisz	8 Oct 94
7:30:49		Trason			1	IAU/WC	Santander	1 Oct 88
7:31:25		Lyachova			2	IAU	Amiens	25 Sep 93
7:31:47	Helena	Joubert	RSA	27.03.60	2	IAU/WC	Winschoten	16 Sep 95
7:33:12		Trason			1		Duluth	28 Oct 89
7:33:24		Trason			1		Queens, NY	4 May 91
7:33:46	Donna	Perkins	USA	31.08.58	1	IAU/NC	Sacramento	12 Feb 94
7:34:05	Irina	Petrova	RUS	13.02.74	1	IAU	Torrelavega	3 Oct 92
7:34:27	Alcira	Portela Lario	POR	.57	1	IAU	Torhout	17 Jun 94
7:34:54		Hunter-Rowe			1	IAU	Nottingham	23 May 93
7:34:58		Shatyayeva			1	IAU	Saroma	26 Jun 94
7:35:21		Lennartz			1	NC	Scheesel	12 Oct 91
7:35:48		Bak			3	IAU/WC	Winschoten	16 Sep 95
7:36:39		Lyachova			1	IAU/EC	Winschoten	3 Sep 94
7:37:01		Shatyayeva			4	IAU/WC	Winschoten	16 Sep 95
7:37:05	Marta	Vass	HUN	6.07.62	1	IAU	Torhout	19 Jun 92
7:38:01		Lyachova			3	IAU/WC	Torhout	8 Aug 93
7:38:14		Lennartz			1	IAU/NC	Kiel	24 Sep 94
7:38:52		Lyachova			2	IAU	Torrelavage	3 Oct 92
7:39:59		Hunter-Rowe			1	IAU/NC	Nottingham	31 May 92
(11 performers/28 performances)								
7:40:57	Linda	Meadows	AUS	10.03.59	1	IAU/AC	North Otago	18 Nov 95
7:42:17	Trudi	Thomson	GBR	18.01.59	2	IAU/WC	Saroma	26 Jun 94
7:43:14	Isabelle	Olive	FRA	19.05.60	1	IAU/EC	Chavagnes	27 May 95
7:44:23	Chrissie	Duryea	USA	12.08.60	8	IAU/WC	Winschoten	16 Sep 95
7:44:37	Nursia	Bagmanova	RUS	8.06.63	1	IAU/WC	Palamos	18 Feb 92
7:45:04	Mary	Morgan	AUS	25.10.57	1	IAU/CC	Kurow	31 Dec 94
7:46:44	Nadezhda	Gumerova	KGZ	1.01.49	2	IAU	Torhout	19 Jun 92
7:47:29	Marcy	Schwam	USA	11.02.53	1		Santander	19 Sep 81
7:47:43	Yelena	Maskina	RUS	14.04.64	4	IAU/WC	Saroma	26 Jun 94
(20)								
7:48:30	Rae	Bischoff	RSA	.53	9	IAU/WC	Winschoten	16 Sep 95
7:48:33	Eleanor	Adams	GBR	20.11.47	1	IAU	Santander	7 Oct 89
7:49:16	Sandra	Kiddy	USA	27.11.36	1		Duluth	27 Oct 84
7:50:09	Hilary	Walker	GBR	9.11.53	2	IAU/EC	Winschoten	18 Sep 93
7:50:40	Sybill	Mollensiep	GER	7.06.62	2	IAU	Rodenbach	24 Apr 93
7:50:57	Iris	Reuter	GER	27.06.61	2	IAU/NC	Rheine-Elte	4 Sep 93
7:52:23	Lynn	Harding	GBR	10.08.61	2	IAU/EC	Chavagnes	27 May 95
7:53:12	Anni	Loenstad	DEN	19.08.53	1	IAU	Rodenbach	16 Apr 94
7:53:22	Jutta	Philippin	GER	14.04.60	2	IAU/NC	Kiel	24 Sep 94
7:54:10	Daniele	Geoffroy	FRA	14.05.45	3	IAU/EC	Chavagnes	27 May 95
(30)								
7:54:13	Ricarda	Botzon	GER	4.09.66	12	IAU/WC	Winschoten	16 Sep 95
7:55:04	Anke	Drescher	GER	14.12.67	13	IAU/WC	Winschoten	16 Sep 95
7:55:04	Olga	Lapina	RUS	6.01.77	14	IAU/WC	Winschoten	16 Sep 95
7:55:55	Kris	Clark-Setnes	USA	28.12.59	2	IAU/NC	Sacramento	12 Feb 94
7:56:33	Mariya	Ostrovskaya	UKR	.55	2	IAU	Kalisz	8 Oct 94



## IAU Newsletter

7:56:40	Agnes	Eberle	SUI	.50	1		Rodenbach	25 Apr 87
7:56:55	Jutta	Philippin	GER	14.04.60	3	IAU/NC	Rheine-Elte	4 Sep 93
7:58:05	Huguette	Joualt	FRA	8.07.51	1	IAU/NC	Chavagnes	22 May 93
7:58:46	Sylvie	Laville	FRA	26.10.59	1	IAU/NC	Cleder	9 Jul 95
7:58:54	Hanni	Zehender	GER	24.05.46	2	NC	Hanau	28 Apr 90
(40)								
7:59:12	Yelena	Sidorenkova	RUS	.66	2	IAU	Amiens	15 Oct 95
7:59:19	Viviane	Vanderhaeghan	BEL	22.01.63	2	IAU/EC	Winschoten	12 Sep 92
8:01:33	Monika	Kuno	FRG	13.11.43	3	NC	Hanau	28 Apr 90
8:01:38	Nicole	Duchemin	FRA	10.10.46	5	IAU/EC	Chavagnes	27 May 95
8:02:44	Irina	Mozarova	RUS	19.07.58	15	IAU/WC	Winschoten	16 Sep 96
8:02:59	Ashley	Evans	CAN	15.04.64	3	IAU/NC	Sacramento	12 Feb 94
8:03:06	Sigrid	Lomsky	GER	16.01.42	4	NC	Hanau	28 Apr 90
8:03:50	Patricia	Lithgow	RSA	16.11.55	7	IAU/WC	Torhout	8 Aug 93
8:04:22	Martine	Cubizolles	FRA	24.05.60	3	IAU/NC	Cleder	9 Jul 95
8:05:18	Reiko	Hirosawa	JAP	.48	2	IAU	Saroma	25 Jun 95
(50)								
8:05:26	Sue Ellen	Trapp	USA	3. 3.46	1		Miami	31 Jan 81
8:06:47	Katharina	Janicke	GER	29.12.53	5	NC	Hanau	28 Apr 90
8:07:22	Beatrice	Reymann	FRA		1	NC	Rognonas	3 Apr 94
8:08:01	Svetlana	Waack	GER	.67	1		Rheine-Elte	2 Sep 95
8:08:43	Kathy	D'Onofrio-Wood	USA		2	NC	Duluth	28 Oct 89
8:10:38	Wynnie	Cosgrove	NZL	31.08.62	1		Canterbury	25 Mar 95
8:12:03	Sharon	Gayter	GBR	1.04.49	19	IAU/WC	Winschoten	16 Sep 95
8:12:07	Anni	Floris	FRA	.61	5	IAU/EC	Winschoten	3 Sep 94
8:13:00	Sylvia	Watson	GBR	29.09.47	10	IAU/WC	Torhout	8 Aug 93
8:14:14	Astrid	Benohr	GER	8.10.57	1		Rognonas	26 Jan 92
(60)								
8:14:58	Michelle	Jacquemin	FRA	10.06.49	2	IAU/NC	Chavagnes	22 May 93
8:15:15	Leslie	Watson	GBR	4.02.45	1		Lincoln	22 Jun 80
8:15:16	Sanet	Beukes	RSA	.55	2	IAU	S.C.Bezana	1 Oct 94
8:16:33	Ellen	McCurtin	USA	16.02.67	12	IAU/WC	Torhout	8 Aug 93
8:16:40	Evelyne	Bucher	FRG	.39	2		Rodenbach	31 Oct 87
8:17:01	Eiko	Endo	JAP	15.01.50	1	IAU	Lake Saroma	5 Jul 92
8:17:47	Susan	Detlefs	RSA	29.11.61	14	IAU/WC	Torhout	8 Aug 93
8:17:49	Agnes	Bozan	HUN	.73	9	IAU/EC	Chavagnes	27 May 95
8:18:45	Ellen	McCurtin	USA	6.02.67	16	IAU/WC	Saroma	26 Jun 94
8:19:04	Angela	Mertens	BEL	11.11.41	2		Rodenbach	20 Apr 85
(70)								
8:19:05	Doina	Nugent	IRL	8.03.61	4	IAU/EC	Winschoten	12 Sep 92

