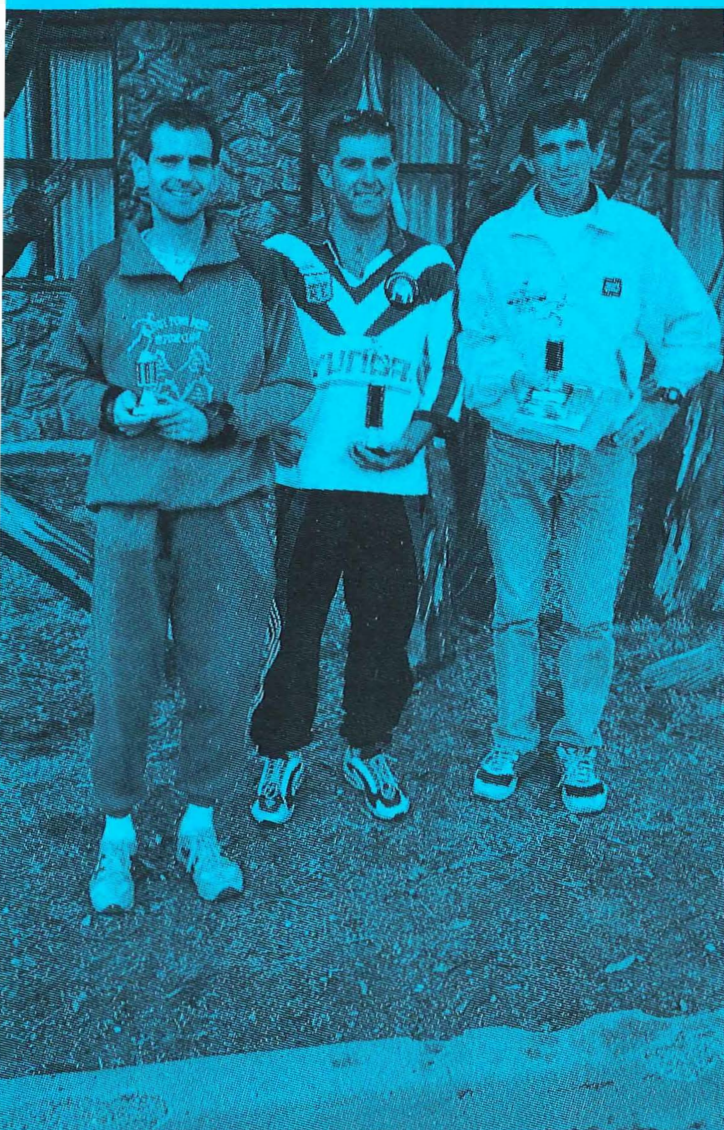


# ULTRAMAG

Vol 13. No. 1

March 1998

Top Place-getters in the **Mansfield to Mt. Buller 50 km Road Race**  
Held on 25th January, 1998



L. to R. Looking pleased and relaxed:  
Kelvin Marshall, 3rd place in 4:22:03  
George Berger, winner in 4:14:18  
Bert Pelgrim, 2nd place in 4:20:57



Lavinia Petrie, winner of the Women's  
Section for the second time, in a top time  
of 4:40:25, also training for the Comrades  
Marathon in South Africa. Good luck Lavinia!

 **AURA**  
**MAGAZINE**



Official publication of  
the Australian Ultra  
Runners' Association  
Inc. (Incorporated in  
Victoria).  
Registered office:  
4 Victory Street,  
Mitcham 3132 Aust.  
Ph: (03 ) 9874 2501

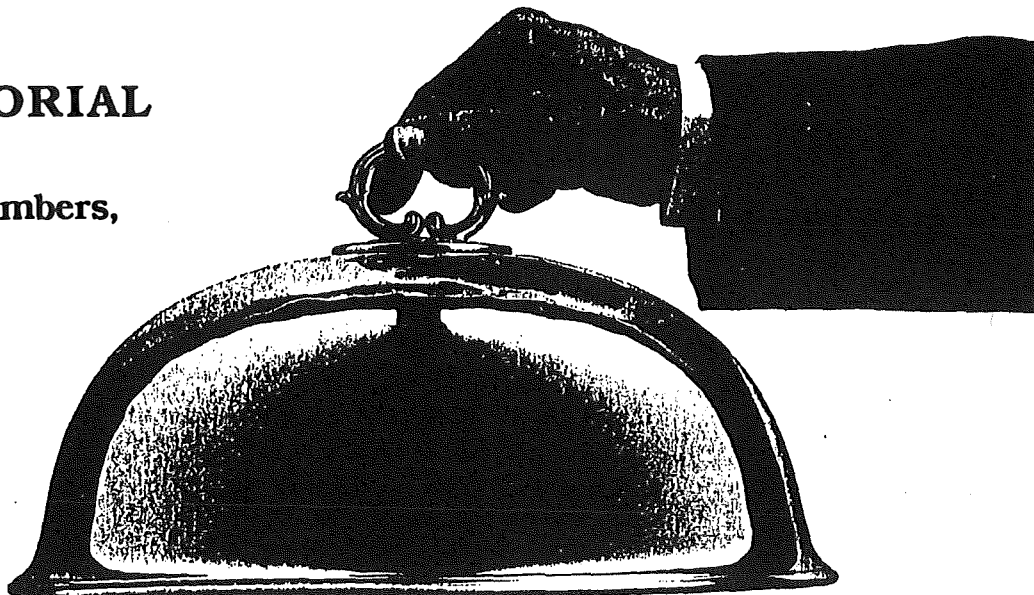


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# EDITORIAL

Dear Members,

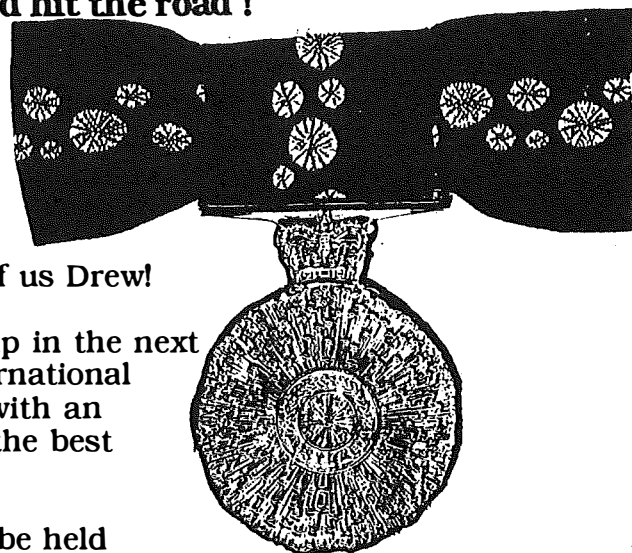


Lift the lid on rewards faster.



Basically, get out there and hit the road !

Obviously, our old mate Drew Kettle has been doing just that, covering around 45km a day in a shuffle from Ayers Rock to Albany and incidentally raising \$15,000 for the Royal Flying Doctor Service. He thoroughly deserves his Order of Australia Medal awarded to him on Australia Day for his public-spirited efforts. Congratulations from all of us Drew!



We have several important ultra events coming up in the next couple of months. Firstly our first ever IAU International 1000 Miles Track event to be held in Nanango, with an impressive inter-national field. We wish you all the best for that one Peter & Shirley Warner.

Our Australian 100km Road Championship is to be held at Traralgon, Victoria this year. A good flat course and endorsed by Athletics Australia. Entry form in this issue. Be in it! Good luck Geoff Duffell!

The IAU 100km World Challenge for 1998 is to be held in Japan, on 18th October, a great country to visit. Consider putting in an expression of interest for that one.

The Coburg 24 Hour Track Race originally scheduled for April has had to be moved to August due to the track upgrade not being completed.

Finally, I do apologise for the poor quality of the photographs in the last issue. We tried a new (and cheaper) supplier of screen bromides to try and cut costs. Back to the drawing board on that one.

Stay fit and healthy.

Regards *Bob*

# 1998 ULTRA CALENDAR

- Mar BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW, 46km** mountain trail run, 9am start Saturday from Katoomba to Jenolan Caves, Time limit 7.5 hours, Contact Chris Stephenson, Six Foot Track Marathon, GPO Box 1041, Sydney 2001, 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 Arwarra 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 21 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
- April 5 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 this issue. Contact Geoff Duffell (03) 5122 2855
- April 5 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, Entry fee \$20 for 50km & 25km events, entries close 3/4/98
- 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 (0417) 285 609 Fax (02) 4342 7611



# 1998 ULTRA CALENDAR

- 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 (06653 6831 (H) or 6654 1500 (W)
- May **TAMWORTHII 24 HOUR CHARITY RUN**, NSW, Viaduct Park, Tamworth, 10am start. \$35 entry, 10am start on Saturday, Contact Dallas Earsman, 143 Bridge Street. Tamworth 2340, Ph. 657216 (H) or 653511 (W)
- May 3 **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.
- May 3. **GLASSHOUSE 50 TRAIL RUN, QLD**, 12/27/54km events and 50 mile relay, start Enquiries & Entries to Ian Javes, 25 Fortune Esplanade, Caboolture, Qld, 4510, Ph: (07) 5495 4334.
- June 14 **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 3rd June, 1998, Entries to Rick Foster, P.O. Box 258, Nowra 2541 NSW, Ph. (02) 4421 5339.(H) Cheques payable to Nowra Road Runners. Transport back from Kangaroo Valley to the start provided.
- June 20 **AURA 50 MILE TRACK RACE, VIC.** (Australian Championship) at East Burwood (Bill Sewart Athletic Track), Burwood Highway, East Burwood, 400m track, 8am start, \$28 entry (AURA members), \$33 others; contact John Harper, 21 Lancelot Cresc, Glen Waverley Vic 3150 or Phone (03) 9803 7560 (H) or (03) 9854 2629 (W)
- Aug 16 **IAU ASIAN PACIFIC 100KM CHAMPIONSHIPS, GOLD COAST.** Contact Harry Davis. (07) 5577 6868, a QURC event.
- Aug 22/23 **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
- 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. **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

- 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 Cahoonville Q'ld. phone (0754) 95 4334.**
- Oct **TAMWORTH 24 HOUR TRACK RACE, NSW, grass track. Race Organisers: Dallas Earsman, Ted Cross. Sorry no contact numbers supplied. Tony Collins, 36 Bungary Road, Norah Head 2263 NSW may be able to assist.**
- 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 & 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.**
- Oct **ALBANY TO PERTH 560KM ROAD RACE, WA. Contact Ross Parker, 33 Burradine Way, Craigie 6025 W.A., ph. (09)401 7797 to apply for invitation to run.**
- Nov 7 **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, Entry fee NZ\$60.00, Contact: Race Director, Scott Leonard, 4/69 View Road, Mt.Eden, Auckland, New Zealand.Phone/Fax 64 9 623 0567. "That Dam Run"**
- Nov 15-21 **13TH AUSTRALIAN 6 DAY RACE, COLAC, VIC. Memorial Square, 3pm start - and finish on Saturday 21st 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 **VICTORIAN CHAMPIONSHIP 6 HOUR & 50KM. VICTORIAN TRACK CHAMPIONSHIPS ( & 6 HOUR RELAY), Moe, Victoria, T 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 5 **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.**
6. **Contact Mark Hey, Ultra Tasmania, 7 Hone Road, Rosetta, Tas 7010 or phone (03) 62 727233 (H)**



# 1998 ULTRA CALENDAR

- Dec **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)

# 1999 ULTRA CALENDAR

- Jan **AURA BOGONG TO HOTHAM, VIC.** 60km mountain trail run, a tough event with 3,000m of climb, 6.15am start at Mountain Creek Picnic Ground. 3,000m climb! Phone Geoff Hook, (03) 9808 9739, entries close 23rd Dec, 1996. No entries on the day.
- Jan **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 Track, Coastal Classic, P.O. Box 1060, Gosford 2250, NSW or phone Frank (02) 4323 1710 or Paul (02) 9683 6024 (H)
- Jan 24 **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$15 entry, 7am start. Closing date: 14th January, 1999. 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 6 **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 Entries close: 21st January, 1997
- Feb 6 - 7 **6 or 12 HOUR + 50K, 50 MILE, 100KM QUEENSLAND ROAD CHAMPIONSHIP,** Caboolture Historic Village, Q'ld. Contact Race Director Peter Lewis (07) 5496 6437

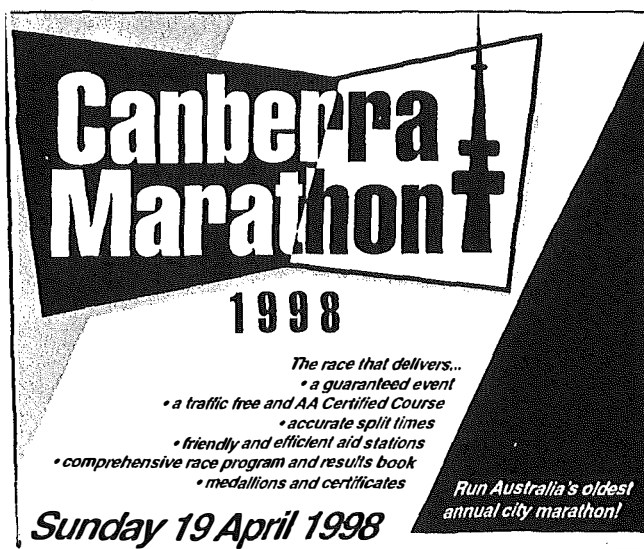
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## IMPORTANT ANNOUNCEMENT!

### 1998 AUSTRALIAN 100KM ROAD CHAMPIONSHIPS

will be held at Glengarry (near Traralgon), Victoria on Sunday 5th April, 1998. As well as an individual race, there will also be a state terms' challenge. Eligible individual and team placegetters will be awarded Athletics Australia medals.

Please make every effort to compete or spectate at this important event in Australian Ultrarunning. See pages in Race Advertisements section for more details and an entry form.





# 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: .....

.....

.....

.....

# FORTHCOMING 1998 A.G.M.

## CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 12th Annual General Meeting in June, at which a new Committee of Management must be elected.

Nominations for elected Committee positions will close in May, 29th 1998. Positions open for nomination and election by ALL members of AURA are the Officers of the Association, namely: President, Vice President, Secretary, Assistant Secretary, Treasurer.. For the sake of reasonable management of committee meetings, filling these positions are open only to members living in or near Melbourne, except the position of President. The position of President is open to all AURA members; however, the person so nominated must undertake to personally guarantee to attend all Committee and General Meetings of the Association (sickness or illness excepted) at no cost to the Association, otherwise the nomination is invalid. All meetings will be held in Melbourne.

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

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

Positions available are:

NSW Entitlement	2 Ordinary Members of Committee	Note: You do not need a formal nomination for these positions; you only need to indicate your willingness to stand.
Q'LD Entitlement	2 Ordinary Members of Committee	
S.A. Entitlement	2 Ordinary Members of Committee	
W.A. Entitlement	2 Ordinary Members of Committee	
A.C.T. Entitlement	2 Ordinary Members of Committee	
TAS. Entitlement	2 Ordinary Members of Committee	

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

Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business, please notify the Secretary by the 29th May, 1998

In summary then, if you are interested, we require from you by the 29th May, 1998, the following:

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

\*\*\*\*\*

Example of Form of Nomination:

I nominate .....being a member of AURA  
for the position of .....  
to be decided at the Annual General Meeting of the Association to be held in 19948

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

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

Nominee's acceptance signature ..... Date



# AURA CLOTHING & BADGES

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

We also have printed cloth badges and car windscreen stickers.

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

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

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

## AURA CLOTHING ORDERS

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

COLOURS    RED    WHITE    GOLD    GREY    NAVY

SIZES:    12    14    16    18    20    22    24

## AURA ADVERTISING MATERIAL

### PRINTED CLOTH BADGES

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

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

\*\*\*\*\*

### CAR WINDSCREEN STICKERS

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

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

Kindly fill in details in BLOCK LETTERS:

NAME: .....

ADDRESS: .....

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

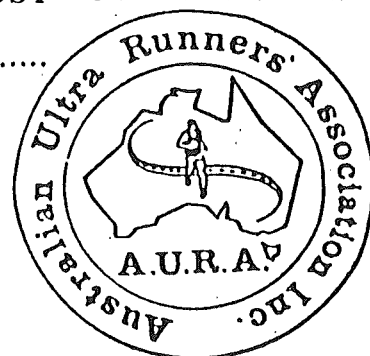
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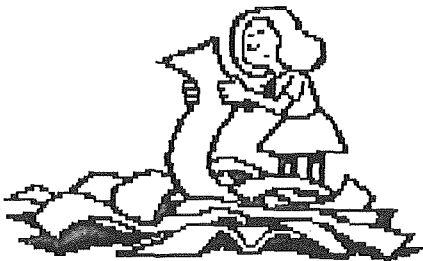
SIZE: ..... COLOUR: .....

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

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

IO.





## LETTERS TO THE EDITOR

4 Victory St  
Mitcham  
Vic 3152

Dear Dot:

Happy New Year to everyone for 98. Please find enclosed my renewal for this year. My new address and phone number is at the top of the page. I won't be at Coburg (To close to Adelaide 24hr in October) this year, but will be at the 50 mile race in June. I hope you can have the AGM on that night. Kill two birds with one stone! Please put this in the next UltraMag, so if anyone wants to write or ring they may. I am getting on with the Westfield Book and will have the first draft ready by December. Has Mike Agostini made any more approaches to you about putting the Sydney to Melbourne again? All the best.

Regards

Phil Essam

19 Luringa Close  
Craigmore  
SA 5114

08 - 82870325

---

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

**Race Director: Geoff Duffell, 7 Shaw Street, Churchill 3842**  
**Phone or Fax (ring first): 03 5122 2855**

16 February, 1998

Dear Dot

I previously sent you the results of the Victorian 6 hour and 50 km Track Championships for publication in *Ultramag*. Unfortunately I have to advise that the results of the 50 km men's race have now been overturned. Due to a lap counting error, Ian Cornthwaite was one lap short and, effectively, did not complete the distance. Ian did not run an extra lap at the finish.

This is a very disappointing outcome to an otherwise brilliant performance, especially as Ian had enough time up his sleeve to break the Australian 50 km record.

The revised men's 50 km placings are now: 1. Kelvin Marshall, 2. Rob Embleton, 3. Ken Matchett.

Sincerely

Geoff Duffell

// .





COPY

To the Editorial staff of "Neos Kosmos"

I would like to draw your attention to some recent publicity given by your newspaper to Isak Ketsakidis and his claims of having run some ultramarathon distances. I think it is high time that some "home truths" should be exposed.

Before I go any further I believe I should clarify my position in this matter. I have been a member of the Coburg Harriers since 1976 and more importantly an Ultramarathon runner since 1985, my involvement with ultrarunning has been extensive having competed all over Australia, New Zealand and America in that time. I have also spent 10 years on the committee of the Australian Ultra Runners Association [AURA]. In short, I have been in the sport longer than most and I have a damned good idea of what it takes to succeed and just how tough a sport it is, I have been privileged during this time to have competed against some of the worlds best.

As an AURA committee member, I can tell you that we often had to deal with unheard of dreamers claiming "records" for all sorts of imaginary and unsubstantiated "runs". To put it politely they were fobbed off and, as they gained no publicity, they were a source of amusement to us as they were generally not heard of again. There is currently some crackpot up in Sydney claiming to have bettered Yiannis Kouros's 1,000km record. As I said, it is laughable.

The biggest joke of all was just prior to Christmas 1996 when a raw untrained and inexperienced youngster arrived at the Coburg Athletic Track to run in a 50 km race and claiming that he was going to run from Sydney to Melbourne in 3 months time. After having viewed his performance in the 50km race, it made his claim even more ridiculous. During the Ultrarunning boom I could relate to you many stories of seasoned, hardened international athletes who failed to complete the Sydney-Melbourne run as they dragged their broken bodies along the highway with swollen, blistered and bruised feet with their weather beaten bodies several kilograms lighter than when they started. Can you imagine the mirth with which Isak was greeted with when he turned up at the Coburg Athletic Club a few short days after his supposed Sydney-Melbourne run looking no different to the out-of-condition and inexperienced youngster that he is.

No one at the Coburg Harriers believes his wild claims at all and those that have heard of him in the Ultrarunning community have been having a jolly good belly laugh.

When I heard from a friend that Isak was getting lots of publicity in your newspaper the belly laughing stopped. Ultrarunning is a sport of which I am very passionate and I will not remain silent when tripe like this is reported as fact, such stories belittle the sport and, even worse, they belittle the decent and honest competitors who work so hard to establish records.

Isak did approach AURA to make a record claim and he was quickly put back in his place. I had the opportunity to question Isak, one night, and his evasive and contradictory answers proved to me that he has absolutely no idea how to go about preparing and completing such a run and I warned him not to approach AURA again or I would expose him to the Ultrarunning community Worldwide. As AURA has not heard from him since then I can only assume that he took my advice on board. I also challenged him to prove his worth by entering an official multi-day ultra race but that went unanswered.

I would draw your attention now to an article that appeared in the October 30th edition of your newspaper, it includes a copy of a letter signed by the Coburg Harriers head coach "Jeff Sharam" stating that he believed Isak was capable of completing a 4,500km run. As I have known Jeff for about 11 years, I found it hard to believe that he would write such a thing. After having conferred with Jeff on this matter I found that Jeff doesn't believe him either, the most polite thing I can say is that the document appears to have been "DOCTORED." I will leave you to draw your own conclusions about this.

It does the credibility of your newspaper no good at all when reporters choose to glorify unrealistic and unsubstantiated claims without doing a proper investigation of the facts.

As I mentioned earlier, I will not sit quietly and see the sport of Ultrarunning be used and belittled by a youngster who appears to have a rather vivid imagination. Having seen Isak in action I don't believe he is any more capable of running his recently claimed Brisbane-Melbourne journey than my now deceased Grandmother.

Kevin Cassidy



## **RACE REPORTS & RESULTS**

### **TAMWORTH 24 HOUR TRACK RACE**

#### **4-5 OCTOBER, 1997**

Many people, it would seem, are not aware that this race is held every year. This was the 8th race in the past 9 or 10 years. It would have to be one of the friendliest and most enjoyable events - hosts Dallas Earsman and Ted Cross seem to be able to lift everybody's spirits whenever they are flagging, with a smile and a word of encouragement. Because the field is composed largely of novices and relatively inexperienced runners, lots of encouragement is often needed.

The grass track was in the best condition that I've seen it in 4 starts and the weather was perfect (except for the 2 hours during the night when the wind got up and threatened to blow down some of the tents). Running inside the Ultra track were many relay runners, competing against each other for their own awards. This has always been a good feature of the Tamworth race, as these people tend to lift the pace of the ultras, both with their encouragement and by providing comparisons (after a few hours and/or sessions, some of them appear to be doing it tougher than those of us on the outside track).

Disabled runner/walker Barry Stewart put in a creditable 44+ km effort - much less than his PB but it should be remembered that Barry is no spring chicken and his physical disabilities are getting worse. Speaking of spring chickens, a young runner by the name of Rick Brown, in his first Ultra, showed considerable style and ability. He was equal leader after the first hour, and leader after the third, fifth, sixth, eighth and ninth hours. This shows he has a lot of stamina, coming back repeatedly with courage and determination. No matter that he flagged at the 12 hour mark - with a little advice and some good coaching, he has all the makings of a champion. Another promising runner, youngest in the field, was Aaron Hudson, who showed strength early but must learn that Ultras are not won in the first few hours.

The runner who vied most with Rick Brown for the leadership in those early hours was Robert Herd, a distinguished academic from nearby New England University and winner in 1996 with 192km. Robert wanted to win again and I suspect he went out too hard, trying to stay ahead of Brown, and caused some injuries to himself in the process. It was not directly the injuries that forced him down finally into third place, as he was a rocket on the track, right up to the end. It was the amount of time he spent in the massage tent that was his undoing. Nothing, in my experience, makes a competitor run faster than knowing their opposition is off the track. "Free Ks" I call it!!

Isabel Buckland ran her usual consistent race. She is the quiet achiever who simply runs for the sheer enjoyment of it. A nice thing about Isabel is that she supports all the local ultra races, and always gives her best.

Local runner Bruce Somerville again turned out to support the race (a charity event in support of the local Base Hospital) and again showed what courage and determination can achieve. Similar qualities were shown by Greg Porter who walked the entire race because a back injury prevented him running!

14. It was good to see Queensland runner Graeme Watts at Tamworth for the first time. He turned in a solid performance with good consistent laps especially during the night, being only one lap off winning the graveyard trophy.

Runner number 8, who ran 11 laps in the first and last hours and none in between was local 'celebrity' Ray Dineen. Ray is the NBN 3 newsreader, a sometime runner and was crew manager for one of Cliff Young's Westfield runs way back when..... His presence, if for no other reason, ensured the local TV media were present to give the race wide coverage.

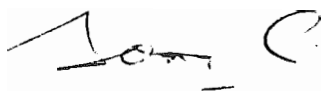
As for myself, this was my third win in the race, and is proof that slow runners can beat faster runners if they use their heads. Many people do not realise the multitude of tactical strategies that can be employed in an ultra to assist them (making the most of "free ks" being only one of them). One may not achieve a great total distance but for most, the primary aim in a race is to compete and if possible, win. Distance covered is a function of track conditions and personal ability on the day and can vary greatly. But competing involves controlling one's running, conserving energy to be able to exploit one's opponent whenever the opportunity arises. This may involve running a lot slower than one is capable of, for many hours or even days, just to be within striking distance. But I digress.....

All in all, a great race. Hopefully Dallas and Ted will find the energy and motivation to hold it again next year, and I hope many runners will turn up to support this race, the only 24 hour race in NSW.

P.S. Heard yesterday that Dallas has been in hospital recently with a hip problem. Hope he has no serious problem and wish him a speedy recovery.

Best wishes,

Tony Collins.



## **TAMWORTH 24 HOUR RUN 4-5TH OCTOBER, 1997 RESULTS**

1.	Tony Collins (Norah Head NSW)	176.220km	(Graveyard Award - 98 laps)
2.	Graeme Watts (Nanango, Qld)	160.800km	
3.	Robert Herd (Armidale NSW)	158.406km	
4.	Bruce Somerville (Tamworth)	130.915km	(First local male)
5.	Greg Porter (Tamworth)	116.221km	(Achievement Award)
6.	Rick Brown	93.556km	
7.	Isabel Buckland (Neath, NSW)	91.420km	(First female)
8.	Aaron Hudson (Tamworth)	74.362km	(Youngest runner)
9.	Barry Stewart (Wondai, QWld)	44.237km	(Oldest runners)

Some distances have been corrected following an accurate check of all lap score cards.

Ted Goss (Run Director)

Ed's note:

Tony, your comment at the start of your article that "people... are not aware that this race is held every year" is not surprising. When have you sent us a race advertisement to put in our Ultra Calendar or a race entry form to print in our Race Advertisements?. How the heck do you expect ultrarunners to know about your event if you don't advertise it in the magazine that they all read????



# WINSCHOTEN 100KM WORLD CHALLENGE 1997

## BELATED AND BRIEF FROM WINSCHOTEN

As previously mentioned in the last AURA magazine it was a gutsy, determined performance by the Australian athletes at last years World Challenge 100, rather than a startling one. Tim Sloan and Paul Every both ran way below their PBs, but both put in a terrific effort to finish the race. Mick Francis also ran below his best form, but Mick I'm sure a 7.30 is just around the corner! Unfortunately Mary went into the race with a longstanding injury, gave it her best shot, but wasn't able to finish. Paul went on to complete the very tough 245km Spartathlon two weeks later, which was a magnificent effort, well done Paul, (I presume a full report is on it's way!) I was really the only one who could be really happy with their performance, running a 30 minute PB. It was my first and only ultra of 1997 and my third 100 in all. Although I had trained hard for the race, I was worried that I hadn't raced for such a long time. On reflection this may have gone in my favour, as I seemed to go into the race in a fresh, very motivated manner. I lost control a little during the period 85km to 90, but rallied strongly to finish in 8.07.51. I now feel that I am pretty close to breaking 8 hours, maybe in Traralgon in April.

Thankyou to Mick (and parents), Mary, Paul (and Diane), Tim and Geoff for a very enjoyable time in Holland. I also spent time with my in-laws in Hamburg and with family and friends in England.

## WATCH OUT YIANNIS!

Maybe his magnificent effort in breaking the 300km barrier for the first time could trigger off many years of efforts around the world to get close to this incredible mark. I've heard on the grapevine that Wolfgang Schwark, the German 24 hour record holder with 276,209, has begun training again after nine years away from the ultra scene. It seems his one and only aim is to have a go at the world record. Yiannis, you can sit back now and watch all the 24 hour boys fight it out!

## DRUGS IN SPORT.

As many of you know, the female winner of the World Challenge in Winschoten, Maria Bak of Germany, tested positive for steroid use and was subsequently stripped of her title. The German team was also disqualified and the team 'gold' was awarded to the French team. To my knowledge there has been very little said in the German press, no statement from the German athletics federation or a statement by the athlete herself. Since the reunification, many former East German coaches from various sports have obtained jobs either in the Federal Republic's team or with other federations, (eg. Chinese), something which almost happened here in Australia. The situation at the World Swimming Championships has also brought the topic to the fore again, both with the stripping of Winfried Leopold of his accreditation and the discovery of the growth hormone carried by a Chinese athlete.

Should these coaches be allowed to continue working?

Surely the present four year ban for such drug offences is a joke.

Should they be banned for life?

What do you think? Maybe you would like to offer your opinion.

Ian Clarke.



IAU 1997 100km World Challenge, Winschoten, The Netherlands, The Australian contingent - L. to R. Ian Clarke, Paul Every, Mary Francis, Mick Francis (hidden), Tim Sloan., plus local Junior banner- holder.

**BRINDABELLA CLASSIC**  
*Australia's toughest downhill mountain race*

Sunday 9 November 1997

**Course description:** 54km trail run starting at the top of Mt Ginini (1762m) and finishing at the Cotter Reserve (475m). The course is a combination of dirt road, four wheel drive tracks and a little bit of bush for good measure. Runners climb to the top of Mt Franklin, pass through Aggie Gap and over Bulls Head before beginning the descent to the Cotter River. The course joins the 'Cotter 18' just before the "Cotter 21" turn-off, and follows it to the finish via Vanity's Crossing. In 1994 the course was changed for the second time in its history. A new route was necessary at the descent off Bulls Head, adding about one kilometre to the distance but providing a more gentle descent.

**Race weather:** Great running conditions at the Bulls Head toilet stop on the way up to Mt Ginini but near the top the buses emerged from the low cloud and the scene on the top of Ginini was similar to flying above the clouds - warm and very sunny. Running conditions were better down amongst the trees with the usual warm finish.

**Race Director:** Hugh Jorgensen

**Assistant Race Director:** Fiona Jorgensen

**Course Director:** Graeme Skelton

**Special assistance:** The Wireless Institute of Australia (communications); Rob Woodrow and fellow masseurs; St John Ambulance (first aid); and all the volunteer groups at the aid stations, course marshals and finish line personnel.

**Race Report:** Participants in both the individual and relay team events in the 11th Brindabella Classic were lower this year, possibly due to the hosting of the Masters Games in Canberra the week before. The event also saw a change in directorship as Trevor Jacobs relinquished his duties of Race Director to concentrate solely on the event.

Trevor, the pre-race favourite, led through the last drink station but was passed by a quick finishing Colin Fray from Great Britain in the final kilometres. Colin managed to reduce a deficit of more than two minutes to catch Trevor, who succumbed to the effects of a heavy Masters Games schedule the previous week. Colin finished in a time of 3.49.24, followed by Trevor in 3.51.57. Kelvin Marshall from Victoria completed the trifecta in 4.08.11.

In the women's section Pip Thorn, who has placed second in the last two years finally broke through for a win. Pip got the shock of her life in the final kilometre to see a fast finishing Elizabeth Short snapping at her heels. She managed to put in a final surge, finishing in a time of 4.44.32, a significant improvement on her 1996 time. Elizabeth finished only 12 seconds behind to cross the line in 4.44.44. Sarah Fein, who was the early race leader, completed her debut in a courageous time of 4.57.59.

The favoured South Canberra Tuggeranong relay team was beaten this year by the Australian Defence Force team who finished in a time of 3.34.22. S CT finished two and a half minutes further back. Fast Women won the all female team category for the second year in succession.

While conditions were ideal, assisted by early morning cloud cover which cleared by midday, only two relay records were bettered this year - MMFF DART team and MFFM Aero Dynamics. For the second consecutive year, the Murray Darling Basin Commission took out first prize for the best drink station (7). Andrew Gardner (9) and Jon Stanhope (3) took out second and third places respectively. Prize money to the value of \$300 was once again kindly donated by DAS Distribution.

Trevor Jacobs and Bill Rannard were awarded platters for their 10th Classic. Goblets for completing six Classics were awarded to Richard Lane, Judd Boeker, Alf Field, Jenny Kiss and Bob Dent.

#### Race history:

1987	Trevor Jacobs	ACT	3.53.55	Wanda Foley	NSW	6.33.37
1988	Martin Thompson	NSW	3.51.00	Linda Thompson	NSW	4.11.00
1989	Trevor Jacobs	ACT	3.48.30	Helen Stanger	NSW	5.04.23
1990	Geoff Large	NSW	3.36.14	Marion Langford	NSW	6.18.13
1991	Trevor Jacobs	ACT	3.39.13	Randi Bromka	USA	4.35.02
1992	Trevor Jacobs	ACT	3.33.33	Jenny Kiss	NSW	5.13.48
1993	Trevor Jacobs	ACT	3.41.40	Bronwyn Hanns	ACT	4.45.21
1994	Trevor Jacobs	ACT	3.45.08	Bronwyn Hanns	VIC	5.05.51
1995	Craig Ambler	NSW	3.42.20	Mo Bartley	USA	4.21.06
1996	Glenn Paterson	ACT	3.43.51	Dawn Tiller	NSW	4.29.08
1997	Colin Fray	UK	3.49.24	Pip Thom	NSW	4.44.32

#### Race rankings:

1.	Trevor Jacobs	3.33.33	1992	Linda Thompson	4.11.00	1988
2.	Geoff Large	3.36.14	1990	Mo Bartley	4.21.06	1995
3.	Craig Ambler	3.42.20	1995	Dawn Tiller	4.29.08	1996
4.	Glenn Paterson	3.43.51	1995	Randi Bromka	4.35.02	1991
5.	Geoff Carter	3.48.44	1995	Pip Thom	4.44.32	1997
6.	Colin Fray	3.49.24	1997	Elizabeth Short	4.44.44	1997
7.	Prachar Stegemann	3.50.14	1991	Bronwyn Hanns	4.45.21	1993
8.	Martin Thompson	3.51.00	1988	Debbie Cowell	4.51.16	1995
9.	Eamonn Walsh	3.53.26	1991	Sarah Fien	4.57.59	1997
10.	Bruce Cook	3.55.00	1989	Helen Stanger	5.04.23	1989

NOTE: The course was changed in 1991, adding some 2.5kms to the total distance. However the new section is considered easier than the old section, making the course roughly comparable. The course was changed for a second time in 1994 but, again, distances and times are comparable. A new route was necessary at the descent off Bulls Head, adding about one kilometre to the distance but providing a more gentle descent.

