

ULTRAMAG

Vol 13 No.2

June, 1998



Well done son, now get back out there and keep running! Peter Gray ends one of his brief rest breaks at Memorial Square in the Australian 6 Day Race at Colac in November, 1997, and gets a burst of encouragement from his devoted mother Norma. Gray enjoyed a well deserved win (Photo reprinted from the The Colac Herald on Friday November 21st, 1997)

Peter Gray went on to place seventh in the IAU International 1000 Miles Track Championships at Nanango in March 1998, completing the 1000 miles in 14 days 22 hours 10 mins.35s.


A.U.R.A.
MAGAZINE



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

AT LAST!! I have managed to shoot Hookie and sell his car, so I have been roped in to assisting Dot with Ultramag as a result. The first thing I must say is that I had nothing to do with the last issue, I was rather embarrassed to see my name on almost every second page. It must have been a "slow news week" and I am blaming Dot for including many things that I never intended to be published.

Despite a rather small field, it was good to see the Australian 100km Championship return, but undoubtedly the biggest thing in Australian ultrarunning for many years was the IAU world 1,000 mile track championships held in Nanango in March. A world class field turned in some world class results. Melanie Jonker from the Queensland Mafia put in a marathon effort by posting daily reports to all the major running pages on the internet, many runners from around the world were able to follow the race as if it was happening in their own backyards. Melanie recieved many thank you messages for her efforts. I have done my best at editing the staggering 60 pages of information she sent me.

By now, every one has probably heard the sad news of the death of Pat Farmers wife, Lisa. A stark reminder that we are all mortal and our time on this earth is indeed short. Our thoughts are with Pat during this difficult stage.

AURA has recieved some record claims from an Isak Ketsikidis. I said my piece about Isak in the last issue and this issue includes a letter from Yiannis Kouros who makes no bones about his feelings. Basically, if Isak wishes to have any crediblity then he must strut his stuff in an official race against other competitors [he is reluctant to do so] rather than make claims about unsubstanciated "solo runs".

It is always good to see Australians heading overseas, Lavinia and Bob Petrie and son-in-law, Bert Pelgrim, are off to the Comrades Marathon [89km] in South Africa. I am assuming a group of Sydney Striders are heading that way too. After having his ear chewed by Max Bogenhuber, Peter Goonpan will tackle the gruelling Leadville 100 mile race high in the Colorado Rockie's. Still on the plus side, Phillip Essam is nearing completion of his book about the Westfield Sydney to Melbourne run and is now looking for a publisher [can anyone help, here] and the Coburg Harriers are working hard towards their 24 hour track race in August on their brand spanking new \$400,000 rekotan tartan track where Yiannis Kouros intends to WALK for 100 miles to join the Centurion Walkers Club.

From a personal point of view, I am sad to see the demise of one of my favorite races in The Brisbane Water Bush Bash.

For those of you with internet access, look at www.coolrunning.com.au/ultra and you will be reading for months.

Kevin Cassidy



1998 ULTRA CALENDAR

- 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)
- July 4/5 **6 HOUR/12 HOUR/24 HOUR TRACK RACE CARNIVAL , NZ,** Sovereign Stadium on Auckland's North Shore, Contact John Nash, Sri Chinmoy Marathon Team, P.O. Box 56-415, Dominion Road, Auckland 1030, ph. (09) 623 0325, Fax (09) 623 0335 for entry forms.
- 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.
- Sep 4-6 **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS, Gold Coast QLD.** Rugby League headquarters, Eskdale Park, Maryborough, Brian Evans (074) 121 4200
- 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 19/20 **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 / 50 MILE / 50KM TRAIL RUNS,** (Q'ld) Glasshouse Mountains. Loop course,. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, Q'ld, phone (0754) 95 4334.
- Oct **ADELAIDE TO VICTOR HARBOUR 100KM ROAD RACE, SA,** 6am start, Adelaide Town Hall,, finish Advance Recreation, Victor Harbour, \$20 entry contact Distance Runners Club of South Australia, P.O. Box 102, Goodwood. SA 5034 or Des Paul, ph. (08)83226400
- Oct 24/25 **SRI CHINMOY 6/12/24 HOUR & 100KM S.A.CHAMPIONSHIP TRACK RACE, S A.**(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

1998 ULTRA CALENDAR

- Nov **BRINDABELLA CLASSIC, ACT** organised by the ACT Cross Country Club, 53km trail run over the Brindabella mountains, just south of Canberra. Contact 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 29 **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. Contact Mark Hey, Ultra Tasmania, 7 Hone Road, Rosetta, Tas 7010 or phone (03) 62 727233 (H)
- 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 10 **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, 1998. 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 26 **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 7 **CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog! Contact Richard Pickun. P.O. Box 946, Launceston, Tas 7250,
- Feb 11-20 **LIVERPOOL BOMMERANG MARATHON, NSW** 732km, Liverpool to Albury and return, Closing date 15th October, 1998, entry fee \$80.00, only 12 entries accepted, Contact Dave Taylor, 56 Grandview Parade, Lake Heights 2502 Ph, (02) 42 74 0054 (H) or (02) 42 26 4088 (W)

1999 ULTRA CALENDAR

- Feb **6 or 12 HOUR + 50K, 50 MILE, 100KM QUEENSLAND ROAD CHAMPIONSHIP**, Caboolture Historic Village, Q'ld. Contact Race Director Peter Lewis (07) 5496 6437
- Mar 6 **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW**, 46.6km mountain trail run, 8am start Saturday from Katoomba to Jenolan Caves, Time limit 7 hours, Contact Chris Stephenson, Six Foot Track Marathon, GPO Box 1041, Sydney 2001. <http://www.ozemail.com.au/nbigchris> email to: bigchris @ ozemail.com.au
- Mar **WATER WORLD GREAT OCEAN RACE - RED ROCK TO COFF'S JETTY, BEACH & HEADLAND 45KM ULTRA MARATHON NSW.** Starts at 8.00am at the northern end of Red Rock Beach. \$5.00 entry or \$10 on race day. Finish Coff's Harbour Jetty. ~~Course survey Sat 7th March 1998 at Arrawarra Headland at 3.00pm.~~ Contact Steel Beveridge on (02) 66 53 6831 (H) or (02) 66 541 500 (W). Or by post, 2 Lakeside Drive, North Sapphire 2450, NSW
- Mar **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 21 **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 11 **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 **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 **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 **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.

1999 ULTRA CALENDAR

- April **50KM ULTRA ROAD RACE, ACT**, as part of the Canberra Marathon, AA Certified course. Upon completion of the normal marathon course (& being an official marathon finisher), immediately follow and out and back course along Telopea Park and the cycle path along Lake Burley Griffin to Commonwealth Avenue bridge, 7.00am start. For more details, contact Trevor Jacobs on (06) 2547177 (H) or (06) 2790134(W) or Dave Cundy (marathon organiser), P.O. Box 624, Civic Square, ACT 2608 or Phone on (0417) 285 609 Fax (02) 4342 7611
- May **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 **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 **TAMWORTH 24 HOUR CHARITY RUN, NSW**, Viaduct Park, Tamworth, 10am start. \$35 entry, 10am start on Saturday, Contact Dallas Earsman, 143 Bridge Street. Tamworth 2340, Ph. 657216 (H) or 653511 (W)
- June **SHOALHAVEN ROAD ULTRAMARATHON - NOWRA TO KANGAROO VALLEY 46KM, NSW** \$15 entry, \$20 on the day, 8am start at Cambewarra Public School, finish Kangaroo Valley Show-ground, ~~mail entries close 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.

AA

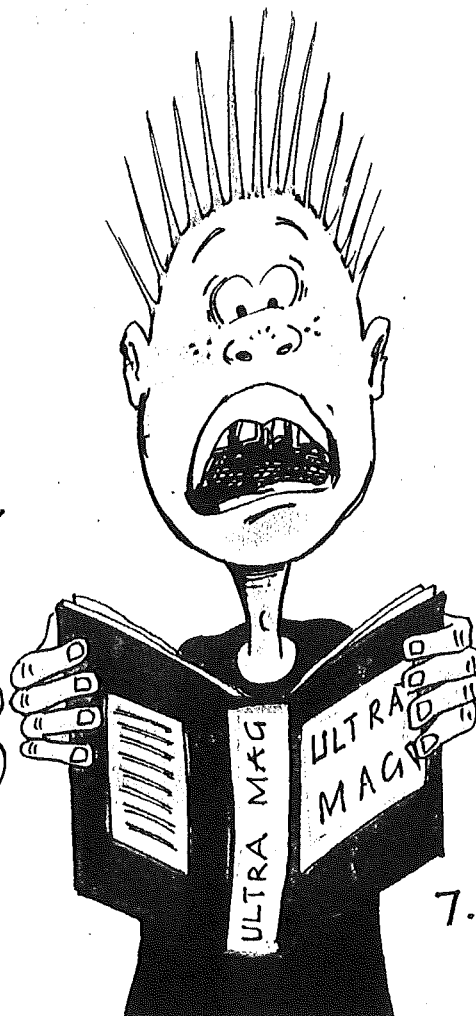
WARNING!!

Just to let you know that Kevin Cassidy has taken Geoff Hook's place as joint editor of this illustrious magazine and will work together with me on future issues.

So don't blame ME.
It's HIS fault
from now on.

Dot Browne

*Help!
Anything
could
happen!!*



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

<u>COSTS:</u>	T-shirt		\$8.00		Postage		\$1.40		
	L/S T-shirt		\$12.00		Postage		\$1.40		
	Singlet		\$ 8.00		Postage		\$1.40		
	Fleecy wind-cheater		\$18.00		Postage		\$2.80		
<u>COLOURS</u>	RED	WHITE		GOLD				GREY	NAVY
<u>SIZES:</u>	12	14	16	18	20	22	24		

AURA ADVERTISING MATERIAL

PRINTED CLOTH BADGES

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

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

CAR WINDSCREEN STICKERS

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

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

Kindly fill in details in **BLOCK LETTERS**:

NAME:

ADDRESS:

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

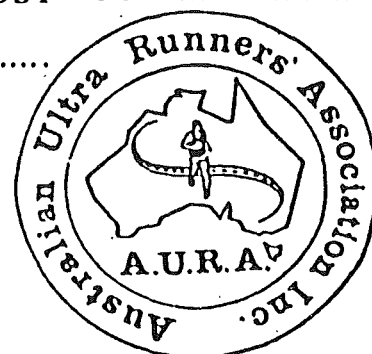
TYPE:

SIZE: COLOUR:

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

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

8 .



NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Australian Ultra Runners' Association Incorporated will be held at the clubrooms of the Bill Sewart Athletic Track, Burwood Highway, East Burwood, on **Saturday 20th June, 1998 at 5pm.**

Business to be transacted at this meeting comprises:

- (a) to confirm the Minutes of the previous AGM held on 21st June, 1997
- (b) to receive from the Committee reports upon transactions of the Association since the previous AGM.
- (c) to receive and consider the statement to be submitted by the Association in accordance with Section 30(3) of the Associations' Incorporation Act.
Statement by Committee:

In the opinion of the Committee -

- (1) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association for the year ended 31st December, 1996 and the state of affairs of the Association as at 31st December, 1997.
 - (2) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
 - (3) the accounts have been compiled by a simple Income and Expenditure format.
- (d) to elect officers of the Association and the Ordinary Members of the Committee.
 - (e) Appointment of Auditor.
 - (g) General Business

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

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

Regards,

GEOFF HOOK (President)



Another hardworking AURA committee is to be elected at our Annual General Meeting to be held at East Burwood on Saturday 20th June, 1998, after the finish of the 50 Mile Track Race.

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:

.....

.....

.....

Dear Dot,

Enclosed is a photo of me in the '97 Colac 6 Day Race.

Am I starting a new fashion? Over the years, I have lost the skin off my lips to the sun and the wind many times. I have tried all the creams and lotions plus zinc ointment to no avail. After 12 months of sore lips, I cut down a dust mask and take it on every run. It's on my cap, then when the wind comes, I just cover my lips. I wore it from the start at Colac. By the finish, two other runners were wearing a mask.

It may look funny, but have you ever tried eating corn on the cob with a sore bottom lip? Pass it on; other runners may find it a useful tip.

I'm in easy training now, only just over 100km a week at the moment, but I'll get that over 60 six day world record next November and the 200 mile barrier for the 48 hour. Fingers crossed.

All the best,

George Audley

AAAAAAAAAAAAAAAAAAAAAAAAAAAA



Dear Dot,

Many thanks for the ULTRA Mag, which I have enjoyed reading for the last few years. One day I hope to travel SOUTH of the boarder to join in some of the great runs I have read about.

On the Fraser Coast we have the Fraser Coast Road Runners Club which alternates runs, every 2 weeks, between the city's of Maryborough and Hervey Bay (they are only half an hour apart). We have a growing population of runners and usually attract 50-70 runners /walkers to our events.

Some of our better known members, from your neck of the woods, would be Andre Lamden & Phil Cuffe (both Ex Victoria), Phil Watson , Steve Evans & Alison Coleman (all Ex Kiwi's) Wayne & Sandy McCormack (both Ex Newcastle) we also have various other nationalities PLUS some home grown QUEENSLANDERS, Joan Darlington being the best known in Qld Ultra events.

Once again thanks for the good read in the mag. and I promises to send race reports on time.

Best Wishes

(Brian Evans)



LETTERS TO THE EDITOR

Dear Dot,

I wrote a few thoughts about my first 12 hr event [Gosford Coastal Classic] on the flight back to Perth. I have some big plans for this year and next, in September 1999 I want to do the Spartathlon. I thought to myself what steps I can take before I pay all that money to go to Athens with confidence that I can finish. Firstly I will need to prove to myself that I can finish the 266km in 36 hours so I will enter the Queensland 48 hour event in 1999 as a dress rehearsal. To get to that point I have taken the step in completing a 12 hr, I will do a 6 hr in Bunbury on March 7th, then a 24 hr in May and a 100km road race in August. It was good to mix with the other ultrarunners in Gosford and I look forward to meeting more of you as I go for "Spartathlon 99"

Brian Jackson,

Dear Dot,

Please find enclosed my subs for 1998, sorry it couldn't be more. My first year of ultrarunning is behind me and I find myself back where I started at the Bunbury 6 hr track race, it is 5 days away and the nerves are starting to come through. In a lot of ways, it was easier entering the event last year without a clue of what lay ahead as opposed to being last years winner. The challenge of running a new event, be it time or distance, training for it or formulating goals seems to be what inspires me. This weekend in Bunbury, the challenge will not be the actual race, but the struggle to run my own race and to do my best and to be happy with the outcome, whatever that may be.

Brian Jackson

Dear Dot,

Please find enclosed a cheque for the copies of Cliffy's book that you sent over for our track race. The race was a great success with 22 starters and 20 finishers, 10 were over 60km. We managed to create a nice "party" atmosphere on the night and a lot of people have already expressed an interest in next years race so hopefully it will grow and grow. Mary has forwarded a copy of results and a report for the next magazine. The suggestion of Cliffy's book as a finishers prize seemed to go down well, I have already read mine and found it to be excellent reading.

Mick Francis

Dear Geoff,

I would like to express my gratitude to the AURA members and especially to the committee and yourself for awarding me with another four plaques after the records I achieved in Canberra on 2nd and 3rd March, 1997.

Thank you very much for that.
Sincerely,

Yiannia Kouros
(World record holder)

.....
Dear Runners

Elected Charity for the Liverpool Boomerang Marathon

Just a short note to inform you that we will be running for Liverpool Hospital, NSW for the Cancer Research Unit in the 1999 Liverpool Boomerang Marathon.

The highest fund raiser in the event will receive a special award from the Mayor of Liverpool at the Presentation that will be held at the Civic Reception in Liverpool.

Dave Taylor

All the best,

12..

Dave Taylor Race Organizer

TONY RAFFERTY

Friday 8 May 1998

DEAR GEOFF and DOT,

We are shocked at the news of the passing of LISA FARMER.

We offer our thoughts, our deepest sympathy and we pray for great strength for PAT and his family at this sad time.

Pat Farmer's wife killed in auto crash

Top Australian Ultra Marathon runner, Pat Farmer, spoke Saturday of his devastation over his wife's death. Lisa Farmer, 31, died whilst driving to work on Thursday morning along Camden Valley Way, Catherine Field. She had just dropped the couple's children, Brooke (3) and Dylan (10 months) at day care. The cause of her death is unknown but doctors think she may have had a heart-attack. Her car veered across the road, narrowly avoiding oncoming traffic before hitting a fence. "They thought at first she might have had a crash but there was not enough damage to the car." Farmer said. "They think she took some sort of turn and just died." An autopsy is planned.

Pat Farmer, 35, is a record-breaking ultra marahon runner who has contested arduous races all over the world. On Australia Day this year he broke his own record for the fastest crossing of the 379km Simpson Desert.

He also has a career as a landscape gardener, has done many runs to raise money for charities. He has said before that his family is usually foremost in his thoughts on his long, lonely runs. "Mainly, I think about my family - my wife, Lisa, and baby daughter Brooke" he said in a 1996 interview.

Pat ran in 50-degree heat across the Simpson Desert and said that the only thing that kept him going were thoughts of his family. "Everybody thinks that my sport is a selfish sport, but it's not. It can't be done without the backing of a support crew and a family that's behind you 100%. She was everything to me. She was my life. She was in the background, she did everything for me. She gave me the strength to do what I've done." (Ultramarathon World:

From: Bill Kernahan <bkernahan@staterail.nsw.gov.au>
To: drs-oz@postoffice.utas.edu.au
Subject: DEADROOZ: Various
Date: Saturday, May 09, 1998 6:44 AM

Read with surprise and a little sadness the news in this morning's paper of the death of distance runner Pat Farmers' wife. For those who may not have heard, Lisa Farmer, 31, died in a car accident yesterday in western Sydney. Noone seems to know why she lost control of her car. Anyway, that leaves Pat to raise his 3 year old daughter, Brooke. I've never met the guy, but you have to feel for anyone suddenly faced with this kind of tragedy. No doubt some of the Ultra folk on this list have come across Pat and his family in the past. My condolences.

Dear AURA (copy of letter by Kouros sent to Greek newspaper)

I would like to express my deep disappointment for the article written by your reporter Cameron Noakes on Feb. 18, 1998. This article destroys the meaning of Olympic Spirit, the meaning of competition and real athleticism. Despite the fact that myself and another ultra-marathon runner, Kevin Cassidy we have reported that Mr Ketsakidis uses cars and has doctored a Coburg's coach document in order to show people that he is an ultra-marathon runner and get the publicity and become a runner with the support of media and not with long lasting and painful training, which is the only acceptable way in the athletic world, Mr Noakes states that "What Ketsakidis does is certainly noble and he is about to do it again". And by this statement Mr Noakes supports Ketsakidis's trip to Greece and another "charity driving-run" to Adelaide with a person who is unable to run yet a marathon in an official race. He avoids competition because everything will be seen. Your reporter and or your photographer put him under the Greek and Australian flags that Mr Ketsakidis offends. These flags represent two nations who try very hard to become what they are and to promote the real Olympic Spirit of noble competition. If what Mr Ketsakidis does is "noble" for Mr Noakes, then what the rest of the real athletes are doing is not!

Noakes's subtitle "Ultra-marathon running is ultra-competitive..." is false because Mr Ketsakidis "runs" solo or drives with his crew. The only competition that Mr Noakes causes is the one which starts after his article. Because he tries to do some comparison between myself and Mr Cassidy -who are real athletes and train for 20-25 years and run official races with judges- with someone who never trains and when he says that he is going to run he uses cars for completing the major part of the distance and also, is so young that can't have the mentality of an ultra-runner. Therefore, unable to run longer than 10-12k that all fun runners can do. Except mentality, Ultra means very very long experience. Where and when he got that? He hasn't started yet to learn how to train and what to eat! And as he prefers to cheat and he is unwanted in official events, he will never become even just an athlete. Did you check if he runs the whole distance? Why then you accept everything what he says and you put yourself in his side?

I feel offended to be together in an article and to compare myself with someone who has abolished the meaning of the Athletic Ideal, the meaning of effort and real noble competition, when there are millions of runners and thousands of ultra-runners in front of him, especially when the article says that a well known as a cheater to the running community is doing "noble" things! Beyond that, when the cheater has so much audacity and says to the people who understand about athletics, times and distances: "For me, it tends to go through one ear and out the other..."! You can make your own conclusions.

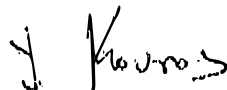
Did you interview me Mr Noakes? Why then you use my name in such a bad way, especially when you haven't checked if what Mr Ketsakidis^{dear} is true or not?

I ask you to correct -and I don't know to what degree you can- the damage your reporter and Mr Ketsakidis has done to my name. I think I should report the above fact to A.U.R.A., Athletics Victoria, Athletics Australia and to my solicitor.

Your paper, with some articles in the past, supporting the above cheater, and especially with this one, really disappointed me.

I never expected that from your reporters!

Sincerely



Yiannis Kouros
(World recordman holder)

WANTED

RACE DIRECTOR FOR AURA BOGONG TO HOTHAM RACE

Geoff Hook would like to relinquish the reins of the popular Bogong to Hotham event. After 6 years (and 7 years by Russell Bulman) it's time to hand over to a new, enthusiastic race director.

The race is well established and comes with all proforma paperwork on disk and all necessary people contact information. Also, Geoff Hook is willing to assist in the transition. If you are interested and want more information, please contact Geoff Hook, 42 Swayfield Road, Mount Waverley, 3149. Ph (03) 9808 9739.

RACE DIRECTOR FOR ADT50 AURA DAM TRAIL 50km RACE

Geoff Hook would like to relinquish the reins of the popular ADT50 event which has been going for 4 years.

The race is well established and comes with all proforma paperwork on disk and all necessary people contact information. Also, Geoff Hook is willing to assist in the transition. If you are interested and want more information, please contact Geoff Hook, 42 Swayfield Road, Mount Waverley, 3149. Ph (03) 9808 9739.

BRINDABELLA CLASSIC 54KMS ACT 9TH NOVEMBER 1997

The high proportion of interstate entrants and many relay teams make this the ACT's largest participation mountain run. The race starts on the summit of 1,762 metre Mt Ginnini in alpine tundra which is snow-covered during the winter. Although it finishes at the Cotter Reserve at 475 metres altitude, the intervening distance includes significant climbs up Mt Franklin and Bull's Head.

The King of the Brindabella is undoubtedly Trevor Jacobs who has won it six times in addition to several victories in the Canberra Three Peaks and Two Peaks, and has the course record of 3.33.33 set in 1992. He has represented Australia with distinction half a dozen times in the World 100km Championship and finished in the top twenty with a time just over 7 hours. He is therefore a consummate endurance runner who also has good uphill and downhill technique. He often trains four times a day by riding his bike 20kms to work, running at lunchtime, riding home and then running with his dogs after dinner in the evening. His 1997 Brindabella preparations were somewhat unusual: he participated in the Canberra Masters Games which attracted 10,000 Australian and overseas competitors.

During the week Trevor won six gold medals. A week's recovery was all that was available before the Brindabella race.

In 1996 Trevor went out too easy, finished like a train and only failed by a few seconds to catch former Australian mountain running representative Glenn Paterson. In 1997, perhaps with this in mind, and perhaps buoyed by his great form at the Masters Games, he started out more strongly and by the marathon distance of 42 kms had a huge lead which looked to be unassailable. Unfortunately the wheels started to fall off with 10kms to go in the open country in the heat, and a debilitating slow-down saw Colin Fray from Great Britain close the gap with 2 kms to go, and then win in 3.49.24, with Trevor second in 3.51.57. Kelvin Marshall of Victoria was third in 4.08.11.

The women's race could not have been closer with Pip Thorn holding a narrow lead over Elizabeth Short for the last 20 kms, and winning by 12 seconds in 4.44.32. Sarah Fien, the taller talented younger sister of Mary Fien, was the early leader and ran very well in her first attempt at the distance to break 5 hours and clock 4.57.59.

NANANGO - THE TOUGHEST ULTRA RACE by Andy Milroy

The IAU is always looking for new ideas to develop the sport of Ultrarunning world wide, and when the organisers of the Nanango 1000 miler came to us with the idea of an International Track Championships to celebrate the 150th anniversary of the small Queensland town's existence, we were very interested. The organisers had already proven themselves with an excellent 1000 miler two years earlier in which two world bests had been set.

Nanango is a small country town with a population of about 3500 people some 186km/115 miles north-west of Brisbane

After considerable discussion and numerous faxes across the world, a stellar field was assembled. From Eastern Europe came the existing holder of the world 1000 mile track best, Petras Silkinus [Lithuania,] previously known from the Russian version of his name, Piotr Silkin. The two leading Russian and Ukrainian 1000 mile runners, Vladimir Glazkov and Vladimir Vasutin, also came along with Georgs Jermolajevs from Latvia. Rustem Giniatullin, another top ranked Russian, completed the group from the former Soviet Union. Another competitor from Eastern Europe was the Slovenian Dusan Mravilje, a former winner of the Trans-America race, and of the Sydney to Melbourne.

From Spain came another contender, Alfredo Uria of Spain, who had surpassed the listed world best for the event in 1996.

A newcomer to the 1000 mile track race, but not to multi-day racing, was the British competitor, Eleanor Robinson. She had competed in virtually every other type of ultra race, and now 50' wanted to achieve something special this year.

Robinson, like Mravilje, was a veteran of the Sydney to Melbourne 1000km races, and another winner of that gruelling race was also entered. Australian Bryan Smith is one of the few man in the world to have covered 1000km in 6 Days on a track, and would obviously be a formidable competitor. Tony Rafferty, another of the Australian competitors, had previously held the world 1000 mile track best, could make an impact on the race.

The field was completed by veterans of the previous Nanango race, Peter Gibson of New Zealand, and Graeme Watts, Tony Collins and Peter Gray of Australia. Watts had won the recent South Burnett 5 Day race at Nanango. Great media attention focussed on the 76 year old Cliff Young, former winner of the Sydney to Melbourne, and a great favourite in Australia. There were sixteen starters from ten countries.

The race was to be held at a new venue, the Nanango Shire Showgrounds where a circular track was built. Hot weather was expected and an awning 100 metres long was hung to shade part of the track.

Silkinus had come over to Australia two weeks before the race to acclimatise and this was to be a big factor in the race. The other Europeans had not been so lucky, and Eleanor Robinson was to spend the first two days of the race getting used to the heat.

The IAU 1000 Mile Track Championships began with a crowd of 1000 people attending the opening ceremony and parade at the Showgrounds on a typical hot Queensland autumn day. The race started in a festive atmosphere. The temperature was around 30 degrees Celcius which hit some of the Northern Hemisphere runners hard, but there was a light breeze which did have a slight cooling effect.

As early as the fourth hour the race leaders began to appear, led by Bryan Smith and Dusan Mravlje, and by the end of the first day, Smith had a big lead with 127.75 miles from Mravlje on 118.75 miles, with Gray in third with 106. Glazkov and Silkinas had run steadily the first day, clocking up 103 and 102 miles respectively, and Eleanor Robinson was in eighth with 100 miles. She had reacted badly to the heat and had been sick several times.

On Day 2, the temperature climbed to 33 degrees Celsius, and that was the shade temperature. The temperature out on the track was perhaps ten degrees higher! The cooling breeze of the previous day had gone, and sunburn began to be a problem. The cool night did provide some relief. The runners coped well with the conditions, some resorting to wearing light weight pyjamas with holes cut in them for protection from the sun, their heads covered with large brimmed hats.

Smith and Mravlje continued to push it at the front, and by the end of the second day, the experienced Australian had run 210.75 miles, with the Slovenian runner on 202. Silkinas had moved through to third, having run 92 miles that day, a pointer perhaps to how the race might develop. Glazkov in fourth was not far behind with 191.5 miles. Robinson, still acclimatising, had clocked up just 66.75 miles but that was enough to keep her on record schedule.

Overnight the weather was cool, and a fog dwelt until 9 o'clock, but soon the sun burnt away such relief. The race was becoming a three way battle, against the distance, against fellow competitors and against the pitiless, broiling sun. The thermometer climbed to a new high - 35 degrees Celsius. The Third Day saw the first withdrawal, Dusan Mravlje being forced to retire through a persistent knee problem. The track was hard but fast, and was watered twice a day. However pieces of grit worked into shoes and began to rub the feet of the runners.

Silkinas put in another 85 miles that day, and began to close on the leader, and pulled Glazkov with him, so that the front three runners now had a considerable gap on the rest of the field. It looked likely that the winner would come from these three runners. Robinson was still in eighth place, but had begun to adjust to the fierce conditions, covering 75 miles.

Dawn on the Fourth Day broke at 6.30am and by 7am the full force of the sun was beating down on the runners from a cloudless sky. It just got hotter, with the temperature rising to 38 degrees, and that, remember, was a shade temperature. The runners were not in the shade for much of each lap! The heat continued to blaze until 6pm each day when it finally began to ease.

Eleanor Robinson was now looking decidedly stronger, and looked set to break Sandra Brown's existing world best by a day or more.

At the front Bryan Smith was maintaining his lead, covering 378.5 miles by the end of Day 4. Silkinas was still poised in second, with 361.75 miles [82.5 miles that day], but Glazkov was beginning to lose touch, and had dropped back. He was beginning to find the heat a real problem, not having had the benefit of acclimatisation like Silkinas. Robinson had continued her revival and had cranked out another 75 miles.

Day Four saw another retirement, as Tony Rafferty decided to call it a day.

By the Fifth Day the heat and distance were beginning to take their toll. The humidity increased and the conditions became oppressive. Silkinas gained on Smith marginally, but their distances were below average for the day. Robinson was moving smoothly, and in fact covered the greatest mileage for the day. - 77.75 miles.

Smith had a lead of just four hours when he reached the halfway point in 5d 14.5 hrs, and by the end of the Sixth Day, had assembled the respectable total of 534.25 miles, with Silkinas just under seven miles behind with 527.5 miles. Glazkov was an isolated third with 503 miles. Robinson had been moving up through the field and was now fifth, having covered 78 miles that day. If she could sustain this pace she could be close to Sandra Barwick's absolute best of 12 days 14 hours set on the road in 1991.

However Robinson had more to contend with than the distance. The pitiless heat again climbed to reach 37 degrees celcius. The people of the small town were totally involved in the race and sought to support the runners by handing out chilled watermelon, [a favourite of the Russians], flavoured ice blocks, anything cool to distract them from the heat.

Now the halfway point was passed, the Lithuanian runner decided to make his move. He increased his pace and covered 94.75 miles on the day, pulling out a gap of eight miles over the toiling Smith, who was beginning to suffer. Silkinas had covered 622.25 miles by the end of the day, with Smith back on 614. Glazkov had dropped further back to 572 miles. The closest struggle was for fourth place where Peter Gibson was under pressure from the relentless Eleanor Robinson, with just four miles separated them, 556 to 552 miles.

Day 7 also marked the retirement of Alfredo Uria,. He had developed a knee infection on Day 2, and heavy doses of antibiotics were prescribed. These, combined with the infection reduced him to a shadow of his former self, and he ran listing to the left for several days before deciding to stop.

Coverage of the race on the Internet had been good, and it was possible to send messages to the runners from the ULTRAMARATHON WORLD site. This was a great support to the runners, and was much appreciated.

The unusually humid weather finally broke briefly. A fierce tropical storm swept through the area. The typhoon's strong winds bent trees at right angles, and flooded much of the race area with torrential rain. The entire roof of the local Football Clubhouse was ripped off and dumped in a nearby creek. [The football field had been the scene of the last Nanango 1000 mile race - fortunately for the race the venue had been changed!]

During the torrential storm, Eleanor Robinson was out on the track. The tremendous wind seized the awning that shaded the track, and the whole structure was about to collapse. Graeme Watts grabbed the British runner and pulled her out of the way. No one was hurt, but from then on, when the sun returned in full force, there was no shade on the track. Unfortunately once the storm had passed the heat did indeed returned. By now even Queenslanders were complaining about the heat.

Both leaders covered 86 miles on Day 8, as Smith attempted to counterattack. The leaders went over 700 miles by the end of the day. Glazkov was now over 50 miles behind the leading duo. Eleanor Robinson, who was now lying fourth, took the 1000km track best by some 10 hours with a shade over the eight days.

The heat continued, but now there was an appreciable breeze. By the end of the 9 Day a sub 11 day clocking looked possible for the Lithuanian, but it depended just how much the heat and distance had taken out of him. Smith had lost some eight more miles to the leader and was struggling. He had the prospect of breaking the world best, knowing that he would finish well behind the race leader. Silkinas covered 86 miles that day, to Smith's 78.75, so the gap had widened considerably. Glazkov had closed on Smith, but unless the Australian had major problems he looked safe in second. Another 77 miles from Robinson, put her 24 hours ahead of record schedule.

The 10th Day saw a visit from the Governor of Queensland who was impressed with the race and the runners. But the race at the front looked to be over. The gap between the top two runners was now 3 ½ hours running time. Smith could catch up while Silkinas slept, but then would lose the time again when forced to sleep himself. The organisers were predicting that both runners would break the existing world best and would both finish in under 12 days. The distances between the leading runners stayed much the same, with Silkinas leading with 875.75 miles at the end of the day. Cliff Young decided to retire on Day 10 after covering over 480 miles.

The 11th Day saw the cumulated heat and distance really hit the runners. The whole field began to struggle even the leader. He was expected to finish under 11 ½ days but now began had problems. Smith was also in serious trouble, and he did well to cover 74 miles that day. Robinson too had problems; her shin which had been troubling her for some days, finally gave out, and her other leg had become badly affected because of the compensations she had been making for the shin. Compared to most of the field she was in a reasonable shape, and was determined to finish, even if she had to walk the whole way. A final time of 13 ½ days was predicted.

Silkinas finished some four hours later than had been expected, and finished with 11d 13:54:58 for a pending new world track best. Attention now focussed on Bryan Smith, but it looked very unlikely that he would finish under 12 days. However his vast experience and determination pulled him through, and he produced the second fastest track time ever with 11d 23:31:44.

Glazkov now was the leading runner on the track, and despite the conditions he produced a personal best of 12 d 11:32:33, to slot into fourth place on the alltime list.

With the first three home, Eleanor Robinson was now the race leader. The rest of the runners left in the race no longer ran through the night, so she was left with the tough psychological task of battling alone through the darkness without anyone else on the track. She had weathered the bad patch using her vast experience, and had now rallied. She covered 97 ¼ in the just under 26 hours to set a new world track best of 13 d 01:54:02, taking more than 32 hours off the old mark.

Eleanor Robinson has now set world ultra bests at every standard ultra event from 30 miles up to 1000 miles, with the exception of the 100km, and in that event she has won two IAU World titles. The 1000 miler was, in fact, her fifth IAU Championship title - in 1985 she won the 48 Hour with a new world best, and in 1990 won the International 24 Hour with a new world road best. In 1990 she also won the World 100km title, [making a unique 100km/24 Hour double], and then retained the title in 1991. No wonder Runners' World described her as "the British ultradistance running legend," in the report on her 1000 mile win.

Both she and Bryan Smith agreed that the Nanango race was the toughest race they had ever run. They also agreed that they now felt after Nanango they could run a good 6 Day. After the 1000 miler, a 6 Day would feel like speed training! With more experience of the event, Smith feels he can do better next time.