## Track

7:50:09	Ann	Trason	USA	30.08.60	1		Heywood	3 Aug 91
7:58:21	Nursia	Bagmanova	RUS	8.06.63	1		Podolsk	24 Jun 95
8:01:01	Monika	Kuno	GER	13.11.43	1		Vogt	8/9 Jul 83
8:01:39	Hilary	Walker	GBR	9.11.53	1		Greenwich	4 Apr 93

## IAU Newsletter

## 24 Hours

Men  
Track

285.362km	Yiannis	Kouros	GRE	13.02.56	1	Surgeres	6/7	May 95
283.600		Kouros			1	IAU Montauban	15/16	Mar 85
282.981		Kouros			1	Coburg	8/9	Apr 95
280.469		Kouros			1	Melbourne	4/5	Aug 90
275.982	Anatoliy	Kruglikov	RUS	.57	1	NC Podolsk	24/25	Jun 95
274.480	Dave	Dowdle	GBR	7.11.54	1	Gloucester	22/23	May 82
272.624	Jean-Gilles	Boussiquet	FRA	26.07.44	1	Lausanne	2/3	May 81
272.619	Eduard	Khirov	RUS	.61	2	NC Podolsk	24/25	Jun 95
271.200		Kruglikov			1	NC Podolsk	27	Aug 94
268.975		Khirov			2	NC Podolsk	27	Aug 94
268.251	Don	Ritchie	GBR	6.07.44	1	NC London	26/27	Oct 91
267.088	Ivan	Labutin	RUS	.59	3	NC Podolsk	24/25	Jun 95
265.932	Rae	Clark	USA	7.02.52	1	NC Portland	29	Sep 90
264.400	Mikhail	Eremisov	RUS	.61	3	NC Podolsk	27	Aug 94
264.108		Boussiquet			1	Blackburn	11/12	Oct 80
263.466	Mark	Pickard	GBR	8.03.60	1	London	10/11	Oct 81
262.790	Valeriy	Goubar	URS	.49	1	Odessa		Oct 88
262.668		Kouros			1	New York	2/3	Jul 84
262.640	Rune	Larsson	SWE	11.05.56	1	Honefoss	12/13	Jul 86
262.238	Seigi	Arita	JAP	.56	1	IAU Arcueil	9/10	Oct 94
261.204	Park	Barner	USA	13.01.44	1	Huntington	1/2	Jun 79
260.520		Boussiquet			1	Coetiquidan	19/20	Apr 80
260.099	Mike	March	AUS	18.06.43	1	Coburg	25/26	Feb 89
		(15/22)						
259.603	Ron	Bentley	GBR	10.11.30	1	Walton	3/4	Nov 73
258.845	Viktor	Suborin	URS	.51	1	Jurmala		Jul 84
258.382	Enver	Balabekov	RUS	.65	4	NC Podolsk	24/25	Jun 95
258.101	Vasiliy	Amelin	RUS	.57	4	NC Podolsk	27/28	Aug 94
257.817		Kouros			1	Wyong	26/27	Jan 91
257.767		March			1	Adelaide	28/29	Oct 89
256.513	Paul	Bream	GBR	20.10.44	1	Frechen	25/26	Jun 88
256.400	Wally	Hayward	RSA	10.07.08	1	Motspur Pk	20/21	Nov 53
256.157	David	Standeven	AUS	6.03.52	2	Adelaide	28/29	Oct 89
255.760	Mike	Newton	GBR	1.11.38	2	London	10/11	Oct 81
255.680	Vladimir	Kubecek	TCH	.48	1	Zilina	12/13	Sep 87
255.269	Valeriy	Christenok	URS	.62	1	IAU Arcueil	13/14	Oct 91
255.173		Boussiquet			1	Vienna	16/17	Apr 83
		(25 performers/35 performances)						
254.926	Aleksander	Kostin	RUS		5	Podolsk	27	Aug 94
254.819	James	Zarei	GBR	13.01.44	1	Izegem	28/29	Oct 89
254.515	Bryan	Smith	AUS	26.10.43	1	Melbourne	19/20	Aug 89
254.000	Patrick	Macke	GBR	18.06.55	2	IAU Montauban	15/16	Mar 85
252.646	Milan	Furin	CS	.50	1	IAU Arcueil	29/30	Sep 90
252.309	Bernd	Heinrich	USA	19.04.40	1	Brunswick	3/4	Sep 83
251.459	Tom	Roden	GBR	9.10.46	1	London	15/16	Oct 77
250.512	Hans-Martin	Erdmann	FRG	9.09.44	2	Frechen	25/26	Jun 88
250.461	Mick	Francis	GBR	18.09.58	2	NC Hendon	26/27	Oct 91
		34 performers over 250km						

