

The West Australian, Perth Thursday 21st August, 1997

## Drew, 77, takes a long walk

BY MICHAEL ZEKULICH

**COLOURFUL** Victorian great-grandfather Drew Kettle, 77, hates painting, so when his wife asked him to paint the house, he decided instead to go for a long, long walk.

That was in 1983. He has since made 14 major treks through various parts of Australia raising money for charity, mainly the Royal Flying Doctor Service.

Mr Kettle strolled into Kalgoorlie yesterday on his latest walk from Ayers Rock to Albany, planning to take two months for the 2400km journey.

"I started at the top of Ayers Rock to get a bit of pace up," he joked on the road this week.

Mr Kettle is accompanied by a support crew of three, including Geoff Burge riding Fred — which he says stands for "fund raising equine device".

On his various trips, Mr Kettle has raised just over \$200,000. So far on this one, he has collected \$10,000 and hopes to double that by the time they get to Albany on September 13.

Mr Kettle, whose great-grandfather he says received "free passage" from England to Australia for poaching rabbits, is a retired farmer from Yea, 160km west of Melbourne.

At nearby Colac, where he played football until he was 40, Mr Kettle still runs the boundary for junior teams. But he can no longer raise his arms above sore shoulders, so he flicks the ball back into play with a badminton racquet.

On the road he shuffles along at a surprising pace and averages about 45km a day, starting at 5am.

**Meal break:** Drew Kettle and his dog Gemma stop for breakfast at the roadside near Kalgoorlie. They are on a fund-raising walk from Ayers Rock to Albany. PICTURE: GUY MAGOWAN

**AURA**  
**MAGAZINE**



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## EDITORIAL

Well, Yiannis has done it again - and comprehensively this time - and according to Yiannis, he has put the 24 Hour track record out of reach of other mere mortals for centuries.

A fanfare of congratulations, Yiannis for such a supreme and noble achievement. The coming together of your finely balanced mental and physical powers has enabled you to produce a truly remarkable achievement in the history of ultrarunning. Well done from all of us in AURA !!

Needless to say, Yiannis bagged a swag of world and Australian records along the way.

Our team put in a great effort at this year's IAU 100km World Challenge in Winschoten in September. They finished 12 out of 16 finishing teams (23 started, so there was a high attrition of runners and teams) Tim, Mick and Ian finished within a few minutes of each other around 8 hours, with Paul experiencing a bad race and going well over 10 hours. Nevertheless, they all finished. Congratulations and well done for the tough battle against the strong wind. Mary ran as an individual, but was forced to withdraw due to the appearance of a re-occurring injury.

Next year's 100km World Challenge will be Japan in October and an expression of interest form for membership of the Australian team appears in this issue. Also of interest is the first IAU Veterans World Challenge to be held in Holland in September, 1998. Please use the same expression of interest form if you are interested in becoming a team member for this race. Two other races may appear next year, which could be of special interest to members. One is a European 24 Hour Challenge in Edinburgh, Scotland (a World Challenge could follow in 1999), and the other is IAU 100km Track Trophy for Men in Santander, Spain (which would most probably be by invitation only).

Next year could also see a regional (Oceania/Asia) 100km Championship and Queensland is bidding strongly to become the inaugural host. The Queenslanders are to host the first IAU 1000 Miles Track Race, which will be conducted in Nanango from the 11th to the 16th March, 1998. The world's best multi-day track runners are being invited, so it should be a fascinating event to watch.

So there is plenty afoot in the international stakes which can give focus to our sport in general. It was unfortunate the push to get the 100km road into the Manchester Commonwealth Games didn't "get-up" on the basis there are currently no Commonwealth 100km Championships. On the positive side, it is likely Commonwealth 100km Championships will be instituted and application made for a future Games and as well, since there is a long history of World 100km Challenges, application may be made to the IOC. See report from John Foden in this issue.

The energetic Drew Kettle has recently undertaken another of his massive walks for charity. He walked from Ayers Rock to Albany, WA via Docker River, Warburton Aboriginal Community, Laverton, Kalgoorlie and Esperance. He was well supported by Charlie Pye, Don McKenzie, Gordon Bloomfield and Geoff Burge on horse. Distance 2,400km, duration 60 days. Money raised for the Royal Flying Doctor Service \$14,000. Congratulations on a worthwhile and rewarding project Drew, and well done in the long walk. It must be great to be a fit, young-in-mind, retired person.

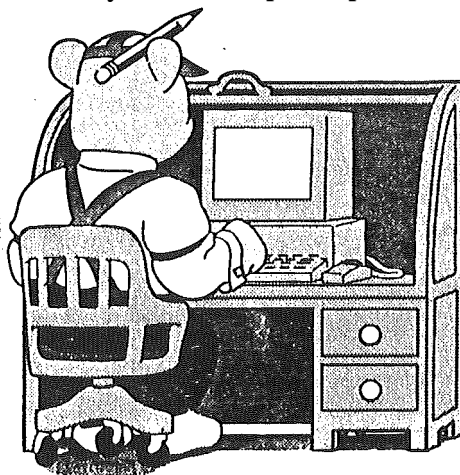
Kevin Cassidy finally achieved his lifelong ambition (well it seems like a lifetime anyway) and completed the Western States 100 Miles Trail Run. We can't seem to get a handle on the exact time, but his good mate (?) Ross Shilston reckons on at least 15 days and 23 hours. You wouldn't want to enter a 6 Day Race Kev, I don't see how you could ever possibly finish before you have to participate in the great ultra run in the sky!

Stay fit and healthy,

Kind regards,



Geoff Hook.(Pres).



# 1997 ULTRA CALENDAR

- Nov 8 **RAINBOW BEACH TRAIL RUN, Q'LD** (beach and forest trails) 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 (0754) 86 3547 or Gary Parsons (0754) 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 **100KM ROAD CHAMPIONSHIPS**, Waitaki District of North Otago, New Zealand, 6.00am start, 12 hours time limit, Closing date October 14 Entry fee NZ\$60.00, Contact: Race Director, Scott Leonard, 4/69 View Road, Mt.Eden, Auckland, New Zealand. Phone/Fax 64 9 623 0567. "That Dam Run"
- Nov 16 - 22 **12TH AUSTRALIAN 6 DAY RACE, COLAC, VIC.** Memorial Square, 3pm start - and finish on Saturday 22nd November, \$100 entry plus \$10 application fee. Late entry fee (if accepted) \$125 Enquiries and entry forms to P.O. Box 163, Colac 3250. Vic. or phone Mary Lowe (Hon. Sec) 03 5233 8361.
- 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 13 **GOLD COAST - KURRAWA SURF CLUB (BROADBEACH) TO POINT DANGER & RETURN, 50KMS.** Flat course along roads & paths adjoining the Gold Coast beachfront. To be followed by the Queensland Ultra Club Annual Dinner and prizegiving. Contact Pete Gibson, (0755) 761985 (H) or (0755) 81 6383 (W)

# 1998 ULTRA CALENDAR

- Cancelled for 1998 **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 (0754) 957208 or Ian McCloskey - 16 Conondale Avenue, Caboolture 4510, Phone (0754) 95 2864
- 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 10 **COASTAL CLASSIC 12 HOUR TRACK RUN/WALK, NSW,** West Gosford at Adcock Park, Pacific Highway, West Gosford on a 400m. fully surveyed grass track. \$30 entry, contact Gosford Athletic Club, Coastal Classic, P.O. Box 1060, Gosford 2250 NSW, or phone Frank (02) 4323 1710 or Paul (02) 9683 6024 (H)



# 1998 ULTRA CALENDAR

- 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 7 **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 7 **6 or 12 HOUR ROAD RACE,**  
Caboolture Historic Village, Q'ld. Contact Race Director Peter Lewis 07 5496 6437
- Feb **HOBART TO CYGNET , TAS.** 53km, An ideal event for first time solo runners, but also open to teams. An undulating rural course that finishes with a friendly counter lunch at Howards Hotel. Contact Mark Hey, Secretary Ultra Tasmania, 7 Hone Road, Rosetta, Tas 7010 or phone (03) 62 727233 (H)
- Mar **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW,** 46km mountain trail run, 9am start Saturday from Katoomba to Jenolan Caves, \$35 entry. Time limit 7.5 hours. Contact Chris Stephenson, Six Foot Track Marathon, G.P.O. Box 1041, Sydney 2001 NSW. Entries close: 10th Feb'96, Ph. (02) 259 3981 (W)
- Mar 8 **WATER WORLD GREAT OCEAN RACE - RED ROCK TO COFF'S JETTY, BEACH & HEADLAND 45KM ULTRA MARATHON NSW.** Starts at 8.00am at the northern end of Red Rock Beach. \$5.00 entry or \$10 on race day. Finish Coff's Harbour Jetty. Course survey Sat 7th March 1998 at Arrawarra Headland at 3.00pm. Contact Steel Beveridge on (02) 66 53 6831 (H) or (02) 66 541 500 (W). Or by post, 2 Lakeside Drive, North Sapphire 2450, NSW
- 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 **AURA 6 HOUR RACE + 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP, WA,** Bunbury, organised by the Bunbury Runners' Club, certified 500m grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact : Brian Kennedy, 64 Knight Street, Bunbury 6230, Ph. (097) 959546
- Mar 22 **AURA DAM TRAIL RUN 50KM (ADT 50) Vic,** A beautiful 50km trail run close to Melbourne, around Maroondah Dam, 9am start, Fernshaw Reserve, finish Maroondah Dam wall. \$25 entry for AURA members, \$30 for non-members. Closing date for entries 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

# 1998 ULTRA CALENDAR

- 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 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**
- 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)**
- April 18/19 **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 12 **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. (0754) 957208 or Ian McClosky (0754) 95 2864**
- April 18 **BRISBANE WATER BUSH BASH , NSW, 47km trail run. start at 6am at Gosford Olympic Pool, finish Gosford Sailing Club, Time limit 9 hours, \$30 entry, Entries to Greg Love, 76 Birdwood Avenue, Umina 2257, Ph. (043) 41 6384**
- May 10 **BANANA COAST ULTRA MARATHON, NSW. 85km. Grafton to Coff's Harbour via Glenreagh, Nana Glen & Coramba, 6am start at Grafton Post Office Entry fee \$5 by 7th May or \$10 on race day, own support vehicle / driver required, contact Steel Beveridge, 2 Lakeside Drive, North Sapphire 2450, NSW, phone (02 66) 53 6831 (H) or 6654 1500 (W)**
- May **TAMWORTH 24 HOUR CHARITY RUN, NSW, Viaduct Park, Tamworth, 10am start. \$35 entry, 10am start on Saturday, Contact Dallas Earsman, 143 Bridge Street. Tamworth 2340, Ph. 657216 (H) or 653511 (W)**
- May 15-17 **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. or on new tartan track, 9am start on Friday 15th May for 48 hours & 9.00am Saturday 16th 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**



# 1998 ULTRA CALENDAR

- 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,
- Aug 2 **TAMBORINE TREK, GOLD COAST, 68kms out and back course & 45km encouragement section, Road Race, staggered start, Entry fees, a QURC event.** \$20 QURC and GCRC members \$15. Contact Graeme Grimsey, P.O. Box 584, Ashmore City Q'ld 4214. Ph. (0417) 775 956.
- 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
- Aug 16 **100KM CHAMPIONSHIP, GOLD COAST.** Contact Harry Davis. (07) 5577 6868, a QURC event.
- Aug **MUNDARING TO YORK ROAD RACE, WA (40 Miles).** Start at Mundaring Shire Offices, conducted by the WA Marathon Club. Phone Runners World (09) 2277281 or WA Marathon Club (09) 388 1227.
- Sept **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 **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 **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 26/27 **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 **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.

# 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

<u>COSTS:</u>	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

<u>COLOURS</u>	RED	WHITE	GOLD		GREY	NAVY
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<u>SIZES:</u>	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: .....

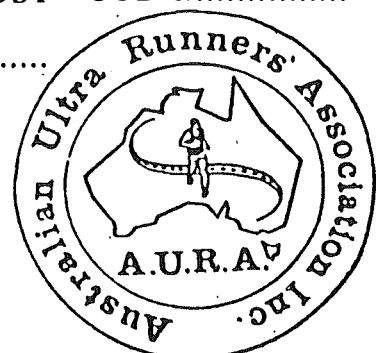
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CHEQUE FOR ..... ENCLOSED  
(Please include postage. Make cheque payable to AURA)

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





# EXPRESSION OF INTEREST

## IAU 100km World Challenge, Japan, October, 1998

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

The date for the event is 18th October, 1998. The course is a very scenic point-to-point. Further information will be advised when it becomes available.

We are expecting to hold our Australian Championships in Traralgon on 5th April (to be confirmed). A number (yet to be decided) of the top finishing athletes will gain automatic selection to the Australian team.

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

Men:	8 hours
Women:	9 hours

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

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

Geoff Hook  
42 Swayfield Road  
MOUNT WAVERLEY VIC 3149

-----✂-----

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

Name: .....

Address: .....

Phone Number: (work) ..... (home) .....

Facsimile Number: ..... Date of Birth: .....

Qualifying performance(s) over the past 18 months: .....

.....

.....

.....

IAU Newsletter

**IAU Executive Council and IAU General Council Meetings.**

**Winschoten. Netherlands. September 12th to 14th 1997**

**The following projects for 1998 were confirmed:**

1. IAU 100km European 100km Championships under the Patronage of EAA.  
Torhout, Belgium. June 19th 1998.
- \* 2. IAU 100km Veterans World Challenge.  
Winschoten, Netherlands. September 1998
- \* 3. IAU 100km World Challenge under the Patronage of IAAF.  
Nakamura City, Japan. October 18th 1998.
4. IAU 1000 Mile Track Championships.  
Nanango, QLD, Australia. March 11th to 26th 1998

**The following projects for 1998 are agreed subject to contract:**

- △ 5. IAU 24 Hour Challenge under Patronage of EAA.  
Edinburgh, United Kingdom.  
Date to be agreed.
6. IAU Inter-Celtic 100km Challenge.  
Cleder, France. August 23rd 1998.
- △ 7. IAU 100km Track Trophy for Men.  
Santander, Spain.  
Date to be agreed.

**The following project for 1999 has been agreed subject to contract:**

8. IAU 100km World Challenge under the Patronage of IAAF.  
Chavagnes en Paillers, France.  
Date to be agreed but probably May 1999.

**The following project for 2000 has been agreed subject to contract:**

9. IAU 100km World Challenge under the patronage of IAAF.  
Winschoten, Netherlands.  
Date to be agreed but probably September 2000.

**The following project for 2002 has been agreed subject to contract:**

10. IAU 100km World Challenge under the Patronage of IAAF.  
Torhout, Belgium.  
Date to be agreed but probably June 2002.

**The closing date for applications to stage the IAU 100km World Challenge under the Patronage of IAAF in the year 2001 is September 30th 1998.**

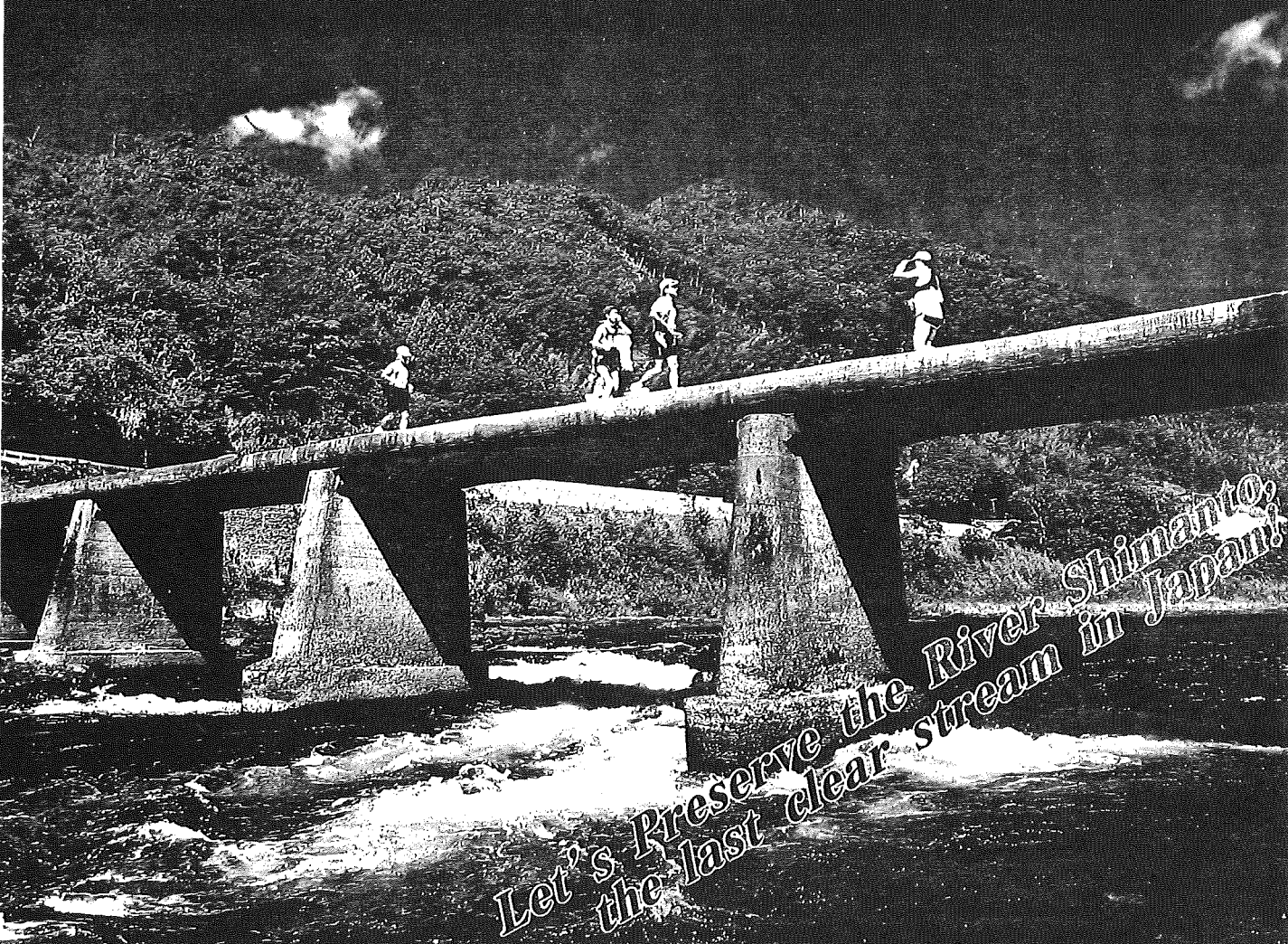
\*\*\*\*\*  
\* If you are interested, please send an expression of interest to Geoff Hook.

△ You may have interest in these events.



1998. IAU 100km World Challenge Under the Patronage of the I.A.A.F.

# 5th River Shimanto Ultra Marathon



## ■Date

18th Oct. 1998

## ■Start

100km 5:30AM

60km 10:00AM

## ■Organization

The IAU (International Association of UltraRunners)  
Nakamura City  
Towa Village  
Nishitosa Village  
Kochi Athletic Federation  
Patronage of the IAAF&JAAF

## Japan



四万十川の自然と清流を守る  
**四万十川**  
**ウルトラマラソン**

## START

100km race In front of the Nakamura City Warabioka Junior High School  
60km race Towa Village Koinobori Park

## FINISH

Both races Old ground of Nakamura prefectural high school

## SPONSOR

River Shimanto Ultra marathon executive committee

## COSPONSOR

Otsuka Pharmaceutical, The Bank of Shikoku, NTT, Hata credit association, Nisshin food, Shimanto general maintenance organization, Kirin Beer company, Kouchi prefectural transportation, Nakamura city Japanese-style hotel union

## A TIME LIMIT

100km race 14:00  
60km race 10:00

## COMMENDATION

Synthesis The first to the 8th runners  
Team The first to the third runners by synthesizing the records of first three runners of each country  
By age The first to third runners

## RECORD

Record will be measured by Championship

## PERIOD OF ENTRY

From May 22nd to June 10th, 1998  
(Should be postmarked on or before June 10th)

## RECEPTION OFFICE FOR RUNNERS

100km race Nakamura Civil Sport Center  
Only October 17th (Saturday)  
From 11:00 to 18:00  
60km race Towa Village Koinobori Park  
on October 17th (Saturday)  
From 7:30 to 9:00  
on October 18th (Sunday)

## TECHNICAL MEETING

October 17th, 1998 (Saturday)  
Time is undecided.

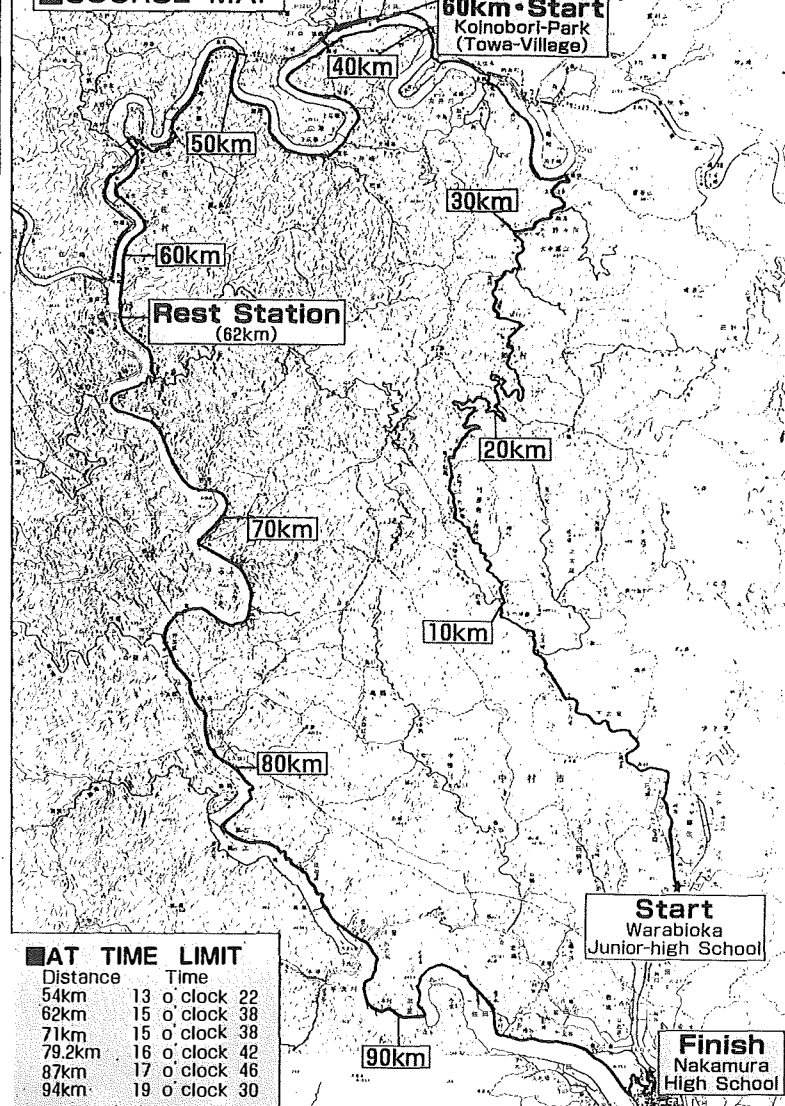
## THE NUMBER OF THE COUNTRIES INVITED

20 countries are expected.

## CONTACT TO

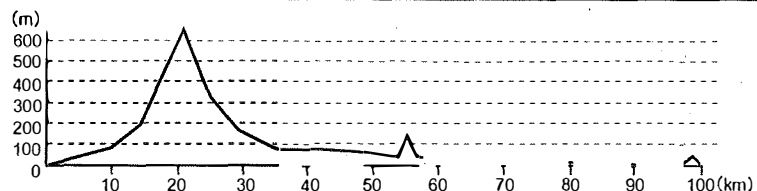
Race secretariat  
The Runners, Inc. Osaka Branch  
Marumiya Bld. 2F  
4-7-18 Nishi-nakajima Yodogawa-ku Osaka 532 JAPAN  
Phone 6-305-6330  
Fax 6-305-6344  
uf6e-nnb@asahi-net.or.jp (Until September 31st, 1997)  
nanbu@runners.or.jp (From October 1st, 1997)

## COURSE MAP



## AT TIME LIMIT

Distance	Time
54km	13 o'clock 22
62km	15 o'clock 38
71km	15 o'clock 38
79.2km	16 o'clock 42
87km	17 o'clock 46
94km	19 o'clock 30



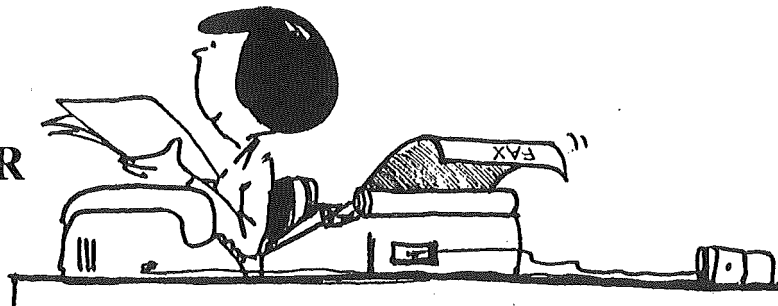
## PAST RECORD

The first race October 16th (Sunday), 1994  
Weather conditions Clear/15 degrees centigrade  
Man winner Patric Macke 7:34:50  
Woman winner Eiko Endo 8:48:09

The second race October 15th (Sunday), 1995  
Weather conditions Cloudy/17 degrees centigrade  
Man winner Patric Macke 7:28:02  
Woman winner Mariko Kamiyama 9:09:29

The third race October 20th (Sunday), 1996  
Weather condition Clear/19.8 degrees centigrade  
Man Winner Kiminari Kondo 6:41:12  
Woman Winner Yuki Matsubara 9:03:32

## LETTERS TO THE EDITOR



Dear Dot

I read with great interest Philip Essam's book review on Ron Grant's "My Life on the Line" in the September edition of Ultramag and couldn't resist adding my comments.

Last April I borrowed this book from my local library. I had quite recently started power walking and was avidly reading everything I could about walking and personal walking feats. Even though Ron's book is about running I thought it would probably make good reading. I had the book for about 3 weeks when I finally picked it up one public holiday (Anzac Day I think) and started reading it. I sat outside under a tree, lying on a comfy recliner chair and for a number of hours was completely immersed in this absolutely riveting, interesting, engrossing and inspiring story. As Philip mentioned, I could almost feel Ron's pain and joy as he progressed through the run.

When I finished the book, I felt a sense of sadness—it was over!—for a few wonderful hours I had been transported into another magical world and had enjoyed every single second of it. "My Life on the Line" had a profound effect on me. I rang the publisher when I had finished reading the book to find out where I could purchase a copy. To my amazement, the publisher had one copy left in stock and it was an autographed copy as well! I sent off my cheque and within a few days I had my very own copy of "My Life on the Line".

Even though I'm not an ultrarunner (or a runner), reading Ron's book made me realise that there were many personal goals I could achieve through walking and, which I am proud to say, I have done over the last 18 months. I've walked six half marathons, two 30 km charity events and in July this year, I completed my very first marathon at the Gold Coast.

Philip also mentioned a (Reader's Digest) quote in Ron's book—"IF IT IS TO BE, IT IS UP TO ME". I first saw this quote written on a small blackboard outside a florist a couple of years ago. I have never forgotten the effect those few powerful words had on me.

During the day I sometimes E-Mail messages around the world as I subscribe to a couple of ultra running and walking lists. I have quoted the last paragraph in Ron's book in my signature file because to me, these inspirational words say it all. As a result of this, I was recently contacted by a fellow in the United States who was keen to get a copy of "My Life on the Line". I sent him Ron's address and he has since advised me he now has a copy of the book and made the following comment—"What an incredible man". It must be very rewarding for Ron to know that his run and book are still having an impact on people throughout the world.

If you want to know what the words of the last paragraph are, you will have to read "My Life on the Line". It's a "must have" book for any serious or recreational athlete or for anyone who wants to read about one man's incredible dream to run around Australia and how he made his dream come true. In fact, I think it might be time for me to read it again!

Yours sincerely

Melanie Jonker



## ***Committee proposes test Commonwealth 100Km first***

***by Kevin Tiller***

Manchester, England - The drive to put a 100-kilometre event in the Manchester Commonwealth Games appears to have failed, but the dark cloud comes with a silver lining. The staging of a separate Commonwealth 100Km Championship has been recommended with a view to then considering the inclusion of a similar event in future Commonwealth Games. The proposal is explained in the following letter to the Amateur Athletic Association of England from John Foden of Britain's 100Km Association.

To Mike Neighbour,  
Chairman AAA of England Road Running Committee,  
From John Foden,

Dear Mike,

We have been partially successful with the AAA of England's proposal that a 100 kms race be added to the list of athletic events at Commonwealth Games. It will be discussed by the Federation Games Federation at Kuala Lumpur on 13th September.

I enclose an extract from the report of the Federations Committee that examined several proposals in preparation for the Federation's meeting.

You can see that Committee recommends a Commonwealth 100 Kms Championship as a preliminary step. A very useful achievement. However it seems to preclude the Manchester Commonwealth Games including a 100 kms race, (and Manchester City Council, by the cooperation they have already given me, have demonstrated their enthusiasm).

Many of the smaller nations without well known ultra distance runners are likely to abstain or favour procrastination. It seems probable therefore that the cautious support of the report will make obtaining the 2/3 majority needed to change the Constitution (vice article 21, paragraph 1) difficult to achieve this year. May I therefore recommend that the AAA of England circulate its case to all Member Countries immediately. You might care to point out that the argument 100 kms races are not in the programmes of other Multi Sport Games is flawed. It would result in no new events or sports ever being accepted if applied by the governing bodies of all of them. So, if the 100 kms is not immediately agreed, perhaps you could ask the Commonwealth Games Council for England to request that it is provisionally accepted, contingent upon a successful Commonwealth Championships being held in 1998 or 1999. That is instead of being deferred for another four years.

The International Olympic Committee has recently been innovative in respect of new sports and events. More pertinent in respect of ultra distance running, the Marquis Juan Samaranch in 1995 gave an Olympic flag to the organisers of the Spartathlon and Olympic certificates to all finishers.

Of the cities hoping to be the venue of the 2004 Olympics, Antonio Tzikas the President of the Greek Olympic Association, has told me Athens would be enthusiastic, and the South Africans at the London Marathon Exhibition said Cape Town intended to hold an unofficial 100 kms race even if the event was not by then an official Olympic one. Not surprising since the annual Pietermaritzburg-Durban 55-mile Comrades Marathon is the biggest annual ultra distance race in the world, with 14,000 competitors.

As a supporting statement of the international status of 100 kms races, the IAAF authorises annual IAU World 100 Kms Challenges, there are continental 100 kms championships and many national ones.

May I therefore suggest that BAF apply immediately to the IOC for a 100 kms race to be included in the list of authorised events. This could then be mentioned in Kuala Lumpur. If you wish I will totally revamp the Commonwealth prospectus to meet the needs of the IOC.

Yours Sincerely,

John Foden  
Extract from Federation's Committee Report

### **New Events**

#### **100km Event In Track and Field**

This event which does not appear in the programmed of other Multi Sports Games, nevertheless has support in a significant range of Commonwealth countries. The Committee considers it would be premature to add the event to the current list, but recommends that a Commonwealth Championship be organized as a preliminary to a reassessment of the event's potential and the possibility of ultimate inclusion in a multi sports program.

Dear Dot,

How are ya mate? Yes, I've changed my address again. Would you kindly amend your records accordingly so that I continue to get your wonderful mag.

Incidentally, something rather unbelievable happened last month. I won a race!! I covered 193.64km in the Humberside 24 Hour Track Race. Next week I'm off to Greece to have a go at the Spartathlon. Can I make the 36 hour cut-off??

All the best,  
David Sill (Surrey, UK)

Ed's note: Great effort David. The Striders would be proud of you! (And we are too!)

\*\*\*\*\*

Dear Dot,

Well I survived the Sri Chinmoy 12 Hour Race, doing a distance of 77.672km, which I was happy with after a 4-5 year rest from ultra-running.

I have nothing but praise for the organisers of the Sri Chinmoy Races - 6 Hour, 12 Hour, 24 Hour & 100km. They really look after the competitors, supplying food, drinks and encouragement. It was also fantastic to be running around the track in the presence of the great Yiannis Kouros, who broke his own 24 Hour record. He is a very humble and sincere man and encourages the other competitors. I have enclosed a photograph taken of me adjusting my walkman earphones and with Yiannis Kouros in the background!

All the best Dot. Keep up the good work with ULTRAMAG.  
Regards,

Merrilyn Tait.