#### Individual Results

##### Men:

1	Colin Fray	UK	3.49.24	11	Ian Geen	NSW	4.51.12
2	Trevor Jacobs	ACT	3.51.57	12	Mike Ward	NSW	4.52.54
3	Kelvin Marshall	VIC	4.08.11	13	Steve Appleby	ACT	4.56.12
4	Richard Lane	WA	4.10.47	14	Michael Smith	ACT	4.59.15
5	Brock McKinlay	ACT	4.28.54	15	Judd Boeker	ACT	5.02.34
6	Martin Fryar	NSW	4.34.11	16	David Stiles	VIC	5.04.30
7	Sam Renauf	NSW	4.36.36	17	Marc Murphy	NSW	5.15.27
8	Alan Towill	ACT	4.38.18	18	David King	NSW	5.15.46
18. 9	Phillip Clarke	NSW	4.42.17	19	Michael Wilson	NSW	5.17.26
10	Benjamin Brikcius	ACT	4.49.52	20	Graeme Shipley	NSW	5.19.11



# BRINDABELLA CLASSIC

## SUNDAY 9TH NOVEMBER 1997

### Results (cont'd)

21	Bob Dent	ACT	5.20.38	51	Irwin Light	NSW	6.25.48
22	Warren Hughes	NSW	5.21.32	52	Rodney Sturch	NSW	6.31.11
23	Mick Kilham	NSW	5.21.31	53	Peter Allen	NSW	6.31.11
24	Alan Duus	ACT	5.27.15	54	Keith Thorne	NSW	6.32.59
25	Keith White	NSW	5.27.49	55	Grahame Kerruish	NSW	6.42.06
26	Alf Field	NSW	5.29.23	56	John Brett	NSW	6.43.58
27	Lindsay Gilbert	NSW	5.30.23	57	Stephen Mifsud	NSW	6.46.34
28	Klaus Neumann	GER	5.31.42	58	Vic Anderson	NSW	6.52.26
29	Derek Smith	NSW	5.32.51	59	David Rossi	ACT	6.53.58
30	Carl Simpson	NSW	5.33.52	60	Andrew Pitcher	ACT	6.56.43
31	Dave Gilbert	ACT	5.35.08	61	Ted Lillis	NSW	6.57.06
32	William Rannard	NSW	5.35.48	62	Colin Francis	NSW	6.58.24
33	Gordon Forsyth	NSW	5.36.06	63	Steve Talbot	NSW	7.03.39
34	Mark Devenish	ACT	5.38.19	64	Vic Hessel	ACT	7.06.33
35	Adrian Izurieta	NSW	5.38.36	65	Jean-Luc Taillefer	ACT	7.12.40
36	David Solomon	NSW	5.41.49	66	Jean-Jacques David	ACT	7.12.40
37	Brian Colwell	NSW	5.42.13	<b>Women:</b>			
38	Richard Bartlett	NSW	5.42.16	1	Pip Thorn	NSW	4.44.32
39	Thaene Siharath	ACT	5.42.18	2	Elizabeth Short	NSW	4.44.44
40	Ludwig Herpich	NSW	5.42.36	3	Sarah Fien	NSW	4.57.59
41	Chris Gamble	ACT	5.44.37	4	Kath Bergkvist	NSW	5.16.56
42	Tony Bagala	NSW	5.44.57	5	Breeda Kelly	NSW	5.29.30
43	Richard Caton	NSW	5.48.20	6	Trudy Rae	NSW	5.35.45
44	Jim Screen	NSW	5.52.43	7	Jenny Kiss	NSW	5.44.38
45	Ernie Warner	ACT	5.54.11	8	Lauren Ostrowski	VIC	6.09.12
46	Bruce Hall	NSW	5.54.42	9	Margaret White	NSW	6.29.38
47	Franz Wanderer	NSW	6.10.08	10	Trish Winter	NSW	6.33.08
48	Roger Rigby	NSW	6.13.45	11	Cristine Ashcroft	NSW	6.43.45
49	Dave O'Connor	NSW	6.14.34	12	Barbara Allen	NSW	6.48.28
50	Christian Gallagher	ACT	6.22.24				



Australian Six Day  
Race, Colac Nov.'96  
John Timms 536.8km  
Elvira Janose 480km  
Cliff Young 561.2km

## **AUSTRALIAN 6 DAY RACE, COLAC November, 1997**

Dot,

Enclosed cheque for Ulira Magazine subscription for 1998.

Although I have competed in over 40 state and Australian 50km walk titles since the 1950s I have never regarded myself as a long distance athlete. After finishing the 1997 Colac Six-Day Race (walking 540kms in the six days) I now intend to do so.

I found it difficult driving back to Canberra on the Monday (my back muscles collapsed on the Thursday. The sports clinic people said my leg muscles were just complete fatigued and needed rest rest and rest). Apart from that I recovered okay and enjoyed the event. It was quite an experience.

I hit the invisible WALL on the fifth night and was cursing Cliff McAliese for talking me into starting. (I hope he couldn't hear what I was thinking). But he was very helpful and I might not have finished without his help. I never originally intended to finish - entering only to force me to start training for the Walkers 100 miles centurion at Collingwood next September.

I have enclosed a few comments on my observations of the event.

**We were fortunate with the weather (although I haven't seen a variety of weather conditions during an event, with rain 15 minutes before the start on Sunday; occasional rain with cool windy conditions with very cold nights for three nights, ideal nights and warm to hot days towards the end. We were very lucky**

**The track setting was interesting** in fact it was very picturesque. The high trees surrounding the track supplied the necessary shade needed in the heat during the last two days. The track so close to the main road resulted in a steady stream of spectators (locals and tourists) watching. I didn't know what to expect from the young locals during the night (by walking and not running the event) - but although a few of them were very vocal they were also very supportive. The supporters tent and caravans so close to the track convenient and the music and bands to entertain us (?) were great.

**What community and Council support.** It is amazing the support and sponsorship from John Kennett's Council and the local businesses. I was impressed with the dedication of Ken Schmidt, Mary Lowe (I won't mention all officials as I would probably miss some) and their huge crew of officials. I am sure it was nearly as tiring for the lap scorers and officials as the athletes during the week.

I have told my friends a few days after the race I would never do the Six-day event but keep thinking that race walking over 600kms would be a far greater achievement???

**My congratulations to Peter Gray on winning (and to Sladan Dragojevic who maintained a steady pace to move up through field and take second place).** Peter tries all the way and can still find time to relax. It was easy to tell when a bus load of school children were there with the screams as Peter sprayed them with water sponges.

My thanks Tony Collins and Ron Hill who were very helpful and gave me good advice during the week. Ron should have been in the Dept. of Foreign Affairs. I have never seen anyone so diplomatic in talking to some of the very vocal spectators..

Andrew Lucas has the potential to win these races but I don't know if he was trying to hard to compete with Aldo Manzina to be the life of the party. Andrew and Aldo certainly entertained the athletes and the crowd with their antics and comments, and livened the area up.

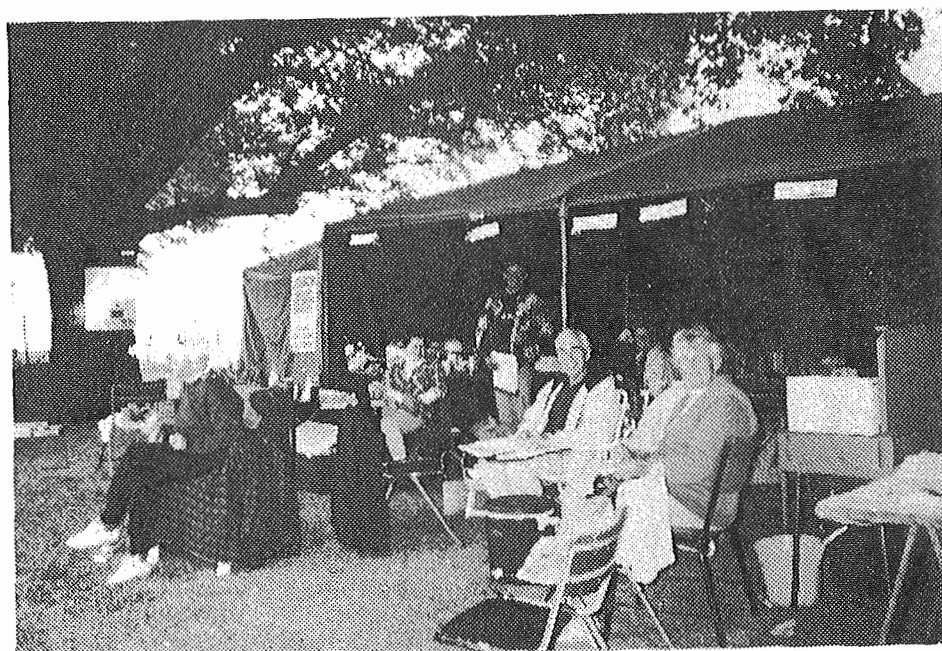
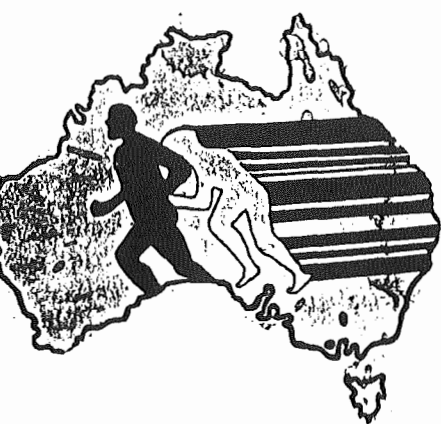
The amazing Dawn Parris. What a lady What an athlete. Wow. Dawn covered 660kms and finished sixth and beat Andrew by 20kms. I was impressed with the sudden change of speed by John Timms he could be an excellent veteran 5k or 10km runner.

David LaPierre stuck to his plan and gradually moved through the field to finish third. Model Elvira Janosi finished 13th and put on a show for athletes and spectators each evening with a new outfit of the latest gear..

Poor George Audley (a former WA 50km walk champion and rep) He appeared to have a good chance of first place at the half way mark But a torn muscle in the left leg ruined his chances.

Who could have survived without the wonderful massages. Thanks to Leonie and her group for the life saving efforts. I record my thanks to Colin Silcock who gave a week of his time to act as my support crew. Many thanks Colin.

regards Peter Waddell



Peter Waddell, Canberra

Helpers and crew,

Peter walked the whole six days,  
And seldom had a rest.  
He sweltered through the heat of day,  
But always gave his best.

Reprinted from "The Dominion" Sport section  
November 17, 1997

## THAT DAM RUN WAITAKI VALLEY, N.Z. SATURDAY 15TH NOVEMBER 1997

# Badic in class of own in That Dam Run

By Maree Hogg

Safet Badic (Australia) battled a chilly wind and patchy rain in the Waitaki Valley on Saturday to notch up his third consecutive That Dam Run 100km title in convincing style.

The Yugoslavian-born Badic, 37, completed the race in seven hours, 25 minutes and 12 seconds, the atrocious running conditions putting paid to his hopes of breaking the Australian record for 50 miles (80km).

"The weather was terrible. I was going on track for the record up to 40km then every part of my body went numb," Badic said.

"I couldn't feel anything. From 40km to 70km it was icy rain, all the way to the second dam (Benmore). The wind was about 100km up there. I was scared it would take me off."

Badic said running on his own – the nearest competitor, second-placed Peter Tutty (Dunedin), came in 44 minutes behind him – contributed to his slower time.

"I ran by myself the whole way. I would prefer to have some other competitors to motivate me. It's so much harder by yourself, you have to pace yourself and fight a lot of things."

Badic said he doubted his slower time would affect his chances of retaining a place in a pro team for the Comrades Marathon in South Africa.

The third man home in the 100km event was Masaya Kawaguchi, of Japan, who clocked in at 9.06.29.

The last of the 20 100km competitors, Naoko and Yasuhiro Kota (Japan), who are on their official honeymoon after getting married eight months ago, had just hit the 70km mark about 4.30pm. The pair, still smiling, finally gave up the chase after 14 hours on the road and were driven to the finish line.

Heinz Wieser (Wellington), who was second last year, came in sixth.

Val Musket (Gore) was the first

woman to complete the race, coming in approximately two hours after Badic in a time of nine hours, 24 minutes and 34 seconds.

The Waitaki Boys' High School team Cynics (Mark Homer, Scott Willson, Aaron Isbister, Bryan Edge, Kent Hammond, Blair Laurie, Craig Emslie and Andrew McKenzie) took out the Milo Marathon School relays race in a time of 2 hours, 19 minutes and nine seconds, winning themselves a rowing machine for their school.

The team also landed the spot prize of a whale-watching trip to Kaikoura.

Otago Boys took out the popular 100km teams' race with Red Devils Civil Defence second and Perspiring College of Wanaka third. The Oamaru Penguins were the first local team to finish and crossed the line in sixth place.

### Results

Men's 100km: Safet Badic (Australia) 7.25.12, 1; Peter Tutty (Dunedin) 8.09.16, 2; Masaya Kawaguchi (Japan) 9.06.29, 3; Ryoichi Sekiya (Japan) 9.06.29, 4; Alister Knox (Mosgiel) 9.54.23, 5.

Women's 100km: Val Musket (Gore) 9.24.34, 1; Ivonne McDonald (New Zealand) 11.18.30, 2; Kathy Davies (Christchurch) 13.09.13, 3.

100 km teams: Otago Boys (Dunedin) 6.10.10, 1; Red Devils Civil Defence (Dunedin) 6.37.19, 2; Perspiring College (Wanaka) 6.52.09, 3; No Excuses 7.01.42, 4; Hill City Tigers 7.02.51, 5.

Men's half marathon: Craig Collins 1.22, 1; Graham Goodwin 1.26, 2; Bruce Nowell (Kuwrow) 1.27, 3; Gordon Smith 1.31, 4; James Park 1.31.05, 5.

Women's half marathon: Janice Finnie 1.34, 1; Annie Faletanoai 1.46, 2; Tracey Paton 1.46.05, 3; Kerry Hewlett 1.46.30, 4; Kasey De Manser 1.47, 5.

Men's marathon: Patrick Lockett 2.54.27, 1; Maurice Hall 3.16.33, 2; Peter Hoskinson 3.22.55, 3; Ivor Folland 3.32.48, 4; Jim Kerse 3.39.04, 5.

Women's marathon: Sandra Watts 3.33.10, 1; Shirley Ralston 4.18.20, 2; Mary Hawkins 4.29.00, 3; Harieta Field 6.43.52, 5.



Winning Australian runner Safet Badic approaches the Benmore dam alongside the shores of Lake Aviemore during the 100km That Dam Race.

## Wind foils record bid

By David Bruce

Oamaru: The weather rather than the 100km course beat Australian Safet Badic in his record attempt during That Dam Race in the Waitaki Valley on Saturday.

Badic was aiming to set an Australian 50 mile (80km) record over the first section of the race – and for a while looked to be in the running for a new mark.

But, while he easily scored his third That Dam Race title, Badic found the strong southerly wind and chilling intermittent rain too much.

Badic (37), originally from Yugoslavia, covered the 100km course in 7hr 25min 12sec, almost 45 minutes faster than Peter Tutty, of Dunedin, who finished second.

The Australian 50-mile record stands at 5hr 12min 55sec and was set in 1968. With relay teams also competing in the 100km event, Badic was looking to them to act as "rabbits" and draw him out over the course.

For the first 40km of the race, Badic was working within that 50-mile record time, but when the weather conditions caught up with him.

"The weather was awful. I was on track for the record but at 40km every part of my body went numb."

He had to battle what was almost a southerly head wind and driving rain on the stretch from Kurow to Otomatata.

"All the way to the second dam I had to contend with the wind which was so strong I thought I would get blown off the road," he said.

Tutty finished the 100km event in 8hr 9min 16sec, with Masaya Kawaguchi of Japan coming in third at 9hr 6min 52sec.

The women's 100km was won by Val Musket of Gore in a time of 9hr 24min 34sec. Results were:

Men's 100km: S Badic (Australia), 7.25.12, 1; P Tutty (Dunedin), 8.09.10, 2; Masaya Kawaguchi (Japan), 9.06.29, 3; Ryoichi Sekiya (Japan), 9.06.29, 4; Alister Cox (Dunedin), 9.54.23, 5.

Women's 100km: V Musket (New Zealand), 9.24.34, 1; I McDonald (New Zealand), 11.18.30, 2; K Davies (New Zealand), 13.09.13, 3.

Teams 100km: Otago Boys, 6.10.10, 1; Red Devils Civil Defence, 6.37.19, 2; Perspiring College, 6.52.09, 3.





Australian Safet Badic crosses the finish line after a gutsy seven hour 25 minute run to victory at That Dam Run in the Waitaki Valley on Saturday. Badic won the title for the third time, beating the second man home, Peter Tutty of Dunedin, by almost 45 minutes.

**Congratulations Sonny!!**

**THAT DAM RUN  
WAITAKI VALLEY, N.Z.  
SATURDAY 15TH NOVEMBER 1997**

## **RECORD SPREE IN VIC 6 HOUR & 50K TITLES**

**By Geoff Duffell, race director.**

The presence of Safet Badic and Linda Meadows in the Victorian Championship races at Moe on 30 November added a lot of interest and speculation about the likelihood of new Australian records being established. Badic made it known that he wanted the 30 mile and 50 km track records. Linda Meadows hoped to run at a pace which would allow her to keep going for the full 6 hours, but records for intermediate distances must have been in her mind as well.

There was a third player, too. Ken Matchett was after the 75 to 79 age world records for 30 miles and 50 k which have eluded him for 12 months.

As expected, Badic took control from the start covering the first 10 k in 36:06, and reached 20 k in 72:23. At this stage he was well ahead of record schedule and still averaging sub-90 second laps. Behind him, last year's winner for both 6 hours and 50 k, Ian Cornthwaite, was circulating less conspicuously. Cornthwaite had slipped two laps behind Badic, but was running far quicker than he had for his wins in '96. Around this time Cornthwaite decided to go after Badic. Before 30 k Badic's pace had slowed to the low 90's, but still well ahead of the records. However, Cornthwaite had pulled more than one lap back and, sensing Badic's decline, fired off a string of laps in the low 80's.

Badic faded badly from there on, finally retiring at 38 k. His record attempt came unstuck, but he won a lot of respect for trying. He had won the Australasian 100k road title in New Zealand just two weeks earlier, suffered a bout of influenza in between, but had been prepared risk all. In so doing, he set the race up for Cornthwaite who, now on his own, continued on and took the 30 mile and 50 km Australian records. Cornthwaite, delighted with his performance, was content to retire even though he had originally planned to run the full 6 hours. (I later saw both Cornthwaite and Badic filling in as seconds for other runners.)

Linda Meadows looked as if she wasn't having the best of days, particularly in the second and third hours. She lost ground early to last year's 50 k winner, Sandra Timmer-Arends, and continued to slip further back. Timmer-Arends reached the marathon mark in 3:03:10 and cruised on to win comfortably in 3:38:18, picking up both the 30 mile and 50k women's track records which had been held by Mary Francis. Linda Meadows came through in second place, in 3:51, now looking stronger and more settled.

In relating the race drama, it would be easy to overlook Ken Matchett. He has a workman-like approach to his running. It's all planned, methodical, and without fuss. As a result he comfortably secured the world 30 mile and 50 k track records, taking some 11 minutes off the previous best. These times will probably become Australian marks when age records are implemented.

At the time of Matchett's records, the number of 6 hour contestants had markedly declined. Kelvin Marshall had been the second male through the 50 k mark and had inherited a firm lead. Unfortunately, he had already had his best miles behind him, and he slogged out the last two hours trying to achieve the greatest distance possible.

Despite the rising air temperatures, Linda Meadows continued on and covered 60 laps in the last two hours, finishing ahead of Marshall. Hers was a solid performance, and although she lacked fitness after 18 months of injury and illness, Meadows wasn't short of grit.

Kelvin Marshall performance can't be overlooked either. He recorded some good times for the intermediate distances and his dogged performance in at the end, giving him the men's Victorian 6 hour title, caps off a highly successful ultramarathon season for him.

RESULTS

Victorian 50 km Championship, Moe, 30/11/97

Name	Sex	Age	30 miles	50 km
1 Ian Cornthwaite	M	35	2:59:02	3:05:52
2 Sandra Timmer-Arends	F	34	3:31:06	3:38:18
3 Kelvin Marshall	M	33	3:31:27	3:39:33
4 Rob Embleton	M	44	3:42:20*	3:50:58
5 Linda Meadows	F	38	3:43:38	3:51:45
6 Ken Matchett	M	75	4:42:00	4:52:13
7 Barry Higgins	M	59	5:26:31*	5:37:32

\*Time at end of the lap after 30 mile mark.

Victorian 6 Hour Championship, Moe, 30/11/97

Name	Sex	Age	laps 1 hour	laps 2 hours	laps 3 hours	laps 4 hours	laps 5 hours	laps 6hours	final km
1 Linda Meadows	F	38	32	65	97	129	159	189	75.958
2 Kelvin Marshall	M	33	36	71	104	134	160	183	73.555
3 Barry Higgins	M	59	26	53	78	93	111	130	52.602
4 Ken Matchett	M	75	27	53	79	103	126		50.400
=5 Ian Cornthwaite	M	35	39	81	121	125			50.000
=5 Sandra Timmer-Arends	F	34	33	69	103	125			50.000
=5 Rob Embleton	M	44	34	69	102	125			50.000
=8 Lavinia Petrie	F	54	29	61	91	105			42.195
=8 Bert Pelgrim	M	41	32	68	94	105			42.195
10 Ian Twite	M	42	34	70	96	105			42.000
11 Safet Badic	M	37	41	81	95				38.000
12 Robert Petrie	M	56	27	53	73	76			30.400
13 Peter Grixti	M	48	27	54	75				30.000

At 40 miles, recorded time for Kelvin Marshall was 5:00:17  
Linda Meadows recorded 5:02:47 at the end of the lap after the 40 mile mark.

6 Hour Relay

Team	laps 1 hour	laps 2 hours	laps 3 hours	laps 4 hours	laps 5 hours	laps 6hours	final km
1 Apollo Gold	40	79	119	156	195	230	92.174
2 Young Guns	39	79	117	156	193	228	91.350
3 Nausea	33	65	99	131	163	196	78.539
4 Sloggers	31	59	91	119	148	176	70.487

## 6 HOUR / 50KM TRACK RACE AT MOE, VICTORIA SUNDAY 30TH NOVEMBER, 1997

A quick report on the 6 Hour / 50K track race at Moe. All went well, the race started at 8am - a little late perhaps - they are *thinking* of a 7am start next year. It warmed up as time went by, but the heat wasn't too bad. The track was good - synthetic, very similar to that of Coburg. The hospitality was very good and the organisation excellent. You will be pleased at the way in which the results have been set out.

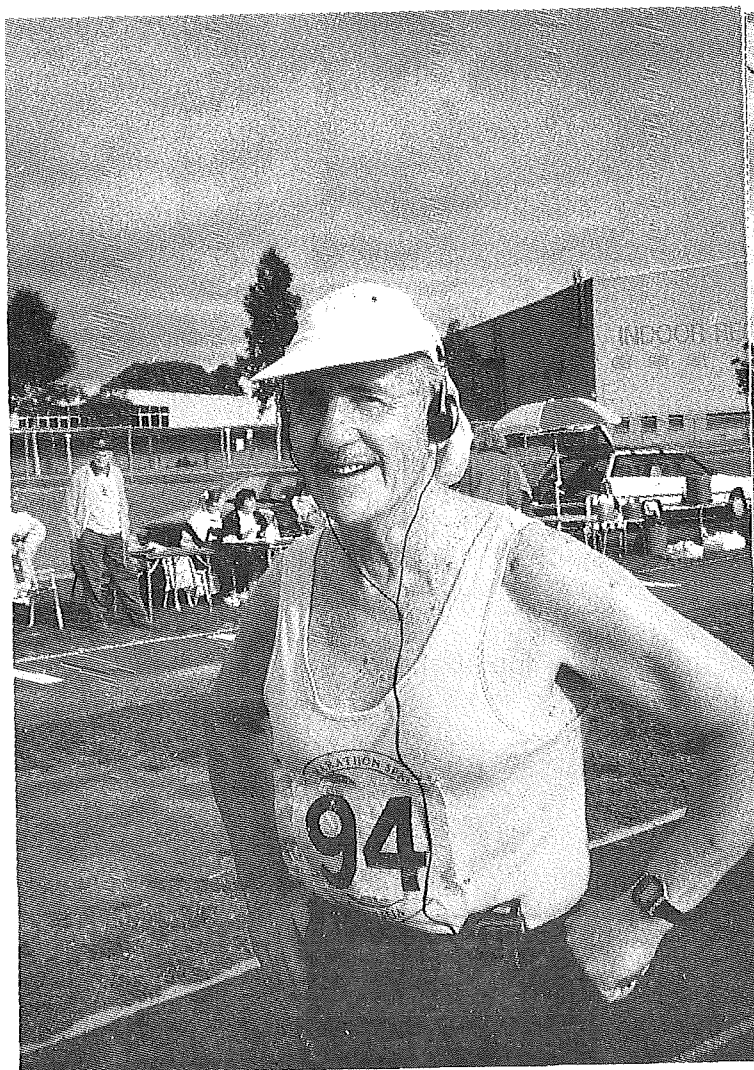
I was feeling good and had my son to help with my drinks. I ran the whole of the 50km, I had to really if the record was to be broken. I knew that if I could get through the marathon in 4 hours or a little later, I stood a good chance, provided of course that I maintained the pace (or there about) for just an extra 8km.

And fortunately, that's how it turned out. For insurance

against error, I ran an extra lap, but I didn't need to as it turned out. I had no intention of running the 6 hours. I will leave this until next time when I will have a go at the 40 mile record at the same time.

I will be putting in a world record I broke his M75-79 age group claim for 30 miles (4:42:00) and 50km (4:52:13) both of which were formerly held by Ed. Benham of USA. I believe I broke his 50K record by 11 minutes.

Ken Matchett.



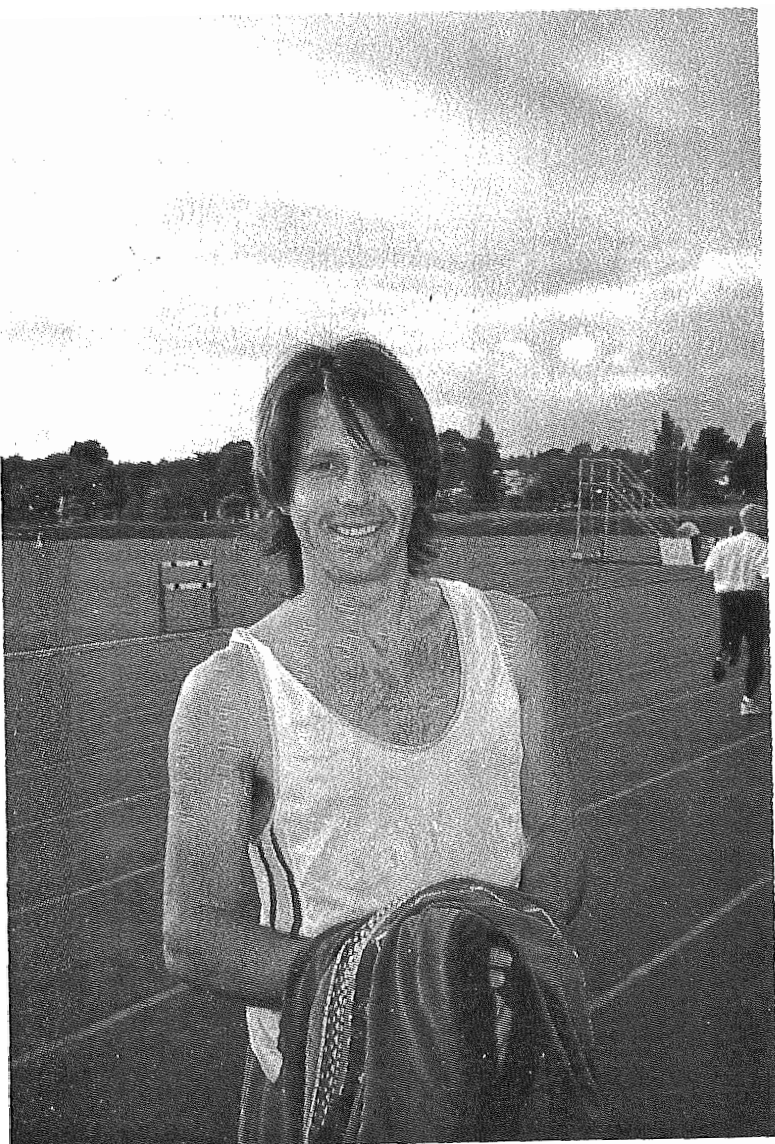
Ken Matchett, a successful competitor in the Vic. 6 Hour / 50km Track Championships held at Moe 30th November, 1997. Records pending are: 70-75 Age Records - 30 miles & 50km. Ken was also 3rd in the Vic. 6 Hour Championship. Quite a haul!



Sandra Timmer-Arends, Victorian 50km Champion. Pending women's records: 50km & 30 Miles Australian Track records.



# VICTORIAN 6 HOUR / 50KM CHAMPIONSHIP MOE, 30TH NOVEMBER, 1997



Ian Cornthwaite suffered incredible bad luck in the Moe 6 Hour / 50km event when he ran brilliantly to win the event, but had it snatched off him when it was found he had run a lap short! A lesson to be learned there!

L. to R:  
Ian Cornthwaite, Rob Embleton, Kelvin Marshall,  
Linda Meadows, Sandra Timmer-Arends



# 10TH ANNIVERSARY KEPLER CHALLENGE

Sometimes just getting to the starting line isn't easy. Such was the case with this year's 10<sup>th</sup> anniversary Kepler track race. This race is of 67 kms over a walking track in the Te Anau area in the South Island of New Zealand. My training partner, Jane Jackson, is a former world class race walker who, in recent years, has suffered a variety of injuries. Torn hamstring attachments, ruptured cruciate and medial knee ligaments, broken collarbone, collapsed vertebrae discs and, last but not least, a long-standing Achilles problem. Jane, a prolific trainer, had regarded this race as her major event for 1997. Along the way during the year, she had run 4 standard marathons and a 50 kms race in preparation. Five weeks before the event, she announced that her achilles was suffering a major strain, was very sore and that if she couldn't make it to the start, she would give up her spot (there are limited numbers in this race and a longish wait list) to someone else and settle for the Luxmore Grunt, which is a shorter distance covering part only of the regular course and run on the same day. This was very negative for her and I judged the situation as serious. However, she is a very accomplished physio, specialising in sporting injuries and usually knows what she's talking about. Breaking with normal tradition, she accepted her own advice. Rest, physio and stretch, rest, physio and stretch. It worked. With about 9-10 days remaining before race day, she decided that the achilles would hold up if she took it fairly easy. I decided to run with her, should that work out on race day.

Six days before race day, we kayaked the rapids of the Whanganui River near Taumaranui, from Cherry Grove to Ohinepane, a distance of 21 kms. Getting my aspirations mixed up with my capability, I opted for a faster but far less stable kayak than I was accustomed to. Eventually, I lost count of the number of times I tipped out in the rapids and ended up cut, bruised, exhausted and hypothermic. Jane gave me her kayak, got my confidence to return effectively, 'saved my life' on the river. The least I could do would be to run the Kepler with her, all the way. Regardless.

The race was on Saturday, 6<sup>th</sup> December with the start time scheduled for 6:00 am. We had booked to fly on the Friday morning from Auckland to Invercargill and drive the 2 hour journey to Te Anau. We arrived at the airport at 9:05 for the 9:45 am flight. Quite conservative by my standards. We were travelling Air New Zealand on this occasion, a departure from our normal travel arrangements. Ansett New Zealand, of course, supports the NZ Ultra Runners Association (of which I am Treasurer) and gives members quite considerable discounts on air travel. The girl at the Air New Zealand check in counter told us our flight had been cancelled. My God, all this work only to find that we may not get to the start line! I already knew that Ansett did not have a comparable available flight. It was, therefore, quite a relief when we were eventually told that the flight would leave, albeit somewhat delayed. We had hours to spare, so time was not a problem.

At the pre race briefing on the Friday evening, we heard stories from 6 times winner and race record holder, Russell Hurring and a variety of other competitors and identities. The weather forecast was for conditions to clear with an expected fine day for the race. We arrived the following morning at 5:30 am for the check in, enthusiastic for the start of our new adventure. The snow covered peaks were shrouded in cloud, so we could not determine what the conditions on the mountain were like. At 6:00 am, the race organiser announced that the helicopter could not get to the peak because of poor conditions and that the race start would be delayed. Please come back at 9:00 am. At 8:30 we checked, in yet again. Would the race be on? ... No. There was considerable snow on the peak and wind conditions meant that the chill factor would be great. Too hazardous for the well-being of the 300 entrants. The summit is in the first half of the anti clockwise course, with the last half undulating and net downhill, but not overly steep. But there was to be a race! The alternative course was to run in the reverse direction to Iris Burn Hut and back again, still a distance of 66 kms. This was the first time in the history of the race, that it did not go over the mountain. However, safety must come first. At last, the race got under way.

I started with Jacko, but as we reached the 500 metres mark where the track narrows to single file, she was suddenly about 10 places ahead of me. Damn, I meant to remind her that it is imperative to run slower in the early stages, natural pace in the mid stages and work hard in the latter stages. She was off like a rocket. Would I try and catch her up or stay where I was in the hope that she would eventually drop back. I chose the latter option. At 2 kms into the race, I could still see her near the back of the pack in front. At 5 kms, I couldn't see her at all. I decided to move through my pack and join the pack in front. I worked my way through. "Coming through on the right." They obligingly moved over. "Through on the left." Good stuff. Very understanding, these Kiwis. I eventually got to the back of the next pack. Where was she. Still nowhere to be seen. I started moving through this

pack. Suddenly there she was. Tacked onto the back of the next pack. I kept moving forward. "Hi, how're you doing?" "Oh great, where have you been?", she says. Oh well.

