

ULTRAMAG

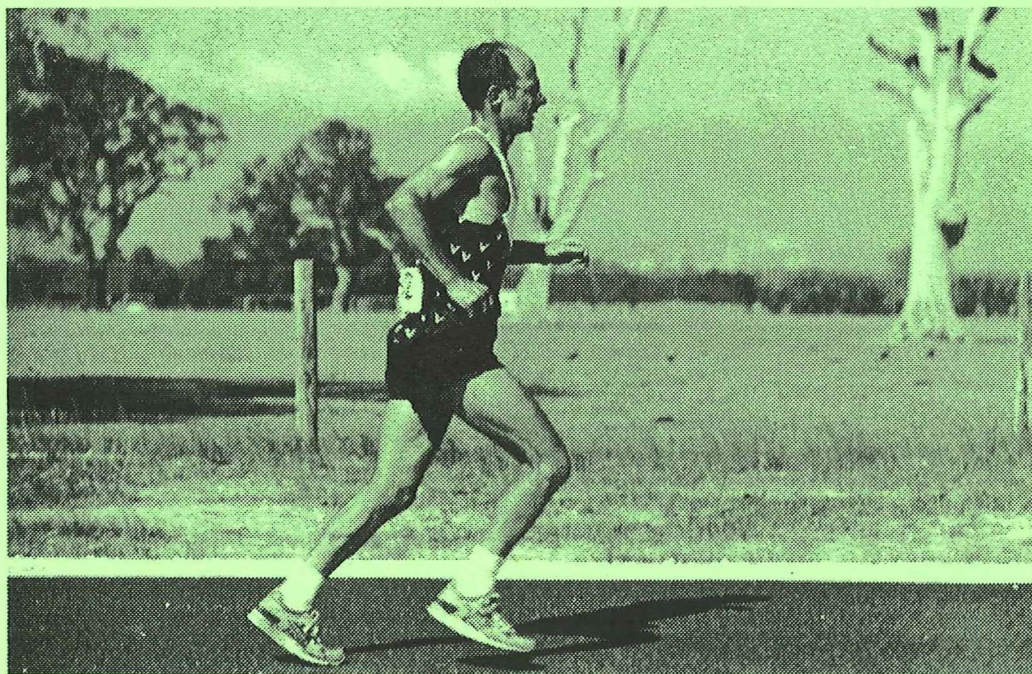
VOL .13 No.3

September 1998



Ian Cornthwaite, former top marathon runner but a relative newcomer to ultra-running, collecting a drink in the Australian 100km Road Champs. at Glengarry, Victoria on April 5th 1998. Ian finished at 70km.

Greg Wilson from Toolangi, Vic shows the loneliness of the long distance runner in his run at the 50km Road Race at Glengarry, Victoria on April 5th. Greg placed second behind Darrel Cross.



AURA MAGAZINE



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

Despite the forth coming election and little Johnny Howard's beloved GST, the Ultra world has not come to a standstill.

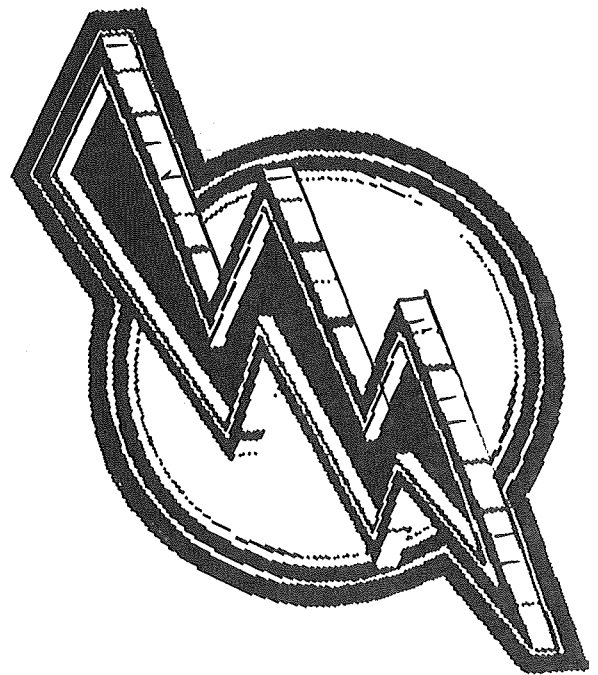
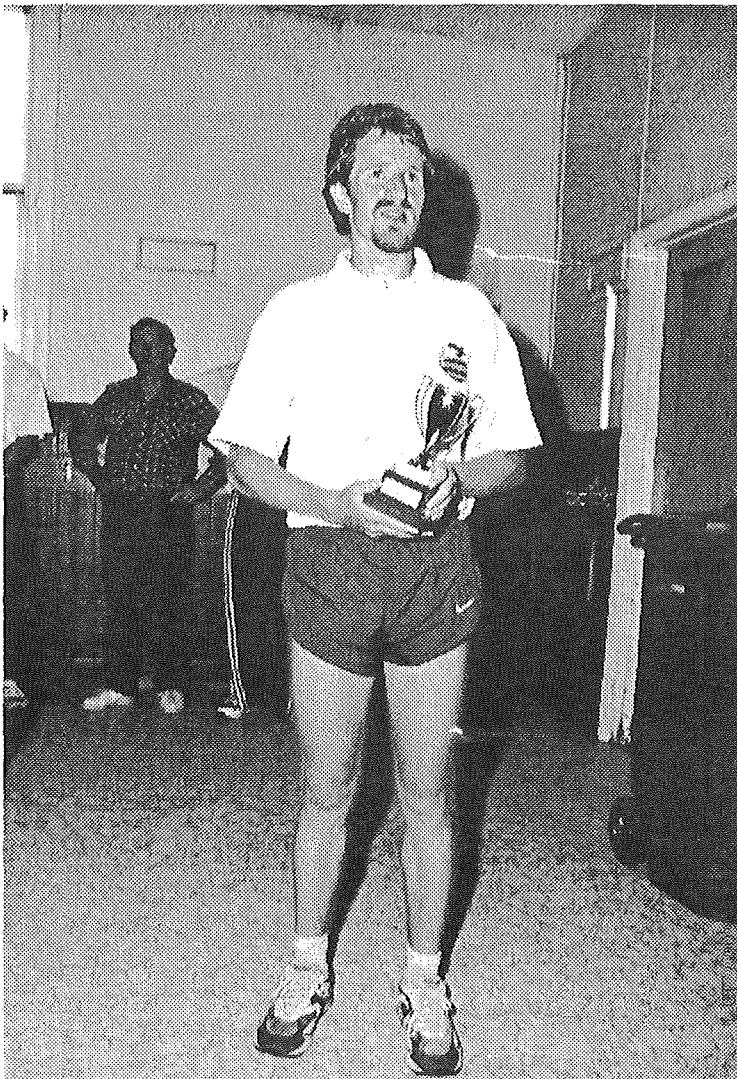
A small field contested the AURA 50 mile championship in June and the Coburg Harriers conducted a 6 hour race in July as a lead up to the very successful 24 hour race in August where Helen Stanger blasted away all and sundry in what is believed to be a new Australasian record. August also saw the Gold Coast play host to the Asian Pacific 100km Championship.