\*\*\*\*\*

Hi Dot!

I'm off this Saturday to run the Birdsville Track (520km). My old mate Ron Grant holds the record of 40 days 21 hours 20 mins. I hope to give it a shove, but I'm happy to just complete the run. I would very much like to thank Linda Meadows for her accurate reporting and kind words on my Canning Stock Route run in Fun Runner. I will send you a report on the Birdsville Track Run when I return.

All the best,  
Dave Holleran.

Ed's note: Thanks for your letter Dave. All the best for your big run. We'll be thinking of you.

\*\*\*\*\*

Dear Dot,

I have some good news. There is another disabled ultra-runner in Oz apart from myself, plus there are 3 blind runners with pilots whom I am sure will be ready for their first ultra run within 12 months!!

What this means is that, with blind runners and their pilots, you would need a track at least 6 lanes wide. The standard track I know is 3 lanes wide, but with a blind runner plus pilot, you would need possibly 3 extra lanes.

Tony Collins has told me of an idea he has had re. handicapping. I think it is a good one. Later on, I shall put forward ideas for altering tracks and off-road venues and warn you readers of the techniques and tactics that disabled runners and wheelies have to use to get along and the best ways to avoid serious accidents e.g. getting run over by wheelies.

Now the main news. The 1000 Miles Track Race at Bon Andrew Oval in North Sydney City now has these confirmed starters - Tony Collins, Graeme Watts, Kevin Mansell, George Audley, Al Howie (Canada) and myself plus possibly Cliffy. Cut-off for the able-bodied is 15 days, for the disabled, the handicapping has to be worked out as yet. All interested parties are to send their completed profiles to me or Tony Collins immediately. Those who have not done a 1000 miler, but have done the lead-up work can enter. The field limit is not set as yet, but it will be between 10 and 20 runners, hopefully half will be able-bodied and half disabled.

Entry fees are anticipated to be somewhere below \$500 per runner and will go down lower when more capable runners turn up. There will be free domestic and international air travel for those who cannot afford it and it may extend to everyone. Accommodation is already agreed upon both on and off the track and it included food and drinks. However you may bring your own if you want to.

Some of the business people in North Sydney have already told us that they will sponsor sport, but the type of sport was not mentioned, but we now know that we will get the sponsorship because of the location. This will draw huge crowds and it will draw thousands on the weekends for 2 or 3 weekends!

North Sydney Council is the second most commercially powerful city council in Australia and I feel that they can put on such an event, based on what their council has already told me.

Cheerio for now,  
Regards,  
"Bazz" Stewart.

Ed's note: Help!

\*\*\*\*\*

Dear Dot,

Just a brief note to thank you and everyone concerned with another excellent ULTRAMAG, which arrived today, and when this happens, everything must stop until cover to cover is read. All being well, the Bunbury Holden 6 Hour and 100km Teams Challenge will take place next March 1998. There will a new format, with a change in start times. Runners and organisers will hopefully receive some assistance from a full moon. I know that most ultra runners are considered strange by those who do not know or understand us, but running an ultra when there is a full moon? It should be a howling success!!!

There will be no 12 hour event in 1998. It's a pity but the race has now been run for 7 years and there does not seem to be the likelihood of another 24 hour race being run in W.A., which was the whole idea of a 6 or 12 Hour - to encourage runners to progress to the Big One - 24 Hours.

The recent Capel to Collie 100km Road Race only attracted 2 starters, so the outlook for the longer races looks rather bleak. However, I will continue to promote ultra-running in W.A.

I hope to make contact with you and Geoff and other Vic ultra runners when I spend some time over your way in February'98 when I attend the 100th Austral Wheelrace celebrations. Old bike riders never die, they just keep rolling on !!

Kindest regards and thanks once again,

Brian Kennedy

\*\*\*\*\*

Queensland Ultra Runners Association (via Carol Street),

I just want to write and say how much I enjoyed the 5 Day South Burnett Footrace. What a great bunch the runners and crews were and how welcome and at ease I felt. It was great to see Ron and Dell about on the runs during the day, driving alongside for a chat or with a bit of advice, even lollies from Dell. Everyone was so supportive and encouraging, and especially I admire the ladies - out of 5 starters, all finished. What a tough bunch, Cathy and Lyn in particular, as I know it was sheer hell for them some days, but there was always a smile and encouragement from them when I passed. The guys too were an interesting lot.

The heat and the scenery were so different for me and made it interesting. The hills were tough. I've never seen anything like that one I call Big Dipper, like a rollercoaster, in the Bunyas. Mentally I thought, "Okay, where's the ladders?" I certainly have come away with some stories to tell.

I would also like to acknowledge what a great job my crew did - Peter Werner and Pepe Gopez. Peter had never crewed like that before and was wonderful. By the end of Day 2, he was reading me like a book and seemed to know instinctively what I'd like next and when. Pepe had a great knack with the ice. Peter and his wife Shirley also had me stay at their place the weekends before and after the run and thoroughly spoilt me. I've never eaten so well. I'm still thinking of the size of the steaks we had on Day 4. No-one believes me when I tell them how big they were.

The race was gruelling and I wish we had events like that in New Zealand. I really felt that I'd achieved something at the end of it. I've come away with great photos, lots of stories and fond memories. To you all, thanks for your part in making it so enjoyable. I'll definitely be back for the 1000 Mile next March and hope to see some familiar faces there.

Thanks again  
Carolyn Tassie (NZ)





# AUSTRALIAN 6 DAY RACE COLAC Inc.



P.O. BOX 163  
COLAC 3250  
VICTORIA

**President: Ken Schmidt 03 5231 3183**  
**Secretary: Mary Lowe 03 5233 8361**  
**Fax / Phone 03 5233 8361**  
**Treasurer: Frank Kervin 03 5231 2558**

The Editor  
A.U.R.A. Magazine  
4 Victory Street  
Mitcham 3132  
Vic Aust

26/09/97

Dear Editor

As Secretary of the Aust 6 Day Race committee I would like to put a few things straight about our Race. The last two editions of Aura have had incorrect information in them. One actually caused trouble because of an incorrect closing date that you had advertised. Entries closed end of August not Sept as you stated. At least twice you have refereed to Cliff McAliece as President; which he is not and never has been. This edition has only four lines about our race and there is incorrect information in three lines.

The Race is held in the Memorial SQUARE not Park. The race ends Nov 22 not 25th as you state. Cliff as I said holds no position this year and maybe it's a bit late to be interested in running this year.

Sorry to be a "bitch" but incorrect information irks me.

It is hoped that our Race next year (1998) will be Sunday Nov 15th at 3pm to Saturday 21st at 3pm.

Thanking you,

Yours truly,

*Mary Lowe. Hon Sec.*

Ed's note:

Thankyou for finally deciding to correct the false information we have been printing about your event for the last few issues. If more people like you took action, we would have a more accurate magazine. Obviously this misinformation has been appearing for many months and we would have preferred to have been informed as soon as the incorrect information appeared.

\*\*\*\*\*



Dear Dot,

This letter is a two-part letter, one part about Me and the other about our old favourite Drew Kettle.

Part 1: Me

I had a very good run in last year's Colac and, like most of us long distance runners, I dream as I run. I break records as well, but after a few hours around the track, these dreams usually vanish and it's a battle just to survive for the 6 days. But this year, the dreams ARE going to come true. The dream is George Perdon's World Record of 841kms. The other runners in this year's event will just be a part of the fixtures. I will, as I did in 1987, be racing against George. He beat me then (811K to my 805K), but this time, it will be my turn. Nobody else will see him, but he will be with me all the way. I need just 166 extra metres every hour more than last year. I've planned and trained for months and I will have targets for every one of the 144 hours. I started training a month early, and am now, with the two months to race time, up to 280kms. per week. For the last month, I will just cruise at 320kms. per week.

What I need from AURA is information on what I need to present to the lap-counters, so any records will be recognised. Perhaps a sheet with recognised distance and their respective times. How many signatures of witnesses? Are copies of lap-sheets needed? Could you let me have this in good time for Colac - 16-22 Nov. It's in me, I know it is, but it will be hard work. Ian Curtis 836km at Colac was the best 6 Day for 1996. Have you the results for World's 6 Day Races for 1996 and is it possible to get 1997 6 Day results? I believe there are only about 4 world-wide. Can you also print the latest 6 Day Rankings. It's good to have more than one target. I wrote to Andy Milroy, asking how I compared with other English-born runners, but after at least 3 months, I have given up expecting a reply.

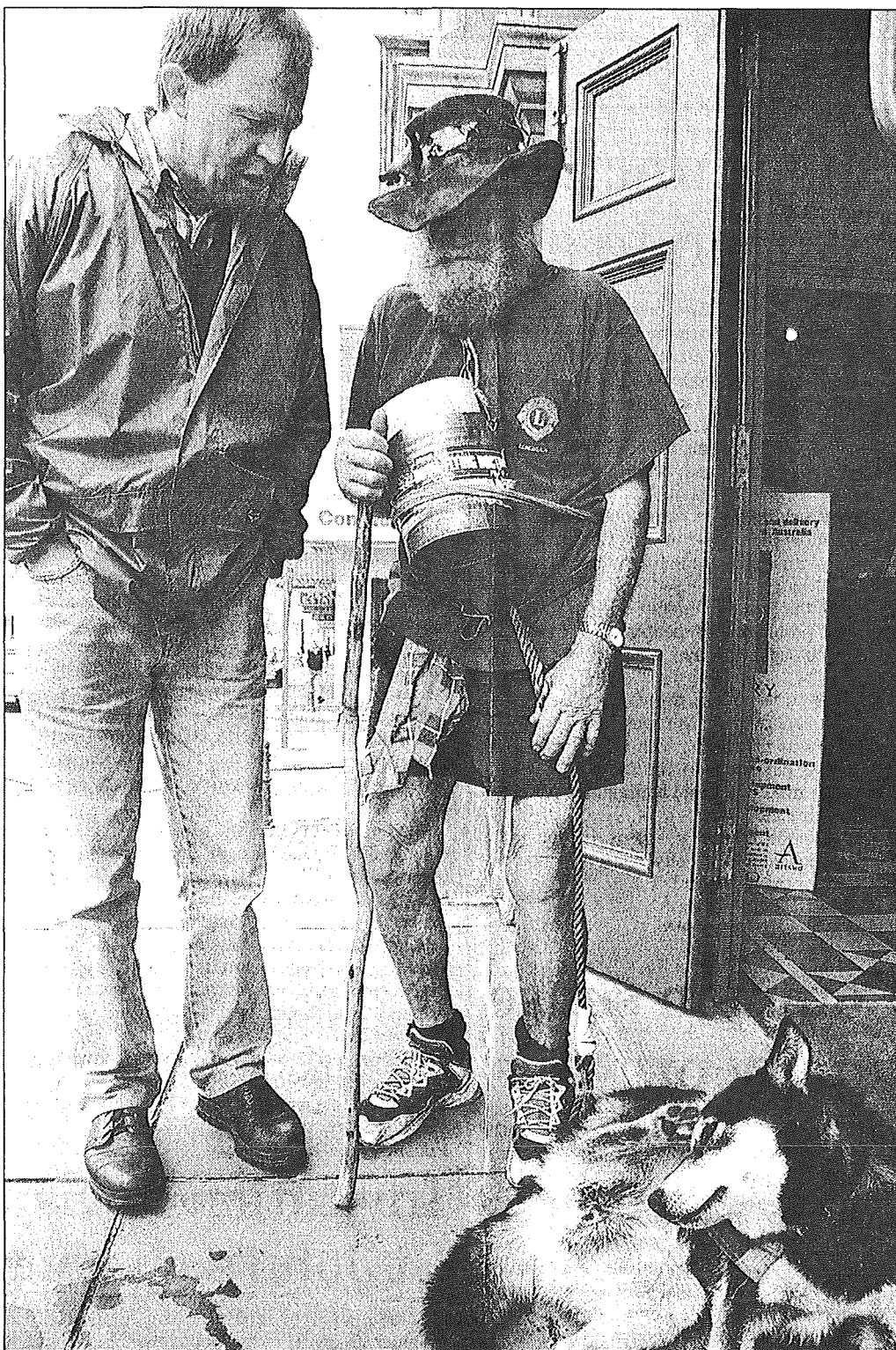
(Ed's note: I'm worried about you George!)

Part 2: Drew Kettle. I had a letter a couple of weeks ago from Drew, saying he was on his way to my home town Albany from Ayers Rock. I contacted the Albany Town Mayor to see about a reception. Then the Lions Club contacted me. I told them what I'd done and got them to contact the mayor as well. I know the chap who runs the hotel at Terramungup, so rang him up on the day before Drew got there and arranged for Drew to call me. He got there on time, but they didn't think he would get to Albany for the media reception, but they didn't know Drew. He asked me to run the last couple of hours with him. The day before he was due, I drove out to meet him. None of his crew seemed to think he would make it, but he kept going all through the night. I ran out to meet him and walked back with him the last 10km. Having somebody different with him, plus getting near the end picked him up and he took the reception by surprise, arriving 20 minutes early. You may have heard that his son and son-in-law flew over to break the news to him about the death of his grand-daughter. Why they told him with less than a day to the finish, I'll never know. But who knows? Perhaps that gave him the strength to finish. As you can imagine, he was falling asleep at the reception, but it was a good reception and one which he well deserved.

George Audley

Drew Kettle's Swcggie Trek - Itinerary - Ayers Rock to Albany 1997

Arrive/Depart Town	Day	Date	Month	KMS	A				
D Colac	Mon	7th	July		A	Menzies	Sun	17th	105
A Alice Springs	Fri	11th		2448	A	Kalgoorlie	Thurs	21st	132
CAMEL CUP	Sat	12th			A	Kambalda	Sat	23rd	58
D Ayers Rock	Sun	13th		443	A	Widgiemooltha	Sun	24th	41
A Docker River	Sat	19th		231	A	Norseman	Tues	26th	85
A Giles Met St.	Tues	22nd		103	A	Salmon Gums	Thurs	28th	95
A Warburton Crk.	Mon	28th		231	A	Grass Patch	Fri	29th	29
A Tjukayirla R/H	Sun	3rd	Aug	255	A	Gibson	Sun	31st	57
A Peagull W/H	Tues	5th		80	A	Esperance	Mon	1st	26
A Newbery Crk.	Sat	9th		143	A	Dalyup	Tues	2nd	36
A Laverton	Mon	11th		96	A	Munglinup	Thurs	4th	69
A Leonora	Thurs	14th		124	A	Ravensthorpe	Sat	6th	83
					A	Jerramungup	Tues	9th	112
					A	Manypeaks	Fri	12th	142
					A	Albany	Sat	13th	37



**I MADE IT:** Drew Kettle, with Melbourne television journalist Neil Kearney, is exhausted at the end of his two-month walk.

# Tragic end to walker's triumphant journey

MARATHON man Drew Kettle walked through the night to Albany last Friday with the knowledge his grandchild had just been killed.

Mr Kettle was fighting back sleep at a welcoming reception at Albany Town Hall on Saturday when Mayor Annette Knight gave him a flag donated by local runner George Audley.

It was 10am and the 77-year-old had been walking since 4am the day before.

"Sarah lived with me, she used to do a lot of walking with me," Mr Kettle said of his late granddaughter. The eight-year-old died in a car accident.

Mr Kettle said he contemplated pulling out of the two-month walk but knew he was only one day from finishing.

Mr Kettle and five crew left Uluru on July 13 to raise money for the Royal Flying Doctor Service.

They have raised \$200,000 with help from the Lions Club, which accepts donations for Mr Kettle's walks.

Mr Kettle said he decided 13 years ago his walks should benefit the RFDS.

He was on a camel trek when the RFDS saved his injured friends.

Crew members Geoff Burge and Don McKenzie said they did not think Mr Kettle would make it last Friday.

They walked with him and kept him awake with bush songs.

American woman Almitra Von Willcox, in Albany last week as part of a 12-year walk around the world, also walked with Mr Kettle on Friday.

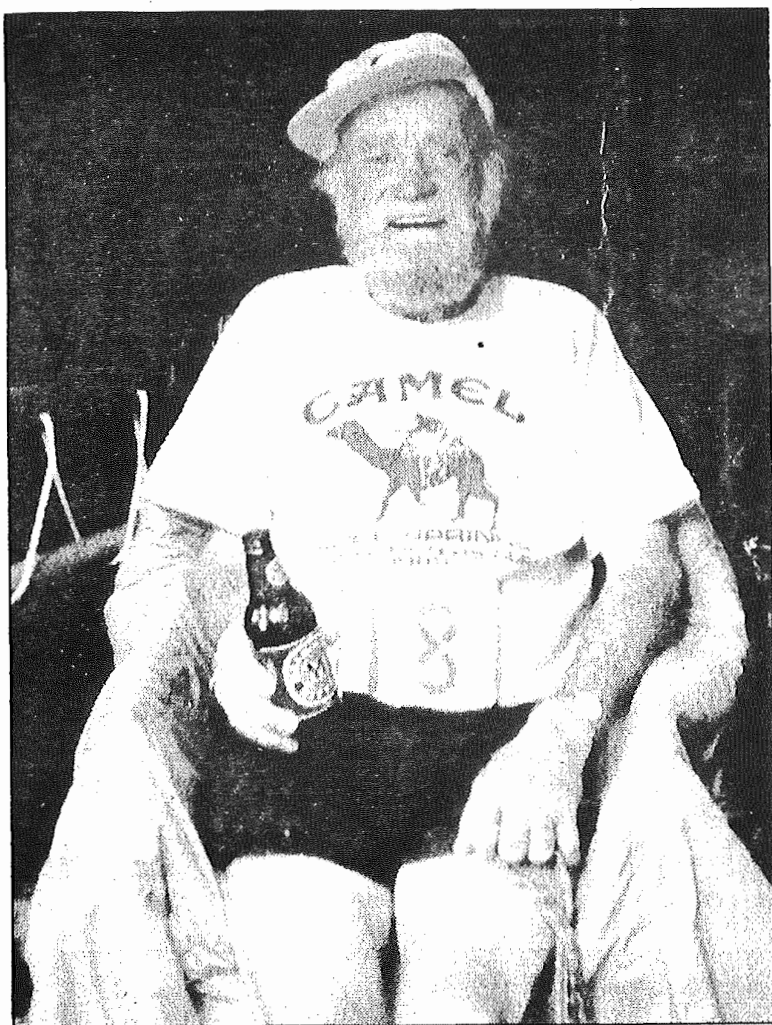
Local couple Gordon and Dorothy Tompkins hosted Mr Kettle, his crew, a horse and his dog Gemma on Saturday.

Channel Seven will feature Mr Kettle's triumphant journey on the television program The Bush Telegraph.

ALBANY ADVERTISER,

Tuesday, September 16, 1997





**TIME OUT:** Drew Kettle relaxes with a 'coldie' after a recent running event.

## Kettle run to drum up funds for RFDS

DREW Kettle is on a mission.

The 76-year-old athlete will spend over two months running and walking more than 2813km from Ayers Rock to Albany.

He started the journey, dubbed 'Drew Kettle's Swaggie Trek', from Colac on July 7 and is expected to arrive in Albany on September 13.

Kettle aims to raise money for the Royal Flying Doctor Service along his trek. He recently stopped at the Alice Springs' Camel Cup and made almost \$1500.

With plenty of unpopulated regions between his two

destinations Kettle will no doubt make the most of the towns he passes through.

To keep Kettle company on the lonely outback roads in desert regions is a friend who was eager to spare his feet and chose to go by horseback.

Kettle's only concern about the long trek, was that the horse may drink all the water.

The trek passes through Warburton Creek, Leonora, Kalgoorlie, Esperance and Jerramungup with Kettle averaging a marathon distance of 45km a day.

## Pubs pose challenge



**Long walk:** Drew Kettle and his dog Gemma on the road.

BY STEVE PENNELLS

**DREW KETTLE'S** bid to walk from Ayers Rock to Albany almost came unstuck in Kalgoorlie-Boulder.

The 77-year-old Victorian great-grandfather, who has vowed to have a drink in every pub along his journey, admits the Goldfields city was almost the death of him.

His support crew say he has a legendary stomach for beer but even he wasn't prepared for a city with 10 pubs in its main street.

Three weeks and more than 700km later, he is still taking his dog, Gemma, for a very long walk.

Mr Kettle, who is raising money for the Royal Flying Doctor Service, expects to end his trip in Albany today.

THE WEST AUSTRALIAN

SATURDAY SEPTEMBER 13 1997

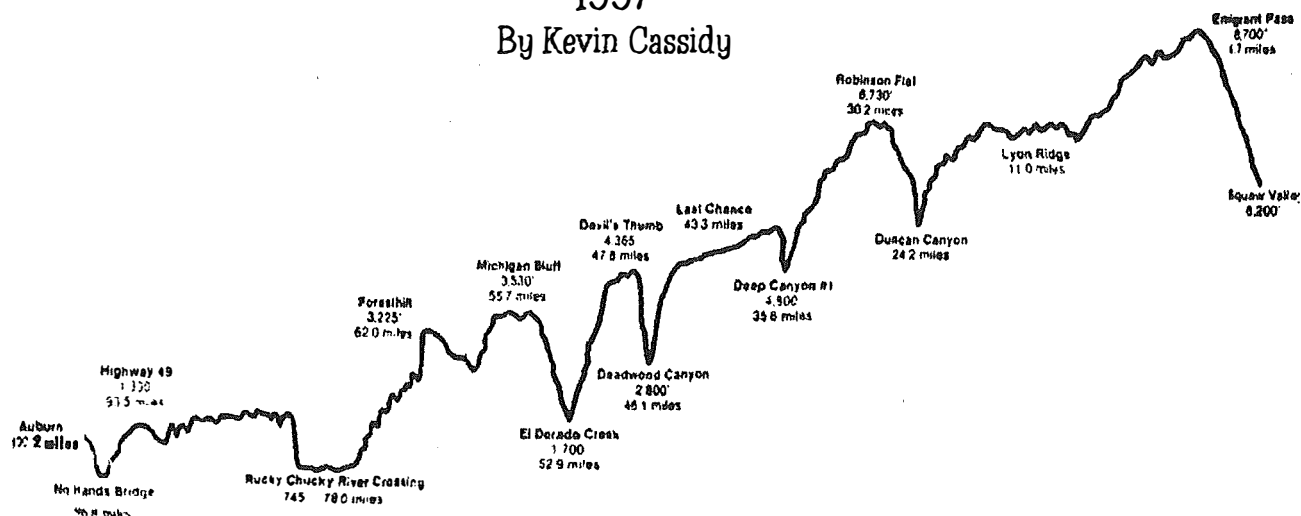


ALBANY ADVERTISER THURS JULY 31

# RACE RESULTS & REPORTS

## THE WESTERN STATES 100 MILE ENDURANCE RUN - 28 JUNE 1997

By Kevin Cassidy



“Bang” and 369 runners head off into the early morning darkness and straight up the first climb of the course out of Squaw Valley, California. This climb is 5 miles long and reaches an altitude of 8,700 feet, as you make your way up higher and higher you are treated to an overhead view of Squaw Valley and the snaking line of car headlights as crews and supporters make their way down the Olympic Way. During this climb the sun rises and many things are racing through my mind, you can’t help but feel the emotion as all the runners settle into a rhythm with each individual filled with their hopes and dreams and knowing that the nature of the course will see about 35% of the field fail to finish (this included me in 1995 and 1996).

All the pre-race hype and nerves are now in the past and I do my best to focus on making the 30 hour time limit and getting through all the major check points ahead of the cut off times. The usual heatwave is not expected this year but it will still get pretty warm and I am hoping I have packed all that I will need into my drop bags which will be at the aid stations.

The last section of the climb to Emigrant Pass gets very steep and as we cross the pass it is 5 miles gone and 95 to go!!! The altitude during the first 30 miles is definitely a factor but not so bad that I felt the need to spend time acclimatizing (I have only been here 2 days). Its time to start moving a bit quicker now as there are several downhills to negotiate on the rough and twisting trail. Like all trail races, there are sections that you must negotiate slowly and carefully and those where you can stretch out and make good time.

As the course climbs and descends across Lyon Ridge and Red Star Ridge I remind myself that I am fortunate to be a part of this race, it is the biggest and most prestigious ultra race in the U.S., which ensures a highly competitive field and a large international flavour. The section on the ridges offers some spectacular scenery and as the sun starts to hot up and I establish a running rhythm I put my mind onto some of the people I have met in the past few days, Baz Hawley is a very likeable character

whose accent reflects the 12 years he spent in Australia and also Hal and Cheryl Williams whom we dined with the previous night . Hal is running his first Western States 100, and, as always, there is Russ and Dianne Melanson, who are pretty much old friends who would bend over backwards for you .

Before I know it I have arrived at the Duncan Canyon aid station where I refill my water bottles and gobble down some food, the next 6 miles involves a long steady climb that is pretty tough going but as it's still "early days" its not too exhausting, it's during this climb that a fellow runner hears my Australian accent and asks "Do you know Max?" Enough said!! If it wasn't for Max I would probably never have even heard of this race. Arriving at Robinson Flat (mile 30), it's good to have the climb behind me. This is a major aid station and there are staff everywhere, the medical staff check my wristband which has all my vital statistics recorded and everything checks out OK, you must be careful as any weight loss can have you delayed or withdrawn by a race doctor. Robinson Flat also has access for crews and supporters and in the crowd I spot my wife Margaret and Baz Hawley who gives me some very loud encouragement in his own diminutive manner, I give him a wave and feel satisfied that I am well ahead of the cut-off time. The next 5 miles are basically downhill and during this section I decide that, above anything else, I must not quit, success will come by not giving up. The next significant climb comes as you approach Dusty Corners (mile 40), the afternoon is warming up and with all the dust being kicked up by the runners this aid station is appropriately named, not long afterwards I arrive at Last Chance aid station which is also appropriately named because once you leave you can't turn back from 2 very tough canyons over the next 13 miles. The initial drop down to Deadwood Canyon is a series of very hairy switchbacks for 3 miles before a murderous 2 mile switchback climb to Devils Thumb. As you arrive at the Devils Thumb Aid Station (mile 48) you are well versed in the fact that the excitement of this race has turned into very hard work. Every year the aid station captain tries something different to take your mind off the pain, this year you had to access the aid station by going through an archway of flowers where a mock priest pronounced you married to a resplendently dressed bride. I guess it boosted my spirits a little.

I decided to take plenty of food and drink at Devils Thumb as the climb had knocked me around a bit. As I chew on a powerbar I can hear two crew persons talking about some Aussie girl swimming 100 miles, oblivious to the fact that a native Australian was listening. I realise that they are referring to Susie Maroney's Florida-Cuba swim a month earlier. "We Aussies are tough" I said as I motored off on the 5 mile descent to Elorado Creek, this descent gets steeper and steeper and steeper and its giving my quads a beating. Sucking on my water bottle, I wondered what was in the water back at Devils Thumb because it tastes like burnt rubber, it was good to get to the bottom of the canyon and replenish with fresh water then start tackling the 3 mile climb to Michigan Bluff, this seems never-ending but eventually you are greeted by a huge crowd of aid station staff, crew and supporters, I have my weight checked (which is ok) and decide to take plenty of time to refuel and freshen up, it's 7pm and 45 miles still lie ahead. I am well looked after with food and drink here from Margaret, Hal's wife Cheryl and Cheryl's friend Betty, I even had the energy for a couple of jokes but the best laugh for all was when I went to leave and

my biodegradable toilet roll (carried under race rules) bounced out of my bum bag and rolled off down the road, it was real "Mr Bean" stuff. It was good to leave Michigan Bluff as this was where my 1995 race finished.

As darkness is not far away I have my small flashlight. The descent and climb into Forest Hill takes 2 hours and I'm pretty tired as I arrive in the darkness. The aid station is huge and another compulsory medical check proves ok. I am eating and drinking alone when I notice Margaret and Cheryl looking for my name on the progress board, they don't realise that I am here and I'm too damned tired to yell so I ask an aid station assistant and she yells for me and they soon came running over. My legs are really starting to suffer and my feet are sore but my biggest worry is that fact that the temperature is dropping to a "below average" level and I'm dressed in only T-shirt and shorts with my long sleeved top some 8 miles ahead in one of my drop bags.

Leaving Forest Hill, I have my main flashlight strapped safely to my arm and I shiver with cold for the next 10 minutes before finally warming up to a comfortable level. My mind takes stock of both the 62 miles behind me and the 38 still ahead. With the beam of my flashlight picking up the trail I remember a line from the musical "Sunset Boulevard" it's where Norma Desmond sings that she will never surrender!!! One thing is certain at Western States and that is that you never have to worry about the other runners because the course will destroy them for you and if you are not careful it will destroy you too.

The next 16 miles is mainly downhill to the Rucky-Chucky River crossing at mile 78 and I'm comfortably ahead of the cut-offs. My legs are suffering as the trail continues down. Down, down, .....down, in the darkness you can see various flashlights from other runners dotted through the twisting canyon wall. At around mile 70 I'm sure that I get sight of the very rock where my 1996 race finished, I have vivid memories of being sprawled across the rock vomiting uncontrollably so it feels good to go past it. Coming into the Fords Bar Aid Station at mile 73 was very special because Russ and Dianne are working here and it was a great boost to my spirits (Russ is a 10 time finisher of this race).

As I disappeared back into the darkness I remind myself that patience is the ultra runners greatest asset. Time plays tricks on you, you can be feeling good for so long and then suddenly hit a bad patch. At this race there is plenty of time to practice patience.

You can hear the drone of the generators in the darkness long before you can see Rucky-Chucky, and as the drone gets louder you are soon treated to the incredible sight of a huge, well lit, tent city at the bottom of the deep dark canyon. It's 2 am when I arrived at Rucky-Chucky River Crossing and despite being dog tired I can't help but be impressed with this aid station, some 80 staff are working here on both sides of the river. My medical check is ok and I head straight into the river, its waist deep and so icy cold that it takes my breath away and I am shivering as I climb out the other side. Crew access here is only possible via a 3 mile downhill track so I'm not expecting to see anyone familiar, so I was surprised to see Margaret and even more



surprised to see Hal! It turns out that Hal had suffered stomach and vomiting problems and was forced out back at Devils Thumb (visions of myself in both 1995 and 1996), yet despite his disappointment he stuck with the race and was there to help me. What a guy!!! Thanks a million, Hal.

I'm still shivering and wishing I had picked up my long sleeved top back at mile 73 as I reach for my drop bag and give my flashlight a battery change and replace my wet shoes with a fresh dry pair, the dry shoes feel strange for some reason so I refit my wet ones and head off. The rest of the course is all unknown to me and I shiver all the way to the top of the 2 mile climb to Green Gate before I start rolling down some descents and warming up with the increased pace.

The night time is very tough. I'm dog tired, my quads ache, my feet hurt and there are still many hours to go. I keep reminding myself of that Sunset Boulevard song "Never Surrender" and on several occasions I think of Bridgette Muir and her incredible climb on Mount Everest. Thinking all sorts of strange things I wondered why clairvoyants bother to have door bells?

Numerous ups and downs take you to Auburn Lake Trails where I dump my flashlight as the sunrises and gobble down some potato soup. Pushing on past mile 85 the rocks and ruts in the trail become clearer and my span of vision is no longer limited to the 10 foot beam of my flashlight and the temperature is starting to rise. Barely 10 minutes after consuming my potato soup I bring it back up again all over my T-shirt.

For the first time you can start to sense the finish line of the 100 miles of trails with 39,000 feet of elevation change. Continuing down towards Browns Ravine (mile 90) you can hear the aid station a good 15 minutes away as they are playing some very loud Elvis Presley music, it is here that I learn that a runner has fallen on the rough terrain and broken his collar bone, his race is over with only 10 miles to go. No one said it is was fair.

With plenty of time up my sleeve I pushed up the long and unexpected climb to the Highway 49 crossing, this climb sucks the life from your legs and spirit from your heart. It was great to see Russ and Dianne at the highway crossing (their work at Fords Bar was over) and I was offered some potato soup but declined after what happened to the last lot. A series of switchbacks takes my sore and tired body down to the historic "No Hands Bridge" that crosses the American River at mile 97 and as I make the crossing a spectator calls "Good job, you've chewed this course up and spat it out".

Looking up the canyon you can see houses in the forest and you know that the town of Auburn is not far away. Up, up, up go the last few miles climb, climb, climb, closer, closer, closer. I'm punch drunk by the time I arrive at Robie Point (1-3 miles to go) and push through the streets of Auburn, people are lining the streets and cheering, around one last final bend and there it is, the very thing that I failed to reach in the past 2 years, the Placer High School Athletic Track.