We soldiered on at a steady clip, through Rainbow Reach at 10.3 k, on to Moturau at 17.6 kms. This is better. The pace is steadier. We refill our hydrapak water bladders and grab a couple of banana halves. This race is really well organised. Plenty of enthusiastic friendly people manning the aid stations and plenty of fluids and food. Nothing is too much trouble. Our packs are becoming heavy. We are required to carry polyprop top and bottom, waterproof top and bottom, hat and gloves. No exceptions. Everyone has to do it. The only difference is that the experienced runners carry the lightest possible gear. The not so experienced carry more and heavier gear than necessary. Jacko is always super well prepared. She also carries a full first aid kit (she's not a NZ olympic team physio for nothing!), Swiss army knife, sunscreen, lip balm, vaseline, tape, puncture repair kit, cans of fruit, cans of rice pudding, chocolate bars, Clif bars, carbo blast, carbo gel, electrolytes, anti-histamines, anti inflammatory capsules, anti anflamatory gel, spare sunglasses, camera and, of course, toilet paper. This lady has everything but the kitchen sink!

On to Rocky Point at 24.5 kms. It's getting hot in the unshaded areas. Drink more water! Only 8.5 kms to go to the turnaround. Pretty soon, we start seeing the leaders on their way back. Keith Murray is in front and flying. Russell Hurring, returning from a double achilles op is in about 8<sup>th</sup> spot and looking strong. Now the returning runners are plentiful. The pace slows as we are obliged to move off the track to make way for them. Some runners overtake us, then some more. We get to the 31 k mark. Jacko suddenly looks wobbly. I get her to take a short walk, drink some more water and have a Clif bar. These things are wonderful. Suddenly, we are going downhill, just 500 metres to the Iris Burn hut. Jacko says she's fine. I know she's lying. We top up with water and bananas and head out again, on the return leg. I start counting runners behind us. There aren't many. Only about 30. What's happened to us? We soldier on.

On the next leg of 8.5 k to Rocky Point, we pick up 4 more runners. A quick stop only, pick up another 3 and keep moving forward. When you're tired, the pace becomes irrelevant. The trick is to keep moving! We pick up another, then 2, then another 3, then one. We soldier on. With 2 k to go to Moturau, I decide to run ahead a little in the hope that it will drag her along. I reach Moturau and top up with fluid and food. Here she comes, only 2 minutes behind. "Where have you been, hiding in the toilet?". She's seriously offended, but it works.

We soldier on. Only 17.6 k to go. We pass some, others pass us. The trail is very muddy in patches. No more dodging the mudholes. Now it's straight through the middle, conserving every ounce of strength and energy. Eventually, we reach Rainbow Reach. Only 10.3 k to go. "A trot in the park", I tell her. She looks slow but okay. We reach the aid station at 5.3 k to be told that they now have another station midway between there and the finish. Great. On we go. Slow, but moving forward. Into the last aid station. Just 2.4 k to go. "Let's go" she says. This woman is tough. However, the anti inflammatories she's taken for her achilles are playing havoc with her stomach. Only about 1500 metres out, she starts dry retching. Then almost immediately after, a not so quick visit behind a tree. She emerges. "Let's go, I'll be okay now" she says. We run doggedly to the finish line, without further incident. What a relief! We finish near the back of the pack in 9 hours 25 minutes, but with still about 30 behind us including those who didn't finish. Not real good, but okay for a couple of oldies. The obligatory can of Speights Dark handed to us both as we crossed the line slid down very easily. What a relief to finish. It's not the victory but the struggle that counts! A great race.

At the presentations the following morning, we learned that there was actually 4-5 feet of fresh snow on the summit. At 10:00 pm the previous evening, the aid station attendants at the Luxmore Hut had ventured outside to check on conditions. They walked to the area where the steps in the track were supposed to be, but couldn't find them. They then decided to return to the hut, but couldn't find that either. At least, not immediately. Any wonder the course was changed. We'll be back next year, with far less gear and better knowing what to expect. This race is certainly a must for any ultra marathoner.

The results: *Men* 1<sup>st</sup> Keith Murray 4:39:30; 2 Andrey Reyer, 3 Mark Green. *Ladies* 1<sup>st</sup> Andrea Priestley 5:20:36; 2 Sandra Mewett; 3 Andrea Murray.

## **KURRAWA BEACH (BROADBEACH) TO POINT DANGER AND BACK (50 KM) -**

### **QUEENSLAND ULTRA RUNNERS CLUB - SATURDAY, 13 DECEMBER 1997**

I was out of bed at 2.15 am after a very restless night's sleep. Drove down to the Gold Coast and dropped off my son at a friend's house at 4 am and arrived at Kurrawa Beach Surf Life Saving Club at 4.15 am ready for the 5 am start for slower competitors. This was my second ultra event (walking) in the space of 5 weeks. It was a lovely morning-a bit of cloud cover and not too humid. Brisbane had been experiencing some quite humid days the previous 4 weeks so I was a bit worried about walking through the middle of the day in the humidity.

I had a quick chat with some of the other runners and walkers and also introduced myself to the race director (Peter Gibson). Received my race number and lined up for the start. Some of the 6 am starters were there to cheer us on our way.

The course was from the Surf Life Saving Club to Point Danger and back-50 km total distance. However, the turnaround was changed to just before Point Danger which necessitated a slight variation in the route. We went out for 1 km, came back to the start and then started out again on the long trek.

The course was basically very flat and followed bicycle/walking paths along the beach front and some roads. Being along the coastline there were some good sea breezes which certainly helped as the day got progressively hotter.

From Broadbeach (the start) the course passed through Mermaid Beach, Nobby Beach and Miami Beach. It was around this time that I encountered the only major climb. A set of steps up a hill. To compensate, it was down hill on the other side. From there I walked through North Burleigh and Burleigh Heads. There were plenty of people along the course-residents and holiday makers walking, running and cycling; surfers standing along the beach front surveying the waves. At Burleigh Heads the course branched off to the right and along the Gold Coast Highway. I had lost sight of the lead female walker and two runners and had the sinking feeling I had taken a wrong turn. I was in a real dilemma deciding whether to turn back or keep going. I kept going and after a while sighted in the distance a table with a red water container. Phew! Thank goodness I didn't turn back.

After leaving Tallebudgera Creek the course followed the beach front along Palm Beach, over the Currumbin Bridge and around Currumbin Point. To the best of my recollection, it was around this stage that the 6 am runners passed me. It was great to finally see someone else from the event and words of encouragement were exchanged. The course then traversed through Elephant Rock, Flat Rock, Tugun, Bilinga, Kirra, Coolangatta, Greenmount and Rainbow Bay. It was in this vicinity I finally reached the turnaround point.

I had walked approximately 26 kms and was just over the half way point. It was getting hot by now and my feet were really aching. I had been religiously eating pieces of PowerBar and drinking lots of fluids. The jelly beans at the water stops were also a great help.

I suppose for me, the worst part about reaching the turnaround was I knew how much ground I had to cover to get back home and initially this really overwhelmed me. I knew I would really be struggling if I kept thinking of the end too much so instead I created some smaller goals for myself- each water stop. I can say without a doubt the volunteers at the water stops became lifelines to me. As I reached each one, I knew there would be a couple of minutes rest, something to eat and drink and always lots of encouragement and positive feedback from the volunteers.

After each water stop, I felt a little refreshed and walked on to the next stop. It was very hot by now and there wasn't much shade as the sun was high in the sky. My legs were aching and when I reached the only major hill it was a real struggle trying to lift one leg in front of the other. Going down the steps didn't offer much relief either. By that stage I wasn't too sure what was easier - uphill or downhill!!

I finally reached the last water stop before the end (which was approximately 3-5 kms away). Drank two cups of water and refilled my water bottle. Had a quick chat and then farewelled the volunteers and off I went.

I kept looking for a "green garage door" which was where we turned around at the beginning when we did the initial 2 km loop. I knew once I saw that door, it would only be another kilometre to go. I kept walking and walking and looking and looking until finally there was the green door. Yes!!

As I neared the finish line I could hear the other runners and walker cheering me in. As I crossed the line in a time of 7:29 (which was 30 minutes under what I had anticipated) I was handed a bottle of water and congratulated. What a feeling!! I experienced a huge rush of emotion throughout my body. pride with myself? Relief? I finished? I guess it was a culmination of all those feelings plus the sense of accomplishing another challenge I had set myself.



I chatted with some of the other competitors. What a great bunch of friendly people. Some I had met at Rainbow Beach the month before and others on the day. I was made to feel so welcome by all and I really appreciated it. In all, there were approximately 20 competitors and this fostered a really close and intimate atmosphere.

I also had the great honour of meeting Ron and Dell Grant. One of Ron's great running feats is featured in my signature file at the end of this report. I dashed off to have a quick shower and felt a million dollars (well a lot better anyway!) once I had refreshed myself.

After the last two runners crossed the line to a loud chorus of cheering and clapping, the presentations took place. It was a great thrill to receive my polo shirt and a trophy for being second walker to finish (there were only two of us!!).

The Queensland Ultra Runners' Club was holding their annual dinner that night and I was asked by a couple of people whether I was attending. Unfortunately, I had made other plans but would have enjoyed going along. There's so much more I want to find out about this ultra business.

In closing, I must offer my gratitude and thanks to Peter Gibson (race director) and all the volunteers who gave freely of their time to make the event the wonderful success it was. The assistance, encouragement and smiles from the volunteers were so welcome at a time when I was feeling worn out, tired, hot and discouraged. Their presence certainly contributed to my finishing the event. It was the little things like trying to keep the water as cool as possible that really helped. It was very hot out there and I know in some areas shade was very limited.

Peter Gibson did a wonderful job driving between water stops and encouraging all competitors. I heard the horn on his vehicle a couple of times!! Peter also kept a close eye on the last 3 competitors ensuring we were all well hydrated and feeling OK.

Thanks and congratulations Peter for a well organised and very successful ultra event.

I left just before 2 pm to drive back to my friend's place where a few of us were meeting to have a bit of a Christmas celebration that night. Needless to say, I was exhausted and wasn't able to do too much celebrating and I slept like a log that night!

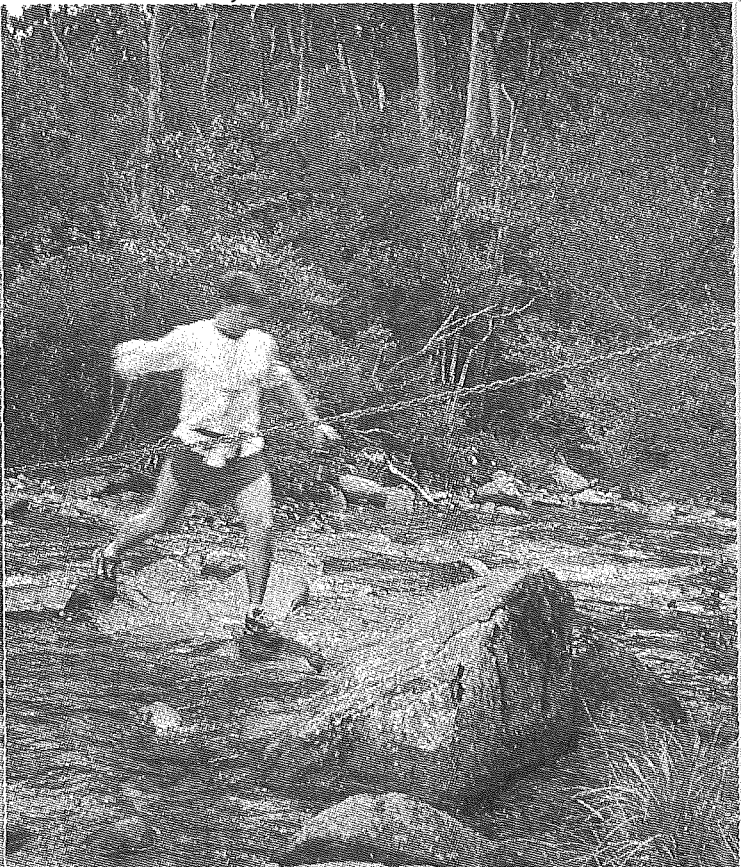
Melanie Jonker Brisbane, Queensland Australia

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## AURA BOGONG TO HOTHAM TRAIL RACE, JANUARY 1998



**Andy Kromar**



**John Jacoby** 31

## AURA "BOGONG TO HOTHAM" TRAIL RUN, 11/1/98

Andy Kromar was again able to show his superior skills in mountain running with a convincing win in this year's Bogong to Hotham classic. Recovering from a broken toe and a viral infection, he was able to run at near top pace to equal the old long standing record of 6:58, before he pushed that down to an unbelievable 6:41:02 two years ago. Maybe we should blindfold you next year, Andy, to bring you back to the rest of the field. Well done and congratulations on a superb performance!

Nigel Aylott ran a big personal best, closely followed by John Jacoby, but was unable to catch the fleet-footed Andy. Both Nigel and John come from a Rogaining background which shows the worth of Rogaining as an endurance sport in the field of ultradistance events. Both Nigel and John's times would have easily won the event in most years.

It was good to see Mike Ward come through with a big personal best, after just scraping through last year. It shows the value of the right training Mike - well done!

It is interesting (and not surprising) to note that the first 8 positions were filled by Victorians, whereas the LAST two were filled by NSW. Goes to show which is the stronger state, doesn't it?

Found is one orange/black (mesh) cap with the words "Ultra Cool" on the side. Any claimant?

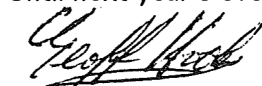
The new runners on the first half of the course probably understand the meaning of a tough course now. The 5½ hours cut-off at Langford Gap is a difficult target for some, but necessary. Max Scherleitner, 67, was given a 41 minutes head start and again missed the cut-off by only a few minutes. I hope you try again next year, Max.

Again I would like to thank all competitors who sent in a donation with their entry. And a very big thank you to all the Race Marshalls and Radio Operators who provided terrific assistance and coverage right across the course.

Mountain Creek Bivouac Hut Bogong Summit	<b>Radio Operators</b> Len Greaves (VK3BGM)	<b>Race Marshalls</b> Geoff Hook Tony Mandile Russell Bulman Alan Davis
Cleve Cole Hut Madison Hut Site Big River Roper Hut Warby Corner Marum Point Track East Aqueduct Langford Gap	Grant Jeffrey (VK3KGM) Ian Boehm (VK3XCD)  Roy Veith (VK3TMJ)  Alan Bengtsson (VK3ABB) Clever Duell	Brett Mason Ron Crane Reg & Elaine Splatt Gary & Olga Meyland Clive Davies Brian Flynn Peter Logan Geoff Hook Len & Faith Lammin Laurie Black Peter Armistead Brian Smith Jenny Flower
High Plains Road Aqueduct Junction Pole 333 Dibbens Hut Derrick Hut	Fred Armstrong (VK3XLV) Colin Finey (VK3VCF) Doug Canning (VK3JGO) Peter Brennan (VK3YPB) Craig Hewitt (VK3VCH) Gerrard Werner	
Mt Hotham Summit	Greg Sergeant (VK2EXA) Jack Bramham (VK3WWW) Bob Tait (VK3UI)	Pat Pelly Geoff Hook
Mobile Medical Officer		Geoff Hook Phil Lamin

In total, 15 Radio Operators and 20 Race Marshalls/helpers, which equals 35 people for 33 competitors. Surely the runners have never been pampered so much?

Until next year's event (January 10th), stay fit and healthy and have nice dreams about the event.



**GEOFF HOOK**  
Event Organiser

# AURA

## BOGONG TO HOTHAM RUN, 1998

(ROOFTOP RUN, 11/1/98)

### RESULTS

1.	Andrew KROMAR, 31, Vic.	6:58:25
2.	Nigel AYLOTT, 31, Vic.	7:21:30
3.	John JACOBY, 32, Vic.	7:23:41
4.	Bob FLOWER, 45, Vic.	7:56:39
5.	Peter LE BUSQUE, 38, Vic.	8:25:40
6.	Mark PHILLIPS, 46, Vic.	8:45:58
7.	Kelvin MARSHALL, 33, Vic.	8:51:53
8.	Bert PELGRIM, 41, Vic.	9:09:47
9.	Mike WARD, 45, NSW	9:35:35
10.	Glenn HAYWARD, 30, NSW	10:52:14

#### Mountain Creek - Langford Gap

1.	Andrew KROMAR, 31, Vic.	3:55:34
2.	Nigel AYLOTT, 31, Vic.	4:09:50
3.	John JACOBY, 32, Vic.	4:19:13
4.	Bob FLOWER, 45, Vic.	4:25:12
5.	Peter MITCHELL, 34, Vic.	4:29:12
=6.	Peter LE BUSQUE, 38, Vic.	4:38:42
=6.	Mark PHILLIPS, 46, Vic.	4:38:42
8.	Kelvin MARSHALL, 33, Vic.	4:46:38
9.	Bert PELGRIM, 41, Vic.	4:54:25
10.	Stuart BAKER, 40, NSW	4:58:07
11.	Martin BAKER, 41, NSW	4:58:38
12.	Mathew COULTER, 33, NSW	5:04:30
13.	Mike WARD, 45, NSW	5:08:03
14.	James SLOAN, 41, NSW	5:14:17
15.	Glenn HAYWARD, 30, NSW	5:22:25
16.	Damon GOERKE, 24, NSW	5:26:12
17.	John LAWFORD, 50, Vic.	5:29:49
18.	Raymond WASCHL, 28, Vic.	5:30:03
Cut		
19.	Lavinia PETRIE, 54, Vic.	5:55:40
20.	George CHRISTODOULOU, 58, Vic	6:08:44
21.	Max SCHERLEITNER, 67, NSW	6:17:20
22.	Jenny CALDWELL, 51, Vic.	6:17:53
23.	Pam JONAS, 43, Vic.	6:25:25
24.	David BARTRAM, 38, NSW	6:35:10
25.	Robert PETRIE, 56, Vic.	7:00:57

DNF  
DNF

Jim GOGOS  
David PINDER

#### Langford Gap - Mt. Hotham

1.	Robin RISHWORTH, 32, Vic.	*2:42:10
2.	Penny GROSE, 21, Vic.	3:45:12
3.	Patrick McCARTNEY, 19, SA	4:14:29
4.	Fleur GROSE, 23, NSW	4:15:45
5.	John LINDSAY, 49, Vic.	4:22:15
6.	David McINNES, 20, SA	5:07:30

#### Order of Second Half

Robin RISHWORTH, 32, Vic.	2:42:10
Andrew KROMAR, 31, Vic.	3:02:25
John JACOBY, 32, Vic.	3:03:03
Nigel AYLOTT, 31, Vic.	3:08:38
Bob FLOWER, 45, Vic.	3:28:29
Peter LE BUSQUE, 38, Vic.	3:41:32
Penny GROSE, 21, Vic.	3:45:12
Bert PELGRIM, 41, Vic.	3:51:09
Kelvin MARSHALL, 33, Vic.	3:58:29
Mark PHILLIPS, 46, Vic.	4:01:38
Patrick McCARTNEY, 19, SA	4:14:29
Fleur GROSE, 23, NSW	4:15:45
Mike WARD, 45, NSW	4:21:35
John LINDSAY, 49, Vic.	4:22:15
David McINNES, 20, SA	5:07:30
Glenn HAYWARD, 30, NSW	5:27:44

\* Course Record

Raymond WASCHL missed the second cut-off at  
Omeo Road Crossing.

# AURA 1998 BOGONG TO HOTHAM EVENT

## 11TH JANUARY, 1998

### CHECK POINT TIMES

Mountain Creek Start Time: 6:24

Langford Gap Start Time: 11:30

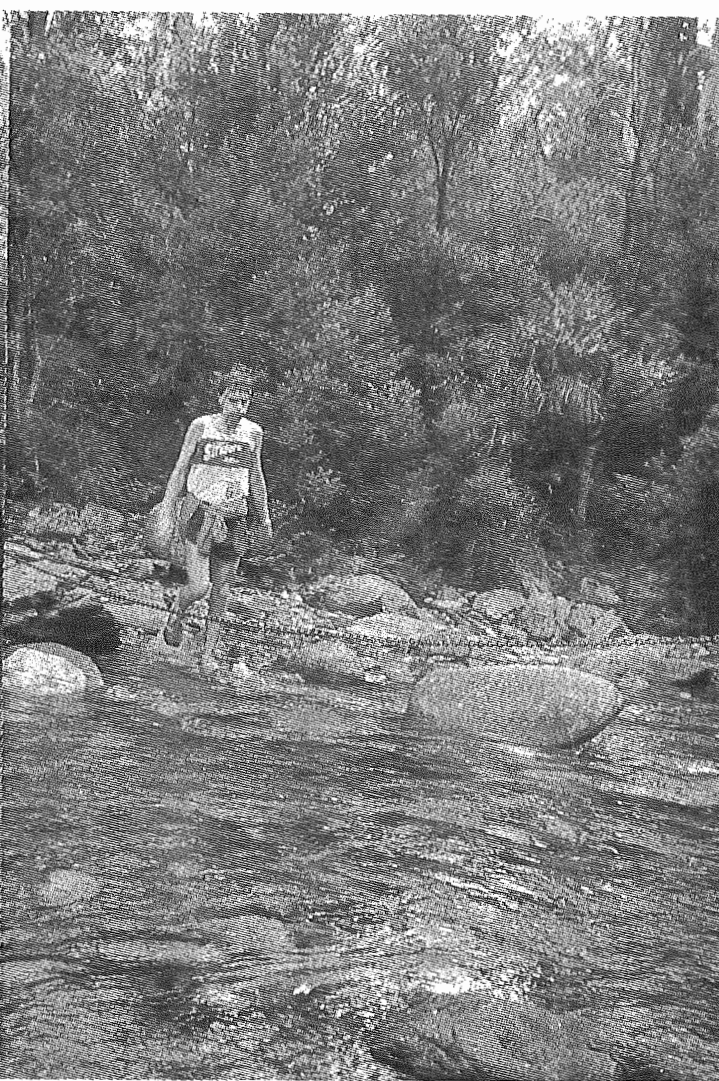
RACE NO.	COMPETITOR	INTENT	BIVOUAC HUT	BOGONG SUMMIT	CLEVE COLE HUT	MADISON HUT SITE	BIG RIVER	ROPER HUT	WARBY CORNER	MARUM POINT TRACK	EAST AQUEDUCT	LANGFORD GAP IN	LANGFORD GAP OUT	HIGH PLAINS ROAD	AQUEDUCT JUNCTION	POLE 333	DIBBENS HUT	DERRICK HUT	MT HOTHAM SUMMIT
2	Peter MITCHELL, 34	Full	0:52	1:36:40	1:46	1:55:10	2:30	3:26:40	3:44	4:08:00	4:19	4:29:12							
3	Nigel AYLOTT, 31	Full	0:46	1:17	1:36	1:45:20	2:17	3:05:15	3:23	3:47:05	3:57	4:09:50	4:12:52	4:47	5:06	5:35	6:07	6:48	7:21:30
4	John JACOBY, 32	Full	0:52	1:25	1:45	1:53:35	2:25	3:16:50	3:33	3:57:45	4:07	4:19:13	4:20:38	4:50:30	5:09	5:35	6:06	6:50	7:23:41
5	Kelvin MARSHALL, 33	Full	0:52	1:27:10	1:48	1:57:00	2:31	3:32:47	3:54	4:22:15	4:31	4:46:38	4:53:24	5:34	5:56	6:36	7:13	8:11	8:51:53
10	Peter LE BUSQUE, 38	Full	0:52	1:25	1:46	1:55:40	2:30	3:27:20	3:47	4:14:20	4:26	4:38:42	4:44:08	5:16	5:36	6:08	6:54	7:42	8:25:40
20	Jim GOGOS, 40	Full	0:50	1:22	1:41	1:49:50	2:22	3:16:22	3:38	4:37:00	-								
23	John LAWFORD, 50	Full	0:57	1:35	1:58	2:08:20	2:49	3:56:20	4:25	5:02:50	5:16	5:29:49							
25	Mark PHILLIPS, 46	Full	0:52	1:27:25	1:48	1:57:10	2:31	3:28:25	3:48	4:14:20	4:26	4:38:42	4:44:20	5:20	5:41	6:18	7:06	7:59	8:45:58
26	Stuart BAKER, 40	Full	0:57	1:34:10	1:56	2:06:20	2:42	3:42:10	4:07	4:33:20	4:45	4:58:07							
28	Bob FLOWER, 45	Full	0:52	1:27:20	1:47	1:55:30	2:33	3:21:45	3:39	4:02:53	4:12	4:25:12	4:28:10	5:01	5:19	5:51	6:26	7:18	7:56:39
29	Pam JONAS, 43	Full	1:08	1:56:10	2:22	2:34:10	3:23	4:40:55	5:10	5:50:45	6:07	6:25:25							
30	Lavinia PETRIE, 54	Full	1:03	1:47:20	2:18	2:29:20	3:23	4:31:15	4:57	5:28:00	5:41	5:55:40							
31	Glen HAYWOOD, 30	Full	0:59	1:37:20	1:59	2:09:55	2:49	3:55:21	4:20	4:51:30	5:05	5:22:25	5:25:30	6:14	6:44	7:31	8:42	9:55	10:52:14
33	Robert PETRIE, 56	Full	1:09	2:00:30	2:35	2:49:00	3:56	5:17:00	5:52	6:26:50	6:36	7:00:57							
35	Raymond WASCHL, 28	Full	1:03	1:44:20	2:08	2:19:55	2:56	4:04:17	4:31	5:02:50	5:15	5:30:03	5:42:30	6:24	-				
36	Mike WARD, 45	Full	0:59	1:37:40	2:00	2:11:40	2:52	3:53:20	4:14	4:41:45	4:53	5:08:03	5:14:00	5:55	6:21	7:01	7:56	8:51	9:35:35
37	George CHRISTODOULOU, 58	Full	1:06	1:50:20	2:18	2:29:05	3:22	4:37:40	5:08	5:39:40	5:52	6:08:44							
38	Bert PELGRIM, 41	Full	0:59	1:36:30	1:58	2:08:20	2:47	3:43:57	4:03	4:29:40	4:40	4:54:25	5:18:38	5:51	6:12	6:46	7:34	8:26	9:09:47
39	Andrew KROMAR, 31	Full	0:35	1:14:10	1:32	1:39:20	2:04	2:52:20	3:09	3:31:30	3:43	3:55:34	3:56:00	4:26	4:42	5:11	5:46	6:26	6:58:25
40	Max SCHERLEITNER, 67	Full	1:10	1:55	2:25	2:58:35	3:22	4:35:55	5:07	5:43:50	6:00	6:17:20							
42	Damon GOERKE, 24	Full	1:02	1:41:40	2:05	2:15:45	2:53	3:59:10	4:24	4:55:30	5:06	5:26:12							
41	James SLOAN, 41	1st Half	0:59	1:40	2:03	2:12:20	2:53	4:02:30	4:22	4:50:30	5:01	5:14:17							
50	Martin BAKER, 41	1st Half	0:57	1:33:40	1:55	2:04:15	2:38	3:41:30	4:07	4:33:20	4:45	4:58:38							
51	David PINDER, 37	1st Half	1:06	1:55	-														
52	Jenny CALDWELL, 51	1st Half	1:04	1:48	2:20	2:33:55	3:23	4:33:40	5:02	5:41:00	6:00	6:17:53							
53	Mathew COULTER, 33	1st Half	0:59	1:37:30	1:58	2:08:20	2:47	3:49:35	4:11	4:39:35	4:50	5:04:30							
55	David BARTRAM,	1st Half	1:08	1:56	2:22	2:34:25	3:20	4:48:40	5:20	6:01:50	6:17	6:35:10							
60	Robin RISHWORTH, 32	2nd Half											-	0:23	0:40	1:04	1:36	2:11	2:42:20
61	Penny GROSE, 21	2nd Half											-	0:33	0:52	1:27	2:12	3:04	3:45:12
63	Patrick MCCARTNEY, 19	2nd Half											-	0:40	1:05	1:39	2:26	3:18	4:14:29
64	David McINNES, 20	2nd Half											-	0:42	1:10	1:52	3:10	4:15	5:07:30
65	John LINDSAY, 49	2nd Half											-	0:40	1:05	1:39	2:25	3:31	4:22:15
68	Fleur GROSE, 23	2nd Half											-	0:34	0:55	1:31	2:23	3:25	4:15:45



# AURA 'BOGONG TO HOTHAM' TRAIL RUN 11/1/98



**Max Scherleitner**



**Kelvin Marshall**



**Pam Jonas**



**Bob Flower**



Coastal Classic Results & Race Report  
12 Hr Walk / Run  
10-11 January 1998



The Coastal Classic 12 hr run / walk was an outstanding success. 32 entries, 26 starters, 21 runners, 5 walkers. In the 6 x 2 hr relay there was 3 teams.

As athletes lined up for check in, introductions were made, people renewed friendships and new ones were acquired. T-Shirts and Lap score sheets were handed out. Prior to the start, lap scorers and competitors were introduced. This made identification easier & the runners / walkers knew whose eye to catch.

The event started on time. The weather was kind to the competitors, supporters, and officials for the duration of the event. The night was balmy.

There were competitors from overseas travelling from the Ukraine, Croatia and Fiji. From Australia we had Western Australians, Queenslanders, NSWers & no Victorians.

The race started off at a cracking pace 14.8 kms covered in the 1st hour. David Criniti a rank endurance novice was setting this pace. His goal (we later found out) was to reach 100 kms, no one had told David he had 12 hrs to do it not less than 8 hrs.

The experienced ultra athletes paced themselves well, happy to do 10 kms plus per hour.

As midnight approached, the leader, David Criniti was over 5 kms in front, his pit crew spurring him on.

By the 7th hour the tables had turned and Andre Rayer had passed David to lead by 1.2 kms. After 9 hrs Andre was 10 km's in front.

Andre from the Ukraine maintained his form completing 139.626 kms. Two people had brought him from Sydney, they then had to immediately return to Sydney. The hospitality of the Gosford Athletic Club community took over from there and he was looked after for the duration of the event. Andre thanked his "support crew" for all their efforts.

Winner of the walk was Caleb Mabir who came from Brisbane via Fiji, walking 91.681 kms. Caleb is already a Centurion having walked 100 miles within 24 hrs. Caleb warmed up for this event by doing a 12 hr training walk. A close 2nd was co-director Frank Overton.

It would be remiss not to mention some of the people & scenes that brought colour to this event. Tony Collins who had recently done the Colac 6 day brought most of his family. His crew intrigued competitors by spending some time washing the dishes and tidying up, fellow athletes were thinking they should of brought theirs along.

Bob Bear from Tamworth arrived via train, came with his swag, set up his tent and proceeded to grind out a solid effort. When he had a rest he really made himself comfortable. I was worried he wouldn't wake till the event was over.

Helen Sanger had trouble holding any food or drink down. She managed a solid 118.094 kms The food her handler was offering, made my mouth water but for Helen it was another thing.

Brock McKinley from Canberra brought his wife and young daughter for support. Brock another novice performed well and we hope to see him again in another ultra.

The vision of the back straight a sea of tents, vans & cars. I was overwhelmed by the support shown not only for their own athletes but their athletes rivals. People shared food, drinks and stories.

I would like to thank the St John's Ambulance who were in attendance for the duration of the event including prior and after the event.

Special thanks to our Co-Managers Anthony Burling & Kristine Scott, this was their first effort and what a top one.

A canteen was in operation all night. Croissants, sausage sandwiches, pies, sausage rolls and some yummy lollies were well appreciated. I went off my sports drinks during the event and the new sports drink from the canteen "Coke" went down well.

Our grass track held up well. The organising committee spent many hours watering the track ensuring a fine track.

My thanks to all competitors, supporters & officials. I hope to see you all for next years Classic.

Paul Thompson  
Co- Director

37

1st	Andre Rayer	139.629 kms
2nd	Paul Every	122.051 kms
3rd	Helen Stanger	118.094 kms
4th	Brian Jackson	103.401 kms
5th	Tony Collins	102.882 kms
6th	David Criniti	100.000 kms
7th	Alan Staples	94.562 kms
8th	Caleb Maybir	91.681 kms *
9th	Brock McKinley	90.049 kms
10th	Frank Overton	89.666 kms*
11th	Nick Drayton	93.334 kms
12th	Colin Colquhuon	87.493 kms
13th	Shaun Scamlon	87.406 kms
14th	Bruce Somerville	83.750 kms
15th	Mark Tuxford	82.558 kms
16th	Peter Waddell	77.202 kms*
17th	Anthony Farnham	74.079 kms
18th	Paul Thompson	72.500 kms*
19th	Bob Beer	64.621 kms
20th	Greg Porter	62.947 kms*
21st	Isabel Buckland	62.477 kms
22nd	Robyne Riley	58.584 kms
23rd	Steve Potter	51.600 kms
24th	Brad Boyle	50.800 kms
25th	Victor Hessel	50.000 kms
26th	Maria Kenzovic	42.400 kms

\* Denotes walker

#### Relay Results

1st	Wombie Whoopers One	170.544 kms
2nd	Wombie Whoopers Two	166.184 kms
3rd	Northlakes Tri Team	148.076 kms

The MANSFIELD to BULLER 50km 25-1-98  
by Kevin Cassidy

How on earth did I get roped into being a roving assistant at this race again? Heaven knows. A late night 2 hour dash up the highway from Melbourne see's me arrive in Mansfield to find a couple of shifty characters [Shilston and Hook] wandering along the main street. "Don't park in a No Standing Zone right opposite the Police station." Ross advises me.

As we bedded down for the night it is a relief to know that Alan Witt is not here to keep us awake with his snoring, however a loud party over the back fence and a gate banging in the wind was a more than adequate replacement.

Morning arrives and a bunch of mouldy old runners are away, with the rest of us leap frogging along the road acting as mobile aid stations. I arrived at the 5km point to find Hookie in a desperate search for the marks that he painted some 25 years ago [he hasn't quite come to terms with the fact that they have long since worn away], and as I left he was still searching, as I never saw Hookie again I assumed he spent all day in his fruitless search. In fact, come to think of it, I haven't seen him in the 2 weeks since!!! Perhaps he is still on the road somewhere.

The field was stretching out by now and one runner that you couldn't possibly miss was Lavinia Petrie, fair dinkum, she was dressed so brightly that she glowed more than a nuclear reactor at Chernobyl. I came across Peter Armistead and he was driving Billy Beauchamp's car, poor Pete was having trouble trying to play one of Billy's "Slim Dusty" tapes. After a surgical operation, I managed to get it going and Pete was off to play "Slim Dusty" in an effort to inspire all the runners [or annoy the crap out of them, more likely.] My Andrew Lloyd Webber CD didn't go down all that well either, they're an uncultured lot these ultrarunners.