# IAU Newsletter

## Road

286.463	Yiannis	Kouros	GRE	13.02.56	1	New York	28/29	Sep 85
284.853		Kouros			1	New York	7/8	Nov 84
276.209	Wolfgang	Schwerk	FRG	.55	1	Koln	8/9	May 87
274.715	Bernard	Gaudin	FRA	.49	1	Niort	13/14	Nov 82
274.119	Hans-Martin	Erdmann	FRG	9.09.44	2	Koln	8/9	May 87
268.000	A.	Komissarenko	URS		1	Tula		Sep 82
264.246	Paul	Beckers	BEL	22.08.62	1	IAU Torhout	1/2	Aug 92
263.172	Janos	Bogar	HUN	23.06.64	1	IAU Szeged	3/4	Jul 93
262.758		Beckers			1	IAU Torhout	13/14	Aug 94
262.419	Jean-Gilles	Boussiquet	FRA	26.07.44	1	Le Mans	30/31	Jan 82
262.112	Anatoliy	Kruglikov	RUS	.57	1	IAU Niort	7/8	Nov 92
261.475	Ron	Teunisse	HOL	12.06.52	1	IAU Apeldoorn	25/26	May 90
(10/12)								
261.292	Jean-Pierre	Guyomarc'h	FRA	5.04.54	1	Courcon	19/20	Sep 92
261.128	James	Zarei	IRN/GBR	13.01.44	1	Chorley	23/24	Aug 86
261.122		Bogar			1	IAU/EC Szeged	21/22	May 94
261.100		Gaudin			1	Niort	14/15	Nov 81
261.028	Peter	Samulski	FRG	14.12.38	1	Elze	17/18	Aug 90
260.895	Helmut	Schieke	FRG	28.06.39	2	IAU Apeldoorn	25/26	May 90
260.750	Konstantin	Santalov	RUS	3.01.66	1	Madrid	16/17	Oct 93
260.180	Valeriy	Christenok	URS	.62	1	IAU Niort	2/3	Nov 91
260.024		Guyomarc'h			1	NC Fleurbaix	28/29	Aug 93

## (16/21)

259.800		Kruglikov			1	St Petersburg		Jun 91
259.265	Helmut	Dreyer	GER	2.10.57	1	IAU/EC Basle	1/2	May 93
258.181	Kevin	Setnes	USA	27.01.54	1	NC Sylvania	18/19	Sep 93
258.108	Peter	Mann	FRG	10.10.39	1	Apeldoorn	9/10	May 86
258.003	Marcel	Foucat	FRA	21.12.50	2	IAU Niort	2/3	Nov 91

## (20)

257.965	Milan	Tuhovcak	TCH	4.08.53	2	IAU/EC Basle	1/2	May 93
256.725	Maurice	Mondon	FRA	18.06.50	2	IAU Niort	7/8	Nov 92
256.521		Samulski			1	Morlenbach	13/14	May 89
256.363	Dusan	Mravlje	YUG	.53	1	IAU Mittersill	15/16	Jun 90
256.340	Jean-Marc	Belloq	FRA	8.02.57	1	Niort	9/10	Nov 85
256.138		Erdmann			2	Apeldoorn	9/10	May 86
255.775	Seigi	Arita	JAP	.56	1	IAU Niort	6/7	Nov 93
255.576	Jacky	Frick	SUI	.42	1	Biel	10/11	Oct 87
255.112		Erdmann			2	IAU Mittersill	15/16	Jun 90
255.005		Boussiquet			1	Niort	8/9	Nov 80

## (26 performers/36 performances)

254.847	Gennadiy	Groshev	RUS	.58	1	IAU Basle	5/6	May 90
254.823	Paul	Bream	GBR	20.10.44	1	Bray	30/31	May 87
254.793	Tom	Possert	USA	22.11.62	2	Sylvania	18/19	Sep 93
254.542	Karsten	Sorensen	GER	.65	1	Worschach	22/23	Jul 95
253.701	Patrick	Macke	GBR	18.06.55	1	IAU Plzen	7/8	Aug 93
253.000	Alain	Le Polotec	FRA	.50	1	Niort	14/15	Nov 87
252.420	Rene	de Sousa	FRA		2	NC Fleurbaix	28/29	Aug 93
252.110	Valery	Klement	GER	22.10.57	3	IAU/EC Szeged	21/22	May 94
251.600	Jean-Pierre	Haec	FRA	.49	2	Niort	13/14	Nov 82
251.510	Otto	Sietl	CSR	.53	1	Hostivice	14/15	Sep 85
251.063	Terry	Edmondson	GBR	9.09.45	1	Chorley	29/30	Aug 87
250.600	Daniel	Decemme	FRA	.51	2	Niort	3/4	Nov 84
250.067	Dave	Cooper	GBR	14.10.34	3	IAU Elze	17/18	Aug 90

39 performers over 250km

# IAU Newsletter

## Indoor Track

275.576*	Nikolai	Safin	RUS	.58	1	Moscow	27/28	Feb 93
270.296	Anatoly	Kruglikov	RUS	.57	1	Podolsk	26/27	Feb 94
269.560	Nasibula	Khusnulin	RUS	.55	2	Podolsk	26/27	Feb 94
268.590		Kruglikov			1	Podolsk	22/23	Feb 92
260.323	Valeriy	Goubar	RUS	.49	2	Moscow	27/28	Feb 93
258.302	Eduard	Khirov	RUS	.61	3	Podolsk	26/27	Feb 94
258.145	Aleksander	Shchekin	RUS		1	Podolsk	4/5	Feb 95
257.421		Goubar			2	Podolsk	22/23	Feb 92
257.202	Maxim	Vorobyev	RUS		2	Podolsk	4/5	Feb 95
255.680	Valeriy	Moskalenko	RUS		3	Podolsk	22/23	Feb 92
(8/10)								
252.412	Anatoly	Laput	BLS	.59	5	Podolsk	26/27	Feb 94
251.064	Yiannis	Kouros	GRE	13.02.56	1	Deerfield	14/15	Feb 86

## Indoor Road

267.543	Don	Ritchie	GBR	6.07.44	1	IAU/IC Milton Keynes	3/4	Feb 90
262.585	Dick	Tout	NZL	1.05.48	1	Milton Keynes	18/19	Feb 89
251.310	Bryan	Smith	AUS	26.10.43	2	IAU/IC Milton Keynes	3/4	Feb 90

Note \* Nikolai Safin was disqualified following a dope test Basle 1/2 May, 1993. In that race he achieved 264.718km.