Georgs Jermolajevs was the fifth finisher in 13d23:32:31, but there was a tough battle going on for sixth and seventh place, despite the fact that the temperature was still rising.

Rustem Giniatullin emerged the winner of this battle in 14d 13:28:48, with the youngest man in the field, Peter Gray, running 14d 22:10:35, to finish just inside the 15 day time limit.

For seven runners to finish the 1000 miles inside 15 days in the severe conditions faced at Nanango is a real tribute to their courage and determination,. The organisers are to be congratulated on putting a very well organised event under difficult conditions. The town of Nanango supported the event totally, becoming very involved in what happening in the track on their Showground. Interestingly it is the small towns with their strong sense of community that tend to host Ultra international championships - Winschoten, Torhout, Faenza, Cleder ,Nakamura City and now Nanango is added to that illustrious list..

NANANGO - preliminary stats wrap up

	Silkinus	Smith	Glazkov	Robinson
Day 1	102	127.75	103	100
Day 2	194.75	210.75	191,5	166.75
Day 3	279.25	295.75	270.25	242
Day 4	361.75	378.5	344.5	317.25
Day 5	438	451.5	420.5	395
Day 6	527.5	534.25	503.75	473.75
Day 7	622.25	614.25	572	552.25
Day 8	708.75	700	643.5	619
Day 9	795.25	778.75	734.25	696
Day 10	875.75	856	813.75	768.25
Day 11	954.75	930.25	890.75	837
Day 12	1000	1000	959	902.75
Day 13	-	-	1000	990.5

Split times - best on record marks for intermediate distances

Distance	Silkinas	Robinson
900km		7:01:28:29
600 miles		7:19:21:30
1000km		8:00:27:06
1100km	7d19:26:21	8:21:03:06
700 miles	7:22:21:36	9:00:48:36
1200km	8:13:34:45	9:17:42:28
800 miles	9:00:54:27	10:12:16:33
1300km	9:05:46:21	10:15:46:17
1400km	9:22:47:29	11:13:28:05
900 miles	10:08:02:41	11:22:32:33
1500km	10:17:28:26	12:06:52:12
11:12:39:58		13:00:43:44
1000 miles	11:13:54:58	13:01:54:02

Final results:

Petrus Silkinus (LIT) 11d 13:54:58 (World & European Track Best)
Bryan Smith (AUS) 11d 23:31:44 (Commonwealth & Australasian Track Best)

Vladimir Glazkov (RUS) 12d 11:32:33
 Eleanor Robinson (GBR) 13d 01:54:02 (World, European & Commonwealth Track Best)
 Georgs Jermolajevs (LAT) 13d 23:32:31
 Rustem Giniatullin (RUS) 14d 13:28:48
 Peter Gray (AUS) 14d 22:10:35

The remaining runners completed the following distances within the 15 days time limit:

Vladimir Vasutin (UKR) 950.75 miles
 Aldo Maranzina (ITA) 780 miles
 Graeme Watts (AUS) 767.25 miles

Retired:

Peter Gibson (NZL) 786 miles
 Cliff Young (AUS) 488.5 miles
 Tony Collins (AUS) 544.25 miles
 Alfredo Uria (ESP) 476.5 miles
 Dusan Mravlje (SLO) 230.5 miles
 Tony Rafferty (AUS) 230 miles

All track bests subject to the usual checks prior to ratification.

The daytime temperatures during the race varied between 33 & 39 degree Centigrade/ 91 & 102 degrees Fahrenheit in the SHADE. On the track it was an estimated 10 degrees hotter!

AGE AND THE TRACK 1 000 MILES

The 1000 mile track race, in particular, the IAU International 1000 miles Championships at Nanango, has raised some interesting questions about the ageing in Ultrarunners. More specifically, the top 1000 mile track runners seem to be much older than the norm for multi-day performers, and even the 1000 mile road runners.

I thought I would investigate.

The Alltime 1000 Mile track list after Nanango looks like this:

Petras Silkinas (LIT) 11d 13:54:58 [56]
 Bryan Smith (AUS) 11d 23:31:44 [54]
 Vladimir Glazkov (RUS) 12d11:32:33 [59]
 Vladimir Vasutin (RUS) 12d14:55:21 [45]
 Alfredo Uria (ESP) 12d17:59:09 [57]
 Gary Parsons (AUS) 12d19:44:34 [45]

This pattern seems to be reinforced when one examines the ages of the individuals who have produced the best on record times for the event.:

Malcolm Campbell [51]
 Tony Rafferty [50]
 Georgs Jermolajevs [49] - 50 two weeks later.

Gary Parsons	[43]
Parsons	[45]
Alfredo Uria	[57]
Vladimir Glazkov	[58]
Petras Silkinas	[56]

To put the picture into even better focus - Jermolajevs has run 12:01 for a road 1000 miler as a 54 year old

It would seem natural to assume that there should be no difference between the ages of those top ranked runners in the road 1000 miler and the track, and yet that does not seem to be the case.

Yiannis Kouros	[32]
Stu Mittleman	[34] 35 the next day!
Georgs Jermolajevs	[54]
Al Howie	[46]
Siegfried Bauer	[43]
Istvan Sipos	[34]

When we look at the nearest event to the 1000 miles, the 6 Day, we find a similar age profile to that of the road 1000 miles.

Jean-Gilles Boussiquet	[48]
Yiannis Kouros	[28]
Gilbert Mainix	[57]
James Zarei	[46]
Bryan Smith	[46]
Ramon Zabalo	[37]
Patrick Macke	[31]
Stu Mittleman	[34]
Tom O'Reilly	[37]

In both the road 1000 miles and the 6 Day, among top performers, there is an age profile which is fairly typical for races of 24 hours and longer, with just the occasional individual who is significantly older than the rest.

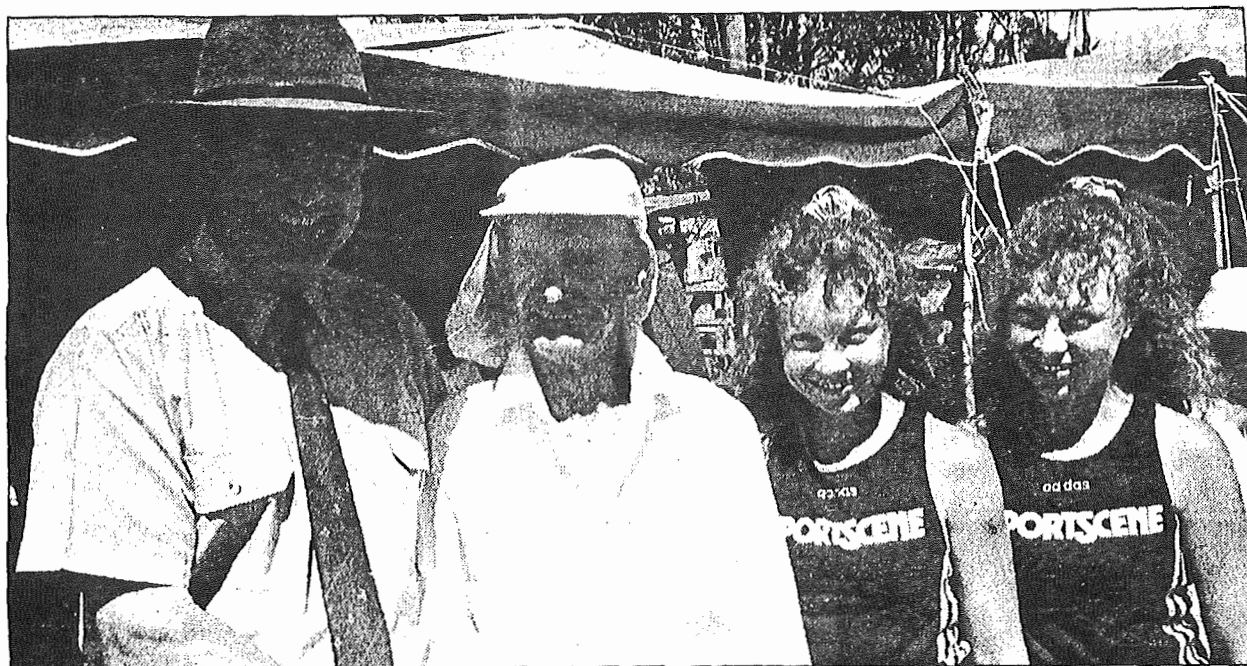
Thus there does seem to be a significant age profile difference between the 1000 miles on the track and the road.. One factor could be that the competitive pressure from younger runners has forced the slower, older runners to move upwards in distance. More talented runners have sufficient success in shorter, less demanding races, and have no incentive to run a 1000 miles. But this should have an equal effect on road and track.

Perhaps a reason for the difference between the two 1000 mile formats could be that circling a track 2500 times is much tougher mentally than running around a road loop 1000 times. Psychologically the track event could be much harder

Marvin Skagerberg has made the point that younger runners have greater occupational and family pressures to cope with, than do older runners. It is more difficult for them to take extended time off work, particularly if the race happens to be in Australia, as has happened twice with notable events. With a growing family it is also more difficult for a parent to justify spending much of her/his valuable vacation time circling a track, instead of spending it with their children.

This could also perhaps explain the differential between the road and track race as far as age is concerned. The road 1000 mile races put on by the Sri Chinmoy Organisation in New York are more accessible to runners in both America and Europe than the track races which have taken place in Australia and the Ukraine. But would an additional journey time of four or five days make that much difference in a race of that length?

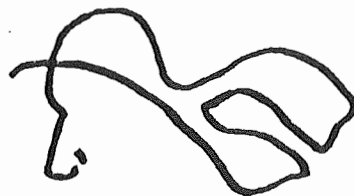
I suspect that the real facts of the case are that we are dealing with too small a population of runners to be statistically significant. When we have gathered more statistics as the race becomes more popular the age profile may change as younger runners successfully tackle the event. I suspect that even if track 1000 milers do become more popular, such daunting distances will still tend to appeal more to the mature runner. Age may take away speed, but strength and endurance remain, buttressed by years of experience which give older runners an edge the further an event extends.



Queensland Governor Major-General Peter Arnison meets Cliff Young with two of his crew members Bridgette and Paula from Wollongong, NSW.

IAU-
INTERNATIONAL
ASSOCIATION OF
ULTRARUNNERS

INTERNATIONAL 1000 MILES TRACK CHAMPIONSHIPS NANANGO



UNDER I.A.A.F. PATRONAGE

MARCH 11 - MARCH 26

1 9 9 8

AURA is incredibly indebted to Queensland member, Melanie Jonker for her extensive coverage and daily updates of the Nanango 1000 Mile event via e-mail. Ultrarunners all over the world obviously appreciated her efforts, as evidenced by the numerous responses she received from them. Unfortunately, due to the limit of 96 pages on each ULTRAMAG issue, we are not able to reprint these interesting updates or responses from overseas runners. All we can do is urge you to check them out yourself. We have already given this event coverage of 14 pages, which is adequate coverage even for such a major event., but we DO appreciate your enthusiasm Melanie.

Petras continues with great track record



Lithuania's Petras Silkinas crosses the finish line of the International 1000 Mile Track championship in Nanango at 1.54am yesterday. Silkinas finished the event in 11 days, 13 hours, 54 minutes, 56 seconds to better his previous record by more than 14 hours and become the first person to cover the distance in less than 12 days. He is flanked by supporters and co-runner Vladimir Glazkov, left, of Russia, who is currently third.

- [Full report, back page]

World champ can now rest

English woman Eleanor Robinson, the only woman competitor in the International 1000-Mile Track Championships at Nanango beat the previous women's record by almost 32 hours.

Eleanor completed the 1000 miles in 13 days, 1 hour, 54 minutes and 2 seconds.

After completing the ultra marathon Eleanor took a short break to receive congratulations and a photo session before completing a further 12 laps which is obligatory for all runners in case of any mistakes in lap scoring.

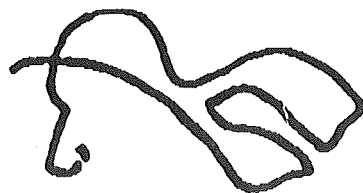
"I didn't believe I was coming all this way to Australia to suffer, all I'm thinking of just now is a good cup of tea, a bath and a long sleep. I feel as though I haven't slept for two weeks," she said.



Eleanor Robinson, the fastest woman in the world over 1000 miles, finished her run on Tuesday and was congratulated from her crew and cheering spectators.

AU-
INTERNATIONAL
SOCIATION OF
ULTRARUNNERS

INTERNATIONAL 1000 MILES TRACK CHAMPIONSHIPS NANANGO



UNDER I.A.A.F. PATRONAGE

MARCH 11 - MARCH 26

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Nanango Musings

At noon today (Thursday, 26 March 1998), one of the greatest runs in history came to an end - the Nanango 1000 Mile Footrace. As the sun sets tonight, there will be no sounds of feet shuffling around the track, no sounds of crew handing their runners food and drink, no sounds of supporters urging the runners on, no sounds of runners reaching deep within their inner reserves to find that energy to run another lap.

In lieu of those sounds, I'm sure there'll be the sounds of runners, crew and supporters celebrating and reminiscing, the sounds of crew and volunteers packing up, the sounds of organisers and volunteers resting back in their chairs, taking deep breaths and contemplating what it will be like to have a "normal" life again.

For the runners, it will be a time to reflect on the last fifteen days. For some, it has meant a world record and for some a personal achievement. But for all, it has meant they gave their everything for the race, ran their hearts out and we can ask no more of them than that.

They gave us fifteen days of sheer running "pleasure". We were with them in spirit, we shared in their triumphs and we silently prayed for them during the "hard" times. Many of us will never know the personal sacrifices each of these runners has made. The financial sacrifice - travelling to Nanango from overseas and from within Australia - taking leave with no pay. The months and months (and years?) of hard training. The early morning runs, the night time runs and the long weekend runs. The time spent away from their families whilst training. The sheer commitment and dedication in preparing for the race. No doubt, other sacrifices were made along the way.

Consider the runners who came from "cold" climates. They had to endure extremely hot and humid weather in Nanango - yet they soldiered on. Consider the runners who couldn't converse in English. The sheer frustration of trying to communicate with a crew member would have been overwhelming - yet they soldiered on. Consider the runners who couldn't bring along their normal crew members. Building a rapport with people you've only just met would be daunting - yet they soldiered on.

And not to be forgotten - the organisers, the volunteers, the lapscorers, the crews, the locals from Nanango and all the other folk who contributed to the efficient and successful staging of the event. Put plainly, the race could not have started without these people. What about the people who delivered cold fruit and ice creams to the track and handed it out to the runners on those oppressive hot days; who delivered hot cross buns to crew members; who hurriedly made pairs of gaiters for the runners; who kindly crewed for runners - day in and day out; the driver who "watered" the track twice a day. And the list goes on and on.

My thanks to Ron and Dell Grant and to Peter Warner and Rod and Jennifer Morgan (who passed on messages to various runners that I had faxed through to Nanango). Thanks also to Rod and Jennifer for patiently reading out the laps of each runner when I rang every afternoon. It was great to have a "hotline" direct to the track. I was able to E-mail the daily results across the world and the interest generated was quite overwhelming. Some people couldn't believe it possible that a human could actually run 1000 miles over a period of 15 days (and shorter). Others followed the race on a daily basis with "baited breath". Others sent congratulatory messages which I forwarded to Nanango. Others were so excited because they had actually met some of the runners in prior events. The race certainly put Australia on the map but more importantly put all the runners, the hard workers and Nanango on the map.

My knowledge of ultramarathons is limited. My experience competing in ultramarathons is limited. And yet being part of the Nanango 1000 Mile Footrace (albeit only for a short time) has sucked me even further into the vortex of the world of ultramarathons.

Finally, in my eyes and I'm sure in the eyes of the world, sixteen runners set off at noon on Wednesday, 11 March 1998 to do something the majority of us have never heard about let alone would contemplate doing. They pushed their bodies and their minds to the absolute limit. The courage, guts and determination they displayed will never be forgotten. They are, without a doubt, sixteen of the finest ultramarathoners in the world and I applaud everyone of them.

Until next time ...

Melanie Jonker
Brisbane, Queensland

Mother of all marathons saps stamina, sanity



By MEGAN TURNER

IN Nanango yesterday at noon, as a searing sun rode high in the sky, they began running.

They are out there now, pounding the dusty track that rings the showgrounds oval in the tiny town near Kingaroy, and — stamina permitting — they will keep on running for another 14 days.

Round and round, 20 hours on, four hours off, until they reach the 1600km mark. That's 4000 laps.

And the carrot that propels them forward? Prizemoney of \$3000 and the honour of winning the inaugural International 1000 Miles Ultra-Marathon Championships.

Are they crazy?

"Some people use the word 'marginalised'," organiser Peter Warner offers.

"I've just been out in the sun too long; it's fried my brain," chips in Peter Gray, at 33 the youngest of the contestants.

"Some people call me mad and it hurts a bit, but you get used to it," says Cliff Young, potato farmer, marathon legend and, at 76, the oldest in a field of 15 men and one woman.

As the day wears on and the sun begins its descent, rivulets of sweat darken the T-shirts, muscle shirts and one long-sleeved cotton blouse. They've hit the 10-lap mark.

Are they tired?

"The trick is to breathe deeply, not try and go too quick and make sure your shoelaces are tightly tied," Young advises from his position at the back of the field.

Ahead of him are the

"youngsters" — mostly in their 50s — who have travelled from as far afield as Italy, Slovenia, Russia and Latvia. They are engineers, demolition workers, factory workers, sports teachers and locksmiths.

By the time the sun nears the horizon, they have passed the 130-lap mark. Just 3870 to go.

Are they dizzy?

"It won't be until about the third or fourth day that they start to get a little bit that way," Warner says from the shade of his trackside tent.

Are they bored?

Young, competing in his first 1000-mile ultramarathon, says he occupies his thoughts with visions of "waterfalls, ice-creams, lying down in a big soft bed".

"I try to just relax; if you concentrate, you stress yourself out," says Gray.

"You just keep your eyes on the ball and run."

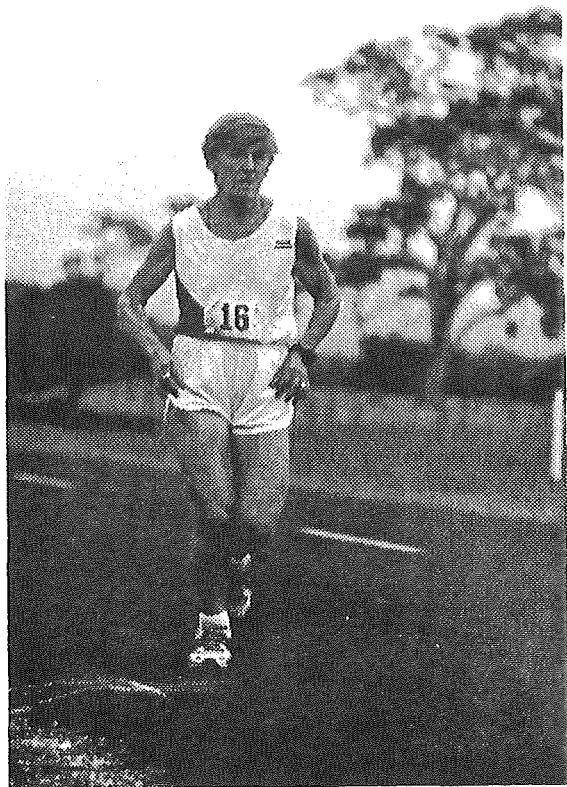
Madness. Or perhaps not.

Lithuanian competitor Petras Silkinas — who holds the current world record after completing the 1000-mile in 12 days, four hours and six minutes in Odessa, Ukraine last year — obviously gets as much out of long-distance running as he gives.

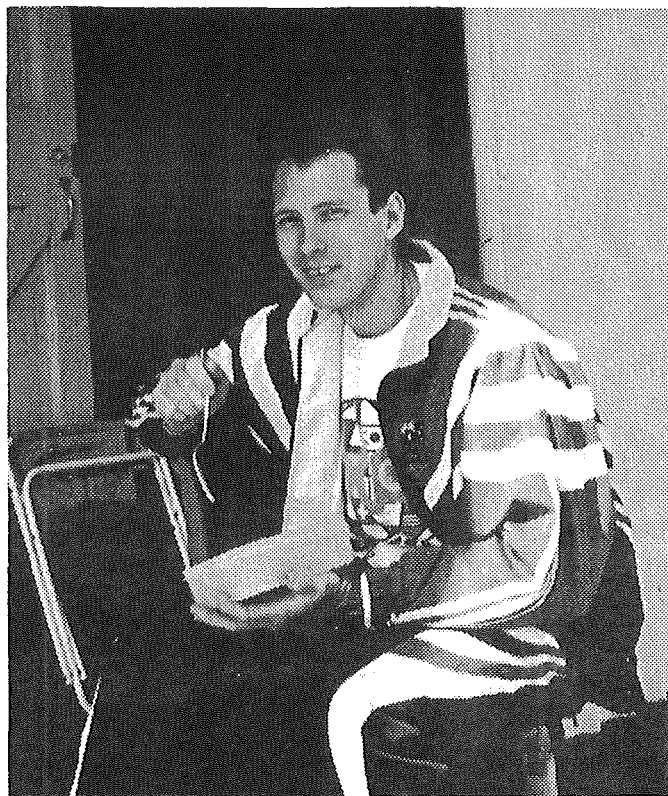
"Petras tells me about sometimes when he runs at night, he can feel the stars in the sky above him, he feels something beautiful, he creates poems and many interesting things come to his mind," his coach, Dainius Kepenis, said.

"When he runs, he becomes more spiritual and stronger, more calm and quiet, more satisfied with life."

DIZZYING effort . . . Peter Grav, left, and Brvan Smith running for honour, the love of it — and \$3000.



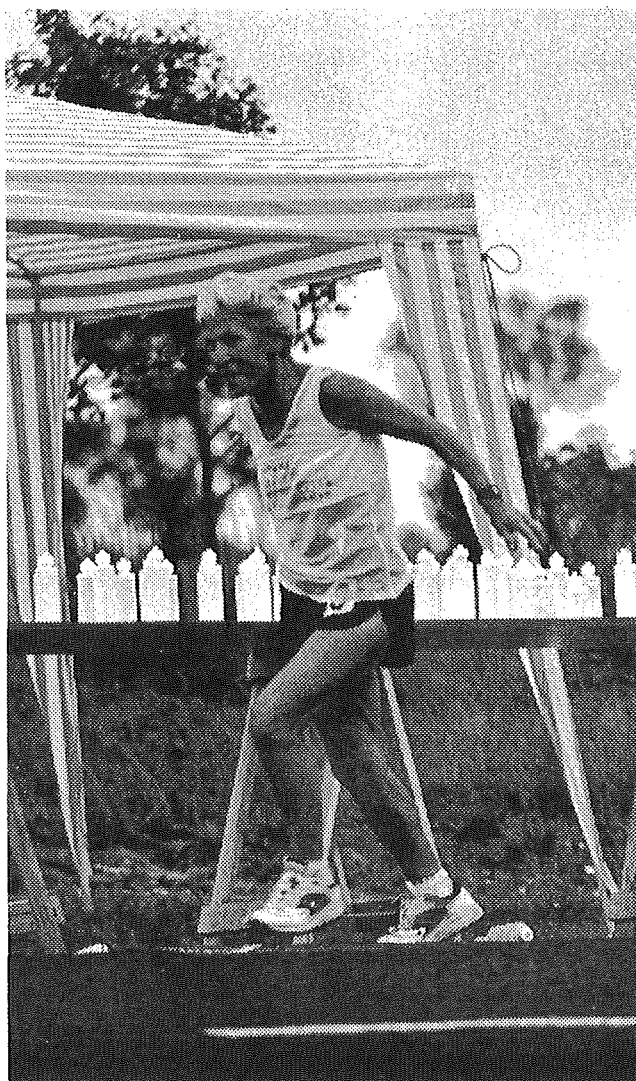
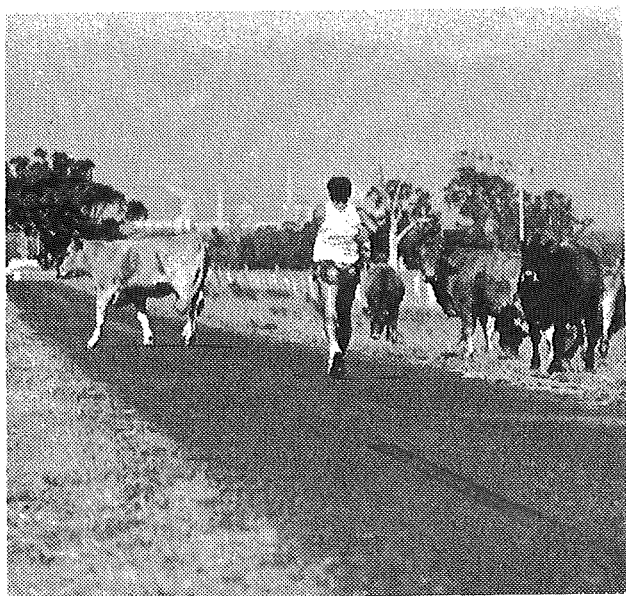
(Above left)
Lavinia Petrie, who is able to claim the 30ml, 40ml. and 6 Hr. Women's Road Records as a result of her great run.



(Above right)
Darrel Cross, winner of the 50km Road Race on 11th April 1998 at Traralgon, enjoying a pasta meal at the finish.
Photo by John Harper

(Below right)
Shirley Young, 50km female winner in 4:46:54. Good one Nanna!

(Below left)
Yiannia Kouros, coping with the cows on course in the 100km.



Nanango 1000 Mile Footrace - Queensland - Australia - 11-26 March 1998

Observations of a Novice Ultra Walker

by Melanie Jonker

Last weekend (14/15 March) I was privileged to witness a part of ultrarunning history. My son (Richard) and I drove out to Nanango on Saturday morning to support and encourage the runners participating in the 1000 mile footrace at Nanango. There were 16 starters from all around the world - Australia, New Zealand, Great Britain, Lithuania, Russia, Tatarsan, Spain, Latvia, Ukraine and Italy. It was certainly a world class field of runners.

Nanango is a small country town 186 km north west of Brisbane with a population of approx 3500. After booking into a local caravan park and asking the directions to the showgrounds, we arrived to the sight of a number of runners silently running around the track and clocking up their miles. The weather was exceptionally hot - in the mid 30s although there was a slight breeze.

Richard and I stood on a small hill on the outside of the track enclosure. I was trying to see if I could recognise anyone. I knew two of the runners - Pete Gibson and Peter Gray and of course, I knew of the legendary Cliff Young (who, at 76 is the oldest runner in the race). Cliffy must have been having a break because I couldn't see him circling the track. I spotted Pete Gibson who yelled out "I recognise that shirt". Richard was wearing my prize from a recent 12 hour walk which was a Queensland Ultra Runners T shirt. On Pete's next lap I yelled out "Way to go Pete". I think it was only then he recognised me. Pete's only ever seen me during ultra events when I'm usually looking pretty worn out and sweaty. It's amazing how non-running clothes, sunglasses and neat hair can change one's appearance!!

Even though it was such a hot day, as I stood on the hill watching the runners, I instantly got the shivers and actually had goosebumps on my arms. I think it was the culmination of knowing what a monumental task lay before these runners as well as the fact that I was there to watch a part of it.

After Richard and I had some lunch, we settled ourselves right up against the track barrier as I wanted to get some good photos of the runners. We couldn't enter the enclosure as it was for officials, runners and crews only. As Pete came around again he yelled out for me to go to his crew's tent where he wife Mary was. I was chuffed to say the least! I entered the enclosure and found my way to the Gibson's tent.

Pete's crew consisted of his wife Mary, daughter Hayley and very good friend Cec Woods. I had only met Mary and Hayley on two previous occasions (the last two ultras I walked), but they're the sort of people you meet and "click" with instantly. Very friendly, encouraging and supportive. I had also met Cec at my last ultra event.

I had a chat to Mary, Hayley and Cec and immediately started asking them the names of all the runners as they ran past the tent. I learnt that Dusan Mravlje (from Slovenia) had withdrawn after day 2 due to persistent knee problems.

As Pete came around the track ready for a walking lap he yelled out for me to walk with him. Mary handed me his food and drink and I quickly darted across the track making sure there were no other runners in the way. I couldn't believe it - I was walking with one of the top ultrarunners in the world!!

I managed to walk with Pete quite a few times during the afternoon and I enjoyed every moment of it. I was really impressed with how smoothly Mary, Hayley and Cec operated. The tent was so well organised, everything stored neatly in its place, all food and drinks hygienically covered until the very last moment when they were handed to Pete. There were so many flies around during the day and it was imperative to make sure no food or drink was contaminated. The inside of the tent was set up with a massage table, foot spa and fan for when Pete took his breaks. I witnessed one of his breaks - no runner could have been better looked after by his crew as Pete was by Mary, Hayley and Cec. Shoes were taken off, innersoles removed and all small stones shaken and brushed out; gaiters re-adjusted; sunscreen re-applied, etc. etc. Everything was timed down to the last minute. It reminded me a bit of Formula IV racing when the cars come in for a pitstop and the crew are out in a flash changing wheels and refueling.

one stage, Ron Grant wandered past the tent and I told Richard about Ron running around Australia in the early 1980s and reminded him about the copy of Ron's book I had at home. Richard quickly grabbed some paper and a pen and asked Ron for his autograph. I managed to get a photograph of both of them.

It was a blessing when the sun went down as the temperature dropped slightly. By late afternoon Cliffy Young had emerged as well as Eleanor Robinson (the only female). I pointed Cliffy out to Richard as I was so excited at actually seeing him "in the flesh" so to speak. Richard actually ran a couple of laps with Cliffy during the night. It literally brought tears to my eyes to see this wonderful Aussie icon who, at 76 years of age is still amazing us all with his ultra running feats. I cheered him a number of times as he "shuffled" past the tent and he always acknowledged me. I was impressed with all the runners as they always acknowledged the support you gave them either with a nod or a few words.

By this time I was finally able to put some names to faces. Rustem Giniatullin (from Tatarsan) really fascinated me. Every time I saw him, he looked at if he had just started the race. I could barely see him sweating and he looked so "comfortable" running each lap. Eleanor Robinson was another runner who was riding around quite comfortably. Her long legs certainly seemed to be doing the job quite well. Aldo Maranzina (from Italy) was a very jovial character - even raising his hands when I took a photo of him. I was also amazed at the different body shapes of the runners - tall, medium, short, slim, muscly. What also amazed me was that some of the runners couldn't speak English. It must have been an added difficulty for them to communicate with the local people who crewed for them.

Richard and I left at 9 pm when Pete came in for his massage, meal and then 3 1/2 hours sleep. (He was back on the track at 2 am on Sunday morning).

Sunday promised to be another hot day and it certainly was. Shading had been erected on parts of the track but the majority of the area was still exposed and I really felt for the runners as the sun beat down on their heads.

Johnny Rafferty withdrew from the race at this stage which left 14 runners.

Unfortunately 11 am came too quickly and I had to bid farewell to Pete, Mary, Hayley and Cec as I had to drive back to Brisbane and take Richard to his club swimming championships that afternoon.

I had one last walk with Pete and said my goodbyes to him.

I was quite sad as I left. I wish I could have spent the whole two weeks watching the event and helping out but alas this was impossible. At least I can say I have witnessed world class ultrarunners at a world class event. I have finally seen Cliffy in action after reading so much about him. I've learnt so much about what goes on in "the day of the life of a runner's crew". I've learnt a bit about a runner's strategy. I've learnt a bit about what to eat and drink during an ultra. I've also learnt about setting goals, preparation, dedication, commitment, hard work, not giving up and doing the best with what you have.

And as Pete Gibson once said to me, "only .01 percent of the population can do this" (complete an ultra event).

Congratulations to all the runners. You're all an inspiration and I wish you the very best for the remainder of the race.

Ondieki to Comrades

Knowing the Striders fascination with Comrades, I came across this info:

DURBAN, SOUTH AFRICA – Lisa Ondieki, one of the best women marathoners in the world, has entered the 1998 Comrades marathon.

"We are absolutely thrilled to have Lisa competing as part of our Mr Price Comrades team this year" said Robert du Preez, spokesman for the race's sponsor, Mr Price. "I certainly think that this will be a whole new era with some of the worlds' top marathoners coming to Comrades," du Preez said. "We see the race as the 'senior circuit' of the marathon. Lisa has a very impressive record in road running."

Ondieki has represented Australia in four Olympic marathons. She won a silver medal in Seoul in 1988 and

ran her personal best time when she won the Osaka marathon in 1988. Her most memorable experience was her record breaking win in New York in 1992 – the same year that South Africa's Willie Mtolo won.

Lisa has run under 2h30m eleven times. "I am thrilled to be running for Mr Price in my ultramarathon debut," Ondieki said. "What better way to start than the biggest of the lot – the Comrades."

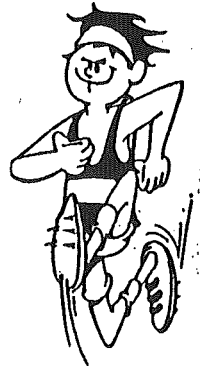
She is being coached by Bruce Fordyce, who has won the Comrades nine times. She is scheduled to arrive in South Africa soon with her daughter Emma and will remain there until the race in June. "My biggest dream is for Emma and I to meet President Mandela – he has been my hero for years. If it takes getting onto the winners podium, then this is what I will have to do!" (Kevin Tiller)

FRANKSTON to PORTSEA

55km/34mile 5-4-98

by Kevin Cassidy

- | | | |
|------|---------------|-------------|
| 1. | Max Gibbs | 4:26.34 |
| 2. | Kevin Cassidy | 5:25.58 |
| dnf. | Gary Meyer | approx 37km |



THE INCOMPARABLE HISTORY OF THE FRANKSTON TO PORTSEA

I doubt that many people are aware that this race is the longest standing ultra in Australia, maybe even the World? [someone in cyberspace may be able to enlighten me there]. This race has its origins way back in 1973, a time when 15+ sunscreen was unheard of, Gough Whitlam was telling us "It's Time", e-mail was a brand of refrigerator and a Hard drive was a long trip in the car. On the 29th of September 1973 Ross Shilston, Kon Butko and Scotty [Kons dog] decided to make the trek from their Frankston homes in bayside Victoria to the end of the Mornington Peninsula at Portsea. The original trio were joined by Bernie Carrol in May 1974 and a tradition had begun, Kon "measured" the course in his HQ Holden and came up with an approximate distance of 34 miles, his car was stolen soon afterwards and made a cameo appearance on the 6.30 news when it was used as the get-away car in a hold-up at the local chemist!!!

The May date seemed to stick for a while as this low key event was used as a training run for the state marathon titles held in June each year. It rarely attracted more than a handful of runners. With the Marathon Title being shifted around in the early 80s, the Frankston to Portsea found a new date of early June and this remained until the late 80s when it had to fit in with the Peninsula Road Runners summer track and field program and the winter cross country fixture, so a new date was found on the first Saturday of April each year, it was during this time that the current course record of 3.42 was set by Laurie Brimacombe. Laurie is the uncle of one of Australia's top sprinters, Steve Brimacombe. With the Sydney to Melbourne run then in its prime, several runners would make the trip to Portsea as part of their training and it was during this time that a half serious side came to the race, each runner was given a course description with various splits and landmarks with a final metric distance of 54.7km. At the suggestion of one Geoff Hook, runners received certificates with a bottle of wine for the winner, these prizes were in conjunction with the traditional finishers block of chocolate. The wine and certificates seem to have vanished in recent years but the chocolate tradition remains.