Circling the track I could hear the PA blaring and lots of noise but to be honest it was all a big blur. I did, however, catch sight of Baz Hawley cheering loudly, I'm sure there is a piece of Australia in his heart. It was third time lucky as I crossed the line in 28 hours, 52 minutes. Race Director Norm Klein hung a finishers medal around my neck and said "Good onya, mate" in a very ordinary attempt at an Australian accent.

#### **Race Statistics**

- \* 369 starters
- \* 257 finishers
- \* I was 196th

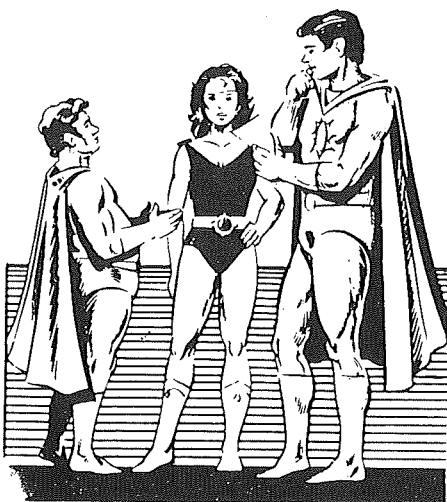
A final medical check up gives me the all clear, the only problems being sore feet, aching quads and a sore throat from all those dusty canyons the previous afternoon but 2 days later they were much better.

Later that week, while watching a womens basketball game in Sacramento, I felt the satisfaction of achievement but an emptiness that it was all over and I may never be back. Here in California I feel very much at home, with friendly people and a relaxed life style it's the only place other than Melbourne where I don't feel like a tourist

It wasn't long before a rather sarcastic fax came through from a couple of **ex friends** in Ross Shilton and Maree Allen, "Congratulations on finishing in 2 years and 28 hours" it read

Upon returning home it was impossible not to notice those people whose lives extend no further that their car seat, television and local pokies club. While looking at my still sore feet I wondered whether such people could ever appreciate the experience of setting out to achieve a goal of a very difficult nature and the sense of self satisfaction after having accomplished that goal

Ultramarathons are all about picking yourself up off the mat when you think you can't. It's the ultimate test of how well you can run when you can't. There is the disappointment of failure and the euphoria of success, there are the blisters, blood, laughter and tears. Ultra running has it all.



**Holy kryptonite!  
I must be dreaming!  
We've had two more  
Victorians join AURA  
since last issue!!**

## Tamborine Trek      Sunday August 3, 1997

At 5 am on this beautiful crisp morning the fast runners set off on the arduous journey of 68 km to Tamborine mountain and back. The fourth running of this race saw two runners, **Bill Ross** and **Roy Treloar**, both from the Gold Coast Runners Club, back again having competed every year since its inception.

Also returning for his third consecutive year and subsequently his third win was **Kevin Marshall** from Melbourne.

Statistics also revealed the largest field to date with 20 starters including a record number of ladies contesting the event and all putting in excellent runs offering very close competition.

Again, this event attracted an overseas athlete with **Doger Claite** visiting from France who finished in second place with a smart time of 6:26:20.

With most runners starting between 6 am and 6.30 am the excitement of the competition was apparent right from the start. Groups of runners paced each other as they wound their way west to Mt Nathan to then work their way through the baby slopes of Guanaba and Clagiriba before touching one of the steepest hills in competition running; up Mt Tamborine via Mystery Drive.

Every runner must feel extremely proud of having conquered this terrain as they reached the mountain peak and an even greater sense of achievement to have held their quads together on the tortuous descent. Full results appear in this newsletter.

The shorter 45 km event again saw 7 starters leave from Guanaba, run up the mountain and return to Surfers Paradise.

In probably the best individual performance of the day **Rachael Cooke** blitzed the field to win the event outright and in doing so took 50 mins off her winning time from last year. Rachael has a great future in distance running endorsed by her marathon time of 3 hrs 20 mins on the Gold Coast, 3 weeks before the Tamborine race.

Again the Trek proved to be a very successful and well supported event. All runners deserve praise for their tremendous efforts. Likewise our thanks go to the team of organisers, marshals and water station attendants who put in the hours to help with the event.

See you again next year

*Graeme Grimsey*

# TAMBORINE TREK RESULTS

## 68 kms

Place:	Name:	From:	Time:
1	Kevin Marshall	VIC	5:50:35
2	Doger Claite	France	6:26:20
3	Ian McCloskey	QLD	6:58:36
4	Brian Evans	QLD	7:00:04
5	Geoff Williams	QLD	7:08:36
6	Roy Treloar	QLD	7:17:29
7=	John Fowler	QLD	7:18:08
7=	Graham Alexander	QLD	7:18:08
9	Cathy Caton	QLD	7:21:27 1F
10	Lyn Gordon-Lewis	QLD	7:24:20 2F
11	Ian Reed	QLD	7:25:35
12	Bob Burns	QLD	7:30:09
13	Colin Colquhoun	QLD	7:43:38
14	Dallas Law	QLD	7:46:18 3F
15	Geoff Hain	QLD	7:52:35
16	Bob Sylvester	QLD	8:17:11
17	Angela Clark	QLD	8:17:35 4F
18	Glenys Wright	QLD	8:29:53 5F
19	Bill Ross	QLD	8:37:33
20	Asim Mesalic	QLD	DNF

## 45 kms

1	Rachael Cooke	QLD	4:33:18 1F
2	Angie Cotterill	QLD	4:55:32
3	Rod Morgan	QLD	4:57:01
4	Steele Beveridge	NSW	4:58:36
5	Peter Grant	QLD	5:01:15
6	Ian Clayfield	QLD	6:46:29
7	Peter Lewis	QLD	7:12:37

## AURA MEMBERSHIP STATE-BY-STATE

NSW  
 THE DESPERATE & DEVASTATED VICS  
 QUEENSLAND  
 SOUTH AUSTRALIA  
 A.C.T.  
 WEST AUSTRALIA  
 TASMANIA  
 OVERSEAS  
 28.

132  
 98  
 52  
 16  
 14  
 13  
 10  
 17  


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 362





# Mundaring to York 40 Mile Race Report

24<sup>th</sup> August 1997

A very cold crisp August morning and the dedicated (crazy) few assembled in the car park at Mundaring Shire Office for the most challenging event on the Club calendar. After moving back down the road to the start line - 11 determined runners completed final instructions and to the cheers from support crews, timers and the ever vocal H.H.H. contingent at 6.30 on the dot, forward east toward the rising sun and York.

This year the weather was kinder, not having the strong cold easterly blowing. At the outset it was obviously going to be a challenge between Clive Dalton and Sandy Burt for line honours, these 2 runners locking into a solid pace and staying together right through to the finish. The familiar sight of John Davies (Bumblebee) buzzing along albeit at a much more sedate pace, give credence to the fact that if you can do a marathon, then with a bit (lots) more application, this run can be conquered as well. At 25 miles we lost John Wilmott from the field and 30 miles saw K Morrow hang up her shoes. To all starters, I say congratulations on your efforts.

The ongoing rivalry with the H.H.H. is intensifying with some clubs bringing in the young guns to boost their chances - perhaps it should be called Gardiner H.H.H.

9 Teams entered this year with Perth Hash leading all the way to claim the trophy by a margin of 6 minutes 20 seconds from Hammersley One team. A great effort.

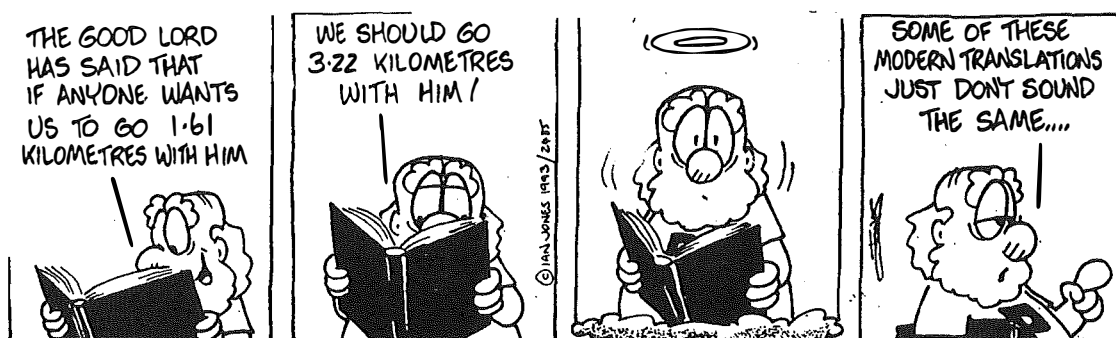
John Pettersson

## 40 Mile Race Results

	5 Miles	10 Miles	15 Miles	20 Miles	25 Miles	30 Miles	35 Miles	40 Miles
Sandy Burt	36.27	1.11.01	1.46.21	2.20.54	2.59.09	3.37.32	4.16.35	4.54.37
Clive Dalton	36.27	1.11.01	1.46.21	2.20.56	2.57.10	3.37.32	4.16.35	4.54.37
Joe Skrypniuk	40.27	1.17.46	1.59.34	2.39.08	3.19.31	4.02.57	4.47.03	5.32.50
Mike Szalek	40.27	1.17.46	1.58.30	2.40.32	3.23.31	4.12.15	4.57.25	5.42.32
Gary Wilson	42.20	1.24.14	2.07.46	2.50.03	3.32.57	4.19.58	5.05.14	5.49.00
John Davies	40.59	1.20.45	2.02.02	2.41.25	3.22.56	4.10.35	5.06.23	6.11.37
Bill Taylor	42.32	1.25.37	2.11.58	2.56.02	3.43.11	4.34.47	5.24.15	6.15.53
Tom Hines	42.30	1.24.14	2.07.46	2.50.03	3.33.17	4.31.49	5.29.06	6.23.40
Bronwyn Salter	48.20	1.45.01	2.39.16	3.42.25	4.47.30	NA	NA	8.20.58
John Wilmott	40.26	1.20.45	2.08.28	2.58.28	3.57.43			
Kathleen Morrow	43.15	1.28.47	2.14.13	2.59.26	3.50.21	4.45.53		

I sincerely thank everyone involved on the day for your help and support for this event. It is a long day for the competitors and in many ways equally as demanding on the time keepers and marshals. It is difficult to name people without leaving someone out but to John and Kerrie Conti and Joe and Ursula Clark Murphy many thanks and I look forward to your involvement again next year.

John Pettersson



## ***The Wasatch Front 100 Miler***

***by Max Bogenhuber***

This 100 mile race is held in the Wasatch Mountains, just behind Salt Lake City, Utah, USA. It has a total of 24033 feet of climb and 23523 feet of descent, for a total of 47556 feet of altitude change during the race. This year's event was held on September 6th and 7th. The race is split into three categories of finishers. The Cheetahs (sub 24 hours), the Cougars (sub 30 hours) and the Badgers (sub 36 hours).

The fact that it is extremely difficult to get under 24 hours in this race (in the previous 17 year history of the race only 23 individuals have managed a sub 24 hour finish; there has only been one sub 24 hour finish by a woman and two sub 24 hour finishes by men aged 50 and over) has always intrigued me and it was that factor that made me decide to give this race a try this year. I simply could not believe that it could be that difficult to break 24 hours in a 100 miler.

This year's race had 188 starters (the biggest field ever), 60 finishers, with 13 runners making it in under 24 hours, including one woman and two men aged over 50 (the most sub 24 hour finishers ever). The race director thinks that was due to the bigger field, almost perfect weather conditions and runners having learnt how to run the race. As the race is in miles and the elevations are in feet, I will describe the race in these terms. If you want metric measurements multiply the miles by 1.6 and divide the feet by 3.3 and you will get approximate metric equivalents. Elizabeth and I flew to San Francisco on August 22nd, where we met my brother Fred and his wife Edith. We drove up to Utah over two days and booked into a lodge at Brighton, which is right on the trail, 73 miles into the race. Fred and Edith headed up north to Canada on Wednesday, where Edith would run and win the 'Eagle 100' mile race.

Elizabeth and I spent the next week checking out the course for the race. We managed to almost cover all of the second half of the race, so I had a good idea of what was ahead of me. Fred and Edith arrived back from Canada on Tuesday before the race and on Wednesday Fred, Elizabeth and I covered the first 10 miles or so of the course, so I could get a look at the biggest climb of the race.

Saturday 4:40 am. We arrived at the race checkin. It was still pitch dark and like all race checkins, runners were milling around with all kinds of running equipment around their waists. Some of these people load themselves up like mules. All the better for me, because I know I won't have to worry about beating them. They beat themselves !

5:00 am. The gun goes and we're off into the darkness with torches waving up and down as runners try and get into a rhythm. The first half mile or so is runnable, on a very narrow trail, so one has to go with the flow of the runners ahead and behind. The first aid station is 14.6 miles into the race with a climb of 4160 feet in the first 6 miles. There is a stretch called 'Chinscraper' which entails climbing up a rock face on all four and you'd better not look down if you have problems with heights, just look up till you get over the top.

I try to go real easy to conserve energy, but as I am wedged between the leading female runners it is hard to slow down too much. The conversation around me is all about the female 'things' and I hear about the expanding uterus to the details of baby birth to being told that men would never have babies because they couldn't stand the pain. At least it takes my mind off the pain of climbing !

Once over the 'Chinscraper' the trail becomes very faint, with extremely bad footing, constantly at an angle leaning away from the mountain. Fred has disappeared into the distance and as I arrive into the first aid station, Francis Peak Sheds, 14.6 miles, 7500 feet, by 8:29, in about 40th place, I am told that Fred is 10 minutes ahead. Good luck to him ! Elizabeth is there and helps me to fill up my water bottle, get some food into my mouth and I'm off again. At this stage we are at an elevation of 7500 feet, having come down from 9400 feet a few miles earlier. From here onwards we run on a fairly good jeep road, with little ups and downs. Rather pleasant going. The next major aid is 'Bountiful Peak', at 20 miles, 8160 feet. There are some very rough trails and even a bit of bush bashing before we get there, but no major problems. It is still fairly cool and I get there by 9:40. Again, the usual aid station drill and I'm out again still feeling good.

The next aid station, Sessions Lift-Off, at 24.8 miles, is at 8200 feet, with the trails heading mostly uphill. I get there at 10:29. So it's taken me just short of five and a half hours to do 24.8 miles. Considering the terrain, that's not bad travelling, but Fred is still nine minutes ahead.

Between here and the next aid station, Swallow Rocks, at 31.6 miles, 8600 feet, we have to go over another 9000 foot pass. So far the trails have not been too bad. There are a lot of rocks and roots one has to always keep watching, but

since I do a lot of bush running it's nothing unusual for me. I am happy with my progress as I pick off some runners on every uphill section and I am still feeling quite good. I get into Swallow Rocks at 11:54. We're still very high and the going is not easy. 'Big Mountain Pass', the next aid station, is at 36.3 miles, 7420 feet. So it's mostly down hill. But the sun is starting to warm up the mountain and one has to watch the water intake. It is a lot easier to dehydrate at altitude than at sea level, so it is important to drink. Nearing this aid station I can see Fred up ahead. He's hit a bit of a hole and is saving his energies for later on he tells me. However, we run into the aid station together, much to the surprise of Elizabeth and Edith. This being a major aid station we get weighed. I have not lost any weight so far. I got here at 12:42 and I am out of here as quickly as possible. But since the next aid station (Alexander Ridge) is 8.5 miles away, and it is getting quite hot, I take on a second drink bottle.

Alexander Ridge is at 6150 feet, so we've travelled mostly downhill. But the trails are so bad, the downhills so steep and rocky, and the sun burning down on us, it is very slow going. Fred and I are running together most of the time during this stretch and we get to Alexander Ridge at 14:25. The heat is starting to bother me and I deliberately slow down. It's still a looong way to go and I can't afford to run myself down too much this early in the race. Fred takes advantage of this and disappears into the distance. Over the last ten miles or so we have travelled a lot of trails that are completely overgrown with grass and there is the constant danger of stepping on a rattle snake, which is in the back of my mind. Still, one must press on.

Lambs Canyon, at 51 miles, 6120 feet, is the next aid station. Now this is lower than the last one, right?...but there is a dip and a hill between the two and the going gets rather tough. I've already done 44.5 miles and the heat is getting to me. I am finding it difficult to eat and drink. Sure signs of dehydration. When I get into Lambs Canyon I find Fred just leaving. It is 15:38. This is practically the halfway point of the race and I am still on target to get under 24 hours, my ultimate goal. The second half of any of these races always takes considerably longer than the first, because much of it will be run at night, with a little torch, on very weary legs. I drank three large bottles of water over the last 14 miles, but still lost five pounds, so it is hot and I do have to watch it if I want to finish this. I check out of the aid station in 16th place. Between here and the next aid station (Big Water at 59.6 miles, 7720 feet) there is 'Bear Bottom Pass', a climb of over 2000 feet. It is still very hot as I head out of Lambs Canyon, up the tar road for two miles before heading back into the bush and up 'Bear Bottom Pass'. My energy level is quite low at this stage and I go 'hands on knees' up the steeper sections of this trail. But the trail is quite good and there is lots of shade from the big pines all around us. In my mind I know that I have to eat and drink to maintain my body, but it becomes harder and harder to drink and I have almost given up on eating. My stomach is all in knots and I don't even want to think of food, let alone eat any. There have been some stones in my right shoe for quite some time, but I don't want to risk bending down to take it off for fear of cramping. I decide to leave it till I get to Big Water, where I will sit down and get Elizabeth to clean out my shoes and socks. On the down-side of Bear Bottom Pass I am having problems with the steep downhills. My calves are showing the first signs of cramping and I've still got 45 miles to go! Once over the pass the trail joins a tar road, which I walk up to Big Water. Elizabeth joins me on the road, is a welcome relief, and I get to Big Water at 18:02.

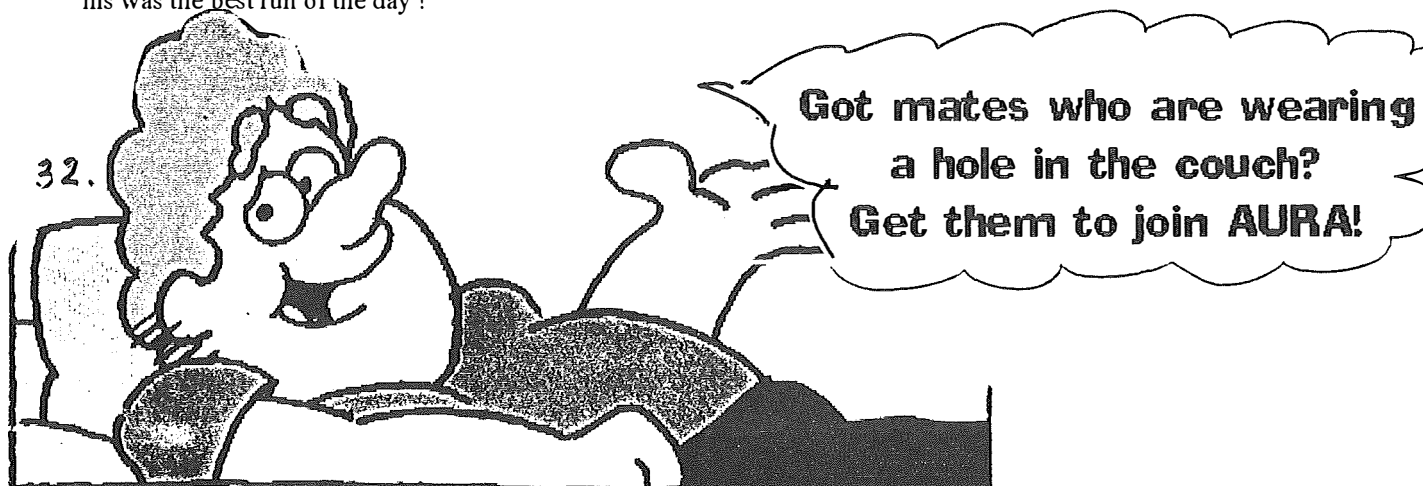
This is a good aid station. I manage to get down some chicken noodle soup, get my shoes and socks cleaned and I take on my torch and a spray jacket, just in case, as I am heading back up to the high country. The next aid station is Desolation Lake (65.1 miles, 9200 feet). The trail is very good from here onwards, but my legs are tired and I am not making fast progress. Fred was about 15 minutes ahead at Big Water, but I am not really interested in that, I just want to finish inside 24 hours. Everything else is a bonus. Since this is a rather good section of trail one also encounters trail bike riders along here. Not my favourite people, as they generally tend to think that the trail is theirs and if you don't get out of the way in time you could find yourself run over. Before getting to Desolation Lake there is a short (about 600-800 yard) steep downhill, just to sap your quads a bit more, before the trail heads up to the lake. I get to the lake at 19:32 and I'm quite happy to have got here in daylight. From here it's on and up to Scotts Peak, 69.3 miles, 9920 feet, then down to Brighton, 73.7 miles, 8740 feet. I got into Brighton at 21:32. Still on sub 24 hour pace, but very, very tired and not feeling real good at all. Elizabeth was waiting here for me as she was to pace me from here onwards to the finish. This aid station is inside a lodge and there were people everywhere. I tried to eat more soup, without much success. As the men's toilet was full I decided to use the 'ladies', much to the surprise of the ladies in there! (don't worry girls I'm in no condition to be of any danger to you, ha, ha...). This would later prove to be a most important decision. When I left here I had about seven hours, twenty minutes to cover 27 miles (a bit shorter than the Six Foot Track). A piece of cake, right?!...maybe not!

As we headed out into the night (yes it had got dark by now), up the steep incline, we had our first problem. Elizabeth's torch went dim. A quick change of batteries fixed that and we were off again. My legs were killing me and I really, really struggled up the hill. We had to get over Cathrine's Pass, which at 10480 feet is the highest point in the race, and it was very slow going. The trail here is very steep in places and has lots of big rocks to climb over, but eventually we made it over. Down the other side the trail is also very steep and very rocky with slippery, loose stones. Not runnable at all, particularly at night. Soon after Elizabeth's torch went out again. At this stage we did not try to fix it, but reached for the spare torch instead.

At 23:16 we got into the Ant's Knoll aid station, at 78.5 miles, 8400 feet. Here I had more noodle soup, but as soon as the soup was down it came straight back up, right in front of the aid station people. They probably thought it was their cooking. At this stage I knew my stomach would not take any more. I had been feeling sick for quite some time, but this confirmed it. Looking at my watch I realised that time was starting to run out for me to make the 24 hour finish, so we pressed on. Just after this aid station there is a very nasty climb of about half a mile. I had to take repeated rests to catch my breath and try to generate some energy. Over the other side the coyotes were howling, which sent the shivers down Elizabeth's spine. The poor woman had never run at night on a trail, let alone out in that wilderness, so she was not feeling too comfortable. But I take my hat off to her, she hung tough and provided very valuable support at all times.

We got into Pole Line Pass aid station, 82 miles, 8920 feet, at 00:18. At this point I still felt fairly confident of a sub 24 hour finish. But little did I know what the next five miles would be like. This was a stretch that we had not covered before the race and I was led to believe that it was mostly downhill. BUT, as soon as we left Pole Line Pass the trail started to snake upward. I kept looking to my left where the trail was heading and all I could see was the silhouette of a massive mountain. Surely we are not going up there, are we? Sure as hell we were! This really knocked the wind out of my sails, as I had expected a downhill. Now the time left to us to get in before 5:00 am started to shrink fast. The uphill went on and on and I started to push harder and harder, but knowing that pushing too hard could bring me totally undone. I knew that there was a long climb to the last aid station, and I knew that this was not the climb, which really discouraged me. Elizabeth finally talked me into trying to eat some 'Power Gel' (squeezies), but as soon as the stuff touched my throat I threw up violently. So here I was in the middle of nowhere, retching and coughing, totally stuffed, on my knees with lightning all around us, hoping that one of these bolts would come down and relieve me of my misery.

We finally made it into Mill Canyon aid station, at 87.8 miles, 8300 feet, at 2:08 am. I went straight through this stop. As I knew that I could neither eat nor drink there really was no point in stopping. Back out into the wild night waiting for us. Elizabeth's torch had not finished with us and it blew a bulb, so we had to fix it as we had already used the spare. While we were on our hands and knees fixing this it started to rain, but we got the light going before it got too bad. Soon it was pouring, then hailing and lightning lighting up the trail for us. The rain turned the trail into a quagmire in a very short time and we were slipping and sliding all over the place. As we kept falling over in the mud I sort of started to think that maybe I would not be able to make the 5:00 am cutoff for the Cheetah. Finally we reached the dirt road that leads to the final aid station, Cascade Springs at 92.7 miles, 6300 feet. I had always figured that I would need two hours from Cascade Springs to the finish to be on the safe side. Well we got there at 3:33. So we had less than an hour and a half to cover the last 7.3 miles. Normally this would be a piece of cake, but after you have already done 93 miles of torturous ups and downs this is not an easy task. And to make things worse there is a bit of road leading out of Cascade Springs they call 'The Wall', which you have to get over before heading into Midway, the finish. I also knew that the final two miles into town were all uphill, not steep, but uphill all the same. Elizabeth pushed me as hard as she could, always reminding me why I had come here, I kept looking at my watch and the lights in the distance, which were not getting any closer. Finally, finally we got down to the tar road and a bit over two miles to go, with 21 minutes left to do it in, but all of it uphill! I pushed and I pushed, turn right, turn left, another right, another left. Then there is the finish banner. I manage a final sprint and cross the line in 23 hours 59 minutes and 18 seconds. Now you know just how important it was for me to use the 'ladies' at Brighton and not wait for the 'mens' to become vacant. I had achieved what I had come for, thanks to my pacer Elizabeth (thank's Tiger!), good weather conditions and some horse sense. Why horse sense? Well I had a lot of trouble with my left knee leading up to the race. I taped it with 'horse tape' which held it together pretty good and without which I could not have run the race. A trick I had learned from the locals. Fred had the race of his life, finishing 2nd overall, just over an hour ahead of me. The winner ran 21:13, the first woman did 23:49. This was Fred's 5th Wasatch 100, but his first sub 24 hour finish. Aged 57, Fred is now the oldest runner ever to get under 24 hours and also the fastest over 50 man to do so. For my money, his was the best run of the day!





## NANANGO - SOUTH BURNETT FIVE DAY FOOTRACE

What a show of determination and will power between the top three, the race of 1997 turned out to be. Daily the lead changed hands between Graeme Watts of Nanango and Geoff Williams of Caboolture, with New Zealand entrant Carolynn Tassie always in contention and in fact serving it up to both men over the last day. At the end of Day 4, having run 264 kilometres, only 21 minutes separated Graeme from Geoff with Carolynn just two hours behind.

Who would have thought such excitement lay ahead as the runners and crews gathered together for the pre race breakfast in Nanango, just an hour before the race start. Twelve runners and walkers had entered the event, but due to illness Gerard Hocks withdrew just prior to the race start. Each day is handicapped with the runners themselves announcing their expected times. Day 1 saw all the runners start together, but after that the slowest would go off first, this being Kerrie Hall who walked the entire distance, with the fastest runners setting out latest in the day, all aiming to reach the night time stopover by 4 pm. This year saw the best self handicapping of the entire five years of the race, with a great rush of competitors coming over the line on either side of 4 pm each day.

Accompanying the runners and crews, numbering about 25 in all, were myself and Ron in the capacity of race organisers and Reg McCallum Mayor of Nanango and patron of the event along with Tom Perrett, a well known local identity, who acted as forward crew, marking the course with pink and red tape and setting up the camp sites each evening, with fires lit, and the billy on the boil. Reg and Tom have been an integral part of the event since its inception and in fact Reg and his wife Edna devised the course, which meanders through all the shires of the South Burnett, taking in as many quiet country roads through farming areas, as possible whilst taking the runners and crews to the top of picturesque Boat Mountain and the Bunya Mountains National Park.

Sharp on 8am, Monday 8th September, with a crack of Reg's stockwhip, the 11 remaining entrants set off out of Nanango heading for Kinbombi Falls in the Kilkivan Shire. The flat highway, quickly became hills, hills and more hills, once the runners had turned off onto the quiet backroad to the falls. Unseasonally hot weather and a dry westerly wind became a great concern to the runners on day one, with some runners, including Carolynn Tassie holding back to adjust to the conditions, whilst others, including Geoff Williams charged on relentlessly. First to fall by the wayside was John Stockman who found the combination of hills and heat just too much and withdrew before day's end. Graeme Watts was content to sit behind Geoff and bide his time finishing day 1 trailing Geoff by nearly half an hour. Cathy Caton was another who threw caution to the wind being first woman in at the end of the day. Meanwhile, at the back of the field consistently covering 6 k per hour for the entire five days was Kerrie Hall, the first person to attempt walking the distance. Always smiling and happy and completely confident she would finish the race Kerrie certainly won some fans with her ability and attitude.

Day two dawned, after overnight camping in balmy conditions, with many of the competitors having to rethink their race plan of a new PB. Winner of the last five day race and second fastest time on the ranking list, Geoff Williams conceded his previous day's run was too fast in the heat and it had taken its toll. Cathy Caton and Lyn Gordon Lewis suffered similarly on day 2 once they again felt the sun beating down on them and the wind gusting in various directions. Day 2 was

flat to undulating, but included a sharp climb of about two kilometres to the summit of Boat Mountain in Murgon Shire. But for the drought which has struck the South Burnett for many years, the view would have been magnificent with a patchwork of red fields and green grass. Instead runners and crews had to be content with dry browns of soil and grass stretching into the distance through a smoke haze. Down off the mountain into Murgon, with the same magpie attacking the runners as two years previously then on through cattle grazing country and irrigated pasture to Wondai. The Wondai Diggers Club put on the best meal and tons of hospitality at the overnight stop. As each runner and crew come in, tea and coffee and snacks await them. Swags are laid on the floor of the 'big hall' to rest the weary bodies that night.

Presentations that night saw Graeme take out the win for the day, but still lagging behind Geoff by a mere minute and a half. <sup>overall</sup> Carolyn took out third spot, and this was where she was to stay for the remainder of the race. Cathy Caton, Lyn Gordon Lewis and Peter Gray were then to tussle over the next three placings through until the end. Kerrie Hall, with her never changing 6 k an hour walking won the handicap section. After being on her feet for 11 and a half hours she was only 5 minutes out on her estimation. Unfortunately two more runners were to succumb to the heat hills and lack of training - Rod Morgan and Kelvin Woods. That left 8 to complete the race of which five were women.

Day 3 dawned slightly cooler with clouds building up and a change of wind direction. Graeme had allocated himself a particularly tough handicap time of 6 hours and 10 minutes for the 66 kilometres although the course was somewhat flatter than the previous two days. The goal was Kingaroy, the peanut and navy (baked) bean capital of Australia. Geoff had a bad patch in the middle of the day, while Graeme remained at his steady but strong pace being expertly serviced by his crew of wife Alana and daughter Wendy. By day's end Carolyn was close behind then quite a break to the remainder of the field. Angela Clarke who was just days from her 58th birthday made a tough run of the whole event just recovering from the flu and determined to complete every event on the Queensland ultra calendar this year. If she can get through Rainbow Beach trail run in November she will be the first person to ever survive every race. The reward for her efforts in the races during the previous months was a build up of fatigue and less than robust health resulting in an added 8 hours overall during the Five Day Race, than her previous attempt. Her nickname of the Galloping Granny could not have been further from the truth as she shuffled to the finish line each day. Graeme won the day clearly from Geoff and had also captured the lead overall by more than 30 minutes. After a hearty meal at the Kingaroy Motel most took advantage of a motel bed for the night.

Climbing to the top of the Bunya Mountains was the prospect that made all the remaining runners nervous about day 4. Although the shortest day of 57.4 k the 15.6 k climb from the foot of the mountain to the camping grounds took on a special interest with Reg McCallum offering the patron's prize for the fastest time over this section. With plenty of tiredness already in the legs it was a hard decision for some. Should they have a go and risk falling behind on the last day due to exhaustion, or should they run more cautiously and save themselves for the final effort back into Nanango. For more than half the field there was no decision to make - it was just a matter of hanging in there each day and surviving to the finish line. Peter Gray and Lyn Gordon Lewis decided to put in their best effort while Geoff lost time trying to make up his mind until Peter surged past him, then decided to join in the fray. Graeme was content to keep his even pace going, although he was the defending King of the Bunyas.