## Women

### Track

240.169k	Eleanor	Adams	GBR	20.11.47	1	Melbourne	19/20	Aug 89
230.013	Marianne	Savage	GBR	26.01.49	1	Solihull	22/3	Jul 88
226.237	Angela	Mertens	BEL	11.11.41	1	Izgem	2/3	Jul 88
226.000	Elena	Sidorenkova	RUS	.66	1	NC Podolsk	24/25	Jun 95
225.307	Hilary	Walker	GBR	9.11.53	1	Blackpool	5/6	Nov 88
222.869		Savage			1	IAU Arcueil	13/14	Oct 91
222.800		Adams			1	Nottingham	4/5	Aug 85
221.200		Adams			1	Honefoss	12/13	Jul 86
220.500	Sandra	Barwick	NZL	27.02.49	1	Hong Kong		Feb 89
219.735	Sue Ellen	Trapp	USA	3.03.46	1	NC Portland	28/29	Oct 91
219.782	Helen	Stanger	AUS	.50	1	Wollongong	1/2	Apr 95
219.129		Savage			1	IAU Birmingham	3/4	Aug 91
218.150	Monika	Kuno	FRG	13.11.43	1	Frechen	25/26	Jun 88
217.516		Mertens			1	Izgem	1/2	Jul 89
217.201	Susan	Olsen	USA	.60	2	NC Portland	28/29	Oct 91
216.648	Ros	Paul	GBR	27.05.59	1	Nottingham	22/23	Aug 82
216.770	Wynnie Wu	Cosgrove*	NZL	31.08.62	1	Auckland	27/28	May 95
215.461		Wu Wing-yee *	HKG	31.08.62	1	Hong Kong	9/10	Feb 91
215.068	Sandra	Brown	GBR	1.04.49	1	Tooting Bec	16/17	Oct 93
214.902	Lynn	Fitzgerald	GBR	9.09.47	1	Gloucester	22/23	May 82
214.797		Mertens			1	Izgem	4/5	Jul 87
214.000	Rimma	Paltseva	RUS	.48	2	NC Podolsk	24/25	Jun 95
213.887		Savage			1	Arcueil	29/30	Sep 90
213.622	Mary	Hanudel	USA	2.10.60	2	Honefoss	12/13	Jul 86
213.906	Helga	Backhaus	GER	19.01.53	2	IAU Arcueil	13/14	Oct 91
213.504	Eleanor	Robinson+	GBR	20.11.47	1	Humberside	15/16	Jul 95
213.491		Stanger			1	Wollongong	27/28	Mar 94
213.239	Randi	Bromka	USA	6.05.52	1	NC Portland	29	Sep 90

## IAU Newsletter

212.874	Marie-Therese	Debroise	FRA	.49	1	IAU	Arcueil	9/10	Oct 93
212.840		Paltseva			1		Odessa	22/23	Oct 94
212.300	Edith	Couhe	FRA	26.04.44	1		Chevilly-Larue	14/15	Jun 85
211.600		Adams			1		Montauban	15/16	Mar 85
211.080	Maria	Nardin-Bini	ITA	19.11.50	3	IAU	Arcueil	13/14	Oct 91
210.952		Bromka			1		Portland	16/17	Sep 89
210.106	Lorna	Richey	USA		1		Ottawa	19/20	May 84

(22 performers/33 performances)

208.840	Helen	Grant	NZ	.49	1		Christchurch	7/8	May 88
208.800	Zinaida	Shabalina	RUS	.52	3		Podolsk NC	24/25	Jun 95
206.290	Arlette	Touchard	FRA	26.06.41	4	IAU	Arcueil	13/14	Oct 91
204.674	Sharon	Gayter	GBR	30.10.60	1	NC	London	22/23	Oct 94
203.650	Dawn	Parris	AUS	19.02.53	1		Melbourne	19/20	Aug 89
203.011	Sue	Medaglia	USA	4.06.35	1		Greenwich	26/27	Sep 81
202.890	Sue	Andrews	NZ		1		Coburg	13/14	Feb 88
202.204	S	Savoskina	RUS		1	NC	Moscow	21/22	May 94
201.977	Toni	Belaustegni	USA		1		Hayward	22/23	Aug 87
200.615	Cynthia	Cameron	AUS		1		Adelaide	1/2	Nov 86
200.411	Bozena	Zatecka	TCH	19.12.46	5	IAU	Arcueil	13/14	Oct 91
200.163	Karina	Nequin	USA		1		Eldridge	18/19	May 85

36 performers over 200km

## Road

243.657	Sigrid	Lomsky	GER	16.01.42	1	IAU/EC	Basle	1/2	May 93
236.453	Hilary	Walker	GBR	9.11.53	1		Preston	27/28	Aug 88
233.816	Sue Ellen	Trapp	USA	3.03.46	1	NC	Sylvania	18/19	Sep 93
232.107	Angela	Mertens	BEL	11.11.41	1		Heusden	15/16	Oct 88
231.510	Marie	Bertrand	FRA	29.07.57	1	NC	Courcon	17/18	Sep 94
231.482		Lomsky			1	IAU/EC	Szeged	21/22	May 94
231.008		Lomsky			1	IAU/EC	Apeldoorn	29/30	May 92
230.618		Walker			1		Feltham	23/24	May 87
230.275	Ann	Trason	USA	30.08.60	1	NC	Queens, NY	16/17	Sep 89
227.038	Monika	Kuno	GER	13.11.43	1	IAU	Mittersill	15/16	Jun 90
226.330	Helga	Backhaus	GER	19.01.53	1	IAU	Apeldoorn	21/22	May 93
224.758		Bertrand			1	NC	Vannes	23/24	Sep 95
224.164		Backhaus			2	IAU	Apeldoorn	29/30	May 92
223.647		Backhaus			2	IAU/EC	Basle	1/2	May 93
222,556	Randi	Bromka	USA	6.05.52	1	NC	Sacramento	30/31	Dec 92
222.020	Tamara	Merslikina	URS	.43	1		Mittersill	26/27	May 89

(10/15)

221.655		Backhaus			1	IAU	Appeldoorn	26/27	May 95
221.328		Backhaus			1	NC	Koln	26/27	Sep 92
221.178		Backhaus			1	IAU	Worschach	22/23	Jul 95
220.568		Walker			1		Cranwell	7/8	Jun 86
220.255		Trapp			2	NC	Queens, NY	16/17	Sep 89
218.481		Kuno			1		Morlenbach	13/14	May 89
217.750	Anni	Loenstad	DEN	19.08.53	1	IAU	Basle	6/7	May 95
216.605	Pascale	Mahe	FRA	29.03.48	2	NC	Vannes	23/24	Sep 95
215.880	Anna	Dyck	GER	28.08.44	2	IAU	Apeldoorn	21/22	May 93
215.688	Eleanor	Adams	GBR	20.11.47	1	IAU	Niort	7/8	Nov 92
215.402	Waltraud	Reisert	FRG	9.05.39	1		Apeldoorn	9/10	May 86
215.363	Susan	Olsen	USA	.60	1		Sylvania	17/18	Sep 94
214.999		Dyck			3	IAU/EC	Apeldoorn	29/30	May 92
214.980		Dyck			3	IAU/EC	Basle	1/2	May 93
214.927	Monika	Peter	GER	5.07.50	1	IAU	Apeldoorn	13/14	May 94
213.902		Mertens			1		Jabbeke	22/23	Aug 92
213.744		Backhaus			1	IAU	Apeldoorn	25/26	May 90
212.981	Angelika	Bottcher	GER	16.10.49	3	IAU	Apeldoorn	21/22	May 93