1991 was the year that this race peaked with a staggering 18 runners but as the Sydney to Melbourne race disappeared so did any chance of getting many people to the Frankston to Portsea. The term "Low Key" took on a whole new meaning in 1996 when I was the sole runner, not wishing to break a long standing tradition, I ran to Portsea [I am still getting sarcastic reminders about my "Great Win"] The actual distance has always been a subject of debate, but part of the tradition is the "Measuring" with Kons old Holden. I have done some measuring myself and come up with a distance of between 55.5km and 55.9km, but what the heck, the course never changes and you can always compare your run with previous efforts.

With traffic on the Nepean Highway becoming heavier each year a decision was made in 1997 [by Ross and myself] to switch from the traditional Saturday and move to the Sunday.

There have been a lot of ultra races come and go over the years but the Frankston to Portsea has remained as the one constant.

I guess if we wanted more runners we could get Ron Walker to declare it a Major Event and we would have huge crowds of spectators and poker machines on every corner with live T.V. coverage [I'm being REALLY sarcastic now]

The 1999 race has a tentative date of April 11th where once again someone will say "Go" and the runners will make their own way down to the Portsea Gates with a block of chocolate waiting as their reward. Be there next year at the corner of Davey street and the Nepean Highway at 7am to be a part of the 27th Frankston to Portsea where the tradition will continue

SPEIGHTS' COAST TO COAST - 1998

by Ian Cornelius

What am I doing here, I thought to myself as I struggled to find the pull tag on the spray skirt, so I could get out of the upside down kayak. In the confusion at the transition from bike to kayak, I hadn't checked to see if the tag was out. A little bit of it was there, but I couldn't get a decent grip of it. I'm not really a multi-sporter, I'm a runner, was another thought which flashed through my mind as I bounced down the rapids, still trapped upside down under my boat. Why hadn't I perfected my eskimo roll, was another thought, as I struggled to release myself from the boat, now getting low on air. I tried the two handed rip and tear approach. It worked - the spray deck popped off. I was free of the boat and headed for the surface and a lungful of air. Being mindful to not lose the paddle or the boat, I grabbed both and headed for the shore.

Damn! I had decided that I wasn't going to tip out today. And here I was only about 16 kms into the 67 kms paddle section and I'm out once already. Can I regain my composure and confidence and resume as though it hadn't happened. I knew from past experience that once you tighten up a bit, it is easy to keep falling out again and again. Think about it. What went wrong. I then realised that I simply misjudged the turn around the bluff. I should have turned the kayak left long before going into the sharp left hander and powered out of it, rather than ending hard up against the bluff. Having insufficient experience on the river was the reason why I opted for the Eliminator, which is widely regarded as the most basic of the entry level boats.

Although the Waimakaririe (Waimak for short) river is very beautiful, it can be intimidating, especially if you're a novice kayaker, like me, with more than your fair share of swimming rapids. I had determined in the weeks and days leading up to the race to not allow the river to worry me. Another 8kms downstream, another mistake. I got trapped between a bluff on the left and a ledge on the right. There just wasn't enough room for the boat to get through without hitting something. I hit the ledge and flipped out, the low brace unable to work properly. This time, it took me longer to get the boat to the shore. Eventually I did so and emptied it out again. I was to tip out twice more in the rapids. On the last occasion, I lost my paddle. Fortunately, my sometimes training partner, Keith Bishop came by, grabbed the paddle and flung it into the eddy in which I was trapped.

When I arrived at Woodstock, the first sighting of road access since the start of the kayak section, I thought that I had 10 kms to go. In fact, it was 15 kms and it seemed to take forever. After 6 hours of paddling I could see the gorge bridge, which marks the end of the kayak section. Then I saw it. A very nasty sharp left hander, with a bluff on the right. The two boats in front of me were both in trouble. One was upside down, the other going round and round in the eddy. I had come too far to get this one wrong. I worked out the right line and nailed it. You beauty! I missed the bluff by a good metre, caught the fast water and was spat straight out of the eddy. The crowd on the bank cheered and applauded. I just might get the hang of this yet, I thought.

I finished the kayak section and only had to cycle 75 kms into Christchurch. For me, the objective was to finish this race and by completing the kayak section, I had effectively achieved my goal. I may take a long time to complete the final cycle but barring serious accident, I now knew that I would make the finish.

For me, this race started in April 1997. After a run one Saturday at the Takapuna Harriers club, my running mate Dick Tout said "I'm going to do Coast to Coast next year". Being an expat Aussie, I didn't know what he was talking about. "What's that?", I said. Tout replied that it was a 240 kms race from the West Coast to the East Coast of the South Island, over the alps, with about 700 competitors. "Why don't you join me", he said. It seemed something of a challenge. Not to be outdone, I responded that I would do it.

A few days later I announced to my friend, Jane Jackson, that I was doing Coast to Coast next year. She showed quite visible surprise as she asked me about my kayaking skills. I responded that I'd

never been in a kayak. She said “You’d better come with me.” She gave me my first kayak lesson on Good Friday in a Minnow. I thought that it was easy and then tried another boat, but just went around in circles. Umm, not so easy after all. After that first experience, we took basic skills courses together, white water, rapids, self rescues and rolling practice. We did these with Pete Townend’s Canoe and Kayak. The instructors, Ross and Mike must have thought that I was just about unteachable. I remember Mike on one occasion hurling his paddle into the bushes, furious about some of the group, me in particular, getting something totally wrong. We practised ferry glides, eddy turns, low braces, forward sweeps, backwards sweeps, rail up, stern rudder etc. I wondered, why worry about all this flamin’ stuff, I just want to learn how to paddle fast downriver! Little was I to know that all of these skills would come in very useful at some future time.

To be eligible to contest Coast to Coast in February, it is necessary to have a Grade 2 kayaking certificate. This must be obtained by the previous October or at latest November. By October, I hadn’t got my certificate and I was fast running out of time. Canoe and Kayak didn’t have any assessment weekends that fitted our schedule. We spent a weekend on the Aratiatia section of the Waikato with Rob and Johnno of Ferg’s Kayaks, attempting a grade 2 assessment. I didn’t concentrate too well and tipped out about four times for the weekend. Jane did somewhat better than me. She got her certificate but Rob told me, “You’re borderline, and need more time on the river”. This was alright for Rob and Jane, but of course, it cost me my training partner. I would have to catch up alone. I then had the opportunity of going away with Pete Townend for assessment on the Wanganui, from Cherry Grove to Ohinapāne. There were about six of us, all wanting Grade 2 certificates for Coast to Coast. We all paddled well and all got our certificates. Great, I was in! I then decided to go back and practice that section of the river with Jane and some others. This time, I used a much faster but far less stable boat, a Swallow. Getting my aspirations confused with my capabilities, I tipped out several times and became hypothermic. Jane saved me by swapping boats. That’s when I decided to buy the Eliminator, which I did at Christmas time. Back to the Wanganui to bury the ghosts. This time I paddled the section without tipping out at all. I had arrived. This can also mean ‘there’s no turning back now!’

The event was on 6th and 7th February. During November and December I was busy trying to save my company after the AA issued a false report wrongfully condemning my company’s product. I had my grandchildren visit me for two weeks early in January and then I had to go Australia for ten days later in January. Not the scene for an ideal preparation. With quite some encouragement from Jane, I ran the Parahaka valley near Karekare twice, did a couple of four hour bike rides and three paddles of four hours and two of five hours, in the weeks leading up to the race. That would have to do.

The first cycle, which is really a 3 kms run and 58 kms cycle, took me 2 hours 25 minutes. Nothing flash, but reasonable. The mountain run is not a run at all, it’s a nightmare. I ran out of energy, got the staggers and really had to struggle hard. My background is ultra distance running, so I did know better. I had relied on Jane to pack my run bag. Her attention to detail is second to none and I was quite content to place total reliance in her. However, I was supposed to have four energy bars but could only find two! After about four hours, I eventually found the other two bars. They were there all the time! However, the run (?) leg of 26 kms was a disappointingly slow 6 hours 25 minutes.

But the big test, the kayak section, was yet to come. The 15 kms cycle and 67 kms kayak took me another 6 hours 25 and my overall time of 19 hours 15 minutes was slow, but good enough to keep me about 10 places off the bottom of the individual two day section. I consoled myself by reflecting that I was the third oldest in the field of 300 two day individuals and am capable of reducing my time by a good two hours at my next attempt. After all, Steve Gurney only beat me in by about 5 minutes, so I didn’t do too bad, after all. Of course, he started a day behind me.

This event is the most exciting and rewarding I’ve ever done. I encourage all runners to at least attempt it once. It is the experience of a lifetime. This year’s crews become next year’s competitors. Jane is intending to compete next year, probably in a two day team. If I can crew as well for her as she crewed for me, I will be delighted. As for Dick Tout....he didn’t get beyond his first paddle in the kayak! Don’t worry, Dick, if I can do it, anyone can.

50KM ULTRA ROAD RACE, ACT

APRIL 18TH, 1998

RESULTS

Pos	Name	No.	Sex	State	Age	42.2km	50km
1	Ian Nash	19	M	VIC	37	2:39:41	3:10:49
2	Trevor Jacobs	16	M	ACT	46	2:39:27	3:14:28
3	Peter Fitzpatrick	20	M	NSW	50	2:48:30	3:23:32
4	Bert Pelgrim	524	M	VIC	41	2:50:03	3:23:49
5	Sandra Timmer-Arends	F39	F	VIC	34	2:52:33	3:29:04
6	Bruce Renwick	49	M	NSW	50	2:53:03	3:30:08
7	Clive Beeson	33	M	ACT	46	2:55:37	3:32:45
8	Ian Green	311	M	NSW	52	2:58:31	3:38:50
9	David Jenkins	57	M	NSW	38	3:05:47	3:43:07
10	Pip Thorn	F12	F	NSW	37	3:12:44	3:50:30
11	Gary Aitkenhead	74	M	NSW	39	3:06:10	3:50:40
12	Peter Clarke	67	M	ACT	47	3:01:43	3:51:40
13	Helen Stanger	F8	F	NSW	47	3:11:03	3:51:50
14	Lavinia Petrie	F4	F	VIC	54	3:17:52	3:52:48
15	Michael Bohnke	32	M	NSW	34	3:05:05	3:56:58
16	Mike Ward	84	M	NSW	45	3:14:01	4:00:48
17	Bruce Linsell	181	M	NSW	43	3:25:53	4:06:30
18	Randall Hughes	160	M	VIC	74	3:20:06	4:07:00
19	Douglas Reed	212	M	NSW	38	3:19:18	4:07:30
20	Neil Salvano	109	M	VIC	45	3:25:22	4:12:46
21	Gordon Forsyth	216	M	NSW	50	3:44:39	4:14:24
22	Ian Forsyth	323	M	NSW	43	3:28:23	4:21:55
23	John Twartz	193	M	SA	54	3:32:08	4:21:55
24	Roger Lebish	167	M	QLD	57	3:36:02	4:22:52
25	Brett Molloy	178	M	NSW	38	3:44:12	4:22:52
26	Todd Moore	317	M	USA	32	3:29:11	4:28:19
27	Jim Screen	228	M	NSW	55	3:36:55	4:31:51
28	Bruce Hall	270	M	NSW	43	3:43:06	4:35:17
29	Wayne Williams	138	M	NSW	36	3:44:27	4:37:41
30	Ludwig Herpich	219	M	NSW	62	3:51:05	4:40:04
31	Ernest Warner	41	M	ACT	64	3:50:01	4:42:36
32	Pierre Van Heerden	195	M	NSW	39	3:40:06	4:43:01
33	Bernadette Robards	F13	F	NSW	27	3:48:30	4:43:01
34	Jarek Sztendur	251	M	VIC	46	3:54:37	4:47:56
35	Roger Rigby	183	M	NSW	55	3:53:52	4:48:12
36	Franz Wanderer	90	M	NSW	56	4:14:51	5:11:51
37	Christine Jackson	F31	F	QLD	42	4:13:54	5:12:01
38	Lachlan Lewis	266	M	ACT	60	4:11:44	5:34:49
39	David Hawkins	237	M	NSW	45	4:16:38	5:34:49
40	Royce Samuel	264	M	NSW	50	4:21:22	5:34:49
41	Victor Hessel	279	M	ACT	39	4:43:54	5:46:19
42	Mary Ritz	F28	F	ID	43	5:07:09	6:11:46
43	Donald Lang	282	M	CA	63	5:57:59	7:17:48

held in conjunction with

THE ACT CROSS COUNTRY CLUB INC.

Mobil

Canberra Marathon

BANANA COAST ELECTRICS ULTRA-MARATHON 1998

by Steel Beveridge

Kelvin Marshall and Angie Cottrell carved themselves a slice of history in the sixteenth annual Bananacoast Ultramarathon conducted on Mothers' Day . Kelvin not only posted his second win in the event but posted his second sub-seven hours clocking and made it two wins from two starts within eight days as his effort between Grafton and Coff's Harbour followed that closely upon his win in the Tambourine Trek . His 6.58.16 was accomplished in fine style then , after a shower and sandwich courtesy of the Hotel Coff's Harbour , he collected his mother (it was HER day after all) and set off to drive home to Melbourne .

One can only imagine how exceptional Mrs Marshall is as a Mum considering she spent most the day waiting for her son to run 85 kilometres !

One mother with plenty to celebrate at the finish was Angie Cottrell who ran strongly throughout the race to set a new ladies' record of 8.55.52 , clipping a massive 28 seconds from the record held by Trudy Kidd of Newcastle set in 1991 . She literally flew over the final furlong down High Street , urged on by her crew , her brother Roger and fellow Queensland ultra-runner Tom Morris . The 49 year old knew only that she needed to hurry to break nine hours with her crew not wanting to give her the extra stress of a potential new record . Her elation at hearing her time was wonderful to witness .

Second-placed Jim Bennington ran this one to finish after pulling the pin during the Water World Great Ocean Run in March . He described the experience of his 8 hours 34 mins 29 seconds as the easiest of his runs between Grafton and Coff's Harbour . His wife Helen and eldest son Matthew crewed for him (another mum missing breakfast in bed!) . Jim is one of only two runners with more than ten finishes in this race , although the third man to finish this year , Geoff Hain of Lennox Head , is fast closing on that accomplishment , recording his eighth successful completion this year .

Geoff. was also ably supported by his wife , Annette , and , for much of the second half , by his son Peter . His time of 9.49.09 may not have been his fastest but it wasn't his slowest either .

Another hour later the only event debutant to reach the finish , Victor Hessel of Canberra , had extra cause to celebrate his 10.55.58 finish as he had narrowly escaped becoming a hood ornament in the closing stages between Coramba and Coff's . Luckily the over-taking hoon missed and Victor completed his journey . Be assured that travelling to Grafton which is what will happen next year is much safer . For one reason the road is wider and for another the Orara Valley "Axemen" Rugby League team supporters will be well behind the runners by late afternoon .

Next year we will go with Mother's Day again and hope that enough mothers are willing to let their spouses or beloved off-spring tackle the 17th edition of the Bananacoast Ultramarathon. There is room for more than five finishers; you will be welcome especially if you have not done this run before.

This time we 'planted' drinks along the way for those without 'seconds'. Ask Kelvin and Victor if they thought that this worked satisfactorily. Both missed at least one drink stop which is why I would still recommend you persuade someone to crew for you but if you are willing to take pot luck you are welcome to have a go.

Marshall completes rare double in marathon win

TORIAN Kelvin Marshall completed a rare double with commanding victory in the Bananacoast Electrics Ultramarathon from Grafton to Coffs Harbour on Sunday.

Marshall, from Melbourne, travelled to the Gold Coast a week earlier to defend his title in the annual Tambourine Trek, a race of 68km which incorporates running up and down Mount Tambourine, as well as trying to repeat his win in the Bananacoast event from 1996.

The 33-year-old successfully completed the first stage of his epic double then backed up to run away with the 85km

Grafton to Coffs Harbour title in 6hours58minutes16seconds.

He was more than 90mins clear of local veteran Jim Bennington, who ran conservatively to clock 8hrs34mins29secs.

Marshall joins Bennington, Grafton's Ken Shephard and Queenslanders Greg Barton and Geoff Boase as multiple champions.

After his win on Sunday, Marshall made use of the showering facilities and catering provided by the Hotel Coffs Harbour before jumping in his car to drive back to Melbourne for work on Monday afternoon.

Third to finish was perhaps the happiest of all. Angie Cottrell became only the second female to complete the Bananacoast event in its 16-year history.

However, not only did she take out the first female honours, but she trimmed 28secs from the women's record set by Trudy Kidd.

The 49-year-old had been hoping to run under 10 hours, but with the vociferous encouragement of her crew, brother Roger and fellow Queensland ultra runner Tom Morris, she ducked under nine hours with 8hrs55mins52secs.

Cottrell normally runs in

bare feet, but on this occasion, after checking the road verge, she opted to complete the event as safely as possible wearing racing flats.

Lennox Head's Geoff Hain, 51, finished fourth to complete his eighth run between Grafton and Coffs Harbour. He sliced about 20 minutes from his last effort posted three years ago to record 9hrs49mins09secs.

The fifth and final finisher was Canberra's Victor Hessell, who lasted the distance in 10hrs55mins58secs after arriving on the bus in the early hours of Sunday morning.

Advocate (Coffs Harbour)

Rare double in ultramarathon

KELVIN Marshall completed a rare double with a commanding victory in Sunday's Bananacoast Electrics Ultramarathon from Grafton to Coffs Harbour.

Marshall, from Melbourne, had travelled to the Gold Coast a week earlier to defend his title in the annual Tambourine Trek, a race of 68 kilometres which incorporates running up and down Mount Tambourine, as well as trying to repeat his win in the Bananacoast event from 1996.

The 33-year-old successfully completed the first stage of his epic double then backed up to run away with the 85km Grafton to Coffs Harbour title in six hours 58 mins 16 secs.

He was over an hour and a half clear of local veteran Jim Bennington, who ran conservatively to clock 8hrs 34mins 29secs in sec-

ond. Marshall, by winning a second time, joins Bennington, Grafton's Ken Shephard, Queenslanders Greg Barton and Geoff Boase as multiple champions.

After his win on Sunday, Marshall made use of the showering facilities and catering provided by the Hotel Coffs Harbour before hopping in his car to drive back to Melbourne for work on Monday afternoon.

Angie Cottrell became only the second female to compete the Bananacoast event in its 16 year history taking first lady honours and trimming 28 seconds from the women's record set by Trudy Kidd.

The 49-year-old had been hoping to run under 10 hours but with the vociferous encouragement of her crew, brother Roger and fellow Queensland Ultra runner Tom Morris, she ducked under nine

hours with a 8.55.52 time.

Cottrell normally runs in bare feet but on this occasion, after checking the road verge, she opted to complete the event as safely as possible, wearing racing flares.

Fourth in, completing his eighth run between Grafton and Coffs Harbour, was Lennox Head 51-year-old Geoff Hain who knocked some 20 minutes from his last effort posted three years ago to record 9.49.09.

The fifth and final finisher was Canberra's Victor Hessell who lasted the distance in 10 hours 55 mins 58 secs after arriving on the bus in the early hours of Sunday morning.

Several in the field indicated that they would be back next year when the race will run from Coffs Harbour to Grafton.

Examiner (Grafton)

SIX FOOT TRACK MARATHON, NSW MARCH, 1998

Place	RUNNER	X	SUBURB	TIME	Place	RUNNER	X	SUBURB	TIME
1	LOVE, GREG	M	UMINA	3,39.42	55	BOGENHUBER, MAX	M	KIRRAWEE	4,43.4
2	KROMAR, ANDREW	M	HOWMANS GAP	3,40.01	56	DEMPSEY, CRAIG	M	CLOVELLY	4,44.0
3	BURTON, MICHAEL	M	COOGEE	3,50.08	57	HISLOP, DAVID	M	NEWTOWN	4,44.5
4	RAUPACH, KEN	M	MCMAHONS POINT	3,55.45	58	SHEPPARD, TONY	M	GREEN POINT	4,45.0
5	GOONPAN, PETER	M	KIRRAWEE	3,56.26	59	WHYBROW, STEPHEN	M	CREMORNE	4,45.4
6	JOHNSON, CRAIG	M	PADDINGTON	3,56.27	60	LLOYD, BILL	M	BONNET BAY	4,45.5
7	GILES, MARCUS	M	NEUTRAL BAY	3,56.48	61	GILBERT, LINDSAY	M	ROSEVILLE	4,45.5
8	OWENS, JAMES	M	OATLEY	4,02.18	62	GARRIDO, ELADIO	M	CHIPPENDALE	4,45.5
9	FITZPATRICK, PETER	M	WAGGA WAGGA	4,05.58	63	SANDERS, MARTIN	M	SURRY HILLS	4,46.2
10	MALINOWSKI, PETER	M	CHARMHAVEN	4,07.30	64	DELLAGIACOMA, PATRICK	M	BUNDEENA	4,46.5
11	WINKLER, KARL	M	FAIRLIGHT	4,09.44	65	JEFFKINS, ADRIAN	M	STRATHFIELD	4,47.1
12	SAYERS, STEPHEN	M	SARATOGA	4,10.01	66	BARNES, JAMIE	M	KILLCARE HEIGHTS	4,47.3
13	PELGRIM, BERT	M	MONTROSE	4,11.59	67	AITKENHEAD, GARY	M	NAREMBURN	4,48.2
14	HATLEY, DAVID	M	BEROWRA HEIGHTS	4,12.28	68	STYLES, DAVID	M	BAYSWATER	4,50.3
15	CLARKE, TREVOR	M	BANKSMEDOW	4,12.29	69	WARD, GARY	M	BRADBURY	4,50.4
16	GLEN, JOHN	M	LEURA	4,12.56	70	SMITH, ROBERT	M	BEROWRA	4,51.0
17	WOOD, SCOTT	M	MANLY	4,13.18	71	BRUGGEMAN, STEPHEN	M	RHODES	4,51.2
18	GRAHAM, CHRIS	M	PYMBLE	4,13.51	72	CRAWFORD, MARK	M	BONDI	4,51.3
19	MARSHALL, KELVIN	M	ELSTERNWICK	4,14.23	73	WEBSTER, STUART	M	STANMORE	4,52.0
20	BARRETT, GRAEME	M	CARLTON	4,15.35	74	HULL, MICHAEL	M	HORSFIELD BAY	4,52.1
21	HIGGINSON, BILL	M	FOREST HILL	4,17.50	75	BOGENHUBER, JOE	M	WOODFORD	4,52.3
22	SELBY, WARWICK	M	DRUMMOYNE	4,20.30	76	CRYER, JAMES	M	KILLARA	4,52.5
23	MATTERSON, EDWARD	M	HIGHVALE	4,21.22	77	JORGENSEN, HUGH	M	TORRENS	4,53.2
24	MAHONY, PAUL	M	TERRIGAL	4,22.04	78	OSBORNE, PETER	M	ALLAMBIE HEIGHTS	4,53.4
25	BOWSER, IAN	M	FIVE DOCK	4,22.46	79	ROUX, PHILIPPE	M	SUTHERLAND	4,53.5
26	MCCANN, NORM	M	ALBURY	4,23.17	80	MATLEY, STEWART	M	BROKE	4,53.5
27	GRAY, STEPHEN	M	CRONULLA	4,23.20	81	MAHONEY, ANDREW	M	BENSVILLE	4,54.0
28	URWIN, STEPHEN	M	NEUTRAL BAY	4,23.49	82	GIBSON, IAN	M	NEUTRAL BAY	4,54.0
29	STEIN, PAUL	M	WILTON	4,24.02	83	LUCAS, JUDY	F	EPPING	4,54.0
30	STALKER, GEOFF	M	DOUGLAS PARK	4,24.49	84	LINSELL, BRUCE	M	MOUNT AUSTIN	4,54.3
31	BILL, ROSS	M	MOUNT WILSON	4,25.15	85	MONTI-DI-SOPRA, FABRICE	M	LIVERPOOL	4,54.3
32	CORLIS, MICHAEL	M	MONASH	4,25.53	86	WEBB, DAVID	M	KEW	4,54.5
33	MCKENZIE-HICKS, LYNDIA	F	ENGADINE	4,26.10	87	AUSTIN, TIM	M	LEICHHARDT	4,55.0
34	HISLOP, ANDREW	M	MANLY	4,27.54	88	TAYLOR, ANDREW	M	KATOOMBA	4,55.0
35	FRYER, MARTIN	M	BOTANY	4,28.21	89	SCHATTOVITS, THOMAS	M	BLACKHEATH	4,55.0
36	SUMNER, MIKE	M	QUEENSCLIFF	4,30.39	90	SIMPSON, THOMAS	M	BONDI BEACH	4,56.1
37	GRANT, BRIAN	M	LONDONDERRY	4,36.07	91	TAYLOR, GEOFF	M	CROWS NEST	4,56.1
38	CANNINGS, DAVID	M	NORMANHURST	4,36.20	92	HERMAN, TODD	M	MENAI	4,56.2
39	PETRIE, LAVINIA	F	WANDIN	4,36.26	93	WATSON, ALAN	M	MENAI	4,56.3
40	O'BRIEN, LOUISE	F	GYMEA	4,36.52	94	BEVEN, DENVER	M	GLENORIE	4,57.0
41	BOLTON, GARRY	M	BEGA	4,37.24	95	MURPHY, GRAHAME	M	CASTLE HILL	4,57.1
42	THOMPSON, KIERON	M	BOWEN MOUNTAIN	4,37.41	96	BUTLIN, PHILLIP	M	RIVERVIEW	4,57.1
43	WARD, MIKE	M	BALMAIN	4,38.14	97	BLUMENTHAL, JAMES	M	BONDI	4,57.1
44	GEDDES, WAYNE	M	OYSTER BAY	4,38.41	98	EDMONDS, ELIZABETH	F	VAUCLUSE	4,57.1
45	TROPE, JONATHAN	M	BILGOLA PLATEAU	4,39.12	99	O'SHEA, WAYNE	M	CHITAWAY BAY	4,57.5
46	MATTHEWS, IAN	M	ARTARMON	4,39.27	100	SHOLL, PETER	M	MARRICKVILLE	4,57.5
47	JENKINS, DAVID	M	SYDNEY	4,39.30	101	VAN WOESIK, BIANCA	F	RANDWICK	4,57.5
48	APPLEBY, STEVE	M	CALWELL	4,40.28	102	WINCHESTER, RICHARD	M	CAMPERDOWN	4,57.5
49	HARDING, PHILLIP	M	HARBORD	4,40.29	103	TINKER, KEVIN	M	CHAIN VALLEY	4,58.3
50	PORRAL, CRISTINA	F	WENTWORTHVILLE	4,40.36	104	POTTER, LES	M	OAKHURST	4,58.3
51	KILLICK, CARINA	F	GROSVENOR PLACE	4,40.43	105	CHRISP, DARRYL	M	WOOLLAHRA	4,58.5
52	SHORT, LIZ	F	SUTHERLAND	4,41.57	106	CAMPKIN-SMITH, MALCOLM	M	ST IVES	4,58.5
53	SEIB, DAVID	M	CAMMERAY	4,42.48	107	HIGGINS, ERIC	M	NORTH GOSFORD	4,59.5
54	PURCELL, DARREN	M	PYRMONT	4,43.30	108	THORNE, KEITH	M	JERRABOMBERRA	4,59.5

SIX FOOT TRACK MARATHON, NSW

MARCH, 1998

RUNNER	X	SUBURB	TIME	Place	RUNNER	X	SUBURB	TIME
=====	=	=====	=====	===	=====	=	=====	=====
ZAHN, AMY	F	CROWS NEST	5,00.17	163	WINTERS, GREG	M	BONDI	5,21.01
HASLAM, ALAN	M	MOSMAN	5,01.20	164	BENNETT, DENISE	F	ARTARMON	5,21.03
KING, DAVID	M	EPPING	5,01.39	165	MOLLOY, BRETT	M	PADSTOW	5,21.06
PETRIE, ROBERT	M	WANDIN	5,02.06	166	STAUNTON, DAMAIN	M	SYLVANIA WATERS	5,21.09
GRANT, ANDREW	M	PYMBLE	5,02.08	167	HARRISON, MALCOLM	M	EARLWOOD	5,21.10
DAWSON, CHRIS	M	NEWPORT	5,02.10	168	SKINNER, JANET	F	WAGGA WAGGA	5,21.11
DEMERAL, JANE	F	QUEENSCLIFF	5,02.31	169	ENGLISH, PAT	M	WARRIMOO	5,22.01
NEWMAN, PHIL	M	WESTLEIGH	5,03.09	170	SCREEN, JIM	M	ST IVES	5,22.17
SLOAN, JAMES	M	ALBURY	5,03.49	171	COOPER, JOHN	M	BLIGH PARK	5,22.43
MALONE, PETER	M	SPRINGWOOD	5,04.27	172	WALKER, LOUISE	F	ST LEONARDS	5,22.46
BOLTON, ALLAN	M	BALMORAL BEACH	5,04.30	173	AGUILERA, JUAN	M	MOSMAN	5,22.47
SWAIN, GARY	M	MCMAHONS POINT	5,04.31	174	WHITEHOUSE, PAULA	F	ELANORA	5,22.59
MURPHY, JOHN	M	DOUBLE BAY	5,04.50	175	PONTIFEX, JEFF	M	NORTH SYDNEY	5,23.57
ORKIN, JESSICA	F	MOSMAN	5,05.28	176	WIELAND, PENNY	F	MOSMAN	5,24.08
GAY, DAMIEN	M	OYSTER BAY	5,06.01	177	BRYCE, LES	M	TURRAMURRA	5,24.34
WALKER, JOHN	M	MANLY	5,06.21	178	KENT, HEATHER	F	LANE COVE	5,24.41
MCGOVERN, JOHN	M	YOWIE BAY	5,06.47	179	TROTTER, JOHN	M	WINMALEE	5,25.22
SMITH, DEREK	M	MILSONS POINT	5,06.51	180	O'NEILL, CHRIS	M	MT COLAH	5,25.31
LUCKHAM, BRUCE	M	MANLY	5,08.26	181	MARTIN, MIKE	M	FRENCHS FOREST	5,25.35
MCCULLAGH, CAMERON	M	TURRAMURRA	5,08.53	182	HARRADINE, LEON	M	KINCUMBER	5,25.47
VINCENT, JAMES	M	BEACON HILL	5,08.54	183	WILSON, MICHAEL	M	WAVERTON	5,25.53
KIMBREY, BOB	M	WOONONA	5,09.11	184	LOOIS, ELLEN	F	ERMINGTON	5,27.12
WEST, EDWARD	M	BEROWRA HEIGHTS	5,10.06	185	KEARNS, BRENDA	F	MANLY	5,27.26
BAGALA, TONY	M	DENISTONE	5,10.25	186	MORGAN, IAN	M	ST CLAIR	5,27.52
NESBITT, DON	M	PEARL BEACH	5,10.31	187	COATES, BARRY	M	LOFTUS	5,28.14
FORSYTH, IAN	M	ABBOTSFORD	5,11.01	188	THOMSON DE ZYLVA, PHILLIP	M	QUEENS PARK	5,29.24
BOGENHUBER, FRED	M	SAN MATEO ,USA	5,11.30	189	GRIFFITH, SUSAN	F	CASTLE COVE	5,29.32
BURT, DAVID	M	CROMER	5,11.55	190	HOOKE, BOB	M	CAMBRIDGE PARK	5,29.55
FICKEL, BOB	M	CRONULLA	5,11.58	191	LEECH, CRAIG	M	CREMORNE	5,30.53
COULL, PAUL	M	HEATHCOTE	5,12.13	192	KILHAM, MICK	M	GUILDFORD	5,32.23
WATERS, BRENT	M	BELLEVUE HILL	5,12.20	193	WILSON, ALLAN	M	BLAXLAND	5,32.28
LEFMANN, MARTIN	M	ST IVES	5,12.39	194	CLEMENTS, PETER	M	PENSHURST	5,32.30
GABORIT, ANTHONY	M	WINMALEE	5,13.01	195	RAE, TRUDY	F	TERRIGAL	5,32.33
WARD, MARK	M	BLIGH PARK	5,13.09	196	BARNES, PETER	M	WENTWORTH FALLS	5,32.39
POTTER, RAYMOND	M	HORNSBY HEIGHTS	5,13.17	197	DEVLIN, BILL	M	CASTLE HILL	5,32.50
SWAIN, SHARYN	F	MCMAHONS POINT	5,13.37	198	DOWNES, WENDY	F	TURRAMURRA	5,32.55
LEFMANN, JORDAN	M	ST IVES	5,13.49	199	WHYTE, LEANNE	F	NAREMBURN	5,32.59
HUGHES, WARREN	M	VILLAWOOD	5,13.55	200	BYRNE, PETER	M	CASTLE HILL	5,33.19
BORNESS, STEPHEN	M	CREMORNE POINT	5,14.19	201	MORGAN, KEITH	M	VICTORIA POINT	5,33.23
GIRVAN, DAVE	M	WOY WOI	5,14.43	202	RYAN, ANTHONY	M	WAITARA	5,33.28
HARGREAVES, BRUCE	M	SUNNYBANK	5,14.49	203	HANSEN, MIKE	M	LINDFIELD	5,33.30
SPARSHOTT, MARK	M	RIVERHILLS	5,14.50	204	STOLLERY, PHIL	M	KATOOMBA	5,33.46
BROADBENT, WARREN	M	TORONTO	5,14.58	205	RIGBY, ROGER	M	WAHROONGA	5,34.22
CLEMENTSON, DIANE	F	NEUTRAL BAY	5,16.08	206	MOBBS, KEITH	M	MAIANBAR	5,34.42
OSBORNE, GREG	M	SUTHERLAND	5,16.38	207	ASHCROFT, CRISTINE	F	CHATSWOOD	5,34.45
SEANIGER, BRIAN	M	PICNIC POINT	5,17.48	208	MORISSET, GAVIN	M	KILLARNEY HEIGHT	5,35.16
DRAYTON, NICK	M	ST LEONARDS	5,17.51	209	NAGY, ALEX	M	BONDI BEACH	5,35.20
WHITE, KEITH	M	WILLOUGHBY	5,18.15	210	JACKSON, JONATHAN	M	CASTLE HILL	5,35.29
HATCH, TONY	M	HORNSBY HEIGHTS	5,18.25	211	HERISSON, GEORGE	M	EAST RYDE	5,35.45
LIBESMAN, ERROL	M	BONDI	5,18.40	212	SMITH, LES	M	KOGARAH	5,36.41
FISHER, ALBERT	M	PEAKHURST	5,18.57	213	KNOWLES, BRENT	M	ST ANDREWS	5,37.23
MONTGOMERY, BOB	M	WENTWORTHVILLE	5,20.24	214	INGHAM, SUSAN	F	SARATOGA	5,37.40
FIELD, ALF	M	PYMBLE	5,20.43	215	DALY, MICHAEL	M	BRONTE	5,37.53
HILL, GRAEME	M	GALSTON	5,20.57	216	GARDNER, JIM	M	GLEN INNES	5,37.58