Overseas, and a number of Australians headed over to South Africa for the prestigious 87km Comrades Marathon. Lavinia Petrie gave a gripping account of the race but conveniently forgot to mention that she took out first place in her age group [W50], while on the other side of the globe, Peter Goonpan took up the challenge of the grueling Leadville 100 mile trail race in Colorado. Peter battled high altitude and rocky mountain peaks to record an excellent sub 24 hour performance.

I have been pleased to hear the rumor that the Brisbane Water Bush Bash may re emerge onto the 1999 calendar in April.

In what I consider to be a huge leap forward in the conduct of track ultras, the computer lap scoring system that has been put together by Malcolm Matthews was used very successfully at the Coburg 24 hour race and will be used at the upcoming Centurion Walk and the Traralgon 6 hour/50km track race. If any race directors are interested in Malcolm's computer program then he can be found on 03 9416 0203.

Kevin Cassidy



WORLD CHAMP!!!

Big cheers for Nigel Aylott, AURA Committee-member, who took out the Title when he won at the recent World Rogaining Championships in Canada. FANTASTIC, NIGEL!

1998 ULTRA CALENDAR

- Oct 24/25 **SRI CHINMOY 6/12/24 HOUR & 100KM S.A.CHAMPIONSHIP TRACK RACE, SA.**(Australian 24 Hours Championship) Starts 8am on Sat. 24th 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. **LATE NOTICE !! EVENT CANCELLED DUE TO DEATH OF SRI CHINMOY'S BROTHER. EVENT TO BE REPLACED BY EVENT LISTED BELOW.**
- Oct.24 **SIX / TWELVE HOUR TRACK RACE, SA,** Adelaide Harriers Track, 8am start, Sponsor: Statues Australia, \$25 entry, Contact Race Director: Phil Essam, 19 Luringa Close, Craigmore 5114 SA, Ph. (08)828 70325 to notify intention of competing.
- Oct **ALBANY TO PERTH 560KM ROAD RACE, WA.** Contact Ross Parker, 33 Burradine Way, Craigie 6025 W.A., ph. (09)401 7797 to apply for invitation to run.
- Nov 8 **BRINDABELLA CLASSIC, ACT** organised by the ACT Cross Country Club, 54km trail run over the Brindabella mountains, just south of Canberra., 8.30am start \$40.00 entry fee with pottery goblet, \$30 without, 7 hour time limit, 1/2-way in 3hrs.20. Contact Hugh Jorgensen (02)6286 1252 (H) or Dave Cundy Ph. (02) 4342 7611 (H)
- Nov 14 **RAINBOW BEACH TRAIL RUN, Q'LD** (beach and forest trails) 52km Rainbow Beach, near Gympie, a QURC + Rainbow Surf Club event, contact races organiser Dennis Parton, c/- P.O. Rainbow Beach 4581, phone Dennis Parton (0754) 86 3547 or Gary Parsons (0754) 95 7208
- Nov **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, 8am Traralgon Harriers event. Moe Athletic Track; Old Sale Road, \$25 entry covers both championship events Enquiries: Geoff Duffell, 7 Shaw Street, Churchill 3842 Vic, Ph. (03)5122 2855 (H) or Barry Higgins (03) 5174 3712.(H) Email address gduffell@nex.com.au
- 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 9 **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, 7.30pm start, Contact Gosford Athletic Track, Coastal Classic, P.O. Box 1062, Gosford 2250, NSW. Include SSAE for confirmation of entry, or phone Frank (02) 4323 1710 or Paul (02) 9683 6024 (H) Email address thomo@zeta.org.au. Entries close 19/12/98
- 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 24 **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$15 entry, 7am start. Closing date: 14th January, 1999. Entry forms available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 9781 4305 or Dot Browne, 4 Victory Street, Mitcham 3132 (03) 9874-2501(H) or FAX (03) 9873-3223
- Feb 6 **6 or 12 HOUR + 50K, 50 MILE, 100KM QUEENSLAND ROAD CHAMPIONSHIP**, Caboolture Historic Village, Beerburrum Road, Caboolture, gravel road, smooth surface, certified 500m track, Q'ld. Entries to Race Director Peter Lewis, 13 Timberidge Court, Wamuran 4512, Ph (07) 5496 6437 by 8th Jan to receive free T-shirt.
- Feb 7 **CRADLE MOUNTAIN TRAIL RUN, TAS.** 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston, Tas 7250, phone (03) 63 Entries close: 21st January, 1997
- Feb 11-20 **LIVERPOOL BOOMERANG MARATHON, NSW 732km**, Liverpool to Albany and return. Closing date 15th October, 1998, entry fee \$80, only 1`2 entries accepted, Contact Dave Taylor, 56 Grandview Parade. Lake Heights 2502. Ph. (02) 42 740054 (H) or (02) 42 26 4088 (W)
- 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. 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