# IAU Newsletter

212.328	Peter		2 NC	Koln	26/27 Sep	92
212.136	Backhaus		1 IAU	Elze	17/18 Aug	90
211.608	Mahe		2 NC	Courcon	17/18 Sep	94
211.357	Sandra Brown	GBR	1.04.49 1	Chorley	26/27 Aug	84
211.250*	Annie Van De Meer	NL	24.02.47 1	Rouen	11/12 May	86
210.598	Gisela Fricke	GER	13.05.53 4 IAU	Apeldoorn	21/22 May	93
210.510	Zofia Turosz	POL	1	Poznan	16/17 Nov	85
210.421	Olsen		1	Lake Harriet	25 Jun	94

(21 performers/36 performances)

208.606	Marieke Bestenbreur	NLD	19.11.48 1	Apeldoorn	9/10 May	86
205.800	Paulette Echevarne	FRA	1	Niort	14/15 Nov	87
205.429	Christel Roos	GER	31.05.39 2 IAU	Apeldoorn	10/11 May	91
204.000	Arlette Touchard	FRA	28.06.41 1	Niort	3/4 Nov	84
203.411	Renate Nierkens	GER	.44 1	Morlenbach	13/14 Sep	86
202.825	Martina Hausmann	GER	13.01.60 1 IAU	Torhout	13/14 Aug	94
202.600	Edith Couhe	FRA	26.04.44 1	Niort	13/14 Nov	82
202.490	Christel Roos	FRG	31.05.39 3 IAU	Apeldoorn	25/26 May	90
202.276	Rimma Paltseva	RUS	.48 2 IAU/EC	Szeged	21 May	94
201.168	Kathy Welch	USA	1	Sacramento	12/13 Nov	94
200.000*	Aaf De Rijk	NLD	1	Mons	10/11 Apr	82

32 performers over 200km

\*Walking performances

## Indoor track

220.645	Yelena Siderenkova	RUS	.66 1	Podolsk	4/5 Feb	95
210.661	Nadezhda Tarasova	RUS	.52 1	Podolsk	26/27 Feb	94
210.237	Irina Koval	RUS	.56 2	Podolsk	4/5 Feb	95
205.739	Rimma Paltseva	RUS	.48 2	Podolsk	26/27 Feb	94
204.822	Zinaida Shabalina	RUS	.52 4	Podolsk	4/5 Feb	95

## Indoor road

237.861	Eleanor Adams	GBR	20.11.47 1 IAU/IC	Milton Keynes	3/4 Feb	90
229.992	Adams		1	Milton Keynes	18/19 Feb	89
228.112	Marianne Savage	GBR	26.01.49 2 IAU/IC	Milton Keynes	3/4 Feb	90
227.261	Adams		1	Milton Keynes	14/15 Feb	87
218.012	Monika Kuno	GER	13.11.43 3 IAU/IC	Milton Keynes	3/4 Feb	90
209.005	Angela Mertens	BEL	11.11.41 4 IAU/IC	Milton Keynes	3/4 Feb	90

(3/6)

Note: Wu Wing Yee and Wynnne Wu Cosgrove are the same person. Eleanor Robinson formerly Eleanor Adams.

## Editors Note.

The Alltime Lists were received on the date of publication. Therefore there was not time to make adjustments. Please note that the correct IAAF abbreviation for the Netherlands should be NED and the correct abbreviation for Japan should be JPN. This will be rectified in future editions.

Please also note that after the country abbreviation the date of birth has been shown. When the precise date is not known the year of birth has been shown. In order that this lists can be brought up to date it would be appreciated if readers would contact Andy Milroy with details of any dates of birth not shown.



# AUSTRALASIAN BEST PERFORMANCES AS AT 01/05/97.

## **MEN: TRACK**

30 miles	Jeff JULIAN	(NZ)	2:47:34		
40 miles	Jeff JULIAN	(NZ)	3:53:36		
50 miles	Dragan ISAILOVIC	(AUS)	5:15:00	East Burwood, Vic	19/06/93
100 miles	Yiannis KOUROS	(AUS)	12:16:03	Coburg, Vic	14/04/96
500 miles	Bryan SMITH	(AUS)	4d.19:05:09	Colac, Vic	18/11/89
1000 miles *	Gary PARSONS	(AUS)	12d.19:44:35	Nanango, Qld	26/03/96
50 km	Bruce COOK	(AUS)	3:09:50	Parramatta, NSW	05/03/89
100 km	Dick TOUT	(NZ)	7:07:36		24/01/87
200 km *	Yiannis KOUROS	(AUS)	15:32:39	Coburg, Vic	14/04/96
500 km	Bryan SMITH	(AUS)	2d.19:00:21	Colac, Vic	16/11/89
1000 km	Bryan SMITH	(AUS)	5d.23:52:23	Colac, Vic	19/11/89
1500 km *	Gary PARSONS	(AUS)	11d.23:04:04	Nanango, Qld	25/03/96
6 hours	( Trevor JACOBS	(AUS)	83.600 km	East Burwood, Vic	21/06/92
	( Yiannis KOUROS	(AUS)	83.600 km	Coburg, Vic	08/04/95
12 hours	Yiannis KOUROS	(AUS)	157.600 km	Coburg, Vic	14/04/96
24 hours *	Yiannis KOUROS	(AUS)	294.104 km	Coburg, Vic	14/04/96
48 hours *	Yiannis KOUROS	(AUS)	470.781 km	Surgeres, France	08/05/95
6 days	Bryan SMITH	(AUS)	1001.410 km	Colac, Vic	19/11/89