SIX FOOT TRACK MARATHON, NSW MARCH, 1998

Place	RUNNER	X	SUBURB	TIME	Place	RUNNER	X	SUBURB	TIME
218	MONTGOMERY, STEPHEN	M	KILLARNEY VALE	5,38.36	272	BUTLER, GRAHAM	M	FAIRLIGHT	5,54.
219	CROSBY, TONY	M	MOSMAN	5,38.38	273	MANSON, RICHARD	M	LANE COVE	5,54.
220	ANDERSON, MURRAY	M	GREENACRE	5,38.50	274	ROBARDS, BERNADETTE	F	EAGLE VALE	5,54.
221	TOMREN, LEE	M	ALICE SPRINGS	5,38.51	275	BOIDIN, BENEDICT	M	BLACKTOWN	5,54.
222	BUKUYA, ALLAN	M	PARRAMATTA	5,40.08	276	COURTNEY, BILL	M	GREYSTANES	5,54.
223	MCNALLY, ROSS	M	WESTMEAD	5,40.54	277	MELNYCZENKO, JOHN	M	MINCHINBURY	5,54.
224	FORD, GLENN	M	MANLY VALE	5,40.56	278	WITT, ALAN	M	FRANKSTON	5,55.
225	CAMPBELL, TINA	F	LANE COVE	5,41.30	279	JENKINS, TRICIA	F	MAROUBRA	5,55.
226	CLEARY, TERRY	M	ASHFIELD	5,41.43	280	REILLY, TERRY	M	MANLY	5,55.
227	THEAKSTON, PAUL	M	BAULKHAM HILLS	5,41.45	281	HEFFERNAN, WAYNE	M	ENGADINE	5,55.
228	LITTLE, SANDRA	F	CAMMERAY	5,42.03	282	SPOKES, GRAHAM	M	WAGGA WAGGA	5,55.
229	CARRIGAN, JOHN	M	MOREE	5,42.37	283	RENSHAW, BRAD	M	BELROSE	5,56.
230	DAWSON, CAMPBELL	M	PADDINGTON	5,42.47	284	BARTLETT, RICHARD	M	CREMORNE	5,56.
231	KNUTSEN, CHRIS	M	FAULCONBRIDGE	5,42.48	285	DAVEL, CORRIE	M	THE GAP (BRISBANE)	5,56.
232	BODDY, NAOMI	F	EMU PLAINS	5,43.28	286	BRADLEY, ALAN	M	BUTTABA	5,56.
233	MORRIS, PATREATA	F	WILLOUGHBY	5,43.31	287	BRIERLEY, LEN	M	BOSSLEY PARK	5,56.
234	HERPICH, LUDWIG	M	MIRANDA	5,44.09	288	KEALL, PAUL	M	NEWTOWN	5,56.
235	GREEN, IAN	M	EAST HILLS	5,44.22	289	MCKENZIE, STUART	M	ENOGGERA	5,56.
236	STEWART, GLEN	M	ENGADINE	5,44.29	290	IRWIN, JOHN	M	BONDI	5,56.
237	GREENHILL, SEAN	M	WINMALEE	5,44.35	291	ANDERSON, VIC	M	INGLEBURN	5,56.
238	CHALMERS, ROBERT	M	BEACON HILL	5,44.44	292	CASHIN, ANTHONY	M	WAMBERAL	5,57.
239	GONSHOR, PETER	M	MOOREBANK	5,45.02	293	BOIDIN, DOMINIC	M	FAULCONBRIDGE	5,57.
240	WHITTON, BARRY	M	ILLAWONG (MENAI)	5,45.25	294	WALSH, ALLAN	M	ARCADIA VALE	5,58.
241	GOLDSMITH, DARREN	M	COORANBONG	5,45.34	295	GLAPIAK, CHARLIE	M	FENNELLS BAY	5,59.
242	MCCARTHY, WAYNE	M	LONGUEVILLE	5,45.46	296	KROMAR, JENNY	F	FALLS CREEK	5,59.
243	PAVER, GRANT	M	BRONTE	5,45.51	297	BETTINZOLI, MAURIE	M	ORANGE	5,59.
244	DEMPSEY, IAN	M	CHARLESTOWN	5,45.54	298	MCILHONEY, RAYMOND	M	MENAI	6,00.
245	WYE, GRAHAM	M	SEAFORTH	5,46.10	299	BOUSFIELD, ANTHONY	M	ST MARYS	6,00.
246	MITCHELL, DAVID	M	ARTARMON	5,46.39	300	SANDER, BORJE	M	LEKSAND , SWEDEN	6,01.
247	LYNN, GARRY	M	NORTH RYDE	5,46.42	301	BEDFORD, DENNIS	M	RAZORBACK	6,01.
248	MEZZINO, PHIL	M	ENGADINE	5,46.51	302	TEGART, GREGORY	M	BENSVILLE	6,01.
249	STURGESS, PAUL	M	CHESTER HILL	5,46.59	303	DAWSON, TRODY	F	LEICHHARDT	6,01.
250	HALL, BRUCE	M	ABBOTSFORD	5,47.32	304	WEST, ANDREW	M	SUTHERLAND	6,03.
251	VERHELLE, MARC	M	RUISELEDE / BELGIUM	5,47.44	305	ATKINSON, BARRY	M	NEUTRAL BAY	6,03.
252	EISENHUTH, JOAN	F	GEORGES HALL	5,47.51	306	KERRUISH, GRAHAME	M	RIVERWOOD	6,03.
253	MIFSUD, STEPHEN	M	WERRINGTON DOWNS	5,48.15	307	HASTINGS, PETER	M	TURRAMURRA	6,03.
254	ATKINSON, JOHN	M	ILLAWONG (MENAI)	5,48.18	308	LEARD, TIM	M	EASTWOOD	6,03.
255	RENSFORD, BRIAN	M	MERRYLANDS	5,48.28	309	RANNARD, BILL	M	GEORGES HALL	6,03.
256	HOY, CHRIS	M	COLLARROY	5,48.30	310	MARCH, GREG	M	TURRAMURRA	6,04.
257	SCOTT, MELANIE	F	BALGOWLAH	5,48.53	311	MARSDEN, TONY	M	CONCORD	6,04.
258	KAHLEFELDT, PAUL	M	WAGGA WAGGA	5,49.25	312	O'KANE, KEVIN	M	TURRAMURRA	6,04.
259	NICHOLSON, PETER	M	CLOVELLY	5,50.36	313	TIBBITTS, PETER	M	LILLI PILLI	6,05.
260	CLIFTON, PHILIP	M	BRONTE	5,50.38	314	DAWSON, GARY	M	WEST RYDE	6,05.
261	THOMPSON, CAROL	F	MOSMAN	5,50.46	315	HENDERSON, JOHN	M	MOREE	6,06.
262	THEMSEN, NICK	M	CHERRYBROOK	5,50.53	316	OLMSTEAD, JOHN	M	LINDFIELD	6,06.
263	JOHNSON, CRAIG	M	WILLOUGHBY	5,50.59	317	STURCH, RODNEY	M	BIRRONG	6,06.
264	MEDGYESSY, JULIUS	M	BONDI	5,51.07	318	THEMSEN, KIRSTEN	F	CHERRYBROOK	6,07.
265	KENNEDY, PHILIP	M	ST IVES	5,51.38	319	SOTIROPOULOS, KON	M	LATHAM	6,07.
266	HILTON, ALLEN	M	MILPERRA	5,51.53	320	AVERY, HEATH	M	CAMPERDOWN	6,07.
267	MCGUIRE, PETER	M	AUBURN	5,52.23	321	RIORDAN, KEVIN	M	WAGGA WAGGA	6,08.
268	FRANKLIN, MARK	M	LILLI PILLI	5,52.56	322	RUSSELL, ROBI	F	WARRIEWOOD	6,09.
269	O'CONNOR, ANN	F	NAREMBURN	5,53.25	323	RUSSELL, PAUL	M	WARRIEWOOD	6,09.
270	HOLZ, SCOTT	M	EARLWOOD	5,53.34	324	BONSING, JOHN	M	BOOKER BAY	6,09.

SIX FOOT TRACK MARATHON, NSW

MARCH, 1998

RUNNER	X	SUBURB	TIME	Place	RUNNER	X	SUBURB	TIME
SCOTT, GREG	M	WAGGA WAGGA	6,09.24	379	JORDAN, MAUREEN	F	MONA VALE	6,43.32
MACMILLAN, PAULINE	F	LILLI PILLI	6,09.29	380	STEVENSON, LOUISE	F	NORTHBRIDGE	6,43.56
ASHTON, PAUL	M	MOUNT NELSON	6,09.37	381	LILLIS, TED	M	BASS HILL	6,44.15
MUNNIFFE, DENNIS	M	MORTDALE	6,11.19	382	HESSELL, VICTOR	M	GIRALANG	6,44.23
SCOTT, MICHELLE	F	CARINGBAH	6,11.33	383	WARD, ROBERT	M	FAIRFIELD	6,45.18
SMITH, PETER	M	WAGGA WAGGA	6,12.12	384	TIBBITTS, MARIANNE	F	LILLI PILLI	6,47.07
RANFORD, IAN	M	WOLLSTONECRAFT	6,14.00	385	ALCHIN, GEOFF	M	MENAI	6,47.15
PULLER, YVONNE	F	ARCADIA VALE	6,14.07	386	HARDY, DEBBIE	F	PENSHURST	6,48.29
COLE, WARREN	M	MCGRATHS HILL	6,14.08	387	REID, GREG	M	BOSSLEY PARK	6,49.11
IASLAM, MICHELLE	F	MOSMAN	6,14.41	388	WILLIAMS, DENIS	M	WAVERTON	6,49.31
KENNEDY, ROBERT	M	ENGADINE	6,14.55	389	ANDERSON, DAVID	M	ELERMORE VALE	6,51.09
FRANCIS, COLIN	M	GREYSTANES	6,14.57	390	ROBINSON, TONY	M	CIVIC SQUARE (Pr	6,52.46
REYNOLDS, STEVEN	M	ENGADINE	6,14.58	391	HAWKINS, DAVID	M	NEWPORT BEACH	6,52.48
WANDERER, FRANZ	M	EMU PLAINS	6,16.06	392	LANCE, TONIA	F	ARCADIA VALE	6,52.51
SMITH, TREVOR	M	CHIPPENDALE	6,16.16	393	JONES, GRAHAM	M	FRENCHS FOREST	6,52.53
COLWELL, BRIAN	M	RANDWICK	6,16.22	394	STERN, ELEANOR	F	BELLEVUE HILL	6,53.00
HIGGINS, DAVID	M	MOUNT PLEASANT	6,17.59	395	WASSELL, RICHARD	M	SUMMER HILL	6,53.01
MCNALLY, JAN	M	WOLLSTONECRAFT	6,17.59	396	SEATON, DAVID	M	BAYVIEW	6,53.17
LUSCOMBE, GEOFF	M	WENTWORTH FALLS	6,18.02	397	SEWELL, DAVID	M	TAREE	6,54.55
POTTER, ROBERT	M	NORAVILLE	6,18.44	398	SEWELL, CLAIRE	F	TAREE	6,54.56
WEIR, KEN	M	WATSONS BAY	6,18.53	399	BASEDOWN, MARK	M	PENRITH	6,56.32
ONEILL, BARRY	M	BUXTON	6,20.13	400	MANLEY, PAUL	M	NORTH RYDE	6,57.15
O'TOOLE, ALLAN	M	SYLVANIA	6,20.36	401	STOREY, DON	M	NORTH RYDE	6,57.49
FLEIG, KARL	M	PADDINGTON	6,21.35	402	CHAPMAN, DOUG	M	CARINGBAH	6,57.50
ESTALL, NEIL	M	BONDI	6,24.17	403	GOOD, PETER	M	DARLINGHURST	6,58.48
LILLEY, DAVID	M	PELAW MAIN	6,24.35	404	CAIRNDUFF, CRAIG	M	RYDE	6,59.08
FULLER, ROGER	M	MCMAHONS POINT	6,24.37	405	PARSONAGE, ROSS	M	TURRAMURRA	6,59.09
VAN NETTEN, DIANNE	F	WANGI WANGI	6,25.41	406	PHILLIPS, RICHARD	M	BLAXLAND	6,59.18
VAN NETTEN, BERT	M	WANGI WANGI	6,25.42	407	GODDARD, RAY	M	EDENSOR PARK	6,59.37
HAWTHORN, IAN	M	WAVELL HEIGHTS	6,27.33	408	GRENSIDE, SAMANTHA	F	DUNDAS	7,00.19
ALLEN, MALCOLM	M	WAGGA WAGGA	6,28.14	409	MCPHERSON, TINA	F	EMU PLAINS	7,00.21
SHILSTON, ROSS	M	FRANKSTON	6,29.12	410	CHIKAROVSKI, KERRY	F	LANE COVE	7,00.42
KIRKWOOD, DOUGAN	M	WOLLSTONECRAFT	6,29.13	411	LYNN, CHARLIE	M	SYDNEY	7,00.43
LINDSAY, JOHN	M	DONCASTER EAST	6,29.14	412	CHAPPELL, NEIL	M	FISHING POINT	7,00.44
LEWIS, MICHAEL	M	YAGOONA	6,29.33	413	MORGAN, JOHN	M	BUTTABA	7,05.18
KNOWLES, ROSS	M	ST IVES	6,30.25	414	HICKMAN, MICHAEL	M	MANGERTON	7,05.19
ALLEN, BARBARA	F	RABY	6,32.23	415	BATES, CHARLEY	M	MOSMAN	7,28.08
ROBERTS, BRONWYN	F	SUMMER HILL	6,33.29	416	MCLEISH, JOHN	M	VAUCLUSE	7,31.36
YOUNG, LINDSAY	M	CARINGBAH	6,34.40	417	EDGAR, MALCOLM	M	WAGGA WAGGA	7,32.12
HARRIS, CRAIG	M	CHERRYBROOK	6,34.42	418	THORPE, MIKE	M	CHITTAWAY POINT	7,32.22
WHITE, MARGARET	F	WILLOUGHBY	6,34.44	419	FOLEY, DEREK	M	HOMEBUSH	7,50.00
BUNN, LIZ	F	WANGI WANGI	6,34.47	420	SHARROCK, PETER	M	RATHMINES	dnf.
ALLEN, PETER	M	RABY	6,35.06	421	SIMPSON, CARL	M	PADSTOW	dnf.
HODKINSON, PAMELA	F	CRONULLA	6,35.55	422	WISE, PETER	M	GREYSTANES	dnf.
WILLOTT, JUDI	F	CRONULLA	6,35.56	423	HILL, MARK	M	CARINGBAH	dnf.
DYE, PENNY	F	SYLVANIA	6,35.56	424	TAYLOR, STEVE	M	GLEN INNES	dnf.
SAUNDERS, SCOTT	M	PADSTOW	6,36.11	425	PERCY, ALASDAIR	M	COLLAROY PLATEAU	dnf.
WONG, ALEXANDER	M	ROSE BAY	6,37.41	426	SLOAN, BERT	M	ROCKDALE	dnf.
PATTERSON, GRAEME	M	LILLI PILLI	6,39.59	427	GAMBLE, ROBERT	M	EASTWOOD	dnf.
BRETT, JOHN	M	MIRANDA	6,40.00	428	PEADON, GRAEME	M	DUBBO	dnf.
CHAPPELOW, DARRYL	M	CARINGBAH	6,40.01	429	LUCAS, MATTHEW	M	EPPING	dnf.
BARRY, JANN	F	BONDI BEACH	6,41.09	430	MCCRINDLE, MARK	M	BEECROFT	dnf.
BARRY, LYNNE	F	COOGEE	6,41.10	431	DA COSTA, JAN	F	HAWTHORN EAST	dnf.
LOVE, GRAHAM	M	WOOLLOOMOOLOO	6,42.50	432	HETHERINGTON, CATHERINE	F	PADDINGTON	dnf.

Thankx Big Chris !

39.

THE BUNBURY HOLDEN 6 HOUR TRACK CHALLENGE

7TH MARCH 1998

I have never had to write a race article from a spectator/organiser position, and I must say sadly, you don't have time to see or feel nearly as much from this position.

The race was a total success from every point of view. The weather was muggy and still rather warm at the 5.00pm start, but the excellent track preparation by Brian Kennedy made up for this.

We had 22 starters (12 local & 10 Perth/Corrigin) of whom 20 stayed on the track all night. Unfortunately Rich Russell had to pull out early with an archilles injury, and Ian Watson ran his longest ever run as he prepares for his first marathon (Bunbury Marathon 17th May). He set out to run for 3 hours and this he achieved.

Prior to the race I had my money on - no not my wonderful husband- but Dave Dye who, although not back in top form yet is coming back well from injury. Although Dave ran a strong race Mick proved me wrong and brought home the bacon. That was a great effort to run , as well as organise, the race (as anyone who has organised a race would know). He managed despite not taking on enough fluid and dehydrating badly by half way. He did however have a very keen crew. Thanks to our children David and Helen who took on the task while I was busy doing other "race stuff". David and Helen also designed the tee-shirts:

Three of our local runners John Vesnaver, Ian Gibbs and Fiona Collins all doing their 1st ultra (Fiona had never run further than a 24km training run which she did just 3 weeks earlier) ran fantastically. All three set themselves a plan and goal and stuck to it and achieved exactly what they set out to do. Three steady honest runs. John came up trumps a close second to Mick. Fiona is a very exciting runner and together with Robin King who was 2nd overall last year in her 1st ultra, have put the west aussie ladies right up there.

Two more exciting runners are Brian Jackson from Perth and our local Bjorn Dybdahl. Brian trains hard and I feel he will go places in the longer ultras. Enjoy your 24hour debut in May. Bjorn is just amazing - with very long work hours and very low mileage- he pushed his way up to 4th place with a well paced run. Geoff Blyth and John Davies both from Perth also put in excellent efforts producing terrific results. I could mention all the runners as they all put in great efforts although some did it very tough.

Ian Cocker was busy encouraging, massaging and "icing" many runners and what a fantastic job he did (this quick witted, experienced Comrades runner/international Duathlete) to keep all the runners on the track. But look out - the atmosphere of this race was so great that I think Ian may go round and round until he gets dizzy next year!!! He would be missed on the side lines though.

To wrap up, this must have been one of the most successful ultras ever - 20 runners who stayed on the track with 10 of them running over 60kms. Everyone had a great time. Why not come and check it out next year???

The evening was wrapped up with prize giving and again Brian excelled himself by involving every runner and spectator with his words of wisdom and wonderful personality- just as he did while the runners were busy making themselves dizzy during the previous 6 hours. A big thankyou to you Brian.

BUNBURY HOLDEN 6 HOUR TRACK CHAMPIONSHIP - 7TH MARCH 1998

by Brian Jackson

It's a lot happier and more confident ultra runner writing to you now I've just run the Bunbury 6 Hour. Going into the race, I was quite nervous, as you might have picked up from my last letters. I went into the race as a complete novice last year and was lucky enough to win. I put a lot of pressure on myself this year because of that result and the so-called experience of running since then. You can imagine the tension I felt when with 20 minutes to go, we were just leaving the motel. We made it for the briefing but we hadn't set up at all and I hadn't warmed up. I felt bloody horrible and couldn't manage a smile for the group runners' photo. It was the first time I had seen a lot of those people for a while. I'm sorry guys, I wasn't very approachable. With 3 minutes to go, I was searching for my mate's bottle and trying to calm myself down. All of a sudden we were off. The first hour went very quickly. I spent the time trying to relax and get the rhythm going by listening to my radio. It had helped a lot with the boredom during training and also in my recent 12 hour at Gosford. But this time, it became a pain. I ditched it along with my sunnies and hat. My pace and feeling fluctuated a lot during this first hour. Half the track was quite windy, which I thought may present a problem but it seemed to compensate for the other half where there was no wind and the temperature seemed to be bloody hot. I drank quite a lot in this first hour. I felt I needed it and it would be wise. However, after the first hour, I was dashing off to the loo. This year, they had put cones up to the toilet, making sure the area was clear at all times. I felt this was like a red carpet treatment for myself. I little something that kept me amused for some reason. My brother Joe, his wife Angie, my Dad and sister were the support crew and kept me smiling and happy throughout. One pit stop, I went to grab a drink and Joe taunted me with a pot of beer. I saw this but also saw a whole chicken. "Yum". I ripped off a leg and took half the chook with it. "Hey, that's my dinner," he yelled. "Oh sorry Joe, I better get moving" I laughed and we all laughed.

Mick Francis took off at a confident pace and pulled us all along. There was a strong field of around 25 runners. I think around 10 people went over 60kms. I didn't really start to relax and settle into a rhythm until 4 hours. Way too late, I know, but as I discussed with Joe, I didn't want to kill myself this time. I wanted to run consistently and without the problems of the previous year. I started to pick up quite nicely and enjoyed the last two hours except for a spot around 5 hours where I got a premonition of how bad I was going to feel at the end. I didn't want to know how far I'd done for some time after the race. My brother came over when I had stopped. I looked at his face and couldn't see the same excitement as in the previous year when I'd won.

"Well at least I finished and don't feel too bad" I stated. In that last hour, I started to lap a few of the guys that I thought were in front of me and began to convince myself that I must place somewhere. In the shower, someone congratulated Mick with his win and 72kms. Then Dave Dye with 68kms. My heart began to race, thinking that I had covered around that much. One of the guys I was lapping in the last hour. I heard his handler saying he should get 70km. The anticipation began to build, but quickly dropped when I discovered I'd covered only 66kms. However, it didn't take too long to get over it when, with Joe's help, I realised a couple of important things. Firstly, I'd done a PB myself by over 3kms. and secondly that I was in a 100% better condition than after the previous year, and thirdly, that I finished strongly and confidently. After 6 hours was up, I started to walk back around the track. He reminded that I was allowed to take the short-cut now but I still felt like jogging a little, so I did another lap and a bit. Mick said, "I reckon if it was a 12 hour you could win it"

Building up to my first 24 hour in Queensland in May, it's not looking too bad. I need to address a couple of issues though. 1) With my pacing in the first hour and a bit, I reckon I need to concentrate on getting into a rhythm. The music, food and other stops can come later. 2) Support. I'm not sure if my brother can make it to Queensland. He's become very important to me in my race execution. I ran in Gosford 12 Hour without him, but I feel I suffered and could have added another 10-20kms with him there.

The Bunbury 6 Hour has become very important to me, a race and experience that I look back on with fond memories as a "place of strength". The most striking aspect of the event was the friendly yet professional atmosphere that Mick and Mary Francis, along with Brian Kennedy and the Bunbury Runners' Club managed to create. It's no wonder I guess, with their combined wealth of experience in ultrarunning and organisation. A good example of this was how every runner was presented with their certificates and a copy of "Cliffy's Book". Everyone was made to feel a winner. I would recommend to anybody, anywhere, the Bunbury Holden 6 Hour Track Championship as a first class event and a most excellent way to get into ultrarunning. It's now three days after the event and I feel full of enthusiasm and can't wait to get back into training. I have a week off running before I start taking any steps towards competing in my first 24 hours, an event after which I believe I could call myself a true ultrarunner.

41.

Kind regards,

Brian Jackson.

Francis rallies to win six-hour race

by STEVE BUTLER

BUNBURY distance running star Mick Francis had to fight through severe nausea to win the best ever Bunbury Holden Six-Hour Track Challenge at the Recreation Ground last Saturday night.

Francis was forced to confront the runner's dreaded "wall" at the half-way mark of the gruelling race, but battled through the win with 72.825km under his feet.

The victory, which also included the WA 50km Championship, did not come easy as Bunbury's John Vesnaver co-

vered 70.387km in his maiden six-hour performance.

Past Bunbury Marathon champ David Dye finished third, running 68.25km after setting a cracking early pace.

Perth runner Robyn King ran herself into the 10th best women's performance of all time in Australia for the event recording 62.093km.

Bunbury's Fiona Collins put in an outstanding performance at her first six-hour attempt to run 60.652km.

Francis said the fact that 20 of the field of 22 finished the harrowing sporting experience was a tribute to the courage of the contestants.

But despite the relief of not

continuing his recent run of injuries, his winning performance tested his limits.

"I came out unscathed, but it wasn't the best run of my life," Francis, who has a personal six-hour best of 74km, admitted.

"It was very humid and I probably wasn't drinking enough. Then I started to panic and I tried to take too much in and I just felt sick.

"I was very pleased to win, but I was just hanging on at the end."

Bunbury running guru Brian Kennedy paid tribute to the runners, saying they put their minds and bodies on the line for personal achievements.

"We saw gutsy and determined

runners getting into some physical and mental horrors and then getting themselves out again," Kennedy said.

"Everybody was looking out for everybody else and that's what ultras are all about.

"The personal achievements of these athletes who almost go themselves to the point of no return but got back out of it, was excellent."

Kennedy said the vocal supporters at the track cheered at the competitors over a tough final 15 minutes.

He also said race medico Ian Cocker's help for runners who were struggling was also a vital ingredient in the success of the event.

RESULTS BUNBURY HOLDEN 6 HOUR TRACK CHALLENGE & 50KM CHAMPIONSHIP HELD AT BUNBURY ON 7TH MARCH, 1998

BUNBURY HOLDEN 6 HOUR TRACK CHALLENGE

PLACE	NAME	DISTANCE
1.	MICK FRANCIS	72.825
2.	JOHN VESNAVER	70.387
3.	DAVE DYE	68.250
4.	BJORN DYBDAHL	66.693
5.	BRIAN JACKSON	66.294
6.	GEOFF BLYTH	65.913
7.	JOHN DAVIES	62.560
8.	ROBIN KING F	62.093
9.	IAN GIBBS	61.800
10.	FIONA COLLINS F	60.652
11.	ANDREW LANE	58.651
12.	DARRYLL MUNNINGS	56.773
13.	STEVE PAGER	54.711
14.	STEPHEN DUNN	52.613
15.	LYLE JAMES	49.425
16.	GARY HARRIS	47.958
17.	ROBERT MACBETH	47.429
18.	BRONWYN SALTER F	45.626
19.	ANN OSBORNE F	45.416
20.	JOHN MEALEY	44.466
21.	IAN WATSON	32
22.	RICH RUSSELL	17

50KM CHAMPIONSHIP RESULTS

PLACE	NAME	TIME HRS
1.	MICK FRANCIS	3.50.02
2.	JOHN VESNAVER	4.03.15
3.	DAVE DYE	4.06.47
4.	BJORN DYBDAHL	4.14.20
5.	GEOFF BLYTH	4.15.58
6.	BRIAN JACKSON	4.35.26
7.	JOHN DAVIES	4.42.58
8.	IAN GIBBS	4.44.14
9.	ROBIN KING	4.44.38
10.	FIONA COLLINS	4.52.15
11.	ANDREW LANE	5.03.24
12.	STEVE PAGER	5.13.17
13.	DARRYLL MUNNINGS	5.16.58
14.	STEPHEN DUNN	5.46.10

WATER WORLD GREAT OCEAN RUN 1998

by Steel Beveridge

This was the toughest the event has been since its inception . All who finished the slog into the southerly from Red Rock to Coff's Harbour Jetty deserved medals . But they got thongs .

Tactics played a most important role during the day with multiple winner and race record-holder Jim Bennington succumbing to the elements , and too fast an early pace , to record his first D.N.F. Twenty eight year old Michael Smart showed wisdom beyond his years and an equal measure of tenacity in staying calm and keeping his pace even , if not comfortable , through the first half of the run . He joined the elite sub-four hour brigade on a day where few got within 20 minutes of their previous best efforts .

Not only did the head wind make it tough but the ocean itself conspired against the best efforts of those who came to race rather than just survive . The biggest seas of 1998 greeted the starters at Red Rock , removing large chunks of what is usually a difficult enough beach to negotiate in the first place . What was left of the beach sloped dramatically and the sand was all soft .

The surface improved as the tide receded but there was little respite from the wind . With large waves crashing into and over several of the rock platforms to be negotiated later in the run courage definitely played a major role in many runners' efforts .

In that regard everyone came through with flying colours . In fact everyone seemed so glad to have reached the safe haven of the Yacht Club for the post-race feed and presentations that stories of getting lost on various headlands paled into insignificance beside those recounting miraculous escapes from deadly peril .

The young won through for victors' laurels (or in this case , golden thongs) with Invergowrie's Michael Smart calling on his previous ultra experience as well as his youthful vigour to complete the 45 kilometres in 3.56.10 and a total novice , twenty year old Trudi Ballard from Coff's Harbour , showing that inexperience can , on occasion , be an asset too . Trudi's time of 4.32.14 is the second fastest ever by a woman for the course , a superb effort for her first run beyond the half-marathon .

At last the Coff's area has another ultra runner !!

The Queensland connection thanks in very large measure to the Gold Coast Runners Club made the dias in both gender divisions . It took a final sprint on the final beach to give second to John Evangelista from Roy Treloar , 4.29.34 to 4.30.44 . John was one of only three to record a similar or better time than he had managed in much better conditions .

Another to 'hold their own' was the second lady , Angie Cottrell , whose legendary bare feet carried her to her third runners-up red thong .

Third place in the ladies' race went to Grafton

Ironwoman triathlete Roz Donohoe in 5.34.52 . Roz was one of three Grafton triathletes , all aiming for the Australian Championships at Forster , who completed the run . Mal Tilse ran with Roz whilst Carol Bailie-Mace opted for a slightly more conservative finish pace .

Carol thanked those other competitors who encouraged her to stick to her guns and endure to the end , not that there was ever any doubt about her doing just that .

Geoff. Hain from Lennox Head made a welcome return appearance in this year's run completing the course faster than he did two years ago . Now Geoff. has run the 'hottest' and the 'windiest' he can come back next time and run the FASTEST !

It was great having all the Queenslanders participate , especially as they come prepared not only to look after themselves but any other runners on the course as well . Some are becoming so familiar the local fishermen and surfers probably think that they are locals too , even though a couple still need to ask directions from time to time .

A very big heartfelt thank you to the Heffernan's for their organisation and to all those Gold Coast runners who helped rather than ran this time . Your contribution was invaluable .

We will try for an earlier morning start next year when the tide is right , and , hopefully , the seas are slight . Slightly overcast with the occasional gentle shower AND a gentle nor-easterly !

RESULTS IN FULL : MEN - Michael Smart 3.56.10 , 1 ; John Evangelista 4.29.34 , 2 ; Roy Treloar 4.30.44 , 3 ; Tom Morris 4.40.16 , 4 ; Peter McKenzie 4.54.31 , 5 ; Andy Stewart 4.57.05 , 6 ; Peter Moore 5.15.04 , 7 ; Graham Sivyer 5.26.33 , 8 ; Mal Tilse 5.34.52 , 9 ; Walter Kelemen 5.35.07 , 10 ; Geoff Hain 5.44.26 , 11 ; Bob Beer 5.51.04 , 12 ; John Heffernan 6.26.34 , 13 ; Dennis French 6.30.0 , 14 ; Damon Palliser 7.06.34 , 15 . WOMEN - Trudi Ballard 4.32.14 , 1 ; Angie Cottrell 4.55.04 , 2 ; Roz Donohoe 5.34.52 , 3 ; Aileene Markham 5.37.0 , 4 ; Carol Bailie-Mace 6.05.28 , 5 ; Kim Gianni & Dallas Law 7.06.34 , Eq. 6 ; Diana Kever , Pat Stockton & Theresa Heffernan 7.25.20 , Eq. 8 .



8.30am starters ready to go in the 1998 Water World Great Ocean Run.

Triumph of youth in ocean run

YOUTH won out over experience as tyros took out the honours in both the male and female divisions of this year's Water World Great Ocean Run from Red Rock to Coffs Harbour Jetty on Sunday.

Michael Smart aged 28 from Nerrigowrie and Trudi Ballard aged 20 from Coffs Harbour triumphed despite not only giving away decades in experience to their rivals but also not possessing prior knowledge of the course.

With even those who have run the 45 kilometres of beaches and headlands before occasionally missing their way the achievement of the two first-timers seems all the more remarkable.

Although their times of 3:56.10 and 4:32.14 may look sluggish compared to the race records the appalling conditions which confronted all the 34 starters with a battering southerly headwind and the largest sea of 1998 undoubtedly accounted for much of the discrepancy.

Indeed despite the worst conditions in the race's history Trudi Ballard's run is still the second fastest ever by a female.

Second to finish in both male

and female sections had completed the trek before with both being pleased at how close they got to their previous best times.

Both John Evangelista and the barefoot wonder Angie Cottrell were part of a large Queensland contingent.

Whilst Cottrell was untroubled in second spot on 4:55.04 Evangelista with 4:29.34 had to hurry to hold off fellow Gold Coast runner, Roy Treloar, whose 4:30.44 gave him his second third place in this event. Cottrell's second was her third such placing in a row.

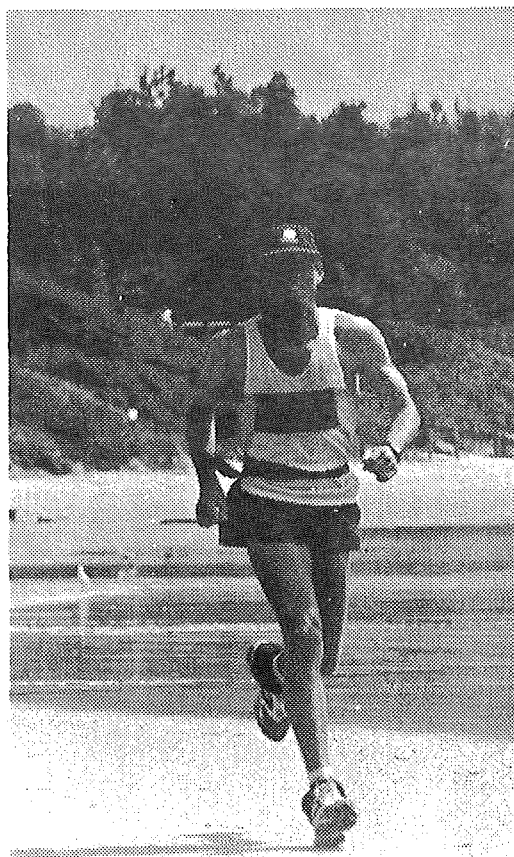
Third woman by a smaller margin was debutante Roz Donohoe from Grafton who held off event veteran Aileen Markham 5:34.52 to 5:37.0.

All the finishers had stories to tell of adventures along the way, climbing up and sliding down headlands as well as racing waves across rock platforms and fording creeks which dragged them seaward.

However at the Presentation at the Coffs Harbour Yacht Club the relief at having made it gave way to planning for next year when it was hoped by all the wind would be from the north.

1998 WATER WORLD GREAT OCEAN RUN

Michael Smart strides to victory along the beach in the 1998 Water World Great Ocean Run in a finish time of 3:56:10. Congratulations Michael!



(Below) Roy Treloar and John Evangelista leave the beach for the first time at Arrawarra Headland. Roy placed 3rd and John 2nd. Well done you guys!



HOSTILE WIND SLOWS RUNNERS IN AUSTRALIAN 100-K ROAD CHAMPIONSHIP

BY

TONY RAFFERTY

Cloud cover and a cool wind at 7am promised ideal conditions on April 5th for the 1998 Australian 100-Kilometre Road Championship at Glengarry, Victoria. However, following a light breeze gusty winds developed and strengthened as the race progressed, frustrating the athletes. "I tried to keep Kouros in sight but the wind hindered my plans," said third placegetter Kelvin Marshall.