1999 ULTRA CALENDAR

- Mar 21 **KING & QUEEN OF MT.MEE 50KM, 25KM, & 10KM, Q'LD**, out and back course (twice for 50km) on bitumen and dirt roads; 50km start 6.00am, 25km start 7.00am, 10km 8.30am 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. Enter early on entry form in Ultramag or entries will be taken on the day.
- 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 **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 June, 1999, 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.
- May **AURA 50 MILE TRACK RACE, VIC**. (Australian Championship) Venue to be advised
- July **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. 56-415 Dominion Road, Auckland 1030 Ph. (09) 623 0325 Fax (09) 623 0335 for entry forms.
- Aug **IAU ASIAN PACIFIC 100KM CHAMPIONSHIPS, GOLD COAST**. Contact Harry Davis. (07) 5577 6868, a QURC event.

1999 ULTRA CALENDAR

Aug **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.

Aug. **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

Sept **FIVE DAY STAGED FOOT RACE, Q'LD** (Start & finish at Nanango, South Burnett, 180km north of Brisbane), approx. 330km total distance ranging from 55km to 72km daily, handicap start. \$125 entry fee includes some meals + T-shirt A QURC event. (QURC members \$115) Contact Ron Grant, Bellmere Convenience Store, Bellmere Road, Bellmere 4510 Caboolture or telephone Ron or Dell Grant on 0754 989965

Sep **AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS, Gold Coast QLD.** Rugby League headquarters, Eskdale Park, Maryborough, Brian Evans (071)214 200

Sept **ROYAL NATIONAL PARK ULTRA, NSW**, 50km, 6am start at Grays Point Oval, Grays Point, \$35, Entries to Royal National Park Ultra, P.O. Box 380, Sutherland, NSW 2232, phone/fax Billy Collis (02)520 6774 answering service

Sept **AUSTRALIAN CENTURIONS CLUB 24 HOUR, 100 MILE, 50 MILE, 50KM RACEWALKS**, Contact Tim Erickson, 1 Avoca Cres, Pascoe Vale 3044 Vic, Ph. (03) 9379 2065 (H) More details to follow

Sept **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 3 **AUSTRALIAN 100KM ROAD CHAMPIONSHIP & 50KM ROAD RACE**, Glengarry (near Traralgon), Vic, Championship also includes a State Teams Challenge. Conducted by Traralgon Harriers Event, endorsed by Athletics Australia & AURA. Contact Geoff Duffell (03)5122 2855 (H)



Kouros takes a drink during the Australian 100km Road Champs. at Glengarry 1998

EXPRESSION OF INTEREST

IAU 100KM WORLD CHALLENGE, FRANCE, MAY'99

An expression 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 approximate date for the event is May, 1999 and further information will be advised when it becomes available. The current qualifying standards for 100km are: Men: 8 hours, Women: 9 hours. It may be noted that athletes with times slower than the current qualifying standard will be considered, however, these people need to be able to justify they are of an "acceptable standard".

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 3149 Vic.

.....

Expression of interest for inclusion in the Australian team for the next IAU 100km World Challenge in France, 1999.

Name:

Address:

Phone Number: (work): (home)

Facsimile Number: Date of Birth:

Qualifying Performance (s) over the past 18 months :

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Potential starters in the IAU World Challenge, Kelvin Marshall and Nigel Aylott after the Glengarry 100km Championship this year.

A.U.R.A. ANNUAL GENERAL MEETING

MINUTES OF ANNUAL GENERAL MEETING OF THE AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED HELD IN THE CLUBROOMS OF THE BILL SEWART ATHLETIC TRACK, EAST BURWOOD ON SAT. 20TH JUNE, 1998

PRESENT: 14 members of the Association plus 6 supporters & volunteers.- Geoff Hook (Chair), Tony Rafferty, Nigel Aylott, George Christodoulou, John Harper, Dot Browne, John Fotakis, Linda Meadows, Sandy Kerr, Shirley Young, Kev Cassidy, Randall Hughes, Gordon Burrowes, David Jones.

APOLOGIES: Peter Armistead, Ken Riches, Kevin Tiller, Rudi Kinshofer, Gary Parsons, Bruce Cook, Geoff Duffell, Barry Stewart, Phil Essam, Mike Grayling.

MINUTES: of the previous AGM held on Saturday 21st June, 1997, printed in Vol.12. No.3 of the Association's magazine, ULTRAMAG, were taken as read. Moved Nigel Aylott, Kevin Cassidy that they be accepted as a true record of proceedings. Carried.