## **WOMEN: TRACK**

30 miles	Mary MORGAN	(AUS)	3:36:45	Bunbury, WA	04/03/95
40 miles	Linda MEADOWS	(AUS)	4:51:52	East Burwood, Vic	18/06/94
50 miles	Linda MEADOWS	(AUS)	6:07:58	East Burwood, Vic	18/06/94
100 miles	Margaret SMITH	(AUS)	16:01:43	Manly, NSW	21/04/84
500 miles	Georgina McCONNELL	(AUS)	8d.4:31:28	Nanango, Qld	21/03/96
50 km	Mary MORGAN	(AUS)	3:44:18	Bunbury, WA	04/03/95
100 km	Linda MEADOWS	(AUS)	8:24:11	Frankston, Vic	30/04/94
200 km	Sandy BARWICK	(NZ)	21:05:00		10/02/89
500 km	Georgina McCONNELL	(AUS)	3d.23:51:52	Colac, Vic	19/11/92
1000 km	Georgina McCONNELL	(AUS)	10d.19:50:58	Nanango, Qld	24/03/96
6 hours	Linda MEADOWS	(AUS)	78.742 km	East Burwood, Vic	18/06/94
12 hours	Wynnie COSGROVE	(NZ)	134.074 km		23/12/95
24 hours	Sandy BARWICK	(NZ)	220.500 km		10/02/89
48 hours	Helen STANGER	(AUS)	329.256 km	Lota, Qld	02/06/95
6 days *	Sandy BARWICK	(NZ)	883.631 km		24/11/90

## **MEN: INDOOR**

50 km	Dick TOUT	(NZ)	3:27:29		19/02/89
100 km	Dick TOUT	(NZ)	7:43:41		19/02/89
200 km	Dick TOUT	(NZ)	16:53:00		19/02/89
12 hours	Dick TOUT	(NZ)	149.762 km		19/02/89
24 hours	Dick TOUT	(NZ)	262.585 km		19/02/89

## **WOMEN: INDOOR**

50 km	Sandy BARWICK	(NZ)	4:18:22		04/02/90
100 km	Sandy BARWICK	(NZ)	9:43:18		04/02/90
24 hours	Sandy BARWICK	(NZ)	186.952 km		04/02/90

## MEN: ROAD

30 miles	George PERDON	(AUS)	2:53:48	Princes Park, Vic	15/08/65
40 miles	Russel PRINCE	(NZ)	4:00:44		06/04/91
50 miles	Russel PRINCE	(NZ)	5:06:50		09/04/90
100 miles	Dick TOUT	(NZ)	12:52:02		08/11/87
1000 miles	Siggy BAUER	(NZ)	12d.14:38:40		28/12/83
6 hours	Cliff FRENCH	(AUS)	70.000 km	Toowoomba, Qld	10/03/91
12 hours	Peter SULLIVAN	(AUS)	138.562 km	Caboolture, Qld	15/04/89
24 hours	Ian CURTIS	(NZ)	264.005 km		15/10/94
48 hours	Dick TOUT	(NZ)	408.000 km		25/03/88
6 days	Dick TOUT	(NZ)	948.400 km		26/03/88
50 km	Steve EVANS	(AUS)	2:56:29	Canberra, ACT	09/04/94
100 km	Tim SLOAN	(AUS)	6:29:26	Ross to Rich, Tas.	23/04/95
200 km	Dick TOUT	(NZ)	16:43:02		15/10/88
500 km	Bryan SMITH	(AUS)	2d.19:54:00	Albany to Perth, WA	14/10/94
1000 km	David STANDEVEN	(AUS)	5d.13:55:00	Syd. to Melb.	24/05/89
1500 km	Ian JAVES	(AUS)	13d.8:03:37	Sri Chinmoy, NY	01/10/89
2000 km	Ian JAVES	(AUS)	17d.4:55:37	Sri Chinmoy, NY	05/10/89

## WOMEN: ROAD

30 miles	Jane ROSS	(NZ)	3:37:44		06/04/91
40 miles	Jane ROSS	(NZ)	5:01:10		06/04/91
50 miles	Mary MORGAN	(AUS)	6:07:26	Harriers, Canada	31/08/94
100 miles	Helen STANGER	(AUS)	18:13:11	Basel, Switzerland	03/05/92
1000 miles *	Sandy BARWICK	(NZ)	12d.14:38:40		14/09/91
6 hours	Nicole CARROLL	(AUS)	62.600 km	Toowoomba, Qld	10/03/91
12 hours	Helen STANGER	(AUS)	112.225 km	Basel, Switzerland	03/05/92
24 hours	Helen GRANT	(NZ)	208.000 km		23/10/88
48 hours	Sandy BARWICK	(NZ)	305.774 km		14/10/91
6 days *	Sandy BARWICK	(NZ)	804.672 km		14/10/91
50 km	Linda MEADOWS	(AUS)	3:27:22	Canberra, ACT	09/04/95
100 km	Linda MEADOWS	(AUS)	7:40:58	Kurow, NZ	18/11/95
200 km	Helen STANGER	(AUS)	23:21:04	Basel, Switzerland	03/05/92
500 km	Georgina McCONNELL	(AUS)	4d.2:27:--	Albany to Perth, WA	16/10/93
1000 km *	Sandy BARWICK	(NZ)	7d.01:11:--		14/10/91
1500 km *	Sandy BARWICK	(NZ)	11d.16:51:--		14/10/91
2000 km *	Sandy BARWICK	(NZ)	17d.03:01:--		14/10/91

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\* WORLD BEST PERFORMANCE (at the time of Australasian Best Performance, may not be necessarily current.)