The drought was evident on top of the Bunyas, but not as pronounced as down below. After three and a half days of dust, heat and wind, the forest, green foilage and bird life was like a balm to the eyes and mind. Carolynn particularly enjoyed her surroundings, feeling more like she was back in NZ. Much to everybody's surprise, after a less than best performance for the preceding days, somewhat due to a cold, Peter Gray took away the patron's prize in a time of just under 1 hour 43 minutes. With a minute more each, Lyn, then Graeme, then Geoff quickly followed. Graeme still held the overall lead at the campfire presentations that evening, but by a slim 21 minute margin, with Carolynn a further two hours back. The Bunyas as usual were cold, and even a little rainy, the birdlife and wallabies in abundance to entertain the campers. In fact a completely different world. At this point, Geoff had won days 1 and 4 and Graeme days 2 and 3. Anything could happen on day 5 and we all knew that a battle royal was to develop during the run into Nanango.

Kerrie set off first as usual, in the dark, claiming she had on four jumpers and a raincoat she was so cold. Graeme set out a little before Geoff, a lead which he maintained for half the distance of 63 kilometres. Then with a tremendous effort Geoff overtook Graeme. Unperturbed as usual Graeme kept up the same relentless pace, eventually mowing Geoff down, who was now broken with exhaustion. Much to his credit he had given it his best shot and at one point reduced the margin between them down to 15 minutes overall. Better to have tried and failed than never to have tried at all. Unfortunately for Graeme, as he overtook Carolynn she proved more difficult to leave in his dust than Geoff and clung to his heels for a number of kilometres before having the temerity to surge past him. Her gutsy run put her into second spot for the day 5 leg, with Graeme completing the distance of 63 kilometres in 5 hours 40 minutes and Carolynn in 6 hours and four minutes. Geoff was forced to be content to come in 40 minutes behind Graeme, having little left to do anything other than jog. Thus the race was complete with our NZ visitor setting a new course record of 34 hours 9 minutes for women. Graeme set a new PB in the winning time of 31 hours 25 minutes 50 seconds with Geoff a little over an hour back, nowhere near his 1995 time.

The final presentations followed the roudy finish in the centre of town with afternoon tea and drinks from the bar at the Nanango RSL. The most memorable moments of a run of this nature isn't necessarily the running. Standing out is the friendships formed and the comradie between all the runners and crews. Also the odd things that happened along the way - Reg starting the race with a mighty crack of his stock whip; the brilliance of the stars at Kinbombi Falls and Ron insisting on having a long conversation with me about the beauty of same at 3am; and Carolynn and the size of the steaks she had for dinner each night. This drew the comment from Tom Perrett in his usual gravelly voice, "I've been telling you runners for years to forget about that food you lot eat and get more steak into you." Of course you've guessed it - Tom is a grazier. When Peter Gray saw how enthusiastic she was eating her steak his quip was, "I guess she must be pretty sick of eating mutton!"

*Dell Grant*

# NANANGO - SOUTH BURNETT FIVE DAY FOOTRACE

8th to 12th September 1997

## Results

### DAY 1 Nanango to Kinbombi Falls. 75 k. Undulating then hilly

	Name	Time	Handicap	Placing
1.	Geoff Williams	7 hr 10 min 48 sec	5.	19 min 12 sec
2.	Graeme Watts	7 38 29	4.	8 29
3.	Cathy Caton	8 02 00	7.	28 00
4.	Lyn Gordon Lewis	8 10 01	1.	01
5.	Carolynn Tassie	8 10 13	6.	25 13
6.	Kelvin Woods	9 06 00	3.	6 00
7.	Angela Clarke	9 14 00	2.	1 00
8.	Rod Morgan	9 43 50	9.	43 50
9.	Peter Gray	9 49 27	10.	2 hr 19 m 27 sec
10.	Kerrie Hall	11 40 00	8.	40 00

### DAY 2 Kinbombi Falls to Wondai. 65.8 k Flat to undulating. Over Boat Mt.

1.	Graeme Watts	6 10 45	3.	19 min 15 sec
2.	Geoff Williams	6 37 01	6.	37 00
3.	Carolynn Tassie	6 54 16	4.	20 44
4.	Cathy Caton	7 40 15	2.	10 15
5.	Lyn Gordon Lewis	8 35 37	8.	1 hr 25 m 37 sec
6.	Peter Gray	9 36 00	7.	1 hr 00 m 06 sec
7.	Angela Clarke	10 09 00	9.	1 hr 54 m 00 sec
8.	Rod Morgan	10 52 53	5.	22 53
9.	Kerrie Hall	11 29 00	1.	5 00
10.	Kelvin Woods	11 33 00	10.	2 hr 33 m 00 sec

### DAY 3 Wondai to Kingaroy. 65.9 k Flat to undulating.

1.	Graeme Watts	6 8 35	2.	1 min 35 sec
2.	Geoff Williams	6 46 10	6.	35 50
3.	Carolynn Tassie	6 57 59	4.	17 01
4.	Cathy Caton	8 40 30	7.	54 30
5.	Peter Gray	8 41 50	5.	18 10
6.	Lyn Gordon Lewis	9 01 27	1.	1 27
7.	Angela Clarke	11 00 00	8.	1 hr 0 m 0 s
8.	Kerrie Hall	11 45 00	3.	5 00

### DAY 4 Kingaroy to Bunya Mountains 57.4 k Undulating then steep uphill

1.	Geoff Williams	5 32 55	6.	12 min 55 sec
2.	Graeme Watts	5 47 08	5.	12 52
3.	Carolynn Tassie	6 01 57	8.	43 03
4.	Peter Gray	7 12 20	4.	12 20
5.	Cathy Caton	7 37 45	3.	7 45
6.	Lyn Gordon Lewis	8 23 48	1.	6 12
7.	Angela Clarke	9 52 43	2.	7 17
8.	Kerry Hall	10 20 00	7.	20 00

Patron's Trophy for King of the Mountain 15.6 k up the Bunyas.

1. Peter Gray 1 hr 42 min 50 sec.

DAY 5 Bunya Mountains to Nanango 63.1 k Steep downhill then undulating

1. Graeme Watts	5	40	53	7.	34	min	07	sec
2. Carolynn Tassie	6	04	41	8.	40		19	
3. Geoff Williams	6	21	30	1.	3		30	
4. Peter Gray	6	55	00	5.	25		00	
5. Lyn Gordon Lewis	7	51	32	4.	21		32	
6. Cathy Caton	7	56	30	1.	3		30	
7. Angela Clarke	10.	46	00	3.	16		00	
8. Kerrie Hall	11	10	00	6.	32		00	

Accumulated results over the five days

TOTAL DAYS 1 and 2

Name and Place	<u>Time</u>			<u>Handicap</u>			<u>Placing</u>	
1. Geoff Williams	13	hrs	47 min 49 sec	5.	0	hr	56 min 12 sec	
2. Graeme Watts	13		49 14	1.			27 44	
3. Carolyn Tassie	15		04 29	4.			45 57	
4. Cathy Caton	15		42 15	2.			38 15	
5. Lyn Gordon Lewis	16		45 38	7.	1		25 38	
6. Angela Clarke	19		23 00	8.	1		55 00	
7. Peter Gray	19		25 27	10.	3		19 33	
8. Rod Morgan	20		36 43	6.	1		06 43	
9. Kelvin Woods	20		39 00	9.	2		39 00	
10. Kerrie Hall	23		09 00	3.			45 00	

TOTAL DAYS 1, 2 and 3

1. Graeme Watts	19	57	49	1.		29	19
2. Geoff Williams	20	33	59	5.	1	32	02
3. Carolynn Tassie	22	02	28	3.	1	02	58
4. Cathy Caton	24	22	45	6.	1	32	45
5. Lyn Gordon Lewis	25	47	05	4.	1	27	05
6. Peter Gray	28	07	17	8.	3	37	43
7. Angela Clarke	30	23	00	7.	2	55	00
8. Kerrie Hall	34	54	00	2.		50	00

TOTAL DAYS 1, 2, 3 and 4

1. Graeme Watts	25	44	57	1.		42	11
2. Geoff Williams	26	06	54	4.	1	44	57
3. Carolynn Tassie	28	04	25	5.	1	45	58
4. Cathy Caton	32	00	30	6.	1	46	01
5. Lyn Gordon Lewis	34	10	53	3.	1	33	17
6. Peter Gray	35	19	37	8.	3	50	03
7. Angela Clarke	40	15	43	7.	3	02	17
8. Kerrie Hall	45	14	00	2.		55	00

TOTAL DAYS 1, 2, 3, 4 and 5

1. Graeme Watts	31	25	50	1.	1	16	18
2. Geoff Williams	32	28	24	3.	1	48	27
3. Carolynn Tassie	34	09	06	6.	2	26	17
4. Cathy Caton	39	57	00	4.	1	49	31
5. Lyn Gordon Lewis	42	02	25	5.	1	54	49
6. Peter Gray	42	14	37	8.	4	15	03
7. Angela Clarke	51	01	43	7.	3	18	17
8. Kerrie Hall	56	24	00	2.	1	27	00



NANANGO - SOUTH BURNETT 5 DAY FOOTRACE  
8 - 12 SEPTEMBER 1997

The initial excitement at the group photo before the race quickly faded away as the oppressive heat and dry conditions quickly set in for runners. The district is in the depths of drought where livestock does not have the luxury of green paddocks.

With the crack of his stockwhip, Reg McCallum, race patron, watched with crew and local residents as runners and one walker set off from Nanango Council Chambers.

From that moment till the final step five days later, the race belonged to Kerrie Hall. Never before had the race provided a walk section, but this time was different and Kerrie was stepping into history. She was the only walker in the race so there was no heavy pressure to do blistering times. The courage to finish was the only goal Kerrie needed. During the event Kerrie also won the handicap time for day 3.

For the male section it was a different story with a strong running battle between Geoff Williams and Graeme Watts for first place. Both men ran at a blistering pace for the entire race, in conditions of dreadfully stifling heat. In the end Graeme claimed victory with his best time since first running in the race. Geoff can be proud of coming second, where he also won the handicap time with Cathy Caton on day 5.

Carolynn Tassie from New Zealand put in a wonderful effort in the female section, where she broke Dell's record by an hour, totally dominating the female section of the race.

But what of that wonderful lady, Angela Clark, who didn't get a place but who will stand as an icon of inspiration for many years to come. This honest sports-person deserves as much credit as the fastest person

Lyn Gordon-Lewis won the handicap time on days 1, 3 and 4, while almost causing an upset by almost beating all the men on the Patron's Trophy, King of the Bunya Mountains.

That honour however was earned by Australia's Ultra personality, Peter Gray. You should have been at the presentation, he had a smile as big as the Great Australian Bite.

Kelvin Woods, Rod Morgan and John Stockman also put in terrific efforts in these dreadfully hot conditions where just crewing was an effort, let alone running.

Yours faithfully

*P Lewis*

Peter Lewis



This photo was taken just before the start of the Nanango - South Burnett 5 Day Footrace - 8 - 12 September, 1997.  
 Back row: (L.to r.) Graeme Watts, Kelvin Woods, Rod Morgan, Geoff Williams, Peter Gray.  
 (Front row) Kerrie Hall, Kathy Caton, Lyn Gordon-Lewis, Carolyn Tassie, Angela Clarke, John Stockman.



South Burnett Footrace, 1997. Pictured here is organiser, Nanango's Reg McCallum, taking it easy, waiting for runners to appear.

## 1997 SPARTATHLON, GREECE

**by David Sill**

Well the Spartathlon is a great event. It traces the exact course identified by the historians as having been taken by Pheidippides in 490 BC when he went from Athens to Sparta to arrange reinforcements to defend Greece from invasion by the Persians. He covered the distance of 246 kilometres starting in one day and finishing the next. The Spartathlon is held at the same time of the year as the historic trip and requires the runners to finish in 36 hours. (Shortly afterwards Pheidippides is said to have made his more famous journey from Marathon to Athens.)

The bad news for me is that Pheidippides was better at this than me because I DNF'd. And he didn't have fancy shoes and sports drinks either! This was the first time I have failed a time cut off in a race. The race started at 7am and I missed the 39th check point by 2 minutes just before one o'clock the next morning as I was approaching the top of the first of the three peaks. I had covered 136 kilometres. I was very disappointed to miss the check point because the second day was not the usual scorcher and, in the relatively cool conditions, more than half the starters finished in stead of the usual 30%.

The treatment of the runners at Sparta was extraordinary with every finisher accompanied into the historic finishing place by a police car and two support runners. Each runner is then taken immediately to the local hospital for a check up. There was a row of ambulances waiting at the finish all day.

In the evening there is a reception in the central city square where the mayor, archbishop, army chief, etc make presentations to the top runners. The square is packed with thousands of people with others hanging out of balconies to get a view of proceedings. It is very moving.

Runners have to qualify to be accepted for the race but then everything is provided. Free accommodation, meals etc for five days. There are two other major receptions other than that in the main square at Sparta. One at lunch time in Sparta and the other in Athens with the mayor of Athens. The whole thing is really awe inspiring. (I would have enjoyed it more if I'd finished!!!!). I'll definitely be back next year. Unfinished business. Runners are there from all over the world and several have finished over ten times.

To put the race difficulty in perspective you have to maintain a pace of 164 kilometres per 24 hours but keep doing it for 36. (How many Striders have covered 164 km in a 24 hour track race?). And you have to travel over three peaks the highest of which is a dirt track 1.2 kilometres above the starting point. In the day the temperature is often 30 degrees and in the middle of the night it is near freezing going over the mountains. I only just got to half way! This mountain run isn't for wimps like me. Yannis Kouros has won the race four times and holds the course record. It is 20 hours 29 minutes.

The good news for Australia is that Paul Every finished comfortably with over an hour to spare. This makes up for his disappointment at Winschoten where he was below his best as a member of Australia's 100 km world championship team. You should have seen the smile of delight on his face as he finished and it was still there 24 hours later. He was over the moon. Congratulations to Paul.

I don't know why I had a poor race but it was obvious in the first 20 km that I was not going very well. I suppose I over raced with three 24 hour races and one 12 hour race in the previous six months. Still, I had a reasonable year so will try not to be too disappointed. ....There's always next year! Well, where are those running shoes?, I'd better start training.

[illegible]

Dear Dot,

I just got a message from Carl Barker. He was second in this year's London to Brighton (88km on Sunday 5th October) in the superb time of 6:09. The winner was only three and a half minutes in front of him.. He defeated three South African runners who finished in front of him in the Comrades when he was not fully fit. A fantastic result.

David Sill.

**IAU 100km World Challenge under the  
Patronage of IAAF  
Winschoten. Netherlands. September 13th 1997**

**by Malcolm Campbell**

My association with the race at Winschoten began in 1978, long before the IAU was formed, and it is probably fair to say that I am somewhat biased when writing about the event. I remember so many fine runners taking part in the past and my regret is that they did not receive the international recognition due to them.

To some extent the history of the Winschoten race reflects the history of ultradistance running and the organisers have always been ready to adapt to circumstances and modern trends. In the past the race has been held on one large loop and also on two 50km loops. Eventually it graduated to the present form of a 10km lap course.

Work for the race started a long time ago and during the last year I seem to have been in daily contact with Harm Noor, the Race Director. Every point concerning the event was considered and nothing was left to chance. The day before the race started we were obliged to consider the 1998 IAU 100km World Challenge and the signing ceremony for this event, which takes place in Japan, was held in the beautiful setting of the Winschoten Town Hall. A delegation from Japan attended and the gentle formalities of the occasion and the obvious sincerity of all those in the room emphasised that ultradistance running is a sport worthy of international recognition.

Following the signing ceremony a procession of the federation teams entered followed - there were 23 men's teams and 13 women's teams. Individual runners increased the total number of countries represented to 32. They marched with their national flags from the Town Hall to De Klinker. De Klinker is an extremely large sports hall and the centre of activities during the race. The 10km loop of the World Challenge starts and finishes in De Klinker and as the athletes run through the building they are encouraged by a wave of sound from the spectators. They are encouraged further by Harm Noor who, with the aid of a microphone, describes the situation as they pass through. A reliable method of gauging the success of the race is to listen to Harm. If he can be heard after 11 hours it has probably been a good race but if his voice is tired and inaudible it has been a great race - this year we heard something at the end but the tone indicated that the race was something special.

A race report is easy. You take the intermediate times and all is clear. This year all runners wore the Championship Chip and after each loop the race situation was known. Thanks to Dan Brannen (IAU) and Andy Milroy (IAU) the event was shown nearly "live" to Internet subscribers around the world. I am not technically minded and have just passed the transitional stage from the "ink-pen" to the "biro" but whatever the World Wide Web is, progress of the event was shown on it 34 times during the 11 hours of the race with a very informative commentary. Probably in the next newsletter our Technical Director, Andy Milroy, will explain what happened. For my part I jotted a few things down during the race and this is what I recall.

### **Mens Race.**

Everyone started too fast. This is normal and this is correct. If you want a record then you must start too fast. The easy days of yesterday when you started slowly and gradually passed the runners who started too quickly have passed. It is certain that many early leaders will pay the penalty later but it is less certain that all early leaders will do so.

During the first few laps I recognised some of the early leaders which included Valmir Nunes (BRA), Konstantin Santalov (RUS) and Jaraslaw Janicki (POL) and I confidently predicted to the many media representatives at the race that these three would be on the podium at the finish- Nunes stopped at 20kms (1.14.19) ; Janicki made it to 40kms (2.34.20) and Santalov stopped after 50kms (3.13.58).

No one had paid too much attention to Serge Yanenko (UKR) who had obviously started too quickly and would soon retire. At 20kms he was nearly a minute ahead of Nunes, at 40kms he was eight minutes ahead of Janicki and when Santalov stopped at 50kms, Yanenko was already nine minutes ahead. Yanenko reached the 50km point in 3.04.39 which is a good time but not an unusual time. Conditions were difficult as the wind speeds increased and this became a major factor for some runners expecting the flat course to be easy. Little is known about Yanenko but we are told he has a marathon best of about 2.11.00 and that this was his second attempt at a 100km race-his first resulted in a retirement at 90kms. As far as his age is concerned this may be of special interest to the Winschoten organisers. He is 39 years old. Next year he will be 40 when Winschoten stages the IAU 100km Veteran's Championships.

Like vultures, the chasing pack waited for Yanenko to tire but it never happened. Instead, those behind were obliged to struggle hard for the second and third places. Mikhail Kokorev (RUS) is perhaps one of his country's most under-rated runners and whilst he was running faster than the winner during the last 30kms the leading margin was too large to close. Mikhail did produce a personal best performance to secure 2nd place and seems destined for many honours in the future.

The third place went to Andrzej Magier (POL) who won the Winschoten 100km race in 1996 and he is one of the truly great sportsmen of our time. As he finished a broad smile appeared upon his face expressing all the joy of sporting competition. Certainly the smile might have been broader if the other two finishers had been behind him but this does not diminish his obvious pleasure at being part of this marvellous international event. Andrzej passed the 50km point in 3.12.51 and he finished so comfortably that it seems probable that he started his pursuit of the leader too late.

### **Womens Race**

To many the result of the women's event was a certainty and as Americans might say, "wheat in the bin" but it becomes increasingly clear that women's races are becoming much more competitive than men's races. If a study is ever done I am sure it will be found that a greater percentage of women runners finish than men. I do not know why this is so but I am sure that psychologists have a suitable answer. Ann Trason (USA)



was the favourite. Maria Bak (GER) and Valentina Liakhova (RUS) were the obvious challengers.

During the early stages Ann Trason must have been aware she was under pressure as all three of the aforementioned passed the 20km mark close to each other- Trason (1.20.58), Bak (1.21.04) and Liakhova (1.21.05). Trason retired after 30kms leaving the battle to continue -at this point Bak was on 2.02.04 and Liakhova on 2.02.06. Very gradually the German runner edged away and at one point seemed likely to break the 7 hour barrier but her winning time was a European record and places her second on the 100km All Time List behind Trason. One suspects that we shall see many more international competitions involving these athletes. Isabelle Olive (FRA) secured third place to lead the French team home with a personal best performance.

### **Mens Team Race**

Santalov was out at 50kms but he was only one of six Russian team members. Others in the team were all sub 7-hour performers and with Kokorev securing 2nd position in the race attention focused upon Anatoly Korepanov who was running comfortably in 4th position. Korepanov is a 2.14.00 marathoner and has a best 100km time of 6.33.18 achieved in the National 100km Championships in Moscow (time awaiting ratification). Grigori Mourzin finished in 7th position to ensure Russia took the Gold Medal for the team competition.

Although it was unexpected many will consider it was well deserved when Great Britain won the Silver Medal. There is a long history of ultradistance running in this country but sadly, in the years when athletes from Great Britain were establishing their dominance, no international authority was in place. Many words could be written about Don Ritchie, Cavin Woodward, Martin Daykin and Mike Newton but in their place we see new names and this is the essence of sport. So we welcome the new brigade, although we should say that Stephen Moore at 49 years old is the country's best 100km runner. Next year, at Winschoten, he will start as one of the favourites in the M50 class. He is a special person and whilst this is not the place to dwell upon such subjects all those veterans resisting the challenge from newcomers are special.

Poland has a very small group of international ultradistance runners. Having said that Jaraslaw Janicki was the European 100km Champion in 1993, 1994 and 1995 and with some support Poland could well have mounted a team challenge for major honours many times during the history of the 100km World Challenge. The surprising fact about the 1997 100km World Challenge was that, with Janicki's retirement at 40kms enough talent from Poland was still available to secure the Bronze Medal.

### **Women's Team Race**

Germany was expected to have Birgit Lennartz in the team and with a best of 7.18.57 she would have certainly made a great contribution to the team's chances; America was expected to have Ann Trason in the team and with a World Best of 7.00.48 the team would have welcomed her involvement. It all became academic as injured Lennartz did not start and Trason, not a member of the American team, stopped at 30kms.

Maria Bak has lived in the shadow of Birgit Lennartz for a long time. Earlier in the year she was beaten by Ann Trason in the Comrades Marathon (90kms RSA) but her sights then were already focused upon the 100km World Challenge. The Comrades offers Gold; the 100km World Challenge offers Glory and it is a matter of some debate which is more important. Glory came to Maria Bak but with her victory came further Glory to Germany which won the team race by a convincing margin. She is now the European and National Record Holder for 100kms.

France won the Silver Medal and it was a well deserved achievement. Isabelle Olive the first finisher for her team set a personal best and she was closely followed by Martine Cubizolles with the experienced Huguette Jouhault (another veteran to watch in 1998) beating 8 hours to secure the third team place. There are more 100km races in France than in any other country and if there is one country expressing the "spirit" of the sport best it is France. They will be in Japan next year-they will be hard to beat.

The South African women's team members ran well to win the Bronze medal and early in the race the Silver medal seemed a real possibility. Like most South Africans their competition is focused upon the Comrades Marathon (90kms) and although the extra 10kms should not be difficult the men from South Africa seem to have problems adapting whilst the women accept the new challenge with obvious enthusiasm.

#### **Mens Team Results.**

		1st Runner.	2nd Runner.	3rd Runner.	Total
1.	RUS	6.31.22	6.38.26	6.43.59	19.53.47
2.	GBR	6.49.27	6.57.09	6.57.51	20.44.27
3.	POL	6.33.16	6.57.16	7.21.15	20.51.47
4.	UKR	6.25.25	7.07.05	7.25.21	20.57.51
5.	BEL	6.43.07	6.57.15	7.18.09	20.58.31
6.	JPN	6.55.21	6.59.24	7.09.21	21.04.06
7.	USA	6.44.39	7.12.35	7.26.32	21.23.11
8.	BLR	7.04.22	7.08.12	7.19.37	21.32.45
9.	FRA	7.04.32	7.06.08	7.29.59	21.40.39
10.	NED	7.18.16	7.26.32	7.53.00	22.37.48
11.	SVK	7.13.52	7.29.56	8.06.17	22.50.05
12.	AUS	7.58.06	7.59.21	8.07.51	24.05.18
13.	CAN	7.50.06	8.10.56	8.56.45	24.57.47
14.	CZE	7.56.12	8.25.07	8.46.28	25.07.47
15.	IRL	7.51.42	8.39.39	8.54.02	25.25.23
16.	HUN	6.54.43	9.31.29	9.33.36	25.59.38

#### **Women**

1.	GER	7.06.53	7.46.54	7.56.49	22.50.36
2.	FRA	7.40.09	7.48.25	7.58.18	23.26.52
3.	RSA	7.41.52	7.44.38	8.20.28	23.46.58
4.	GBR	7.56.33	8.01.03	8.20.08	24.17.44
5.	RUS	7.30.37	8.09.03	8.49.38	24.29.18
6.	USA	8.03.28	8.32.38	9.01.10	25.37.16
7.	JPN	8.30.36	8.39.23	8.47.29	25.57.28
8.	BLR	8.07.11	9.00.11	9.26.22	26.33.44
9.	CAN	8.58.37	9.38.14	9.39.44	28.16.35
10.	IRL	9.25.31	9.47.18	10.09.16	29.22.07



# IAU RABO INTERPOLIS WORLD CHALLENGE 1997 WINSCHOTEN-THE NETHERLANDS LIST OF RESULTS - TOTAL RANKING



Pos	Cat.	Nummer	Naam	Vereniging	Nat	Nat.	Cat	G.jr.	Tijd
nk	pl.	Number	Name	Club	Nat	Team	Cat	YB	Time
51	9	37	Tisseraut, Gaetau		FRA	Y	M40	56	7:32:49
52	40	256	Jackson, Ean		CAN	N	M20	57	7:35:30
53	41	248	Stourov, Guennadi		RUS	N	M20	67	7:36:31
54	42	76	Lien, Jorgen Andre		NOR	Y	M20	69	7:39:32
55	3	139	Olive, Isabelle		FRA	Y	W35	60	7:40:09
56	43	17	Chiritsa, Vladimir		BLR	Y	M20	69	7:41:34
57	1	171	Plessis, Rene Aletta du		RSA	Y	W20	69	7:41:52
58	2	170	Noble, Charlotte		RSA	Y	W20	65	7:44:38
59	44	107	Balytchev, Alexandr		UKR	Y	M20	66	7:44:46
60	45	62	Aizawa, Yonosuke		JPN	Y	M20	75	7:45:48
61	4	151	Mollensiep, Sybille		GER	Y	W35	62	7:46:54
62	46	230	Sweeney, Robert		FRA	N	M20	67	7:47:24
63	47	114	Godale, Mark		USA	Y	M20	70	7:47:24
64	5	136	Cubizolies, Martine		FRA	Y	W35	60	7:48:25
65	48	39	Guichard, Mark		GBR	Y	M20	69	7:49:27
66	1	31	Swadling, Jim		CAN	Y	M50	47	7:50:06
67	10	60	Martin, Frank	Clonliffe Harriers	IRL	Y	M40	57	7:51:42
68	49	74	Pleijster, Hans	AV Haarlemmermeer	NED	Y	M20	61	7:53:00
69	11	103	Drahorad, Ivo	Tsjechië	TCH	Y	M40	57	7:56:12
70	1	145	Robinson, Eleanor	Bordors Harriers & AC	GBR	Y	W45	47	7:56:33
71	3	148	Bolzou, Ricarda	Harburger TB	GER	Y	W20	66	7:56:49
72	50	254	Smirnov, Yuriy		RUS	N	M20	63	7:57:11
73	51	12	Beckers, Paul	AC Herentals	BEL	Y	M20	62	7:57:51
74	52	10	Sloan, Timothy		AUS	Y	M20	67	7:58:06
75	53	220	Stewart, Allan	Moray Road Runners	GBR	N	M20	58	7:58:15
76	2	138	Jouault, Huguette		FRA	Y	W45	51	7:58:18
77	4	503	Waack, Svetlana		BLR	N	W20	67	7:58:22
78	12	327	Bogdanowicz, Zbigniew		POL	N	M40	57	7:58:27
79	54	241	Berkum, Emiel van	Asterix Eindhoven	NED	N	M20	55	7:59:14
80	55	9	Francis, Mick		AUS	Y	M20	58	7:59:21
81	1	146	Walker, Hilary	Serpentine Running Club	GBR	Y	W40	53	8:01:03
82	13	341	Kirpu, Peeter	Laufgruppe Hermes	EST	N	M40	53	8:02:30
83	6	129	Venancio, Maria		BRA	Y	W35	58	8:02:47
84	7	186	Duryea, Christine D	USA TEF	USA	Y	W35	60	8:03:28
85	56	237	Moskalenko, Valery	De Liemers	NED	N	M20	61	8:05:30
86	57	94	Durkovsky, Ivan		SVK	Y	M20	58	8:06:17
87	14	321	Pols, Simon	AV Startbaan	NED	N	M40	52	8:06:49
88	5	125	Koval, Nina		BLR	Y	W20	66	8:07:11
89	15	7	Clarke, Ian Robert		AUS	Y	M40	54	8:07:51
90	6	177	Semenova, Larissa		RUS	Y	W20	64	8:09:03
91	2	28	Leonard, Ray		CAN	Y	M45	0	8:10:56
92	2	407	Weiss, Manfred	LG Braunschweig	GER	N	M50	47	8:11:11
93	8	140	Semur, Joelle		FRA	Y	W35	60	8:11:11
94	58	208	Grittner, Johannes	LG Braunschweig	GER	N	M20	61	8:11:11
95	16	343	Teunisse, Ronald Leonard	Suomi-Velsen	NED	N	M40	52	8:11:38
96	7	149	Drescher, Anke		GER	Y	W20	67	8:12:31
97	3	427	Vuilleminot, Roland	Chausport	FRA	N	M50	51	8:13:14
98	8	154	Bozan, Agnes	CVSE	HUN	Y	W20	73	8:14:42
99	59	227	Grift, Gerard van de	AV Ron Clarke	NED	N	M20	65	8:16:31
100	17	95	Furin, Milan	Mgt Repak Kosice	SVK	Y	M40	50	8:19:04
101	75	8	Every, Paul		Hu5	Y	M20	64	10:43:43

# The 1997 IAU World Challenge

By Andy Milroy

## Ultramarathon World

**Winschoten (UW)** - The IAU World 100km Challenge held at Winschoten in the Netherlands was a truly remarkable event. It saw the greatest upset yet in the eleven year history of the event, and also a incredible performance against the odds in the women's event.

Prior to the race, I, like many others, thought that the men's race would be dominated by the likes of Konstantin Santalov (RUS), Valmir Nunes (BRA), and Jaroslav Janicki (POL). When I walked through De Klinker, the hub of the race, through which the course would run at the end of each 10km, I felt the buzz of excitement, the feeling that runners from all over the world had focussed on this one event, and that many runners were really 'up' for this race. In conversation prior to the race Nunes had said he would be aiming for a 6:136:15 clocking. However others had a different favourite. A South African expert picked Janicki as the likely winner. Interestingly he also picked Maria Bak to win the women's race in preference to Ann Trason who was widely expected to dominate the women's race.

The weather was bright and sunny by the two o'clock start, with a temperature of 16C/60F but there was a gusting wind. Race Director Harm Noor was worried because storms were predicted. Around sixty men with sub-seven hour credentials had entered, and close on thirty-five women with performances under 8:20. A record number of twenty-three men's teams and thirteen women's teams had entered, with runners from close to thirty nations. For sheer strength in depth no ultra race on earth can come close to the World 100km Challenge.

## High excitement

The pre-race excitement was almost tangible as the runners lined up ready to start. Andrey Pismenny and Taduesz Dziekonski, managers of the two most highly fancied men's teams, Russia and Poland, stood together on a wall, fingers poised over their stopwatches, waiting for the gun.

The gun triggered the usual blitz start which was headed by defending champion, Konstantin Santalov, as the lead runners almost sprinted over the first fifty or sixty yards, jockeying for position. But it did not take long for the leaders to sort themselves out. Kiminari Kondo (JPN), renowned for his fast starts was an early leader at 5km, along with team mate, Toru Kawata, and the unknown quantities of Milan Durana (SLO) and Sergei Yanenko (UKR). Some twenty metres back were Santalov and Nunes, running together, as they often do, back off the pace, apparently biding their time.

By the end of the first 10km loop, Kawata had a slight lead of eight seconds over his team mate Kondo when he went through in 36:27, then there was short gap to the next group of Durana, and Russell Crawford (RSA), followed by Elias Stemmer (RSA), Yanenko, Nunes, and Kojima (JPN). Santalov had dropped back and there was over a 50 second gap between him and the last group, and he was buried in a huge pack of other runners. The wind was by now gusting strongly out on the course, and I saw steel barriers blown over as the wind pulled at the connecting plastic tape that marked the course. The new course wound its way through and around the town, along streets bedecked with flags and multi-lingual signs, lined with spectators, some sitting on chairs on their lawns. Four brass bands situated around the course ensured a almost constant musical diet!

By 20km a Brazilian had taken the lead, not Valmir Nunes but Jose Angelo De Silva. With a time of 1:13:24 he just edged out South Africa's Stemmer, who was running his first 100km. Kondo and Yanenko were running together half a minute behind, with a group consisting of Kazimiertz Bak (GER) and Crawford with Nunes and Kawata a little further back.