1.0 MATTERS ARISING: -

- 1.1 Re. Item 8.1, Motion put forward by Barry Stewart that a disabled person be appointed onto the committee with full voting rights. Geoff commented that this was not possible because it would involve a change in the Constitution, an arduous and expensive proposition. However, Barry was welcome to be a spokesperson for disabled athletes and contribute to committee meetings as such, without being an official committee member.
- 1.2 Re. Item 8.3, Offers by Phil Essam to compile and record the history of our sport & Association past and present, to promote the Association and sport, to write articles for ULTRAMAG. We are happy to report that Phil has fulfilled all of these offers, plus he has begun to compile a history of the Westfield Run, and has submitted the following report on his progress to be read at this AGM.

REPORT FOR AURA AGM

"The World's Greatest Race" by Phil Essam

I have almost completed the first draft of my book on The Westfield Races that were held from 1983 to 1991. I envisage at this stage that there will be 80-90,000 words, 250-300 pages and 12-20 photographs. Thanks once again to all the people that have given me information, help and assistance with this project. I am looking after the photos and information that people have given me and will return all information to people when I have finished.

I am starting to look at getting a publisher for it. If no one will publish it, I will somehow get it self published. At the very least there will be two copies of the book. One for AURA records and one for myself.

I am also looking for a copy of the press cutting when Westfield announced the demise of the race. I believe it was about September '91. Can anyone help?

In my capacity as unofficial Historian I am going to start making a database of all Ultra race results in Australia. I will start with results from all UltraMags first and then expand from there. It will be formatted on Access and I will make it available to people for the cost of a disk and postage.

My next book project after the Westfield Book is published is a History of Ultra running in Australia.

2.0 PRESIDENT'S REPORT: - Geoff Hook

The President circulated copies of his report which will appear in the next issue of ULTRAMAG, Vol 13, No.3

Moved Geoff Hook/ John Fotakis that the President's Report be received. Carried.

3.0 SECRETARY'S REPORT - Dot Browne:

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

4.0 TREASURER'S REPORT - Dot Browne

- 4.1 Assistant Treasurer, Dot Browne circulated copies of the financial statements for the Association for the period from 1/1/1997 to 31/12/1997, and commented on the figures, which again indicate that our Association is still surviving at the \$25 subscription rate firstly as a result of members' donations and secondly due to the reasonable printing costs charged by Bruce Cook in Queensland. We are very grateful to Bruce for the efficient job he does with the printing and distribution of the mags. Our largest expenditure items are for printing and postage, whilst \$1250.00 is incurred for our \$5 million Public Liability insurance coverage. Profits of \$2211.90 were up by around \$827 on 1996 figures and the Association is in a healthy financial position. Dot recommended that the membership fee remain at \$25 for another year.

Moved Dot Browne, seconded Linda Meadows that the Treasurer's Report be accepted. Carried.

5.0 STATEMENT BY COMMITTEE;

The following statement was received from the committee.

In the opinion of the committee:

- (i) 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 1997 and the state of the affairs of the Association as at 31st December, 1997.
- (ii) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.
- (iii) the accounts have been compiled by the simple Income and Expenditure format.

Moved Sandy Kerr seconded Nigel Aylott that the statement be accepted. Carried.

6.0 ELECTION OF OFFICE BEARERS;

The following members were elected into office:

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

7.0 APPOINTMENT OF AUDITOR;

Peter Feldman, ex. Commonwealth Bank manager, has expressed his willingness to accept the appointment of Honorary Auditor.

Moved Dot Browne, seconded John Harper that Peter Feldman be appointed Honorary Auditor for the year ended 31st December, 1998 and that Jeff Briggs be thanked for his excellent services in the past. Carried.

8.0 GENERAL BUSINESS;

- 8.1 Dot tabled a letter received recently from the Commonwealth Bank in regard to increased bank charges and the fact that a charge of 45c. would be incurred by AURA for each cheque deposited into or drawn on our account as from July 1st, 1998. Dot stated that this would cost AURA an extra \$200 or so each year. David Jones suggested that if the bank manager was approached, he might consider waiving the charges for a non-profit organisation such as ours (as was the case for Malvern Harriers). Dot to investigate.
- 8.2 Barry Stewart has invited runners to accept the challenge of a 500km event from 3rd - 24th April, 1999 in Queensland, a challenge between able and disabled runners, with able bodied runners having a 4:1km handicap. He states that he has RSL backing for this event.
- 8.3 Gary Parsons has advised that he has recently run the 517.4km Birdsville Track, a rough desert road with big stones and temperatures of from 4 - 31 degrees, in a time of 4 days 3 hours 19 min 34s, which, he states, has taken approx 18 hours off Ron Grant's record.
- 8.4 Geoff stated that the following athletes have expressed interest in representing Australia at the IAU World Challenge in Japan in October, 1999: Nigel Aylott, Ian Clarke, Mick Francis, Paul Every, Trevor Jacobs, Carl Barker, Mark Steinberg and Cristine Ashcroft. Two more females are needed to form a women's team.

10.

Meeting started at 5.30pm.
Meeting closed at 6.35pm.

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
ANNUAL GENERAL MEETING
SECRETARY'S REPORT
Dot Browne

We are now into our 13th year of operations, and still surviving very nicely due to the enthusiasm and dedication of many of our members, Australia-wide. Our membership seems to have stabilised at around 400 members over the last few years. Unfortunately NSW has dominated the membership stakes during 1997 with a lead of around 30 members over Victoria. Very sad!