# AUSTRALIAN RANKINGS FOR 6 DAYS TRACK By Men

Rank	Name	State	PB for 6 DAYS	Place	Date	at Age
1	SMITH, Bryan	VIC	1001.410km	COLAC	19/11/89	46
2	TAYLOR, Maurice	NSW	894.000km	COLAC	16/11/89	41
3	RECORD, Joe	WA	890.800km	COLAC	16/11/87	46
4	STANDEVEN, David	SA	860.000km	COLAC	12/11/88	36
5	PERDON, George	VIC	841.600km	COLAC	26/11/84	60
6	AUDLEY, George	WA	816.800km	COLAC	23/11/96	61
7	JAVES, Ian	QLD	810.800km	CAMPBELLTOWN	18/11/90	48
8	GRAY, Peter	VIC	810.000km	COLAC	03/11/91	27
9	RAFFERTY, Tony	VIC	809.500km	COLAC	12/11/83	44
10	LUCAS, Andrew	TAS	784.800km	COLAC	23/11/96	31
11	MANSELL, Kevin	SA	776.800km	COLAC	23/11/96	45
12	COLLINS, Tony	NSW	770.104km	CAMPBELLTOWN	18/11/90	43
13	BLOOMER, Brian	VIC	763.600km	COLAC	24/02/86	45
14	BEAUCHAMP, William	VIC	758.400km	COLAC	25/11/95	50
15	YOUNG, Cliff	VIC	749.600km	COLAC	26/11/84	62
16	RILEY, Gerry	VIC	741.200km	COLAC	16/11/87	57
17	FARMER, Pat	NSW	739.600km	COLAC		
18	FISHER, Keith	VIC	732.400km	COLAC		
19	TAYLOR, Dave	NSW	731.255km	CAMPBELLTOWN	19/11/89	38
20	WISHART, Greg	VIC	721.600km	COLAC		
21	PHILLIPS, Lindsay	QLD	703.454km	CAMPBELLTOWN	18/11/90	25
22	HEPBURN, Brickley	VIC	702.400km	COLAC	10/10/92	41
23	BRISTOW, Ralph	VIC	702.114km	CAMPBELLTOWN	19/11/89	49
24	PARSONS, Gary	QLD	695.800km	NANANGO	14/03/94	44
25	HILL, Ron	VIC	681.200km	COLAC	19/11/94	54
26	COX (SNR), Terry	VIC	668.000km	COLAC	03/11/91	54
27	DAVIS, Ivan	TAS	664.400km	COLAC	25/11/95	
28	TIMMS, John	QLD	663.200km	COLAC	19/11/94	52
29	BURNS, Bob	QLD	659.700km	NANANGO	08/03/94	50
30	WATTS, Graham	QLD	657.600km	COLAC	25/11/95	42
31	CHANNELLS, Robert	NSW	656.326km	CAMPBELLTOWN	18/11/90	48
32	SILL, David	NSW	654.800km	COLAC	19/11/94	47
33	HOLLERAN, David	QLD	645.731km	NANANGO	14/03/94	37
34	FICKEL, Bob	NSW	643.039km	CAMPBELLTOWN	19/11/89	37
35	FIRKIN, Graham	NSW	642.318km	CAMPBELLTOWN	18/11/90	53
36	PRITCHARD, Mark	WA	641.200km	COLAC	25/11/95	48
37	SCANLON, Shaun	NSW	635.407km	CAMPBELLTOWN	18/11/90	46
38	VEGA, Eduardo	NSW	627.314km	CAMPBELLTOWN	19/11/89	48
39	COLWELL, Brian	NSW	624.793km	CAMPBELLTOWN	18/11/90	41
40	O'CONNELL, Keith	NSW	608.656km	CAMPBELLTOWN	19/11/89	50
41	HOOK, Geoff	VIC	606.800km	COLAC	16/11/87	43
42	MARDEN, Bob	NSW	604.800km	COLAC	24/02/86	33
43	KETTLE, Drew	VIC	601.600km	COLAC	21/11/92	72
44	CORNELIUS, Ian	QLD	550.782km	NANANGO	14/03/94	53
45	DONNELLY, Bruce	QLD	550.636km	CAMPBELLTOWN	18/11/90	0
46	COX (JNR), Terry	VIC	518.400km	COLAC	03/11/91	26
47	POLLARD, Godfrey	VIC	504.800km	COLAC	19/11/94	63
48	GRANT, Ron	QLD	501.568km	CAMPBELLTOWN	18/11/90	47
49	PIERCE, Simahin	SA	490.266km	NEW YORK USA	08/05/93	45
50	ARMISTEAD, Peter	VIC	485.200km	COLAC	23/11/96	50
51	PFISTER, Peter	VIC	474.400km	COLAC	24/02/86	46
52	BOYLE, Brad	NSW	406.458km	CAMPBELLTOWN	18/11/90	30
53	STEWART, Barry	QLD	304.800km	COLAC	19/11/94	61
54	LEWIS, J		254.400km	CAMPBELLTOWN	18/11/90	
55	BRUNER, Bob	VIC	181.856km	EL AJON CA. USA	30/03/85	46
56	ROWE, Craig	QLD	140.400km	COLAC	12/11/93	26

# **AUSTRALIAN RANKINGS FOR 30ML TRACK By Men**

Rank	Name	State	PB for 30ML	Place	Date	at Age
1	THOMPSON, Martin	NSW	3:01:19	EWELL COURT UK	29/04/78	32
2	JACOBS, Trevor	ACT	3:11:47	EAST BURWOOD	21/06/92	40
3	COPLAND, Charles	VIC	3:26:46	BURWOOD	21/06/92	
4	CLARK, Dennis	VIC	3:29:56	BURWOOD	21/06/92	40
5	MOORE, Peter	VIC	3:31:00	BURWOOD	21/06/92	44
6	KINSHOFER, Rudi	SA	3:33:38	EAST BURWOOD	21/06/92	38
7	FRANCIS, Mick	WA	3:34:20	BUNBURY	04/03/95	36
8	AYLOTT, Nigel	VIC	3:41:25	KNOX	20/07/96	30
9	HOOK, Geoff	VIC	3:42:38	BOX HILL	28/06/86	41
10	SMITH, Bryan	VIC	3:43:48	BURWOOD	29/07/95	51
11	GAYNOR, Brendon	WA	3:49:09	BUNBURY	04/03/95	44
12	GRAY, Peter	VIC	3:51:20	COBURG	16/08/92	27
13	DUNN, Stephen	SA	3:51:30	BUNBURY	04/03/95	28
14	CLARKE, Ian	VIC	3:52:00	BURWOOD	21/06/92	38
15	BOWMAN, Bruce	VIC	3:53:38	BURWOOD	21/06/92	
16	HUGHES, Randall	VIC	3:59:00	BURWOOD	21/06/92	68
17	CORMACK, George	VIC	4:00:34	BURWOOD	29/07/95	44
18	EVERY, Paul	NSW	4:01:57	BURWOOD	21/06/92	28
19	SILL, David	NSW	4:02:36	BARRY,UK	02/03/97	49
20	VISSER, Jeff	VIC	4:05:00	BURWOOD	29/07/95	32
21	WRIGHT, Doug	WA	4:12:46	BUNBURY	04/03/95	49
22	BEAUCHAMP, William	VIC	4:15:59	BURWOOD	29/07/95	50
23	GRAYLING, Michael	VIC	4:17:34	KNOX	20/07/96	40
24	RUSSELL, Rick	WA	4:19:17	BUNBURY	04/03/95	
25	MEALEY, John	WA	4:19:19	BUNBURY	04/03/95	
26	HARPER, John	VIC	4:19:24	BURWOOD	21/06/92	45
27	DUFFELL, Geoff	VIC	4:29:50	KNOX	20/07/96	45
28	SUTTON, Denis	WA	4:37:46	BUNBURY	02/04/94	44
29	MATCHETT, Ken	VIC	4:38:00	BURWOOD	21/06/92	70
30	PRITCHARD, Mark	WA	4:45:01	BUNBURY	02/04/94	46
31	PEARCE, Phil	WA	4:58:36	BUNBURY	04/03/95	
32	ADKIN, John	WA	5:02:12	BUNBURY	04/03/95	
33	HICK, Bill	NSW	5:03:36	COBURG	16/08/92	44
34	ARMISTEAD, Peter	VIC	5:10:01	KNOX	20/07/96	50
35	SHAW, Doug	WA	5:16:58	BUNBURY	04/03/95	
36	HARRIS, Gary	WA	5:30:06	BUNBURY	04/03/95	
37	RECORD, Joe	WA	5:31:39	BUNBURY	04/03/95	53
38	CLARKE, Tom	WA	5:33:16	BUNBURY	04/03/95	48
39	MANSSELL, Kevin	SA	5:34:23	BURWOOD	29/07/95	44
40	YOUNG, Cliff	VIC	5:41:13	KNOX	20/07/96	74
41	JAMES, Lyle	WA	5:52:56	BUNBURY	04/03/95	54
42	KETTLE, Drew	VIC	7:28:21	COLAC	19/11/95	75