It was a long drive up the final 16km to the Mt. Buller summit and I stopped just around a bend at 40km to set up a table of drinks, so I was rather surprised to see runners coming around the bend with freshly aquired drinks, I peeped around the corner and there was Dot Browne handing out drinks just 50 metres away [It would be fare to say that our co-ordination of the drink stations was some what less than perfect !! ]

The last 500 metres to the summit requires the runners to leave the road and take a very steep and treacherous trail to the cairn and, as usual, some one has to sit up there and take split times amongst the thunder, lightning, howling cold gale, threatening rain and sightseers who insist on asking you heaps of questions. Once again, that person was me !!!! One by one, the runners arrived to touch the cairn and head back to the finish at the pub some 2 km back down the road, I spent 3 hours up there and I would like a dollar for every time a sightseer said to me "50km. I don't even drive that far" and everyone would say it as if it was an original joke that had never been heard before. One sightseer was so fat that she looked like Kim Beazley in drag on his way to a donut rehabilitation centre, another looked like Cheryl Kernot dressed in a Bart Simpson outfit. I had the last word on these overweight sightseers, "He's 74" I said as I pointed to Randall Hughes, climbing the final steps to the summit, and he's not the oldest competitor either!! [Ken Matchett is 76]

Peter Nelson may have arrived in second last place but he was the only one to run the entire treacherous 500 metres to the summit.

I was glad to get off the summit just as the rain started because I had visions of the lightning zapping me like a microwaved potato, Ross Shilston even had the courtesy to ring the mobile phone to tell me that I could come down as all the runners had finished [something he didn't do last year]. It was pretty cold when I got back to the pub so I was glad I had brought a thick warm top, but where was it? That's right, sitting in the back of my ute getting soaked in the rain. I had to give myself the "Dill of the month award" for that little effort.

With the presentations finished. Peter, Ross and myself turned our attention to more important matters, such as who would win the next days Superbowl? We eventually decided that the Green

38. Bay Packers would romp home due to
1. Their superior defence
  2. We had had a few drinks by then !!!!!!!!!!!!!

**MANSFIELD TO MT.BULLER 50KM ROAD RACE****SUNDAY 25TH JANUARY, 1998****RESULTS**

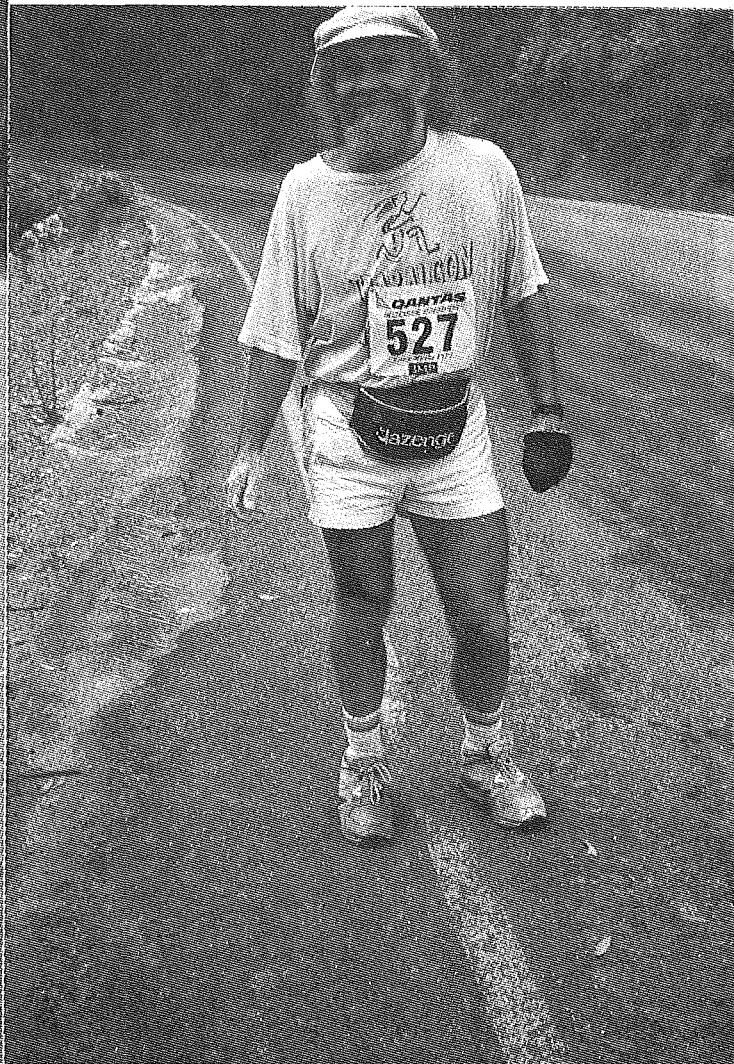
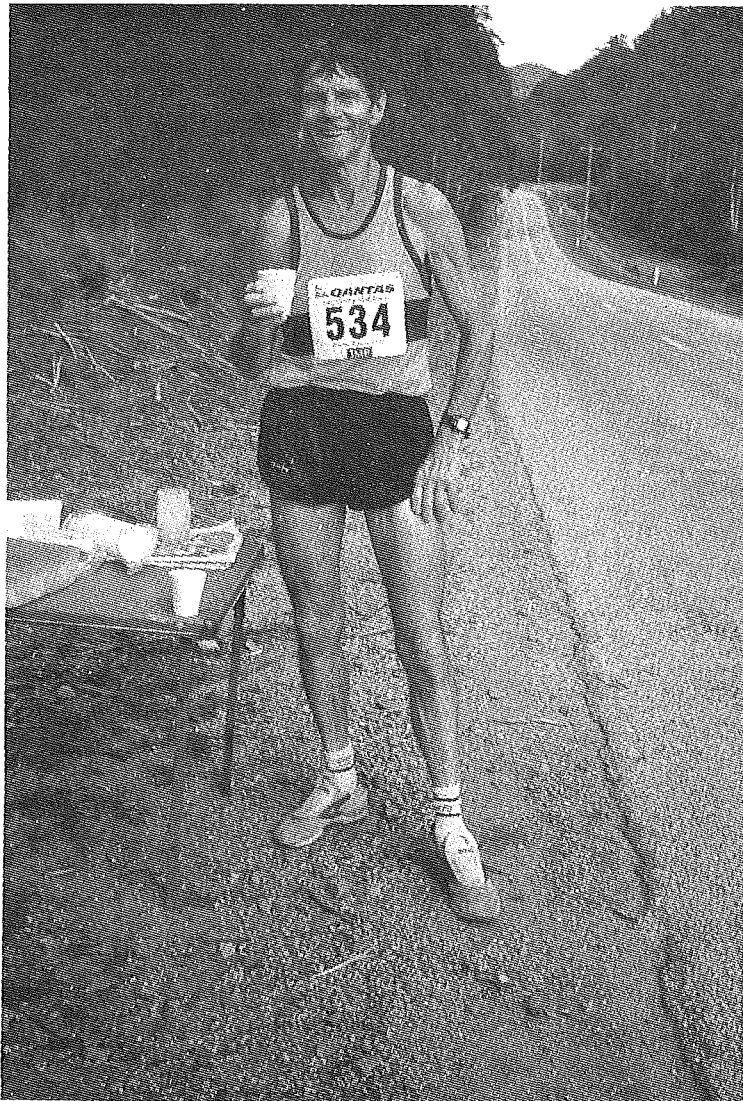
PL.____	COMPETITOR____	5km	10km	15km	20km	30km	35km	Summit	50km
1.	George BERGER	19.56	45.00	1.02.16	1.20.00	2.11.00	2:31:00	4.05.00	4.15.18
2.	Bert PELGRIM	24.10	52.00	1.09.51	1 28.00	2.21.00	2.38.00	4.12.43	4.20.57
3.	Kelvin MARSHALL	21.58	50.00	1.08.14	1: 28.05	2.21.00	2:39.00	4.13.39	4.22.03
4.	Greg WILSON	24.10	52.00	1.09.51	1:29.00	2.23.00	2:42.00	4.28.20	4.37.21
5.	Lavinia PETRIE (1st L)	25.10	55.00	1.14.53	1:35.00	2.32.00	2:52.00	4.30.35	4.40.25
6.	Brian GAWNE	24.36	53.00	1.11.19	1:31.00	2.29.00	2.52.00	4.48.23	4.59.19
7.	Garrie SCOTT	25.10	55.00	1.13.27	1.37.00	2.40.00	3.03.00	4.58.58	5.11.19
8.	Randall HUGHES	24.17	56.00	1.15.35	1.36.00	2.36.00	2.59.00	4.59.30	5.09.23
9.	David STYLES	26.20	58.00	1.20.13	1.43.00	2.46.00	3.09.00	5.10.10	5.20.32
10.	Bill BEAUCHAMP	26.50	59.00	1.19.53	1.43.00	2.46.00	3.14.00	5.26.02	5.41.15
11.	Bob PETRIE	27.06	60.00	1.24.46	1.50.00	2.55.00	3.23.00	5.29.57	5.41.16
12.	Ernie HARTLEY	27.16	60.00	1.27.27	1.53.00	3.09.00	3.45.00	5.59.50	6.14.59
13.	Brian O'FARRELL	25.10	55.00	1.14.41	1.37.00	2.45.00	3.15.00	6.07.29	6.19.37
14.	Ken MATCHETT	28.45	65.00	1.31.50	2.01.00	3.16.00	3.47.00	6.10.20	6.24.30
15.	Peter NELSON	33.10	75.00	1.39.54	2.06.00	3.20.00	3.54.00	6.21.02	6.34.23
16.	John LINDSAY	33.10	76.00	1.40.58	2.08.00	3.21.00	4.00.00	6.38.10	6.52.21
17.	George CHRISTODOULOU	25.10	56.00	1.17.41	1.41.00	2.45.00	Finished		

<sup>u</sup>  
b Race Organiser: Peter Armistead  
Race Director: Dot Browne.

# MANSFIELD TO MT.BULLER 50KM ROAD RACE

## HISTORY OF THE EVENT

YEAR	MEN	RESULT	WOMEN	RESULT
1991	Carl Barker	3:48:22	Lavinia Petrie	4:35:11
1992	Greg Wilson	3:57:25	Lois Wishart	5:53:48
1993	Clive Davies	4:22:33	Barbara Allen	6:17:06
1994	Greg Wilson	4:07:37	Liz Feldman	6:09:58
1995	Greg Love	3:57:45	Rima McAvoy	5:28:25
1996	Peter Goonpan	4:19:40	Barbara Allen	6:42:36
1997	Kelvin Marshall	4:28:04	Dawn Parris	5:50:17
1998	George Berger	4.15.18	Lavinia Petrie	4.40.25

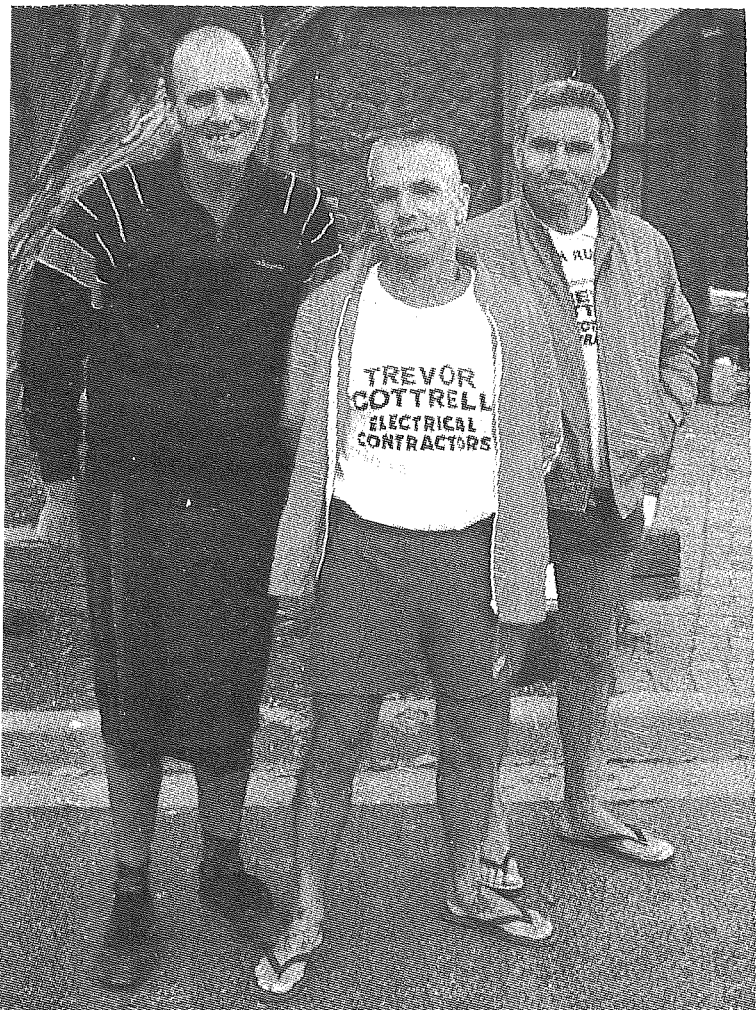


40 . Superman, Randall Hughes.

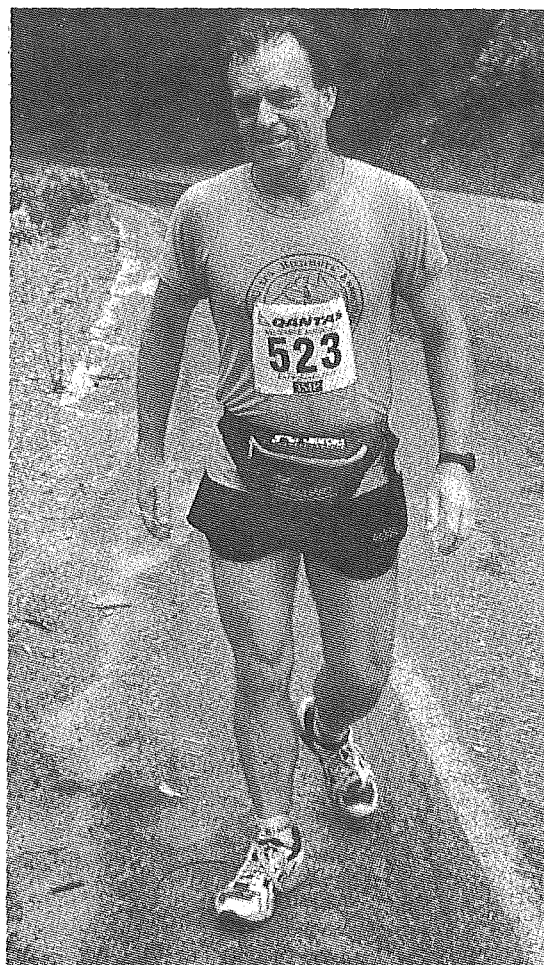
Peter Nelson, the ONLY competitor who ran ALL the way to the summit.



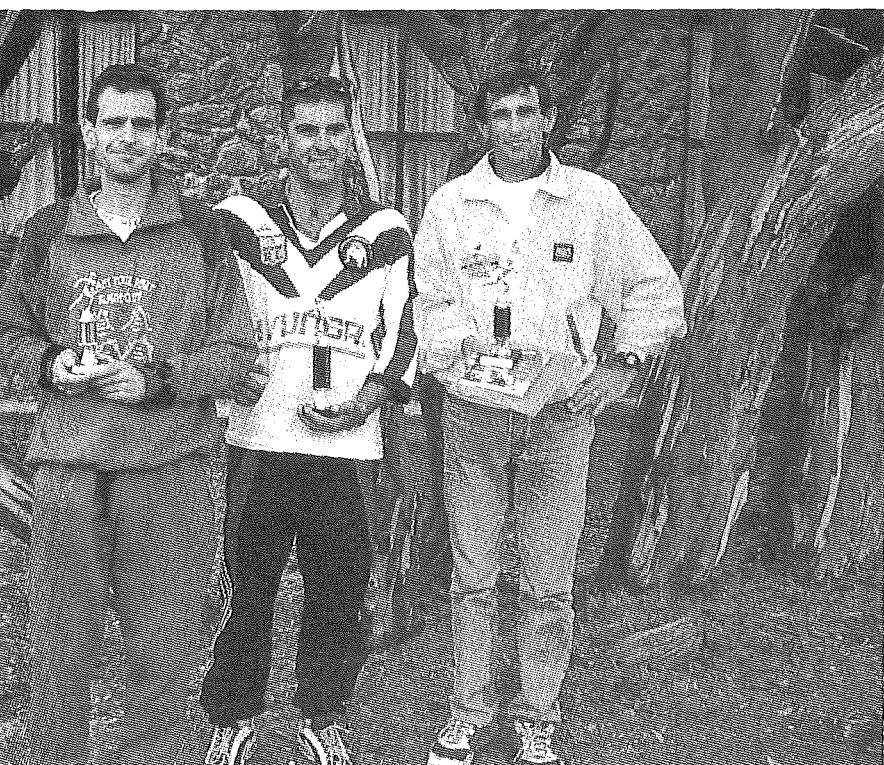
# MANSFIELD TO MT.BULLER 50KM ROAD RACE SUNDAY 25TH JANUARY, 1998



3 rogues who ran the Mansfield Road 50K - Billy Beauchamp, Garrie Scott & Brian Gawne



Ernie Hartley, who coped with the continual uphill climb to the summit really well.



A winning combination:  
Left to right: Kelvin Marshall (3rd)  
George Berger (1st) Bert Pelgrim (2nd)

## **CABOOLTURE HISTORICAL VILLAGE 6 & 12 HOUR FUN RUN/WALK 7/8 FEBRUARY 1998**

I would first like to take the opportunity to thank the following people for their efforts in making this event a resounding success; Peter Warner, who is one of the organisers of the 1000 mile world championships at Nanango, Julian Brameld who acted as joint official time keeper with Peter, Ian Javes from Q.M.R.R.C., Ron and Dell Grant, Carol Street and Edward Hayes and the many volunteer workers of the Caboolture Historical Society. These people put in fantastic efforts with the little things that mattered and to you all thank you.

**This event was held on a 500 metre loop, deco road surface inside the Caboolture Historical Village. Keep it in mind for next February 6th/7th as I will be Race Director again and yes, we will be fundraising for the Historical Society again.**

The event was fortunate enough to have major sponsorship from Caboolture Shire Council, Our Radio 4OUR who had their radio van on site for the entire 12 hours to provide entertainment for everybody and Caboolture Near North Coast News. 26 minor sponsors chipped in for random draws.

After weeks of oppressive heat 21 competitors had the courage to line up for the event, not as many as hoped, but still a very good turnout. I had received many enquires, particularly for the walk section but the heat of the previous weeks took its toll on numbers. In just lining up these people will remain in my eyes as great warriors. They sacrificed personal comfort to help fundraise for the Caboolture Historical Society where all profits went toward them. What transpired was inspiring.

In the 12 hour we had that effervescent champion, Peter Gray. He had only recently won the 6 day Colac Ultra churning out 778 kms. In the last 2 to 3 hours a marvellous battle was going on between Pete and Geoff Williams with a mere 105 metres separating them at the end. Everybody was at the edge of their seats watching this unfold between 2 great sportspeople. And the courage shown by Brian Evans, where he went off early with a sore knee. This amazing man went back out there and continued on to the 6 hour mark, why?, to be there with his friends at the historical village. As for Pete Gibson his lap times were faster at the end than at the beginning. 4OUR upped the tempo at the end with lots of Rock & Roll and Kerrie Hall was humming away to the music with Melanie holding a big grin while she kept up the pace.

Don Worger and Judy Moller successfully completed their first ultra in the 6 hour walk, a very hearty congratulations to you both. These two were hot on the tail of Fijian Race Walker, Caleb Maybir, the first ever Race Walker to enter a Qld Ultra Runners event. Jan Collins put in a bonza effort in the walking section as well, only just missing out on the 42.2 km mark.

Another battle unfolded between mountain queen, Lyn Gordon-Lewis and barefoot queen, Angie Cotterill, with Lyn finishing only 2 laps ahead. Aileen, Phillipa, Angela and Sally were full of smiles as they all cruised around at this fun event, waiting to pounce on that free hamburger at the end of 6 hours.

The heat affected the men more than the women in the 6 hour. Sadly, Bruce Hargreaves retired early which gave Geoff Hain the win at the end who put in a great effort as did every competitor who **had the courage to enter the event**. All competitors apart from 2 received a random draw. To those 2 you better contact me to pick them up.

# CABOOLTURE HISTORICAL VILLAGE

## 6 HOUR & 12 HOUR FUN RUN / WALK

### 7TH / 8TH FEBRUARY 1998

#### 6 HOUR RUN    MALE

1	GEOFF HAIN	53.614
2	CORRIE DAVEL	51.510
3	ROD MORGAN	48.616
4	KELVIN WOODS	45.207
	BRUCE HARGREAVES	retired at 2 hours 21.5 kms

#### 6 HOUR RUN    FEMALE

1	LYN GORDON-LEWIS	57.870
2	ANGIE COTTERILL	56.800
3	AILEEN MARKHAM	53.131
4	PHILLIPA BOLT	45.692
5	ANGELA CLARKE	43.904
6	SALLY PROSSER	33.450

#### 12 HOUR RUN    MALE

1	PETER GIBSON	115.467
2	PETER GRAY	97.792
3	GEOFF WILLIAMS	97.687
	BRIAN EVANS	retired at 6 hours 54 kms

#### 6 HOUR    WALK

1	CALEB MAYBIR	46.926
2	DON WORGER	46.050
3	JUDY MOLLER	45.607
4	JAN COLLINS	41.926

#### 12 HOUR    WALK

1	KERRIE HALL	73.678
2	MELANIE JONKER	70.677

#### 50 KM

PETER GRAY	4.50.26
LYN GORDON-LEWIS	5.10.10
PETER GIBSON	5.14.52
ANGIE COTTERILL	5.19.16
GEOFF WILLIAMS	5.25.43
BRIAN EVANS	5.37.14
GEOFF HAIN	5.38.30
AILEEN MARKHAM	5.38.52
CORRIE DAVEL	5.44.07
KERRIE HALL	7.41.05
MELANIE JONKER	8.02.38

#### 100 KM

PETER GIBSON	10.32.22
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## RUN OR WALK -

### QUEENSLAND ULTRA RUNNERS CLUB,

#### **6 PM SAT- 6 AM SUN 7/8 FEBRUARY 1998**

This event was my third ultra and my first 12 hour walk. I arrived at Caboolture Historical Village at 4.30 pm in plenty of time for the 6 pm start. This enabled me to familiarise myself with the course (500 metre gravel track) and to set up my table with food, drinks, etc near the track. I collected my lap scoring sheet and race number and chatted to a number of other ultra runners I'd met during the previous months.

There were 3 runners and 2 walkers registered for the 12 hour event and 4 walkers and quite a few runners in the 6 hour event. One of the 6 hour walkers was Caleb Maybir who became Australian Centurion No 28 on 28/29 September 1996. To become a Centurion one must walk a distance of 100 miles in 24 hours. Caleb achieved this in a time of 23:34:20.

After a briefing by the Race Director (Peter Lewis) the race commenced at 6 pm. It had been a very humid day but after a couple of hours the sun had set which made conditions slightly more bearable. This was also the first time I had walked at night and not having the sun beating down on me was a great help.

It was also great to have the other runners and walkers on the track as well. Lots of words of encouragement and support were swapped between competitors. In my case, I found this to be of great benefit. During my last two ultras I've always been at the back of the pack which can get pretty lonely at times!

I decided early into the race to rest for about 5 minutes every 3 hours which was also the time when the race direction was changed. This enabled me to break down the 12 hours into manageable portions of 3, 6 and 9 hours. Being my first 12 hour event I had no previous experience to guide me so hoped this plan would work.

At the 3 hour point I took my first break to have something to eat. I had packed some bagels with peanut butter, a couple of bananas, pretzels, 3 small packs of pureed fruit and some barley sugar as well as water and PowerAde. I found the bagels a bit hard to swallow but did manage to eat some. In future, I'll probably stick to foods that are easier to swallow. Tinned spaghetti seemed to be a favourite amongst some of the other competitors.

After the short break I was on my way again. By this time the 6 hour competitors were supporting each other by calling out "over half way there". I found this a bit daunting as I was only just over a quarter of the way there!!

The venue was a very pleasant place to walk around. As its name suggests, the Caboolture Historical Village is a popular attraction which affords tourists and locals the opportunity of viewing how people lived many years ago. The village contains everything that would have been typical of its day-the blacksmith's shop, local bakery, general store, railway station, hotel, school, cottages, etc. Each of these buildings is maintained by volunteers. The profits of the 6 and 12 hour events went to the Historical Society to assist in maintaining the Village.

As well as having the other competitors as company, I also had the company of numerous toads and beetles. I was constantly on the lookout to make sure I didn't accidentally step on a toad. These toads are quite prevalent at this time of the year.

After 5:45 hours, the race director was calling out to all the 6 hour competitors to make sure they had their bag of sand ready to drop when the hooter went off at midnight. I noticed some of them suddenly picked up their speed-obviously preparing themselves for a big finish before the hooter went off. I was so envious of them - finishing in 15 minutes when I still had another 6 hours to go. . The positive side of my mind kept saying "you're nearly half way through the walk" but the negative side kept saying "you've got ANOTHER 6 hours to go". At this stage I just focussed on the fact that at the 6 hour point I could take another short break.

And at precisely midnight I heard the hooter. I was very careful not to walk on or kick any of the sand bags. Once I finished the lap I informed my lap scorer that I'd be taking a short break. I attacked one of the containers of pureed fruit-it certainly went down well! It felt so good to rest

for a while and I relished every moment. I refilled my water bottles and placed them on the table along with some PowerAde ready for the next 3 hours and then it was back on the track.

It was a lot quieter now as the 6 hour competitors had finished and there were only 5 of us running and walking for 12 hours - 2 women walking (myself and Kerrie Hall) and 3 men running (Pete Gibson, Peter Gray and Geoff Williams).

By now my legs and feet were really aching and at times it was a battle to keep going. My next goal was to focus on the 9 hour point when I would take another break. During this stage Kerrie and I managed to walk together for a while. It certainly made a difference to have a bit of company! We chatted and helped each along (although Kerrie did most of the helping!). We exchanged words with the 3 runners and gradually the 3 hours went by. As I finished another circuit, I again informed my lap scorer that I'd be taking a short break.

I gobbled down another pack of pureed fruit and a banana as well as some sports drink. I didn't ever want that break to finish. Why is it that that 5 minutes went so quickly and yet when I'm waiting to go home from work 5 minutes can take half an hour??

I stood up and dragged myself back on the track (it was now just gone 3 am). It took a while to get going as I was feeling a bit stiff. Only 3 more hours to go and I was feeling physically exhausted. My body was really tired and was crying out for a rest. On and on around the track I went. It became an effort to turn my head and look at my lap scorer to make sure he'd recorded my lap.

Pete Gibson ran up behind me and told me I was looking as good as what I did when I started. That was enough to give me a mental push and I concentrated on putting one foot in front of the other. I can say without a doubt that the encouragement and support I received from the other competitors and the spectators more than contributed to my finishing this event. "No man is an island"- we all need support and encouragement from others to survive. Competing in ultra events has certainly reinforced this fact to me.

Kerrie and I managed to walk together during the last quarter of the event. Kerrie was a couple of steps in front of me and I was doing my best to keep just behind her so the runners wouldn't have to pass two of us side by side. "Are you all right Mel? - stay with me " she said more than once. Kerrie's been walking long distances for about 7 years and is quite experienced and very fit. During the walk she was singing and yelling out to the lap scorers as we completed each circuit. My answers got shorter and shorter. "Yes" and "no" were about the only words I could mutter at that stage.

At about the 11 hour stage both Kerrie and I were really feeling tired and sore. I kept looking at the clock at every lap. It felt good to know that this would be the last hour I would have to get through. At 5.45 am (that's 11 hours and 45 minutes we've been walking and running), the race director called out to us to make sure we had our sand bags. YES! I'm almost there. By this time, our lap scorer was sitting on the edge of the track and really encouraging us each time we walked passed him. I glanced at the clock as we completed another lap and it read 11:58 and a few seconds. I couldn't believe how close I was to finishing and both Kerrie and I both started guessing where we'd be on the track when the hooter went off.

And suddenly we heard it-the long awaited hooter. We dropped our sand bags and yelled out in relief. I managed to expel a piercing whistle and then we all congratulated each other.

I felt I was walking on air-my first 12 hour event and I had finally finished after having so many doubts in my mind towards the end when I felt I couldn't take another step.

I completed 70.6 kms and Kerrie approximately 73.6 kms. For me, that was just over 140 times I walked around that track!!

Shortly after, the presentations were held. We were certainly an exhausted bunch but extremely proud of ourselves.

Kerrie and I were then interviewed by the local radio station. I can't really remember what I said. I think I was so exhausted and excited that I couldn't think clearly!

Kerrie had organised my lap scorers and my thanks go to Betty, Des, Val and Tom (hope I have all the names correct). Without your help I couldn't have participated in this event.

Peter and Lyn Lewis did a marvellous job organising the whole event. It was a great success and my congratulations to both of you.

Thanks to Radio station 4 OUR which broadcasted during the whole event. The music helped us all and certainly added to the atmosphere.

Also, thanks to Kelvin Woods and his dad who very kindly carried all my gear back to my car. It was a great help and I appreciated it.

And finally, my thanks again to all the competitors and spectators who gave me so much encouragement and words of support. It really helped me during the times when I was feeling mentally and physically exhausted.

Now I'll take some time to recover and maybe start planning my next ultra!

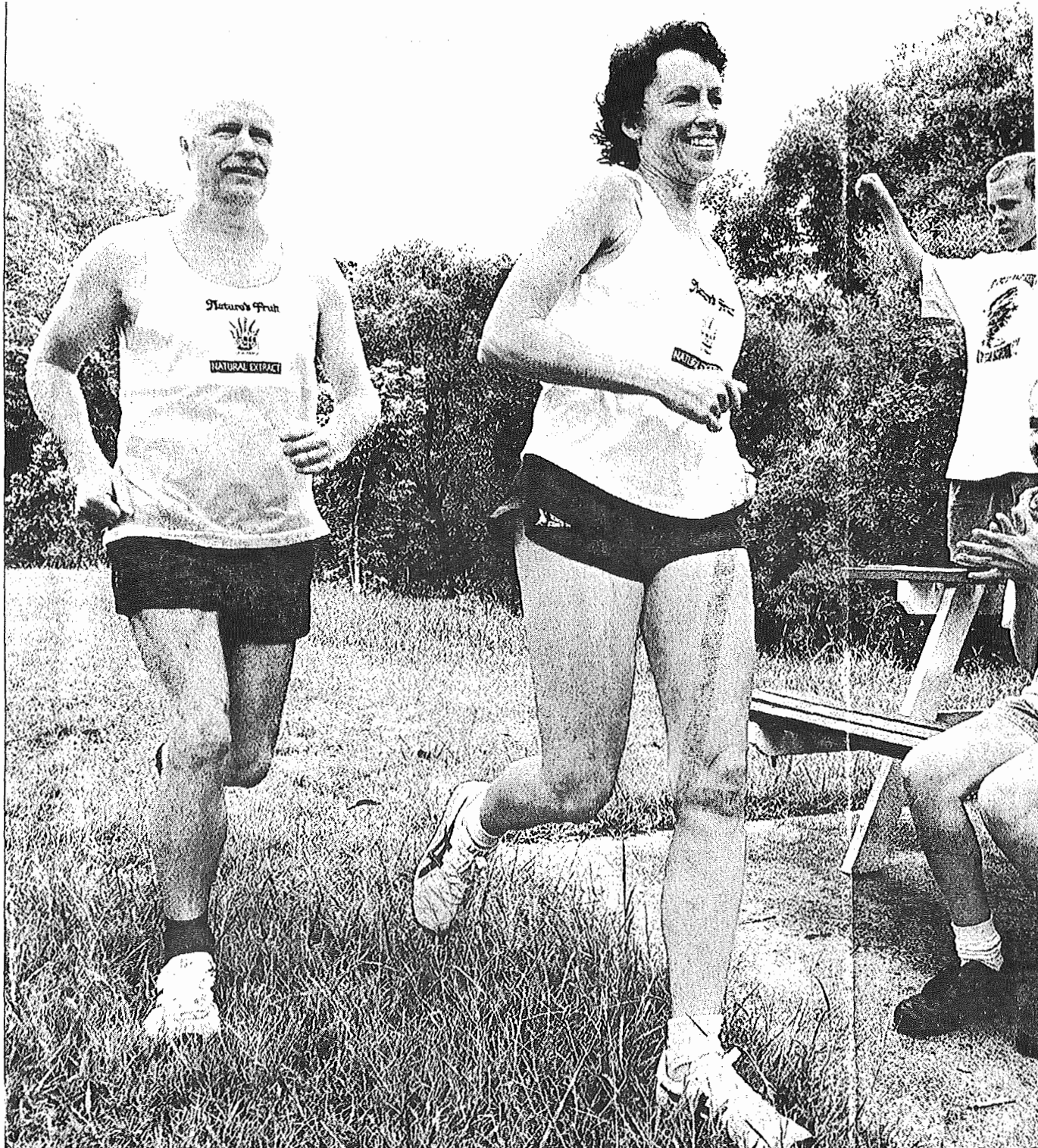
Melanie Jonker Brisbane, Queensland Australia

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"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."



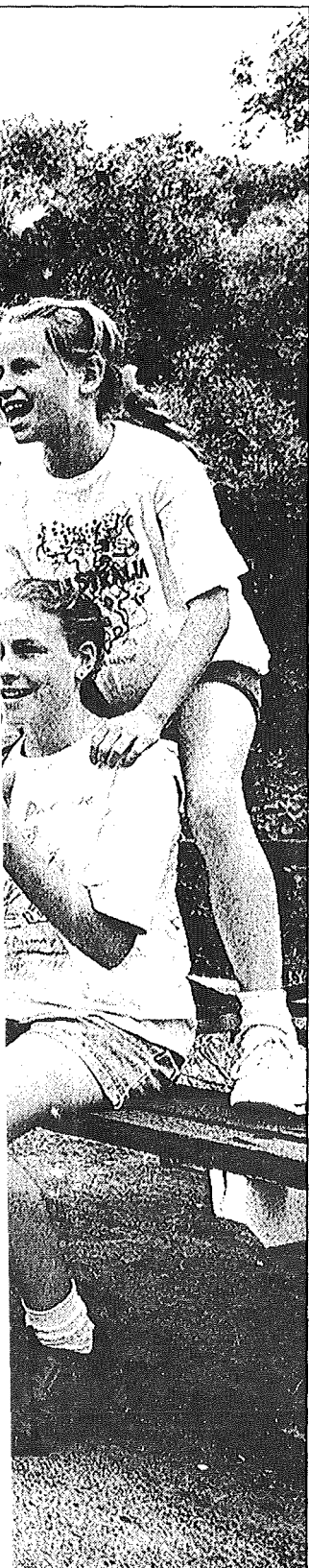
# Mum takes on ups and downs



FAMILY affair . . . Lyn Gordon-Lewis, watched by her children, trains for her mountain challenge with husband Peter. F

TUESDAY, JANUARY 13, 1998+

# of mountain bid



**MOTHER** of five Lyn Gordon-Lewis plans to run up and down Pomona's Mt Cooroora as many times as possible in one day — and all for charity.