## Fast women's start

The women's race also featured a fast start. Ann Trason completed her first 10km loop in 40:03, some five seconds ahead of Maria Bak (GER) with Valentina Lyachova (RUS) two seconds behind. There was then over a two minute gap before the South African duo of Rene Du Plessis and Helene Joubert, followed by Olga Lapina (RUS), Charlotte Noble and Berna Dali (RSA) and Maria Venancio (BRA). By 20km Trason had pulled out a small lead, heading the field with 1:20:58, some seven seconds ahead of Bak and Lyachova, who were moving away from the South African quartet of

Noble, Du Plessis, Joubert and Dali.

The next 10km loop was to change everyone's perceptions of the race, as two of the pre-race favourites were forced to retire. At 21km Nunes dropped out, complaining of an achilles problem due possibly to a turned ankle; Trason was to complete the loop in 2:01:20 but then stopped, reportedly suffering from a foot problem. This left Bak and Lyachova neck and neck some eight minutes clear of the rest of the women's field.

The men's leaders at the 30km point were Da Silva and Stemmer (1:50:07) with Yanenko some eleven seconds back, and Kondo in fourth. Behind them Crawford and Narihisa Kojima (JPN) were in front of a drawn out group that contained the most experienced runners in the field, Konstantin Santalov, Shaun Meiklejohn (RSA), Tom Johnson (USA) and Jaroslav Janicki, as well as the other Russian contenders.

### **Strong headwind**

Some runners were finding it very difficult to adjust to the twisting course and the consequently varying wind. The wind at times, on exposed portions of the course, gusted to 25 mph, and the runners faced a strong headwind for around 1.25 miles of each lap. At the front Yanenko went for the lead, taking 36:34 for the fourth 10km (2:26:52). Stemmer was still second but was over a minute behind with Kondo the same distance back in third. A new face, Igor Navitski (BLR), edged out Crawford for fourth, with the mass of the well known runners a minute further back in the pack.

Yanenko reached the 50km point in 3:04:39 (37:47) some four minutes ahead of the rest. The chasing pack and knowledgeable spectators waited for this reputed 7:04 runner to crack. He was obviously in over his head. Kondo and Igor Navitski (BLR), the latter another unknown, lay in second and third, but neither were known to be a consistent threat. It seemed probable that the likely winner would come from the pack who went through the 50km point between 3:11 and 3:13.

However it was not the leader that was to crack first but some of the big guns in the chasing group, Santalov, Meiklejohn, and a couple of other strong Russians, Starikov and Bouskarin. The massive Russian presence was beginning to look somewhat fragile, Alexey Kruglov having also departed at 40km along with Poland's 1996 silver medallist Janicki.

### **Race of unknowns**

So at the end of the sixth 10km loop the race was headed by a couple of unknowns. Yanenko surprisingly had extended his lead to some eight minutes over Navitsky, and a group consisting of Russell Crawford and Tom Johnson closely followed by the Russians Mikhail Kokorev and new find Anatoli Korepanov, with Andrey Magier (POL) some twenty seconds back. Magier was fancied by some because he had spent a winter training in New Zealand, improving his speed, and had reportedly focussed on the race, instead of overracing as he so often does.

It began to dawn on the pursuing group that perhaps the Ukrainian in front was not going to come back. True he had slowed to a 39:41 lap but the runners behind were slowing even more. A ten minute lead at 70km was going to be hard to close unless the leader started treading water and slowed drastically. Crawford, Magier and Kokorev now set off in pursuit of the leader, as the temperature now began to drop.

Questions now began to be asked around the course as the leader, instead of slowing relative to the rest of the field, continued to move away. Reaching 80km in 5:02:23 (5:05 approx. for 50 miles) he had amassed an eleven minute cushion over Magier who was locked into a struggle for second with the experienced Russian Kokorev. Crawford had been dropped, and Johnson was badly effected by the cold as the sun set. The wind also dropped but for many runners it was too late. Would Yanenko finally over-reached himself, and would Magier be able to come through to show his true abilities after all these years?

### **Bak and Lyachova**

In the women's race, by 40km Bak and Lyachova were locked together (2:44:35) with Maria Venancio (BRA) and the South African trio of Noble, Joubert and Du Plessis some ten minutes back, with Martine Cubizolles and Isabelle Olive (FRA), Berna Dali (RSA) Sybille Mollensiep (GER) and Eleanor Robinson (GBR) all in close contention. It was over the next 10km that Bak made a strong bid for the lead, pulling away by some thirty seconds from Lyachova (3:28:25/3:28:52). The French and South Africans then locked horns in a battle that was to last for much of the rest of the race. Cubizolles headed Noble by a minute, with Olive just behind the South African girl. Du Plessis was only one minute



behind, thus two minutes covered all four runners. Venancio, Mollensiep, Joubert, Dali and Robinson completed those under four hours.

Bak's break seemed decisive and she extended her lead to close to two minutes as the temperature continued to drop. Lyachova's cushion over the South African/French battle was some ten minutes. 1m33s now covered all four runners - Cubizolles/Noble/Olive/Du Plessis, with Venancio and Mollensiep ahead of Robinson. Joubert, silver medallist in '95, badly effected by the cold, was forced to retire and taken away by ambulance, but her condition was not serious.

Over the next 20km Bak continued to pull away, reaching 80km in 5:41:33 (worth around 5:44 for 50 miles), exceptional running in the difficult conditions. Lyachova reached that point in 5:48:59. The battle behind them was still as tight as ever. At 70km 2m16s covered all four women in positions three to six, and at 80km 2m51s. Mollensiep was clear in seventh with Vernancio, Robinson and Jouault making the top ten. Dali was dropping, and was now behind Ricarda Botzon, the third German scorer, which weakened the South Africans in their battle with the French. The Germans looked set for the team victory, but the silver medals were still to be won.

### Yanenko's race

By 90km it became clear that barring a major catastrophe that Sergei Yanenko would win the World Challenge. Kokorev and Magier were still locked in their struggle for second place but could not make up a nine minute deficit in one lap! Crawford looked to be suffering from the cold and was being closed down by Korepanov, with Marc Vandenlinden, fourth last year, moving in with a late charge. Johnson, now muffled up against the cold, seemed to be picking up once more, but was under threat from Grigori Mourzine (RUS).

Kokorev covered the last 10km in 38:12 which ensured him of second place, but the Ukrainian still had a six minute lead at the finish. His time of 6:25:25 was excellent in the tough conditions. Kokorev set a personal best of 6:31:22 in second. It was good to see a runner like Mikhail Kokorev who has been the backbone of so many Russian team victories on the podium as an individual for a change. Magier clocked 6:33:16 for third.

Despite their losses the Russians still claimed the team title with 19:53:49. The surprise was in second place. The British had shown up well in the mid-part of the race, but a 47:11 split by Simon Pride between 60 and 70km, seemed to push them out of the picture. Pride rallied well, finishing with a 41:28 last 10km, to back up a fine run by the first Brit, Stephen Moore. Moore, only a couple of months short of his 50th birthday, ran 6:49:27 to grab the best 0'40 title and take the British into second. Poland took third.

Maria Bak had run 44:19 and 44:59 for the two 10kms between 50 and 70km; amazingly she accelerated over the last 30km, running 43:51, 42:55 and 42:25, to produce 50km splits of 3:28:52 and 3:38:28. Her final time was 7:06:53, and this in conditions which some knowledgeable people figured cost the runners ten minutes over the race. For many, the German woman's run was the performance of the championships, and viewed as truly remarkable in the conditions. Obviously the race is on to be the first woman under 7 hours, and it now seems wide open. Bak's time is the second fastest by performance ever, and a European record.

### Close finish

Lyachova had slowed over the last 40km and she finished with 7:30:37, which was a very good time in the wind and cold. Isabelle Olive won the battle against the South Africans, but they finished ahead of her team mate Martine Cubizolles. Olive - 7:40:09, Du Plessis - 7:41:52, Noble - 7:44:38 and Cubizolles 7:48:25. Three minutes covered the first three mentioned after a struggle that lasted over 50km!

However it was to be neither the French nor the South Africans who took the team title. The German team, led by Maria Bak, with Sybille Mollensiep who had slipped in amongst the SA/French struggle with 7:46:54, and Ricarda Botzon(7:56:49) totalled 22:48:39 to finished ahead of the French, with the South African team taking bronze.

Twenty men in all broke the seven hour barrier, which was excellent in the difficult conditions, and eleven women the eight hour. There were twenty-three women under 8:30, among these was a new South American record of 8:02:47 by Maria Venancio(BRA), taking a massive chunk off the old mark.

During and after the race the big question was who is Sergei Yanenko? I had no record of him finishing a 100km or any other ultra. I had a chance to talk with the Ukrainian team management after the race. They informed me that Yanenko would be 40 in November this year, and that he lived in central Ukraine at Chernovtsy. The Ukrainian team had driven for

two days to get to the race, which was probably not the best preparation he could have had.

## **2:12 marathoner**

They told me that Yanenko ran a 2:12:42 marathon some ten years ago and is currently ranked third on the Ukrainian all-time marathon list. I have not been able to verify this time. However in Sept 1987 he ran 2:11:04 at Belaja Cerkov on what was regarded at the time as a questionable course, so possibly the 2:12:42 is also doubtful. International marathon statisticians state his marathon best is 2:14:32 set at Uzhgorod in the Ukraine in April 1989. The blond Ukrainian stands 1.67 metres/65.75 inches tall, and weighs in at 62kg/137lbs.

It is surprising that such a slight figure coped with the windy conditions so well. At the Odessa 100km this year, in April, Yanenko had attempted his first 100km. He had been on world record schedule to the 91km point, when due to lack of food/carbohydrate drinks etc he had become disorientated and eventually he had stopped at 95km. On the strength of this run he had been selected to run in the World Challenge. Thus his listed 7:04 100km mark in the race programme was incorrect. At the 90km point in the World Challenge he had stopped for 50 seconds at the refreshment station to eat and drink to ensure that the problem at Odessa did not re-occur. He certainly chose the right race in which to complete his first ultra.

Finally, the World 100km Challenge is much more than just a race. For many ultrarunners around the world it is the focus of their running year, a chance for them to renew old friendships and make new ones, to develop still further the world ultra network that is the IAU.

## **Remarkable commitment**

Some runners have made great sacrifices in order to compete in the event. To give some indication of the commitment that the event stirs in ultrarunners, I would cite the example of Roland Vuilleminot of France. Roland had competed in eight World 100km events, he has finished first, second and third over the years. He was unable to compete in Moscow when the French Federation decided not to enter a team. Despite being injured and finishing in 8:28 in the national championships this year, he decided to come to Winschoten anyway. A great champion was willing to limp around in 8:13:14 and finish in third place in the 0'50 age group just so he could take part, and complete his ninth World 100km Challenge.

He was not alone. Huguette Jouault in the French team also completed her ninth World 100km. Stefan Fekner, who was also in line for his ninth as well as seized with cramp so badly he was forced to stop. For the Canadians there was the consolation that Jim Swading took the 0'50 award with a 7:50:06 clocking.

Max Courtillon of France has been another great supporter of IAU events. This year he has figured prominently in the IAU European Veterans 100km and 24 Hours, setting world age group bests in both. Despite preparing for the Spartathlon, Max ran at Winschoten clocking 9:27:02.

## **Perpetual awards**

This year for the first time, there were perpetual awards for the winning teams, male and female. The awards are two octagonal silver salvers (trays). The salver for the winning female team was entitled "The Sue Ellen Trapp Salver", and that for the men's, "The Don Ritchie Salver". The names of each winning national team since 1990 when the competition first started was engraved around the edge of each salver. The salvers have been presented by Lou Myers, the same generous British Ultrarunner who donated the individual shields for the men and women's events.

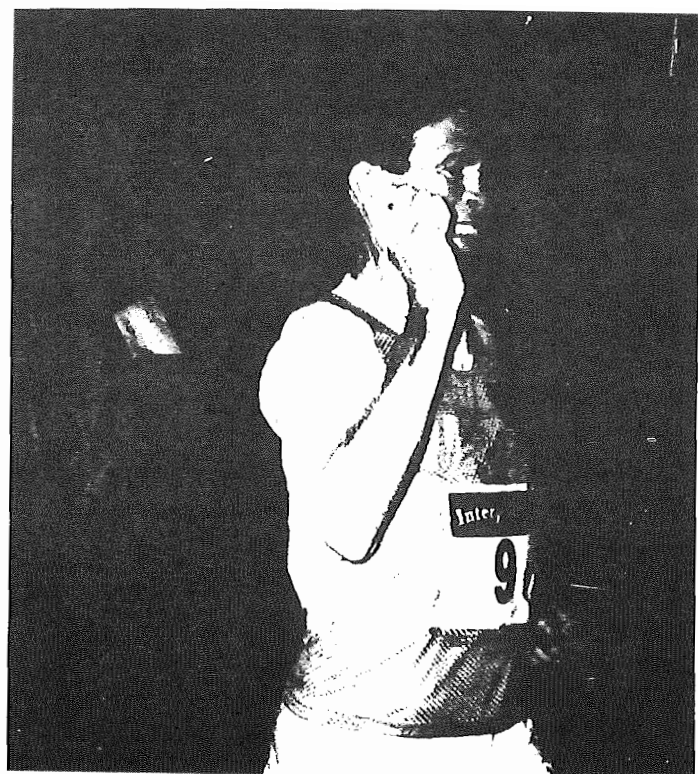
After some thought it was felt that Don Ritchie and Sue Ellen Trapp would be very suitable. Both runners were major figures in the development of the sport, Don's contribution is well known, Sue Ellen set 100km and 24 hour World Bests way back in 1980. Both Don and Sue Ellen have had remarkably long careers at the top, probably unparalleled in ultrarunning. Sue Ellen's recent world 48 hour best came 17 years after her first world mark. Finally both runners are remarkable for their modest demeanor, despite their numerous world records.

Finally some long term figures for the IAU 100km Championships. Over the years there have been 32 national teams compete in the event, and runners from some 50 countries. The Winschoten World 100km Challenge also saw the first attempt to report an international ultra championship on the Internet as it happened. Reports were posted on the RRCA Website prior to, and throughout the race by Dan Brannen.

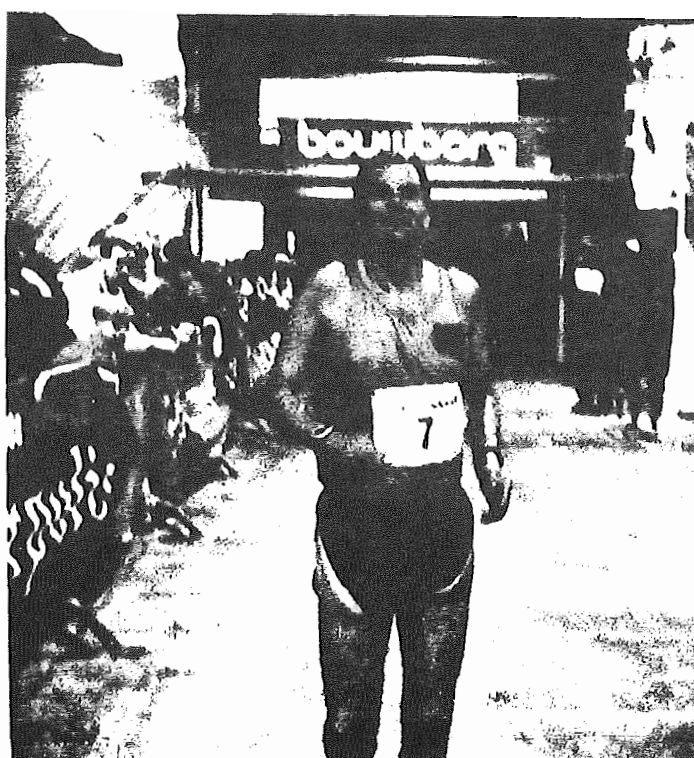
# IAU 1997 100KM WORLD CHALLENGE WINSCHOTEN - THE NETHERLANDS



The Australian contingent - left to right: Ian Clarke, Paul Every, Mary Francis, Mick Francis (hidden), Tim Sloan.



Mick Francis finishing in the 1997 IAU World Challenge in Winschoten, Holland.



Ian Clarke, another Aussie finisher in the 1997 IAU World Challenge in Holland.

# THE ROYAL NATIONAL PARK ULTRA, NSW

## 13th September, 1997

### RESULTS

Plc	Name	Entrant		Cat	Overall		Grays point to Waterfall		Waterfall to Wattamolla		Wattamolla to Bundeena	
		No.	Cat		Time	Plc	Time	Plc	Time	Plc	Time	Plc
1	Greg Love	35	A	1	3:41:09	1	1:25:17	2	1:14:45	3	1:01:07	1
2	Big Goonie	84	A	2	3:43:12	2	1:25:22	6	1:16:08	4	1:01:42	2
3	Michael Burton	26	A	3	3:44:05	3	1:25:19	3	1:14:04	2	1:04:42	3
4	Michael Smart	11	A	4	3:49:11	4	1:25:21	5	1:18:14	6	1:05:36	4
5	David Querzoli	10	A	5	3:50:12	5	1:22:59	1	1:18:12	5	1:09:01	5
6	Keith Vallis	95	A	6	4:04:58	6	1:30:39	9	1:24:28	8	1:09:51	6
7	Kelvin Marshall	55	A	7	4:09:37	7	1:31:29	10	1:27:09	10	1:10:59	7
8	Bruce Renwick	66	A	8	4:10:25	8	1:29:30	7	1:26:22	9	1:14:33	10
9	Trevor Clark	33	A	9	4:12:05	9	1:33:34	12	1:27:26	11	1:11:05	8
10	Mark Stewart	62	A	10	4:14:36	10	1:25:20	4	1:27:27	12	1:21:49	24
11	Alistair Watchorn	77	A	11	4:16:17	11	1:31:50	11	1:28:17	13	1:16:10	12
12	Martin Fryer	48	A	12	4:23:33	12	1:36:41	14	1:32:18	16	1:14:34	11
13	David Clear	47	A	13	4:24:44	13	1:30:21	8	1:32:51	17	1:21:32	22
14	Ian Green	96	A	14	4:31:30	14	1:39:05	16	1:31:36	15	1:20:49	20
15	Bill Hick	85	A	15	4:32:11	15	1:44:13	22	1:33:46	18	1:14:12	9
16	Helen Stanger	82	B	1	4:32:11	15	1:42:37	18	1:31:17	14	1:18:17	15
17	Paul Coull	18	A	16	4:37:35	17	1:36:06	13	1:33:48	19	1:27:41	42
18	Lousie O'Brien	30	B	2	4:38:31	18	1:43:11	20	1:34:39	20	1:20:41	19
19	Mike Ward	78	A	17	4:41:55	19	1:42:48	19	1:38:09	23	1:20:58	21
20	Dave Girvan	90	A	18	4:43:13	20	1:44:23	23	1:36:35	22	1:22:15	25
21	Glen Hayward	74	A	19	4:43:49	21	1:59:17	65	1:21:43	7	1:22:49	26
22	Alan Watson	41	A	20	4:45:44	22	1:45:58	27	1:35:59	21	1:23:47	28
23	Rob Kimbrey	69	A	21	4:51:11	23	1:47:13	31	1:43:50	30	1:20:08	17
24	Peter Barnes	5	A	22	4:52:26	24	1:46:44	30	1:42:36	28	1:23:06	27
25	Gary Ward	60	A	23	4:56:32	25	1:44:11	21	1:40:05	24	1:32:16	51
26	Don Nesbitt	19	A	24	4:57:20	26	1:51:39	42	1:43:59	31	1:21:42	23
27	Mick Kilham	76	A	25	4:57:34	27	1:44:40	26	1:46:38	39	1:26:16	35
28	David Solomon	98	A	26	4:57:35	28	1:50:19	34	1:42:27	27	1:24:49	31
29	Kath Bergkvist	40	B	3	4:57:47	29	1:52:18	46	1:48:15	44	1:17:14	13
30	Allen Hilton	64	A	27	4:58:22	30	1:44:39	25	1:46:35	38	1:27:08	39
31	Amy Zahn	56	B	4	4:58:57	31	1:50:38	40	1:41:52	26	1:26:27	37
32	Ludwig Herpich	23	A	28	4:59:05	32	1:44:28	24	1:47:04	42	1:27:33	40
33	Ian Forsyth	75	A	29	5:00:45	33	1:50:22	37	1:44:01	32	1:26:22	36
34	David King	17	A	30	5:01:18	34	1:50:28	38	1:40:06	25	1:30:44	47
35	Brett Molloy	16	A	31	5:02:14	35	1:56:12	61	1:46:29	37	1:19:33	16
36	Keith White	93	A	32	5:03:05	36	1:50:16	33	1:48:04	43	1:24:45	30
37	Geoff Luscombe	94	A	33	5:03:38	37	1:50:20	35	1:44:28	33	1:28:50	44
38	Breeda Kelly	68	B	5	5:03:59	38	1:51:50	44	1:46:27	36	1:25:42	34
39	Darryl Chrisp	24	A	34	5:04:12	39	1:38:05	15	1:42:58	29	1:43:09	61
40	Graham Latta	51	A	35	5:05:49	40	1:39:19	17	1:46:10	34	1:40:20	58
41	Nick Drayton	1	A	36	5:07:41	41	1:56:06	60	1:51:21	54	1:20:14	18
42	Warren Hughes	92	A	37	5:08:33	42	1:53:32	49	1:49:56	45	1:25:05	33
43	Claire Rolley	53	B	6	5:08:49	43	1:53:42	52	1:46:47	40	1:28:20	43
44	Stuart Webster	86	A	38	5:11:29	44	1:56:00	55	1:50:57	51	1:24:32	29
45	Daniel Hatchett	63	A	39	5:13:43	45	1:46:42	29	1:46:25	35	1:40:36	60
46	Bob Fickel	31	A	40	5:15:07	46	1:53:22	48	1:50:53	49	1:30:52	48
47	Robert Kennedy	13	A	41	5:15:17	47	1:53:41	51	1:50:26	46	1:31:10	49

# THE ROYAL NATIONAL PARK ULTRA, NSW

## 13th September, 1997

48	Darly Allen	72	A	42	5:16:46	48	2:01:07	71	1:50:44	48	1:24:55	32
49	Andrew Grant	52	A	43	5:17:18	49	1:59:21	66	1:51:08	53	1:26:49	38
50	Chris Dawson	61	A	44	5:18:03	50	1:59:23	67	1:51:07	52	1:27:33	40
51	Glen Stewart	34	A	45	5:18:25	51	1:52:06	45	1:50:28	47	1:35:51	54
52	Michael Wilson	8	A	46	5:19:23	52	1:51:48	43	1:53:28	56	1:34:07	52
53	Phillip Clarke	32	A	47	5:20:18	53	2:06:10	80	1:56:20	63	1:17:48	14
54	Mark Tuxford	9	A	48	5:20:47	54	1:53:54	53	1:55:17	59	1:31:36	50
55	Neil Guy	20	A	49	5:21:25	55	1:59:00	64	1:46:58	41	1:35:27	53
56	Bernadette Robards	87	B	7	5:21:59	56	1:50:44	41	1:54:38	57	1:36:37	57
57	Jenny Kiss	14	B	8	5:22:03	57	1:56:02	57	1:55:54	61	1:30:07	46
58	David Burt	79	A	50	5:23:59	58	1:56:03	58	1:52:03	55	1:35:53	55
59	Anna Murray	71	B	9	5:27:47	59	1:56:05	59	1:55:48	60	1:35:54	56
60	Matt Franklin	97	A	51	5:31:59	60	1:50:21	36	1:50:54	50	1:50:44	67
61	Brett Mace	70	A	52	5:35:06	61	1:56:01	56	1:55:54	61	1:43:11	62
62	Brad Boyle	25	A	53	5:36:07	62	2:06:13	81	2:00:18	66	1:29:36	45
63	Michelle Freimanis	89	B	10	5:36:41	63	1:50:34	39	1:59:10	65	1:46:57	64
64	Trody Dawson	81	B	11	5:45:30	64	1:46:34	28	1:57:36	64	2:01:20	76
65	Kevin Tiller	44	A	54	5:46:23	65	1:49:30	32	1:54:44	58	2:02:09	77
66	Dennis Cuncliffe	36	A	55	5:46:48	66	1:54:56	54	2:01:40	67	1:50:12	66
67	Trudy Rae	37	B	12	5:52:22	67	1:59:50	68	2:12:07	73	1:40:25	59
68	Ernest George	83	A	56	5:53:46	68	2:28:40	86	0:50:23	1	2:34:43	86
69	Brian Rensford	45	A	57	5:55:22	69	2:03:55	74	2:05:21	69	1:46:06	63
70	Jim Screen	57	A	58	5:58:58	70	1:52:53	47	2:05:30	70	2:00:35	74
71	Bruce Hall	58	A	59	5:59:00	71	2:05:39	79	2:06:12	71	1:47:09	65
72	Bill Rannard	3	A	60	6:03:09	72	2:00:10	70	2:02:22	68	2:00:37	75
73	John Atkinson	39	A	61	6:03:31	73	1:53:36	50	2:16:58	77	1:52:57	68
74	Mary Robards	88	B	13	6:04:43	74	1:58:25	63	2:12:09	74	1:54:09	70
75	Franz Wanderer	29	A	62	6:07:46	75	2:04:07	75	2:07:52	72	1:55:47	71
76	Steven Talbot	59	A	63	6:11:29	76	1:59:51	69	2:12:15	75	1:59:23	73
77	Peter Nicholson	65	A	64	6:15:16	77	2:03:23	73	2:18:48	73	1:53:26	69
78	John Brett	49	A	65	6:25:24	78	2:11:45	35	2:15:48	76	1:57:51	70
79	Dale Sinclair	46	A	66	6:26:09	79	1:58:20	62	2:20:19	79	2:07:30	81
80	John McLeish	27	A	67	6:28:21	80	2:02:06	72	2:23:49	84	2:02:26	78
81	Colin Francis	80	A	68	6:32:23	81	2:04:39	77	2:21:32	81	2:06:12	80
82	Vic Anderson	43	A	69	6:32:24	82	2:05:11	78	2:21:06	80	2:06:07	79
83	Victor Hessell	15	A	70	6:44:57	83	2:10:48	83	2:22:00	82	2:12:09	83
84	Ted Lilliss	73	A	71	6:44:58	84	2:10:48	83	2:22:03	83	2:12:07	82
85	Monika Mohr	22	B	14	6:50:21	85	2:04:11	76	2:23:57	85	2:22:13	85
86	Peter Allen	67	A	72	6:51:22	86	2:07:56	82	2:24:27	86	2:18:59	84



The start of the relay section of the Royal National Park Ultra, 13th September '97



# The Royal National Park

## Ultra Run

1997

### Team Results

Plc	Team Name	Entrant		Cat	Plc	Overall		Grays point to Waterfall		Waterfall to Wattamolla		Wattamolla to Bundeena	
		No.	Cat			Time	Plc	Time	Plc	Time	Plc	Time	Plc
1	Von Ludwick Team	229	TM	1		3:16:42	1	1:18:27	2	1:06:58	1	0:51:17	1
2	Bushies Team	223	TM	2		3:20:34	2	1:14:16	1	1:12:37	2	0:53:41	2
3	Waynes World	217	TM	3		3:34:45	3	1:23:55	3	1:15:44	4	0:55:06	3
4	St.George Club	208	TM	4		3:39:30	4	1:26:43	4	1:13:58	3	0:58:49	4
5	Jones Pilgrim Patan	207	TM	5		3:48:04	5	1:29:37	8	1:16:57	6	1:01:30	6
6	The Three Wyse Men	214	TM	6		3:48:08	6	1:26:47	5	1:21:26	7	0:59:55	5
7	L for Leather	211	TF	1		3:55:17	7	1:29:24	7	1:23:41	8	1:02:12	7
8	Fairfield City Joggers 2	205	TM	7		3:58:16	8	1:31:31	9	1:16:19	5	1:10:26	13
9	Has Beens	222	TM	8		4:03:38	9	1:28:37	6	1:27:17	11	1:07:44	12
10	Front Runners	219	TM	9		4:11:33	10	1:35:59	12	1:29:59	13	1:05:35	11
11	Harris Naylor Hughes	201	TM	10		4:12:01	11	1:35:43	11	1:31:31	14	1:04:47	8
12	Get the Hell Outta Here	204	TM	11		4:12:26	12	1:41:46	15	1:25:32	9	1:05:08	9
13	The Short Asses	209	TM	12		4:15:52	13	1:37:33	13	1:27:29	12	1:10:50	15
14	Running Wild	202	TM	13		4:21:58	14	1:32:21	10	1:34:56	20	1:14:41	18
15	The Glams	212	TF	2		4:22:55	15	1:43:48	16	1:33:38	17	1:05:29	10
16	Roaring Forties	213	TM	14		4:28:38	16	1:37:45	14	1:32:42	15	1:18:11	19
17	The Slobs	221	TM	15		4:31:11	17	1:43:50	17	1:33:36	16	1:13:45	16
18	Daves Doers	220	TM	16		4:35:31	18	1:50:51	20	1:26:08	10	1:18:32	20
19	Westies No.1	216	TM	17		4:41:44	19	1:54:39	21	1:36:31	21	1:10:34	14
20	Old Enough To Know Better	215	TM	18		4:44:02	20	1:56:20	22	1:33:51	18	1:13:51	17
21	Fairfield City Joggers 1	206	TM	19		4:45:26	21	1:49:27	18	1:33:54	19	1:22:05	21
22	Beer Gut	203	TM	20		5:02:42	22	1:58:43	23	1:41:34	23	1:22:25	22
23	Bushies Girls	227	TF	3		5:18:52	23	2:00:54	24	1:44:43	24	1:33:15	24
24	Mothers & Son	226	TM	21		5:19:05	24	1:50:28	19	2:05:21	25	1:23:16	23
25	Terrigal Trotters	210	TM	22		5:41:30	25	2:09:06	25	1:39:33	22	1:52:51	25



This photo is of "Six Bricks" (Helen Stanger) and Bill Hicks at the finish of the Royal National Park Ultra. She beat him again.

# ROYAL NATIONAL PARK ULTRA, NSW

September 13th, 1997

Great weather shone down on the competitors of the 1997 Royal National Park Ultra and a good field of 90 individual and 30 teams were ready for the trek over what some described as 50 of the most scenic kilometres available to ultrarunners.

David Querzoli set the early pace and had a good lead of 2 and a half minutes at the 20km mark over the chasing bunch of 4 runners. This group then worked hard through the hilly section of the course to reel in the leader and set up a gripping final 10km of rough terrain and beachrunning to determine who would be this year's winner. And so it was Greg Love to come out on top, coming over the line in a course record, with the well-performed Peter Goonpan second and last year's winner, Michael Burton, third.

In the women's race, Helen Stanger took the lead early but was shadowed for a long time by Louise O'Brien, who was hanging in tenaciously and really testing the leader. But Stanger was too strong on the day as she slowly increased her lead and ran over the finish line just six minutes ahead of her rival, with Kath Bergquist third another 19 minutes back.

The relay turned out to be a battle of the locals, with Andrew Lloyd's team overcoming an early deficit to defeat the "Bushies Team" and the ladies from the Bushies taking out the women's section.



The start of the Royal National Park  
50km Ultra, NSW



Greg Love, winner of the 1997 Royal  
National Park Ultra

## **GLASSHOUSE 100 MILES: DID NOTHING FATAL** 27/28 Sept '97

**by Kevin Tiller**

I have had a dream for at least the last 3 years, possibly 4. To be able to complete a 100 mile trail run struck me as a great idea pretty much the day I first heard that such a thing existed. I'm weird like that : just get some crazy half-assed idea stuck in my pea-brain and I just can't seem to shake it loose. Of course, back then there were NO 100 mile trail runs in Australia, only in the US of A. I travel from time to time and so figured I'd end up there at some stage.

Fast forward to 1996, I find myself with 30+ marathons under my belt including a bunch of 8 hour plus runs, including one 24 hour. I find out that there is a 100 miler in Australia the coming September. Magic. I make some half-hearted attempts to train up for it, but it just never really happens. I fail to send in an entry form, but convince myself that in 1997 I will enter come what may. For the 1996 event there are 5 runners who turn up for the 100 miles, and none finish, due to excessive heat on the day and probably a bit of inexperience too. My resolve strengthens thinking that I will show those guys a thing or 2.

The event is on again for 1997, and as planned I enter, although my fitness isn't really any better. About my best shot is three 80km races in 4 weeks (back in January) and a bunch of personal worsts. A 100 miler is a totally different proposition, as my spousal unit reminds me often and continuously.