Unfortunately our Australian 100km Road Championship lapsed in 1997 due to the Shepparton Club committee changes, but Geoff Duffell rescued the situation in early April 1998 and conducted the 1998 championship event on April 5th on a flat, 10km loop course just outside Traralgon at Glengarry. Geoff's organisation could not be faulted. The event was run on low-traffic sealed roads with the local hall being the focus as the start finish point, where toilets, change-rooms, lap-scorers, drink stations sausage-sizzle, supporters, post-race food and presentations were all held. The only negative factor was the solid wind which hampered runners more and more as the race proceeded, but Geoff couldn't do too much about that. Lavinia Petrie, as part of her preparation for the Comrades Marathon, cleaned up the odd road record and we wish her all the best for the Comrades, which actually happened last week. We are awaiting results with interest. We were disappointed that interstate athletes missed the opportunity to compete in this Australian 100km Championship, and qualify for the Japan 100km World Challenge in October, when AURA hopes to field a team.

At our last AGM, Cliffy was on his run around Australia. However, we were sad to hear that, with the illness of one of his support crew, he was forced to abandon the challenge and not finish it off.

We haven't heard how Nobby Young's "walk around the world" project is going. Have you?

Probably the most significant 1997 event in the ultrarunning world happened at Kensington Park, South Australia on October 5th, 1997 when superman, Yiannis Kouros achieved the impossible when he ran 303.5km, in the Sri Chinmoy 24 Hour Track Race. In passing that illusive 300km in 24 Hours mark, Yiannis Kouros has achieved one of the greatest athletic feats of this century. We in AURA are proud to have him as a member of our association and wish him well in all future endeavours. He must have a heart as big as Pharlap's.

Unfortunately there will be no 100km Ultra Road Race included in the Manchester Commonwealth Games as we had all hoped, the reason being given that there is no existing Commonwealth 100km event in existence. Obviously, Commonwealth 100km Road Championships will be instituted and application made for future Games.

Congratulations to the Nanango Team for achieving that amazing feat, the IAU International 1000 Miles Track Championships, dubbed by Ron Grant as "The Footrace of the Century". Champion ultra runners came from all over the world to run this one. They have really put Nanango on the world ultra map and are to be

congratulated for their organisation, their international field and their results. Fantastic!!

Congratulations to AURA member and great-grandfather, Drew Kettle for another remarkable charity run, this time from Ayers Rock to Albany, a mere 2400km, during which he raised another \$15,000 for the Royal Flying Doctor Service. We were thrilled to read of him being awarded an Order of Australia Medal in the January Australia Day Honours List for his various charitable deeds. Great Drew!!.

Finally, thanks to the AURA committee who have given Geoff and myself great support over the last twelve months, particularly John Harper and John Fotakis. They have taken over the Ultra Age Records and AURA Records and Rankings respectively and we thank them profusely for accepting this dispersion of duties. Thanks also to Kev Cassidy, who has continued to dispense AURA clothing and gear Australia-wide all year. (in between sending wet jokes world-wide on the internet).

Kevin Tiller, our computer expert has really put us in touch with the world of ultrarunners through his home page on the internet. Thank you SO much Kev. We've received many new members as a result of your world-wide advertising on internet. AURA member, Melanie Jonker has also contributed considerably, with her coverage of AURA events on the internet, particularly the IAU 1000 Miles daily updates. Ultrarunners world-wide have acknowledged her efforts and sent their appreciative messages to her.

Our Association has been a successful, financially-viable group again during 1997 and we hope to continue similarly in the future with the continued support of members.

Thankyou to members for their continued friendship and financial support for our AURA network for yet another year.

Dot Browne (Hon. Sec) 20/6/98.

BIDS INVITED FOR INTERNATIONAL ULTRA CHAMPIONSHIPS

The International Association of Ultrarunners is seeking bids from race directors for the following events:-

- [A] The IAU World 100km Challenge under the patronage of the IAAF
- from 2001 onwards.
- [B] The IAU International 24 Hour Championships - from 2000 onwards
- [C] The IAU European 100km Championships under the patronage of
the E.A.A - from 2000 onwards.
- [D] The IAU European 24 Hour Challenge under the patronage of
the E.A.A. - from 1999 onwards

All these events must be held on a certified calibrated bicycle course in keeping with race requirements set out in the IAU's Ultra Marathon Race Handbook (which includes requirements established by the International Amateur Athletic Association.) Race directors wishing to bid on one of these championships should contact:

Malcolm Campbell,
President,
International Association of Ultrarunners,
16 Dudley Road,
GRANTHAM, Lincs. NG31 9AA,
United Kingdom
Fax: +44 1476 578822

or

Andy Milroy,
Technical Director,
International Association of Ultrarunners,
3 Bellefield Crescent,
TROWBRIDGE,
Wiltshire BA14 8SR,
United Kingdom
Fax: +44 1225 353971
email : a.milroy@virgin.net

AURA ANNUAL GENERAL MEETING - 1998

PRESIDENT'S REPORT

Ultrarunning is still very healthy in Australia but the pattern of race support in various states and territories is disjointed. Victoria, with the second highest membership numbers, performs badly in number of races and race support by competitors. The two leading states continue to be NSW and Queensland.

The 100km Australian Championships endorsed by Athletics Australia were again held in Victoria and it was very disappointing that no interstate competitors attended. The Traralgon Harriers Club expended a big effort and put on a superb event and so didn't deserve the lack of interstate competitors. My personal thanks to Geoff Duffell for the fine efforts expended. We are hoping for a better response for next year's event.

Yiannis Kouros retained his championship crown as well as achieving his long sought-after goal of running beyond 300km in 24 hours on the track. The ability of this man to be at the top of our sport over such a long period of time is amazing.