Mrs Gordon-Lewis, 42, of Wamuran, west of Caboolture, will take the course of the annual Pomona King of the Mountain challenge — she has won the women's race three times, in 1990, 1991 and 1992.

She said the suggestion to race up and down the 438 metre volcanic plug in the Noosa hinterland for 12 hours came from her husband Peter Lewis.

She will begin the attempt at 6am on April 5.

Mrs Gordon-Lewis said she would run to raise funds for the State Emergency Services and Rural Fire Brigade.

She and Mr Lewis, a qualified naturopath, said they wanted to see the famous annual Pomona King of the Mountain Festival continue, and will allocate a portion of the proceeds for the July event.

Mrs Gordon-Lewis also will dedicate her April run to the late Stan Topper, the man credited with putting Pomona's footrace on the map.

Mrs Gordon-Lewis's string of competition credentials includes the Mt Edgecumbe Queen of the Mountain (NZ) in 1992 and performances in mountain races at Nanango, Mullumbimby and Gordonvale.

Add to that 18 straight wins in ultra-marathons and numerous successes in six-hour road and track as well as 24-hour track events.

Older brother Graham Barralet still holds the Pomona mountain record of 22min50sec, set in 1989 and continues to compete; another brother, Neil, finished second in the veteran's category in 1990.

Mr Lewis, who doubles as trainer, and Mrs Gordon-Lewis have set a target of between eight and 10 laps.

They expect up to 20,000 spectators, including three of her five children still living at home — Melissa, 13, Curtis, 12 and Arlene, 10.

Sponsors are expected to contribute according to the final number of laps completed.

Mrs Gordon-Lewis will take part in a six-hour marathon at Caboolture on February 7 as a lead-up training run.

Mr Lewis said he believed his wife's prospects were sound.

"She'd be the only person, male or female, in Queensland who could last the distance," he said.

## POMONA'S CHALLENGE OF CHALLENGES

**12 HOUR SOLO MOUNTAIN RUN  
AT POMONA, QUEENSLAND  
6AM TO 6PM APRIL 5, 1998**

**by Lyn Gordon-Lewis  
(AURA member)**

She's called Queensland's Mountain Queen, Lyn Gordon-Lewis and mother of 5 lives up to this reputation. Lyn dares to challenge her strength and endurance to conquer real mountains. Lyn is testing this with Pomona's Challenge of Challenges, Mt. Cooroora, 438 metres high. The annual Pomona King and Queen of the Mountain is considered one of the toughest mountain runs in Australia because of the steepness of the mountain.

The challenge is to see how many times it is possible for Lyn to run the gruelling King of the Mountain circuit in a 12 hour period. The distance of this circuit is 4.3kms, which includes the steep climb of Mt. Cooroora.

Lyn is hoping to gain sponsorship for her effort and the proceeds will be divided between the SES, Rural Fire Brigade, maintenance of the mountain track and the Pomona King and Queen of the Mountain Committee.

**Good luck Lyn!!  
GO LYN GO!!**

icture: GRAEME PARKES

**ULTRA TASMANIA INC.**  
*Its Fun In The Long Run*



**BRUNY ISLAND 64KM RUN**  
*Solo and Teams*

A relatively small field set off on 6th December 1997 on the tenth annual 64 km run from Dennes Point at the northern tip of Bruny Island to run to the Lighthouse at the southern tip.

Solo Results:	1st	David O'Brien (Tas)	5 hours 5 minutes 43 seconds
	2nd	Steele Beveridge (NSW)	7 hours 19 minutes 10 seconds

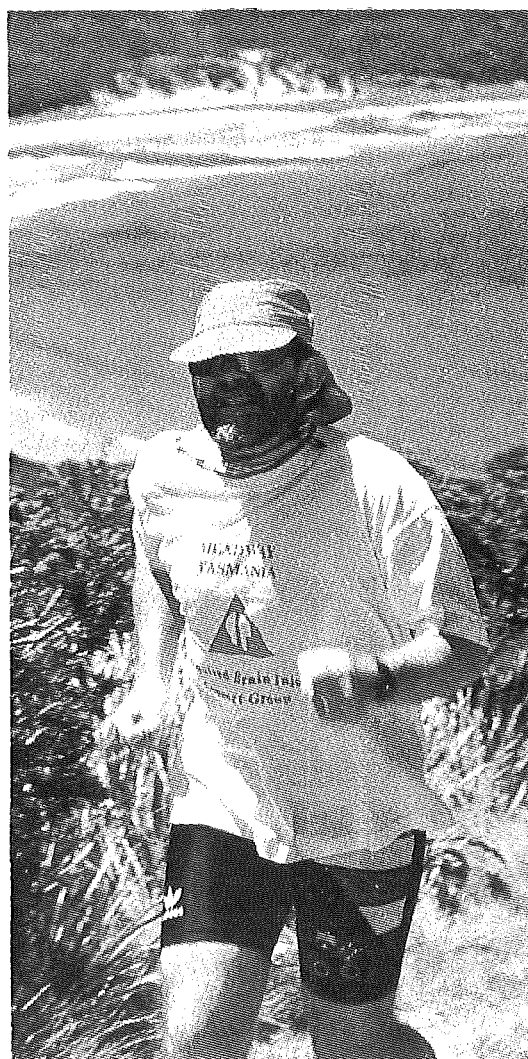
Team Results:	1st	Five Drinkers And A Teetotaller	3 hours 35 minutes 18 seconds
	2nd	Not So Pacey	4 hours 28 minutes 31 seconds
	3rd	Hash House Harriers	4 hours 35 minutes 47 seconds
	4th	Barnes Bay Bombers	4 hours 37 minutes 30 seconds
	5th	Boys Chasing Girls On The Run	4 hours 39 minutes 13 seconds
	6th	NORTAS	4 hours 54 minutes 6 seconds
	7th	Girls On The Run	5 hours 36 minutes 36 seconds

*Pretty rare.....!  
 new members  
 from  
 Victoria.*



48 . *How about getting your ass into gear?*

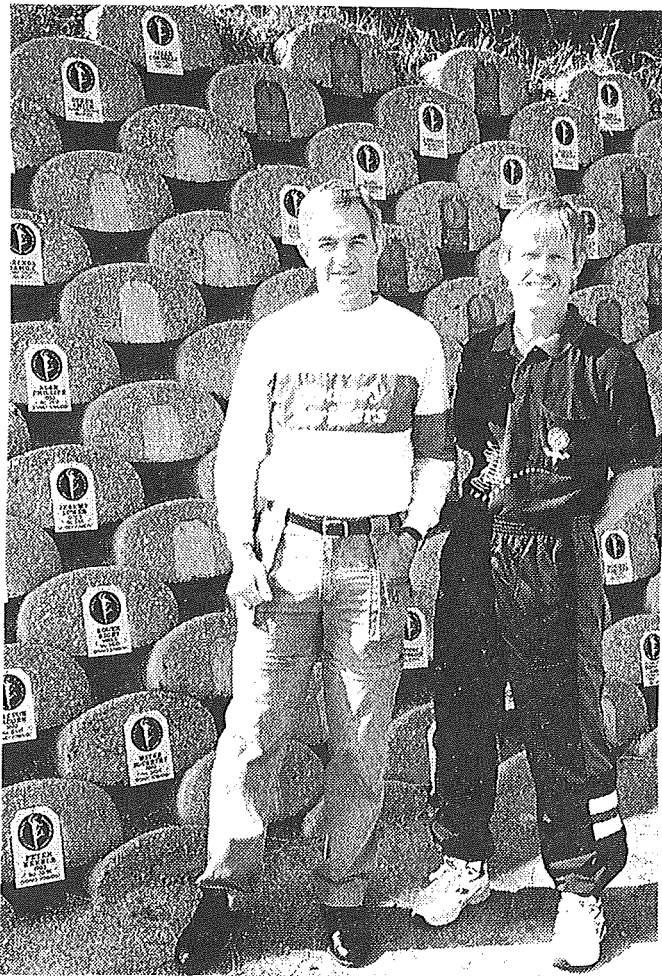
*Blast from the past.*  
 "Headway" representative  
 David Gatenby in the 1994  
 Bruny Island Run





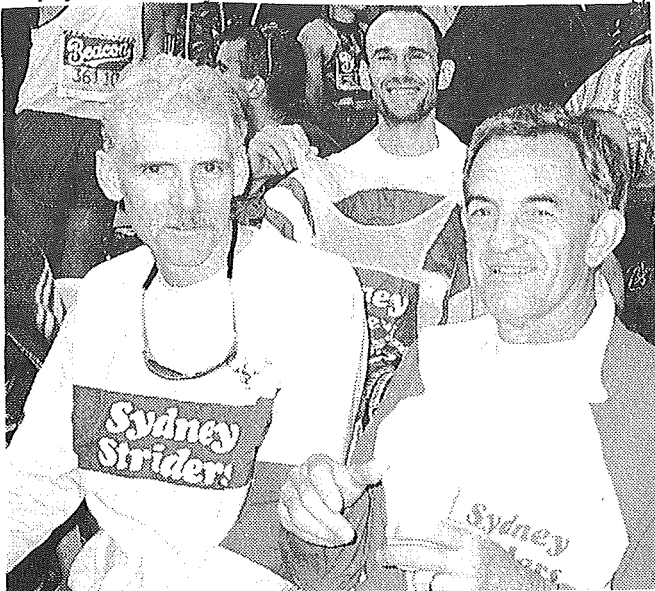
# Comrades Marathon 1997

By Alf Field



**Alf Field and Benny Hagberg at Striders' section of the Comrades Wall of Honour. Note the remaining blank spaces for Striders.**

In 1967 a runner described the Comrades Marathon as follows: "The spirit amongst the competitors and spectators is something peculiar to the Comrades and I am very sure that you would not find it anywhere else in the world. The marathon does something for a person which you cannot put into words. It is as if, once you have started, nothing can stop you and if you are once successful in finishing



you cannot wait for the next Comrades." I am now certain that this description is absolutely accurate. There comes a point where one is hooked and the addiction becomes all-consuming.

## Green Number Club

In the Comrades, each runner has a personal race number which continues to be allocated provided he or she continues to run the race on a reasonably regular basis. Once a runner has completed 10 Comrades, they secure a right to that number in perpetuity. In subsequent years the number is printed on a green-coloured race bib and the runner becomes a member of the "Green Number Club". These green numbers are highly prized and greatly respected.

In 1968, Clive Crawley secured the right to his coveted number 1 in perpetuity. When asked whether he would now retire from running the Comrades, he replied: "I suppose I will, but you should run at least once in your green number." So he turned up the next year to run in his green number and he has turned up every year since then, running his 39th Comrades this year. This equalled the record set by Leige Boullc, who is no longer running. What amazed me is that Crawley is now 66 and he finished in the amazing time of 8.45.20. Any bets that he will be there next year to run his 40th?

About an hour after Crawley finished, he was joined on the 39 medals mark by Kenny Craig who finished in a more sedate 9.41. Craig is 61, some 5 years younger than Crawley, so expect him to be back for his 40th next year. Then it will be a race to be the first to complete 50 Comrades!

## Comrades is a drug

There is no doubt that Comrades must have something special to draw runners back to the well so consistently. The 1967 runner whose views are recorded above, got it right. It is a drug and we keep going back for more. How else does one explain someone voluntarily running 39 Comrades?

Richard Briscoe became the first Sydney Strider to secure his green number when he finished in a very creditable 7.18.41 this year. Well done, Richard. See

Reprinted from "The Blister" - Sydney Striders Road Runners' Club Magazine, Edition No.67 June - August, 1997.



← Comrades finishers (L-R) Charles Coville, Carl Barker and Alf Field relax after the race

you back there next year when you sport your green bib for the first time.

Although Sydney Striders contingent was much smaller this year, the group included Carl Barker, who finished in a sensational 6.18.58 in 69th position.

Charles Coville broke 9 hours, finishing in 8.55.13. This was a great effort, as Charles said his knee "seized" at 60km and he had a very painful shuffle to the finish. I believe it was Charles' 8th Comrades, so only two more to go for the green number. For years, runners have asked me as they passed me during the Comrades: "Do you know Charles Coville?" I don't know why Charles didn't have a sign on his back saying, "I AM Charles Coville." I do know that Charles was quite emotional about the reception and support he got from the crowd and other runners along the way.

A surprise entry was Benny Hagberg, who ran with the Striders regularly a few years ago. Benny is now living in Hong Kong and says he is still a Strider. Benny finished in 9.05.21 in his first Comrades, a most creditable debut. Benny finished full of running. He passed me with 25km to go and then stuck 25 minutes into me over that distance.

The reason Benny was able to do this to me was partly due to problems I was having with my back. I had taken a heavy spill about 2km from the start and obviously put my back out. Immediately after the fall I experienced a pain in my lower back, a pain which increased steadily with each passing kilometre. How did I fall? Charles Coville somehow located me in the crowd of runners after the start and we were having a nice chat. In the dark early hours I wasn't paying proper attention to where I was putting my feet while talking to Charles and tripped over a lump of concrete, just missing a street light standard as I fell. Thus I suffered a painful back for 88km, and when I finished I had a large lump that looked like a sausage in my lower back. I honestly thought my running days were over. Fortunately, 10 days of total rest brought about a vast improvement and I'm happy to

report that I'm running again.

I finished in 9.30.01 in my 7th Comrades. I am certainly hooked and would dearly love to secure my green number. For some reason, when I first ran Comrades in 1983, I scored the number 301. As you can imagine, there are not many three-digit numbers around today. Even the great Bruce Fordyce had to settle for four digits - 2403. My number also seems to be in quite an illustrious batch. Number 300 was worn by John Smith when he won in 1962, and by Brian Gomersall when he won in 1965. The great David Bagshaw, who won in three consecutive years (1969, 1970 and 1971) and held both the up and down records, had number 303. Mike Orton, who won in 1972, sported number 307.

So it looks as if I'll have to run another four Comrades, 3 to secure a green number and once more to show it off. June 2001 seems a long way away.

Dick Bartlett finished in 10.09.51 looking as fresh as if he had just done a 14-day walk across England (which he and Clare had in fact done immediately prior to Comrades). Dick did his usual trick of lying down and falling asleep immediately he arrives at the finish, but I dragged him up. I felt rather guilty about this the next day when he told me that Rick, one of the Western Australian runners they were travelling with, collapsed at the car just as they were about to leave Durban. Rick had to be stretchered to the medical tent where he received two containers of drip. By the time he was fit to leave it was 8pm and the poor Bartletts still had to drive back to Pietermaritzburg. A very long day by any standard.

The race was won this year by Charl Matheus (5.38) after a thrilling duel with Nick Bester (5.30). The ladies' race looked to be all over bar the shouting for Maria Bak of Germany. All the TV commentators were saying she was home and hosed, when Ann Trason made her move from several minutes behind Bak. Trason eventually won by a couple of minutes in 5.58, a truly sensational time.

Name	Position	Lion Park	Halfway	Kloof	Mayville	Finish
Charl Matheus	1	00.58.22	02.43.49	03.47.20	05.01.03	05.28.37
Nick Bester	2	00.59.23	02.44.05	03.47.20	05.00.46	05.30.41
Jaroslav Janicki	3	00.59.42	02.46.40	03.51.14	05.07.06	05.32.50
Ann Trason	26 (1F)	01.04.59	03.00.45	04.11.58	05.30.36	05.58.27
Maria Bak	32 (2F)	01.04.59	02.59.59	04.09.56	05.30.29	06.07.00
Valentina Liakhova	88 (3F)	01.04.59	03.03.41	04.23.05	05.51.53	06.22.51
Carl Barker	69	01.04.52	03.04.29	04.20.41	05.46.50	06.18.58
Richard Briscoe	601	01.07.36	03.20.46	04.52.12	06.38.25	07.18.41
Charles Coville	2,977	01.28.44	03.58.00	05.49.13	08.07.51	08.55.13
Benny Hagberg	3,307	01.41.19	04.38.33	06.30.07	08.26.32	09.05.20
Alf Field	4,447	01.35.49	04.30.38	06.29.35	08.43.53	09.30.01
Dick Bartlett	6,633	01.44.55	04.42.08	06.49.34	09.18.29	10.09.53



## 1997 Comrades Marathon - A 21 Year Reflection

by Charles Coville

"Never again". The words are as much part of the runner's vocabulary as are the words "PB", "Hitting the wall", "Fartlek" and "How much further?"

"Never again" I screamed to Dave Hodgkiss expecting some sympathetic support as he shuffled over to me. I approached 45th Cutting, one of the last hills, with less than 10km to go in the 1997 Comrades Marathon and I was taking strain. "You know Charlie you are completely boring!" mumbled Dave as only he could. "When we ran our first Comrades together back in 1969 you echoed those boring words for the first time. Yet you went on to run another 7 of these races". Dave jogged alongside me showing scant regard for his being 50 lbs overweight. "I also recall you saying in 1976 during your final swan song race just before emigrating 'never again'. Yet here you are back at Comrades still as boring as ever."

### The credibility I lacked

Had I had a grain of energy left I may have taken a swipe at Dave. But how could I? We'd been through so many running and canocing ultra marathon experiences together that I still had respect for 'fatty'. He also had the credibility that I lacked. He retired in 1995 saying "never again" after 22 Comrades (including numerous top100, sub 7 hour placings) and had kept to his word. His overweight body bore testament to his honesty. So why was it that I went back on my word yet again, this time after 21 years?

Let's go back a few years. In 1992 I made a "come back" after a some years in low key mode. I got within 30 seconds of a City to Surf PB, ran a NOSH PB, ran my first 6 Foot Track and Nowra King of the Mountain. All this at the age of 43 with Comrades not on the agenda. I almost achieved my come back goal of a sub 2.50 marathon by running 2.53 at Gold Coast. But then disaster struck. The day after Gold Coast my big left toe became swollen (a bit of a woozy injury I thought) and many months later osteo-arthritis was finally diagnosed. "Cut back on long distance running" was the advice from Bryce Courtenay's doctor. "By doing that you can keep running the short stuff for longer". Made sense, so goodbye STaRS and marathons and hello Ocean Swims and Triathlons.

### Reputation would have been intact

4 years down the track in late 1996 a Johannesburg family reunion (after 11 years) was proposed to celebrate Coville senior's 80th birthday. Now had Ronald Coville been born in April 1917, not

June 1917 then I would definitely have run 2 Oceans Marathon in Cape Town and not Comrades in Durban and my reputation would have remained intact.

Bearing in mind my gammy toe and Dr Irwin Light's professional advice I chose to cautiously train for Comrades but not tell anyone; just in case I chickened out. I was not too sure how my toe would hold out. A Palm Beach to Manly 30k, one 25km STaR, two 30km STaRs and a 38km STaR was all I could muster up for my first marathon in 5 years, the Canberra Marathon which I had to run in under 4.30 to qualify for Comrades.

### Disaster struck

All was going well at 4.08 min/km pace and a sub 3 in mind when disaster struck at 27km. Without warning my calf muscle (soleus) tore. To continue/qualify or not to continue/qualify - that was the question. I continued to finish in 3.04 in what was the most painful marathon (in an injury sense) I have ever run.

A commitment was now required. I entered Comrades still injured and received my old number 686. Low numbers carry prestige because they indicate that you have been around a long time. You get reallocated your prior year number unless you don't run for 2 years. After 10 finishes you receive your number in green in perpetuity. New numbers allocated are in the high 39,000's. Even Bruce Fordyce's number wasn't 3 digits but was in the low 1,000's. So receiving 686 again made me feel like an "experienced Comrades runner" and was the type of motivation I needed to get focused on the race and get my injuries under control.

It was only 8 weeks to Comrades and I was advised to lay off for 3 weeks, stretch, get physio etc to help my calf recover. So ended my training in the most crucial period when I should be doing plenty of 30km plus long runs. After 3 weeks I did manage a run to the AGM Star in Waverton with Richard Briscoe (my training partner since late last year) and then continued on the Star to log up a tiring and slow 52km. My calf had survived but only just.

### Broke down

The Sydney Morning Herald Half was my next major set back 1 week later when my calf muscles disagreed with my plan for a speedy half and called it quits at 15km. To add insult to injury my nemesis Godfrey Franz beat the hobbling author by a mere 30 seconds. Finally, I broke down on Dr Corte's Tuesday morning run from Gordon station and had to retire after 3kms into the run and shuffle painfully

home. Comrades was a mere 20 days away and I could not manage a 14 km training run! I was due to fly out 6 days later and it was decision time. Retire gracefully as there was someone up there trying to tell me something after 30 years of marathon running or as I did in Canberra - keep on keeping on. Like all obsessed runners I chose the latter.

Enter Matt Olsen masseur supremo. After 2 intense sessions (normally takes 5) Matt assured me with an air of confidence that Comrades was possible. His sessions were so painful I cried out like a baby. "Do other patients whinge?" I inquired somewhat embarrassed. "No" replied Matt nonchalantly. "You are the only patient that doesn't swear at me".

It was inspiring driving the undulating course the day before the start of the 72nd Comrades, recalling the agony and ecstasy of Comrades days gone by. Advertising billboards and hot air balloons appeared all over the course. On course advertisers didn't exist in the early 70's. The Runners Expo in Durban with its numerous commercial stands in an enormous hall reminded me of the Show Bag Pavilion at the Royal Easter Show and was an event to behold. All the latest in food, gadgetry, clothing was on display.

### **The Bruce McAvaney of S.A.**

As I checked in at the International Stand, I felt a tap on my shoulder and a friendly "Step this way please". No it was not the infamous security police but an interviewer's assistant requesting my attendance for a radio interview. Ian Laxton is the Bruce McAvaney of South African TV and radio. I knew Ian from the 70's and felt somewhat overwhelmed when he introduced me as "Charles Coville from the famous Coville running family". I did not realise the impression my brother and father had left on the running community since my emigration. Lindsay Weight, 1984 and 1987 female winner, undertook most of the interview and I resisted the temptation of discussing Striders personalities such as Kar Wong, Nobby Young, Kevin Tiller, et al. Where would I have begun?

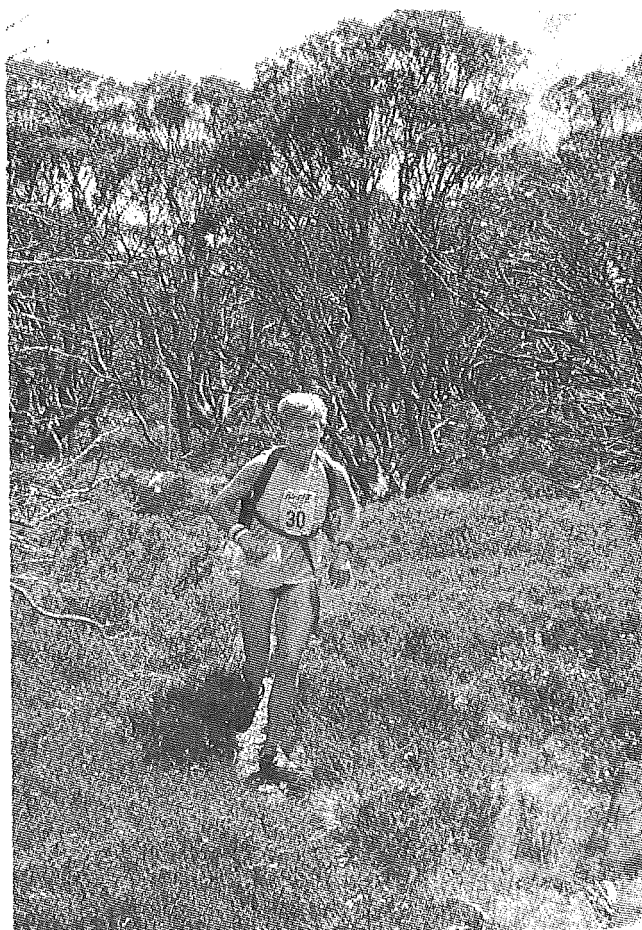
Neil, my brother, offered his view on my race strategy. "Since you've come all this way and waited so long why not at least start the race. Experience the start, the crowds and drink stations and if your calf is playing up drop out at 10km. After 10, if you continue, you are committed to finish". What a strategy, one I have never ever contemplated before. With friends such as Rob Steer running number 31 and my other acquaintances starting no 9, 14, 15...23, how could I ever have an excuse for not finishing? Two further offers of advice included not drinking at the first few drink stations and running at 5 min /km pace. "With 55 drink stations along the route you will end up bloated and will lose time if you stop and

drink too early" suggested Trev Parry, a gold medallist and consistent sub 7 hour runner. "There is a big difference between running 4.30 and 5.00. Given your state of fitness a 4.30 min/km pace would be too quick while 5.00 would be more comfortable. Surely all you want to do is survive and finish".

The spectators and runners at the start were reminiscent of City to Surf. What an eye catcher to see the first loo stop. A mere 2 kms into the race not even out of Pietermaritzburg and runners were lined up, as far as the eye can see, side by side pointing P at the P. I joined them at 3km and only stopped again for another relief at 60km.

The countdown displayed by the distance markers soon made me realise that I should aim to only note them every 10 km. Seeing signs stating 89 to go, 88 to go, 87 to go would have destroyed me if I looked out for each one. There were no signs in the early 70's and we had to rely on the odometers of our seconds' cars following the race to inform us of our progress. Today all non official vehicles are banned from the course. Runners take over the entire road.

Each drink station was sponsored and competed for the drink station of the race award. No wonder they were so enthusiastic. Dancing girls (like a League or AFL match), bands or radios blurted out songs to which you could relate. "And I would walk 500 miles" (Terry McIver - name the Scottish group that had the hit) was the most played number.



Each drink station offered a smorgasbord of cats and drinks. Water in sachets, coke, sports drinks, bananas, oranges, lollies and the coup de grace - boiled/baked potatoes. The latest Dr Tim Noakes (of Running Lore fame) research espoused that spuds were the way to go (something Bredda can be proud of). They rank as one of the fastest absorbed carbohydrates. Unfortunately no mince, cream and chives thrown in. If only the youngsters of today realised that if were not for our seconds of yesteryear carrying food and drink in their vehicles we would all have died from dehydration and hunger.

Passed Clive Crawley (Race no1. on his vest) at the bottom of Polly Shorts. Clive had completed 38 Comrades races along with 2 other runners - the record number of finishes. Race numbers are inscribed with the runners name and number of races completed. I wondered why so many runners that I did not know knew so much about me.

### Midnight Oil

I felt my right calf tighten and I had not even reached 10km. Was this the beginning of the end? How could I possibly bail now? Mind you, 79.9 km with a tight calf was going to be an interesting experience. "Focus away" I prompted myself. The only way out was to switch off. "How can we sleep when our beds are burning" pulsed across the dry winter grass as I turn a corner and headed into drink station no 3. The band was playing Midnight Oil. The sign. It must be for me. There was a message there, somewhere. I raise a clenched fist, "On you Garrett!" I shouted out in appreciation.

Bands? I used to sing to myself to help pass the time. Locomotive Breath was a popular ditty (Still there Terry?). Who would have guessed that a second sign would present less than 2k later. He was no Michael Hutchence but I didn't care. Suicide Blonde never sounded sweeter. It was drink station no 4 and the next band was playing. I was over the 10k mark, calf tight, caught up in the atmosphere and it was too late to bail. Those signs were divinely inspired.

"Russell Thompson from Oxford Striders (from a city called East London in the Cape Province) and I've got a sister in Melbourne". I slowed down as I passed Russell and said g'day. Oxford Striders did not even exist in my day. Must be a rookie. Russell was to be my saviour for we ran together for the next 40kms. Russell did all the talking, I did the listening and focused away from those dreaded km signs. He had his problems - injured too, undertrained but running his no 10 and with the same goal as me, to run 5 min/km. Some rookie.

My hidden goal (besides getting past 10km and then finishing) was to get to half way in 4 hours, leave myself 5 hours for the second half and not to

walk - I was paranoid about my calf scizing. Inchanga and Drummond are the big, and I mean big Rose Bay / Double Bay hills and they just keep on going forever. By not walking I passed numerous runners. Uplifting.

Hansie Cronje the Springbok cricket captain had his own little unofficial seconding table. Hard to imagine Tubby running a table chewing gum and chasing after runners with a water bottle. Under the big Pick and Pay arch at half way and I feel like a grand prix driver at Albert Lake. Only problem is that they can change tyres and get refilled; wishful thinking. 3.55 and right on target. By now both calf muscles were tight but still no tear; so I was I up on Canberra Marathon.

### Is your name Sydney?

The enquiring and encouraging spectator and runner support for the traditional Strider vest was indescribable. Without identification it would have been a completely different race. How could we ever have debated changing the font for something more modern but less identifiable. "Go Aussie", "Thanks for coming over to run", "Are you really from Australia?", "Is your name Sydney?" (and he was serious too), "Sheila is in front of you Bruce - ha ha" (the famous South African time warp), "Pity you can't play rugby" ("Pity you can't play cricket" - that shut him up), "Hope you enjoy your first run" (If only he knew). Suddenly I was at 50km. My 5 min / km pace was no more. Time to change a gear - slower. It was now 6 min / km to 70 km.

The crowds were getting deeper and more supportive but still no one has asked me that infamous question - "Do you know....?". I recall in the 70's stopping at an intersection and asking for directions as there were no runners in sight. I had nearly 3000 ahead of me and nearly 9000 behind. "Which way to Durban" I inquired, one can't take this race too seriously. "Weirdo" I overheard a khaki clad Afrikaner respond. "Hierdie Australian kerel is mal" (This Aussie is mad).

I was hurting. My tight calf muscles and overall discomfort was now a distant memory as my itb and hamstring took over centre stage in the "let's compete to see who can be the most painful" competition. But motivation kept me going - no walking, break 9 hrs.

### Nauseating smell

The smoke from the spectators' BBQ's wafted across the course in the suburban streets and became a nauseating smell. Couldn't complain though. I would rather have the spectators with their smoke than no spectators. Spectators were a luxury when the runners only numbered the magical 1000. Pinetown and 20km to go and my legs were no longer communicating with my brain. I considered walking.

But how could I? Wall to wall spectators, I couldn't let them down. And what of my goal? I still hadn't walked. Up Cowies Hill and I was the only one running. It hurt. The spectators acknowledged my effort. My throat choked up and I felt goosies all over and a cold tear ran down my cheek. I was overcome with emotion. A middle aged man in a baggy grey suit, tie and shirt ran past me. He was wearing his green number. I wondered if he had competed 10 Comrades attired in such a manner. Probably had to go to work straight after the race. Strange!

Suddenly Dave Hodgkiss appeared and I echoed those immortal "never" words. "Only 2 more hills to go. I suggest you consider walking part of the last 2. They are killers" says Dave finally offering me some encouragement. Just as well that I heeded his advice. Those killers may have torn my calf muscles - almost as bad as Monteith on the Wairoonga Wobble. No one around me ran them. Did not feel so guilty walking for the first time.

#### Franchising opportunity

4k to go. "Can you pass a message on to Charles Coville?" I spun around to see Dave Kinsey. Perhaps I was not recognisable with my silver sunnies and peak cap but I always thought that my grey hair was a give away. "Sure" I responded relieved that it had finally happened although not quite as I had expected. "Tell Charles that I enjoyed my visit to Sydney and it was great running with him", said the runner from South Coast Striders. Not another Striders. There must be a franchising opportunity out there. "I will tell him now, since it is me. I have waited all race for this, but you won't understand".

I turned onto the track and burst into tears. I raised my fist in defiance in the air and let rip with "you little beauty". I had read all about it before in Blisters each July yet somehow I never thought that I would be so moved by another Comrades. As I strode over the electronic pads the champion chip tied to my shoe lace recorded me at 8.55. Mission accomplished against all odds. Matt Olsen, masseur supremo, you're my hero. "Will you be back next year?" asked the middle aged official as she lead me over to the International tent.. "Well" I started cautiously. "Never.." I paused. Time to redeem myself. If only Dave was there to hear me "Not on my itinerary for next year". I had finally restored my credibility!

Race Anecdotes: In 1969 (my first Comrades) I was 392<sup>nd</sup> out of 586. 28 years later I was 2954<sup>th</sup> out of 11271. My times ranged from 7.16 to 9.54. This was my 3<sup>rd</sup> fastest out of 7 races run between 1969 and 1976. I boycotted the 1974 race as part of the black armband protest against blacks not being allowed to compete officially. 2 Blacks have since gone on to win Comrades.

## Striders' All-Time Comrades Honour Roll

(Most of these are AURA members)

Name	Date	Age	Time	Posn
Trevor Jacobs	1993	V	6:18:29	69
Carl Barker	1997	P	6:18:58	69
Charles Coville ★	1972	O	7:16:17	72
Richard Briscoe	1997	P	7:18:41	601
Jonathan Trope ★	1986	V	7:22:47	919
Jonathan Trope	1996	M	7:43:53	1111
Steve Urwin	1993	P	7:50:49	1320
Jonathan Trope ★	1985	P	7:54:21	969
Alf Field	1991	M	8:08:55	1904
Charles Coville ★	1971	O	8:12:38	259
Steve Urwin ★	1984	O	8:16:20	1730
David Sill	1995	V	8:23:10	1684
Murray Town	1995	P?	8:29:26	1846
Chris McLean	1995	V	8:31:57	1903
Geoff Taylor	1996	P	8:45:05	2667
Charles Coville	1997	V	8:55:13	2977
Susan Griffith	1993	P	8:55:41	3335
John Turner	1993	M	8:56:49	3389
Alf Field	1990	V	8:57:33	3073
Charles Coville ★	1973	O	8:59:00	600
Benny Hagberg	1997	V	9:05:20	3307
Alf Field	1996	M	9:08:53	3562
Jonathan Trope ★	1984	P	9:09:06	3248
P Hammerschmidt	1993	M	9:13:04	3977
Wayne McCarthy	1996	M	9:16:02	3885
Derek Smith	1996	M	9:17:50	3973
Geoff Taylor	1995	P	9:18:19	3391
Charles Coville ★	1970	O	9:21:56	329
Grahame Murphy	1996	V	9:24:25	4305
Alf Field	1995	M	9:25:31	3663
Alf Field	1997	M	9:30:01	4447
Dick Bartlett	1993	V	9:31:28	4840
Alf Field	1993	M	9:37:10	5100
John Ayliffe	1993	V	9:37:14	5101
Tony Crosby	1993	V	9:37:16	5103
Graham Butler	1990	V	9:43:14	5038
Dick Bartlett	1996	M	9:43:49	5413
Alf Field ★	1983	V	9:44:25	3190
Charles Coville ★	1969	O	9:48:25	392
Charles Coville ★	1976	O	9:50:00	993
Roger Rigby	1996	M	9:50:10	5815
Graham Butler	1996	V	9:50:14	5822
Alan Phillips	1993	V	9:55:53	6250
Charles Coville ★	1975	O	9:56:00	988
Graham Butler	1993	V	9:58:37	6416
Dick Bartlett	1990	V	10:02:56	6164
Dick Bartlett	1995	V	10:04:33	5482
Jonathan Trope	1995	V	10:06:49	5568
Hugh Spencer	1993	M	10:09:06	6899
Dick Bartlett	1997	M	10:09:53	6633
Wayne McCarthy	1995	M	10:10:35	5757
Roger Rigby	1993	M	10:17:41	7486
Jim Screen	1996	M	10:20:56	7750
Stephen Myerson	1995	P	10:25:45	6773
Dick Bartlett	1994	V	10:31:48	7474
Nick Reed	1993	P	10:39:20	9220

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## UK Ultra Victory for David Sill!