"Sometimes I was catapulted forward," said Nigel Aylott who placed second. "Then on the return journey there was an opposite reaction."

Winner, Yiannis Kouros, (7 hours 14 minutes 35 seconds) said the wind squalls slowed his performance by at least 30 minutes.

At the 10 kilometre mark Kouros lead by 54 seconds after an early challenge from Ian Cornthwaite. At 20 kilometres and undeterred it seemed by regular wind gusts, Cornthwaite found a new lease of energy when he reduced Kouros's lead to 36 seconds. However, running with strong arm and shoulder action Kouros, at the 40 kilometre spot, took charge, showed no concern for the light-footed, ambitious Cornthwaite, and lead by nearly a minute.

Like most athletes who challenge Kouros, Ian Cornthwaite realised at the 60 kilometre point that the Greek/Australian is worthy of the acclaim attributed to him by his peers when he recorded 4 hours 4 minutes 49 seconds (14 minutes 2 seconds ahead of the younger athlete).

Meanwhile, Lavinia Petrie, eating no solid food and "feeling strong" knew that the women's 30 and 40-mile records were open to claim. "My mental attitude was positive. I managed for the 30-mile: 3 hours 56 minutes 21 seconds. And - 5 hours 17 minutes 25 seconds - for the 40-mile," she said confidently. "The wind in sections was horrendous. But I felt good." Petrie strode ahead and at 72.229 kilometres broke the Australian women's 6-hour record.

Cornthwaite retired at 70 kilometres when Nigel Aylott moved with vigour into second place. "The surface was good," he said. "I drank plenty and ate only three bananas."

"Like Ian and Nigel I tried to stay close to Yiannis early on but the man was just too good," said Kelvin Marshall. "It's great to see him in the race." The presence of Kouros motivated Marshall to endure to the finish. His third place recorded 8 hours 33 minutes 19 seconds.

"This very open, flat course is exposed to the elements but I like its flat surface," said Nigel Aylott. "I'm content with my second place at 8 hours 10 minutes 7 seconds, in tough conditions."

When he crossed the finish line of the 10-lap course, Yiannis Kouros ran into his wife Teresa's open arms, then, hands on hips he walked slowly to the clock and for a few moments peered at his time. He seemed to contemplate the effect vigorous winds put on his performance. He drank from his water bottle, strolled towards a knot of keen photographers and a television crew - ready for an interview.

At the presentation ceremony in Glengarry Hall, AURA President, Geoff Hook and Race Director, Geoff Duffell, presented ATHLETICS AUSTRALIA championship medals to the winner and place-getters.

Hook congratulated Duffell on staging an event of professional standard: "He put his heart and soul into this race...A power of work into its organisation," said Hook. "And the race program is one of the
46 . best I've seen."

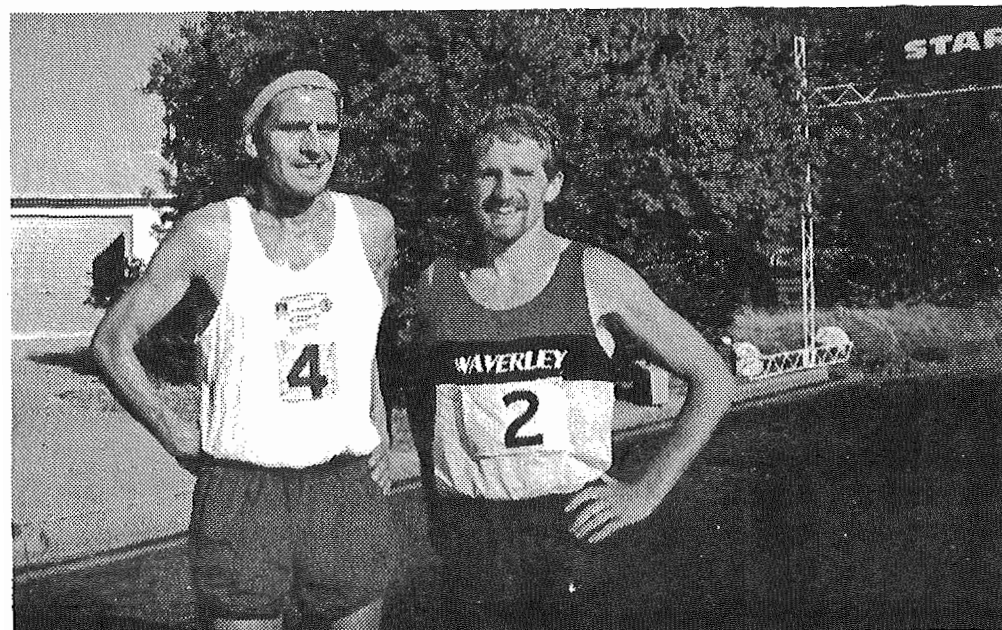
Most runners and officials shared Geoff Hook's lament that this year's professionally run, highly successful Australian Championship with eight competitors, failed to attract entries from other states.

To enable the race to proceed without traffic congestion the priest from the Glengarry Catholic church cancelled Sunday morning Mass! He suggested parishioners attend midnight Mass instead. The Anglican church, nearby, maintained its normal schedule but contributed to the success of the race when their congregation offered prayers for runners' safety. Geoff Duffell thanked both churches for their insight: "The Catholic Church regarded by many to be the most strict - for our race, became the most flexible," he said with a sunny smile.

TONY RAFFERTY - April 1998

Lap Times

Runner	10k	20k	30k	40k	50k	60k	70k	80k	90k	100k
Y Kouros	38:48	1:18:02	1:57:51	2:38:14	3:20:30	4:04:49	4:50:44	5:37:05	6:26:16	7:14:35
N Aylott	42:33	1:25:53	2:09:11	2:53:21	3:41:32	4:30:29	5:21:29	6:18:15	7:14:14	8:10:07
K Marshall	40:24	1:22:22	2:02:54	2:46:08	3:32:44	4:24:30	5:26:48	6:30:54	7:35:15	8:33:19
L Petrie	49:14	1:38:23	2:28:47	3:16:03	4:04:39	4:55:46	5:48:48	6:46:47		
I Cornthwaite	39:44	1:18:38	1:58:23	2:39:06	3:23:58	4:18:51	5:22:50			
R Petrie	49:08	1:38:47	2:28:45	3:18:39	4:13:10	5:49:36	6:53:10			
M Grayling	44:19	1:30:15	2:18:48	3:14:49	4:15:14	5:16:50				
N Susa	45:13	1:30:56	2:16:32	3:03:04	4:02:56					
D Cross	41:01	1:22:22	2:02:54	2:43:38	3:26:13					
G Wilson	44:20	1:29:18	2:12:53	2:58:28	3:48:23					
P Grixti	49:08	1:38:46	2:29:58	3:22:31	4:23:55					
D Styles	49:07	1:38:46	2:28:46	3:22:46	4:24:05					
P Ylvisaker	49:16	1:37:41	2:28:45	3:25:19	4:36:47					
S Young	53:42	1:49:23	2:46:59	3:45:49	4:46:54					
P Nelson	58:55	2:04:29								



(Left to right)
Kelvin Marshall
(3rd placegetter)
& Nigel Aylott
(2nd placegetter)
in 100km event.
These two,
together with
Yiannis Kouros,
were actually the
only three to
complete the
100km distance.
Congratulations!

Photo by Tony
Rafferty.

Kouros Wins Australian 100 km

11 April 1998

The AUSTRALIAN 100 km ROAD CHAMPIONSHIP and GU Ultimate Fuel 50 km Race, were held at Glengarry, Vic on 5th April 1998

Results of the 100km Championships

1.	Yiannis KOUROS	Vic	7:14:35
2.	Nigel AYLOTT	Vic	8:10:07
3.	Kelvin MARSHALL	Vic	8:33:19

Yiannis Kouros
at TV interview
after finishing
the 1998 100km
Championship

Results of the GU Ultimate Fuel 50 Kilometres Road Race Men

1.	Darrel Cross	Vic	3:26:13
2.	Greg Wilson	Vic	3:48:23
3.	Peter Grixti	Vic	4:23:55
4.	David Styles	Vic	4:24:05
5.	Peter Ylvisaker	USA	4:36:51

Women

1.	Shirley Young	Vic	4:46:54
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Australian Road Records Pending

The following road records were created, subject to approval. The previous records are shown in brackets.

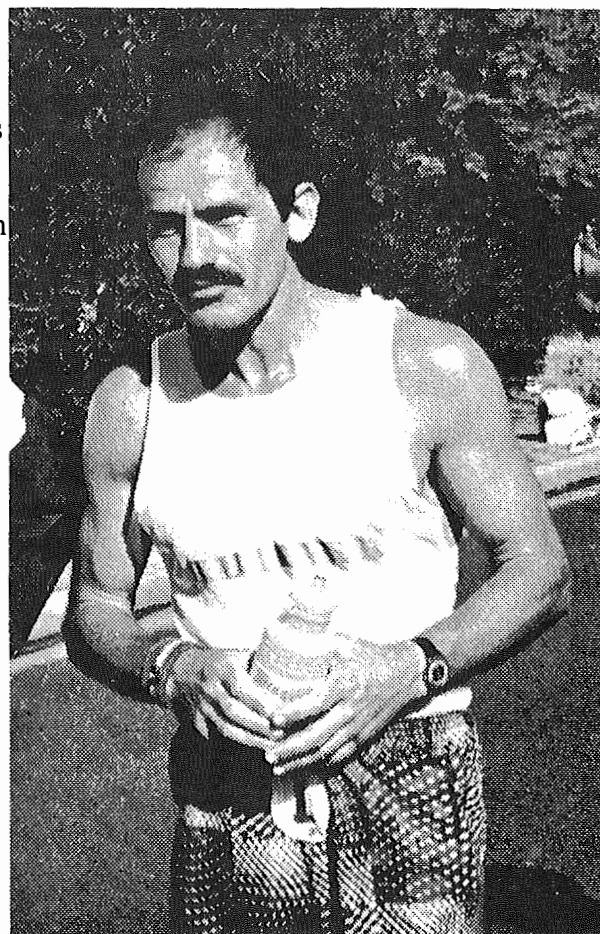
Women 30 miles	Lavinia Petrie	3:56:21	(open for claim)
Women 40 miles	Lavinia Petrie	5:17:25	(open for claim)
Women 6 hours	Lavinia Petrie	72.229 km	(62.6 km)
Men 6 hours	Yiannis Kouros	84.856 km	(70.0 km)

Race Description

The course was 10 laps of a 10 km course around country roads. We had a small field, but there was no lack of commitment.

Taking advantage of the ideal early morning conditions, runners set off at a cracking pace. Kouros completed the first 10 km lap in 38:48, with Ian Cornthwaite (39:44) Kelvin Marshall (40:24), Nigel Aylott (42:33), Michael Grayling and Nenet Susa all looking as if they wanted a fast first half. In the 50km race, Darrel Cross (41:01) already had a good lead on Greg Wilson (44:20).

During the second lap, the half marathon runners, who had given the 50 and 100 km runners a 1.1 km start, began to move forward. This probably encouraged the ultra runners to keep their pace up. It was also on this lap that runners first felt the early morning breeze - a breeze which increased in intensity to
48 near-gale force during the morning.



AUSTRALIAN 100km CHAMPIONSHIP - TRARALGON, 5/4/98

It was very disappointing to attend Australia's only ultra-distance national championships (endorsed by Athletics Australia) and not have one interstate competitor, let alone enough for a team' challenge as was the case in Shepparton in 1996. This is despite the race organiser offering some money for travel reimbursement. Even more surprising was the competitor who came out from America to run in the race. This makes the lack of any interstate competitors indefensible.

There was a good contingent of Victorians to support the race.

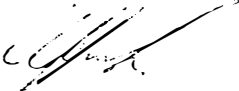
Geoff Duffell is to be warmly congratulated for his fantastic effort in putting on such a superb event. It must have been very disappointing for Geoff not to have had any interstate entries.

Also deserving of congratulations is Nigel Aylott, who undertook to chase-up potential interstate athletes and representatives to support the event. Whilst he had got several competitors interested, he must also be very disappointed that in the end, no interstate competitors attended the race.

What is wrong with ultrarunners in Australia that they can't support our national championships? Why should we be involved in regional or world championships if we can't even support our own national championships?

The Australian 100km championships are designed to travel around to different states each year (if each state wants them), so distance to travel is not relevant if you get a chance to run them in your own state every now and again, and subsidy money is available for travel. AURA is trying to get the championships well established here in Victoria, with the assistance of the AURA committee, before they are moved to other states.

How about it, you ultrarunners? Should AURA just forget about having national championships? Let us know your views.


Geoff Hook
President - AURA

(Left to right)
100km Place-
getters, Nigel
Aylott, 2nd,
Kelvin Marshall
3rd and winner,
Yiannis Kouros
at the presenta-
tions.

Photo by Tony
Rafferty.



AUSTRALIAN 100KM ROAD CHAMPIONSHIP AT TRARALGON ON 5TH APRIL, 1998

Despite the rising wind, runners continued to maintain a good pace for some time. Kouros reached 40 km in 2:38:14 with Cornthwaite less than a minute behind. At this stage Cornthwaite started to suffer from blistered feet and stopped to change shoes. Darrel Cross was third on the road, dominating the 50 km race and about 5 minutes behind Kouros. Next to come through were Marshall (2hr 46) and Aylott (2hr 53), both running very strongly.

During the next lap, to the 50 km mark, the early pace abated. Kouros slowed to a 44 minute lap, well enough in front to afford some respite into the direct head winds. Cornthwaite, still second, made a longer stop, but went out again still in second place. Marshall and Aylott retained their order. Nenet Susa, running in his first ultra marathon suffered badly in the conditions, and withdrew at 50.

Lavinia Petrie, not far behind Susa, took over his fifth position. She had just picked up an Australian women's record at 30 miles and looked good for the 40 mile mark. Bob Petrie and Michael Grayling completed the field. They passed 50 km shortly after Kouros reached 60km.

Darrel Cross went on to complete the 50 km race, his first ultra marathon, in 3hours 26. Greg Wilson finished second, 22 minutes behind. The race for third was between David Styles, Peter Gixti and American Peter Ylvisaker. The three continually swapped places in a tactical battle. Ylvisaker had originally entered the 100 km Championship but, suffering from a cold, had switched to the shorter event. In the windy conditions, he had no regrets about that decision. Shirley Young had dropped behind these three, but looked capable of picking up any of the stragglers. Gixti (4hrs 26) finally won third spot 10 seconds ahead of Styles. Ylvisaker and Young were next.

At the fifth hour, Kouros had completed 7 laps and a total of around 72km. Kelvin Marshall had switched into preservation mode, had covered 66 km, and had been caught by Nigel Aylott. Cornthwaite had called it a day, but was now completing a cool-down lap, and was around the same mark. Lavinia Petrie was around 61 km. Her husband Bob was half a lap behind. Michael Grayling was approaching his 60th km where he was to retire. Like many other runners, he complained of leg problems which the head and side winds must have contributed to.

The severe winds had a cooling effect, although it was a bright sunny day. Some runners were beginning to show signs of sunburn but all seemed to be keeping well-hydrated.

With the passing of another hour, Kouros added yet another Australian record to his impressive list,

achieving 84.8 km for 6 hours on the road. Lavinia Petrie, contemplating retirement from the race - she never intended to complete it when she started - had responded to urgings and went on to add the 6 hour women's record to her already impressive list. She covered 72.2 km. In between them, Nigel Aylott was around 77 km and drawing steadily away from Kelvin Marshall.

Bob Petrie was still going. A lap behind his wife, he ultimately retired at 70 km, but he looked as if he might have been able to go much further. It was his best ultra performance for quite a time and, hopefully, the first of many good performances to follow.

Kouros was cruising now, well clear of everyone else, and he finished in 7:14:35. Nigel Aylott managed to avoid being lapped and took second in 8hrs 10. Kelvin Marshall was the only other finisher (8hrs 33). He was delighted to have improved his PB by half an hour, a worthy reward for his courageous start-hard-and-hang-on strategy in very demanding conditions.

ADT 50

AURA DAM TRAIL 50km - 22 MARCH, 1998

RACE REPORT

Two records were broken this year. The first was that the race record was broken in a very gutsy and determined way by up-and-coming star Bert Pelgrim. Bert took 4 minutes off the previous record and has driven it under 4½ hours for the first time. His time of 4:27:38 is excellent considering the reasonably tough course, made more difficult by the hot conditions on the day. Congratulations Bert - well done on such a fine effort.

The second record was that no one got lost for the first time in the history of the race. This is an unbelievable feat, however, the search and rescue team were disappointed with nothing to do for the day.

Peter Mitchell had a couple of very unfortunate incidents without which would have narrowed the gap to Bert. He was still able to run a gallant second, only a week after winning the Victorian Rogaining Championships. Last year's winner, Greg Wilson, pretended to be well under-trained but still managed only 9 minutes slower than last year. Clive Davies was upset to find the course was over-distance (only 500m to ensure the runners get value for money and not cheated with a short course). He would have finished under 5 hours if the course was not over-distance - them's the breaks, Clive! First time competitor last year, Raymond Waschl, produced a big personal best by 22 minutes this year. Just shows what a year's training can do. Kevin Cassidy is slowing-up in his old age - I'll be hiring crutches for \$5 for next year's race, Kev. The amazing Randall Hughes, 74, beat many much younger competitors - what secret potion do you take, Randall? I'm sure all the youngsters would love to know.

Through the generosity of George Start who donated 5 beautiful carved timer products, as well as spot prizes by the organiser, every finisher received a gift. The winner received a large free-standing clock with the surround carved from local timber on the trail. Two smaller clocks and bowls were also provided. Many thanks, George - we all appreciated your generosity very much.

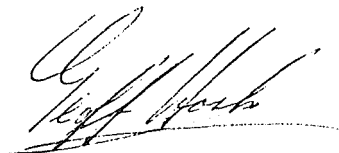
On behalf of all competitors, my sincere thanks to all helpers for making the day so enjoyable for all the runners:

Nigel Aylott at Carters Gap
The two Brians (Simmons & Flynn) at Dom Dom Saddle and the finish
Robin Rishworth at Black Spur and the finish
Sandy Wilson at Mt Monda
Dot Browne at Mt St Leonard
John Harper at the Marathon point
Pete Armistead at Donelley's Weir

Car shuffle - the two Brians & Pete Armistead

Congratulations to Bert for flying down from Mt St Leonard.

Till next year's race (21st March, 1999), stay fit and healthy.



Geoff Hook
Your Unscrupulous Race Organiser

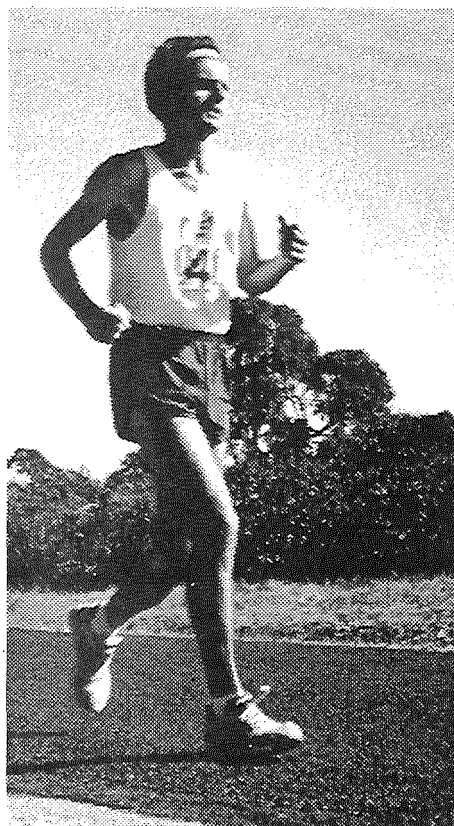
P.S. A special big thanks is extended to Brian Simmons who purchased the trophies from George and donated them to the race. A truly wonderful gesture, Brian. Thanks a million!

ADT 50

AURA DAM TRAIL 50 km
22ND MARCH, 1998

(Right)
Early morning starters in the
ADT 50, waiting for the gun
before heading into the bush.

(Below)
Kelvin Marshall, who placed
fourth in the 1998 ADT 50 -
AURA DAM TRAIL 50KM
on 22nd March, 1998



RESULTS

				6.2 km Carter's Gap	10 km Dom Dom 1	16.4 km Black Spur	20 km Dom Dom 2	30 km Mt Monda	37.7 km Mt St Leonard	Marathon	47.7 km Donelleys Weir	50 km Finish
1.	Bert PELGRIM	41	Vic	0:39:-	0:56:35	1:23:12	1:38:30	2:41:20	3:20:56	3:46:10	4:09	4:27:38
2.	Peter MITCHELL	36	Vic	0:36:-	0:54:30	1:24:54	1:39:40	2:43:00	3:23:00	3:52:40	4:17	4:33:26
3.	Greg WILSON	45	Vic	0:37:-	0:56:20	1:25:58	1:42:15	2:49:40	3:33:39	4:02:40	4:27	4:44:22
4.	Kelvin MARSHALL	33	Vic	0:41:-	1:00:24	1:28:50	1:45:35	2:55:45	3:40:37	4:11:20	4:35	4:58:38
5.	Clive DAVIES	56	Vic	0:43:-	1:02:16	1:30:30	1:48:00	2:55:01	3:39:28	4:13:57	4:40	5:00:56
6.	Raymond WASCHL	28	Vic	0:45:-	1:04:45	1:37:40	1:57:10	3:11:40	3:58:40	4:27:25	4:55	5:19:43
7.	Kevin CASSIDY	37	Vic	0:45:-	1:04:40	1:36:30	1:56:12	3:10:30	3:57:22	4:26:27	4:56	5:25:14
8.	David STYLES	48	Vic	0:45:-	1:04:42	1:36:30	1:56:08	3:11:00	02:58	4:38:22	5:10	5:39:47
9.	Randall HUGHES	74	Vic	0:47:-	1:10:12	1:42:20	2:03:45	3:20:40	12:00	4:48:15	5:17	5:43:55
10.	Max CARSON	49	Vic	0:45:-	1:04:49	1:35:26	1:54:18	3:16:30	4:08:39	4:54:40	5:31	6:02:11
11.	Peter SYKES	28	Vic	0:45:-	1:05:58	1:39:50	2:02:00	3:22:40	4:19:40	5:03:40	5:40	6:12:53
12.	Robert PETRIE	56	Vic	0:53:-	1:23:05	1:57:00	2:18:14	3:45:40	4:40:48	5:56:36	6:27	6:47:17
	dnf Ernie HARTLEY	48	Vic	0:55:-	1:21:14	1:58:40	2:25:30	4:22:00	5:39:00	-		
	dnf Peter NELSON	57	Vic	0:55:-	1:24:29	2:08:50	2:35:45	4:22:45	5:39:00	-		
	dnf Andrew CREER	27	Vic	0:45:-	1:06:03	1:39:50	2:02:00	3:45:30	-			

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.

Race Director - Peter Lewis
Queensland Ultra Runners Club Inc

53.

**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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THE CENTRE PHARMACY MT.MEE CLASSIC

THE KING AND QUEEN RACES

10KM 25KM. 50KM

5TH APRIL

The conditions were perfect for the event , with some cloud cover at times and a nice breeze. A record number of runners turned up for the event and it was very pleasing to note that there was 20 runners entered into the 50km, as this race has to be one of the hardest on the calendar. As always, the 25km proved popular with 36 entries, and the 10km also proved that it was gaining in popularity, with the numbers up on last year

In the 50km event , we saw Brisbane's Don Wallace set a new course record of 3hr48min39sec, which took over 15min off the course record which was held by Bruce Cook. Don ran within himself and was satisfied with his effort, as it was a good lead up run to his 100km race at Comrades, Africa, which is on in a couple of months. Tony McCall, also from Brisbane, ran strongly and evenly to post 4hr11min49sec to put him in second place, with Tom Morris, who is relatively new to the Ultra scene, finishing in 4hr 31min32sec, to make it a Brisbane victory of 1st, 2nd and 3rd.

The field included Peter Gray and Georgs Jermolajues, two ultra runners who only just completed the 1000mile event at Nanango a couple of weeks ago. Both men showed everyone what they were made of by finishing this hard event after such a short recovery period. Peter now leads the Queensland Ultra Runners points system by a good margin.

The 50km female event was a close race with only 2 mins separating the top 3 placings. Betty Menzies was in first place with a time of 5hr20min.47sec, second place was Angie Cottrell , only 9sec behind, and Aileen Markham just 2min behind Angie. In fourth position was Glenys Wright, who is returning to Ultra running after a break due to illness. This lady is an inspiration to all women, as she is a perfect example of sportsmanship, and we were proud she chose to run in our race. Thank-you , Glenys. Great run, girls. Keep it up.

The 50km walk was tested by just one brave soul, Caboolture's Don Worger, who in 1997 took out the 25km walk in record time. He has now set a 50km time of 6hr35min30sec. This win follows a 2nd placing in Feb, when he walked in a 6hr road race, clocking up 46km. Don has been on the running scene for many years, and now mixes his running with walking to build up his endurance. Great stuff, Don.

The Handicap Section is won by nominating your finishing time before you start. No watches are worn , and the runner that finishes closest to his nominated time wins.

The winner was Brian Evans, who finished 1min15sec outside his time. Good timing, Brian

In the 25km event, the locals who train at Mt. Mee took advantage of their knowledge and it paid off. First home was Burpengary's Colin Colthorpe in 1hr54min08sec, followed by Caboolture's Greg Henzell in 1hr54min54sec. Both runners belong to the Caboolture Road Runners Club, and regularly train together. The 3rd placing was Brisbane's Davis Leon in 1hr58min42sec

Glenda Banachan's time of 2hr5min42sec put her into the 4th outright position, and 1st female. The 2nd position was Kerrie Miller in a smart time of 2hr21min33sec, and Sarah Paget in 2hr23min53sec was third.

The handicap winner in this event was only 6sec outside his nominated time. His name is Greg Henzel

The 10km event saw the course record fall on what would have to be the hardest 10km race around. Caboolture's Andrew Bagley finished in record time of 40min12sec, with Brisbane's Keith Chaston in 2nd place in 46min15sec and 3rd, Brisbane's Mal Wilson in 47min53sec.

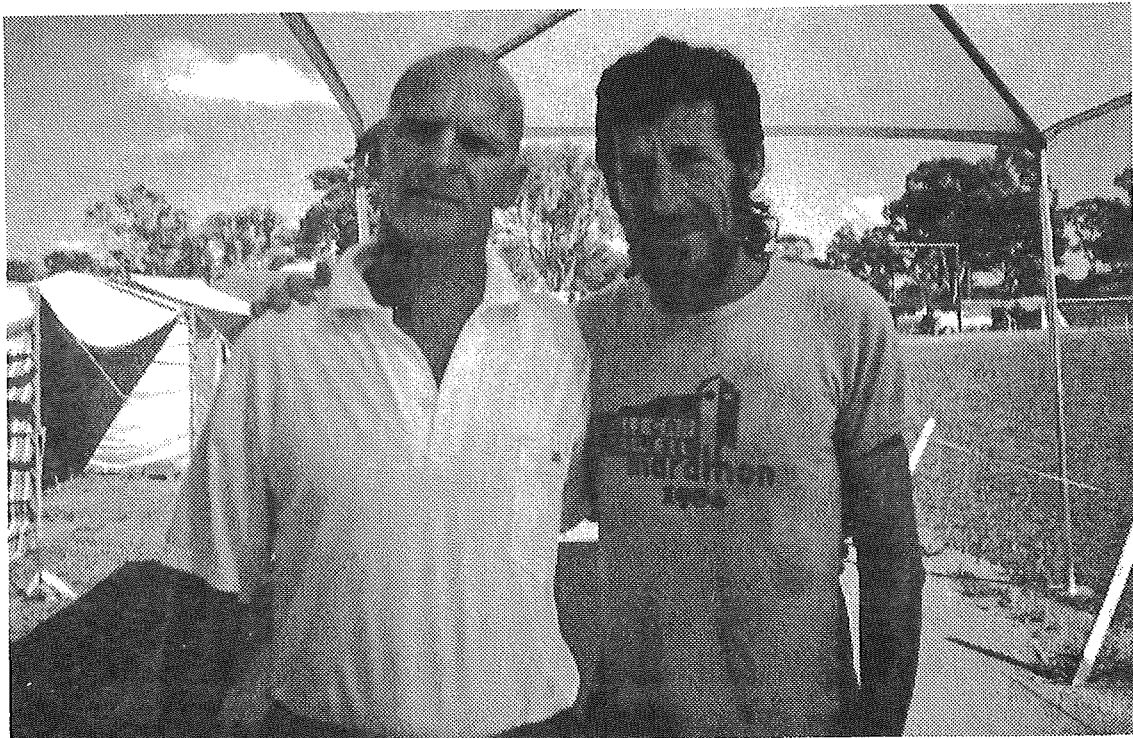
Caboolture,s Selina Roberts, who is a Champion 800m track runner, ran a solid race in 53min45sec to take out 1st place from Lorna Hill whose time was 1hr., and 3rd was Pier Wernick in 1hr6min6sec.

In the 10km walk, Bob Hill set a course time of 1hr11min4sec. He was followed by fellow Caboolture Road Runner Judy Mollar, whose time was 1hr12min43sec, which was also a course record. The 2nd male was David Lane, and 2nd female was Tania Davies, in her first race, and 3rd was Kared Davies, who is gaining experience every year.

There were many great runs and walks, too many to mention. We hope you all had a great race, and come back and bring your friends next year.

Thanks to the Caboolture Athletics Club, The Caboolture Road Runners Club, The Ultra Runners Club, our great sponser, Jim Johnson, from The Centre Pharmacy, who is so generous with providing prize money and trophies, and the little band of helpers that assist to get this race on the road and making it such a success that it is growing every year. Also with Jim Johnson,s help we are able to donate the profits of the race to local sporting groups. Thank,s Jim. Thank,s also to D.C.M. Doughnuts for their generous support. Last, but not least, thank-you to my family for their support, including my mother-in-law, Carmel, son-in-law Danny, much loved wife, Sharon, and our friends who were there to support and help.

Thanks and take care
Gary Parsons



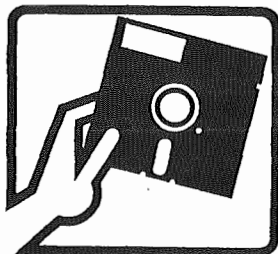
Gary Parsons (Race Director of the Mt.Mee King and Queen races) with his old rival Bryan Smith, from Victoria.

King and Queen Mountain Races - 10,25,50 km

Name	10 Km	Finish Time
Andrew Bagley		40:12
Keith Chaston		46:15
Mal Wilson		47:53
Neville Martin		52:04
Graham Welsh		53:28
Selina Roberts	F	53:45
Dan Sullivan		57:06
Hugh McDonald		58:22
Lorna Hill	F	1:00:15
Chris Audibert		1:01:14
Dave Ambrose		1:01:43
Pier Wernick	F	1:06:06
Brian Jones		1:07:48
Wendy Stewart	F	1:08:20
Sandra Cox	F	1:09:33
Leigh Burke	F	1:10:58
Bob Hill	Walk	1:11:04
Judy Moller	F-Walk	1:13:43
Tania Davies	F - Walk	1:16:51
Julie Brown	F	1:22:37
Karen Davies	F - Walk	1:22:51
Maria Douhaniaris	F	1:24:51
Sally Prosser	F	1:26:34
Gina Kondi	F - Walk	1:27:05
Teresa Hercules	F	1:36:24
David Lane	Walk	2:02:21
Robyn Lane	F - Walk	2:02:21

Name	50 Km	25 Time	Finish Time
Don Wallace		1:51:51	3:48:39
Tony McCall		2:03:13	4:11:49
Tom Morris		2:10:39	4:31:32
Colin Archibald		2:12:59	4:39:03
Georgs Jermolajves (Latvia)		2:06:43	4:44:47
Brian Evans		2:09:50	4:48:14
Guy McNicol		2:20:35	5:08:12
Betty Menzies	F	2:31:20	5:20:47
Angie Cottrell	F	2:34:02	5:20:56
Bruce Smerdon		2:30:22	5:22:35
Aileene Markham	F	2:34:28	5:22:59
Bruce Hargreaves		2:22:33	5:29:51
Evan Wham		2:32:36	5:34:17
Peter Grey		2:43:41	5:58:15
Rod Morgan		2:42:32	6:17:56
Glenys Wright	F	3:02:29	6:26:37
Don Worger	Walk	3:02:51	6:35:30
Dennis French		2:59:35	6:38:09
Gerard Hocks		3:14:44	7:16:03
Bob Sylvester		3:11:28	--

Name	25 Km	Finish Time
Colin Colthorpe		1:54:08
Greg Henzell		1:54:54
David Leon		1:58:42
Glenda Banacham	F	2:05:42
Adrian Pearce		2:07:16
Ian McKee		2:09:52
Ian McCloskey		2:12:30
Rod Hogan		2:21:15
Michael Shultz		2:21:26
Kerrie Miller	F	2:21:33
Ian Fedrick		2:23:16
Sarah Paget	F	2:23:53
Phil Lear		2:25:25
Denise Drury	F	2:26:16
Allan Davis		2:29:14
Corrie Davel		2:29:14
Bernie Stringer		2:31:24
John Pitman		2:35:05
Bob Burns		2:36:17
Ken McIlwain		2:37:57
Eric Markham		2:39:09
Shelley Smith	F	3:00:01
Joan Stubbings	F	3:02:02
Umberto Greco		3:03:14
Angela Clarke	F	3:05:00
Carol Street	F	3:07:05
Jan Collins	F	3:07:21
Ian Twomey		3:07:49
Sandy Buchan		3:12:04
Jenny Chaston	F	3:14:51
Leonie Townshend	F	3:14:51
Goeff Bodley		3:17:04
Mike Collins	Walk	3:52:44
Melanie Jonker	F - Walk	3:52:47
Tina Fiegel	F	3:53:14
Annabel Andrews	F	3:53:54



Please send all material for inclusion in this magazine to:

Dot Browne (Hon Sec) VVACI

4 Victory Street Mitcham 3132

or by fax (03) 873 3223

We gladly accept work typed on computer disk, Mac or IBM, preferably saved in text format. You get your disk back!

Thanks, we need your contributions to keep this going.

BRUNY ISLAND 64KM RUN 1997

ONE PERSON'S VIEW

by Steel Beveridge

It was most remiss of me not to write sooner about the adventure that was my experience of the 1997 Bruny Island 64 kms Ultra . Given that I finished some 2 hours and 14 minutes after the only other solo runner there's not much to boast about in my performance .

BUT what a great run ! There are some races which every ultra runner should attempt and some which every runner should try - this event falls into both categories . For the first group the distance won't prove too daunting whilst the scenery is second to none , the road is relatively traffic - friendly , if not traffic-free and the atmosphere is totally positive .

The relay teams and race officials encourage the solo runner along the way whilst the option to start as early as you like gives every runner/walker a chance to participate fully without feeling like they are holding up the show . Moreover your second/crew will enjoy the scenery and ambience so much that they won't notice that they've spent the best part of a day driving in fits and starts the length of a road which is much better to run on than drive over .