The world 100km championships in Holland in September were conducted under tough, windy conditions. The Australian team of Tim Sloan, Mick Francis, Ian Clarke and Paul Every acquitted themselves well, finishing in 12th position in the teams event. The race was subsequently marred when the women's race winner, Maria Bak from Germany, was disqualified after testing positive to a banned substance. The world championships for this year will be held in Japan in October. Seven men and one woman have expressed interest which is encouraging, except that at the moment we can't form a women's team.

The first world 1000 miles track championships was held in Nanango, Queensland in March. Although the current world record holder, Petras Silkinas of Lithuania, won the event bettering his own record, our gallant Bryan Smith ran a close second to also go under the previous record. Eleanor Robinson from Great Britain won the women's section in world record time.

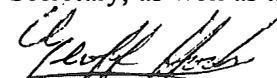
The first Asian/Pacific 100km championships will be held in Queensland in August. The Australasian championships were again won by Australia (100% success) in the person of Safet Badic.

The Victorian 50km track championships were held in Moe at the end of last year. It was a good race but the remarkable thing was the winner(?), Ian Cornthwaite lost the race and an Australian record when it was later discovered, due to a lap scoring error, he had been missed for one lap. I feel very sorry for Ian who had plenty of time for another lap and would have remained inside the record. A prime example of the need to do additional safety laps in distance races if on, or below, record pace.

The AURA quiet achiever is Drew Kettle who has raised many hundreds of thousands of dollars for various charities and needy organisations with his numerous walks all over the country, especially in outback areas. You are a mighty fine person, Drew!

Thanks to John Harper, we now have a draft of Australian age records. This extensive list has many gaps which could be rectified if you know of possible claims - please contact John.

I am no longer co-editor of the magazine so people who normally send me material for publication ought to direct it to Dot or Kevin. Dot is to be congratulated on the enormous work she performs as Secretary, as well as the magazine and other incidental tasks.


Geoff Hook
President
June, 1998

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
Registered Office: 4 Victory Street, Mitcham 3132
Telephone (03)9874 2501 Fax (03) 9873 3223
STATEMENT OF INCOME & EXPENDITURE - GENERAL ACCOUNT
1/1/97 TO 31/12/97

	<u>1996</u>	<u>1997</u>
INCOME: 284 Subscriptions (294 in 1996)	7395.00	7122.00
Donations	1328.00	2292.00
AURA Races - Insurance contributions	236.58	300.00
AURA medals		100.00
Sales of Cliffy's Book	108.00	
Advertising in Ultramag	<u>120.00</u>	-----
	9187.58	9814.00
<u>EXPENSES:</u>		
Postage	1658.87	1779.30
Magazine expenses	5276.30	5318.06
Telephone	183.56	80.84
Copies of "Cliffy's Book"	142.40	
Catering AGM	38.83	
Statement of AGM - prescribed fee	32.00	32.00
Bank Charges	23.69	22.73
Public Liability Insurance	900.40	900.40
Team Manager's expenses - Trevor Jacobs	25.00	
Flowers - Linda Meadows	5.00	
Auditor gift	13.00	
VTOA membership	350.00	350.00
Parking - G.Hook		6.00
Paints for plaques	<u>18.80</u>	<u>18.80</u>
	<u>8649.05</u>	<u>8508.13</u>
Profit	<u>\$538.53</u>	<u>\$1305.87</u>

STATEMENT OF INCOME & EXPENDITURE - CLOTHING ACCOUNT
1/1/97 TO 31/12/97

Stock in hand 1/1/1997 - 73 items	<u>1996</u>	<u>1997</u>
INCOME:		
Sale of garments, car stickers, cloth badges	510.80	514.80
Bank interest	<u>3.06</u>	<u>.60</u>
	513.86	515.40
LESS EXPENSES:		
Atlas Screening - Peter Ryan	519.00	202.00
Postage & handling	31.60	38.65
Bank Charges	<u>23</u>	<u>.22</u>
	550.83	240.87
	LOSS \$ 36.97	PROFIT \$ 274.53
Stock in hand 31/12/97 - 63 items		

14.

DOROTHY BROWNE
4 Victory Street
Mitcham 3132
Australia

D Browne (Hon Sec/ Treasurer)

STATEMENT OF INCOME & EXPENDITURE - AURA RACE ACCOUNT 1997

INCOME:		1996	1997	
Profits from AURA races:				
Mansfield to Buller, January 1997		47.00		
Bogong to Hotham, January 1997		87.42	45.87	
50 Mile Track Race, June 1995		20.83		
50 Mile Track Race, July 1996		149.25		
50 Mile Track Race, July 1997			51.80	
AURA Dam Trail (ADT 50) 1997			<u>76.69</u>	
		\$ 304.50	174.36	
Plus interest		<u>9.33</u>	<u>1.68</u>	
		313.83		176.04
EXPENSES:				
F.I.D. Charges		<u>.18</u>	.11	
Loss on Mansfield to Buller 1997			20.00	
			20.11	<u>20.11</u>
PROFIT \$		<u>313.65</u>		<u>\$155.93</u>

**FIXED TERM INVESTMENT ACCOUNTS AS AT 31/12/1997
BANK OF MELBOURNE**

		1996	1997	
1.	Account No. 39795075 as at 9/11/96 (one year terms)	6671.87	7155.48	
	Plus 12 months interest @ 4.75% to 9/11/97	<u>483.90</u>	<u>429.16</u>	
		7155.77	7584.64	
	Less FID	<u>.29</u>	<u>.26</u>	
		7155.48	<u>7584.38</u>	7584.38
2.	Account No. 76895796 as at 15/10/96 (6 month terms)	1340.25	1427.75	
	Plus 6 months interest @ 2.5% to 15/4/97	43.61	28.44	
	Plus 6 months interest @ 1.65% to 15/10/97	<u>43.94</u>	<u>18.26</u>	
		1427.80	1474.45	
	Less FID	<u>.05</u>	<u>.03</u>	
	:\$	<u>1427.75</u>	<u>1474.42</u>	1474.42
	TOTAL INVESTMENTS AS AT 31/12/97	\$ 8583.23		<u>9058.80</u>