**David Sill pictured during an ultra track race at Doncaster, England, in May 1997**

In warm, favourable weather conditions, UK-based Strider David Sill sensationally won the Humberside 24 Hour Track Race in Hull on 2 & 3 August 1997, wearing the green and white of Sydney Striders from start to finish.

His total distance was 120.32 miles (193.64k), shattering his own personal best by well over 20k and propelling him to 4<sup>th</sup> place on the all-time Striders' 24-hour listing (see Kaptain AnoraK, page 40).

The finish of the Humberside race was a real challenge for David. With four hours remaining he was 31 laps behind the leader. During the next hour the leader was reduced to a walk and with three hours to go the lead was 25 laps, still a daunting 10 kilometres. Gradually the lead was whittled down, until with only 25 minutes to go David Sill took the lead. He was not to be caught again.

From then onwards, David was pressured by the lap counters to run flat out to do seven and a half laps in the last 20 minutes to reach 120 miles. He reports he was "a mess" after the race, but recovered well to enjoy the glory of his victory.

The Humberside race was also memorable for the performance of Max Jones who came second with 191.02 kilometres and who is claiming at least five world records in the 70 year age group. Fortunately the 70 year 24 hour record isn't one of Cliff Young's!

David reports that as he doesn't especially like training in the cold he changed his approach since arriving in England. During 1997 to date he has averaged a total of only 57 kilometres running per week, racing frequently and just doing maintenance jogging between events.

Excluding race mileage he has only averaged 29 kilometres of training per week. Obviously this is a regime which works well!

As an added bonus, David has received notification from the Spartathlon committee last week that he has been accepted for this year's Greek classic ultra.

His Humberside result will surely make him confident of finishing the 245 kilometres in probably hot weather within the 36 hours time limit at the end of September.

## Kev's Korner

"We had a crisis in our household this morning. The cappuccino machine broke down." Kevin Tiller, lamenting the exigencies of life in the 1990s before requesting counselling for himself and his distraught wife.

**aibohphobia** *n.* The fear of palindromes.



# RACE ADVERTISEMENTS

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UNDER I.A.A.F. PATRONAGE

## INTERNATIONAL 1000 MILES TRACK CHAMPIONSHIPS NANANGO

MARCH 11 - MARCH 26

1 9 9 8



Ron Grant has recently conceded that the up-coming 1000 miles championships to be held in Nanango March 11 - 26 rightly deserve the title "Footrace of the Century". That was the title given to the '96 race but so much has happened since. Gary Parson's own world record mark has been bettered no fewer than 5 times to date and the 5 runners who achieved this feat are lining up in the field of 19 to contest this race.

The second placegetter in '96, Alfredo Uria of Spain, 5 months after returning home bettered Gary's mark by almost 2 hours in Baracaldo. In October that same year in Odessa, Vladimir Vasyutin lowered that mark by three hours and in the same race Vladimir Glazkov shaved off a further hour. The fastest man over this distance is Georgs Jermonalajevs who set a new mark in New York last year. The current world record holder is Petras Silkinas from Lithuania who almost broke the 12 day mark in Odessa in October. With such a star-studded field the current talk is that the 12 day barrier will definitely be broken.

This race has already achieved a number of firsts. It will be the world's first IAU International 1000 miles track championships and Australia's first ultra marathon international championships. Also contesting the event will be Tony Rafferty, the previous world record holder before Gary Parsons and on the sidelines as an interested observer will be Malcolm Campbell, the president of the world governing body who held the world record in '85 having broken a 100 year old record. The incomparable Cliff Young who celebrated his 76th birthday last week is a goer and is out to break every aged world record in the book.

The venue for this historic event will now be the Showgrounds due to QRL restrictions at the Football oval.

We still need people to crew for the overseas and interstate runners for a few hours each day, as well as lapscorers to help out during daylight hours. Lapscoreing from dusk to dawn is generously done by the personnel from the Joint Telecommunications School at Cabarlah. The offer of billets for overseas runners for a few days before and after the event would be most welcome, and we still require the loan of some caravans for the overseas competitors.

If you can assist in any way whatsoever please contact Shirley or Peter on 631005 or 631387 - we would love to hear from you.

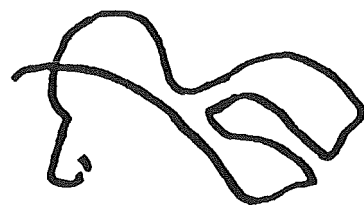
Adequate catering facilities and licenced bar will be provided throughout the event.

56. Shirley Warner - Promotions manager  
Peter Warner - Race Director

**IAU-**  
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**ULTRARUNNERS**

UNDER I.A.A.F. PATRONAGE

**INTERNATIONAL**  
**1000 MILES**  
**TRACK**  
**CHAMPIONSHIPS NANANGO**



**1 9 9 8**

**MARCH 11 - MARCH 26**

**RUNNER PROFILE**

**Georgs Jermolajevs** - Latvian. Born 17.11.42. The fastest man over 1000 miles (road) 12d.01h.25m.47s - 1997 New York. 1996 - 2700 miles in 40d.11h.49m.07s. Married to Anna, daughter Liva.

**Carolynn Tassie** - N.Z./British. Born 07.05.58. Clerk. 24hrs - 207kms. 100 miles 20h.15m. 100 kms - 9h.45m. 5 day South Burnett Race 34h.8m.

**Vladimir Vasyoutin** - Russian living in the Ukraine. Born 22.11.50. Physical Education teacher. 1000 miles 12d.14h.55m.21s 1996 Odessa. 6 days - 770kms. 24hr - 231.6kms. 100kms - 7h.49m. Married - 2 daughters.

**Alfredo Uria** - Spanish. Born 16.02.39. Truck Driver. 1000 miles - 12d.17h.59m.19s - 1996 Baracaldo. 48hrs - 399.149kms. 24hrs - 275.199kms. 100kms - 7h.7m.13s. Married to Pilar.

**Dusan Mravlje** - Slovenian. Born 13.02.53. Engineer. Winner Trans America - 4800kms 1995. Winner Syd/Mel. 1986. 24hrs - 257kms. 100kms - 6h.49m. Married - 3 daughters.

**Petras Silkinas** - Lithuanian. Born 06.08.41. Locksmith. World record holder track 1000 miles - 12d.04h.06m.01s. Odessa 1997. 6 days - 846kms. 24hrs - 238.4kms. Marathon 2h.52m.49s. Married - 1 son, 1 daughter.

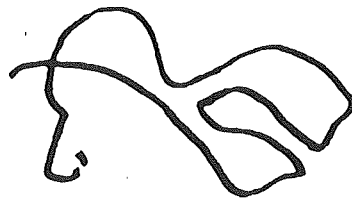
**Vladimir Glazkov** - Russian. Born 13.10.38. Engineer. 1000 miles - 12d.13h.32m.41s. - Odessa 1996. 6 days - 858kms. 1000kms - 7d.01h.57m.18s. 48hrs - 337kms. Marathon 2h.56m. Married - 2 sons, 1 daughter.

**Rustem Giniatullin** - Tatar. Born 27.10.48. Industrial Pharmacist. 1000 miles - 14d.11h.43m.31s. - Odessa 1995. 6 days - 848kms. 24hrs - 253kms. Married - 3 sons.

**Tony Rafferty** - British/Aust. Born 09.04.39. Public Speaker/ Freelance Journalist. 1000 miles - 14d.11h.59m.04s. Granville 1989. 6 days - 809kms. 48hrs - 303kms. Placed top 10 in 4 Syd/ Mel. races. Competed in 10 Colac 6 day races. Married to Coral - one child Kieran 3½ years.

**Tony Collins** - British/Aust. Born 26.06.47. Dental Surgeon. 5 times Syd/Mel., once return. Winner - Syd/Mel. Syd. 1995, Syd/Albury 1997, Tamworth 24hrs - '91, '93, '97, Qld. 48hr track '94, Campbelltown 6 days - '91. Married to Jan, 2 sons, 2 daughters.

INTERNATIONAL  
1000 MILES  
TRACK  
CHAMPIONSHIPS NANANGO



1 9 9 8

UNDER I.A.A.F. PATRONAGE

MARCH 11 - MARCH 26

**Peter Gibson** - N.Z. Born 19.03.55. Rates Inspector, Gold Coast.  
1000 miles 13d.19h.48m.16s. - Nanango 1996. 1000kms - 8d.3h.11m.47s.  
1995 Qld. Ultrarunner of the Year. Holds 12 N.Z. track records.  
Married to Mary, 1 daughter.

**Aldo Maranzina** - Italian. Born 15.12.46. Pensioner.  
Has contested the 6 day Colac race, and ran at Athens, Sparta.  
24hrs - Worschal, Austria. Married - 2 sons.

**Peter Gray** - Australian. Born 04.10.64. Demolition worker.  
The youngest man in the world to complete 100 Ultra-marathons.  
The first and youngest Australian to complete 100 ultra-runs  
and 100 marathons. Winner - Colac 6 days 1997.  
Lives with his greatest supporter and mother, Norma.

**Chilla Nasmyth** - Australian. Born 07.12.46. Self-employed.  
100 miles 18h.30m.03s. With the exception of the '87 & '90  
Syd/Mel. races he has never finished worse than 4th. in all  
ultra-marathon events contested. Married to Sofia - 2 grown  
children and Jayne who is 4 years old.

**Graeme Watts** - Australian. Born 28.08.53. Steel fixer.  
Winner '97 5 day South Burnett race. 2nd. - Tamworth 24hrs.  
6 days - 724kms. Only contestant to enter all 3 Nanango 1000  
mile events. Married to Alana - 1 son, 2 daughters.

**William Beauchamp** - Australian. Born 01.06.47. Factory Worker.  
1000 miles - 15d.08h.52m.38s. Nanango 1996. 6 days - 758kms.  
48hrs - 347kms. Divorced.

**Bryan Smith** - Australian. Born 26.10.43. Communications Rigger.  
Three times winner Colac 6 days. Westfield Syd/Mel placed  
4th - 4th - 2nd - 1st. Twice winner Geraldton - Perth.  
Married. 3 sons.

**Eleanor Robinson** - British. Born 20.11.47. Sports Teacher/  
Youth Leader. 1989 World track record 24hrs - Melbourne.  
'91 world champion 100kms - Italy, '90 world champion 100kms  
(U.S.A.) & 24hrs (G.B.), '97 world indoor record 48hrs - Czech  
Republic. Married with 3 grown-up children - 6 year old son.

**Cliff Young** - Australian. Born 08.02.22. Potato Farmer.  
Winner first Westfield Syd/Mel '83 - 5d.15h.4m. Winner 24hr  
Sri Chinmoy Adelaide - 235.969kms. Australian 6 days Colac  
- 670.4kms. '88. In '94 - 596kms. Set to attack all Drew Kettle's  
World and Australian records. Crewed by Helen Powers and her  
twin daughters and Mary.

# Australian 100 km Road Championship, 1998

Conducted by the Traralgon Harriers Athletic Club Inc

Sanctioned by Athletics Australia and the Australian Ultra Runners' Association

Run according to the rules of the International Association of Ultrarunners and Athletics Australia

## Also, 50 km & Half Marathon Races

All events start 7am, Sunday 5<sup>th</sup> April, 1998, at Glengarry (near Traralgon), Victoria

### The course

- 10 kilometre loop, flat course
- low-traffic sealed roads
- certified course
- timing at 30 miles, 40 miles, 50 miles and 50 kilometres for Australian records and rankings
- two refreshment stations and two unmanned water stations each lap
- on-course toilets
- lap counters supplied
- changing facilities, showers, toilets and presentations close to the start-finish

### The Events

The Australian 100 km Championship is an Athletics Australia championship event and is endorsed by AURA. Athletics Australia medals will be awarded to individuals and teams, and the race will also be a selection trial for the World Challenge 100 km race in Japan in October 1998.

A 50 km race and a Half Marathon will start simultaneously with the 100 km Championship, with all events using the same 10 kilometre loop course. Half-Marathon runners run 1.1 kilometres before joining onto the course for 2 laps.

Starting time will be 7:00 am. Time limits for both ultramarathon events will be 12 hours and 2½ hours for the Half Marathon.

### Entry Fees

Event	Received on or prior to closing day, 23/3/98	Later than closing date but prior to 6:30 am on race day.
Australian 100 km Championship	\$35	No late entry
50 km road race	\$20	\$35
Half Marathon	\$15	\$20

Entrants will be provided with a return mail package with directions to the course, information on accommodation, transportation from Traralgon to Glengarry, detailed course map, course facilities, and refreshment station details.

## AUSTRALIAN 100 KM ROAD CHAMPIONSHIP, 50 KM ROAD RACE & HALF MARATHON

### General Conditions Applying to All 3 Races

1. All runners shall obey directions from officials.
2. Runners should supply their own personal food, drink, clothing and first aid needs.
3. Runners are advised to have their own helpers, who may only assist with refreshments or clothing changes within 200 metres or specified zone at official refreshment stations (but not at water stations).
4. No pacing is allowed, whether by another runner, a second, a cyclist, or a motor vehicle.
5. Interference with a runner by another runner, or his seconds, or friends will result in disqualification of the runner associated with the offending person.
6. Race officials including the Medical Officer have the power to withdraw a runner from the race.
7. Any protest concerning an aspect of conduct of any any event must be lodged with the race referee within 30 minutes of the official announcement of results.
8. A race number shall be worn on the front of the body in a position which shall be clearly visible to lap counters.
9. The events shall be conducted according to the rules of the *IAU Race Handbook* and the *Competition Manual for Athletics Australia Distance Running Championships*.
10. Entries for the Australian 100 kilometre Championship close on Monday, 23 March.
11. Late entries will be accepted for only the 50 km and Half Marathon races, and an additional fee shall apply after the 23 March closing date.

### Australian 100 kilometre Championship – further specific conditions and information

The following conditions are in addition to the general conditions above:

1. The race is open to any athlete 18 years and over to enter.
2. A runner will only be eligible for Australian Championship awards if a permanent resident of Australia, is a financial member of a club affiliated with Athletics Australia, and is a financial member of AURA.
3. Medals for the State Teams Challenge will only be given if there is a minimum of three teams competing. Teams must be endorsed by their State athletics association. Teams may comprise 3 to 6 members of which the first three finishers will be counted in the team category.
4. Currently there are insufficient 100 km women runners to form 3 or more women's State Challenge Teams. Teams may be mixed or all male.
5. All entrants, including members of State teams, must lodge an individual entry and pay the entry fee by the due date.
6. The first three men and first three women placegetters will be automatically selected for the Australian team to compete in the World Challenge 100 km in Japan in October. Other team places will be decided by having met qualifying standards in other events.
7. Subsidised accommodation will be available to all runners, for a maximum of 3 nights, who stay at a the race's official motel (yet to be advised).
8. Non-Victorian finishers will also be in a draw for three separate \$200 awards toward their travelling expenses.
9. Runners should anticipate the possibility of being required to submit to a random drugs test. Information relating to prohibited and permitted medication is available from the Australian Sports Drug Agency 1800 020 506 (weekdays).

#### More information:

- Race Director, Geoff Duffell, 7 Shaw Street, Churchill, Vic 3842.  
Phone (03) 5122 2855. E-mail [gduffell@nex.com.au](mailto:gduffell@nex.com.au)
- AURA representatives in each State.



**ENTRY FORM for the AUSTRALIAN 100 KM ROAD CHAMPIONSHIP,  
GU ULTIMATE FUEL 50 KM ROAD RACE and the HALF MARATHON**

Surname ..... Call name .....  
Sex (M/F) ..... Date of Birth ...../...../..... Age on race day .....  
Postal Address .....  
..... Postcode .....  
Telephone – home (.....)..... business hours (.....).....

Event entered:

Australian 100km Road Championship (\$35)

☐

Tick if you will be applying for State team

endorsement:

☐

GU Ultimate Fuel 50 km (\$20, after 23 March \$35)

☐

Half Marathon (\$15, after 23 March \$20)

☐

Estimated race time: .....hours .....minutes .

Best time, last 3 years, this or similar distance on road or track: .....hours.....mins. Year .....

Name of this event:..... Where event was held .....

Declaration:

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

I, my 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 ..... Date ...../...../.....

**Please make cheques payable to Traralgon Harriers.**

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

**Information Update**

GU gel will be the official energy supplement provided. Runners unable to source the product for a pre-race trial can contact the Australian distributor (02) 6559 6838 to find their nearest supplier.

**Connell's Motel**, Traralgon, is the Championship's official motel. Subsidised tariffs, for the nights 3 - 5 April are available to all 100 km Championship competitors. Make your own bookings, but book early as places are limited. Phone (03) 5174 5221. Additional subsidised places are also available at the City Gardens Motel (also Traralgon) (03) 5174 6066.

**ADT 50**  
**AURA 'DAM TRAIL 50'**  
**SUNDAY 22ND MARCH 1998**

**COST:** \$25.00 (for AURA current financial members)  
\$30.00 (for non-members)

**DISTANCE:** 50km approximately

**START:** 9.00am, Fernshaw Reserve Picnic Area

**FINISH:** Below the Maroondah Dam Wall

**CLOSING DATE FOR ENTRIES:** 9th March, 1998 (\$5 surcharge for late entry to 18th March, 1998)

**IMPORTANT NOTES:**

1. Late entries after 18th March, particularly entries on the day, **will not be accepted**.
2. A car shuffle will be organised to retrieve your car from Fernshaw Reserve.
3. Please be at the start before 8.30am to allow sufficient time for race preliminaries.
4. Chest numbers will be handed out before the start.
5. The organiser does not know what level of volunteer support will be available on the day. There will be a number of checkpoints with water and limited food (which **may** include provision for personal drinks and food - this will be announced at the start). Don't expect aid stations every 5km but if the day is hot, then water drops will be arranged between the longer checkpoints. The organiser strongly recommends all entrants carry some emergency food, water and a spray jacket (weather conditions can change rapidly in the mountains).
6. Entrants may feel the entry cost is high, but the cost allows for the Race Organiser to pay a contribution to AURA for the very expensive cost of Public Liability insurance. Without this insurance this race would not be permitted to be held.
7. After the race we will have a social get together in the Healesville Hotel for drinks and an early counter tea. Please try and attend this function.

**WARNINGS AND RULES OF THIS EVENT**

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

**Time Limit:** There will be a maximum time limit of 2½ hours for any runner who wishes to complete the run to reach Dom Dom Saddle for the second time (approximately 20km).

**Road Crossing:** A dangerous road crossing will be encountered after the second visit to Dom Dom Saddle. All runners shall only cross the highway under supervision of a Race Marshall. All instructions from the Race Marshall shall be obeyed. Disobeying any instruction from this Race Marshall could result in being hit by a vehicle or disqualification from the event.

**Course Marking:** The course will only be marked (type of marking will be announced at the start) at selected locations. Competitors are strongly advised to purchase the detailed maps to ensure they are familiar with the exact course details. If you don't want to purchase the maps, unreduced photocopies (2 A3 sheets) of the relevant sections of the maps encompassing the course can be obtained from the organiser for \$5.00.

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

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

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

**Withdrawals:** In order to avoid unnecessary searching, any entrant who withdraws during the event should notify the Race Director or a Race Marshall as soon as possible.

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

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

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

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

**ADT 50**

**AURA 'DAM TRAIL 50'**

**SUNDAY 22ND MARCH, 1998**

A run around Maroondah Dam, Healesville, Victoria

**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: .....

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)

.....

.....

.....

I understand that, as condition of acceptance of my entry in the AURA "Dam Trail 50", 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	\$
	Donation	\$ _____
	Total Enclosed	\$ _____

Send entry application to: Geoff Hook, 42 Swayfield Road, Mt. Waverley. 3149  
Ph. (03) 9808-9739 (H) or (03) 9826-8022 (W)  
Cheques payable to: Geoff Hook

## Sponsored by: Centre Pharmacy Morayfield

### KING & QUEEN OF MT MEE

Sunday ~~5~~<sup>4</sup>th 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:.....

**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: **(TROPHIES)**
- |   | <i>1st</i>         | <i>2nd</i>        | <i>3rd</i>        |
|---|--------------------|-------------------|-------------------|
| 1st, 2nd, 3rd Male and Female (50km)    | <i>\$120</i>       | <i>\$100</i>      | <i>\$70 x m+f</i> |
| 1st, 2nd, 3rd Male and Female (25km)    | <i>\$100</i>       | <i>\$60</i>       | <i>\$40 x m+f</i> |
| 1st, 2nd, 3rd Male and Female (10km)    | <i>\$100 x m+f</i> |                   |                   |
| 1st Walker, Male and Female (10km only) | <i>\$30 x m+f</i>  |                   |                   |
| Handicap winner (50km and 25km)         | <i>\$40</i>        | <i>1st Walker</i> |                   |
- NO WATCHES ALLOWED ON THE COURSE, BUT TIME CALLS WILL BE GIVEN  
AT THE START / FINISH AND TURNAROUND POINTS (50km & 25km Events)**
- HANDICAP SYSTEM: 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.  
(50km and 25km)
- 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 \*\*\***

*\* "LOCAL MARKET SAME DAY"*

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



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

# 50 MILE TRACK RACE

AUSTRALIAN CHAMPIONSHIP EVENT

SATURDAY 20TH JUNE, 1998

ENTRY APPLICATION

*please print clearly*

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

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

Postal Address ..... Postcode .....

Telephone (Home) Area Code ..... Telephone (Work) Area Code .....

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

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

☐ T-Shirt Circle Size: 14 16 18 20 22

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

For country and interstate applicants only: Yes ☐ No ☐

Can you provide a lap scorer?

## CONDITIONS OF ENTRY

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

## WAIVER

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

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

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

# 18TH 50 MILE TRACK RACE

## AUSTRALIAN CHAMPIONSHIP EVENT - GENERAL INFORMATION

- CONDUCTED BY: AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
- DATE: Saturday 20th June, 1998
- PLACE: Bill Sewart Athletic Track, Burwood Highway, East Burwood, 3151. (Melway Ref: 62, C8)
- TIME: 8.00 a.m. Race Start
- REPORT IN AT: 7.00 a.m. sharp
- RACE NUMBERS: Will be issued at the venue at 7.00 a.m.
- LAP COUNTERS: These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.
- FACILITIES:
1. Changing room, showers and toilets are all contained in a pavillion adjacent to the track.
  2. Tea/coffee, biscuits and sandwiches will be supplied to the lapscorers.
  3. Hot water will be available for runners' assistants.
  4. Chairs and (if possible) a tent (for weather protection) will be provided for lap counters. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Personal tents are permitted on the lawn areas beyond the outer edge of the track (none are permitted inside the track).
  5. A leader board will be displayed throughout the race to show distances covered by each runner and placings at the end of each hour.
- PARKING: Car park close to the track. (Vehicles are not permitted beside track.)
- TROPHIES & AWARDS: 1st: Neil Coutts Memorial Trophy. 2nd: Perpetual Trophy.  
Other prizes may also be presented. Certificates will be presented to all finishers within the cut-off time. The presentation ceremony will be held at 3.30 p.m. approximately.
- AURA EVENT RECORDS: Dragan Isailovic 5:15:00 - 1993 Linda Meadows 6:07:58 - 1994
- AUSTRALIAN RECORDS: Dragan Isailovic 5:15:00 - 1993 Linda Meadows 6:07:58 - 1994
- AUSTRALASIAN RECORDS: Dragan Isailovic 5:15:00 - 1993 Linda Meadows 6:07:58 - 1994
- WORLD RECORDS: Don Ritchie (Eng) 4:51:49 - 1983 Valentina Liakhova (Rus) 5:55:41 - 1996
- ENTRY FEE: \$28.00 for AURA financial members Make cheques payable to J. C. Harper. Mail or deliver  
\$33.00 for non-members entry form and fee to: John Harper, 21 Lancelot Crescent.  
\$10.00 extra for t-shirt (optional) Glen Waverley, 3150. (Telephone: (03) 9803 7560)
- CLOSING DATE: All entries shall be delivered by 10th June, 1998  
Entries received after 10th June 1998 may not be considered.
- FURTHER QUERIES TO: John Harper, telephone (03) 9803 7560 (H) or (03) 9854 2629 (W).

## RACE RULES

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

Good running and enjoy this event.



**Bécs-Budapest Szupermaraton  
Szervezőbizottsága**

1054 Budapest, Steindl Imre u. 12.

Tel./Fax: 3128-892

Dr. NAGY SÁNDOR elnök

2251 Tápiószecső, Kátai út 95. 3/2.

Tel./Fax: 06-29-447-443

**A BRIEF VALUATION  
OF THE  
SUPERMARATHON RACE  
IN 1997**

*The Vienna-Budapest Supermarathon - organised for the eighth time as an outstanding programme of "97:Hungary" - was completed with success.*

*582 (525) runners from 7 (11) countries entered the 5 day and 359 km long race that goes through two austrian provinces, three counties, the two capitals: Vienna and Budapest and 50 settlements and 559 (505) of them finished it successfully. This succes was mainly due to the runners who could do this great distance.*

*In the team races we had 107 (96) teams, including 10 women`s team, from 5 (6) countries with 538 (480) runners altogether.*

*There were representatives of each age group on the race. The youngest runner was a 12 - year - old boy and the oldest one was a 75 - year - old man. In the relay races Hungarian men`s and women`s team won the first three places.*

*Besides the prize winners everybody was contesting very hard, everybody wanted to do their best for the places. The runners were more prepared than in the previons years and each group could do the distance. A specific characteristic of the race was that teams of primary and secondary school children, university and college students, the Hungarian Army, the Police, the Fire Brigade and the Customs Police entered it, and amateur and professional runners were racing together. The teams did the distance in a good, friendly, sportsmanlike atmosphere helping one another all the time.*

*In the individual races there were 47 (45) runners - including 8 (7) women from 6 (10) countries. From them 24 (25) runners (5 women (5) and 19 (20) men completed the race with success. The race was of high level because of world - famous foreigh and Hungarian runners. Bogár János won the men`s race for the fifth time and Bérczes Edit won the women`s race for the first time. They both got an Opel Corsa car for the first place.*

*The will-power, firmness and contesting capacity of the individual racers and the way they could overcome their tiredness, injuries and difficulties can set a good example for everybody.*

*The preliminary races, organised in Tápiószecső, Budakeszi, Nagyigmánd and sokorópátka with the participation of thousands of adults and primary and secondary school children, were a good help in the propaganda of the race.*

*On the last day the race was completed with the I. Expressz International Half-Marathon with the participation of other 500 runners.*

*The concerned provinces, cities and settlements did their best to help the race. They provided the runners with refreshments and encouraged them while running.*

*The organization of the race was carried out on a high professional level, without any accidents. According to the sponsors, the media and the runners it was the most successful race of the last eight years.*

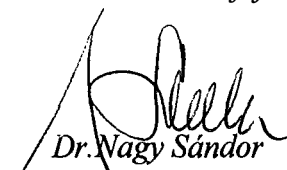
*A foreshadow and a general film was made on the race by MTV TeleSport, Duna TV, regional and cable televisions and RTL Klub. They gave information on the race, too. The sights of the places on the route of the race were propagated on MTV TeleSport. From the radio transmitters Petőfi, Juventus, regional and local transmitters gave information on our programme. From national and regional press organs the Nemzeti Sport (National Sport), the Új Magyarország (New Hungary), the Kurir, the Blikk, the Expressz advertising newspaper, newspapers in Győr-Moson-Sopron, Komárom-Esztergom, Pest and Békés counties, local newspapers in the previous years. The Mayor's Office in Vienna convoked a press conference before the race. In connection with the Supermarathon they organised a children's race with the participation of hundreds of school children of Vienna. The Austrian TV and as we know the Kurir, the Kronen Zeitung and the Der Soldat gave information on it.*

*The runners, the organizers and the sponsors were successfully co-operating in a friendly, sportsmanlike atmosphere, making one big team, helping one another.*

*This race has grown into a unique programme in its kind in Europe. In Hungary it's important not only as an athletic event, but generally as a sports programme.*

*On the basis of the success of previous years our patrons, sponsors, runners and the organizers are planning to organize this race every year. It will take place between 19-23 October in 1998 and we are going to complete it with races with the participation of primary and secondary school pupils in the villages and during the last day on the Budakeszi-Budapest distance with an International Half-Marathon race.*

*The aims of the race are still correct: to support international, especially Austrian and Hungarian relations, the idea of penetrability of borders, to popularize healthy way of life, sport, running and to give opportunity for racing for long distance runners of each age group. By realizing these aims this race can help by means of sport the introduction of Hungary to foreigners and the preparations for the celebration of the millennium of foundation of the state to be celebrated in 2000.*

  
Dr. Nagy Sándor  
Chairman of the Organizing Committee

## REGISTRATION

Name: ..... Sex: .....

Year of Birth: ..... Nationality: .....

Address: .....

Telefon: ..... Sportclub: .....

Events: individual / team competition

Demand accommodation: A C

.....  
Date

.....  
Signature

# INTERNATIONAL SUPERMARATHON FOR INDIVIDUALS AND TEAMS

## The aim of the competition:

To strengthen the Austro-Hungarian relations and the free cross border ideas with the tools of sport. To popularize the healthy lifestyle, sport and jogging. To arrange the possibility of the Super Marathon competition for long-distance runners of all ages.

**Date of race:** 19-23th October 1998 5 days

**Start:** 19th October 1998 Vienna

**Registration:** 18th October  
Sports Centre of Sopron

## Route and Sections:

1st day: Bécs - Sopron approx 93 km  
2nd day: Sopron - Győr approx 120 km  
3rd day: Győr - Tata approx 62 km  
4th day: Tata - Budakeszi approx 61 km  
5th day: Budakeszi - Budapest Halfmarathon

**Adress of Organizing Committee:** SOPRON  
Bécs-Budapest Szupermaraton Szervezőbizottsága  
1054 Budapest, Steindl Imre u. 12.  
Tel./Fax: 3128-892

**Bank account:**  
OTP Bank MNB  
21998007 B 4333

## EVENTS

### 1. INDIVIDUAL RACES

Group's ages:

Women: below the age of 35, and  
above 35 years grouping is according to the  
athletic age groups increasing  
by 5 (40, 45, 50 etc.)

Men: below the age of 40, and  
above 40 years grouping is according to the  
athletic age groups increasing  
by 5 (45, 50, 55 etc.)

### 2. RELAY TEAM RACES

For men and women teams of 4+1 members each, who run the approximately equal daily distances of the relay section according to the relay rules put down in the racing regulation.

All group may nominate 1 reserve player, who can be started on the daily section.

The group's ages will be determined on the basis of the total age of the members of the teams (5 persons).

In case of the Junior group's age, each member of the team must be below the age of 20.

Group's ages:

Women: Junior (below 20 years)

up to 175 years  
from 176-200 years  
201-250 years  
251-300 years  
301 and above

Men: Junior (below 20 years)

up to 200 years  
from 201-250 years  
251-300 years  
301 and above

The organizing committee determines limit times for the individual and relay competitions.

### Race Entry Requirements:

Anybody who has registered before the deadline, signed (accepted) the race rules and passed an onsite medical test successfully, can enter the competition. The participants take part in the races at their own responsibility, however, there is a medical test possible on the site.

### Deadline for Entry:

Deadline for Entry and Paying for is 30th September, 1998

**Entry Fee:** 200 DEM per person

All applicants will receive a full brochure with detailed scheduled program.

## The meal and accomodation cost for the time of the competition:

Category "A":

Hotel room with private bath  
full board 500 DEM

Category "C":

Student house or youth hostel  
full board 200 DEM

First meal: 18th October, Opening Banquet

Last meal: 23th October, Lunch

If you pay all the expenses before 30. June 1998 the entry fee will be 10% cheaper.

## MAIN AWARD

For the men and women individual absolute champions

Car

BUDAPEST

For the absolute winners of the men's and women's relay the prizes in cash and objects will total amount to 6.000 DEM each.

AWARDS  
BUDAKESZI

The II-VI. places absolute winners in the individual and relay races and also age group winners will be awarded with objects and money reward. (Each runner can be awarded only in one category; either absolute or age group category.)

All participants who perform the total beuth of the race will be given a certificate of merit.

University, college, highschool or primary school teams will be additionally rewarded by the Organizing Committee. The Organizing Committee reserves its right for awarding gifts, awards.



Hi Dot,

This is the article that appeared in the Greek newspaper about AURA member, John Kaparelis. He was a regular at all ultras during 1998-90. He ran Ballarat 50, Coburg 100K & Coburg 24 Hour etc. before moving on to body building. He helped me in a number of ultras before we lost touch. A chance meeting at the "Yiannis Kouros Fun Run" this year resulted in me riding my bike around the Melbourne Marathon Course feeding him all his specially designed food and drink concoctions. He became a Spartan (10 finishes) in just under 5 hours and a few weeks later, he won the world bodybuilding title.

See ya when I'm lookin' at ya.

Kev. Cassidy

# John's a natural

*Body builder, John Kaparelis is bursting at the seams with success after clenching the Mr World Natural Physique title in New Zealand last week. By Christine Panayotou*

In the last four days before he was due to compete in the drug-free body building World Natural Cup in Auckland New Zealand, John Kaparelis' diet took a complete turn around.