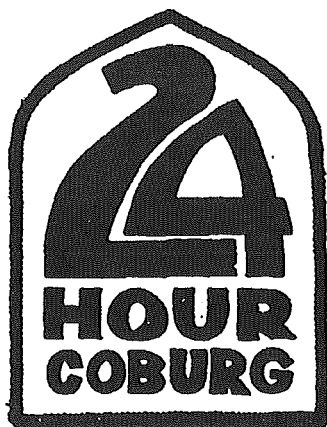
The novice ultra-runner could do a lot worse than aim at this run as a step up from marathons . All the above reasons apply to them as well plus the idea that you will have gone half as far again as the marathon , or thereabouts . Also an A to B course gives you a much easier introduction to ultra-running than one where you pass the finish more than once , at least psychologically . Into the bargain you get a holiday (of sorts) in Tasmania .

I am in awe of David O'Brien's run (5.05.43) as the only pressure which he felt was self-imposed and Tim Sloan's race record is in the truly remarkable category but the ordinary plodder has a lot to enjoy in taking aim at this ultra .

I was fortunate in meeting Alan Rider at the Alonnah pub on the day before the event so got the inside info on the potential hazzards of the very definitely undulating course and became aware of the fact that a top ten finish was decidedly likely -- no need for championship here .

Having done a cross section of the ultra - marathons on offer , at least down the eastern seabord , I definitely rate the Bruny Island event a MUST-DO . We had just about ideal weather conditions too , which may have enhanced my experience but this run deserves bigger fields and YOU deserve the joy finishing it will bring .

Steel Beveridge



COBURG 24 HOUR CARNIVAL 1998



Incorporating the Victorian 24 Hour Track Championship
and 24 Hour Teams' Relay

Start: NOON SAT 22ND AUGUST

Finish: NOON SUN 23RD AUGUST

Held at: Harold Stevens' Athletic Track

Outlook Rd Coburg, 3058, Victoria (Melways 18/A9)

Phone: (03) 9354 2362

ENTRY FEE: \$10.00/Adult (\$5.00 /Junior)

TOTAL: \$100.00/Team

24 HOUR RELAY TEAM ENTRY FORM

<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME (TEAM CAPTAIN)	FIRST NAME	INITIALS
<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS (No. and Street)	DATE OF BIRTH	
<input type="text"/>	<input type="text"/>	<input type="text"/>
SUBURB or TOWN	POSTCODE	SEX (M or F)
<input type="text"/>	<input type="text"/>	AGE ON RACE DAY
<input type="text"/>	<input type="text"/>	
PHONE (HOME)	PHONE (WORK)	

ORGANISATION:

(Tick appropriate boxes)

Male Female Mixed

No. of meal tickets.

- | | | | | |
|------------------------|--------------------------|--------------------------|--------------------------|---|
| * VETS (10 PER TEAM) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | — |
| * OPEN (10 PER TEAM) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| * JUNIOR (20 PER TEAM) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |

SEND ENTRIES TO: BERNIE GOGGIN
(HON. SECRETARY)
277 MANNINGHAM RD
LOWER TEMPLESTOWE
VICTORIA, 3107
Entries close 3rd August

Total meal tickets:

Conditions of Entry on Back.
A fully detailed Information pack will be forwarded upon receipt of your entry forms.

6TH ANNUAL TEAMS' 24 HOUR RELAY CHALLENGE ~~INFORMATION~~

- ① 10 runners per team or 20 runners for a junior team.
 - ① Team members must run in nominated sequence throughout the 24 hours.
 - ① Each runner must run for 30 minutes (juniors-15 minutes) 4-5 times.
 - ① Tents can be set up at team's own start/finish line which must be set up and complete by 10am on the day of competition.
 - ① OPEN teams: No restrictions of sex or age of runners
VETS' teams: Must represent at least 4 Vets age groups (M30, M35, M45, W50 etc) with at least 2 of each sex.
JUNIOR teams: Children boys/girls up to 16 years of age.
 - ① A meal ticket costs \$20.00(order when you enter) which entitles you to a hot dinner & breakfast as well as 3 snacks.
 - ① A newly resurfaced Harold Stevens' Athletic Track.
 - ① 24 hour canteen will provide hot & cold snacks as well as main meals.
 - ① Male and female hot showers in the clubrooms and large multiple toilets.
 - ① Masseurs will be available.
 - ① Hourly progress reports.
 - ① St John Ambulance Brigade support 24 hours
- THERE IS TO BE NO CARS ON THE TRACK**

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Coburg 24 Hour Carnival 1998, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or courses 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. The team/ I will abide by the event rules and conditions of entry or participation. I attest and verify that I/team are physically fit and sufficiently trained for the completion of this event.

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

Total Team entry: \$100.00 (for a team of 10 Adults or 20 Juniors)
Total Meal Tickets:\$20.00/ticket.

Please find enclosed cheque/money order for \$_____ made payable to Coburg Harriers.

Signed _____ Date _____
Team Captain

**1998 AUSTRALIAN & QUEENSLAND 48 HR.
& QUEENSLAND 24 HR INDIVIDUAL & TEAMS RELAY
TRACK CHAMPIONSHIPS**

(THIS EVENT IS OPEN TO BOTH RUNNERS & WALKERS)

Date : 9.00 a.m. Friday 4th. September 1998 for the 48 hour race.

9.00 a.m. on Saturday 5th. September 1998 for the 24hr race.

9.00 a.m. on Saturday 5th September 1998 for the 24 hr relay race.

Venue : Eskdale Park. (The Home of Wide Bay Rugby League) Albert St. Maryborough, Queensland.

Track : Grass track, good condition. Certified by survey.

Maryborough is 3hrs drive North of Brisbane on the Bruce Highway. Population 26,000. Main industries are Heavy & Light Engineering, Saw Milling & Sugar Production. Also the " Heritage Capital " of Queensland with many fine old Colonial Buildings.

Facilities : Clean toilets with plenty of good showers. Staffed canteen providing a good range of food at reasonable prices. There is an area for small tents to be erected, with power supplied. Tents may be erected just prior to or during the race.

Lap scorers will be under cover with tables and chairs provided.

Entry Fees : 48hr - \$60, 24hr - \$50, if received by 17th August 1998. After that date add \$10 for a late entry fee. Deduct \$10 if a member of QURC or FCRRRC. Entry fee includes a quality T-Shirt. Trophies to winner and placegetters. Medallions to all finishers.

24hr Relay Teams \$60 (Team of up to 6 runners). Entry fee includes Trophies for winners and placegetters. T-shirts may be purchased separately.

24hr Relay Rules : Each runner / walker must complete a minimum of 2hr on the track for any leg. Must compete in outside lane. Only 1 competitor from each team to be on the track at any stage.

Race Conditions : 1. No pacing allowed if, in the opinion of the Race Director, such would result in an unfair advantage.

2. Queensland and Northern NSW entrants are expected to supply their own Lap Scorers. Lap Scorers will be provided for Interstate and Overseas competitors. Crewing and food is the responsibility of the runners. A staffed canteen will be in operation for a large portion of the race. 3. NO artificial aids or unprescribed medication are to be used by any competitor. The Race Director must be advised of any prescribed medications. 4. Any competitors walking two or more abreast must move to the outside, making the inner lane/s available for runners. This applies particularly on the corners. 5. The Race Director may withdraw any runner or walker at any time at his sole discretion. 6. Any competitor who is absent from the track for 4hrs or more in any one break in the 24hr. event or for 6hrs or more in any one break in the 48hr event, shall be regarded as a DNF and will not receive a finishers medallion.

Information : Race Organiser- Brian Evans, C/O The Body Corporate Gym, P.O.Box 863 Maryborough, Qld. 4650. **Phone : 0741214200.**

ENTRY FORM

NAME.....

ADDRESS.....

PHONE NO.....M.....F.....D.O.B.....AGE.....

EVENT : 48HR RUN.\$.....48HR WALK.\$.....

24HR RUN.\$.....24HR WALK.\$.....

T SHIRT SIZE : MEDIUM.....LARGE.....

24HR RELAY.\$.....RUNNERS NAMES 1.....

2.....

3.....

4.....

T SHIRTS @ \$10 EACH.....

T SHIRT SIZE : MEDIUM.....LARGE.....

5.....

WAIVER FOR ENTRANTS IN THE 48HR, 24HR & 24HR RELAY EVENTS

1. I have read and agree to abide by the conditions stated.

2. I am medically race fit and have adequately prepared for this race.

3. I, my legal heirs and support crew will not hold the organisers responsible for any injury, illness or accident sustained or death resulting from my participation in this event.

4. I give my permission for any photographs or media releases to be used freely by the race organisers.

5. The Race Directors decision is final and no correspondence or disputes will be entertained.

SIGNED.....DATE.....

RETURN TO: BRIAN EVANS. P.O.BOX 863 MARYBOROUGH QLD. 4650.

AUSTRALIAN CENTURIONS CLUB

24 HOUR RACEWALK 1998

Interested in a real challenge? How far can you walk in 24 hours? Do you want to try for the Bronze Medal performance of 50 Km? Do you think you are up to the Silver Medal performance of 100 Km? Or do you think you can join the very select and small group of walkers who have achieved the ultimate in racewalking and become Centurions by walking 100 miles within 24 hours.

The Victorian Race Walking Club and the Australian Centurions Club are pleased to announce that there will be a 24 Hour Walking Challenge Event held this year in Melbourne. Details are as follows

19-20 September 1998
George Knott Reserve
Clifton Hill, Victoria

It will feature the following events

50 Km Walk	-	The Bronze Medal Distance
100 Km Walk	-	The Silver Medal Distance
100 Mile Walk	-	The Gold Medal Distance

24 Hour Endurance Event

ADDRESS FOR ENTRIES	Tim Erickson 1 Avoca Cres Pascoe Vale 3044 Victoria Ph: 03-93792065 (ah)
ENTRY FEE	\$15 24 Hour Walk / 100 Mile Walk \$10 100 Km Walk \$ 5 50 Km Walk (Cheques payable to Australian Centurions Club)
ENTRIES CLOSE	Mon 14 September 1998
LOCATION	Collingwood Harriers Athletics Track George Knott Reserve Heidelberg Rd, Clifton Hill (Melbourne)
START TIMES	2 PM Saturday 19 September 1998
FINISH TIME	2 PM Sunday 20 September 1998

Centurion Roll Of Honour

1	Gordon Smith	1938	20:58:09	2	Jack Webber	1971	22:43:53
3	Jim Gleeson	1971	18:33:58	4	Clarrie Jack	1971	20:39:45
5	Stuart Cooper	1971	21:36:53	6	Tim Thompson	1972	23:48:08
7	Dudley Pilkington	1972	23:29:00	8	Fred Redman	1973	22:59:00
9	Mike Porter	1975	21:45:47	10	Stan Jones	1975	22:04:59
11	Chris Clegg	1975	22:34:14	12	John Harris	1975	23:18:15
13	Tim Erickson	1976	22:10:27	14	Claude Martin	1977	22:42:53
15	Bill Dyer	1977	22:50:33	16	John Smith	1978	18:49:20
17	Ian Jack	1979	17:59:30	18	Terry O'Neil	1979	21:13:08
19	Bill Dillon	1979	20:51:06	20	Buck Peters	1980	23:34:10
21	Jim Turnbull	1986	23:38:53	22	George Audley	1988	23:28:48
23	Stan Miskin	1988	22:59:48	24	Peter Bennett	1994	19:42:54
25	Andrew Ludwig	1994	22:26:09	26	Ken Walters	1994	22:28:31
27	Carmela Carrassi	1996	23:44:22	28	Caleb Maybir	1996	23:34:20
29	Robin Whyte	1996	20:37:12	30	Merv Lockyer	1996	23:45:51

ENTRY FORM

SURNAME

Given names

Address

City

Post code

Sex (M/F) _____

Phone (Home) _____ (Work) _____ Birth Date: ____ / ____ / ____

I enclose my entry fee cheque / postal note for \$ _____ payable to Australian Centurions Club.

Signature of entrant

(Signature of parent/guardian required if athlete is 17 years or under)

Race Category: Tick appropriate distance or category

100 Mile Walk _____

24 Hour Walk _____

100 Km Walk _____

50 Km Walk _____

WAIVER

I, the undersigned, in consideration of and as a condition of my entry in the Centurion 24 Hour Walking Race, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

Signed _____

Date _____

CONDITIONS OF ENTRY

- All entrants must supply their own lap scorers, crew and whatever food they require.
- The organizing committee may withdraw any walker at any time on medical advice, or failure to abide by the race rules.
- The direction of walking will be changed every 3 hours.

INCIDENTAL DETAILS

- All-weather rubber bitumen Track
- Track Lighting overnight
- Full clubroom facilities available.

AUSTRALIAN CENTURIONS CLUB **24 HOUR RACEWALK 1998**

Interested in a real challenge? How far can you walk in 24 hours? Do you want to try for the Bronze Medal performance of 50 Km? Do you think you are up to the Silver Medal performance of 100 Km? Or do you think you can join the very select and small group of walkers who have achieved the ultimate in racewalking and become Centurions by walking 100 miles within 24 hours.

The Victorian Race Walking Club and the Australian Centurions Club are pleased to announce that there will be a 24 Hour Walking Challenge Event held this year in Melbourne. Details are as follows

19-20 September 1998
George Knott Reserve
Clifton Hill, Victoria

It will feature the following events

50 Km Walk - The Bronze Medal Distance
100 Km Walk - The Silver Medal Distance
100 Mile Walk - The Gold Medal Distance
24 Hour Endurance Event

ADDRESS FOR ENTRIES Tim Erickson
1 Avoca Cres
Pascoe Vale 3044 Victoria
Ph: 03-93792065 (ah)

ENTRY FEE \$15 24 Hour Walk / 100 Mile Walk
\$10 100 Km Walk
\$ 5 50 Km Walk
(Cheques payable to Australian Centurions Club)

ENTRIES CLOSE Mon 14 September 1998

LOCATION Collingwood Harriers Athletics Track
George Knott Reserve
Heidelberg Rd, Clifton Hill (Melbourne)

START TIMES 2 PM Saturday 19 September 1998

FINISH TIME 2 PM Sunday 20 September 1998

Centurion Roll of Honour

1	Gordon Smith	1938	20:58:09	2	Jack Webber	1971	22:43:53
3	Jim Gleeson	1971	18:33:58	4	Clarrie Jack	1971	20:39:45
5	Stuart Cooper	1971	21:36:53	6	Tim Thompson	1972	23:48:08
7	Dudley Pilkington	1972	23:29:00	8	Fred Redman	1973	22:59:00
9	Mike Porter	1975	21:45:47	10	Stan Jones	1975	22:04:59
11	Chris Clegg	1975	22:34:14	12	John Harris	1975	23:18:15
13	Tim Erickson	1976	22:10:27	14	Claude Martin	1977	22:42:53
15	Bill Dyer	1977	22:50:33	16	John Smith	1978	18:49:20
17	Ian Jack	1979	17:59:30	18	Terry O'Neil	1979	21:13:08
19	Bill Dillon	1979	20:51:06	20	Buck Peters	1980	23:34:10
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29	Robin Whyte	1996	20:37:12	30	Merv Lockyer	1996	23:45:51

ENTRY FORM

SURNAME _____ **Given names** _____

Address _____

City _____ **Post code** _____ **Sex (M/F)** _____

Phone (Home) _____ **(Work)** _____ **Birth Date:** ____ / ____ / ____

I enclose my entry fee cheque / postal note for \$ _____ payable to Australian Centurions Club.

Signature of entrant _____

(Signature of parent/guardian required if athlete is 17 years or under)

Race Category: Tick appropriate distance or category

100 Mile Walk _____

24 Hour Walk _____

100 Km Walk _____

50 Km Walk _____

WAIVER

I, the undersigned, in consideration of and as a condition of my entry in the Centurion 24 Hour Walking Race, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

Signed _____ **Date** _____

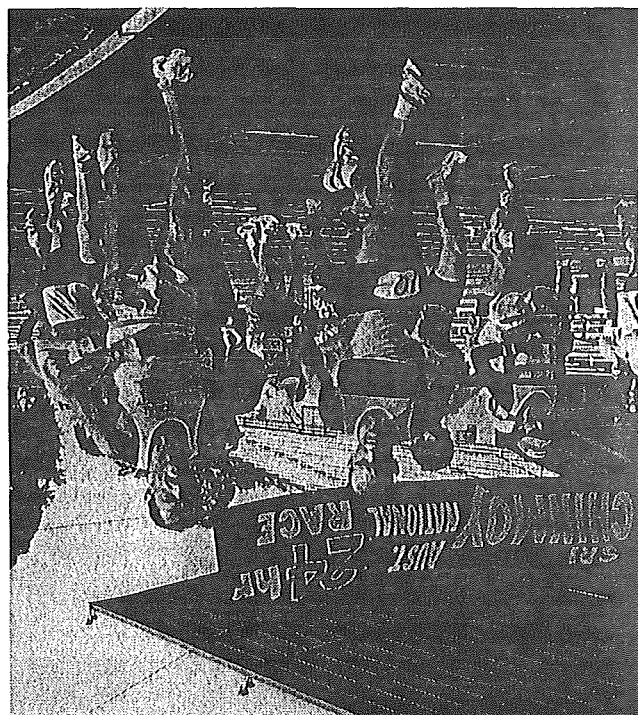
CONDITIONS OF ENTRY

- All entrants must supply their own lap scorers, crew and whatever food they require.
- The organizing committee may withdraw any walker at any time on medical advice, or failure to abide by the race rules.
- The direction of walking will be changed every 3 hours.

INCIDENTAL DETAILS

- All-weather rubber bitumen Track
- Track Lighting overnight
- Full clubroom facilities available.

“Run and
Become...
Become and
Run.”



Adelaide – South Australia
October 24th and 25th 1998

Incorporating the Sri Chinmoy
12 Hour, 6 Hour Race and
100 km S.A. Championship Race

Sri Chinmoy National 24 Hour Track Race

17TH ANNUAL

INFORMATION FOR THE ULTRA TRACK RACES

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

DISTANCE	BEST RACE (Include placing)	BEST TIME	HOW MANY	COMMENTS
Marathon				
50KM				
50 MILES				
100KM				
100 MILES				
12 HOUR				
24 HOUR				
48 HOUR				
ANY OTHERS				
SYD-MELB				

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

17th ANNUAL SRI CHINMOY ULTRA TRACK RACES

RACE INFORMATION

START:

24 Hour Race 8.00am Saturday, 24th October 1998
 12 Hour Race 8.00am Saturday, 24th October 1998
 6 Hour Race 2.00pm Saturday, 24th October 1998
 100 km Race 12.00 noon Saturday, 24th October 1998

LOCATION:

Adelaide Harriers Track
 South Terrace, Adelaide

SERVICE TO RUNNERS:

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

PRIZES:

Medallions to all finishers

APPLICATION FOR ENTRY

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

INCLUDE:

Entry fee:	24 hour Race	\$75.00
	12 hour Race	\$50.00
	6 hour Race	\$40.00
	100 km Race	\$60.00

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

All 24 Hour entry fees include a T-shirt

12 / 6 Hour & 100 km entry fees do not include T-shirt
 Extra T-shirts – \$15 each

PASTA PARTY Friday 23 October 7.00 pm \$15 per person
 Adelaide Harriers Track

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

Sri Chinmoy Ultra Track Races
 P.O. Box 554
 North Adelaide, S.A. 5006

For More Information Phone (08) 8332 5797 or Fax (08) 8332 5073

-----Tear Here -----

SRI CHINMOY ULTRA TRACK RACES

Please Print Clearly

For Official
 Use Only

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

No runners under age 18 will be accepted. Entry fee

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

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sm	med	lg	xl

Total \$



Make cheques payable to: Sri Chinmoy Centre

Signature Date

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

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

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

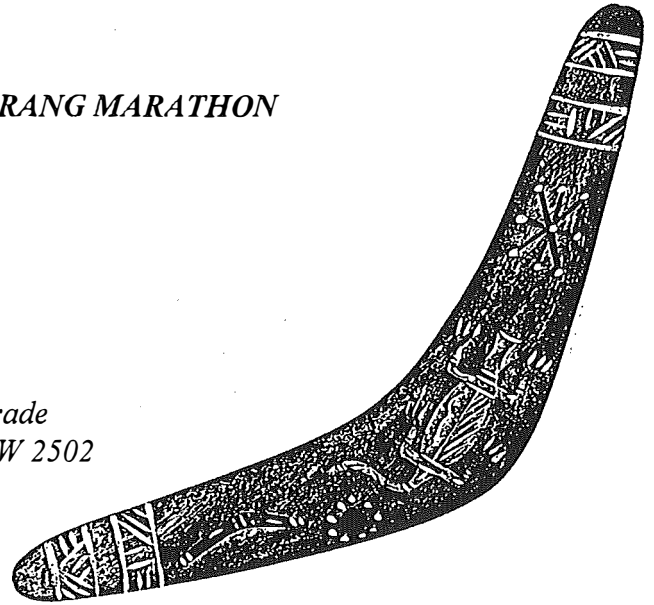
LIVERPOOL BOOMERANG MARATHON

Race Director: John Shaw
Phone: 0246 580 311
Mobile: 018 126 951

Race Organiser: Dave Taylor

Address: 56 Grandview Parade
Lake Heights. NSW 2502

Phone: (02) 42 74 0054
Work: (02) 42 26 4088



*The race is from Liverpool Shopping Mall, NSW to Albury at McDonalds North, NSW and **return** a total of 732 kilometres.*

The dates of the race are: starting on February 11 1999 finishing on February 20 1999.

The race is open to 12 entries. All applications have to be received by the 15 October 1998. I have sent out 35 entries to the top ultra-runners in Australia. An official entry form of acceptance will be sent out at a later date.

There will be an \$80.00 entry fee. Applications will close on 15 October 1998, and there will be no acceptances after that.

There will be prize money for this event, and I will inform you of that at a later date. The total prize all up will be approximately \$5,000.00.

ALL COSTS WILL BE SUPPLIED BY THE RUNNERS.

Runners will need the following:

1 Support Vehicle to follow the runner

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

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

2 CB Radio's and Flashing Lights

- * On vehicle following runner*

3 **Signs**

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

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

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

5 **Insurance**

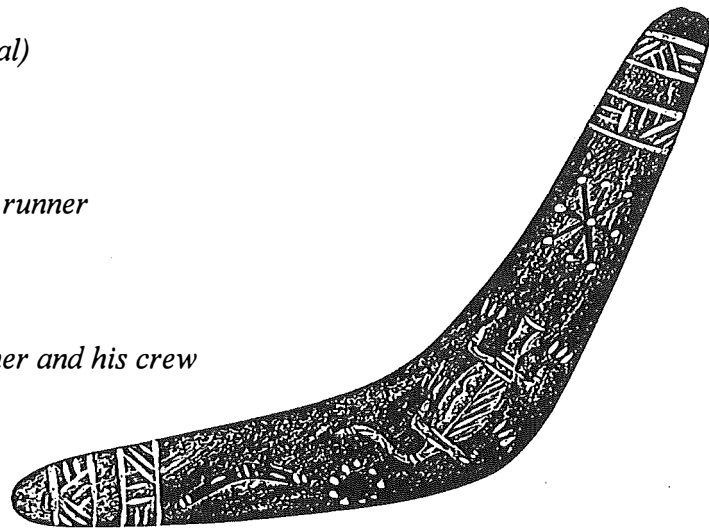
- * *Required for vehicles and runner*

6 **Food**

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

7 **Petrol**

- * *Required by vehicles*



ESTIMATED COSTS

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

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

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

INFORMATION

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

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

Prize money has been allocated for this race.

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

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

Police rules will be obeyed at all times.

No banned drugs or alcohol will be allowed

68. *Race Organiser will have final say in all matter*

**LIVERPOOL BOOMERANG MARATHON RACE
LIVERPOOL TO ALBURY AND RETURN
TOTAL 732KMS**

Plan of Prize Money

APPLICATION FORM

Race Director: John Shaw Phone home: 02 46 580 311. Mobile: 018 126 951
Race Organiser: Dave Taylor Phone home: 02 4274 0054. Work: 02 42 264 088
 56 Grandview Parade. Lake Heights. NSW 2502

Date of Race: 11 February to 20 February 1999

Applications close on 15 October 1998. No late entries accepted after that date.

Name.....

Address.....

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

Home Phone.....**Work**.....**Mobile**.....

Date of birth.....**Age**.....

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

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

List your best performances only

Distance	Date	Time	Race Position	Race Venue
Marathon				
80km				
100km				
160km				
12 hour				
24 hour				
6 day				
Longest				

Prize money is provided by the Liverpool City Council.

Format:

Prize money is awarded on a daily basis for 1st 2nd 3rd & 4th runners who cross the line each race day. There will be set amounts for each place getter. This gives everybody a chance at winning some of the prize money.

The overall winners of the completion of the race will be decided and calculated by the Race Directors. This will be calculated on your daily times recorded.

Running times are as follows:

Day 1 Start: 12noon till 8pm

Rest of the race will be run from 7am till 7pm.

Each runner will be supplied with the following:

- * Boomerang Marathon T-shirts
- * Socks and hat
- * Shorts

These will be provided to each runner approximately 6 weeks prior to the race commencing.

T-shirts must be worn at the start and finish of the race. There will be plenty of space on the T-shirts to put on your own sponsors logo's. **If you do not wear the sponsor T-shirt at the start and finish, then you will forfeit any prize money that you may win.**

You may obtain your own sponsorship for this race to cover your own costs and can wear any of the sponsor gear and logo's that you may be given so that you can wear it prior to the event and during the event for publicity.

You can apply any signage on your vehicles from your sponsors.

The Liverpool City Council logo must be on your vehicles and this will be supplied to you prior to the event. Remember that the Liverpool City Council are providing all the Prize money hence the reason for their logo's being on your vehicles and T-shirts.

Note:

If you do wish to wear your sponsors T-shirts you can wear them at the start and at all other times providing that you have screen printed on to them in **green The Liverpool Boomerang Marathon**. They have no problems with this.

Dave Taylor. Race Organiser.

69 Entry Fee \$80.00. Please make cheque/money order to Dave Taylor.
 In the event of withdrawing after acceptance letter no refund is available

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

Monies Raised to be Donated to the Cancer Research Unit. Liverpool Hospital. NSW

DAY	DATE	DAY	START TIME	ARRIVAL TOWN	FINISH TIME
1	11.2.99	THURSDAY	12noon	PHEASANTS NEST MOBIL GARAGE	8PM
2	12.2.99	FRIDAY	7AM	GOULBURN McDONALDS	7PM
3	13.2.99	SATURDAY	7AM	YASS McDONALDS ON FREEWAY	7PM
4	14.2.99	SUNDAY	7AM	TARCUTTA HOTEL	7PM
5	15.2.99	MONDAY	7AM	WOOMARGAMA HOTEL	7PM
6	16.2.99	TUESDAY	7AM	ALBURY McDONALDS FIRST RIGHT	12 MIDDAY

HALF-WAY

6	16.2.99	TUESDAY	12 NOON	MULLENGANDRA HOTEL	7PM
7	17.2.99	WEDNESDAY	7AM	TARCUTTA HOTEL	7PM
8	18.2.99	THURSDAY	7AM	JUGIONG HOTEL	7PM
9	19.2.99	FRIDAY	7AM	MITTAGONG TOWN CENTRE CLOCK	7PM
10	20.2.99	SATURDAY	7.30AM	LIVERPOOL MALL	12.30PM

FINISH

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

DAY	TOWN	TOWN	DISTANCE	FINISH POINT	CUT OFF	PROG
1	LIVERPOOL	TO PHEASANTS NEST	55	PH'S NEST MOBIL GARAGE	8HRS	55
2	MITTAGONG	TO GOULBURN	83	McDONALDS NEAR JAIL	12HRS	138
3	GOULBURN	TO YASS SIGN 80KM	60	McDONALDS ON FREEWAY	12HRS	198
4	JUGIONG HOTEL	TO TARCUTTA	86	TARCUTTA HOTEL	12HRS	284
5	TARCUTTA	TO WOOMARGAMA	85	WOOMARGAMA HOTEL	12HRS	369
6	MULLENGANDRA	TO ALBURY	33	McDONALDS ALBURY		402

HALF-WAY

6	ALBURY	TO MULLENGANDRA	33	MULLENGANDRA HOTEL	11½HRS	435
7	WOOMARGAMA	TO TARCUTTA	86	TARCUTTA HOTEL	12HRS	521
8	TARCUTTA	TO JUGIONG	86	JUGIONG HOTEL	12HRS	607
9	GOULBURN	TO MITTAGONG	83	BIG CLOCK TOWN CENTRE	12HRS	690
10	PICTON TURN OFF	TO LIVERPOOL MALL	42	SHOPPING MALL	5 HRS	732

FINISH

70 .

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

carrying on the proud tradition of the Rooftop runners

SUNDAY 10TH JANUARY, 1999 (14TH EDITION)

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

ENTRY APPLICATION

NAME:

ADDRESS:

.....

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

AGE ON DAY OF EVENT: DATE OF BIRTH:

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

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

.....

.....

.....

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

.....

.....

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

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

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

Signed: Date:

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

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

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

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

carrying on the proud tradition of the Rooftop runners

SUNDAY 10TH JANUARY, 1999 (14TH EDITION)

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

CLOSING DATE: 23rd December, 1998

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

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

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

FINISH: Mount Hotham

IMPORTANT NOTES:

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

WARNINGS AND RULES OF THIS EVENT

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

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

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

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

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

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

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

Pacing: Pacing will not be permitted in this event.

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

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

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

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

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

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

ADT 50

AURA 'DAM TRAIL 50'

SUNDAY 21ST MARCH, 1999

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	\$ _____

73.

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

ADT 50
AURA 'DAM TRAIL 50'
SUNDAY 21ST MARCH, 1999

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, 1999 (\$5 surcharge for late entry to 18th March, 1999)

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.

HERVEY BAY HIKE

50km, 30km and 15km Roadrace/Walk

CONDUCTED BY: FRASER COAST ROAD RUNNERS/WALKERS CLUB QUEENSLAND ULTRA RUNNERS CLUB
RACE DIRECTOR: BRIAN EVANS. P.O.BOX 863 MARYBOROUGH.QLD4650
DATE: SUNDAY 14th JUNE 1998. **THIS IS 1 MONTH BEFORE THE GOLD COAST MARATHON/HALF MARATHON**
VENUE: PIALBA SEAFRONT OVAL HERVEY BAY.QLD
START/FINISH AT THE ROTUNDA.
COURSE: FLAT & FAST ALONG A PAVED WALKWAY -THE LENGTH OF HERVEY BAY.GOOD SHADE .
TIME: 5.30am... 50km WALKERS
6.00am... 50km RUNNERS
30km WALKERS
7.00am... 30km RUNNERS
15km WALKERS
8.00am... 15km RUNNERS
PRESENTATIONS: AS CLOSE TO 11.30am AS POSSIBLE.
CATEGORIES 1st.2nd.3rd MALE & FEMALE(50km RUN & WALK)
1st.2nd.3rd MALE & FEMALE(30km RUN & WALK)
1st.2nd.3rd MALE & FEMALE(15KM RUN & WALK)
ENTRY FEE: \$20 FOR 50km EVENT (DISCOUNT OF \$5 IF A MEMBER OF FCRR OR QURC)
\$15 FOR 30km EVENT(DISCOUNT OF \$5 IF A MEMBER OF FCRR OR QURC)
\$10 FOR 15km EVENT(DISCOUNT OF \$5 IF A MEMBER OF FCRR OR QURC)
SEND ENTRY FEES TO: FRASER COAST ROAD RUNNERS.
C/O P.O.BOX 863.MARYBOROUGH.QUEENSLAND. 4650

=====

ENTRY APPLICATION: (PLEASE PRINT CLEARLY)

HERVEY BAY HIKE. 50Km,30Km & 15Km ROAD RUN & WALK

SURNAME:.....FIRST NAME.....

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

TELEPHONE HOME:..... WORK.....

SEX(M or F)..... DOB..... AGE ON RACE DAY.....

ENTRY FEE 50Km \$20 (\$5 DISCOUNT FOR MEMBERS OF F.C.R.R & Q.U.M.C)

30Km \$15 (\$5 DISCOUNT FOR MEMBERS OF F.C.R.R & Q.U.M.C)

15Km \$10 (\$5 DISCOUNT FOR MEMBERS OF F.C.R.R & Q.U.M.C)

EVENT ENTERED 50Km RUN [] 50Km WALK []

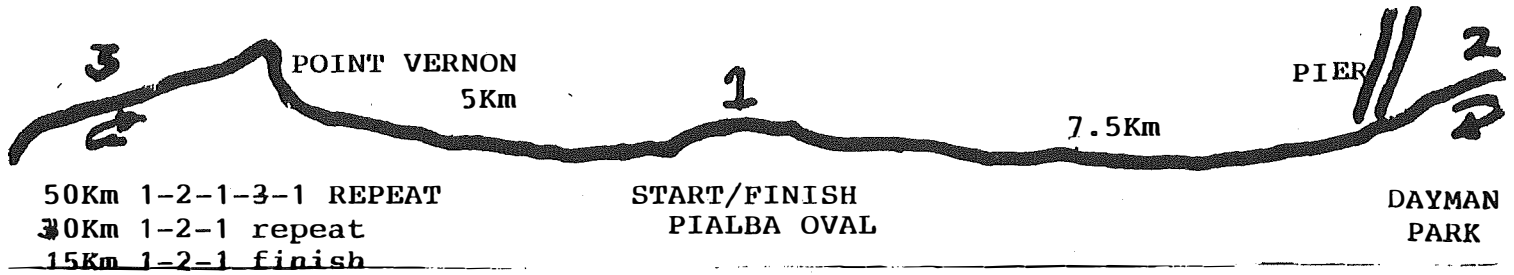
30Km RUN [] 30Km WALK []

15Km RUN [] 15Km WALK []

TOTAL PAYABLE: PLEASE MAKE CHEQUES PAYABLE TO FRASER COAST ROAD RUNNERS :- SEND ENTRY TO : P.O.BOX 863, MARYBOROUGH,QLD 4650

PLEASE SIGN WAIVER ON REVERSE.FAILURE TO SIGN MAKES ENTRY INVALID
POST : FRASER COAST ROAD RUNNERS.C/O P.O.BOX 863.MARYBOROUGH.QLD 4650

HERVEY BAY HIKE



LOCATION: HERVEY BAY IS 290 Km NORTH OF BRISBANE ON THE BRUCE HIGHWAY. HALF HOUR FROM MARYBOROUGH AND ABOUT 1HR FROM BUNDABERG.

ACCOMMODATION: PLENTY OF MOTELS, CARAVAN PARKS AND HOTELS IN HERVEY BAY. FREE BED AVAILABLE AT THE BODY CORPORATE GYM MARYBOROUGH. B. Y. O. BEDDING AND MATTRESS

THINGS TO DO. PLENTY OF SUN DRENCHED BEACHES. SAFE SWIMMING WITH NO SURF.

NEPTUNE'S MARINE AQUARIUM:--DAYMAN POINT-- AT THE TURN ROUND POINT. FEATURES DISPLAYS OF LIVING CORAL AND FISH.