CASH IN HAND, AT BANK OR INVESTED AS AT 31/12/97

	1996	1997
Commonwealth Bank Cheque Account, Mitcham	6987.89	6390.06
Bank of Melbourne Clothing Account	173.94	448.47
Bank of Melbourne Race Account	846.11	1002.04
Bank of Melbourne Investments	8583.23	9058.80
TOTAL CASH IN HAND AS AT 31/12/97	\$ <u>16591.1</u>	\$ 16899.37

COMBINED PROFIT & LOSS STATEMENT - 1/1/97 TO 31/12 97

	1996	1997	
INCOME:			
Main Account	9187.58	9814.00	
Clothing Account	513.86	515.40	
Race Account	313.83	176.04	
Interest on investments	<u>571.45</u>	<u>475.86</u>	
	10586.72		\$ 10981.30
LESS EXPENSES			
Main Account	8649.05	8508.13	
Clothing Account	550.83	240.87	
Race Account	.18	20.11	
Investments	<u>.34</u>	<u>.29</u>	
	9200.40		\$ 8769.40
PROFIT \$:	<u>1385.32</u>		\$ <u>2211.90</u>

LETTERS TO THE EDITOR

Dear Dot,

Thank you for putting that verbal challenge for me at the AGM. and now I am making it official. I am challenging Ron Grant, Peter Gray, Ian Javes, Gary Parsons, Graeme Watts, Peter Gibson, Tony Collins and all Westfield and 1000 Mile runners and the women to compete with me and other disabled runners in a 500kms run from Brisbane to Wondai and return. An experimental handicapping system shall be applied.

Able-bodied runners will have to run 11 kms. to every 10kms run by blind runners and 3kms to my 1km. There'll be staged starts, beginning on 3rd April, 1999. Able-bodied runners should do it in 7 days and blind runners in about 8 days approximately. Myself and others will take up to 21 days, but we must all finish at about the same time in Brisbane on 24th April'99.

Funds will be raised for the R.S.L's "Girl in a Million Quest", raising money for War Veterans' Homes in Queensland. "Raymar" Promotions & Marketing & myself have been given the go-ahead by the RSL's Quest Organisers in Brisbane.

The reason why I am bringing in these handicaps is to make things fairer and to put able-bodied and disabled athletes on a more equal footing.