The event draws near and I pack myself up and head north to the race. The glasshouse mountains are approx an hour's drive north of Brisbane, and the course is a 3 lapper of "trails". As luck would have it, probably the most experienced 100 mile trail runner in the world is also in town for the race, Suzi Thibeault. Luckily, she is a good sort and doesn't mind spending time with a drop kick like myself. Her 35 finishes compare favourably with my big zip, and so the chance of driving over part of the course with her is too good to knock back. We note that if the temp is similar to the day before then it will be HOT HOT and OPEN with mucho chance of being burnt alive. All of the course is fire trail and likely to be dusty. Suzi guesses that there will only be 3 runners in the running on the last lap (there will be 8 starters).

We are staying at the Glasshouse Mountains Motel, just a couple of km from the start. The place is full of runners, doing either the 100 miles, 100km or 58km events. Sat morning dawns (early) like 4:00am. The start at 5:30am is just at the daylight hour, with the weather warm, but cloudy. The first lap has the main climb of the event, Beerburum, a 2km up and down of a short peak which reduces everyone to a walk. Coming down I find Suzi and US counterpart Janine DuPlessy peering off into the bush looking at a wallaby. I am trotting along nicely, eating and drinking plenty at the aid stations (every 5km or so apart). BY 9:30am all trace of the clouds has been well and truly been burnt off. It is turning into a scorcher.

At the lookout aid station I am told that my blood pressure is "different" than at the start but they are unable to tell me if that is a good or a bad thing so I clear off quick before they change their mind. I pick up with a couple of others for the loop around Beerwah. Ian Javes, the race director, calls this a goat track, but it's still a fire trail, although it is a real roller coaster with some VERY nasty ups and downs. We drop one of the runners and eventually I drop off with the person I am running with. Along this stage Janine came past me, as well she should, being a sub-24hr Western States '97 finisher.

By the return thru the lookout (46km) I am running by myself, slowly, and heat-weakened in a kind of survival shuffle. Suzi Thibeault catches up with me and we attempt to make progress together. It's difficult as I am a slog-it-slow-all-the-way type and she walks the hills and runs downhill and a bit of both on the flats. Her running pace is really VERY noticeably faster than mine. Still, she is very gregarious and is probably keener on running with someone than pressing on to get a quick time. We continue for approx 8km until almost the end of the first lap, remarking on some of the front runners coming back out on their second lap. Before the end of the lap, my pace slumps such that I am really now going slower than walking pace. I come into the turnaround quite some time after Suzi and she is about to head right out.

She takes one look at me and thinks that I am a goner so goes back out for her 2nd lap. Despite my pleadings to everyone who'll listen about "they'll have to pull me off the course - there's no way I'll quit" it's not obvious to me that I should continue. I have never quit a race NEVER not one - of ANY distance so I will not even think about quitting in a normal event. But after 58km of a 160km race, it is clear that I am in deep strife - the chances of me finishing one more lap are slim and of the complete thing slimmer (pretty non-existent actually). I am not really suffering, it's just that my pace is near zero - under trained you could say (I would).

Club mate Mike Ward, a 58km finisher, checks me to make sure I am not going back out before going off to stay with his family. I haven't quit, I am just having an extended aid stop. I phone my wife in Sydney to see what she thinks I should do (prefers me to get my lazy butt back out on the course but on the other hand doesn't want to bring up my offspring alone). I lay down and have a think about it (probably doze off to sleep here). After a couple of other runners go back out I decide that I must continue. I have some more food and drink and start off, promising I'll quit at the next aid stop if I'm no faster.

I eventually get to the next stop, 4.7km down the track, no faster, probably even slower. I still don't quit but am reduced to walking out of the aid station and down the track. I am contemplating turning back when I realise that the next aid stop is quite a few km away, the other side of some rocky pineapple plantations. That doesn't appeal.

I am woken from my mind-wanderings by the sound of a jeep. Suzi has a gammy knee and has pulled out and that pretty much makes my mind up for me and I hop in the jeep. I had never thought about quitting a race before but I think it was clear that on this day I was just not going to finish. Although disappointed I am not going to beat myself up over it - its my own fault for not focussing enough over the last few weeks. As it turns out, most people think that I should have quit at the turnaround and even Suzi was convinced I would. It pleases me that I continued beyond the sensible point to stop.

We both DNFd at approx 11 hours into the event, me completing about 64km and Suzi approx 70km. Suzi's explanation of DNF is not the usual "Did Not Finish" but "Did Nothing Fatal" which is probably true in this case. We went out for a chinese meal and had a sleep. Come the morning, the rest of the runners had finished, bar one. We all cheered him in (Bill Thompson), just before the awards at lunch time (see special trivia note). Clearly the organiser Ian Javes is happy with this year's 3 from 8, over last years 0 from 5. And I for one am looking forward to next year's race.

Suzi was right about the number of finishers also. The prize trophies were of local Ironbark, the hardwood symbolising the tough nature of the course and the runners.

#### Results =====

100 miles

1. Graham Ardell 22:46
2. Janine DuPlessy 23:52
3. Bill Thompson 29:40

106km

1. Wayne Walker 13:34
2. Bob Burns 17:22
3. Geoff William 19:10
- =. Kerrie Hall 19:10 (walked)
- 5 Natalie Jakes 26:35

58km women

1. Kumi Kato 6:38
2. Glynnis Wright 8:24

58km men

1. Ken Stacey 5:23
2. Tony Howes 5:58
3. Col McLeod 6:08

NB: oldest competitor was Tom Peterson 81 years in the 58km event.

Special Trivia Note: Last year, the organisers were laying the course when the local custard-apple farmer, Bill Thompson, asked what was going on. He was told about the race and entered the 106km event, on no training (other than walking round his orchard and climbing his fruit trees) and pretty much walked the whole way round on no training in just a pair of plimsoles and old clothes. This year he trained up in a cheap pair of runners, planning on walking most of the way, with a little bit of running. He finished (just) inside the 30 hour cut-off.

Note on DNF: Last week someone was writing (about a DNF at Dances With Dirt) that they thought anyone who had never DNFd had never pushed themselves to the edge. This is crap (in my humble opinion) as I have pushed myself to the edge many many times (and finished the race) whereas this weekend I DNFd purely and simply because I wasn't fit enough. There's nothing holy about that !

Kevin Tiller Sydney, Australia

# Sri Chinmoy 24 Hour National Championship Race

## October 4-5 1997

### Olympic Sports Field, Adelaide, Australia

Yiannis Kouros broke the world record in the 24 hour event and went on to reach his lifelong goal of 300 kilometres finishing the event with 303.506 kilometres. After the race, Yiannis was surrounded by the media. He was asked: "Yiannis, will you do this race again next year?" Yiannis replied: "No. I will not race any more 24 hour track races. I have put all my power into this race. I do not believe I can achieve anything more in this event. I will now turn to other distances - 48 hours, 1000 miles and perhaps 24 hours on the road. To run 300 kilometres was my lifelong goal. I believe this record will stand for centuries."

One reporter asked Yiannis to compare his feat to the breaking of the 4-minute mile.

Yiannis replied: "So many people have run sub 4 minute miles. This is infinitely harder. To run over 300 kilometres in 24 hours for a human being is really impossible."

At the awards ceremony, Yiannis said: "This has been a mythical race."

Yiannis Kouros principle splits and records: (Completed laps unless within 50 metres of next lap)

Hour 1 - 14.1 km - 35 laps

Hour 2 - 28.1 km - 70 laps

**Marathon - 2:59:59**

Hour 3 - 42.2 km - 105 laps

**50 km - 3:34:15**

Hour 4 - 55.9 km - 139 laps

Hour 5 - 69.6 km - 174 laps

**50 miles - 5:47:52**

Hour 6 - 83.2 km - 208 laps

Hour 7 - 96.6 km - 241 laps

**100 km - 7:15:00 - Australian Record**

Hour 8 - 110.1 km - 275 laps

Hour 9 - 123.2 km - 308 laps

Hour 10 - 136 km - 340 laps

Hour 11 - 149 km - 372 laps

**150 Km - 11:05:02 Australian Record**

**100 miles - 11:57:59 - Australian Record**

Hour 12 - 161.4 km - 403 laps

Hour 13 - 173.6 km - 434 laps

Hour 14 - 185.6 km - 464 laps

Hour 15 - 197.9 km - 494 laps

**200 km 15:10:27 - World Record**

Hour 16 - 209.8 km - 524 laps

Hour 17 - 221.5 km - 553 laps

Hour 18 - 233.1 km - 582 laps

**150 miles - 18:44:45 - World Record**

Hour 19 - 244.4 km - 611 laps

**250 kilometres - 19:28:35 - World Record**

Hour 20 - 256.2 km - 640 laps

Hour 21 - 267.6 km - 669 laps

Hour 22 - 279 km - 697 laps

Hour 23 - 291 km - 727 laps

**300 kilometres - 23:43:38 World Record**

**Hour 24 - 303.506km WORLD RECORD.**



**Contact: Sipra Lloyd Phone: 61 8 332 5797 or 0417 849 236 (mob) or  
fax : 61 8 332 5073**

# Yiannis Kouros Makes World Running History

A 24Hr record that will stand for all time.

Gordon

*Ultra marathon 24hr run history as  
"written" by Yiannis Kouros.*

Yiannis Kouros is the only man in the history of the world to run more than 280K in 24 hours. He has done it an amazing 9 times over a span of 13 years from the age of 28 years to 41 years.

The Kouros World record is now 303.5K set in Adelaide 4/5 October 1997 & it is likely to remain the World Record for 24hr track for ever.

Kouros may run a better 24Hr on the road if an opportunity offers - but never again on the track he says.

**"I will not race any more 24hr track races.**

**I have put all my power into this race. I do not believe that I can achieve anything more in this event.**

**I will turn now to other distances....."**

**"To run 300K was my lifelong goal. I believe this record will stand for centuries."**

**In 1985** [at the age of 28 years] he set an all time 24 hour record on the road in New York of 283.600K. A record that stood for 10 years.

**In April 1995** at the age of 39, he came out of semi-retirement to again establish his ability to run beyond the 280K mark in 24 hours & then just 1 month later in France, extended his World record to 285.36K [& then went on to break the 48hr World record 470.7K ]

**In 1996** at Coburg he extended this mark

to become the only man in the world to cover more than 290K in 24hrs. Again, a month later in France, he set a new World record for 48hrs [473.797K].

The plaque commemorating this 24Hr run at the Coburg track reads "[he] battled win & rain for 24 hours to set a new World Record"

His Canberra run in March 1997 was also plagued with rain but again he extended the record 295.03K.

His 24hr run at Coburg in April 97 did not look good. Despite good weather but plagued with injuries he could **only** manage 266.18K [but, sore & tired, he went to France in May & won the 48Hr.]

But at Adelaide in October 97 it all came together - the weather, his fitness & his spirit.

**In this year of achievement, 1997, he ran three 24hr events & a 48hr event, breaking many records along the way.**

*He just gets better & better!*

*The Yiannis Kouros 24hr runs.*

1984	New York	[road]	284.853K
1985	France	[track]	283.600K
	New York	[road]	286.4632K
1986	Chicago	[indoor]	?????????
	Canada	[road]	225K
1987	Canada	[road]	236K
	New York	[road]	228.526K
1989	England	[indoor]	272.8K
	Australia	[track]	280.369K
1991	Australia	[track]	258K
1995	Australia	[track]	282.9818K
	France	[track]	285.36K
1996	Australia	[track]	293.704K
1997	Australia	[track]	295.03K
1997	Australia	[track]	266.18K
1997	Australia	[track]	303.5K

The first, & only person over 280K in 24Hrs

The first, & only person over 290K in 24Hrs

The first, & only person over 300K in 24Hrs

1985 New York

1996 Coburg

1997 Adelaide



**SRI CHINMOY TRACK EVENTS, ADELAIDE**  
**4/5 OCTOBER, 1997**  
**RESULTS**

NAME	Sri Chinmoy National 24 Hour Championships 1997							
	Final Distance	Marathon	50km	50 miles	100km	100 miles	200km	300k
1. Yiannis Kouros	303.506km	2:59:59	3:34:15	5:47:52	7:15:00	11:57:59	15:10:27	23:43:38
2. Andrew Lucas	202.652km	3:29:02	4:12:44	7:11:24	9:19:00	16:53:27	23:29:02	
3. John Twartz.	180.631km	4:13:30	5:02:09	8:33:58	10:57:21	19:42:28		
4. Jerry Zukowski	163.724km	4:17:55	5:12:04	9:19:07	12:03:07	21:33:19		
5. Tom Naylor	157.877km	5:37:50	6:49:56	11:50:46	15:19:10			
6. Brett Molloy	154.905km	4:25:18	5:18:20	8:55:48	11:36:22			
7. Helen O'Connor	142.119km	5:07:10	6:01:12	10:40:00	14:27:50			
8. Anyce 'Kip' Melham	139.031km	3:55:31	4:45:27	8:37:20	11:41:42			
9. Peter Gray	137.940km	4:06:16	5:03:00	9:05:49	12:10:22			
10. Karen Metcalf	132.731km	5:17:30	6:23:51	11:26:29	15:41:46			
11. Dean Brown	132.123km	5:09:28	6:38:32	11:11:42	14:18:20			
12. Ian Kennett	124.004km	4:37:41	5:27:06	9:23:30	12:49:30			
13. Philip Essam	115.209km	5:34:48	6:57:28	13:05:06	18:14:45			

**Sri Chinmoy 12 Hour Results 1997**

	Distance	Marathon	50km	50 miles	100 km
1. Ken Riches	106.890 km	3:55:32	4:42:59	8:26:50	10:56:22
2. Kate Hall	82.000 km	4:54:13	6:21:35	11:38:28	
3. Merrilyn Tait	77.672 km	6:27:50	7:39:32		

**Sri Chinmoy 6 Hour Results 1997**

Name	Final Distance	Marathon	50 kilometres
1. Mark Devenish	60.086 km	4:15:27	5:01:24
2. Prashanta Cunningham	48.457 km	5:08:27	
3. Ellen Zukowski	35.400 km		
4. Daniel Maximovic	20.800 km		

**Sri Chinmoy 100km State Championship Race**

Name	Marathon	50 km	50 miles	100 kilometres
1. Peter Twartz	3:09:44	3:47:38	6:39:59	8:39:40
2. Rodney Bulbeck	3:40:48	4:35:40	8:10:59	10:27:51

Greek-born Australian Yiannis Kouros has produced what is probably the most phenomenal endurance feat in modern times by obliterating his own world track 24-hour record Oct. 4-5 in Adelaide. The race started and ended at 8 a.m. local time.

Kouros ran the equivalent of seven successive marathons in a single day, covering 303.5 kilometres or 188 miles, 103 yards. The exact distance, which may change by a few metres/yards, has not yet been reported by The Sri Chinmoy Marathon Team, which organized the race.

The 41-year-old runner was frustrated in several earlier this year in his decade-long desire of breaking the 300km barrier -- first by heavy rains, and then by injury. In his successful attempt, he was totally focused. In his own words, he said he would never be as fit again and if he never ran another 24 hour race, this would be his ultimate effort.

Kouros cruised through the early laps, reaching 100 kilometres in 7:15. In recent years he has opted for a more even-paced approach, but not on this day. He reached 150km (93 miles) in 11:05:02, a new Australian record, and 100 miles in 11:57:59. This put him 13 minutes ahead of his previous world record schedule.

He had covered 161.346/100.25 miles by the time he reached 12 hours, running a totally-inspired race, looking strong and pushing his limits. He reached 200km (124.25 miles) in 15:10:27, a new absolute world best. He was beginning to feel the pain and as the race went on he forced an increasingly unwilling body to submit to his indomitable will. In fact, he was running faster than any human ever done at that point in a 24-hour race.

Covering each lap in about two minutes, and urged on by his handling crew and Sri Chinmoy organizers, Kouros drove himself relentlessly. By 17 hours into the race he had covered 138 miles/222.4km, a distance that most ultrarunners would be delighted to settle for in an entire 24-hour race.

But even the remarkable Kouros has his limits. Twenty hours into the race he began to find them. He had a "bad patch," his laps slowed slightly, he stopped talking as he focused his will on maintaining his momentum.

Meanwhile, his crew continued their race-long refuelling, placing small pieces of food in his mouth as he passed each lap. Then, slowly, as dawn broke and the warmth of day seeped over the track, the great ultrarunner revived..

He began shouting to his crew as he circled the track, seeking more "fuel" to drive his flagging body over the final crucial hours. He needed to cover 18km/11.1 miles in the last two hours to reach the goal that had eluded him for so many years, the target on which he had set his mind and from which he would not be denied.

When he finished, he declared emphatically, "I will run no more 24 hour races. This record will stand for centuries." He complimented the Sri Chinmoy Marathon Team, saying he was determined to set his greatest 24 hour mark in one of their races because they are always so well organized and supportive.

Kouros could be right about his record lasting for centuries. His new world record is 17 miles/27.3km greater than the next best 24- hour distance on records, a dominance unmatched in athletics and probably in all of sport.

# Marathon man races past record

Ultra distance runner, Yiannis Kouros, yesterday smashed the Australian 100km record during an attempt to run 300km in 24 hours and set a new world record.

Kouros reached the 100km mark seven hours 15 minutes after he set out on the gruelling path to reach his goal at the Olympic Sports Field.

His time beat the former Australian record of seven hours 16 minutes 17 seconds, set by ACT runner Trevor Jacobs in 1992.

By late afternoon, Kouros was well ahead of schedule, covering 110.4km.

A spokeswoman said Kouros was looking "really good" and "very relaxed" as he travelled at about 13.8kph.

Kouros was attempting to break his own world record of 295.7km in 24 hours, set in Canberra earlier this year.

Earlier this year he reached 295.7km in 24 hours, overcoming injuries and bad weather.

Wife, Teresa, was providing drinks and food for the world attempt: a blend of water and lemon, Staminade, dry fruit, biscuits and



**Yiannis Kouros**

French fries "if he wants them".

"He's been training morning and night doing 4km and 10km speed and distance," his wife said.

His nearest rival in the 24-hour ultra marathon last night was 27km behind the Melbourne-based runner's blistering pace.

A contingent of 14 runners was taking part in the 24-hour event, as part of the Sri Chinmoy Ultra Run.

# Kouros' mighty 303km in 24hrs

Ultra marathoner Yiannis Kouros romped 100km clear of the field to smash his own 24-hour world record at the weekend.

Kouros, 41, of Melbourne, set out on the Sri Chinmoy 24-hour race at Olympic Sports Field, Kensington Park, at 8am on Saturday.

When he stopped at 8am yesterday he had covered 303.5km, surpassing the 295.03km he covered in Canberra in March.

Athletics experts hailed his feat of 300km in 24 hours as even greater than the once "near-impossible" four-minute mile.

Kouros's pace equalled 1.53 laps per minute and he ran at an average speed of 12.7km/h, putting him in a class of his own.

His nearest rival in the 14-man field that completed the run at Olympic Sportsfield, was Andrew Lucas, 32, of Hobart, who completed 202.65 km in the allocated time.

Lucas said: "He's unbeatable. But it's a pleasure to come



**Yiannis Kouros:**  
Inspired by heroes of Greek mythology.

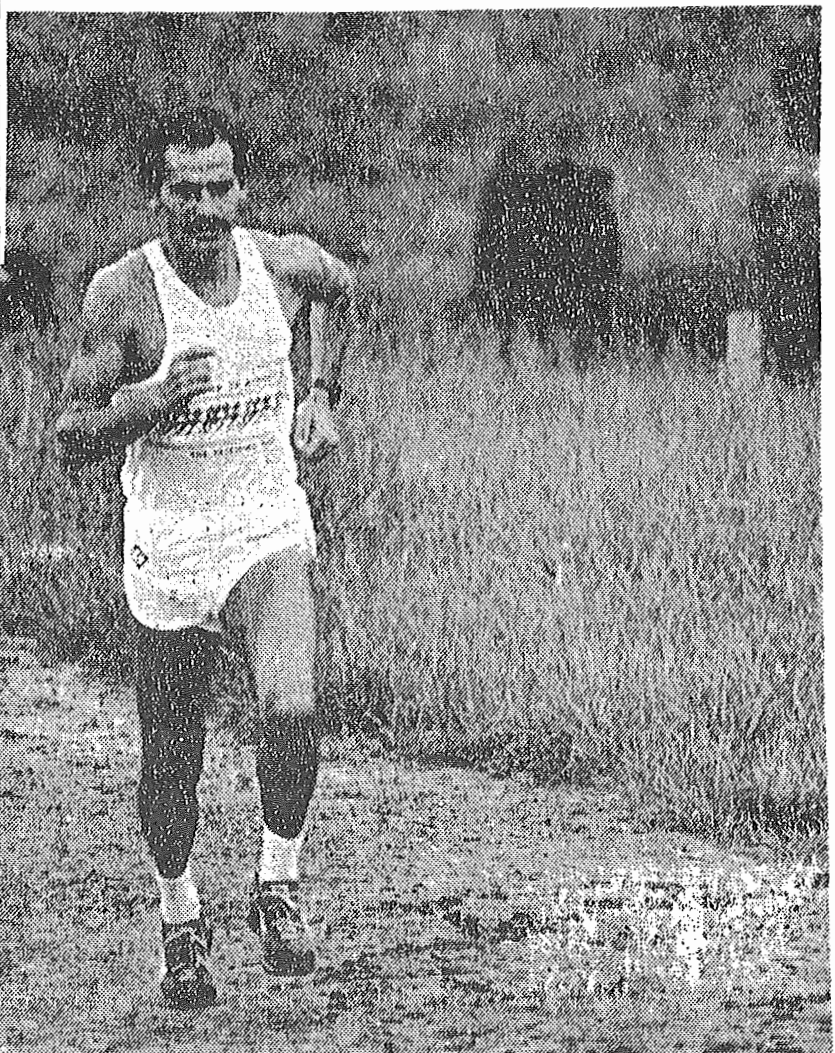
second to Yiannis," he said. "He's an inspiration. During the race he gave us words of support."

The veteran has run 40 ultra-marathons and 50 or more marathons in his 25 year running career.

Exactly what it is that keeps him going is probably unknown even to him.

Kouros had plenty of support from the sidelines, coming particularly from members of the Greek community who came out to support him - many through-out the night.

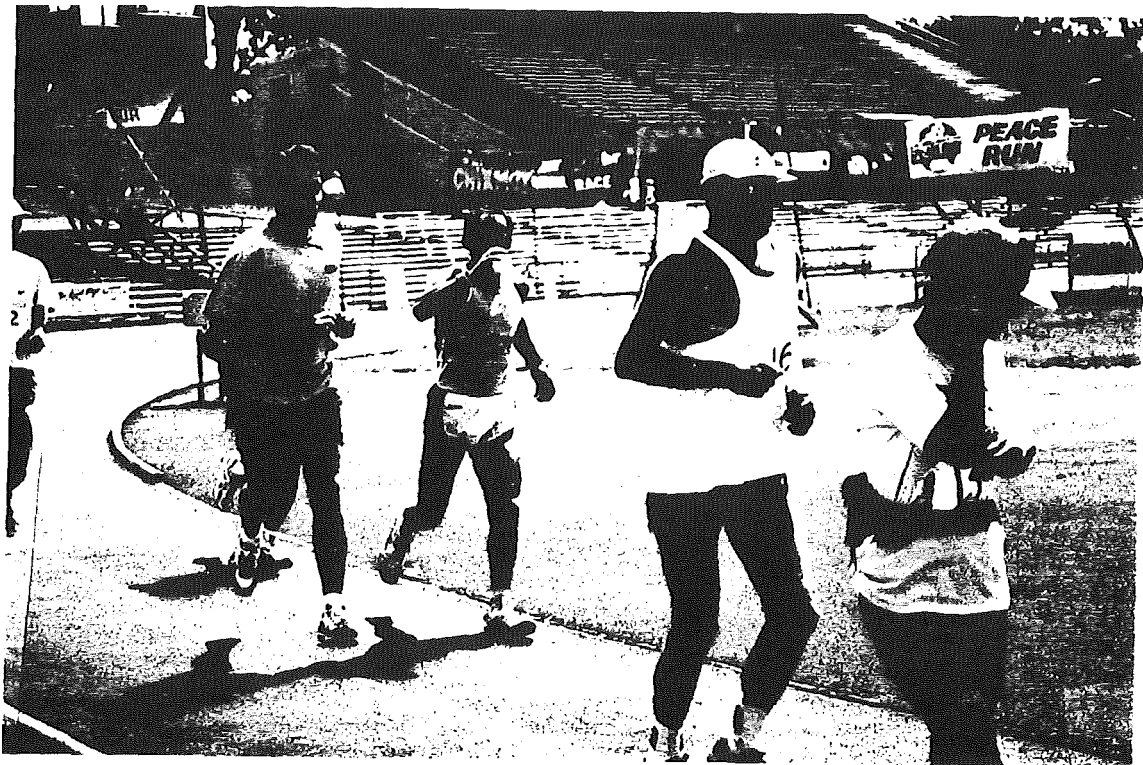
- Bronwyn Hurrell



Greek long-distance champion Yiannis Kouros follows Cliff Young's lead and takes to the country for a training run



Yiannis Kouros making a fast get-away at the start of his world record breaking 24 Hour Run in the Sri Chinmoy event on 5th October, 1997 in Adelaide



Merilyn Tait (pictured on the right) sent us this photo taken in the Sri Chinmoy event in Adelaide.

## **"A Week in Crow Country"**

### **Or Phil Essam's Report of the Adelaide Sri Chinmoy Ultra Races 4-5 Oct 97.**

Preamble – Training went well during the winter. Lost a few weeks due to the flu and gastro, but was reasonably confident of beating my previous best of 103.3km at Coburg earlier in the year.

Sep 27-29 – Acute bout of gastro. Lasted for three days. Lost appetite. Not even sure if I'll be able to compete in the Race. Adelaide Crows win the flag – That's all we need, every South Australian bragging about the football. Good to hear though that Yiannis Kouros is going to compete in the Race. I hope he breaks that 300 km barrier!

Sep 29- 1200hrs- Went to pick up equipment for Race as pre arranged. Welfare Store was closed – got told to come back at 1500 hrs. 1300hrs – Went to Airport to pick up father. Didn't arrive, found out that he wasn't arriving until tomorrow – one disappointed daughter. 1500hrs – Eventually picked up equipment from Welfare Store – a couple of the items were not available. Not developing into a good week!

Sep 30 – 1300hrs – Picked up father from Airport – Daughter now happy. Packed the car and ascertained that the tent from Welfare Store was missing half the parts. Took Dad to see the Wagga Tourist spots and then went out for tea.

Oct 1 – 0600hrs – Left for Adelaide. Had a good trip until 200km out of Adelaide. Car developed the shakes. I wanted to fix the car after the race, father wanted to get it fixed before the race. Father won – only because Monday was going to be a Public Holiday. Got to Adelaide and collapsed in the Apartment Block.

Oct 2 – Got car fixed – Ascertained that the problem was two egg shaped rear tyres. Cost \$80. I said a quick Thankyou to the people watching over me! Went to RAAF Base Edinburgh and caught up with Fritz who is also going to crew for me on the day. Belinda spent the day cooking up a storm for the Race. She might be a hard TaskMaster as a Crew Chief, but she is the best Cook on the Track!

Oct 3 – Took family to the Zoo. Quite an enjoyable few hours. 1700 hrs – Went to the track and set up. Received Race Package and T-shirt. It seemed as though it was going to be a good race, even though



the Sri Chinmoy people seemed too focused on Yiannis Kouros and his World record attempt. The Pasta Party was great. It was good to make some new acquaintances and meet the old ones!

A written instruction from the Race director caused a bit of consternation amongst some of the runners. It requested that all runners running under 12.5km an hour run in Lane 2 for the Race. This was to help Yiannis in his World Record attempt. I reasoned to myself that yes I will probably run an extra 500 meters during the race that won't get recorded. But what sports in the world will even let a Novice be on the same Sporting arena as a World champion when he is attempting a World Record!

Oct 4 – Awake early. Set my watch to NSW time instead of Adelaide time! Got to the Track early. Put my usual motivation tape in the Walkman, whilst my dedicated crew (wife and father) set my Tent area up. The weather forecast was for twenty degrees. Perfect day for running!

0800hrs came around and we were soon off and running. The race was progressing well. I went through the Marathon at 5hr 30min, 50km at 6hr 54min, 12 hours 76.8km, 50 miles at 13 hours 4min, 100km at 18hr 5min, 103.3km in 20hr 7min and 24 hrs – 114.29km (11 km better than Coburg earlier in the year). Definitely an improvement from the 12 hour mark onwards. I didn't get any injuries except for Tendonitis on my left foot and did not get one blister on my feet. Thanks everyone for your great advice. My dark period (The Pole Vault area of the Track was looking very comfortable) in the race did not arrive until the 19-hour mark, seven hours later than Coburg. Definitely another improvement!

Highlights during the race –

- Peter Gray grabbing the microphone off the Race Director and demanding a change from the constant Greek music playing over the loudspeakers.
- My “Midnight Oil” tape being played half an hour later over the loudspeakers. Gave me the inspiration to go berserk for a few laps.
- Watching the determination on the face of Andrew Lucas as he grafted his way towards the 200km. Thanks Andrew for finding the time and pushing me for those three laps in the early hours of the morning.
- Jerry Zukowski taking the 100 mile post for a Lap of Honor on reaching his goal. Your right Jerry the race did need a bit of humor injected into it.



- Peter Gray disappearing for a couple of hours and his Mum not knowing where he was.
- Merrilyn Tait for a great 72km in her first ultra in 4 years. Merrilyn competed in the 12 hour Race.
- Dean Brown for his quips and good humor throughout the Race. You could have offered me one of those drinks that you were having at 0730 hrs in the morning!

The main highlight of the race was Yiannis Kouros when he smashed his old World Record with 40 minutes to go in the Race. There were at least 500 spectators at the Track then. They were only there to see one man, but it did feel as though they appreciated the efforts of the other runners in the race.

Yiannis was almost at a sprint by then as he managed to cover another 8km in the last 40 minutes to reach an incredible 303.506km. It was a privilege to be on the same Track. I felt very humble being on the same Track as a Man who was establishing one of the great Athletic Records of this Century. It definitely had parallels with the 4 minute mile being broken! The gun went off. I stopped and placed my wooden block on the ground. As I walked across the field with my four year daughter, Laura, we both noticed the 500 strong crowd flocking around Yiannis Kouros. My comment to Laura was "One Day I will tell you all about it darling!"

I must thank the Race Organizer, Sipra Loyd and the Sri Chinmoy Team. It was a well organized Event. I will definitely utilize the Food tent much more next year. Thanks also to my Crew and especially to my wife and Crew Chief, Belinda. There was also a 12-hour, 6 hour and 100km Race held during the 24 hour Race. The companionship during the Race was fantastic. Running in Ultra Races definitely have parallels with life's own journey. I can't wait until the next one. See you all at Coburg next year!

Philip Essam

PS – South Australians did not "Crow" all that much about the ~~17~~ team winning the AFL Premiership!



**Thankyou to all those members who responded to our Memory Jogger letter and signed up for another year. Your support is very necessary for AURA's survival.**

Dear Dot and fellow U.L.T.R.A. members,

I guess by now everyone would of read, heard or seen on t.v. about Yiannis Kouros's 303.50 Kms achievement at THE SRI CHINMOY NATIONAL 24 HOUR CHAMPIONSHIPS 1997, which also incorporated the 12 hour plus the inaugural 100 kilometre and 6 hour races as well.

Saturday, 4th October 1997. What a glorious morning for a ultra, Just a hint of a breeze, and just a touch sunny. The venue was new and located at THE OLYMPIC SPORTS FIELD at KENSINGTON. S.A. Just a 5 minute drive from the centre of Adelaide.

The track was made of a synthetic material . It was like running on carpet.

At 8.a.m Lisa Ondieki started the 24 & 12 races, and off we went. Yiannis Kouros took off and never slowed down until his goal was reached (well, he slowed down a couple of times for toilet breaks). Andrew Lucas (from Tassie) ran a great 202.652 Kms for second place, Third went to John Twartz with 180.631 Kms. And then it was my turn (I've finally achieved my goal of 100 miles. Hurray)I placed fourth with 163.724 Kms, with 2 1/2 hours to spare, so I had a massage, had a couple of blisters popped, and then just walked a couple of laps.

Following me was Tom Naylor who got the great number of 157.877 Kms at his FIRST attempt at the 24 Hour. All of the other runners did great with a special mention to Anyce Melham running with a bad back, with ice packs taped to his hip. Yet he still had a smile on his face and he was full of encouragement for all the other runners, and also his brother Lou, who would give a hand to assist the runners in any way possible.