HERVEY BAY'S HISTORICAL SOCIETY MUSEUM:-- ZEPHYR ST SCARNESS. OPEN SAT/SUN 1P.M. TO 5 P.M.

THE BIG G'DAY :-- WILDLIFE AND THEME PARK. 15HA. OF PARKLAND WHERE BIRDS AND ANIMALS WANDER AT LARGE. HERVEY BAY ROAD--MARYBOROUGH END.

FRASER ISLAND :-- WORLD HERITAGE--LARGEST SAND ISLAND IN THE WORLD. TROPICAL RAIN FORESTS, MILES OF BEACHES--GREAT FISHING.

KINGFISHER BAY RESORT :-- DAY TRIPS OR LONGER. GUIDED NATURE WALKS, LUXURY ACCOMMODATION GREAT FOOD.

CONDITIONS OF ENTRY.

1. NO RUNNER UNDER THE AGE OF 18 YEARS WILL BE ALLOWED TO RUN THE 50KM RACE.
2. THE OFFICIALS RESERVE THE RIGHT TO REJECT ANY APPLICANT.
3. ALL RUNNERS AND WALKERS MUST KEEP TO THE BRICK WALK-WAY AT ALL TIMES, EXCEPT IN THE 50KM EVENT- WHERE THEY WILL BE DIRECTED ONTO THE ROAD FOR A SHORT PERIOD.
4. ALL ENTRY FEES MUST BE PAID BEFORE THE START OF THE RACE.

WAIVER.

I, THE UNDERSIGNED, IN CONSIDERATION OF AND AS A CONDITION OF ACCEPTANCE OF MY ENTRY IN THE FCRR/QRUC HERVEY BAY HIKE, 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, REPRESENTIVES 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 OTHER RECORD OF THIS EVENT FOR ANY LEGITIMATE PURPOSE.

SIGNED.....

DATE.....

By TANYA O'SHEA



ATHLETICS

MOUNTAIN marathon man Andrew Kromar strides across Australia's rooftop as anyone else would jog around the block.

He finds fun and fitness in jogging up the country's highest peaks and at Easter plans to revisit the challenging Tasmanian Twin Peaks sail-marathon race.

His wife Jenny, an Australian biathlon team member, is very understanding when he runs off into the dawn and does not return until sunset – the next week.

With Jenny and a job as camp operator at the Alpine Recreation Centre Kromar, 30, of Howman's Gap, is ostensibly normal.

But look what he does for fun.

He won the Six Foot Track marathon a fortnight ago running along a 100 year old bridle track between Katoomba and the Jenolan caves.

Barely wide enough for a foot fall in some spots and with room for a four wheel drive in others the track dipped into valleys then climbed onto ranges.

Kromar and his fellow runners took the 1000m vertical slopes in their stride.

"It was like running up Monument Hill 12 times, sort of like a marathon with a mountain thrown in," Kromar said.

"It is the shortest of Australia's mountain runs, more of a sprint really."

Tasmania's Cradle Mountain run is the longest.

Kromar broke that record last year running the 90km in 7 hours and 25 minutes.

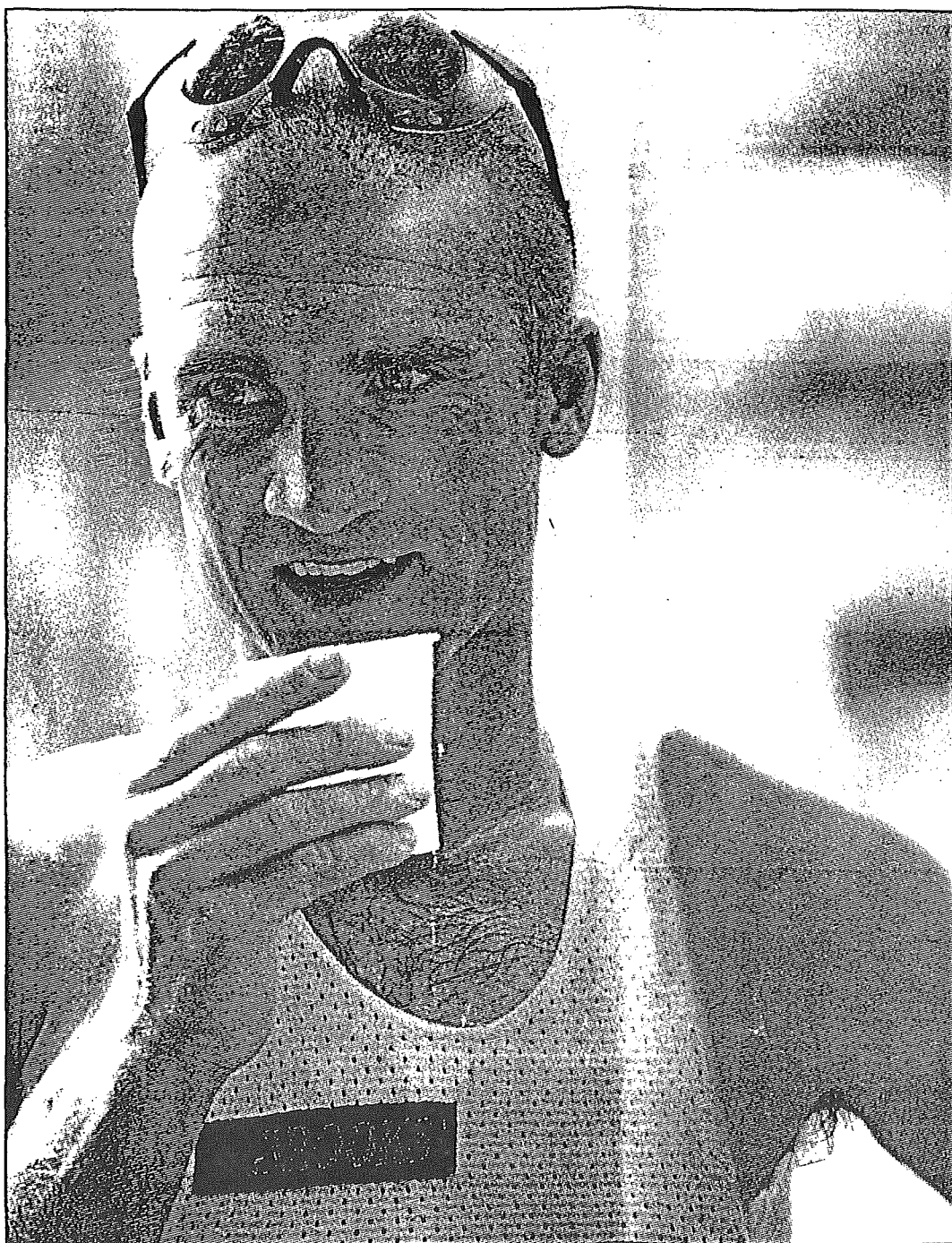
He holds the record for Australia's rooftop run, 60km with 3000m of verticle slopes from the base of Mt Bogong, onto the high plains, over and to the base of Mt Hotham.

The 90km Snowy Mountain Jagungal wilderness run is one of the biggest races Kromar has ever attempted.

"You have to try and distance yourself from the pain," Kromar said.

The runs would be easier with a little sponsorship but the practice of running up mountains is neither popular or high profile, which begs the question of how Kromar was inspired to start.

He was a member of the Australian junior cross country ski team before leaving school, a brief stint at carpentry and then becoming ranger at Mt Buffalo.



● Called crazy by some, Andrew Kromar is the mountain marathon man.

"I ran for training during that time and enjoyed it so much that one day I just kept running," Kromar said.

Training is a cinch, living close to Falls Creek as Kromar does.

"Heaps of mileage and lots of running up hills," Kromar said.

"You are looking at about 200km and 3000m vertical a week – sort of like going up Mt Bogong twice a week.

"I tend to train at Mt Spionkopje (1849m) and Mt Mackay (1852m) so I do not need to go to Mt Bogong much."

Kromar did a Conquestathon last weekend, running 50km with a fully laden pack of emergency equipment and food.

"There were areas on that run

people would not walk down," he said.

"I am training for Easter."

Kromar will do the daunting Tasmanian Three Peak race over Easter with running partner Tim Sloan, the Australian 100km record holder.

Teamed with three sailors, Kromar and Sloan will sail 90 nautical miles from Flinders Island, where the runners will disembark and run 64km up Strueskeki Park, a distance Kromar did in four hours last year, breaking the record.

Back on the boat, they will sail 90 nautical miles down the Tasmanian coast to Frachina Peninsula then run 33km around the Peninsula and Mt Freycinet before

getting back on the boat and heading towards Hobart.

After docking at the Casino the runners head up Mt Wellington, a 39km run.

The entire distance takes anything from three days to a week, depending on the weather at sea.

"It is a killer event," Kromar said.

"I don't get seasick but it is hard to sleep on the boat if the weather is bad, I did not get much sleep last year when we finished second.

"Tim and I won three running leg records but then the boat was swept aground by high winds. I can hardly wait to do it again."

1988 - Looking Back!

This article won't be a great Literary Masterpiece. For the next two hours I will be reading through the 1988 UltraMag Magazines and extracting snippets to fill the next two pages. Hopefully it will bring back some good memories for those of you that were associated with the sport then.

- Membership of AURA is up to an incredible 230. 97 Victorians and 69 from NSW. Got to keep in with the Secretary!
- The Victorian 48 hr Race was held in January. Graeme Woods was the winner with 367.838km. Second was Bryan Smith with 358.93. Bryan was to later on in the year win the Campbelltown 24 hour race with a distance of 232.96km. It appears as though a new lap scoring system was tried for the event. There weren't too many comments in it's favour, but the race was a tremendous success.
- The Veteran 24hr track run was held at Coburg in early February. Nick Read was the winner with 208.85km. Second was Sue Andrews with 202.89km.
- The UltraRunners Survey had some interesting results in the February issue. Perhaps we could try it again!
- The 88 Westfield saw foreigners filling the first three placings. They were Yiannis Kouros, Dick Tout and Dusan Mravlje. It was a Bicentennial event and coverage by the media was at a saturation level.
- The 88 Cradle Mountain run was won by Doug Markulin from NSW in a time of 11 hours 29 minutes. The 88 Banana Coast Electric UltraMarathon was won by Robert Channells in a time of 6 hours and 58 minutes. Excellent running by both men.
- The 88 Sydney Striders 24 hour race saw some high quality running with just under half of the field beating the hundred mile mark. A lot of the runners were Westfield campaigners or were wanting to run in the Westfield.
- In May 88, Yiannis Kouros continued his great form for 88 when he claimed the 1000 mile record in the Sri Chinmoy Race in Queens, New York. We have all been privileged to be running in the same lifetime as him.
- The 24 hour race in Perth in May was run by Mike Thompson who covered a distance of 192.37km
- June 88 saw the running of the two 50 mile races in Melbourne one day after another. The Track Race on the Saturday was won by Peter Tutty in a time of 5 hours and 44 minutes. The Road Race on the Sunday was won by Ron Campbell in a time of 6 hours and 50 minutes. What a pity that there is only a fifty mile track race in Melbourne now on the same weekend.
- The Queensland 24 hour race was won by Graham Medill who covered 209.64km.
- The Sri Chinmoy 12 hour run was held at Box Hill Athletics Track in July. Bryan Smith won the race covering 137.43km. Three of the 17 runners in the field were attempting their first Ultra.

- Tony Rafferty had an article on the RAAF Darwin to Adelaide run. I remember that run. I wasn't on it due to lack of speed over the short distances, but was pleased as punch when they beat the record.
- Kevin Cassidy had an interesting article on his run in the Sydney 24 hour race. Gee I thought my problems at Adelaide were bad - they were nothing in comparison.
- November's UltraMag saw a plea for some fill in races in different states. Perhaps we need to do another survey in 98 and see where the gaps are in the calendar. I see SA use to have a 50 mile race on the calendar. Let's see what I can organise for 99!
- Graeme Woods won his second event for the year when he won the Coburg 100km race in an excellent time of 7 hours and 28 minutes. Graeme was to later on win his third event for the year when he won the Perth to Albany ultra in 2 days 6 hours and 46 seconds. The distance was 410km.
- The Bathurst 50 miler was won by Martin Thompson in a time of 6 hours and 13 minutes. Martin Thomson won his second race for the year when he won the 100km race in Canberra in a time of 7 hours and 41 minutes.
- The 88 Sydney to Wollongong 83km Race had 50 runners with Jeff Hill winning in an excellent time of 5 hours and 52 minutes.
- The Launceston to Hobart 200km Run was won by Dick Tout from NZ in a time of 16 hours and 43 minutes. Second was John Breit in a time of 18 hours and 49 minutes. John's arrival in the city of Hobart was greeted by no officials. They did not expect him to arrive so early!
- The Adelaide 24 hour race was run by Owen Tolliday from Queensland who ran an incredible 253.063 km. He was the first Aussie runner to break the 250km barrier. 13 runners in the event were to beat the 100 mile barrier. Owen was to win the last Ultra of the year when he won the Ballarat 50 mile Carnival in a time of 5 hours and 54 minutes.
- Kevin Mansell was to win the Campbelltown 6 day race with an incredible 902.5km. He beat second place by over 147km. The Colac 6 day race was won by Frenchman Gilbert Mannix who ran 963km.
- The end of the year saw a challenge issued to Tony Rafferty by Pat Farmer to race over a 1000 miles. The race was run in 89 with Tony ending up the winner.

1988 - what a year. I enjoyed reading over the old magazines. I hope it brought back good memories for people. 1988 in some ways was the peak of the Ultra running circle. But I believe we are heading back in that direction. Next year I will look back over 1989, unless lot's of money gets donated to AURA asking me to stop writing these articles!

EVERYONE HAS THEIR SEASON

After 30 years of ultramarathon running
TONY RAFFERTY reflects on his decision
after the Nanango race to retire from the sport.

Sleep lingered about my eyes when I made a silent retreat from the Nanango track as the fourth day approached of the 1998 International 1000-Mile Track Championship. I slowly walked along a silent path to the caravan. I didn't look back.

With no chance of breaking a personal best time - my sole reason for being there - I made the decision to withdraw from the event. I lay down, closed my eyes and reflected on an increased heart rate, nausea and an over-worked cardiovascular system caused by heat exhaustion which forced me to walk sooner than planned during the early stages of the race.

I dozed for 30 minutes. Contrasting images - glowing one minute sombre the next - flashed through my mind: Stars silent and eternal, watching cheerless. In musty moonlight whiffs of wind chilling my chest. Runners' shadows cast by moonbeams, shortening and lengthening, sinister and ghostly as they clashed with the glow of the trackside's lights.

A vision of myself fluttering along, jaded, uninterested, when the night turned bleak. Anguish and misery written on my face and pain laughing at my struggle. And when giddy light crept across the circuit hinting the break of day it seemed I adopted a clinical indifference to the (almost) circular course and languid surroundings.

Flaring beams of sun at noon streaming the showground with intense light, so poignant, the facial contortions of runners demonstrated distress. Shadows of wandering clouds drifting across the track were just a dream. The sun grinned in secret.

I sat bedside, my chin in cupped hands. I contemplated the kindness, the compassion of my support crew whom I knew only hours before the race. I recall the regular supply of lap information, the moral support and words of kindness here and there from tired, happy helpful lap counters...In contrast: an official's lack of understanding of a runner's needs which showed a pompous display of self-importance because I walked an extra lap with the trackside mobile phone as I talked to my wife and three year-old son a thousand miles away.

I stepped outside the caravan and gazed at a clear blue Nanango sky. I stood unafraid, alone, nonchalant. The sun, a giant ball of copper warmed up the morning by the minute as Ron Grant directed me to an official to announce my withdrawal.

"A man is what he thinks all day long," said Emerson. For a long time I've lifted my eyes towards goals ahead, objectives outside competitive running. Vision has boundless pulling power. It enables us to transcend our present consciousness and provides strength to challenge new goals.

In Melbourne Kieran sprinted towards me, jumped, wrapped his arms round my neck, legs round my chest and tightly hugged me. A single tear slipped down his cheek....It was time to hang up my running shoes.

TONY RAFFERTY - May 1998.

Rafferty hangs up running shoes

TONY Rafferty, a man who has dedicated 30 years to the pursuit of ultra-distance running, has run his last race.

At 58, he has decided after 180,000km (several times around the world) to dedicate himself to his family and his new world of writing.

Rafferty arrived in Australia 37 years ago as a 21-year-old from Belfast who knew how to kick a soccer ball, having represented Northern Ireland at schoolboy level.

He played soccer for some time in this country before pursuing the loneliest, and probably the hardest, of sports.

Ultra-distance running attracts a wide variety of people, from the eccentrics to those who want to prove something to themselves or others.

"I probably should have stopped five years ago as there's no money in the sport, but I'll make my retirement official now," said Rafferty, who these days (not surprisingly) is in demand as a motivational speaker.

He still runs daily just to make himself feel good and so he can enjoy a couple of glasses of wine at night.

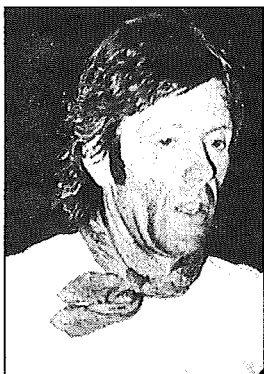
When asked about the best ultra-distance runners he's seen, Rafferty is emphatic.

"Yiannis Kouros is the Don Bradman of the sport, clearly the best," he said. "Siggy Bauer was the best but he couldn't keep up with Yiannis and these days is at home running around the hills in New Zealand.

"Joe Record, a loveable eccentric, had great potential but never really lived up to it. Joe lives as a nomad in the West Australian desert."

Rafferty answered these questions about his career after announcing his retirement yesterday. **Height and weight:** I'm 170cm (5ft 7in) and 62kg (9st 10lb). In my early 20s I used to lift weights and got up to 80kg, but I wasn't feeling comfortable.

Hardest run: Any of the four times I finished in the top 10 of the Sydney-



WHATEVER HAPPENED TO ...
Tony Rafferty

to-Melbourne run. And Death Valley in the Nevada desert because it's the hottest place in the world.

Dangerous incidents: Crossing the Simpson Desert I sat down to change my shoes and ended up on top of a snake, which had buried into the sand. It wasn't very happy but it didn't bite.

On the same run I ran for a while with a scorpion on my knee thinking it was just some small insect, before flicking it away with my hand.

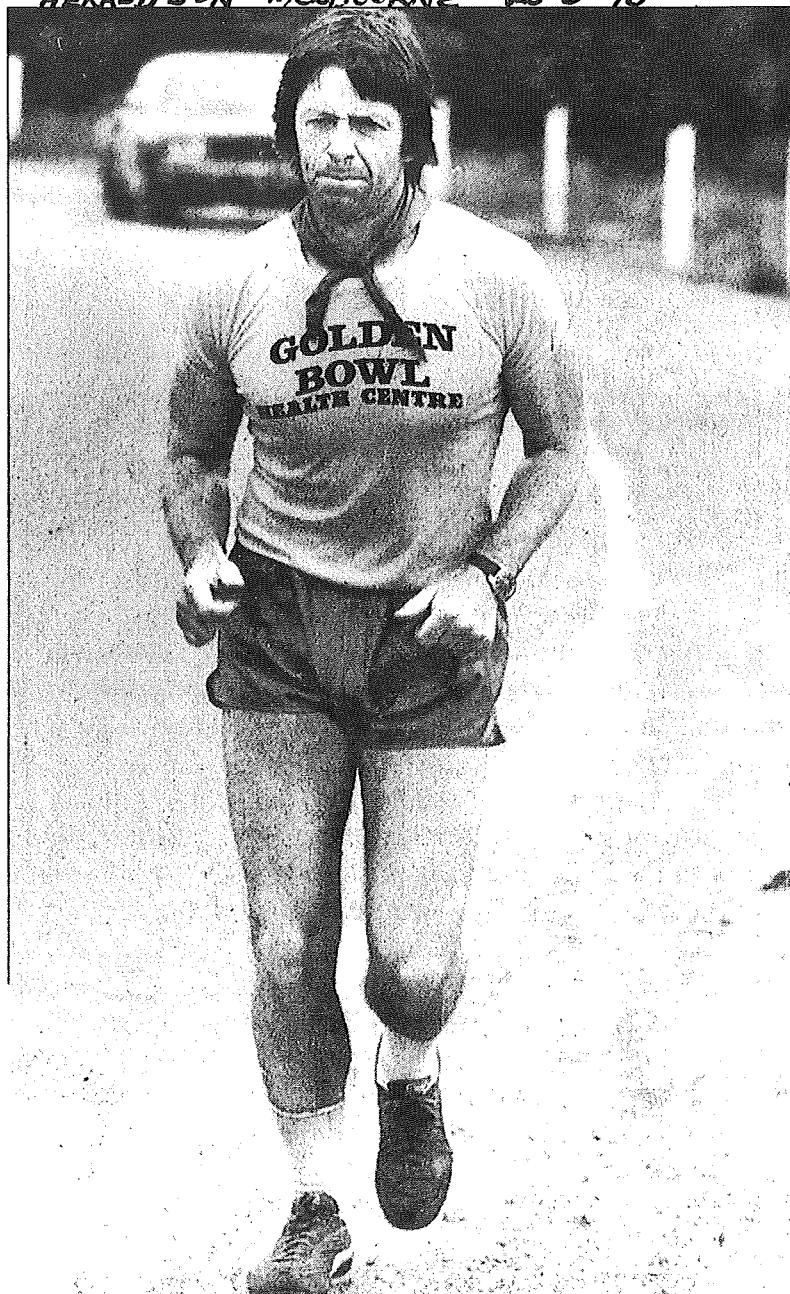
Funniest incident: Running along Beaconsfield Parade one morning during peak hour a dog, which was friendly, jumped up on me and caught its paw in my shorts, tearing them off and leaving me in a pair of red jocks.

Best run seen: New York in 1984 when Yiannis Kouros broke the 93-year-old record for six-day running.

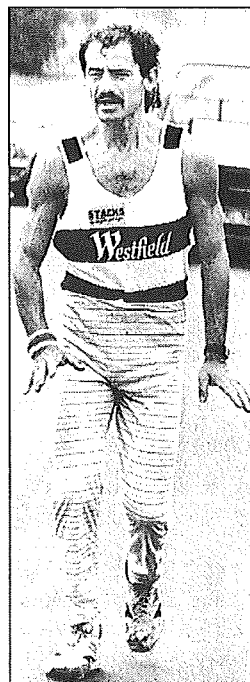
It went from 37-degree heat to storms and lightning yet Yiannis just kept on running. He has also set a record (303km) for 24 hours which is so good it may never be beaten.

Injuries: I've never been under the surgeon's knife.

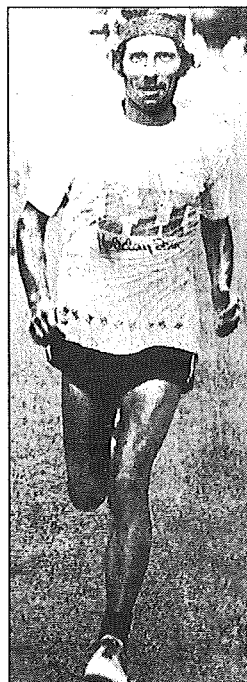
Life today: My wife Coral and I have a three-year-old son named Kieran and I'm finishing a degree in literature at Deakin University. I'd like to write a book.



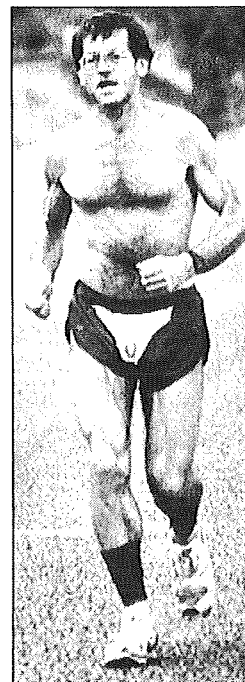
End of the road: after 180,000km, ultra runner Tony Rafferty has had enough.



Yiannis Kouros: out on his own as the best.



Siegfried Bauer: now runs the hills in NZ.



Joe Record: these days a desert nomad.

Feature Interview with Tony Rafferty.
By LINDA MEADOWS.

THE LEGEND RETIRES.

"Is he Crazy?". "Is he Superhuman?". "Why does he do it?". The interest of Australia was sparked for all these reasons and more and so the 'Legend' who is Tony Rafferty was born.

He mesmerised and inspired the nation with being the first man to run from Sydney to Melbourne in 1972 and the first person to run along the Birdsville Track in 1974. The previous year he had been the first to run across the Nullabour Plain during a run across the continent which started at Fremantle and finished in Surfers Paradise a total of 5,931 kilometres.

The front page stories and photos in every tabloid across the country will be no more. An era is over with the retirement of Tony Rafferty. After nearly thirty years of competitive Ultra marathon running Tony has decided it is time to pursue other areas of interest.

Tony Rafferty was the founder of Ultra running in Australia. His gruelling and seemingly impossible runs became legendary. His name became synonymous with Ultra Running, not only here in Australia, but also world wide. But there is much more to this great man than just an incredible ability to run vast distances.

Born in Belfast, Northern Ireland in 1939 Rafferty remains proud of his Irish heritage. He soon found participation sport to be a major influence, in particular soccer. He represented Ireland as a schoolboy in 1953 in an International soccer competition. He explains, "I remember how proud I was to be representing my country in sport. Walking out onto the pitch in the Irish uniform and in particular in our game against England, is one of my most fondest memories." It was also the first time any one asked him for his autograph. His pride in being Irish continued even after he had settled in Australia. He refused to take out Australian Citizenship until the Keating Government changed the wording of the Oath of Allegiance. With it pledging allegiance to Australia and not the British Queen he was proud to become a naturalised Australian.

His arrival at the age of 21 in Australia in 1960 was only decided by chance. Tony explains, "I had decided to leave Ireland in order to give myself better prospects in the future. I couldn't decide whether to immigrate to Canada or Australia, even though my brother lived in Wollongong. Unable to make up my mind I resorted to tossing a coin in a pub one evening. Australia came up heads."

Upon arrival in Australia Tony began work at the Australian Iron and Steel Works in Wollongong. Later he worked at a Fitness Centre in Maitland. His career in the Fitness Industry would continue for the next 25 years.

He began his Australian sporting career by playing soccer for the town of Thirroul on the NSW coast. But Tony remembers the town more for "being the place that D.H. Lawrence lived during his two years in Australia. It is the place where he stayed to write his novel

'Kangaroo'." Upon moving down to Victoria he continued to play soccer for Mornington until age 37. His passion and skill for the sport seems to have been passed onto to his young son Kieran. "Not that I'm biased, but Kieran is the best and most natural young boy I've ever seen handle a soccer ball."

He began working at the Golden Bowl Fitness Centre in mid 1969 and stayed working there for nine years. It was at this time that his interest in fitness expanded to the challenge of using his running to conquer the impossible. No-one else in Australia was running ultra marathons. Tony remembers, "I wanted to be the first to run from Sydney to Melbourne. Once I had achieved that I thought of other running challenges that had never been tried and again I wanted to be the first to attempt and succeed at them. It all snowballed from there."

Funding these feats was not such a problem in the early days. Tony Explains, "I had no problems with sponsors early on due to the incredible amount of publicity that my runs generated. The Golden Bowl and Kelloggs were my major sponsors at the time. In fact I launched Nutra Grain in 1973. At the time I was fully sponsored by Kelloggs under a two year contract. This allowed me to train unimpeded of work and money commitments and enabled me to complete the across Australia and Birdsville Track runs. But as I did more runs and Ultra running took off in Australia so it became harder to find sponsors. I would often have to go to potential sponsors and beg for their help in order to fund the costs associated with many of my runs. Of course I also had to use my own money. Ultra Running kept me poor for years and years."

Despite these limitations Tony continued to achieve the impossible and not just in running. His generosity and commitment to raising money over the years through his running exploits is well recognized. "I estimate I have raised over \$100,000 over the years for charities. The main charities that I continued to raise funds were the Royal Children's Hospital and the Yooralla Society." For his efforts the two organisations recognised those achievements. The Royal Children's Hospital awarded him Governorship for his services to charity as did the Yooralla Society. He was also awarded the Australia Day medal in 1972 for Services to Youth and Sport.

He continues work at the executive level in the field of Ultra Running. He was among the small group of people, including Geoff Hook and Dot Browne, who established 'The Australian Ultra-Runners Association'. He has been Vice-President for the past 14 years. Between 1985 and 1993 Tony was Australia's representative on the Executive Council of the International Association of Ultra Runners. He was also a foundation member of that organisation.

Over the years he has seen major changes in running and in particular Ultra Running. Reflecting, Tony goes onto say, "There have been many changes in running over the years. Take shoes for example. The Adidas shoes I used on my first big run are now exhibited into the Australian Gallery of Sport. Many people who view them today can't believe that I was able to run in such shoes, but the level of the shoe technology was pretty primitive in those early days."

Tony admits that back when he first started running, people were not as educated as they

are today about the training required to run both Marthons and Ultra Marathons. Tony explains, "Back in my early days of training for long event, I would run for 4-5 hours every second day and did a lot of heavy weight training." Tony agrees that since then, like others, they came to realize that both should be reduced. So now only light weight training is considered necessary and less long training runs. He says, "Instead I found it better to go out running every day, but make each run a quality run. In the end I rarely ran for over two hours in a long training run. Shorter runs at a more intense speed were more desirable for maximum benefits."

As with the training, so Tony has also seen positive changes to runners attitude to nutrition and diet. He provides an example, "We now eat more complex carbohydrates for peak performance and recovery, rather than straight sugary foods." The ever increasing numbers of competitors in the sport is also pleasing to Tony. "Ultra Running in Australia is growing in popularity, as it is world wide, which is also most encouraging." What Tony modestly forgets to mention, that it has been through the dedication and courageous feats of runners like Tony Raffety that Ultra Running has come alive and inspired others to take up the challenge.

What is it though that continued to inspire Tony to keep pushing his body and mind beyond their accepted limits? Tony believes it is important to have the BIG PICTURE outlook while simultaneously setting your own goals. "If you set your own benchmark and then set out to do a little bit better than that set mark, a PB, then you are a success" says Tony. "Even if you come last in a race then you should aim to come second last next time. If you come second then you aim to come first. Whatever your last time for an event, you should aim to improve that in the future." According to Tony this is how one achieves a winning attitude; positive outlooks and the celebration of the Personal Best. In particular an Ultra-distance runner must be assertive, resolute and positive. Negative attitudes destroy, positive attitudes create and develop. Winning is improving, winning is growing. Winning is placing fifth when last we were placed sixth. He often challenges people by having them ask themselves the question: "Am I winning? Am I growing?"

Just as 'the winning' of a race is not the true nature of the event so Tony remembers one memorable moment in a Sydney to Melbourne Race. Yiannos Kousros, considered by many, including Tony, to be the greatest Ultra Runner ever, was starting 12 hours behind the rest of the field. Tony was running through Goulburn and remembers what happened when Yiannos caught up to him. "Yiannos didn't just run straight by. Instead he ran up beside me and literally stopped so he could shake my hand. He then handed me one of his T-shirts from his own supply and continued to talk and encourage me as we ran together. Then when he felt it time to move on he wished me well and took off to run at his own pace." So why would anyone run against such a superb runner like Kouros. For Tony there is a very good reason. "To run against the greatest runner that the world has ever known lets me see where I am against him. To have been good enough to run in the same race as he is a privilege in itself."

But comparing two of the greatest runners ever can be misleading. Each excelled and continue to excel in their own way. For Tony he will always be the first man to ever attempt so many gruelling and challenging super runs. Asked to describe exactly what some of those runs were like he reflects on the Sydney to Melbourne races. "They were harrowing,

emotional events all creating memories I won't forget." Tony remembers the runs for having everything: humour, drama and being steeped in emotion. He explains, "I've experienced, the anxiety of the highway and the ecstasy at the finish line. I won't forget: bruises caused by stones fired like bullets from the wheels of speeding semi-trailers. Red-raw blistered, bloodied feet and swollen ankles the result of jumping potholes and sliding on loose gravel. Puffed-up knees and aching back caused by, hour after hour, running on one side of the road camber." Soon into the event Tony would look into the mirror and see glazed sunken eyes from sleep deprivation, his skinny neck, bony shoulders, caved-in cheeks, the result of my body not absorbing enough nutrients from its food supply to meet energy needs." He also hated the sections of the run that took them out of Sydney, into and through Melbourne for the carbon monoxide fumes spewed from exhaust pipes of semis, buses and cars. Then he reflects on the variety of weather conditions they had to deal with, "stifling heat, high humidity - at other times teeth chattering, below zero temperatures.." Tony goes on to ask the questions many have asked him over the years. "I went back for more...Why?" His answer typical of the mindset of this great man, "To put ones body and mind through such trauma, among other reasons, because of the PB. Yes, the Personal Best.. The challenge to race 1000 kilometres between two cities in a faster time than the previous year and so achieving my personal best."

Tony stepped into the world spotlight being the first person to both attempt and complete the 207 kms across Death Valley in the Nevada Desert in California, USA in summer. This is regarded as the hottest place on earth. Tony was running in temperatures reaching up to 58 degrees Celsius. This run started in Shoshone and finished at Scotty's Castle. Though another Australian, Tasmanian and US Citizen Bill Emerton had completed the run previously, no-one had done so in mid-summer when the conditions were at there most intense. Tony rates this as the toughest run he has ever done in such a hostile environment. To explain he describes what it was like, "Sometimes in a effort to avoid hot air entering my throat and nostrils due to the strong headwind, I was forced to run sideways. After completing the run I felt like I had run into and out of the Jaws of Hell."

His runs were not confined to solo efforts. Tony also competed in many Ultra Marathon races. It is one of these races that he is the most proud. He reflects, "Winning the 1000- mile International UltraRoad Race in Hull, England in 1986 was the most satisfying result. I broke both the British and Australian Road records in a time of 14 days 16 hours 45 minutes and 11 seconds to set a new record that still stand today."

Other races over the years included the Colac 1000 mile race in 1983, the New York Six Day Race in 1984, the World Six Day race in La Rochelle, France in 1986 covering 747 kilometres. Later that year he competed in match race across the Simpson Desert with Ron Grant. This was followed by another 1000 mile event. This time a track race held at the Granville Athletic Track, NSW in 1989. Tony finish in first place having covered the 1000 miles in 14 days 11 hours 59 minutes and 4 seconds. The previous record had been held by British runner and now President of the International Association of Ultra Running, Malcolm Campbell. Tony smashed the old record by 33 hours.

Tony was the only runner to have competed in seven of the nine Sydney to Melbourne

races held between 1983 -1991. He placed four times in the top ten with a 5th, two 6th places and a 10th.

The most publicised run however was undertaken in 1975 when he ran 50 hours non-stop on a road circuit of Sydney then completed the run by running into the Channel 7 studios and live onto the David Frost show. This was later aired in America to a viewing audience of 80 million. It was this among many of his other International runs that gained Tony Rafferty World Wide recognition and a place on the International and Australian speaking circuit.

Having run an estimated 180,000 kilometres over the years his competitive running has finished. Now his running will be confined to just keep fit and healthy, "Being a father for the first time at 59, I now want to stay fit and healthy so I can see my four year old son celebrate his 21 birthday." Despite all his own achievements, being present at the birth of their son was the most memorable moment in his life,"I see the most joy in my future years being involved with the growing up of Kieran alongside my wife, Coral who I married in 1992."