# **AUSTRALIAN RANKINGS FOR 30ML TRACK By Women**

Rank	Name	State	PB for 30ML	Place	Date	at Age
1	FRANCIS, Mary	WA	3:36:45	BUNBURY	04/03/95	37
2	MEADOWS, Linda	VIC	3:37:55	EAST BURWOOD	18/06/94	35
3	PETRIE, Lavinia	VIC	3:41:57	EAST BURWOOD	19/06/93	49
4	STANGER, Helen	NSW	4:13:09	COBURG	16/08/92	42
5	YOUNG, Shirley	VIC	4:19:06	BURWOOD	21/06/92	62
6	PARRIS, Dawn	VIC	4:38:34	COBURG	16/08/92	39
7	BRINDSEN, Carolyn	WA	4:54:53	BUNBURY	04/03/95	36
8	DURRANT, Nicole	WA	4:54:53	BUNBURY	04/03/95	27
9	KERR, Sandra	VIC	5:12:18	KNOX	20/07/96	50
10	PIKE, Denise	VIC	5:17:25	KNOX	20/07/96	44

# **AUSTRALIAN RANKINGS FOR 40ML TRACK By Men**

Rank	Name	State	PB for 40ML	Place	Date	at Age
1	ISAILOVIC, Dragan	VIC	4:07:33	BURWOOD	19/06/93	32
2	THOMPSON, Martin	NSW	4:12:40	EWELL COURT UK	29/04/78	32
3	PERDON, George	VIC	4:16:18	OLYMPIC P	17/07/71	46
4	JACOBS, Trevor	ACT	4:25:58	EAST BURWOOD	21/06/92	40
5	CLARK, Dennis	VIC	4:47:10	BURWOOD	21/06/92	40
6	FRANCIS, Mick	WA	4:48:35	BUNBURY	04/03/95	36
7	SMITH, Bryan	VIC	4:59:35	BURWOOD	29/07/95	51
8	AYLOTT, Nigel	VIC	5:04:02	KNOX	20/07/96	30
9	HOOK, Geoff	VIC	5:08:02	BOX HILL	28/06/86	41
10	CLARKE, Ian	VIC	5:11:06	BURWOOD	21/06/92	38
11	SHILSTON, Ross	VIC	5:28:09	BURWOOD	18/06/94	40
12	GRAY, Peter	VIC	5:28:44	COBURG	16/08/92	27
13	CORMACK, George	VIC	5:29:00	BURWOOD	29/07/95	44
14	HUGHES, Randall	VIC	5:31:21	BURWOOD	21/06/92	68
15	BOWMAN, Bruce	VIC	5:32:36	BURWOOD	21/06/92	
16	GAYNOR, Brendon	WA	05:34:19	BUNBURY	04/03/95	44
17	EVERY, Paul	NSW	5:38:16	BURWOOD	21/06/92	28
18	KINSHOFER, Rudi	SA	05:44:46	EAST BURWOOD	21/06/92	38
19	SILL, David	NSW	5:49:42	BARRY,UK	02/03/97	49
20	WRIGHT, Doug	WA	05:50:08	BUNBURY	04/03/95	49
21	BEAUCHAMP, William	VIC	5:50:50	BURWOOD	29/07/95	50
22	HARPER, John	VIC	5:59:42	BURWOOD	21/06/92	45
23	DUFFELL, Geoff	VIC	6:02:59	KNOX	20/07/96	45
24	SUTTON, Denis	WA	06:12:37	BUNBURY	03/04/94	44
25	PRITCHARD, Mark	WA	06:38:53	BUNBURY	03/04/94	46
26	PEARCE, Phil	WA	06:46:11	BUNBURY	04/03/95	
27	ARMISTEAD, Peter	VIC	7:41:50	KNOX	20/07/96	50
28	CLARKE, Tom	WA	07:52:50	BUNBURY	03/04/94	47
29	MANSELL, Kevin	SA	07:56:47	BURWOOD	29/07/95	44
30	YOUNG, Cliff	VIC	8:02:24	KNOX	20/07/96	74
31	KETTLE, Drew	VIC	10:32:16	COLAC	20/11/95	75
32	MATCHETT, Ken	VIC	11:33:20	COBURG	27/02/93	71

# **AUSTRALIAN RANKINGS FOR 40ML TRACK By Women**

Rank	Name	State	PB for 40ML	Place	Date	at Age
1	MEADOWS, Linda	VIC	4:51:52	EAST BURWOOD	18/06/94	35
2	PETRIE, Lavinia	VIC	4:59:58	EAST BURWOOD	19/06/93	49
3	FRANCIS, Mary	WA	5:03:20	BUNBURY	02/04/94	36
4	YOUNG, Shirley	VIC	5:50:33	BURWOOD	21/06/92	62
5	PARRIS, Dawn	VIC	6:36:36	COBURG	16/08/92	39
6	KERR, Sandra	VIC	7:05:23	KNOX	20/07/96	50
7	PIKE, Denise	VIC	7:42:00	KNOX	20/07/96	44

# **AUSTRALIAN RANKINGS FOR 6 DAYS TRACK By Women**

Rank	Name	State	PB for 6 DAYS	Place	Date	at Age
1	McCONNELL, Georgina	NSW	738.103km	CAMPBELLTOWN	24/11/90	47
2	HERBERT, Cynthia	VIC	738.000km	COLAC		
3	PARRIS, Dawn	VIC	676.400km	COLAC	25/11/95	42
4	FOLEY, Wanda	QLD	659.595km	CAMPBELLTOWN	19/11/89	43
5	KERR, Sandra	VIC	580.000km	COLAC	19/11/94	49
6	GLADWELL, Lucille	NSW	571.571km	CAMPBELLTOWN	18/11/90	
7	WARREN, Val	NSW	571.571km	CAMPBELLTOWN	18/11/90	56
8	TAIT, Marilyn	VIC	492.400km	COLAC		



# MEMBERSHIP APPLICATION

## AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

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

of .....  
(Address)

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

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

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

\*\*\*\*\*

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

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

\*\*\*\*\*

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

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

\*\*\*\*\*

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

Please circle desired rate:	\$ 25	within Australia		
Air Mail (up to 1 week delivery)	NZ \$ 34	Asia \$ 38	USA \$ 41	Europe \$ 43

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

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

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