John broke all the rules of body building substituting his strict diet of low fat, high protein for energy rich foods like pasta, potatoes and Greek 'baclavadakia'.

His diet 'experiment' paid off. The result was a stronger and fuller looking Physique that last week won John the Mr World Natural physique title in the Medium/Tall class.

But it wasn't just his eating habits that made this newcomer to international competition unusual.

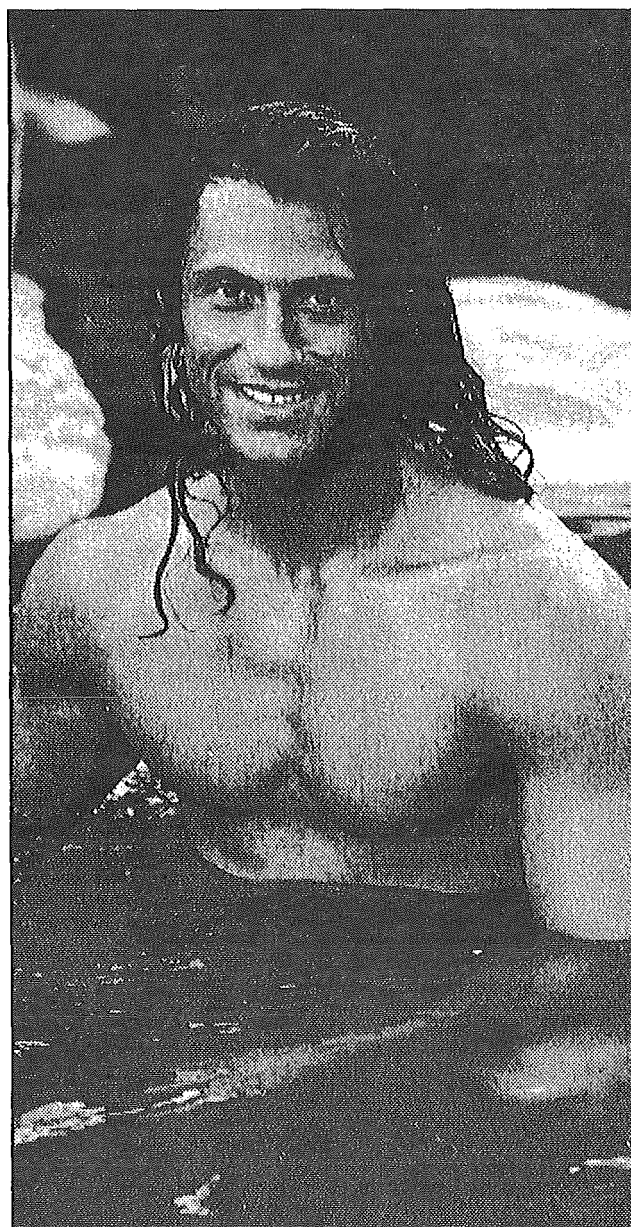
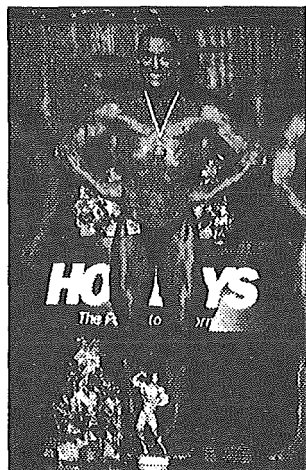
John boasts an unlikely mix of sporting passions, body building and marathon running and is the first-ever marathon runner in the world to hold the Mr World Natural title.

John, who is now also the third youngest Australian to complete ten marathons in a row, ran the 1997 Melbourne Marathon last month, two weeks before he competed in the Australian Mr Natural Competition where he placed third.

But, John says, while his third place ranking meant he was a clear contender for the World Title, everyone back home had tipped him the most unlikely to win. "I really didn't expect to win. In fact no one expected me to win. Not my trainer, not even the other the Australian competitors. I have a history in marathon running and have a good stamina. In the Australian competitions, my muscles looked really flat because I had only allowed myself one day to 'carb up', which is basically a dieting technique body builders use to replace their body with all the carbohydrates that they have robbed their body of during strict dieting. In the World's, even on the day of the competition, I was eating Baclavadakia. I looked stronger and fuller on stage, which made all the difference to my confidence. "But John says he's hoping to

prove the critics wrong again when he takes part in the first ever Mr Olympia Natural Physique competition to be held at the Ancient site of Olympia in November next year.

"I was considering giving up competing. I thought now that I have accomplished the World's I can look to finally starting up my own personal training business. But when the Australian National Body Building Federation President, Wayne McDonald asked if I wanted to compete in Greece, I just couldn't give up the opportunity. The only thing I'm trying to decide now is if I'll be competing for Greece, or Australia."



*Body perfect: John easily clenched the Mr World Natural Physique Title last week.*

# The Advocate

ANOTHER QUALITY  
NEWSPAPER

Wednesday, December 10, 1997

Circulating in the City of Brimbank

SPORT STAR

## Marathons and muscle way of life for 'Adonis'

BY DES CARROLL

THE original dream became reality; the reality became the springboard for another dream, which has realised.

Now the two realities are the inspiration for another dream.

The dreamer — and achiever — is 30-year-old John Kaparelis, of Keilor, time-endurance and marathon runner who last month became Mr World Natural Physique, the title bestowed on the possessor of the best physique achieved without the use of drugs of any kind.

A little more than four years ago Kaparelis, who could run 180 kilometres in 24 hours in a race against the clock and who had competed in six consecutive Melbourne Marathons, decided to combat — the muscle-wasting that goes with long-distance running.

He began weight training, which improved his appetite, and started to examine his diet to ensure his intake could only be beneficial to his health and physique.

Even as his body "pumped up" he continued to participate in the Melbourne Marathon and, this year, completed his 10th 42-kilometre run in Melbourne three weeks before he was placed third in the Australian Mr Natural Physique titles, which was decided two weeks before the world championships in Auckland, New Zealand.

Kaparelis is the third youngest of 102 to complete 10 Melbourne Marathons — which qualifies him as a "Spartan" — but not one of the other 101 has ever been in a bodybuilding contest.

No-one else in the world has done it.

John Kaparelis is the owner of Fitness by Design, a personal training business. Outside his personal training and own workouts, he promotes the Australian Natural Bodybuilding Federation (ANBF), which was founded to combat drug use in bodybuilding.

Beginning in 1991, the ANBF has achieved a marked effect in reducing the use of steroids and other performance enhancing drugs in bodybuilding by offering athletes a chance to compete on a level playing field in a drug-free contest.

Members of the ANBF are drug tested not only at the event by either urine analysis or polygraphing (lie detector), but also throughout the year by the Australian Sport Drug Agency, the body responsible for testing Australia's Olympic athletes.

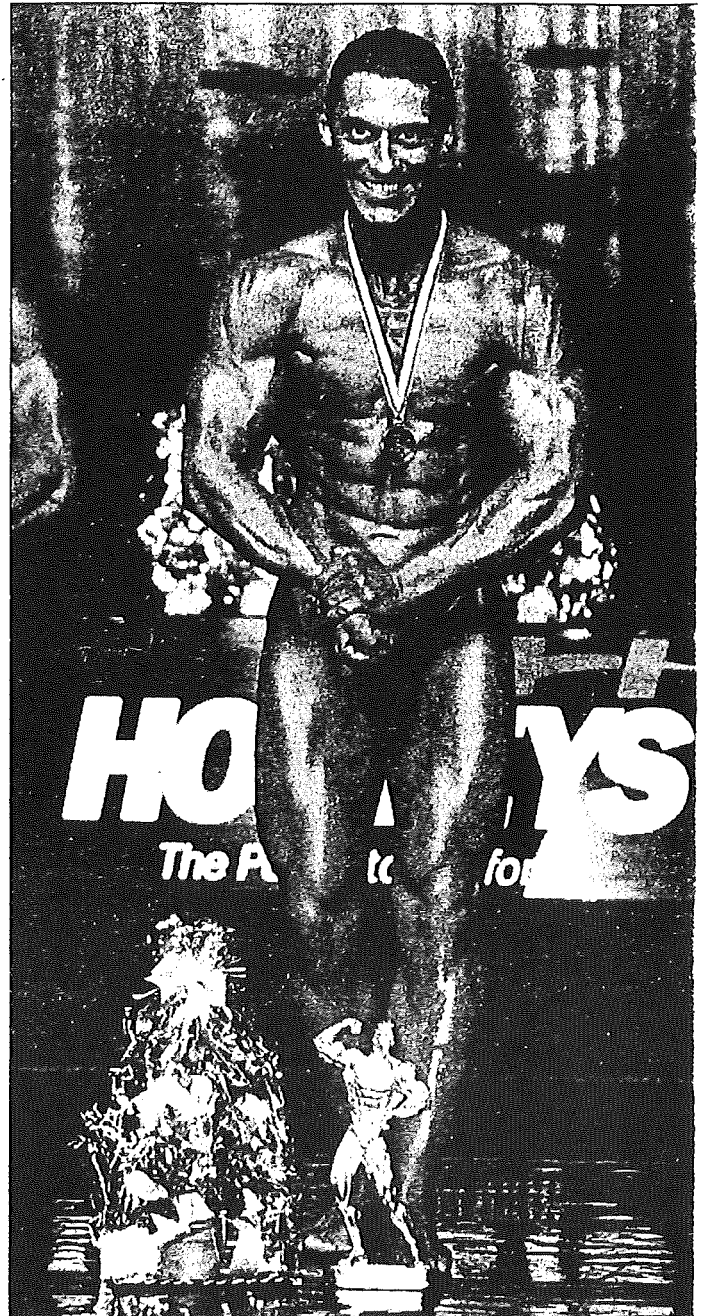
Kaparelis is excited about the first Natural Mr Olympia contest being held at the ancient site of Olympia in Greece next November.

"I was considering giving up competing (in bodybuilding contests)," he said.

"But when the ANBF president Wayne McDonald asked if I wanted to compete in Greece, I just couldn't give up the opportunity.

"The best-developed physiques from every country in the world will come to this event; everyone must be drug-free to compete," he said.

"It is what Greek mythology is all about; body against body, spirit against spirit, soul against soul." As for an 11th Melbourne Marathon? "We'll see."



**STRIKE A POSE:**  
John Kaparelis, above, displays the physique that won him the title of Mr World Natural Physique.

● Nomination forms for the West Sports Star awards are available from the City of Brimbank, Alexandra Avenue, Sunshine, and from *The Advocate* 260 Barkly Street, Footscray (9278 7777). Winners of the weekly awards will be notified by post about how to collect their trophies.



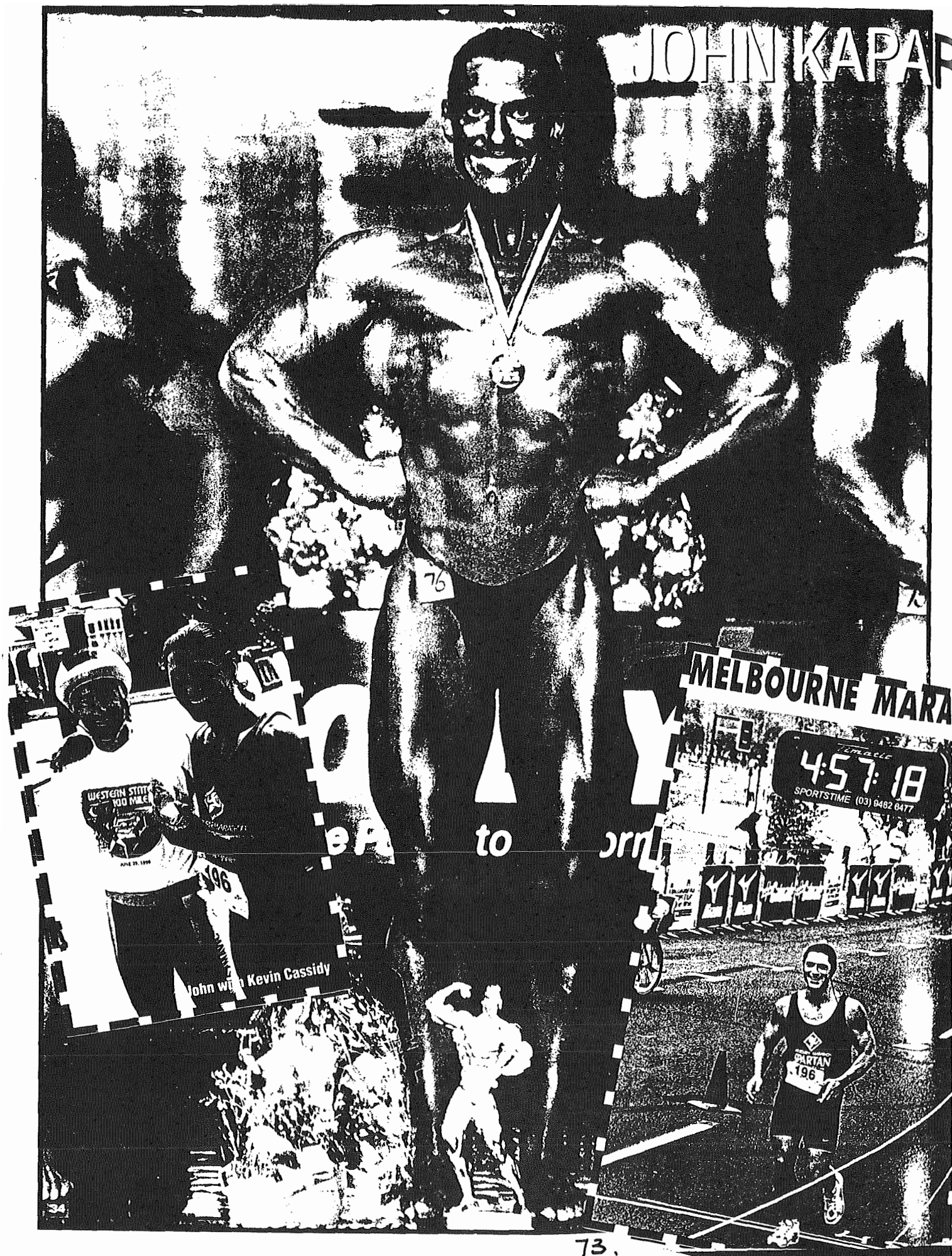
**PROUD  
SUPPORT  
Fair  
COMMUNITY NE**



**SPARTAN FORM:** John Kaparelis, left, completes his 10th consecutive Melbourne Marathon. 72



John Kaparelis, AURA member, pictured in the inset with his mate, Kevin Cassidy and finishing the 1998 Melbourne Marathon. AURA members sure do have some unusual other interests! Congratulations!

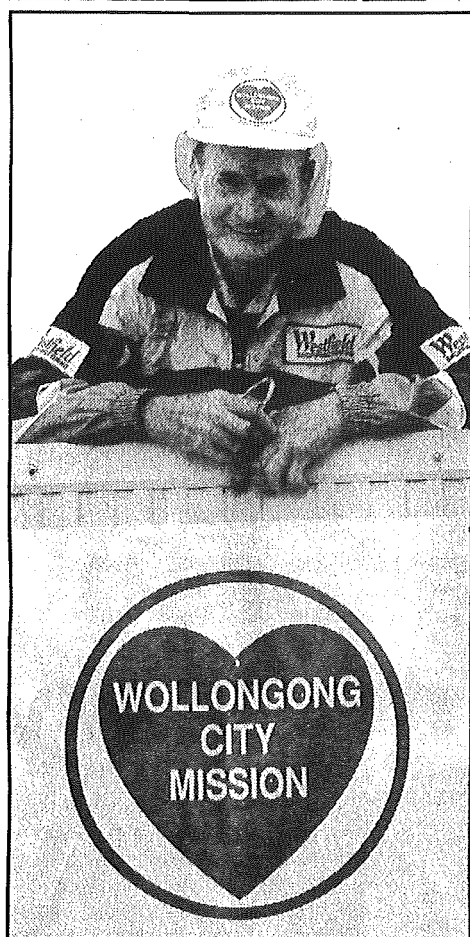


# Cliff Young an old hand for charity causes

Picture: HANK van STUIVENBERG



Warilla twins Bridgette and Paula Powers, 23, drum up support for Wollongong City Mission yesterday at the pole-sitting event.



## Marathon man helps launch pole-sitting

By LOUISE TURK

Renowned long distance runner Cliff Young was physically challenged by a different kind of marathon in Wollongong yesterday.

The man whose victory in the 1983 Sydney-to-Melbourne Ultra Marathon at age 61 tugged at the nation's heartstrings — used his high personal profile to raise money for charity yesterday.

Mr Young, who turns 75 next month, was elevated 6m above North Wollongong Beach for the launch of the 1997 Great Pole-Sitting Event.

For several hours Mr Young braved the cold winds and isolation of the pole hut to kick-start the unique fundraising event, which organisers hope will raise \$90,000 for Wollongong City Mission.

Mr Young's spirits were buoyed by Warilla identical twins Bridgette and Paula Powers, 23, in an adjacent hut.

The sisters form part of Mr Young's marathon support team and encouraged him to participate in the Wollongong

event before he runs around Australia between March and October to raise funds for Mission Australia.

Mr Young said marathon running was a lot easier than standing in a confined space and lowering a collection bucket to passersby for donations.

"I have been yelling at people to come and make a donation but they just keep walking and go to the girls (the Powers twins) instead," he said.

He said he had been practising the Macarena dance and line dancing steps to keep himself occupied in the pole hut.

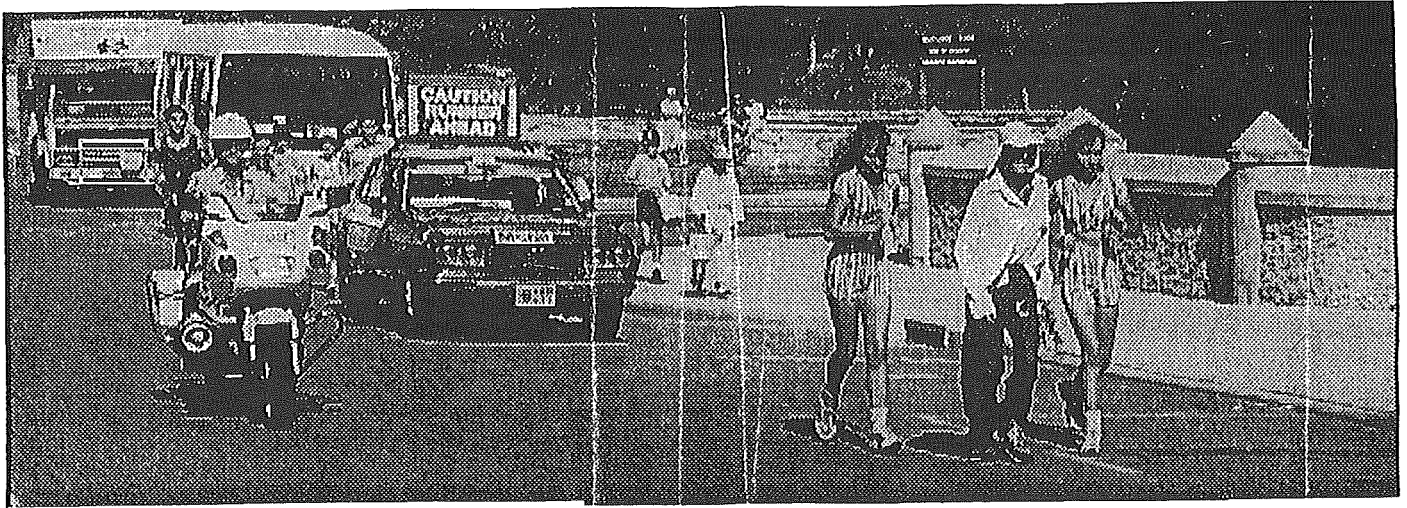
"There's not much room in here but I have been able to shuffle my feet around a little bit," he said.

Other "celebrities" to make the ascent yesterday included Federal Gilmore MP Joanna Gash, State Wollongong MP Gerry Sullivan, State Illawarra MP Terry Rumble and Shellharbour Mayor Cec Glenholmes.

Pole-sitting will be held until January 26 and people wishing to register as volunteers should phone 280199.

Marathon man Cliff Young surveys the scene from his hut high above North Wollongong Beach yesterday.





Midwest Times, April 23, 1997. - Page 5

# Go Cliff!

**THE AMAZING** Cliff Young was in the Mid West recently, running his 70-year-old heart out for a good cause.

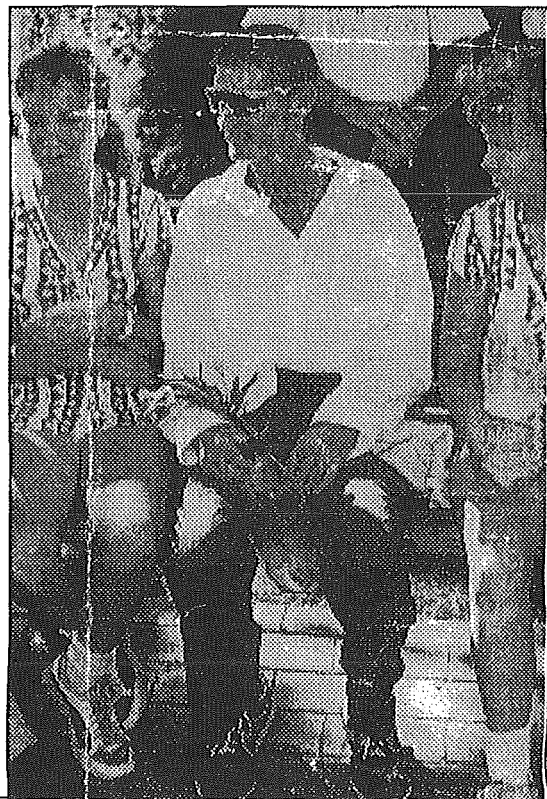
Raising money for City Missions within Australia, Mr Young made his way into Geraldton last Thursday where he was met by Mayor Phil Cooper and a host of fans, both young and old. He is attempting to break the record for running around Australia, which is currently seven months and three days.

"I'm averaging 65 to 70km a day," Mr Young said.

"I've been doing a lot of 70s lately. I'm getting quicker."

**TOP LEFT:** Cliff Young with his support crew and a Police escort as he neared the Geraldton Civic Centre.

**BELOW:** Seventy year old Cliff Young plans to run around Australia in seven months, shaving three days off the record held by Ron Banks.



Cliffy you old devil.  
How come you manage to get  
such gorgeous young girls to  
crew for you???

You've obviously got something  
that the rest of us have missed out on.  
Half your luck!

## ACHING LEGS AND BLISTERS DO YOU HAVE TO PUT UP WITH THEM?

A BOOKLET BY MICHAEL GILLAN C.T.T.

ARTICLES PUBLISHED IN THE SCOUT MAGAZINE AND AURA, THE ULTRA RUNNERS MAGAZINE.

HINTS AND PRACTICAL ADVICE TAKEN AND COLLECTED FROM HIS TIME AROUND THE RACE TRACKS AND USED ON THE 1996 NANANGO 1000 MILE (1600 KILOMETRE) FOOTRACE.

FOREWORD BY SANDRA BROWN LADIES 1000 MILE AND 1000 KILOMETRE WORLD RECORD HOLDER.

THIS BOOKLET COVERS THE BLISTER MANAGEMENT AND MASSAGE SEQUENCE HE USED AND TESTED DURING THE RACE, FOR RECOVERY AND PERFORMANCE, AS WELL AS MANAGEMENT OF OTHER PROBLEMS THAT WERE ENCOUNTERED DURING THE RACE. (Illustrated)

MICHAEL ALSO USES THIS SEQUENCE DURING THE COBURG 24 HOUR RACES.

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SEAFORD  
3198  
VICTORIA



## Once an ultra nut ...

*by Kevin Cassidy*

Having been in a bit of a semi-retired running state for a while I finally succumbed to Mick Whiteoak's pestering and agreed to try a few open water swims. I should point out that apart from being a better than average swimmer at primary school, I haven't swum a stroke for close to 30 years.

In early January I wandered down to my local pool to see if I could still swim [it helps to train !!] and managed to splash up and down for 30 minutes without dying. In the next few weeks I managed to line up and complete the "Rip View Classic", the "Pier to Pub" and the "Stokehouse Swim". These swims are 1200 metres long and designed to attract large fields [up to 3,000 swimmers], these swims resemble a 10km fun run in that they are within the comfortable capabilities of just about anyone. I have managed to splash through these events in about 20-25 minutes and thoroughly enjoyed myself despite the fact that I am not very good [ I am usually in the last 20% ]. At the completion of these swims I have usually headed off for a run.

At the completion of the "Stokehouse Swim" I was informed of the "Brighton Super Swim" on the following weekend. With a distance of 5km, I thought "Why Not?" despite a few people saying it might be a bit out of my depth [we ultra heads are stubborn nuts].

On the morning of the swim I had arrived early and decided that I may as well have a run before hand, this proved to be a smart move, because as things panned out, I was in no condition to run after the swim. I pulled on my rather embarrassing torn and tattered wetsuit [ on loan from Mick Whiteoak ] and travelled out to the end of the Brighton pier to line up with a field of only 40 swimmers, I looked around me and saw only seasoned competent swimmers, I recognised English Channel swimmer John Van Wisse [ brother of marathon ace Tammy ] and quickly realised that little old me with no upper body strength or training was way out of my depth.

The race started with the first of four 1200 metre laps before the final 200 metres into the shore at the Brighton Sea Baths, this was to be a whole new experience. Port Phillip Bay was very choppy and it was real tough going, I was getting knocked all over the place and copping several mouth fulls of salt water [yuk] when a wave would hit you as you came up for a breath, following the bouys was also difficult because unless you took a breath at the top of a wave you couldn't see the next bouy. I am sure I did a lot more than 5km as I zig-zagged around the course. By the time I had completed 2 laps I was really starting to feel it, I had already been lapped by most of the others and I was in last place. Here I was, barely halfway and my arms were going numb, my armpits were chaffing, my wetsuit was chaffing me all around my neck and I was well aware that from here on it was going to be one hell of a battle [just like an ultra run]. Lap 3 was murder, I think I swallowed half the contents of the bay and my legs were going numb from all the kicking. As I rounded the turn for lap 4 the motorised dinghy came up beside me and I realised that I was in last place, "I guess I'm last" I said to the marshall as I came up for a breath. "Yes, but your doing O.K." he said. It is at this stage that I start wondering about the 2 hour 15 minute cut-off [ I have lost all conception of time ]. I dug as hard as I could in the last lap and headed for the shore where I recieved the traditional "Big Cheer" which is always reserved for the final finisher in any event. I was so "stuffed" that I couldn't even walk a straight line up the beach to the finish [my time? 2.15 I JUST made it!!!.] One of the race officials even insisted on getting a photo of my tacky wetsuit. The salt quickly dried on all my chaffing and it was Agony to say the least [until I washed in a cold shower] and my throat was sore and swollen from all the salt water that I swallowed. It was an uncomfortable nights sleep, that night.

If I was to do some training for these things then I would probably do half OK but these swims will only ever be a sideline for me and I will only ever treat them as fun.

The next day I had an enquiry from neighbor "Dr Robyn". "I didn't see your car in the driveway so I thought you might have drowned" she said. I related my tale of torture and she said "I guess you won't be doing that again". I gave a brief smile and said "Well, that's just the type of experience that will drag me back again next year". I have since visited the local surf shop and bought a brand new wizz bang wetsuit and am now ready to tackle the 1200 metre "Cerberus Swim" this afternoon at Black Rock.

## ***To all Race Organisers,***

What I have to say should not be taken as a 'whinge', but as constructive criticism of those races that do not provide what I consider adequate return to the runners for their efforts and their entry fees.

1) Recognition of outright placings. I have been witness to three races this year (two ultras and one marathon) where the second and third placed females were completely ignored. These were all races with quite a number of female entrants. If you reward the top three males (and you should) then you should also reward the top three females.

2) Recognition of age group winners. While this is a more contentious issue, because funds can be rather short at times, particularly at races with few entries, I really think that age group wins should be recognised. Depending on the number of entries and funds available, there should be at least Masters (over 40) and Super Masters (over 50) age brackets. I know a lot of ultras don't get enough entries to warrant age group prizes, but if there are ten or more entries for any age group then I think it should be recognised. When you go to some of the classier races there are five year age group prizes, down to third place. While this may be considered overkill, it could be argued that these races only got big because they treated all participants well and recognised the efforts of those that train their butt off to do well.

3) Food and drink during and after the race. While most races I have been to cater reasonably well for the runners, there still are some races that think that giving the runner a cup of lukewarm water during the race and zilch after the race is sufficient. Depending on the length of the race and the entry fee, a competitor should be able to expect 'value for money'. If the entry fee is five dollars I don't expect a thing, but when one pays \$35.00 or more (as has become the custom) then one should be able to expect energy drinks and some kind of runner friendly food (fruit, cake, etc) during and after the race. I have been to a marathon this year where the runners got water during the race and sausage sandwiches after the race, with no drinks available anywhere after finishing the race. Hardly what one would want after running for three hours or more.

4) Race records. While most races keep track of their male/female race records for the race winners, age group records are rarely kept. Putting race records on entry forms and race results (including age group records) adds a nice touch to a race. Every race that I have ever competed in overseas has kept age group records, it's just something that we don't seem to appreciate at all here. The only races that I have come across that do that here, are those organized by Dave Cundy (Canberra Marathon and Half Marathon). It's a real pity that he does not organise any ultras, because any event organised by him is worth competing in.

If the entry form of an event states that there will be no food or drink supplied, then it is up to the competitor to bring whatever he/she may want during and after the race. And if you don't like that, don't enter the event. But any race director that accepts an entrant's money and does not let the entrant know that there will be nothing supplied, has an obligation to provide for the runners taking part in the event.

Trail races often cannot provide for the runner as well as road races, because of the terrain, but then this must be pointed out, on the entry form, to the prospective entrant. It is then the entrant's responsibility to cater for him/herself.

It may be argued that small events cannot afford much, and I agree with that, but as I have said earlier, all the classy events really look after the runner and I firmly believe that these events do not hand out lots because they have a lot of entries, but they have a lot of entries because they know how to look after the runners.

As stated earlier, what is supplied to the runners should be relative to what the runners paid to compete. Don't just take their money and run, because if you do, they will run too, but in someone else's event. I know organising an ultra is a hard, and mostly thankless task, but if you make the decision to do it, then do it properly and your reward will be greater. As a suggestion to AURA, I propose that the subscription renewal form comes with a space provided for each subscriber to indicate the three best and three worst races participated in during the year, and the reason for that choice. The results of these surveys should then be printed in the first edition of ULTRAMAG for the year. We can then make a reasonably informed decision as to which events we want to participate in in the following years.

Last, but not least, I would like to say to all race participants: If you run in a race, any race, always be nice to the people that spend their spare time making it possible for you to compete. Say 'Thanks', it costs nothing and makes their day more rewarding. Let the organisers know what you liked most about the race, but also let them know if you have a suggestion to improve the race. AND, if you compete in a race that has cut-off times and you get behind time and you are asked to withdraw, do it with dignity. Don't make a fool of yourself and argue, but instead decide to train harder for next year's event and show them that you can do it. You can't expect volunteers to stay out there all day just to satisfy your selfish ego. Most events that I know of that have cut-off times, have these times set very generously and if you are in a condition to warrant being in the race, then you will make it in time. If you don't want to train, don't compete !

Max Bogenhuber

Dated December 6th, 1997

# AYERS ROCK TO ALBURY 1997

by Drew Kettle.

Charlie Pye, Don McKenzie, Geoff Burdge and myself left Ayers Rock on the 13th July bound for Albany on the south east coast of W.A. Geoff was riding "Fred" the stock-horse, I had my dog "Gemma" by my side, and Charlie and Don were in the support vehicle. They would drive ahead and prepare our midday and evening meals as well as our night camps, where we would sleep in swags around the camp-fire.

Our first destination was "The Olgas", and then it was on to Docker River, with its beautiful desert oaks and the Peterman Ranges as well as "Lassiters Cave". The dirt track gave the secrets of the local animal and bird life; camel and dingo tracks were the most prominent, and then of course, there were Fred's hoof-marks in the sand. Geoff always rode ahead of me, except in the early morning, when Gemma and I would be in front. Fred was a champion throughout our trek. The main worry was water; he drank many times the amount that Gemma and I drank each day.

We were well received by the aboriginal communities at Docker River, Warakuna and Warburton and Newbery Creek. They seemed only too willing to put donations to the Royal Doctor Flying Service in my billy and each community gave approximately \$200 to the cause.

The desert was beautiful with its colourful scrub and wild flowers. It was a big change to get onto bitumen and heavy traffic at Laverton, but at least it had a pub. We were now in mining country and until Kalgoorlie, would have great road trains roaring past. They gave Gemma and I a wide berth and a wave. Several were to pull up and give a donation. One group of about 12 four-wheel drive tourists flew past and never looked like stopping, then one fellow came back with a collection from the lot of them.

Each day, Gemma and I would head off long before daylight and arrive in camp after dark. It was always a kick to see the glow of the campfire as we approached with the Southern Cross almost straight ahead and the evening star sinking on the western horizon.

We passed through Leonora, Menzies and Broad Arrow and then on to Kalgoorlie. I didn't manage a beer in every pub in Kalgoorlie - there were too many of them, but I got a \$50 donation from the local "starting stalls", and not too many have got a donation from them. We were put up by the local Lions Club and we handed the monies we had collected to them to be forwarded to the Royal Flying Doctor Service in W.A.

Then it was down the major highway through Kambalda, Norseman, Salmon Gums, Grass Patch, Gibson and then to Esperance, where we went boating to see whales, dolphins, seals, sea-lions and a host of sea-birds as well as a number of rocky islands. Only too soon, we were ashore and on the track again.

Rain and strong head winds dogged us for the next 10 days until we finally reached Albany. I had got myself a bit behind by collecting at a football match a bit off the track, and after going through Dalyup, Munglinup, Ravensthorpe and Jerramungup, I was due to stay at Many Peaks for the night, but I could not afford to stop. I was met by schoolchildren after dark with a posie of flowers. They did not know that a few hours before, I had received news that my youngest grand-daughter had been killed in a motor accident.

I was met by Almitri, a gipsy who was walking around the world, and she took turns with Charlie and Don, walking with me during the night. We were singing the old songs to keep awake.

Geoff Burge and Fred were waiting for us within sight of Albury and we went together to the finish. George Audley joined me and with his yellow flag, kept the road clear for the final few kilometres of our journey, I and Gemma received a very nice reception from the Mayor of Albany (a lady), so did Charlie, Don, Geoff and Gordon Bloomfield (who had joined us) She knew George Audley quite well as he is always running around some where.