In the 12 hour race Ken Riches took control at the start and never looked back.

In the 100 Kms race Peter Twartz did a Yiannia Kouros and stopped 8hr 39 mins later.

Second went to Rodney Bulbeck.

And finally in the 6 hour Mark Devenish ran a fine 60.086 Kms, with Sri Chinmoy member Prashanta Cunningham running a P.B.of 48.457 Kms. And now for a special bit, my Wife, ELLEN walked 35.40. This is her first attempt at anything longer than a 1/2 marathon.

The weather remained perfect throughout the 24 hours. The SRI CHINMOY people were absolutely brilliant and could not do enough for the entrants. A special thanks I would like to give, is to Nigel Rowe, who is a Podiatrist based at the Sports Medicine Clinic Services, who was there to give his services voluntary, and gave me a heal riser for my left foot, which after a couple of hours had started to ache. After half a lap with the heal riser in place, I was back to running with no pain, feeling very positive and looking forward to the 100 mile challenge .

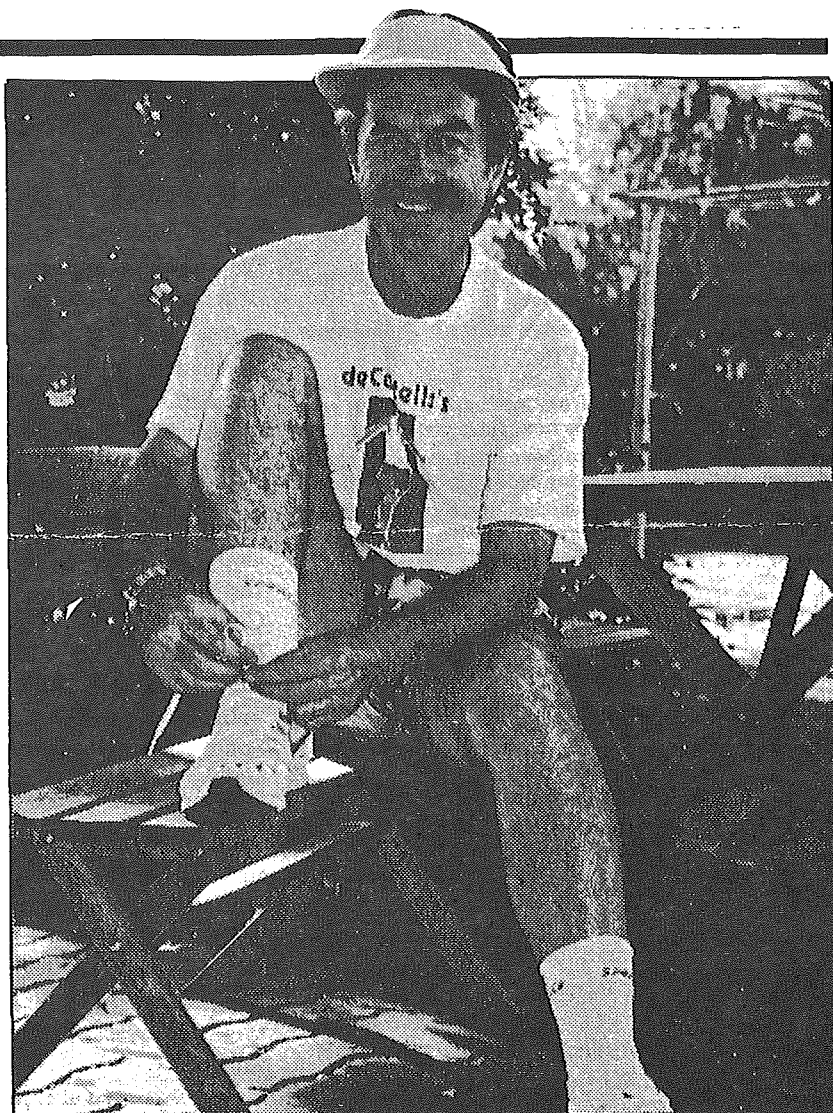
Yours in running...

p.s. Dot, If you have enough room in AURA, you may want to give everyone a laugh, and print the newspaper clippings. (*Thanks Jerry, we well!*)

p.p.s. Hoping to meet new, and re-new acquaintances at Colac in April 1998.

*Jerry Zukowski*





RUNNING MAN ... Jerry Zukowski preparing for this weekend's 24 hour ultramarathon event to be held in Adelaide. *Whyalla News*

## Jerry hoping to top magic 100 mile mark 2.10.97

Whyalla ultramarathon runner, Jerry Zukowski, says he's looking forward to the 16th annual Sri Chinmoy National 24 hour track race in Adelaide this weekend.

Zukowski has competed for the past three years.

This year, organisers have included a six hour race and a 100 kilometre event to complement the traditional 24 hour and 12 hour races.

"I've run in two 24 hour races and a 12 hour event," Zukowski said.

"In the 12 hour event I ran second and ran 101 kilometres and in the first 24 hour event I ran 135 kilometres but it rained and stormed all night.

"In the second 24 hour event I tried a different running technique but still only managed to run the same distance.

"This year I plan to just start running and see what happens ... my goal is to run 160 kilometres or 100 miles in the older terms.

"That (100 kilometres) is the goal of most ultramarathoners."

The 45 year old has a strict training

regime which includes running 30 kilometres every second Sunday and 22 kilometres every other Sunday. He also runs 18 kilometres each Friday, 16 kilometres on Tuesdays and five kilometres every other day.

"At ultramarathon events you meet lots of people ... there's a great atmosphere and it's good fun — it beats mowing the lawn."

Zukowski has run in the past eight Adelaide marathons and plans to complete 10 and every second year travels to other states to compete in their marathon races.

"Unfortunately I don't have a competitive bone in my body ... when someone passes me close to the line, I just say good on you, you've trained harder than I have."

The Adelaide event will also see former Westfield marathon winner, Yianis Kouros, attempt to break his own 24 hour world record of 295.7 kilometres.

The event will be staged at Adelaide's Olympic Sports Field.



## Zukowski: 100 mile man

Whyalla's long distance running man Jerry Zukowski has broken the magic 100 mile barrier during a 24 hour run in Adelaide earlier this month.

Zukowski said he was pleased with his effort but added that he decided not to push himself too far.

"I actually broke the 100 mile barrier with two and a half hours to go," he said.

"So I stopped, had a massage, had some blisters popped and sat down to watch to rest of the race.

"If I'd gone further it would have been too much of a mountain to climb next year," he said.

Zukowski's effort placed him fourth outright while his wife, Ellen, walked 35 kilometres in just six hours to grab third place during her event.

Zukowski has entered three previous long distance events — a 12 hour event and two 24 hour events prior to his effort earlier this month.

*Whyalla News 8.10.97*

**MEDIA ARTICLE ON  
JERRY ZUKOWSKI,  
AN AURA MEMBER  
& GREAT SUPPORTER  
OF OUR ULTRA ASSOC.**

**Congratulations Jerry  
on achieving your 100  
Mile target!**

**Jerry ran 163.724km.  
in 24 Hours in Adelaide.**

# RAINBOW BEACH ULTRA RUN , Q'LD 8TH NOVEMBER, 1997

This was it. My first ultra walk and I did it! Rainbow Beach is a 3 hour drive from where I live so I travelled up on Friday morning and stayed overnight at the local caravan park. I was full of nerves and fear wondering what I had let myself in for. I knew there would be one other walker in the 52 kms distance so at least there would be someone out there with me towards the end. The longest distance I had previously walked was a marathon-and that was on a flat course.

Start - Water Stop 1 and back to Start - 7 kms approx

The course is basically two loops with an extra 7 km beach section included at the beginning of the first loop only. At 5.30 am the race director starts us on our way. There's a flurry of feet as the runners take off ahead. Down a concrete ramp and onto the beach. Kerrie (the other walker who has walked 24 and 48 hour events as well as a recent 5 day event) takes off and I'm last-or the second walker-whichever way you want to look at it.

It's at this stage I remind myself that I have over 50 km to go and need to pace myself early in the race and not to panic about being left behind so I take control and decide to only concern myself with my own race (thanks for the advice Kevin!)

The sand is quite firm and I feel quite comfortable although a bit laden down by my water bottle (containing Powerade mixed with water) and bum bag (fanny pack) loaded with PowerBar pieces, 2 PowerGel sachets and a Leppins Squeezy sachet. I anticipated I'd need heaps of fuel to keep me going and it worked-along with Coke, fruit and barley sugar from the water stops.

Start - Water Stop 2 and Water Stop 3 - 6 kms approx

The beach loop is 7 km and then I'm back at the start and off onto the bitumen road (flat for a short while and then up a hill) which leads into the forest trail area. It's here I take my first (and only) wrong turn and probably add about 10-15 minutes onto my overall time. This is the problem when you're coming last, it's your first time on a particular course, you're nervous as hell and there's no-one in sight to follow! Oh well, the main thing is to put it out of my mind and concentrate on getting back on track which I manage to do.

This part of the trail is all through forest/bush with lots of shade. It's a gradual uphill section so I think to myself it will be all downhill on the way home! The course is well marked and easy to follow. Water stop 2 is the only "unmanned" stop. I keep going as I have my own water. Just before reaching water stop 3 there's a rather steep down hill section (this will be fun on the way back!).

I take a drink at water stop 3 (where the first runner is on his way back to complete his first loop) to conserve my own water, have a quick chat to the volunteers and off I go.

Water Stop 3 - Water Stop 4 - 2 kms approx

This part of the trail is through four wheel drive roads and rainforest and it's so cool and shaded. It's here that I pass the other runners who are returning to complete their first loop. We all offer each other a nod or a few words of encouragement. The course is slightly up and down hill but nothing too strenuous. There's heaps of wildlife activity in the forest but I can't seem to see anything. I did spot a lizard scampering across the road and the overall winner told me he saw a goanna climbing a tree. Just as well I didn't see that goanna when I took my toilet stop!!

Water Stop 4 - Water Stop 5 - 3.5 kms approx

Stop for a drink and a barley sugar. The beginning of the next stretch is still shaded by trees, however, the majority is progressively down hill (which means I'm going to have to walk back up!) and the end is out in the open. The runners seems to be struggling a bit up the hill while I'm flying down. I pass Kerrie not long before reaching water stop 5 and I'm half way through the first loop. I have my first PowerGel here. I'll need the energy to get back up the hill.

Water Stop 5 - 4 - 3 - 2 - Start - 11.5 kms approx

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Now it's back to the start again. I'm feeling quite confident and am constantly chewing on my PowerBars to keep me going and am conscious about maintaining my fluid intake. It's quite tough going back up that long road I've just flown down. The worst part is knowing I'll have to do it again on the second loop and I probably won't have as much energy by then. Enough of those negative thoughts!! And I keep walking. As I leave water stop 3 I know that steep hill is waiting. I struggle up and when it gets too much rather than stop I turn around and take a few steps backwards. Sounds strange. But it works. I do this a couple of times and before I know it, I have that hill conquered. It's at this point I meet the 15 km runners and walkers covering the first half of their race. More waves, nods and words of encouragement. I eventually work my way out of the forest area and onto the bitumen road (which is down hill and then flat-I also pass Kerrie who is now starting her second loop) and then back to the Start. Have a drink and some fruit.

It's here that psychologically I feel the worst. I can see my car. The first 52 km runner has come in and I know I have another loop to do. I also know what the loop entails. I suddenly turn around and take off again. I pass a petrol station and a four wheel drive vehicle is pulling out. The driver sticks his head out of the window and yells to me "I give you a 10". It's enough to give me a boost and I keep going-UP the bitumen road. The bitumen section is quite warm. I've been spoilt with all the shade in the rainforest section. Into the forest and it's immediately a gradual up hill. I can't remember if I stopped here or came close to stopping but I know I felt like bursting into tears and turning back. "You're over half way there-don't give up now" I say to myself. And so on I go. My breathing is all over the place and I'm having trouble recovering after walking up the hills. Eventually, I manage to control my breathing and get back into a rhythm. I have the second PowerGel and lots of water. Thank goodness I brought my own water bottle.

Down the steep slope and into water stop 3 for some water and fruit and then off through the rainforest through to water stops 4 and eventually 5 (the turnaround). It's about 12 noon when I reach the turnaround water stop and it's quite warm now. My white Nike cap is working wonders reflecting the sun and the white T shirt does its job as well. Thank goodness I applied lots of sunscreen to my face, arms and legs. The race director is at the water stop and asks me how I'm feeling. "OK" is my reply. Dennis tells me he'll pack up the water stop when I leave and then drive back to the next water stop and wait for me.

So off I go back up that long uphill climb. I'm in a robotic stage now. Simply putting one foot in front of the other. I'm trying to keep my head down so I'm not constantly looking to see the next incline in front of me. The things you do to keep going!! Yes! I eventually reach the top. A sudden burst of energy and I'm into water stop 4 where Dennis is waiting. He has a back pack on and tells me he's walking the rest of the way with me so as to collect all the red marking tape off the trees and the water bottle at the unmanned water stop. He sets a good pace and I manage to keep up although he does get ahead of me on the inclines. We reach water stop 3 and it's here I have the Leppins Squeazy to give me that last bit of energy I'll need to climb the last steep hill. I say to Dennis "Don't wait for me 'cause this hill is going to slow me down". He has a chuckle and off we go. I get about half way up and again, rather than stop I turn around and take a few steps backwards before resuming. After repeating this once more I reach the top. YES!! I conquered it again. I catch up to Dennis as he is taking down the red marking tape. After a couple more smaller hills we hit the down hill section. This is really killing my quads and my toes (as they get pushed to the front of my shoes). I can feel blisters have formed under a couple of my toes on both feet. We exit the forest trail and it's onto the bitumen (downhill). I think I've walked through the pain barrier now and my pace increases. Dennis asks me what time I had anticipated finishing in. "8 ½ to 9 hours" is my reply. The time on my stopwatch is 8:57:45 as I cross the finish line.

"Yes, I did it!" are the words I yell out. As I enter the Rainbow Beach Surf Lifesaving Clubhouse there's a few cheers and applause from the runners who have already finished, had a shower and are waiting patiently for the presentation at 3 pm. It's 2.30 pm so at least I've made it before the presentations are due.

I felt on top of the world. My first ultra. I thought walking my first marathon this year was great but this was something else. I have again proven to myself that I can achieve anything with a bit of hard work, confidence in my abilities and some "grit and determination".

One of the competitors mentioned that we had in fact completed closer to 55 kms than 52 kms. Oh well - either way I still did it!

After the presentation ceremony, I went back to the caravan park to have a shower. What a relief! Except for the part when the water hit my back where my jogbra had chafed me. Either I missed a bit or the vaseline wore off.

I then shuffled across the road and treated myself to a vegie burger (great suggestion Kevin) and a nice (fattening) iced coffee with lots cream. I figured I deserved it!

What a great week it has been - a \$160 win in the Melbourne Cup; a \$10 win in PowerBall; a story about my marathon walk published in "Walking NZ" (a New Zealand walking magazine); and completing my first ultra! Can it get any better?

Special Thanks to (in no particular order)

Dennis Parton (Race Director) - for keeping me company during the last few kilometres which helped to push me harder than I thought possible.

Lyn Gordon-Lewis (female winner in the 52 km run) - for acknowledging the first time ultra competitors.

Kerrie Hall (the first walker to finish) - for encouraging me to register for the event in the first instance and for being out there with me. Kerrie finished approximately ½ an hour before me.

To all the other competitors in the 15, 30 and 52 kms events - for the encouragement, great sense of camaraderie and for making it such an enjoyable event.

To all the volunteers at the water stops - for being so encouraging and supportive and for staying out there so long and waiting for me!

Kevin Cassidy (a Melbourne ultra runner who has been "coaching/mentoring" me via E-Mail) - for all your encouragement, support, motivation, advice and words of wisdom. In particular, about pacing myself and not trying to go out too fast. All going well, I hope to thank you in person at the Glasshouse Mountains Trail Runs next year!! Hey Kevin - I'm not an "ultra virgin" any more!

Tony Howes (a Brisbane ultra runner I met recently at the Glasshouse Mountains event in September) - also for your advice and encouragement. Hope the house hunting is coming along well!!

AND LAST BUT BY NO MEANS LEAST

To my son Richard who will always be the greatest achievement in my life.

Melanie Jonker Brisbane, Queensland Australia

\*\*\*\*\*There is an old proverb that says "The journey of a thousand miles begins with one step", so take it, the World is a very realistic place; you won't be successful if you make excuses, are lazy, reluctant, dishonest, dull or indifferent. However, if you are prepared for your endeavours, if you train hard and work hard, gain self respect, taking control of yourself both mentally and physically to become the Master of your Fate, you will reach your ultimate destiny as I reached mine" - Excerpt from "My Life on the Line" by Ron Grant who set a New World long run record and a New Australian long run record - First person to run around Australia (13, 383 km) in 7 months 3 days (217 days) continuous run in 1983."

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## INFORMATION SOUGHT ON ABORIGINAL DISTANCE RUNNERS

If anyone has information on aboriginal runners who undertook journey runs, long distance runs of any sort or even competed in distance races, please communicate what you know to Geoff Hook, ph. (03) 9808 9739.

We would very much like to have any information on aboriginal runners, whether covering this century or last century.

To.



# RAINBOW BEACH TRAIL RUN - 52KM

## SATURDAY 8TH NOVEMBER, 1997

by Gary Parsons

This is the last run on the Q.U.R.C. Calendar for 1997. A total of 54 runners signed on for the three events. 21 started in the 52km ultra, a record for this distance.

Male section: Asim Mesalic set the pace, first off the beach then into the forest and sandy trails. Asim was the first home at check-point 1 at 2hrs.32 but withdrew with knee problems. Only 2 minutes behind Asim was newcomer Ed Matterson, closely followed by my old running mate and rival in fun-runs, Tony McCall from Brisbane. (Tony's first ultra. Tony & Ed worked the last 20kms. Ed told me after the race that he just wanted to get out of Tony's sight and he believed that would be enough to break Tony. Ed finished 6 minutes ahead of Tony, who said to me as he passed me on the trail, "Legs are sore". They were good runs by both men on a hard course. Third spot was taken out by 55 year old Cliff French. It was Cliff's first long run for about 6 months, and at the turn-around, I bet Cliff had Ed and Tony worried, with only minutes between the three runners. There were many good runs. Ian McCloskey's 6th place sealed the Q.U.R.C. Men's Most Consistent Ultra-runner Award. (Ian won the 7 day holiday random draw prize). It was good to see many first timers to the ultra scene competing.

Female Section: Lyn Gordon-Lewis was first off the beach, closely followed by Alison Coleman and Jill Winny at check-point 1. Lyn held a 2 minute lead over Alison and 6 minutes on Jill. Lyn ran steady over the last 20kms. to finish 22 minutes ahead of Alison. This win gave Lyn the Most Consistent Female Ultra-runner Award for 1997 in the Q.U.R.C. club. This makes it 3 years' running. There were good runs and walks by all the girls. Angela Clark was the first club lady to complete all the runs in our season. Good one Angela!

The Q.U.R.C. would like to thank John, Rainbow Beach Life Savers' Club President and Denis Parten, Race Director for yet another great race.

Gary Parsons (Queensland Interstate AURA Rep.)

### RESULTS: 52KM

1. Ed Matterson	4.43	12. Asim Mesalic	DNF
2. Tony McCall	4.48	13. Walter Kelemen	DNF
3. Cliff French	4.56	14. Peter Lewis	DNF
4. Brian Evans	5.23	<u>Ladies:</u>	
5. Geoff Williams	5.36	1. Lyn Gordon-Lewis	5.40
6. Ian McCloskey	5.39	2. Alison Coleman	6.02
7. Bob Burns	6.04	3. Jill Winny	6.20
8. Mick Corby	6.13	4. Angela Clark	7.15
9. Corrie Davel	6.25	5. Kerry Hall (walk)	8.30
10. Rod Morgan	6.55	6. Melanie Jonker (walk)	8.57
11. Ralph Pack	7.15		

### LIES, DAMNED LIES.

I would just like to reveal the "REAL" facts after having been on the end of a serious bagging from that EVIL man, Ross Shilston. In the previous issue he had the audacity to criticize my occasional "lack of direction" in some trail runs.

Poor Ross fails to mention that it was he that led us astray at the Jugungal Race when he inadvertantly fell down a rabbit burrow whilst climbing up Valentines Falls and as for the Glasshouse Mountains Race, well if he is silly enough to follow me then that is his fault. He should have been looking for those ribbons.

Now getting lost is not very clever but the least clever thing I did was to trust Ross to secure good seats to the recent Bledisloe Cup Rugby Union game at the M.C.G. As the stadium holds 100,000 people I thought that would not be to hard. Sure enough, we ended up sitting up so high that the field looked like a postage stamp, we may as well have been in the "Whitmans Blimp" and, of course, our seats were out in the open so, naturally enough, it rained. As far as the game was concerned, it was so one sided that it was boring.

I hold Ross personally responsible for all these shortcomings, so it is time that he had a "GOOD, HARD look at himself."

## ROSS TO RICHMOND 100KM RUN *Tasmanian 100km Solo and Team Championships*

Three hardy solo runners and three relay teams left Ross some ninety kilometres north of Hobart on a wintry Sunday 17th August to run the 100 kilometres to the historic town of Richmond, on the way crossing three of the oldest bridges in Australia at Ross, Tunbridge, and Richmond.

David O'Brien, Peter Hoskinson and Andrew Lucas experienced a bitterly cold and very strong tail wind most of the way, and showers towards the end. Cool conditions are conducive to good running, however, the coldness of the arctic gale took a toll and produced back chills.

Solo results:

1st	David O'Brien	8 hours 25 minutes 33 seconds
2nd	Andrew Lucas	8 hours 33 minutes 31 seconds
3rd	Peter Hoskinson	10 hours 29 minutes 5 seconds



David began five minutes after Andrew and Peter owing to tyre trouble on the way to the start, and at the finish he and Andrew were only three minutes apart on the road. A terrific effort by three dedicated ultra runners, with able support from crews Anita O'Brien, Daniel Maksimovic, and Mike Maddock.

Warm congratulations to David who earns the title of 1997 Tasmanian 100km Solo Champion.

Mike Pace gave substantial support to the team event by providing two teams of five from his stable of runners. Both teams started together and, after 100 kilometres, finished as one in a time of 6 hours 18 minutes 29 seconds. Thus the 1997 Tasmanian 100km Team Championship is shared between the Fuzzy Fliers and the Second Pacers.

Third in the relay event was Paul Riseley's Late Comers team in 7 hours 54 minutes 3 seconds. This is the second event in a row where the team has arrived late for the start - really living up to its name. A credible performance from this three person team who found the going hard towards the end, being caught by showers and gradually deteriorating weather.

A big thanks to Therese March, David Gatenby and Phil Thorp for driving up and down the Midlands Highway in their Kombi and directing the event.

Thanks also to the Clarence City Council for funding the prizes, and to Doug Young for the welcome hot soup and sandwiches at the Richmond Arms Hotel after the event.

Next event for Ultra Tasmania is the annual 63km Bruny Island solo and team run on 6/12/97.

### **LAUDERDALE NOSH-UP 50KM RUN - 15/6/97**

An annual fun event in Hobart is the Lauderdale Nosh-Up, so called because the entry fee of \$5 includes a soup and casserole lunch - ie: everyone eats the prize!



Distances vary from 2km to 32 km, and this year Ultra Tasmania became involved by organising a 50km option.

On a day made for running, 5 participants set-off at 7am on a flat 4km out and back course on quiet public roads, and at the end of the day the outcome was:

David O'Brien	3 hours 33 minutes 10 seconds
Andrew Lucas	3 hours 52 minutes 21 seconds
Peter Allan	3 hours 57 minutes 58 seconds
David Picone	4 hours 14 minutes 38 seconds
Wayne Pretty	4 hours 26 minutes 50 seconds

An excellent performance by all concerned, David O'Brien running a very quick time, Andrew Lucas showing he is maintaining strength and stamina, Peter Allan putting in a smart first time ultra, and David Picone and Wayne Pretty on their debut ultra's showing promise and determination.

Thanks to Veterans Athletics for agreeing to include the 50km in the Nosh-Up.

# GOSFORD ATHLETIC CLUB

Paul Thompson  
3 Raymond Ave  
Northmead 2152  
28 October 1997

A.U.R.A  
Attention: Dot Browne  
4 Victory Street  
Mitcham Vic 3132

Dear Dot,

Please find enclosed our entry form for the Coastal Classic and supporting events. I will post the original in the mail, along with some extra copies.

I hope you will be able to include our event entry form in your next A.U.R.A publication.

Thank you also in advance for information on conducting the meet.

Myself and the other organiser Frank are experienced officials and endurance athletes having competed in 50 km + race walking events and marathons. We are stepping up our distances and hope to walk 100 miles in 24 hours late next year.

We will ensure that the Coastal Classic will be conducted to the highest standard.

Yours sincerely

*Paul G Thompson*

Paul Thompson

73.

# GOSFORD ATHLETIC CLUB

## COASTAL CLASSIC

12 HOUR TRACK RUN / WALK

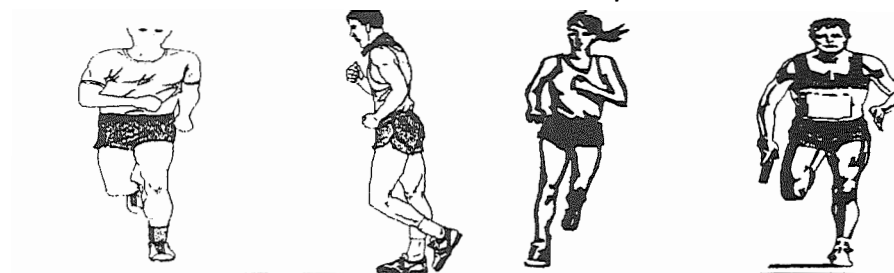
7.30 PM SATURDAY 10 JANUARY 1998

**Prizes to the value of \$200.00 awarded to 12 hr winner of walk and run. Trophies to the winning relay team, 1 hr & 2 hr time trials. Certificates to every participant.**

**Including:** 6 x 2 hour relay, 1 & 2 hour time trial.

Proudly supported by the Runner's Shop, Gosford & Parramatta.

All proceeds to go to the Victor Chang Heart Foundation & the Gosford Athletic Club to foster the sport of athletics.



ADCOCK PARK, WEST GOSFORD

THIS ENTRY FORM WAS PRINTED & PROVIDED BY THE  
GOSFORD ATHLETIC CLUB COASTAL CLASSIC COMMITTEE

# GOSFORD ATHLETIC CLUB

## RULES AND INFORMATION

ADCOCK PARK, Pacific Highway at West Gosford. The track is opposite McDonalds. The track is a 400 metre fully surveyed grass track. The facility has toilets and showers. The location is approximately 10 minutes walking distance from Gosford Train Station. Travelling time by train or car is 1 hr 30 mins from the City of Sydney.

Accommodation: There are a number of reasonably priced motels within 5 minutes of the track. E.g Rambler Motel, Galaxy Motel.

Meals: The local RSL, Valentines [like Sizzlers], Red Rooster, McDonalds, Chinese Restaurants & Fish & Chips Shops are within 5 minutes of the track.

Local & Sydney based athletes must supply a lap scorer / attendant. Any special drinks or particular foods must be clearly labelled with your name. Water will be supplied. The running / walking direction around the track will be changed every 2 ½ hrs. You may change your election to run or walk up to 30 mins before the event. A timing clock will be in use on the day.

T-shirts are included in the entry fee for 12 hr event [postal entries only]. Other participants may order T-shirts at a cost of \$15.00 each. All T-shirts will be available for collection on the day.

Protests: Must be in writing to the Manager of the day within 30 minutes of the results being placed on the notice board.

Contact people prior to 9.15 pm in the evening are Frank 02 43 231710 a.h Paul 02 9683 6024 a.h. Postal address for entries is Gosford Athletic Club, Coastal Classic PO Box 1060 Gosford NSW 2250.

# GOSFORD ATHLETIC CLUB

## ENTRY FORM

Name:.....Address:.....  
.....P/C:.....Phone:.....  
D.O.B:.....Age on Day:.....Male / Female:.....

Closing Date: Monday 22nd December 1997.

Brief biography including previous ultra performances:

List any of your medical conditions that organisers need to be aware of:

Circle the event you are entering:

12 hr run or 12 hr walk \$30.00 [includes t-shirt for postal entries]

6 x 2 hr relay \$50.00 per team. Name of Team:.....

2 hr time trial \$10.00 1 hr time trial \$10.00 T-shirt \$15.00 Size: S M L

Cheque to be made payable to Gosford Athletic Club. Postal address  
Gosford Athletic Club, Coastal Classic PO Box 1060 Gosford NSW 2250.

If confirmation of entry is required please supply a self addressed envelope.

Declaration: I the undersigned, in consideration of and condition of acceptance of my entry in the Coastal Classic and support events. for myself, my heirs, executors and administrators hereby waive all and any claim, a right or cause of action which they or I might otherwise have or arising out of loss of my life or injury, damage or loss of and description what so ever which I may suffer or sustain in the course of or consequence upon my entry or participation in the said events. This waiver, release and discharge shall operate whether or not the loss, injury or damage is attributed to action, inaction or neglect of anyone or more persons acting as officials or sponsors.

Signed by entrant:.....Date:.....

# *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.**

75.

## 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.

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

FINISH: Mount Hotham

(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!)

### 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.

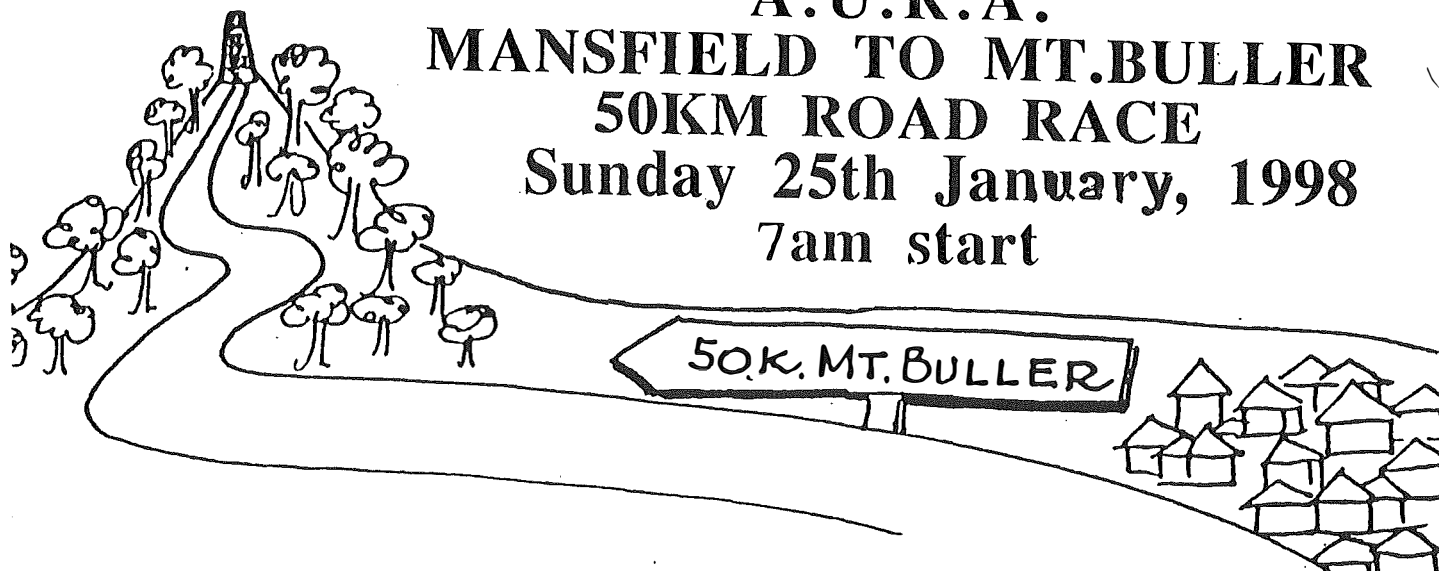
Signed: ..... Date: .....