"Now I also have other personal goals to achieve. Having already gained a major in literature with Deakin University I intend to finish my degree. I have books to write, especially a memoir of my running career and an autobiography of my life which has been so much more than running."

Like the man himself, his exploits meant so much more to Australia and the world, than being just another runner. The way he conducted himself, his charity work, his promotion of a fit and healthy lifestyle and promotion of the sport of Ultra Marathon running continue to live on. So from all of us that have been touched by your crazy exploits Tony, "Thanks! By the way, where can I buy the book.?"

Tony Rafferty's Major Solo Runs and Races.

First person to run from Sydney to Melbourne(1972).

First person to run across the Continent: Freemantle to Surfer's Paradise - 5,931 kilometres(1973).

First person to run the Birdsville Track(1974).

Ran 50 hours non-stop(circuit of Sydney) and featured on Australian and US television to over 80 million viewers(1975).

First person to run Melbourne to Sydney return(1978).

Broke Adelaide to Melbourne record(1980). New record set at six hours, one hour.

Ran section of the Simpson desert(1986).

1000 miles run - Bundaberg to Cairns in 15 days six hours and 48 minutes.
Charity raising 1000 mile Rotary run around Victoria(1986).

First person to run Death Valley, Nevada Desert, California in mid-summer(1979).
Colac 1000 mile race(1983).

New York Six Day Race(1984).

1000 mile International Road Race in Hull, England(1986), setting new British and Australian records which still stand.

World Six Day Championships La Rochelle, France(1986).

86 . Rotoract 1000 mile Challenge, NSW. Set new record by over 33 hours.

New York 1300 mile event(1990).

Ran seven Sydney to Melbourne races(1983- 1989) and placed four times in top ten.

Simon Pride wins Barry 40-Miler

Ultramarathon World

By Andy Milroy

Barry, Wales (UW) - Barry is a small town in South Wales, and each year for the last twelve years a 40 mile-race has been held at the Jenner Stadium in early March. The driving force behind the race is the former British 100km international Mick McGeoch who in fact won the first two races. Ultrarunning in Wales has a distinguished history, and several world bests were set at the Maindy Stadium, Cardiff, in the 1960s, most notably when Welshman Lynn Hughes became the first man to cover 40 miles in under 4 hours.

This year's race attracted its usual strong field, including British 100km internationals Simon Pride, who won the race last year, Stephen Moore, Carolyn Hunter-Rowe and Hilary Walker. With the IAU Celtic 100km Championships coming up in August, there was also the possibility of places in the Welsh team being determined by this race which was also the Welsh Ultradistance Championships.

World age bests Simon Pride set off at some speed, with the idea of perhaps threatening Don Ritchie's world track best of 3:48 but he soon realised that the gusty wind made such a ambition impossible to achieve. He then settled down to a steady pace and Stephen Moore joined by about eight miles into the race. Pride decided to run the race tactically and at 22 miles he put in two or three fast laps and got a break of around 400 metres and from then on he did enough to just inch away from Moore. Stephen Moore had his own agenda. He turned 50 at the end of last year, and he had his sights on the world age group best marks of Don Ritchie. He reached 30 miles in 2:59:32, and 50km in 3:06:08, both new world bests for an 0'50, taking over ten minutes from Ritchie's listed world bests.

Despite the gusty winds and occasional squally showers, Simon Pride won reasonably comfortably but his margin of victory was never so great that Stephen Moore was not an ever-present threat. Pride's winning time was 4:01:32, with Moore finishing in a new world 0'50 best of 4:04:00 for 40 miles, subject to the usual checks. In third place was Walter Hill with 4:24:48 with a typically solid run. He had run an intelligent race, laying back off the pace when the less experienced Geoff Rees had made an fast start. Rees however did well, finishing in 4:29:04 to take the Welsh Championships.

Henk van der Beek took fifth with 4:37:20, with Norrie Williamson, the British 100km team manager at Winschoten running a comfortable 4:54:35 for 6th. The 50 year old veteran Roy Grew took seventh with 4:55:05.

The next finisher had been collecting age group world bests of his own. Bob Emmerson has been setting such marks for many years, and this year he moved into the 0'65 category. He reached 30 miles in 3:36:52, taking over 20 minutes off the previous best mark; 50km was passed in 3:44:53, removing 21 minutes from the listed mark, and 40 miles in 4:57:49, taking 34 minutes from Australian Randall Hughes' previous world best.

Barry 40-Mile Track Race

Barry, Wales - 1 March 1998

Simon Pride	4:01:32
Stephen Moore	4:04:00
Walter Hill	4:24:48
Geoff Rees	4:29:04
Henk Van der Beek	4:47:20
Norrie Williamson	4:54:35
Roy Grew	4:55:05
Bob Emerson	4:57:49
Mark Rowberry	4:58:04
Lynn Rees	5:01:06
Gary Hyatt	5:15:57
(f) Hilary Walker	5:18:41

Hi Dot,

I just finished Cliffy's Book. What a natural person he is. I can hear him saying every word. What a great guy! Thanks for sending it over.

The Barry 40 (miler) went better than expected. I actually entered the race with the sole purpose of running a 50km track PB, though the race itself is 64 km. I haven't received the official results yet but I went through the marathon in about 3 hours 20. I had to push hard but just made the 50 km in a few seconds under 4 hours. It was about 3.59.30. I then walked two laps and jogged to the finish in a few seconds under 5 hours 30 minutes. My final time was 5.29.21 and I finished 13th. There was a report on the race by Andy Milroy on the "Ultramarathon World" web page. I'll send you a copy if I get time. I'll send Geoff the results for the AURA records when I get confirmation of all the exact times because the 50km and 40 mile are both PB's.

I don't know what my next serious race will be. I'm in the London Marathon in late April but that will be just for fun, not racing. The main race of 1998 will be a second try at the Spartathlon.

From: David Sill

The Basle 24 Hours 2/3 May, 1998

by Andy Milroy

The Sri Chinmoy 24 Hour road race in Basle, Switzerland was held in the pleasant surroundings of the St Jacob Stadion Park on a very flat park path on a one mile loop. The course was lit at night by small street lamps, positioned at regular intervals around the course. Close to the middle of the oblong enclosed by loop, are former air raid concrete bunkers, designed to withstand a nuclear conflict. These provided dark, quiet and warm sleeping accommodation as well as hot showers.

Yiannis Kouros expressed the view before the Basle race that it would be more difficult to run 303km /188 miles on the road than on the track. The vastly experienced British runner Eleanor Robinson felt that big distance could still be expected. She said "Yiannis should be able to run a good distance on that course - it's a good circuit."

There were to be more than 100 runners in the race, the second biggest field ever in the Basle event. The runners came from some 15 countries, with a strong contingent from Germany. In addition to Wolfgang Schwerk, the runner currently ranked number 2 on the road alltime 24 Hour list, who was probably not in that sort of shape at present, there was the World No 1 on the road from 1997.

Michael Maier of Germany ran 250.999km/155.9 miles in 1996, but then in a French race in September last year, improved to 254.980km/158.4 miles, the best road mark of the year. The 34 year old Maier has a 100km personal best of 6:54, and has been a member of the German 24 Hour team in the IAU European championships.

There were a number of other runners with solid 24 hour experience in the race. Milos Skorpil of the Czech Republic had previously run 230km/143 miles and a fair number had covered over 200km.

The dominant runner in the women's race looked to be the 45 year old Russian runner, Nadezhda Tarasova, with her main opposition the German, Heike Pawzik, 34, who had a best of 201km/125 miles which she had set at Basle.

The weather forecast for the race weekend was changeable with some sunshine but occasional showers. Temperatures would be around 15 degrees C / 60 degrees F in the afternoon and just below 10 C/50 F at night.

In his first 24 hour race in 1984, Kouros had set off at a strong pace, knocking off 6 minute miles; reaching 50 miles in 5:27:45, 100km in 6:54:43 and 100 miles in 11:46:37. The 200km point was reached in 15:11:48 en route to 177 miles /284.853km in 24 hours. He adopted a similar pacing strategy in setting his first 24 Hour track record at Montauban the following year.

Later in 1985 he had another attempt at improving on his 177 miles, but had to contend with a hurricane. Hurricane Gloria hit the race with 60 mile/100km an hour winds, driving rain and falling branches. Despite the conditions, Kouros reached 100 miles in 11:53:31, and as the skies cleared, was able to summon up the strength to push beyond his previous best to 178 miles/ 286.463km.

However in his more recent 24 hour marks he has been adopting a more even paced approach. In Coburg in 1996, and his early world best last year, he passed the 50 mile point in 5:56:25, and 5:53:43, 100km in 7:22:52 and 7:23:54, in 12 hours 157.6km/97.9 miles and 158.4km/98.4 miles. His

200km splits were 15:32:39 and 15:29:07. His pace was such that the development of his 24 hour races was predictable. Then came Adelaide.

In October at Adelaide he passed the marathon point in 2:59:59, [his first of seven successive marathons in one day!], and by 50 mile was already up on his usual schedule [5:47:52]. 100km took 7:15:00, 100 miles 11:57:59, and then he picked up the pace yet again to reached the 200km point in his fastest time to date, 15:10:27 150 miles took him just 18:44:45, and 250km came up in 19:28:35, with 300km achieved in 23:43:38.

Which strategy would he choose for the Basle race? Would he run an even paced race, which would still enable him to break the current ratified world road best easily, or would he push hard with the aim of placing another world best out of reach for perhaps a generation?

.Andy Jones of Canada holds the ratified world bests for 12 hours and 100 miles with 159.749km/99 miles 464 yards, and 12:05:43. The temptation facing Kouros was the chance to tidy up the record books, and take the 12 hour and 100 miles world bests, along with those for the 200km and 24 hours.

Kouros came out to the St Jakob Stadion Park in Basle the night before the race and walked around the loop. He seemed a little nervous, asking many questions of Shashanka Karlen, the race organiser, and the crew of boys who would be helping him during the 24 Hour event. Information like the location of the toilets, how many runners, the weather forecast, how often the race changes direction etc etc. He seemed totally focussed on what he wanted to do. He wanted every distance timed properly right up to the 300km Also he wanted all the laps sheets to go up beyond 300km!!

He seemed concerned about the camber of the path on one small section - which was almost imperceptible to everyone else apart from his eagle eye. He understood that little things can affect your running especially when tired. He had the demeanor of someone who has a definite mission to be fulfilled, and he was leaving nothing to chance. He definitely wanted to go for the world records and this time have them properly verified.

The fact that Yiannis Kouros seemed nervous shows that no matter how many great performances one has set, each new race is a fresh challenge, one that offers only uncertainty, for with certainty there is no challenge, no fear of losing. The pressure on such a runner as Kouros is immense; his incredible record as a runner leads people to expect the impossible, each and every time. Despite this he confided to Shashanka Karlen that he is driven to seek new challenges, to seek to test himself to the limit.

There was a great atmosphere amongst all the race helpers, some who have come long journeys to be part of the event. As well as Tarit Stott, there were helpers from Germany, the Czech Republic, Slovakia, France, Austria, Italy and Hungary, and of course Switzerland.

The Sri Chinmoy Centre place a great emphasis on creating a positive, happy atmosphere - at the lap counting shed, at the Food Tent and the Medical Tent. They know this helps the runners. There would be music groups playing around the 1.675km loop, all through the night as well. Many of the helpers had come with the attitude that if people can run for 24 Hours, then they can help for 24 hours.

The weather had not looked promising during the morning immediately before the race, with persistent rain falling relentlessly. Then with 30 minutes to go before the start the rain stopped. Helpers around the course set to with brushes and swept the water off the pathway.

With a few minutes to go before the start, the area around the start/finish line of the loop swarmed with runners, gently warming up. The smell of liniment and other protective balms lingered around the hundred plus runners as they sought to prepare themselves for the journey to come.

A colourful patchwork of vests was created as the runners formed up at the start, marshaled by the international band of Sri Chinmoy helpers. There was a brief few moments of silence as the runners waited on the start line, enabling everyone, athletes and helpers alike to focus on the tasks ahead.

At the stroke of noon this long, multi-coloured, multi-national crocodile of runners set off, some starting with a brisk walk, others moving at a gentle jog, all perhaps apprehensive of the long hours ahead.

The field was soon stretching out along the straight, as the runners gently eased themselves into the race, and within four or five laps was spread around much of the oblong loop, with Kouros going straight into the lead. His first 1.675km lap took 6:57, but he soon settled down to regular laps of between 7:10 and 7:20. Now that the rain had stopped the running conditions were near ideal.

Kouros began to establish his expected dominance over the race. He was drinking water and an energy drink alternately every second lap, i.e. every 5km approximately, and was eating slices of banana frequently in the first two hours. Then between the second and third hour he added some pieces of chocolate to his intake.

At three hours point he had a two lap lead over the Czech runner Milos Skorpil, 41.8km/26 miles to 38.5km/24 miles, with the German Michael Maier also on 38.5km. Wolfgang Schwerk was in fourth [36.8km/22.8 miles], along with Bart Knol, the Dutch runner. Then followed the Portuguese runner Agostinho Ferreira, Rolf Fuchs of Switzerland and Asko Sinilaine of Hungary, all on 35.1km/21.8 miles. Then there was a gap of close to a lap before the next runners.

Kouros reached the marathon point in 3:01:07, 1:08 behind his track time at Adelaide, but at this stage in 24 Hour race such figures had little meaning. However if he intended to match his 303km 24 hour track total he had 21 hours to run more than ~~six~~ more marathons at an average of 3 ½ hours each. That puts the feat that he was aiming to achieve into some kind of perspective.

The Greek-Australian reached the 30 mile mark in 3:28:37, and 50km in 3:28:00 [as compared with 3:24:15 at the latter point at Adelaide]

By 6 hours into the race the weather was dry and cloudy, perhaps a little warm by Northern European standards, but to a Greek, it felt cool. There was a warm breeze. Kouros was slightly apprehensive about the prospect of a cold night ahead, but the temperature were predicted only to drop to around 10/11 degrees C/50 degrees F.

He had now established a commanding lead, as his relentless, powerful, economical style moved him further and further away from his opponents. [His style had evolved in the pressure cooker of the Sydney to Melbourne races. He uses his strength, the muscles of the upper body with a strong arm movement to drive him forward in almost a rolling gait.]

He reached 50 miles in 5:53:20, which was comparable with his split in his March 1997 World Track best, and by the 6 Hour point had run 81.902km/50.8 miles. In second place was the Dutchman, Wim Knol, with 75km/46.6 miles, and Wolfgang Schwerk of Germany was third with 74.5km/46.2km

90.

The leading woman after 6 hours was Nadezhda Tarasova of Russia with 63km/39 miles, ahead of Prafulla Nocker of Switzerland, with 59km/36.6miles and Nidhruvi Zimmerman of Austria, 58km/36 miles.

Kouros was still keeping to his drinking schedule of drinking an energy drink and water every alternate lap. On the non-drinking lap, and sometimes also on the drinking lap, he was now eating dried fruit, apricots and dates, as well as homemade cookies produced by one of the Sri Chinmoy helpers.

His strategy seemed to be to eat little and often, right from the start of a race, an idea which not too many people have tried. However it does accord with the advice of Dave Cooper, the highly experienced British 24 Hour performer in the book 'Training for Ultras', however not even Dave has suggested eating right from the start of the race.

He passed the 100km point in 7:21:51 - again on a par with his March 1997 performance, and some six minutes down on his Adelaide run.

By 10 hours into the race. he had slowed slightly. He was feeling the cold and had stopped to put on tights two hours previously. His drink regime had changed and he was now drinking coca-cola. He had covered 130.7km/81.2 miles which placed him about two and half miles down on a schedule to break Andy Jones' world bests. [Andy ran close to 84 miles in the first ten hours of his 12 hour/100 mile world bests.]

Kouros was told of this by the Basle organisers, so he knew that if he wanted to take the 12 hour and 100 mile he had to pick up the pace. This was an unusual situation for the famous Greek-Australian, but then it could be said that the 12 hour and 100 miles is at the lower end of his ability range.

In second place in the race was Wim Knol still with 119km/73.9 miles, with Michael Maier in third with 116km/72 miles, Jens Lukas of Germany was now fourth with 109km/67.7 miles, the same distance as Wolfgang Schwerk.

The first woman was still Nadezhda Tarasova who reached the 100km point in 10:12:25, behind her in second was Marianna Nagy of Hungary with 91km/56.5 miles from Heike Pawzik of Germany with 90km/55.9 miles. Fourth place was held by Paula Mairer of Austria with 88km/54.6 miles.

Through the dark hours the shape of the race became clear. Kouros reached the 150km point in 11:38:55. It was then it really hit him that the 12 hour and 100 mile road bests were out of reach, and more importantly to him, that 300km was beyond him in the Basle race.

He went through an hour of depression, when he ran quite slowly by his standards. not really talking to anyone. He reached the 100 miles in 12:33:54 then Tarit Stott and Shashanka Karlen got him focused on the 200km road best, and he came through it. Stott has handled Don Ritchie on many occasions, and knows that even the greatest runners need very positive encouragement sometimes. Once he reached the 200km point in 15:57:50, which had FIVE stopped times taken, he was much happier, laughing that it was the 150 mile mark next.

Dawn broke at 5:30 and it was a beautiful sunny morning. By 6 am warmth was beginning to flood through the park, reviving the runners and the race crew. It promised to be warmer than the opening day of the race.

At 18 hours Kouros said that his knees were getting sore, but the growing warmth and the closing finish were perhaps good compensation for these problems. Despite the aching knees, there did not seem to be any difference in his running style since the beginning, he was very composed and looked totally indomitable.

He reached the 150 mile mark and was timed at 19:40:18, an hour outside his time at New York in 1984. However he had only run eight miles in the last two hours in that race, so he had some time in hand. The organisers were, at that point, predicting that he would run 290km/180 miles, to surpass his previous unratified world best of 286.463km / 178 miles.

He was still keeping up his drinking and eating regime, alternating energy drink and water; the coca-cola taken earlier was almost like a treat, a change. He was also using maple syrup mixed in with some of the drinks.

The situation within the race at the 20 hours point was that Yiannis led with 245km/152.2 miles, well clear of the German Jens Lukas in second with 216km/134.2 miles, who has taken over second place from Michael Maier.

Maier went through 100 miles in 14:18:39, some 16 minutes ahead of Lukas [14:44:43] but Maier was to lose second place 16 hours into the race. The two men were then locked in a tight struggle, with only a 1m:45s gap between them. Lukas looked the more comfortable, but Maier was still fighting hard to hang on to his fellow countryman. Behind the two Germans, Frenchman Francois Plateau had covered 196km/121.7 miles, with Wolfgang Schwerk on 185km/114.9 miles.

In the women's race Russian Nadezhda Tarasova, who apparently has run 213km/132.3 miles in 24 Hours previously, had a firm lock on the leading position. She had run 182km/113 miles, well ahead of the German, Heike Pawzik, who had run 160km/ 100 miles. Austrian Nidhruvi Zimmerman was next with 155km/96.3 miles, from Prafulla Nocker of Germany also on the same distance, with another Austrian, Paula Mairer on 149km/ 92.5 miles. Marianna Nagy of Hungary had covered 147km/91.3 miles in 6th.

Kouros had gone through 250km in 20:25:47. But with two hours to go, he was told he had to speed up if he was going to surpass his 178 miles from New York in 1985. He was finding it hard, and the pain was getting to him. Tarit Stott told him, "You get to the point where it hurts, you then have to push a little bit more. You are going through 'the little bit more'". Kouros laughed and pushed on, the joke helping him through the next couple of laps.

At the finish he had covered 290.22165km or 290.221km and 65 centimetres. His official distance is 290.221km/180 miles 589 yards. He was ecstatic at the finish at achieving that distance and thanked Shashanka Karlen and Tarit Stott particularly for their support. He had thought before the start that he could achieve 295km/183 miles, but his dream had been to crack 300km once more.

Behind Yiannis were some fine performances. Jens Lukas, the German in second place, had run 28:49 to take third place in last year's Spartathlon. His performance showed a new star had emerged. His 256.038km/159m 166 yards was quite some debut to the event, being further than last year's best performance in the world in the event! Third was Michael Maier who ran close to his personal best with 253.501km/157m 912yards. Considering the race wasn't a championships, the standard was very high.

The women's race was won by Nadezhda Tarasova with 213.649km/132m 1329 yards. In second was Heike Pawzik with 188.895km/117m 658 yards, and third was Nidhruvi Zimmerman with 186.984km/116.1 miles.

Looking Over Results Down Under

New Zealand

On August 2, 1997, the New Zealand 100 Km Championships were held at Rotorua. There was a conflict with the World Challenge in Winschoten, which meant that the top four from the 1996 race were missing. **Scott Whitley**, making his ultra debut, set off at world record pace for the first 45 km until the cold and the pace forced him to withdraw. However, one of the New Zealand 100 Km team, **Geoff Robinson**, was using the race as a long training run before Winschoten. Once he took the lead, he kept it to the finish. His was an even paced run, as he reached 50 km in 3:39:55, en route to a winning time of 7:46:30. The first woman was **Margaret Hazelwood**, the former holder of the national 100-km record. Her finishing time was 9:36:10. **Carolyn Tassie**, in second place, is a developing runner. Making her 100-km debut, she ran a solid 9:45:00.

On December 6 last year, the biggest trail race in Australasia took place at Te Anau in New Zealand. Some three hundred competitors were delayed at the start when last minute course changes had to be made due to heavy snow on the mountains. After a three-hour delay, the runners set off on an alternate course. The leader at halfway was **Keith Murray**, with five-time winner **Russell Hurring** in the top ten. However, the 36-year-old Murray was not to be caught, winning in 4:39:30, from the international 100-km runner **Andrey Reyer** of the Ukraine, who ran 4:49:00. Reyer was always in the lead group but could not catch Murray, who was seeking to retain his title. Third was **Mark Green** in 4:49:42. Hurring, making a comeback after a double achilles operation, finished in sixth place on just six weeks training. For those who remember the drama of the Duluth 100 Km World Cup in 1990, **Russell Prince** led for much of the first 20 km and eventually finished eighth.

The women's race was to be a battle between Australian **Louise Fairfax**, who holds the course record, and **Andrea Priestley**. Fairfax held the lead until 25 km, when she was overtaken by Priestley, who wound up the winner in 5:20:36, in 11th place overall. In second was **Sandra Mewett** in 5:47:38, with **Andrea Murray** third with 6:01:48.

Safet Badic, an Australian, notched his third win in the 100-km held in Waitaki, New Zealand, on November 15 of last year. Despite atrocious weather, the former Yugoslav kept going well. He remarked later that after 40 km he had gone numb,

and that he had been afraid that the wind would carry him off. He had little competition, winning in 7:25:12. **Val Muskett** was the first woman in 9:24:34.

Back in 1996, the Huka Jet Great Lake Relay was held around the largest lake in Australasia, Lake Taupo. A lone Auckland ultrarunner, **Michael Simons**, ran the course himself, and this persuaded the organizers to include an 'individual' category. The following year this individual race was won by **Ivan Loveday** in 15:13:15, with **Lilac Flay**, a regular member of the New Zealand 100-km team, clocking 16:27:05. The race is advertised as 160 km, just under the 100 miles, but in fact, the combined distance of all relay legs only works out at 152.6 km.

This year's race took place on the weekend of February 27 and 28, with a 10:00 p.m. start. Last year **Shaun Cooper**, another of the New Zealand 100-km squad, had finished the race, but in 1998 had set his sights a little higher. The race takes place on a paved road, and is best described as undulating for the first 70-km or so. Cooper covered the first quarter of the race in around three hours, then began to slow slightly. He reached 102 km in around 8:45, and took another four and a half-hours over the remaining 51 km on what was an easier section of the course. His final time was 13:24. Second was **Graham Dobbs** in 15:49:29, with **Ashley Smith** in third with 19:02:14. There were just three finishers.

Australia

At the Victoria, Australia 50 Km Track championships at Moe on November 30, 34-year-old newcomer **Sandra Timmer-Arends** took **Mary Morgan's** national 30-mile and 50-km track records, clocking 3:31:06 and 3:38:18, to rank fifth on the world all-time list for the latter event. Also in the event was 75-year-old **Ken Matchett**, who had his eyes set on the soft marks set by **Ernie Warwick** en route to his 24-hour best. Matchett smashed both the 30-mile and 50-km world age group bests, with 4:42:00 and 4:52:13. In the associated six-hour race, **Linda Meadows**, silver medalist in the Moscow 100 Km Challenge, lacking fitness after 18 months of injury and illness, came through to win with 75.958km/47.1 miles.

Ukrainian **Andrey Reyer** traveled to Australia early in the New Year, dominating the Coastal Classic 12 Hour race on January 10, winning in 139.629km/86.7 miles, well clear of his opposition. **Helen Stanger**, Australian 24-hour record holder, finished third, the first woman with 118.094km/73.3 miles.

South Africa

The 100 miles has a long and distinguished history in South Africa, stretching back to the 1930s. In one of the latest of such races, **Tienie De Beer** won the Hewatt 100 Mile in October with a time of 14:09:08. The first woman was **Michelle Stewart** with 17:42:09.

Chile

Way back in 1985 there was a 100-km race held at Puerto Varas in Chile. The winning time was more than nine hours. At the time, this was one of the few ultras held in South America. This ultra tradition has obviously been maintained and on January 24, the fourth edition of a 70km/43.4 mile race from Licanray to Villarrica was held. **Juan Encina** won the race in 4:44:43, with **Eduardo Machuca** second with 5:14:21. Third was **Erwin Valdebenito** with a time of 5:28:30. There were 20 finishers under 10 hours. There are active ultra communities in many of the countries of South America now—Brazil, Argentina, Uruguay, Peru, Chile and, I believe, Bolivia.

Back to the North: The Barry 40 Mile in England

Now, a return briefly to the Northern Hemisphere. Barry is a small town in South Wales, and each year for the last twelve years a 40-mile race has been held at the Jenner Stadium in early March. The driving force behind the race is the former British 100-km internationalist **Mick McGeoch**, who in fact won the first two races.

Ultrarunning in Wales has a distinguished history, including several world bests at the Maindy Stadium, Cardiff in the 1960s, most notably when Welshman **Lynn Hughes** became the first man to cover 40 miles in less than four hours. This year's race on March 1 attracted its usual strong field, including British 100-km internationalist **Simon Pride**, who won the race last year, **Stephen Moore**, **Carolyn Hunter-Rowe** and **Hilary Walker**. With the IAU Celtic 100 Km Championships coming up in August there, there was also the possibility of places in the Welsh team being determined by this race which was also the Welsh Ultradistance Championships.

Simon Pride set off at some speed, with the idea of perhaps threatening **Don Ritchie's** world track best of 3:48, but soon realized that the gusty wind made such an ambition impossible to achieve. He then settled down to a steady pace and was joined by Moore about eight miles into the race. Pride decided to run the race tactically and at 22 miles he put in two or three fast laps and got a break of 400 meters. From then on, he did enough to just inch away from Moore.

Moore had his own agenda. He turned 50 at the end of last year, and he had his sights on the world age group best marks of Ritchie. He reached 30 miles in 2:59:32, and 50-km in 3:06:08, both new world bests for 50 and over, taking over ten minutes from Ritchie's listed world bests.

Despite the gusty winds and occasional squally showers, Pride won comfortably, but his margin of victory was never so great that Moore was not an ever-present threat. Pride's winning time was 4:01:32, with Moore finishing in a new world over 50 best of 4:04:00 for 40 miles, subject to the usual checks. In third place was **Walter Hill** with 4:24:48 with a typically solid run. He ran an intelligent race, laying back off the pace when the less experienced **Geoff Rees** had made a fast start, but ran well, finishing in 4:29:04 to take the Welsh Championships.

Meanwhile **Bob Emmerson** had been collecting age group world bests of his own. He has been setting such marks for many years, and this year he moved into the 65 and over category. He reached 30 miles in 3:36:52, taking over 20 minutes off the previous best mark; 50 km was passed in 3:44:53, removing 21 minutes from the listed mark, and 40 miles in 4:57:49, taking 34 minutes from Australian **Randall Hughes'** previous world best.

Miscellaneous Roundup

The six-hour event is a very suitable introduction to the sport of ultrarunning and is becoming an increasingly popular race in Continental Europe. **Anton Smeets**, the Dutch IAU General Council Member, has developed an IAU European Six Hour Cup this year.

The Stein Six Hour in the Netherlands hosted the first event in the series on March 1. **Jozef Frings** of Germany won the race in a new national record of 82.643km/51.35 miles. **Emiel Diericks** of Belgium was second with a total of 82.267km/51.11 miles. The first woman was **Birgit Lennartz** who also apparently set a new German best of 77.727km/48.2 miles, from **Anni Loenstad** of Denmark with 76.344km/47.4 miles.

The Te Houtacwa Challenge is in fact just 60-km in length despite its name. It originates from an old Maori story about a thief who ran 60 km down the beach to Ahipara to steal kumara from his enemies. After a series of fights he ran all the way home with his load. The first 10-km of the race is run on soft sand. **Kerry Pascoe** won this year's race in a time of 4:12:55, from **John Thirkettle** in 4:15:20. The interesting battle was for third place. **Lilac Flay**, the New Zealand 100-km runner, was closing on **Thomas Whitehead** in third over the last few kilometers, but he was warned that she was closing and managed to stay just in front. She reckoned later that if the race had been a few hundred meters longer, she would have taken him. As the Northern

Hemisphere begins to stir into life once more after its winter hibernation, its ultrarunners will aim to carry on the lively start to the year made "down under."

Dear Dot

Thought you might like to publish this poem in Ultramag. One of my very good friends, Lyn Hambleton, penned it for me. After reading a number of my walking stories, she noticed I always quoted the last paragraph of Ron Grant's book "My Life On The Line". Lyn thought I should have my own saying and this was the result.

Regards

Melanie Jonker

"Mel's Ode" by Lyn.

If Ron Grant has a saying so should you - hope it expresses your own feelings about your walks, it is the feeling I get from reading of your exploits.

The swollen feet, the sweltering heat
Can't make me change my goal
I walk because I like it
It serves to soothe my soul

I push myself to finish, to pass each watering spot
The smiling faces cheer me, they urge me not to stop
The finish line it lures me, with promise of a rest
My aching legs continue, my time might be my best

I cross the line, I check my watch
There are smiles and cheers
Another distance conquered my pain it disappears

Some may ask why do it, why push myself this way
My answer is quite simple and this is what I say
It gives me sense of purpose, a height for which I aim
I'm now an ultra walker, my own small claim to fame



Picture: 'Big' Chris Stephenson and 'Mountain Man' Graham Kerruish running their 100th road marathon together at the 'Cities' Blacktown in 1992.

Big Chris Stephenson: race organiser and running enthusiast extraordinaire

'Big' Chris Stephenson, a computer systems analyst for Bankers Trust, is the race organiser of Australia's biggest mountain running event, the Six Foot Track, each March from Katoomba in the Blue Mountains west of Sydney to Jenolan Caves. It is a very challenging logical exercise but Chris manages it superbly and the numbers grow and grow. He has now been the race director six times. Chris also organised the Bathurst 100 kms from 1986-1995 and each March, just when you think he would need a breather from the Six Foot Track, he provides computer support and systems control of the Cronulla Surf

Since then he has done:

- 15 City to Surfs with a p.b. of 50.51 in 1983
- 12 half marathons (p.b. 80.10 in 1982)
- 122 marathons (p.b. 2.55.26 in 1989)
- thirteen 50km ultras (p.b. 3.46.01 at Parramatta in 1984)
- eighteen 50 milers (p.b. of 6.59.50 at Ballarat in 1988)
- three 100km ultras (p.b. of 9.10.02 at Adelaide in 1984)
- three 100 milers (p.b. of 15.50.46 at Manly in 1984)
- six 24 hour ultras (p.b. of 187 kms on 15/2/86 in the Vets 24 hour at Box Hill)
- four Foster Ironman Triathlons (p.b. of 11hrs, 16mins in 1997)
- the Bogong to Hotham in 10:09:17 on 1 July 1990
- Canberra to Gunning 50 Miles in 9hrs 52 mins in 1986
- Bay to Breakers 6km swim at Cronulla in 1995
- six Brindabella Classic 54kms (p.b. of 5.12.02)
- three Sydney to Wollongong 80km cycle races
- one Western States 100 miler in the USA in 1986 where he got to 78 miles at Rucky Chucky

All up at May 1997, Chris had done 122 road marathons and 52 ultra runs. This huge depth in running experience has given Chris insights into the best and worst of race management. He is intelligent, thoughtful and very much in touch with other runners, and has a vision for how to put everything together to really meet the needs of competitors. The Six Foot Track is a demonstration that Chris has gleaned the best on offer from other races to make the Six Foot track a classic, an experience to be remembered.

The Six Foot Track race first began in 1984 as a 100 year commemoration. By the 1960's the track had fallen into disrepair; a decision was made to upgrade and repair it. The upgraded track was legally opened at the centenary

Lifesaving Club Shark Island 2.2 km swim, which despite the Jaws-like title attracts 500 swimmers. He was a race official for the Westfield Sydney to Melbourne Run in 1987 and 1990 and supervised the Race Control and computer programming in 1991.

The first impression one gains of Chris the man is enthusiasm; he literally bubbles with enthusiasm for everything he does—and he packs a lot in. Now 41, he started running at 8 years of age in little athletics and his forte became the 800 metres as a teenager, with a p.b. for 800 metres of 2:02 in 1976, but also clocking 33:10 for 10,000 metres at age 19.

celebration. Ian Hutchison approached Chris Stephenson about having a race over the Six Foot Track for the Centenary and a field of 7 runners assembled at the start. Bob Marden won in 5:24, with Chris Stephenson second in 5:28 and Max Bogenhuber third. Ian Hutchison was the race director for several years with Chris Stephenson Secretary. In 1985 the race was run from Caves House to Katoomba, before changing to the present course in 1986 from the Explorers Tree to Caves House.

There is a \$35 entry fee and profits from the race go to the Bush Fire Brigade who provide 90 people doing a wide range of jobs on the day, including a catering van at the start with damper, jam and other breakfast. There are 16 crews out on the course. The biggest medical problem is from people falling over and needing first aid. A helicopter can be brought in a dire emergency (yet to occur). At its lowest point, the course goes through the Cox River which is usually knee deep but one year was chest high (165 cms). The fame of the race attracted Rockport and Maxim as race sponsors in recent years, and a media company produced a video package of the race.

Chris regards Andrew Kromar as the best male runner from Australia who has run the race (a Russian ultra runner a few years ago was just as good) and Dawn Tiller the best female. He sees runs like the Six Foot Track growing in popularity, with the Bilpin Run over 35kms and a Great Northern Track 200km developing in the Sydney area as an extension of the Six Foot Track concept.

Chris's own weekly training roughly comprises 100km of running, 15kms of swimming and 200km of biking, although the mix varies according to the time of the year, and he used to add in some gym work as well. In winter he focuses on marathons and in summer on triathlons, with the Hawaii Ironman his major goal.

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MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I
(Full name of Applicant)

of
(Address)

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

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

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

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

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

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

.....
(Signature of 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 / UK
Air Mail (up to 1 week delivery)	\$ 34	\$ 38	\$ 41	\$ 43

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

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

Also note: A Proposer and 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!