Our trek had raised approximately \$15,000 for the Royal Flying Doctor Service and we had run through a lot of inland Australia and aboriginal communities. I never had one blister, but I wore out as many shoes as Fred, my equine friend.

Good luck to all trekkers,

Drew.

Ed's note: Another memorable trek and money-raiser for the RDFS to your credit Drew. What a fantastic effort! And how wonderful it must have been out there in the desert sleeping under the stars. You capture it well. Your Order of Australia Medal awarded on Australia Day 1998 was certainly well-deserved. Congratulations from all your mates in AURA.

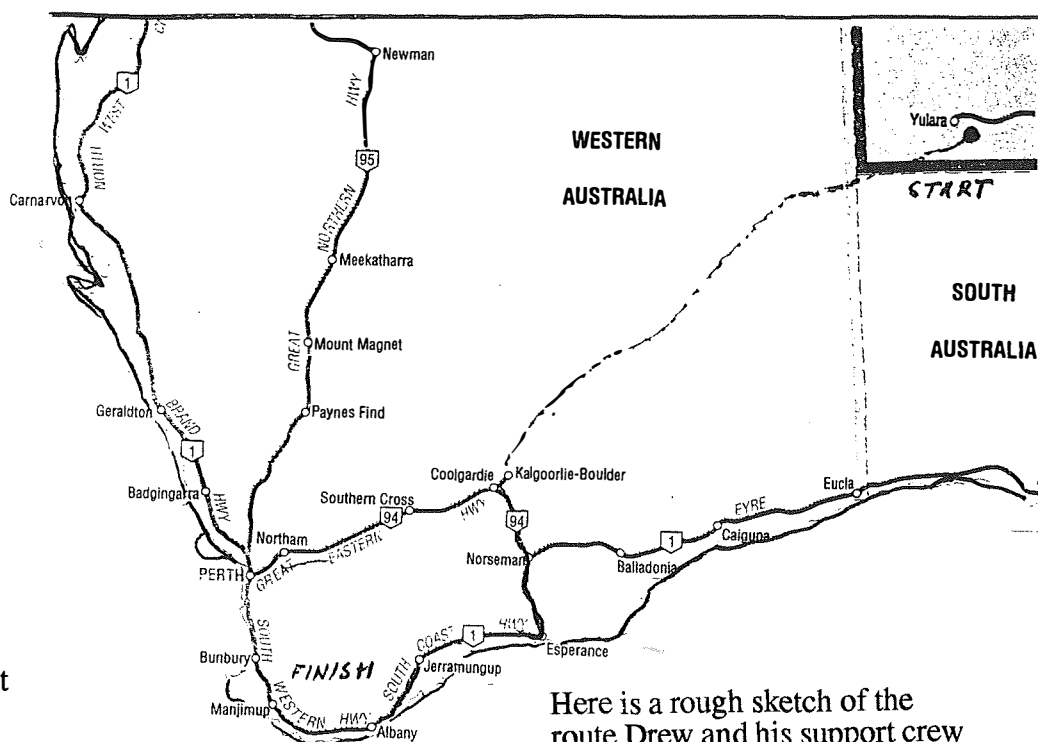


Coming to the finish at Albany. George Audley is alongside Drew with the white flag. Geoff Burdge is riding Fred behind and Charlie Pye and Don McKenzie in the rear with the support vehicle.

## OAM

Medal of the  
Order of Australia

Congratulations Drew on your well-deserved Order of Australia Medal awarded on Australia Day 1998, "for service to the community, particularly through organising fund-raising treks across Aust. for charitable organisations." We featured Drew on the cover of our last issue of ULTRAMAG. We know a good man when we see one.



Here is a rough sketch of the route Drew and his support crew took from Ayers Rock to Albany.

# A POET IN MOTION

IN THIS REMINISCE TONY RAFFERTY  
SHOWS HOW ONE MOMENT OFFERS AN  
ACHE IN THE BELLY, AND ANOTHER,  
JOY IN THE HEART

-----

Waves rippled peacefully in the Yarra. People wandered Southbank Boulevard stopping here and there captivated by the skills of buskers throwing knives, juggling balls, making music. Dazzled by colour and special effects of the Atrium in the sophisticated atmosphere of Crown Entertainment Centre, and seated on steps beside a waterfall, I absorbed the illuminated ceiling spectacle and laser-light illusions.

Sauntering through the casino fascinated by the constant motion of hands slotting dollar and two-dollar coins into poker machines and at gaming tables, enthralled at chips, in some cases indicating bets of hundreds of dollars, enchanted by the hypnotic gaze of gamblers, I then window-shopped past stylish Armani, Gucci and Tiffany before a pasta and red wine at Cecconi's.

With some hours on hand before arrival early evening at a book-launch, with a coffee in hand I sat peacefully and contemplated an earlier encounter:... With grand intentions to challenge a writing assignment which required most of the morning, I woke at daybreak, ran an hour, then faced the word-processor. Some days words flow so fast that fingers find the swift tapping of keys difficult to tune in with one's thoughts. Other times, to convey the needed language, a struggle ensues. A severe case of writer's block confronted me. A blank screen pleaded for work but the Muse abandoned me. Instead, I travelled by early train to the city.

Dozing in a warm sunlit carriage a voice brought me to attention: "We'd be happy to have you attend the meeting sir." One glance at the leaflet was enough to see it deserved a place in a rubbish bin. "Pauline Hanson is ill-informed, mis-guided, inaccurate and seeks to divide our community." I said with a stern voice. He stepped back, paused, and with an inquisitive grin said: "I recognise that accent... You're Rafferty the runner." I answered yes, grabbed my book, suggested he burn his leaflets and told him the leader of One Nation Party should return to her fish-and-chip shop. Like a Jehovah Witness faced with a verbal challenge he stood like stone prepared for a debate. A few heads turned. He stepped aside. "Ms. Hanson shows fear." I said. "I loathe her pathetic negative attitude." A gnawing in my belly left me with a hunger and a sadness. I shifted to another carriage.

Before the erection of Crown Entertainment Centre a glance at Melbourne's night sky would greet your eyes with an ocean of stars. Today the glow of the skyscraper's lights change the black-as-coal sky to a hue of blue-violet, and stars fade in the distance.

Across the road in Whiteman Street about 100 metres from the casino panorama, people dressed in their Sunday-best entered a pink 1950's building lost in the casino's shadow. Three-hundred, mostly Greeks, arrived for the launch of a 264 page book with colour photographs - *Six Days In A century* - and a 68-page collection of verse.



Studies as a full-time student at Latrobe University forced Yiannis Kouros to write his works at night for three years, often gaining only three hours sleep. His book, written in Greek, a window into his life during the 1984 New York Six Day Race when he broke George Littlewood's 93 year-old world record, shows a relationship between his inner and outer world, between his psychic and conscious reality. The book of verse, a philosophical work, contains one poem written in English. "DANCE" - *What is Dance? Dance will never fade or become a fossil...*

Sri Chinmoy disciples lead by Kishore Cunningham sang a song specially-written by the spiritual leader to celebrate the book-launch. Following speeches from dignitaries Yiannis recited a number of poems and read a section from his book. The audience, full of joy, stood and applauded. Inspiration, he said, arises from the rhythm of his footsteps during training sessions and long-distance races.

Unlike Pauline Hanson - immersed in the darkness of her shadow, a shadow of failure and inferiority - Yiannis Kouros reveals an active imagination, a strength of inner character leading to creativity and understanding.

True to himself and to the culture into which he was born, through his poetry, he tells his story. An architect of images, an explorer of dreams, Kouros demonstrates - with a severe discipline in running and writing projects - the desirability of a positive mind.

The next morning when the first glimmer of light entered my study the sister goddesses, protectors of art, who deserted me 24 hours before, returned...and the words flowed.

TONY RAFFERTY - February 1998.

# Read, write, run for a healthy mind and body

Harkaway resident, ultra marathon runner Tony Rafferty, 58, will compete next March in the inaugural World 1000 Mile (1610 kms) Track Championship in Nanango, Queensland.

Nanango is 200 kilometres north of Brisbane.

Twenty five of the world's top male and female runners from 12 countries have been invited to contest the event which will cover 4000 laps on a specially laid 400-metre track.

The race has a 15-day cut-off after the start time of noon on Thursday 26 March.

Ranked in the top 10 in the world, Tony believes that despite his 58 years his experience in three 1000-mile runs with two wins and a second will give him the confidence he needs against the world's best runners.

Tony said he expected red raw blistered and bloodied feet, severe muscle soreness, and sleep deprivation.

He said that with his physical condition that of a lightweight boxer and his mind focused like a chess player he had a realistic chance of a place in the top three.

Tony's race preparation includes road

running on hilly terrain near his home and running laps twice daily on the Edwin Flack athletic track at Berwick.

A pioneer of ultra marathon running, the Belfast-born former soccer international in 1989 broke the world track 1000-mile record by 33 hours during a match race against Pat Farmer at the Granville, NSW, track.

Rafferty's record of 14 days, 11 hours, 59 minutes and four seconds, stood for five years.

During a 26-year ultra marathon career his legs carried him more than 160,000 kilometres through Death Valley, along the Birdsville Track, across the Simpson Desert and the Nullarbor Plain, 5931 kilometres across Australia and through numerous six-day races.

In 1972 he became the first person to run from Sydney to Melbourne.

Tony travels Australia on the public speaking circuit and last year he completed his major in literature at Deakin University.

His rules for a healthy mind and fit body are read, write, and run.

Tony is married to Coral and they have a son Kieran.



World champion marathon runner at training on a track named after another Australian and world champion Olympic gold medallist Edwin Flack.

# THE DELIGHTS OF AIRLINE TRAVEL

By Kevin Cassidy

25 July 1997

After having made several trips to the U.S.A., in the past few years in my pursuit of 100 mile races I now feel that I am well qualified to comment on the oddities of overseas travel. Whilst my first trip was one of excitement and anticipation, airline travel quickly became the most dreaded pain of my life.

It all starts with a visit to your local travel agent who is usually a grumpy old boiler doing her best to rip you off so that she can gain a good commission. The big day always starts with a hair raising cab ride to the airport where you are guaranteed to get the slowest queue in the check-in. You then pay \$50 for toast and coffee at the airport cafe before boarding your plane where you will always meet the moron's who think they have to be in their seats 90 minutes before take off, when you finally get to your seat you will find one of those morons sitting there in blissful ignorance.

At last the departure time arrives and you are still sitting on the tarmac. The Captain then makes a brittle apology about being late and everyone groans, the plane eventually takes off and you are treated to the Flight Attendants ridiculous safety speech where they remind you about the emergency exits. Do they really think that when a plane hits the ground from 35,000 feet you will get up, dust yourself down and say "that was a bit rough?". Of course all flight attendants have that motto of "we are beautiful and you are not" as they swan up and down the aisles.

Murphy's Law dictates that every flight will have at least one screaming baby and that baby is always next to you or very near, it's also a certainty that the longer the flight, the louder the baby screams, and during all of this the new mother is so consumed with her precious little bundle of joy that she thinks everybody just loves her little darling and remains totally oblivious to the fact, that the surrounding passengers would love to kill little "bubba". Amongst the other passengers you will always cop the one with the worst body odour and the <sup>ONE</sup> who thinks they are special and continually annoy the crew by wanting anything and everything.

When you finally go to use the toilet you must remember not to go bare feet because someone with a poor aim has always gotten in before you and made a mess of the floor. You can rest assured that the food will taste like cardboard and the orange juice will spill down your shirt because your first sip always coincides with a sudden burst of air turbulence. By now you are looking for anything to keep you amused, so you dive into your seat pocket and find your vomit bag, can you believe that these bags contain advertising on the back (the marketing staff grab every opportunity) and its usually for cheap mail order photos. Can you imagine throwing up in the bag and then posting it off to the Kodak factory. It's also a waste of time trying to watch the movie because you will have a faulty pair of headphones.

With your flight coming to an end it's a good idea to use the toilet again before the final hour because that is when all the ugly women hog all the toilets whilst taking forever to apply their six tonnes of make up under the false impression that they will look pretty for some Prince Charming in the airport lounge (as if anyone cares).

As your plane hits the tarmac and approaches the gate, the same morons that had to be on the plane first are out of their seats and surging forward to form a crush at the still unopened door. Eventually we all herd through customs where, once again, you are stuck in the slowest queue because some idiot in front of you has forgotten to fill out his arrival documentation. The fight is now for a good position at the baggage carousel with lots of

pushing, shoving and elbowing and it's here that Murphy's Law clearly states that your baggage will come out either last or not at all, if it is the later then you head to the lost baggage counter where you get a hell of a fright to find that man behind the counter is wearing your clothes.

The final hurdle occurs when you cross the floor of the baggage area and approach the Rent-a-Car desk. Even though you have a pre-paid voucher, the guy behind the desk gives you one of those irritating plastic smiles and then tries to stitch you up with a host of extra charges such as insurance, collision damage waiver, extra drivers fee, airport access fee, seatbelt fee, looking through the windscreen fee and a breathing the air fee.

As you finally motor off you realise that your 100 mile race should now be a piece of cake.

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Dear Kevin, (Tiller)

I have just been surfing your website and would like to discuss the possibility of doing a promotion with Ultramarathon runners. At this stage, the promotion would involve 2 Ultramarathon runners, running from Tweed Heads to Sydney. We envisage this to take place on Wednesday 21st April 1998 or the middle of May. Of course, we will provide support cars as well as another vehicle accepting donations of food for the Sydney Food Bank charity organisation.

Media coverage is expected to be huge with a press conference on the Monday prior in Sydney, and the run starting from Tweed Heads on the Wednesday of the chosen week. Each runner can wear their respective sponsors logo on their outfits. Naturally the runner would be generously compensated for their involvement in this promotion.

This run is not a race, however if the runners would like more of a challenge, they could make it a race! Kevin, I look forward to discussing this proposal with you. Please don't hesitate to contact me on 96992000 or on my mobile 0418 960 774

Regards  
Adam Abrams

Ed's note: Kevin Tiller, AURA member and our e-mail and internet expert, has passed this one on to us. Anyone interested???

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Subject: Kevin & Dawn : New Baby Alert  
Date: Monday, January 19, 1998 9:23 AM

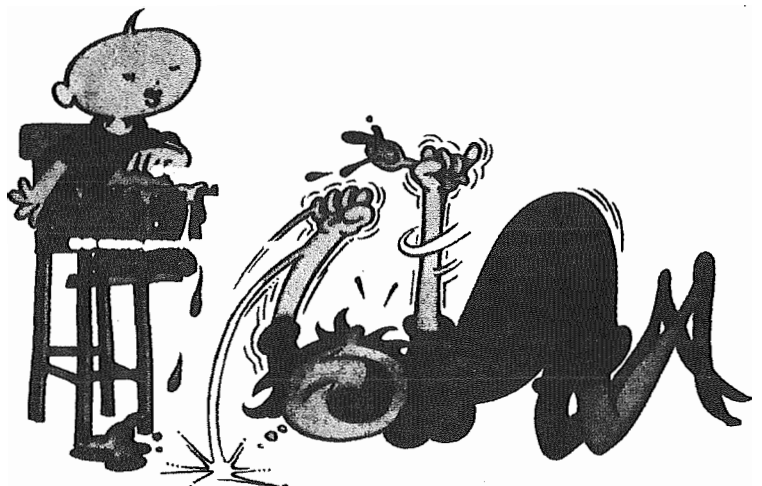
Dawn had a baby girl last night.  
Right up until the end she was running for an hour a day - even the day she had it!  
Her running is expected to come back to form quicker than her dad's.

For the technically curious :

name: Chelsea Tiller  
weight: 7pounds 1.5 pounds  
time: 00:39 on 19/1/1998  
at hospital for 3.5 hrs before the birth (ie quick)  
gas/epidural etc : nil

Thanx

Kevin Tiller  
Sydney, Australia  
tiller@bigfoot.com  
<http://www.coolrunning.com.au/kevintiller> <---- changed



"When I stand at the beginning of 100 miles of moor, mountain, valley & meadow, I am standing on the threshold of a dream" (Cudahy)

# **THE FOUR LEGS OF THE U.S. GRAND SLAM OF ULTRA MARATHONS**

***By Kevin Cassidy  
30 July 1997***

As I crossed the finish line of the Western States 100 miler it signaled the end of a challenge that I set myself in January 1993. Back then the Australian interest in Ultra Marathons was in serious decline but as the sport was, and still is, huge in the U.S., it seemed to me to be the next logical challenge to tackle their grand slam of 100 mile trail races. I even considered living in America for a period of time (I could have indulged in my passion for gridiron football, as a spectator of course).

With the 4 races now under my belt it seems an appropriate time to sum up the 4 events that have consumed the last 4½ years of my life. As I try to put these races into perspective it is probably best to compare them to the gruelling 60km Bogong to Hotham mountain race. Many a seasoned ultra runner has tackled this brutal trail through the Victorian Alps only to go home with a D.N.F. after seriously under estimating just how tough the course was, now having said that, I can now say that if anyone thinks that the Bogong to Hotham is tough then they "ain't seen nothin yet". The American 100 mile races are by far the most difficult races I have ever done, I have run several races that are longer in distance but none so tough. All these races are in rugged remote country and include negotiating both daylight and darkness which requires careful planning of supplies and running through the night via flashlight.

## **THE ANGELES CREST 100 October 1993**

Run in the Angeles National Forest not far from Los Angeles this race has a 33 hour time limit and a staggering 48,500 feet of elevation change, the massive amount of downhill running is a real "leg destroyer". You must deal with some fairly high altitude in the first 30 miles followed by some pretty hot weather for the remaining 70 miles in a race that has a 50% finish rate. As I finished with blisters on blisters on blisters in 31 hours 40 minutes I said I would never forget the agony of the final 9 hours. That statement still stands as strong today.

## **THE WASATCH FRONT 100 September 1994**

Run in Utah's rugged Wasatch Mountains this races 36 hour limit is evidence enough that this is the toughest 100 of them all. Most of the course is between 8,000 and 10,000 feet high which requires you to spend at least 2 weeks prior to raceday at high altitude in order to acclimatise or you will D.N.F. I almost succumbed to altitude sickness at mile 60 but managed to fight back. The course has 40,000 feet of elevation change and not one section has any smooth ground, both climbs and descents are extremely rough and rocky. "Unrelenting" is an accurate description. With 13 hours of darkness my memories are of the icy cold night while crossing the peaks with lightning crashing around me and hallucinating the following morning due to heat and sleep deprivation. With bruised swollen feet I still don't know how I got through the last 15 miles, I

finished in 33 hours 46 minutes. This event has a smallish field and a pretty high finish rate due to the fact that even many seasoned ultra runners are put off by the Wasatch reputation.

### **THE LEADVILLE TRAIL 100 August 1996**

Run in the spectacular Rocky Mountains of Colorado, this 50 mile out-and-back course with a 30 hour time limit has three major obstacles, they are altitude, altitude and altitude. With 30,000 feet of elevation change the entire course never drops below 10,000 feet with a high point of 12,600 feet at "Hope Pass". To put it simply, the basic act of breathing is bloody difficult. If you don't spend 2 to 4 weeks acclimatising then you are guaranteed misery, suffering and a D.N.F. With less downhills than the other 3 races it is a little less hard on your legs but you still end up with very sore feet. The day is pretty cool and the night is bitterly cold with the huge killer being the double crossing of Hope Pass (particularly the return trip). I finished in 28 hours 56 minutes. With no entry qualifications, the first come first served system guarantees a very low finish rate.

### **THE WESTERN STATES 100 June 1997**

Run in the high Sierra Mountains near the California - Nevada state line this race has a 30 hour time limit and 39,000 feet of elevation change and with the majority of it downhill it really beats up your legs. The first 30 miles have patches of snow and the usual altitude effects (7,000 feet) before you cop the traditional heatwave (100 ° plus). This is the longest running 100 (24 years) and of the 4 it is the most prestigious and traditional which ensures a highly competitive field and plenty of media interest. The event also includes a hair-raising crossing of the ice cold American River at mile 78 which for me was about 2am. After two consecutive D.N.F.s in 1995 and 1996 due to illness I was tickled pink to drag my sore feet and aching quads to the finish in 28 hours 52 minutes. The finish rate is about 70%.

Rating the 4 races in order would read as follows:-

1. Wasatch Front - By far the toughest overall.
2. Angeles Crest - Contains the toughest single climb I have ever done. Mount Wilson from mile 73 to 79½ is a 6½ mile torture during the wee small hours.
3. Western States- Tradition, tradition, tradition.
4. Leadville Trail- Don't be fooled by my number 4 rating, if you don't adapt to the altitude then you will do some serious suffering. The double crossing of "Hope Pass" (mile 40 to 60) is the toughest 20 mile section of all 4 races.



If anyone doubts the savage affects of downhill running then talk to someone who has run the Brindabella race near Canberra, downhill running is an art all on its own requiring specific preparation.

While I certainly feel privileged to have had the opportunity to be a part of the U.S. ultra running scene, equally as much I have enjoyed all the lead up events around Australia, the discipline of training and the feeling of exhausted satisfaction that you get after a long day training in the mountains.

In the lead up to a 100 miler I love the indulgence of focusing on a single goal. When a non-runner ask's you "why do you do it?", you are tempted to reply that you have special powers because you body is occupied by pod people from Planet Zeon!!!! Fair dinkim, what are you supposed to say to a stupid question like that? Have you ever heard a reporter ask Tony Lockett why he plays football? The answer, of course, is that no matter what anyone else does with their time, when you line up at the start of a race you are Armstrong on the moon, Lindbergh over the Atlantic or Hilary on Everest. You gather your toughness and determination and push yourself to the limit of your endurance and in doing so you triumph over the hassles and unfairness of life in the modern world.

In 12 years of ultrarunning the last 4½ have been the most varied and interesting. The long hours on the mountains in the Yarra Ranges just out of Healesville became an all consuming passion, driving ~~home~~ in the peak hour traffic made for a pretty long day but the solitude and concentration was good for the soul. There was also the night runs with a flashlight in the Dandenong Ranges, an experience that was both eerie and beautiful at the same time, along with the occasional trip to Falls Creek. During all this training there were also some odd and unusual moments, one day on the Mount Donna-Buang trail my old mate Ross Shilston and I suddenly found ourselves covered from knees to feet in leaches, my legs bled all over the car on the way home and all over the bedsheets that night, it was a hell of a mess and I itched for days. Snakes have a habit of curling up to sleep on the trails and I had numerous close calls, one incident with a copperhead was a very close shave indeed resulting in me setting 3 world records, the high jump and long jump with one almighty leap and then the 100 metre sprint when I hit the ground. The track on Mount Riddell was the scene when the day turned out a lot hotter than expected, as I ran out of water I just managed to make it back to the car and grab hold of the tow bar as I collapsed with dehydration. Without doubt the strangest thing that ever happened was when I was high on a mountain trail near Mount Donna-Buang, it was icy cold and I was a long way from anywhere when suddenly a man dressed resplendently in a suit and tie appeared in the trail, we exchanged hello's as we passed each other and I continued running (no, I wasn't dreaming), when I got back to the car park my ute was the only car there. To this day I am still at a loss to explain who he was or how on earth he got there.

Never let anyone tell you that running is boring.

# Carbo's on the Move: Are they of benefit during a race?

by Fiona Pelly, Sports Dietician (phone 9888-3638)

Running for over 90-120 minutes **at race pace** can totally deplete glycogen stores even if well loaded beforehand. This means your muscles will have to resort to fat or protein for energy. As fat requires oxygen to burn, you will have to slow right down (or walk!) so that sufficient oxygen can reach the muscles. This is 'hitting the wall', a common phenomenon for those who have run marathons. (Check out the walkers at 35-38k!). Local muscle fatigue will result in cramping and/or heaviness of the legs and a total inability to go any faster.

Carbohydrate taken during exercise can overcome the above. Trained muscles will take up the glucose for extra energy, helping you to maintain your pace at the end of a race and therefore better your time. Carbohydrate also offsets hypoglycaemia (low blood sugar levels) that occur during high intensity racing. Since glucose is brain food, you will ultimately 'feel' better and put in more effort.

So what type of carbohydrate should you consume? Sports drinks are ideal as they supply fluid and carbohydrate & are absorbed quickly. Fluids are much easier to consume than solids. Solid food may cause gastric upset or sit in your stomach, leaving you feeling 'heavy'.

The amount of carbohydrate needed is around 30-60 gms/hour: 30gms beginning of race at medium intensity, 60gms or more towards end, especially if high intensity. This amounts to around 150-250mls

sports drink every 15mins (available in most distance events). Sports gels (around 20gms carbohydrate) may also be tolerated, especially if extra carbohydrate is needed towards the end of an event. A word of warning about gels: make sure you also drink plenty of fluid (2 cups per gel) or dehydration will result. Remember, fluid should ALWAYS be your first priority as dehydration is dangerous. If you choose other types of solid food, make sure it's moderate to high glycaemic index (GI) ie. >60, which means it will be absorbed quickly into the muscles. (See last Blister for information on GI) eg. Ripe bananas, jelly beans, watermelon, Mars Bars (high fat!). Avoid fruit juice or overdoing the fruit during the race as these contain fructose which can cause osmotic diarrhoea and gastric upset, with unpleasant results!

It is essential to start consumption of fluid and carbohydrate BEFORE fatigue commences. If you wait until you're already fatigued, it is too late. It will take a few kms before you notice the effect of the sports drink, but the difference can be huge. In fact, the benefit of carbohydrate consumed during exercise has been shown consistently in research conducted over the last decade. In addition, the combination of fluid and carbohydrate has been shown to have an additive effect on performance enhancement even in events less than 90 minutes. So for those who thought it wasn't possible, yes you can improve your 10k time!

Dot, not sure if you've seen the attached but I thought it might make an interesting 'bit' for the next AURA Magazine. I picked it up on the Net, where else? - **JON BELL** Thankx.

Britons start run from Cape Town to Alexandria

CAPE TOWN, South Africa (Reuters) - Two Britons each equipped with 24 pairs of running shoes set off Wednesday to run 6,318 miles from Cape Town, South Africa, to Alexandria, Egypt.

If Nick Bourne, 27, and Chris Rainbow, 30, complete the distance, running through Botswana, Zambia, Tanzania, Kenya, Ethiopia, Sudan and Egypt, they should enter the record books for the third longest run ever.

"The others were in just one country. The longest in America and the second in Australia. Ours is an eight-country run," Rainbow told Reuters before jogging out of the city.

Emma Bourne, one of four support workers traveling with the runners, said the two men would be on the road for about six hours a day, rising at 3.30 a.m. to avoid the heat.

"With bubonic plague, cholera and malaria in the countries we are traveling through, health is the main problem. But politics is the other," she said.

The team, carrying a six-month supply of pasta in its four overland vehicles, estimates the distance should take 174 running days, with a rest every fifth day.

Rainbow, a primary school teacher, said he hoped the run would raise money for the Save the Children Fund. "There's the charity aspect, but it is also a huge personal challenge," he said.

## ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



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

Please dispatch to the Editor.

# \_AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN ROAD RECORDS as at January 1998

## MEN - DISTANCE RECORDS - km.

50km #	Steve EVANS (Q'ld)	2:56:29 (a)	Canberra ACT	9/4/95
100km #	Tim SLOAN (Tas)	6:29:26 (a)	Ross to Richmond Tas	23/4/95
150km	Graham MEDILL (Qld)	15:57.34 (d)	QRRC 24 Hour Q'ld	26/6/88
200km #	John BREIT (Vic)	18:49:36(d)	L'ston - Hobart, Tas	16/10/88
500km	Bryan SMITH (Vic)	2d.19.54.00 (c)	Albany to Perth WA	14/10/94
1000km	David STANDEVEN (SA)	5d.13:55:-- (c)	Syd - Melb (1011km)	24/5/89
1500km	Ian JAVES (Qld)	13d.8:03:37(a)	Sri Chinmoy, N.Y.	1/10/89
2000km	Ian JAVES (Qld)	17d.4:55:37 (a)	Sri Chinmoy N.Y.	5/10/89

## MEN - DISTANCE RECORDS - miles

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

## MEN - TIME PERIOD RECORDS:

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

## WOMEN - DISTANCE RECORDS - km

50km #	Linda MEADOWS (Vic)	3.27::22 (a)*	Canberra ACT	9/4/95
100km #	Linda MEADOWS (Vic)	7:40:58 (a)	Kurow, NZ	18/11/95
150km	Helen STANGER (NSW)	16:45:24 (a)	Basel Switzerland	3/5/92
200km #	Helen STANGER (NSW)	23:21:04 (a)	Basel, Switzerland	3/5/92
500km	Dipali CUNNINGHAM (Vic)	3d.21:31:23 (a)*	New York, USA	29/4/96
1000km	Cynthia HERBERT (Vic)	8d.10:55:00 (c)	Syd - Melb (1060km)	27/3/87
1500km	Dipali CUNNINGHAM	14d.17:10:21 (a)*	New York, USA	3/10/93
2000km	Open for claim			

## WOMEN - DISTANCE RECORDS - miles

30 Miles	Open for claim			
40 Miles	Open for claim			
50 Miles #	Mary MORGAN (WA)	6:07:26 (a)	Harriers, Canada	31/8/94
100 Miles #	Helen STANGER (NSW)	18:13:11 (a)	Basel, Switzerland	3/5/92
500 Miles	Dipali CUNNINGHAM (Vic)	6d.22:55:33 (a)	New York USA	2/5/96
1000 Miles	Dipali CUNNINGHAM (Vic)	15d.12:52:03 (a)	New York USA	4/10/93

## WOMEN- TIME PERIOD RECORDS:

6 Hours	Helen STANGER (NSW)	63.650km (a) **	Basel, Switzerland	3/5/92
12 Hours #	Helen STANGER (NSW)	112.225km (a)	Basel, Switzerland	3/5/92
24 Hours #	Helen STANGER (NSW)	206.497km (a)	Basel, Switzerland	3/5/92
48 Hours #	Dipali CUNNINGHAM (Vic)	297.728km (a)**	New York USA	27/4/96
6 Days #	Dipali CUNNINGHAM (Vic)	704.892km (a)**	New York USA	1/5/96

### LEGEND:

- (a) Accurately measured course to AIMS standards.
- (b) Reasonably accurate course (uncalibrated bike, measuring wheel etc.)
- (c) Questionable course accuracy (car, motor-bike, etc.)
- (d) Unknown accuracy
- + Solo run but the run has been well documented and subject to official scrutiny.
- # AURA Record Plaques issued for these marks
- \* Times are the next official recorded times AFTER the nominated distances were passed.
- \*\* Distances are the previous official recorded distances BEFORE the nominated time was passed

## AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN TRACK RECORDS as at January 1998

### MEN - DISTANCE RECORDS - km

50km #	Bruce COOK (ACT)	3:09:50	Parramatta NSW (NS)	5/3/89
100km #	Trevor JACOBS (ACT)	7:16:17	East Burwood Vic. (S)	21/6/92
150km	Yiannis KOUROS (Vic)	11:18:30	Canberra, ACT (S)	2/3/97
200km #	Yiannis KOUROS (Vic)	15:29:08	Canberra ACT	3/3/97
500km	Bryan SMITH (Vic)	2d.19:00:21	Colac Vic (NS)	16/11/89
1000 km.	Bryan SMITH (Vic)	5d.23:52:23	Colac, Vic (NS)	19/11/89
1500km	Gary PARSONS (Qld)	11d.23:04:04*	Nanango, Qld (NS)	25/3/96

### MEN DISTANCE RECORDS - Miles

30 Miles	Martin THOMPSON (NSW)	3:01:19	Ewell Court UK (S)	29/4/78
40 Miles	Dragan ISAILOVIC (Vic)	4:07:33	East Burwood (Vic) (S)	19/6/93
50 Miles #	Dragan ISAILOVIC (Vic)	5:15:00	East Burwood, Vic (S)	19/6/93
100 Miles #	Yiannis KOUROS (Vic)	12:11:15	Canberra (S)	2/3/97
500 Miles	Bryan SMITH (Vic)	4d.19:05:09*	Colac Vic (NS)	18/11/89
1000 Miles	Gary PARSONS (Qld)	12d.19:44:35	Nanango, Qld (NS)	26/3/96

### MEN TIME PERIOD RECORDS:

6 Hours	Trevor JACOBS (ACT)	83.600km**	East Burwood Vic (S)	21/6/92
6 Hours	Yiannis KOUROS (Vic)	83.600km**	Coburg, Vic (S)	8/4/95
12 Hours #	Yiannis KOUROS (Vic)	158.623km	Canberra ACT(S)	1/2/97
24 Hours #	Yiannis KOUROS (Vic)	295.030km.	Canberra ACT (S)	3/3/97
48 Hours #	Yiannis KOUROS (Vic)	470.781km	Surgeres, France	8/5/95
6 Days #	Bryan SMITH (Vic)	1001.410km	Colac Vic (NS)	19/11/89

## WOMEN -DISTANCE RECORDS - km

50km	#	Mary FRANCIS (WA)	3:42.16	Bunbury WA (NS)	1/3/97
100km	#	Mary FRANCIS (WA)	8:23:00	Bunbury WA (NS)	2/3/97
150km		Helen STANGER (NSW)	15:23:14	Coburg, Vic (S)	14/4/96
200km	#	Helen STANGER (NSW)	21:40:52	Wollongong, NSW (S)	2/4/95
500km		Georgina McConnell (NSW)	3d.23:51:52	Colac, Vic (NS)	19/11/92
1000km		Georgina McConnell (NSW)	10d. 19:50:58*	Nanango, Qld (NS)	24/3/96
1500km		Vacant			

## WOMEN DISTANCE RECORDS - miles

30 Miles		Mary FRANCIS (WA)	3:33:49	Bunbury, WA (NS)	1/3/97
40 Miles		Linda MEADOWS (Vic)	4:51:52	East Burwood Vic (S)	18/6/94
50 Miles	#	Linda MEADOWS (Vic)	6:07:58	East Burwood, Vic	18/6/94
100 Miles	#	Margaret SMITH (Vic)	16:01:43	Manly, NSW (NS)	21/4/84
500 Miles		Georgina McConnell (NSW)	8d.4:31:28	Nanango, Qld (NS)	21/3/96
1000 Miles		Vacant			

## WOMEN - TIME PERIOD RECORDS

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

### LEGEND

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

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



# DISTANCE RUNNERS' LOG

DAY/MONTH/YEAR SUMMARY

DAY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
1												
2												
3												
4												
5												
6												
7												
week												
8												
9												
10												
11												
12												
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21												
week												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												
TOTALS	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
monthly												
accumul.												

*You can do it!!*



# 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: \$ 25 within Australia

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

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

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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!