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 25th January, 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

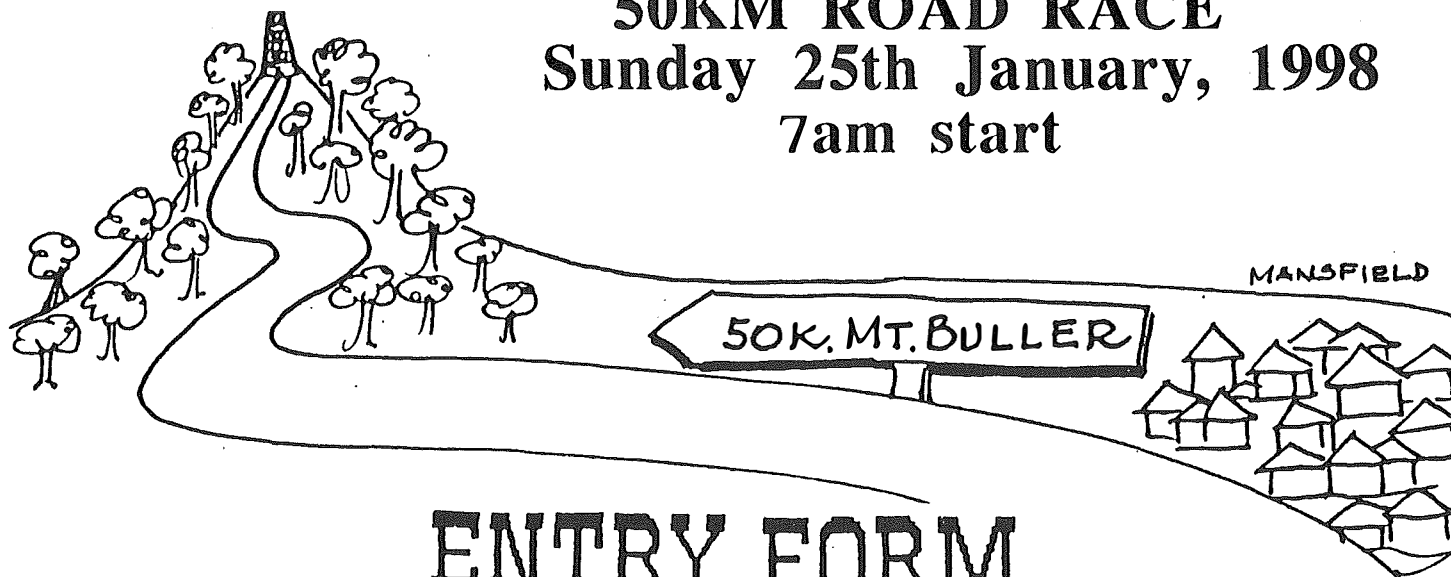
**CLOSING DATE:** Friday 16th January, 1998

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

**DEDICATION DETERMINATION DISCIPLINE**

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

**A.U.R.A.**  
**MANSFIELD TO MT.BULLER**  
**50KM ROAD RACE**  
**Sunday 25th January, 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.**

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<b>SURNAME</b>	<b>FIRST NAME</b>	<b>INITIALS</b>	<b>SEX M or F</b>			
<b>ADDRESS: number and street</b>						
<b>suburb or town</b>		<b>POSTCODE</b>	<b>TELEPHONE HOME</b>	<b>WORK</b>		

Person to be notified in case of emergency:

<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div>	<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div>	<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div>	<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div>	<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div>	<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div>
<b>SURNAME</b>	<b>FIRST NAME</b>				
<b>Relationship</b>	<b>TELEPHONE HOME</b>	<b>WORK</b>			

### WAIVER

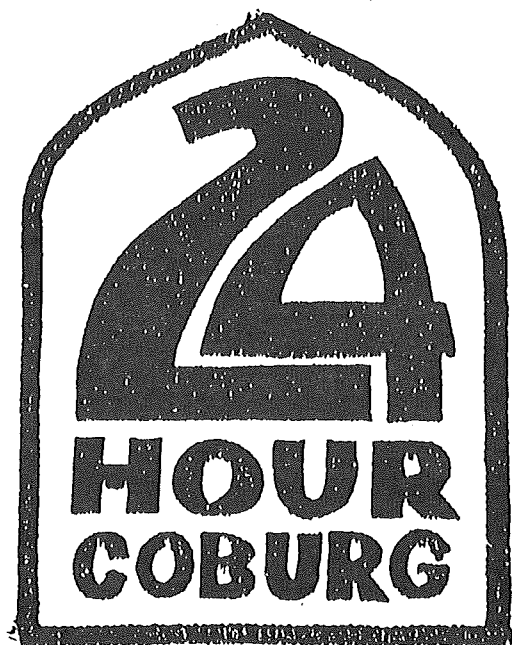
I, the undersigned, in consideration of and as a condition of acceptance of my entry in the MANSFIELD TO MT.BULLER 50 KM ROAD RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of 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 25 January 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.
- 80 . Drink stations, official timing or race supervision will not be provided after these cut-off times.



# COBURG 24 HOUR CARNIVAL 1998

incorporating the  
Victorian 24 Hour Track Championship  
and a 24 Hour Teams' Relay

NOON SAT 18TH APRIL

NOON SUN 19TH APRIL

Harold Stevens Athletic Track,  
Outlook Road, Coburg

ENTRY FEE: 24 Hour Ultra \$30.00  
24 Hour relay: \$10 per runner

## 24 HOUR ULTRA 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"/>
SURNAME	FIRST NAME	INITIALS	SEX M or F
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS: number and street	DATE OF BIRTH		
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
suburb or town	POSTCODE	TELEPHONE HOME	WORK

Age on race day

Person to be notified in case of emergency:

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

Details of best track ultra performances:

6 Hour..... km    50km.....  
12 Hour ..... km    100km.....  
24 Hour ..... km    50 Miles.....  
Best marathon .....

Send entries to:  
Harold Stevens  
24 Hour Race Organiser  
55 Woodlands Avenue,  
Pascoe Vale South 3044

### WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the,  
**Coburg 24 Hour Carnival 1998** 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 or 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.....

# COBURG 24 HOUR CARNIVAL - 18/19 APRIL, 1998

## INFORMATION

### 11th Annual Coburg 24 Hour Carnival

#### 15th Annual Victorian 24 Hour Track Championship:

- \* AURA regulations apply
- \* Runners must supply own lapscorer
- \* Venue record 282.981km
- \* Trophies to male & female winners
- \* Record of hourly progress to all competitors
- \* Entry fee \$30, cheques payable to Coburg Harriers. (add \$15 for meal voucher if required)
- \* Closing date 1st April, 1998
- \* Send entries to: Harold Stevens, 55 Woodlands Avenue, Pascoe Vale South 3044 (Ph. 9386 9251)

#### 6th Annual Teams' 24 Hour Relay Challenge:

- \* 10 runners per team.
- \* Team members must run in nominated sequence throughout the 24 hours
- \* Tents to be set up right at team's own start/finish line.
- \* OPEN teams: No restriction of sex or age of runners.
- \* VETS' teams: Must represent at least 4 Vets' age groups (M30, M35, M45, W50 etc) at least 2 of each sex.
- \* OPEN RECORD: 966 laps (386.49km) World Record achieved by Traralgon Harriers in 1997
- \* VETS'RECORD: 924 laps (369.94km) achieved by Traralgon Harriers Vets in 1995
- \* Entry fee \$10 per runner. Cheques payable to Coburg Harriers. (+ no. of meal vouchers requ'd)
- \* Closing date 1st April, 1997 or by negotiation with Race Organiser, Harold Stevens.
- \* Entries to: Harold Stevens, 55 Woodlands Avenue, Pascoe Vale South 3044. Ph. (9386 9251)

#### FACILITIES:

- \* 24 Hour canteen will provide hot & cold snacks as well as main meals
- \* \$15 meal ticket for a hot dinner & breakfast as well as 3 snacks
- \* Hot showers in the clubrooms, large multiple toilets
- \* 400 metre track
- \* Massage
- \* Hourly progress reports
- \* Track-side camping (no electricity) for vans & tents
- \* Track-side portable toilet for use of ultra runners only
- \* St. John Ambulance Brigade support 24 hours.
- \* Snacks provided for ultra lap-scorers
- \* Fun Run on the Sunday morning for supporters & crews



### TEAM ENTRY FORM

TEAM NAME: .....

CATEGORY: (Please circle) OPEN VETS

TEAM CONTACT Name:.....

Address: .....

Telephone: .....

Please find enclosed \$100, being for 10 runners @ \$10 per head.

Plus ..... for ..... meal vouchers @ \$15 each.  
Cheques payable to Coburg Harriers.







# KING & QUEEN OF MT MEE

50km, 25km, and 10km Roadraces

## Sponsored by: Centre Pharmacy Morayfield

- CONDUCTED BY: QUEENSLAND ULTRA RUNNERS CLUB  
Caboolture Road Runners Club
- RACE DIRECTOR: Gary Parsons, PO Box 1664 Caboolture, 4510. (07) 5495 7208
- DATE: **Sunday 5<sup>th</sup> April, 1998**
- VENUE: Mt Mee Hall, Brisbane - Woodford Road, Mt Mee, Queensland  
50km, 25km, and 10km events on formed roads from Mt Mee Hall to Wamuran and back, twice for 50km event.
- TIME: **50km Start 6.30am    25km Start 7.30am    10km Start 9.00am**
- WATER: Six manned water stops on course. Runners are encouraged to carry water bottle, especially for the climb up Mt Mee range. Fruit will be provided at the bottom turn around check point and the start/finish line at Mt Mee Hall.
- PRESENTATIONS: Mt Mee Hall at 12.00pm. Light lunch will be provided for runners. \$5.00 for others
- CATEGORIES: 1st, 2nd, 3rd Male and Female (50km)  
1st, 2nd, 3rd Male and Female (25km)  
1st, 2nd, 3rd Male and Female (10km)  
1st Walker, Male and Female (10km only)  
Handicap winner (50km and 25km)

### **NO WATCHES ALLOWED ON THE COURSE, BUT TIME CALLS WILL BE GIVEN AT THE START / FINISH AND TURNAROUND POINTS (50km & 25km Events)**

- HANDICAP SYSTEM: (50km and 25km) It is the runner's responsibility to supply own estimated time for the event. The winner will be decided on the runner who finishes nearest to their estimated time.
- ENTRY FEE: **\$20.00 For 50km and 25km Events**  
**\$10.00 for 10km, and for Walkers**  
Please make cheques payable to: Queensland Ultra Runners  
Mail entry and fee to: PO Box 1664, Caboolture 4510
- CLOSING DATE: Please send entries to be received by 3rd April 1998.  
No penalty for late entries, entries will be accepted on race day.
- FURTHER QUERIES: Gary Parsons                      P.O. Box 1664 Caboolture 4510                      (07) 5495 7208

**\*\*\* T-SHIRT FOR EACH COMPETITOR IN 50KM & 25KM EVENTS \*\*\***  
**\*\*\* GREAT RANDOM PRIZES \*\*\***

**WALKERS WELCOME!! GOOD RUNNING AND ENJOY THIS EVENT**

85.

**Sponsored by: Centre Pharmacy Morayfield**

**KING & QUEEN OF MT MEE**

Sunday ~~5th~~ April 1998

**ENTRY APPLICATION**

please print clearly

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

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

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

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

Estimated time (50km and 25km) .....

**ENTRY FEE .... \$20.00**

**50km [ ] 25 km [ ]**

**10km event .... \$10.00**

**10 km [ ]**

**Light Lunch (provided for runners in entry fee)**

**\$5.00 / person x [ ]**

**TOTAL PAYABLE .....** (make cheques payable to Queensland Ultra Runners)  
(Send entry to : PO Box 1664, Caboolture, 4510)

**CONDITIONS OF ENTRY**

- 1 No runner under the age of 18 years on the day of the race will be accepted for 50km & 25km events.
- 2 The officials reserve the right to reject any applicant.

**WAIVER**

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

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

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

(If under 18 years - 10km event only)

SIGNATURE OF

PARENT / GUARDIAN:..... DATE:.....

86.



Hard to keep a good man down! Cliff yesterday succumbed to the surgeon's knife but vows to back bigger and better for future ultramarathon efforts!

## I'll be back for 'the big one' — Cliff

by Karen McCann

**Local legend** Cliff Young, was brimming with optimism and energy earlier this week — despite an impending second operation on his cancer-plagued right eye and his withdrawal from November's Six Day Race.

"I'm jumping out of my skin," Cliff said from New South Wales earlier this week, before yesterday's operation.

But in his recovery following the operation, Cliff won't be pondering his unfortunate withdrawal from the race that attracts international athletes to Colac.

Instead the Kewarren potato farmer will plan his second attempt at becoming the only person to ever trek around Australia's seven states.

Earlier this year, Cliff's eye was operated on just a week before he attempted the pinnacle run of his career — a 13,000 kilometre around-Australia journey.

In a case of cruel irony, Cliff's trip was cancelled when one of his crew members was diagnosed with liver cancer.

At that stage Cliff had made it half-way around Australia, along Australia's west coast — from Adelaide to Darwin.

Cliff, with his characteristic shuffle, will be 78 when he tackles the challenge.

When, not if, he completes the voyage Cliff concedes the achievement will surpass his win of the 1983 Sydney to Melbourne ultramarathon.

Despite his excitement in having his same crew to back him up for the huge expedition, Cliff was upset at having to pull out of what would have been his 11th Six Day Race.

But Cliff's been warned that, if his eye doesn't receive the proper medical attention followed by a lengthy rest, his cancer could spread.

"I was (disappointed) because I have only missed one (Six Day Race) before this," he said, "but I think it is for the best."

With his thoughts now firmly fixed on his around-Australia trip, Cliff's ecstatic at his second chance.

**One of Colac's great icons, Cliff Young, went under the knife this week! Just prior to his operation the Colac Herald's Karen McCann caught up with the Kewarren ultramarathon great and learned of his plans for a round-Australia epic.**

Not only does he have absolute confidence in his ability to complete the trek — but he's endeavoring to beat all previous records.

"I am hoping to go right around this time in record time," he said.

In his first attempt at the run, Cliff broke the record for Australia's 6,000 kilometre west coast, covering Adelaide to Darwin in just 77 days, 14 hours and five minutes — knocking two days off the previous record.

This time, come next March, Cliff will leave from the New South Wales town of Wollongong, travel up Australia's east coast through Townsville; across to Mount Isa and Darwin before heading down the west coast to Perth; across the Nullarbor to Adelaide; Melbourne and back to Wollongong.

And then there's the Apple Isle. Cliff will cross Bass Strait, by boat of course, and then make his way around Tasmania in three weeks.

Crew member Helen Powers had complete faith in Cliff's ability to cover Australia's coastline on foot.

"He is a Colac folk hero, a Victorian folk hero. He is remarkable," she said. "I like Cliff and think of him as like the grandfather I never had, and really like the dad I never had."

Helen said it had been a tough decision for Cliff to opt for the operation over running in the Six Day Race.

"To be fair to everyone it would be better if he didn't go into the Six Day Race."

"It is a shame but sometimes you have to make a decision. He

loves the Colac Six Day Race."

He has now got a chance to get his eye a lot better," she said. "He put up with it for about five to six months while he was on his run."

"He would have had pain there without him letting us know."

"Some days he ran with just a patch on his eye. That is how

determined he was," she said.

"Cliff will get right around Australia on his own merits," she said. "He will get around Australia with no problems."

"Any records on the way are a bonus."

Helen said, on his first attempt to conquer Australia, Cliff received an overwhelming response from supporters.

"People cannot imagine what response Cliff got out there on the roads," she said.

One of the many buses that pulled up to watch the jogger asked Cliff to climb aboard.

Helen said Cliff warned the bus driver against putting his foot to the floor.

"You move this bus one step and I am disqualified so don't touch it," he warned.

"He wouldn't let the bus move one inch," Helen laughed.

But, despite being on the road to recovery, it wouldn't surprise Helen if Cliff

failed to resist the urge to join the contenders in this year's Six Day Race.

"Cliff will still probably turn up with joggers on his shoulder," she laughed. "It wouldn't surprise me if he turned up on the track."

The aging athlete, who refuses to hang up his well-worn Dunlops, reckons he has a few more Six Day Races in him yet. "I might make an appearance there

again one of these days," he said.

But now, Cliff's only got one thing in mind, what he calls the "big one".

"No-one has ever done all seven states," he said. "I'll be doing my best."

"I have got a lot of angels looking out for me."

"Anyone wishing to send their best to Cliff can write care of Helen Powers at PO Box 232, Warilla, New South Wales."

# No stopping an athlete who's been to hell and back

By CAROLINE OVERINGTON

Linda Meadows, 35, has shattered hips, ankles and knees, as well as chronic asthma. Some might say she is also insane, given that she ran 80 kilometres in six hours on Saturday, breaking one world and three Australian records in the process.

Meadows was the only woman competitor in the Australian 50-mile track championships in Nunawading on Saturday. She beat all the men, racing 201 times around a 400-metre track. It was only the second time

Meadows had taken part in an ultra-marathon. But she has cycled around the world (27,000 kilometres, which took her north of the Arctic Circle) and around Australia (she rode from Perth to Tasmania to Sydney, then flew home for the Melbourne Marathon, and then rode to Canberra and Brisbane).

She has also charged up 50 flights of stairs in the Run-Up-the-Rialto race (she came third) and is a former Australian road-cycling champion.

Meadows believes she won on

Saturday because she did not stop: other competitors took toilet and rest breaks but she kept on running. She broke the Australian women's 40-mile record by eight minutes (her time: four hours, 51 minutes); the six-hour record by nearly four kilometres (her distance: 78.7 kilometres) and the women's 50-mile world record by four minutes (her time: six hours, seven minutes 58 seconds).

Meadows said the toughest obstacles were boredom and

blisters: "When I wasn't thinking about how bored I was, I was thinking about the pain. The blisters actually gave me something else to think about. At least it was different from the pain in my calves."

Meadows, who owns six bicycles but no car, would have finished faster but for the wind.

While training for a race in Japan last year, doctors stepped in when Meadows collapsed with stress fractures in the knees,

hips and ankles. Sports specialists diagnosed osteoporosis: "They said I had the bone density of a 100-year-old woman, told me my running career was over. I wasn't prepared to accept that."

Next step for Meadows is the world championships in July but first she wants to recover from Saturday: "I've slowed down a bit. I rode from Edithvale to work this morning, about an hour, and I'll ride home again tonight, so that's a nice easy day."



The boredom of the very-long-distance runner — and the blisters — pale into insignificance as Linda Meadows strides along the Brighton foreshore.

Picture: RAY KENNEDY

"THE AGE" Tuesday 21 June 1996



## The 1000km and 1000 miles

In Odessa, the Ukraine, from the 5th October onwards this year, <sup>1996</sup> en route to 1000 miles on the track, Richard Brown (GBR) produced the fastest non-6 Day track 1000km mark to date with 7:06:41:13, to go sixth on the alltime list. (The 1000km has been a recognised event for some time. Siegfried Bauer (NZL), formerly a Czech, ran across Germany in 1978, taking 7 days 5 hours 24 minutes for 1000km en route. Yugoslavian Dr Srecko Bergant had a theory concerning the proper diet necessary for such an event, and organised two 1000km track races to give him a chance to be his own guinea pig. He covered the distance in 9 days 23 hours 05 minutes in Oct 1983 at Ljubljana, and the following year, knocked nearly two days off that time with 8:02:57:37.

The current best on record time for the track 1000km was set by Yiannis Kouros in 1984 at Colac in a 6 day race, when he set a time of 5 days 16 hours 17 minutes. Four other runners, Jean-Gilles Boussiquet, Gilbert Mainix, James Zarei and Brian Smith have also achieved the 1000km within 6 days.

In Odessa, Richard Brown was aiming to be the first man to cover a track 1000 miles in under 12 days but after he reached 1200 km in 9:01:20:24, he was forced to retire with a stomach trouble.

Behind Brown, Vladimir Glazkov (RUS) had reached 500 miles in 6 days 01:15:52, and 1000km in 7:13:58:05. He was involved in a major battle with Ukrainian Vladimir Vasutin for second place. (It may be remembered that Vasutin competed in the Brno 48 Hours indoors in February). When Brown retired at 1201.6km, the contest for second place became a desperate struggle for both the lead and possibly a shot at the world's best time. The two men were just four hours apart at 500 miles, the gap grew to seven hours at 1000km, but closed once again to only two and a half at 1200km. At 1500km the time difference was - 11:15:26:10 to 11:17:30:05. I suspect the continual pressure on both men took its toll. Glazkov was some eight hours faster than Parsons at this point, and six hours faster than Uria, by the finish he was just six hours faster than the Australian Parsons.

Vladimir Glazkov's final time of 12:13:32:41 surpassed both the listed and pending world bests for the event, as did the second place competitor, Vladimir Vasutin (UKR) with 12:14:55:21. Piotr Silkin of Lithuania came third with 13:05:06:03. The listed world best is 12:19:44:34 by Gary Parsons, and there is a pending mark set by Spain's Alfredo Uria in September of 12:17:59:09. Glazkov's daily splits were 159.6k, 124.8k, 129.6k, 118k, 131.2k, 112.4k, 129.6k, 130.8k, 122.4k, 126.0k, 120.4k, 125.6k and 79k. I am informed that no lap times were taken for Glazkov's mark, so it is unlikely to be ratified. Documentation is awaited on Uria's mark.

Both Uria and Glazkov were, in turn, the oldest runner to surpass a world best in an officially recognised event, Uria was 57 in September, and remarkably Glazkov is even older and may be 58. Of course such performances at this age are not unique. Gilbert Mainix was 58 when he ran 1002.2km/622.738 miles at La Rochelle. Age does not seem to be a factor in such long drawn out events, or perhaps the younger runners prefer to tackle the shorter events, leaving the longer challenges for their mature years!

As part of the Odessa series of races was also held a 6 day, 48 hour and 24 hour events, the latter being part of the IAU Europa Cup series. The 6 day was won by Antolij Fyelorchyonko (UKR) with 734.836km/456.6 miles, the 48 hours by Sandra Brown (GBR) who was also competing in the Ukraine. She won the race outright with a distance of 312.400km/194.1 miles. The 24 Hour race was dominated by Ukrainian runners, it was won by Sergei Mosevin with 226.419k/140.6 miles from Ivan Seryi with 224.067km/139.2 miles with Victor Lozovic in third with 218.455km/135.7 miles. All three were Ukrainians.

The Niort 24 Hour road race was first held in 1979, and has been held continuously ever since. Held in Western France it was also part of the IAU Europa 24 Hour Cup,

# AUSTRALIAN RANKINGS FOR 200KM TRACK BY MEN

Rank	Name	State	PB for 200KM	Place	Date	at Age
1	KOUROS, Yiannis	VIC	15:32:39	COBURG	14/04/96	40
2	STANDEVEN, David	SA	18:01:50	ADELAIDE	29/10/89	37
3	SMITH, Bryan	VIC	18:03:19	OLYMPIC PARK	19/08/89	45
4	TOLLIDAY, Owen	QLD	18:16:44	ADELAIDE	29/10/88	39
5	MARCH, Mike	TAS	18:22:48	COBURG	25/02/89	45
6	BREIT, John	VIC	18:33:07	COBURG	25/02/89	31
7	HEPBURN, Brickley	VIC	19:29:13	COBURG	23/02/91	39
8	BLOOMER, Brian	VIC	19:42:30	BOX HILL	15/02/86	45
9	GRAY, Peter	VIC	20:09:23	COBURG	23/02/91	26
10	PARCELL, Ashley	QLD	20:16:28	HENSLEY	23/02/85	29
11	YOUNG, Cliff	VIC	20:17:09	ADELAIDE	09/11/85	63
12	FISHER, Keith	VIC	20:27:27	COBURG	25/02/89	23
13	KELLY, Frank	NSW	20:34:56	HENSLEY	28/05/88	34
14	BROOKS, Barry	VIC	20:43:52	BOX HILL	28/02/87	46
15	KINSHOFER, Rudi	SA	20:45:13	COBURG	23/02/91	36
16	WOODS, Graeme	QLD	20:51:25	ABERFELDIE	23/01/88	41
17	COX (JNR), Terry	VIC	21:41:04	COBURG	10/03/90	
18	AUDLEY, George	WA	21:43:37	PERTH	18/10/86	51
19	KIRKMAN, Geoff	SA	22:04:19	ADELAIDE	09/11/85	35
20	DEVINE, Alan	WA	22:05:30	PERTH	17/10/87	28
21	JAVES, Ian	QLD	22:06:49	BOX HILL	28/02/87	44
22	KIP.MELHAM, Anyce	NSW	22:10:58	ADELAIDE	28/10/89	31
23	HUNTER, Bob	QLD	22:11:27	QLD	01/07/89	54
24	CHANNELLS, Robert	NSW	22:17:21	CAMPBELLTOWN	28/10/89	47
25	WISHART, Greg	VIC	22:20:26	COBURG	25/02/89	50
26	SMITH, Jeff	VIC	22:23:34	COBURG	23/02/91	40
27	McKELLAR, Jack	VIC	22:31:39	BOX HILL	15/02/86	45
28	LYNN, Charlie	NSW	22:33:05	ADELAIDE	09/11/85	40
29	BEAUCHAMP, William	VIC	22:33:28	BOX HILL	28/02/87	41
30	BRUNER, Bob	VIC	22:35:22	BOX HILL	15/02/86	47
31	RILEY, Gerry	VIC	22:35:34	ADELAIDE	01/11/86	56
32	COX, Murray	SA	22:38:18	OLYMPIC PARK	04/08/90	
33	CROXFORD, Alan	WA	22:38:49	PERTH	18/10/86	
34	PEACOCK, Alan	QLD	22:43:34	QLD UNI	05/09/87	
35	TAGGART, Bob	SA	22:50:01	ADELAIDE	29/10/88	41
36	DONNELLY, Bruce	QLD	22:50:25	CAMPBELLTOWN	13/10/90	
37	WILKINSON, Graeme	NSW	22:53:23	HENSLEY	29/11/86	40
38	COLLINS, Tony	NSW	23:05:46	CAMPBELLTOWN	28/10/89	42
39	READ, Nick	ACT	23:06:22	COBURG	13/02/88	36
40	BELL, John	VIC	23:14:21	BOX HILL	15/02/86	
41	YOUNG, Nobby	NSW	23:15:00	NSW	01/09/90	44
42	WOLSTENCROFT, James	VIC	23:15:44	COBURG	25/02/89	34
43	BOYLE, Brad	NSW	23:20:15	CAMPBELLTOWN	28/10/89	29
44	NASMYTH, Chilla	NSW	23:20:25	CAMPBLETOWN	13/10/90	
45	TAYLOR, Maurice	NSW	23:27:00	BOX HILL	28/02/87	38
46	ROSS, Howard	VIC	23:28:26	BOX HILL	15/02/86	40
47	TWARTZ, Peter	SA	23:28:39	ADELAIDE	22/10/95	36
48	TWARTZ, John	SA	23:29:19	ADELAIDE	22/10/95	52
49	MEDILL, Graham	QLD	23:30:02		26/09/92	44
50	ROONEY, James	NSW	23:31:16	WOLLONGONG	26/03/94	41
51	STENNER, Graham	SA	23:31:46	COBURG	25/02/89	44
52	PARSONS, Patrick	VIC	23:34:20	COBURG	10/03/90	43
53	FIRKIN, Graham	NSW	23:35:58	NSW	04/09/90	52
54	CHAMPNESS, John	VIC	23:36:22	HENSLEY	28/05/88	37
55	HOOK, Geoff	VIC	23:38:58	COBURG	23/02/91	46
56	QUINN, Peter	VIC	23:39:09	OLYMPIC PARK	05/08/90	40
57	ARMISTEAD, Peter	VIC	23:45:45	COBURG	10/03/90	43
58	ALLEN, Barry	VIC	23:56:51	BOX HILL	28/02/87	30
59	PARKER, Ross	WA	25:43:25	PERTH	16/10/87	

60	HILL, Ron	VIC	25:44:18	ABERFELDIE	23/01/88	47
61	RECORD, Joe	WA	26:37:20	PERTH	16/10/87	46
62	BURNS, Bob	QLD	30:26:30	CABOOLTURE	22/06/90	47
63	CLARK, Gary	WA	31:54:42	PERTH	16/10/87	
64	THOMPSON, Mike	WA	32:32:23	PERTH	16/10/87	39
65	PHILLIPS, Lindsay	QLD	32:59:19	CABOOLTURE	22/06/90	24
66	MISKIN, Stan	QLD	33:21:47	ABERFELDIE	23/01/88	62
67	RICHARDSON, Peter	VIC	34:32:42	ABERFELDIE	23/01/88	33
68	RAFFERTY, Tony	VIC	35:41:24	ABERFELDIE	23/01/88	48
69	HILLIER, Greg	VIC	42:26:56	ABERFELDIE	23/01/88	32
70	KETTLE, Drew	VIC	42:39:50	COLAC	21/11/95	75
71	SCOTT, Dave	WA	43:16:06	PERTH	13/10/87	40
72	DUNN, Stephen	SA	44:02:50	ABERFELDIE	23/01/88	21
73	HUME, James	VIC	44:28:56	ABERFELDIE	23/01/88	
74	PETERSON, John	QLD	44:33:25	CABOOLTURE	30/06/89	72
75	FARMER, Pat	NSW	45:56:55	ABERFELDIE	23/01/88	25

#### AUSTRALIAN RANKINGS FOR 200KM TRACK BY WOMEN

Rank	Name	State	PB for 200KM	Place	Date	at Age
1	STANGER, Helen	NSW	21:40:52	WOLLONGONG	01/04/95	44
2	PARRIS, Dawn	VIC	23:25:40	OLYMPIC PARK	19/08/89	36
3	HERBERT, Cynthia	VIC	23:56:11	ADELAIDE	01/11/86	44
4	GRANT, Dell	QLD	32:10:42	CABOOLTURE	22/06/90	36
5	McCONNELL, Georgina	NSW	38:02:01	COLAC	21/11/95	52
6	LUSH, Eileen	SA	41:10:05	ABERFELDIE	23/01/88	40
7	CASE, Valerie	QLD	42:39:06	CABOOLTURE	24/06/90	53

#### AUSTRALIAN RANKINGS FOR 200KM ROAD

Rank	Name	State	PB for 200kmRD	Place	Date	At age
1	BREIT, John	VIC	18:49:36	LAUNCESTON-HOBART	16/10/88	31
2	LAW, Andrew	TAS	19:57:22	LAUNCESTON-HOBART	10/04/93	33
3	PEARCE, Phil	WA	21:29:02	PERTH-BUN	05/10/91	
4	PETERSON, John	QLD	21:59:10	QLD UNI	25/06/88	71
5	MEDILL, Graham	QLD	22:11:20	QLD UNI	25/06/88	40
6	WESTBURGH, Eddie	TAS	23:10:02	LAUNCESTON-HOBART		
7	LUCAS, Andrew	TAS	23:19:24	LAUNCESTON-HOBART	17/09/95	30
8	RIDER, Alan	TAS	23:48:48	AIRP-COLAC D	30/11/85	37
9	FISHER, Keith	VIC	23:52:00	QLD UNI	25/06/88	23
10	ROSS, Howard	VIC	25:47:50	AIPT W-COLAC D	30/11/85	40
11	DIKE, Barry		25:56:05	LAUNCESTON-HOBART	17/09/95	
12	GRAY, Peter	VIC	26:20:30	LAUNCESTON-HOBART	10/04/92	27
13	TAYLOR, Dave	NSW	33:08:34	CABOOLTURE	01/09/91	40
14	BURNS, Bob	QLD	34:24:30	CABOOLTURE	01/09/90	47
15	GRANT, Ron	QLD	35:07:45	CABOOLTURE	10/09/92	49
16	GRAYLING, Michael	VIC	40:09:58	CABOOLTURE	10/09/93	37
17	HOLLERAN, David	QLD	40:44:26	CABOOLTURE	10/09/92	36
18	LEWIS, Stephen	QLD	41:02:42	CABOOLTURE	01/09/91	32
19	FOLEY, Mark	NSW	54:41:22	CABOOLTURE	10/09/92	38
20	CHATTERTON, Ray	QLD	63:47:21	CABOOLTURE	01/09/92	43
21	STEWART, Barry	QLD	77:49:24	CABOOLTURE	12/09/92	59

#### AUSTRALIAN RANKINGS FOR 200KM ROAD BY WOMEN

Rank	Name	State	PB for 200kmRD	Place	Date	at Age
1	HERBERT, Cynthia	VIC	28:51:50	MELB-COLAC (207k)	30/11/85	43
2	CASE, Valerie	QLD	42:39:06	CABOOLTURE	22/06/92	55
3	BOLT, Phillipa	QLD	47:48:19	CABOOLTURE	02/09/89	33

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# 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. In the event of my admission as a member, I agree to be bound by the rules of the Association for the time being in force.

.....  
(Signature of Applicant)

.....  
(Date)

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

.....  
(Signature of Proposer)

.....  
(Date)

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

.....  
(Signature of Secunder)

.....  
(Date)

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

Please circle desired rate: \$ 2 5 within Australia

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

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

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

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