Cheerio for now,

Yours sincerely,
Barry Stewart

~~~~~

Dot.

On Dec 2nd this year I will be running the Simpson Desert (380-400Km with 1162 sand hills! And on March 28th next year, I'll try running around Australia, 13,383kms. etc. plus Tassie 1010 km. I believe Pat and Cliffy will also be running around Australia in 1999. I wish them the best of luck.

Take care,  
Gary Parsons.

Ed's note: Good luck to YOU too Gary. Hope you are successful in both events. Tell us about it! Incidentally, Lyn Lewis Vice-President of the Q.U.R.C. is compiling and selling the latest editions of "ADVENTURE & SOLO ULTRA DISTANCE RUNS & WALKS" for \$5.00 a copy. Details below.

## ADVENTURE & SOLO ULTRA DISTANT RUNS & WALKS

Any records not appearing in the usual record books are in this book. They are available for the price of \$5-00.

I have recently taken over the update and sale of these books, so anyone wishing to purchase or submit any records please contact myself or Peter, as per address and phone listed below.

I'd like to thank Dell Grant who compiled the original book on behalf of the Q.U.R.C.

LYN LEWIS

**Vice- President O.U.R.C.**

13 Timberidge Court  
WAMURAN QLD 4512  
07- 54966437

Dear Dot.

Is there a 100,000 kilometer club? I started recording my runs just after my first Fun Run in 1981 and last week went through the 95,000 kilometer mark. I am in training for Colac and will, if I stick to my program, go through the 100,000km mark sometime in October.

At the moment, I am running 200km per week and will build up to about 300km/week by September. My targets for Colac - break the 200 miles barrier for the 60year olds. and 845kms. for the 6 days.

My latest weapon to help me to do well is to "Open my Big Mouth"!

George Audley.

---

Dear Dot,

Re: AUSTRALIAN 50 MILE TRACK CHAMPIONSHIPS.

I wish to propose a change to the Australian 50 Mile Track Championships in 1999 and if successful, beyond.

I have been thinking about the problems associated with these Championships which have been ongoing for a number of years. These problems have often been discussed by the President of AURA Mr Geoff Hook. Having also participated in two of these events I have been able to see first hand the main issue of concern ie. that being the problem of only attracting a low number of runners to this event.

Some of the related concerns to this lack of support include: possible future cancellation due to insufficient numbers of entrants; Victoria loosing the event to another State(which would be a shame due to its long history in Victoria and the hard work AURA members have gone to in conducting this event, especially Geoff Hook the former Race Director.

In addition AURA is, I believe, always keen to raise the profile of its events, especially expose non Ultra Marathon runners to the challenge, courage and fortitude required to participate and complete an Ultra Marathon.

It is also well recognised that Sri Chinmoy is a world wide exponent of all types of running events and in particular Ultra Marathons. Their professionalism and excellent promotion and conducting of events is renowned. I personally believe they are a credit to the world of running and athleticism.

In discussions with Peter Uppal of Sri Chinmoy Marathon Team, Victoria it was mentioned that their Victorian organisation aimed to introduce an Ultra Marathon into their Calendar of running events. It was following this conversation that I began to mull over the issues, as outlined above, of both organisations. As a result I came to the conclusion that maybe their issues and problems could be solved jointly.

In an endeavour to see if this might be possible I have spoken on very tentative terms to Peter, Dot Browne and this years Aust. 50 Mile Championship Race Director, John Harper with the suggestion that if both organisations joined together to conduct these Championships it would produce a 'win win' situation for both parties. The suggestion being that the 50 Mile Championship be added to the range of events already offered in the Sri Chinmoy Running and Fitness Festival held on the last Sunday in May, approximately 3 weeks prior to the traditional date of these Championships.

I would like to highlight in point form the benefits as I see them of this proposal:

\*the Running and Fitness Festival has all the facilities at the Newport Recreation Reserve(where the start and finish of all the Festival events are held) required to conduct the 50 Mile event eg. Excellent facilities including change rooms, toilets, kiosk, Ist aid room etc adjacent to the track; a relatively new 400 metre track( it seems to be the same type of surface at the East Burwood Track currently used for the Championships)

- \* grass space around the track for support crews and lap scorers,
- \* in addition a large stadium and other kitchen facilities are also located near to the track,
- \* massures are provided for runners after their events,
- \* stage and PA facilities for use at the presentation and for use across the entire track during the event

\*entry forms for the Fitness Festival could include the 50 Mile event in addition to the standard entry form published in the AURA Magazine

I am sure there are other details that double-up for both events, so will leave them to be discussed if this proposal goes ahead.

I have sent similar copies of this letter to all interested parties as listed below. I do hope you all will get together to discuss this issue and that all parties can benefit as a result of my suggestion.

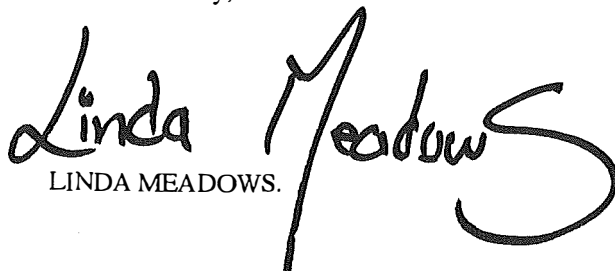
Copies sent to: Ms Dot Browne(Sec. AURA)

Mr John Harper(Race Director, Aust. 50 Mile Track Race)

Mr Geoff Hook (President AURA & former Race Director 50 Mile event)

Mr Peter Uppal(Race Director Sri Chinmoy Running & Fitness Festival)

Yours Sincerely,

  
LINDA MEADOWS.

---

Dear Geoff & Dot,

Just a quick line to let you know of Brian Jacksons latest victory!!

On August 9<sup>th</sup> we held our annual Capel to Collie 5 man team relay. This was great fun and a success as usual. 15 teams headed off between 7.00am & 8.00am to arrive in Collie 5.30 to 8.00 hours later. Each runner completes one leg in each of the three sections over really picturesque terrain varying from flat to hilly, a bit more hilly and even more hilly.

Brian set off at 6.00am to give him a head start on the teams. The weather was unseasonably hot for running but perfect for those of us sidelined. 12 months ago Brian took about 13 1/2 hours to complete his 1<sup>st</sup> 100km run. This year on the same 100km certified course he cut that down to 10:36:37, a PB by 40mins. That was a great effort as it was a rather lonely run after all the teams had passed him at 64km. I have no doubt that Brian will cut this down by another couple of hours next year, and then he could be knocking on the door of the 100km Aussie team.

One thing which is always a definite with Brian is that he will always complete the distance. Well done Brian and we look forward to a really slick run by you over the hills next year.

If anyone is holidaying over here it is a great run for a team or a solo. Next year it will be held on the first weekend in August. The only trouble is when you have done the relay you don't want to miss out on fun by doing the solo!!

Cheers for now.

Mary Francis

18/8/98

Things have not been going my way lately. I have lost my wife, my grand-daughter, my son-in-law and two cousins in the past few weeks. On top of that, my dog Gemma has been seriously injured, but is recovering and will be able to do the Oodnadatta and Birdsville Tracks with me soon.

[illegible]

Thanks for your letter of sympathy. And yes, I have had a pretty hectic time over the last six weeks. However, next week, I am setting off to do the Oodnadatta & Birdsville Tracks. My support drivers will be Gordon Broomfield and we will finish at the Birdsville Races on 4th September. I will be collecting for the Royal Doctor Flying Service.

[illegible]

Please find enclosed a tribute letter and photo of Val Warren. Val passed away on the 2nd May 1998 while out on her morning run.

[illegible][illegible]

Thank you for your follow up letter on AURA membership. I still do ultras in NSW, namely Six Foot Track, Royal National Park, Brindabella Classic and soon the return of the Brisbane Waters Bush Bash. I now do not venture interstate to do ultra-marathons, but marathons, yes. I have now completed 200 marathons, the most in Australia. You may not however, find this interesting, but to me it is a passion and I will continue until I lose it, the body says "no", or I die.

I am sorry I have not replied earlier, but my regular job, and extra job to support my marathon passion and my daughters and grandchildren have kept me on the go. I thank you for the opportunity you extended to me to continue as a member, for your past regular AURA publications plus your support during my ultra runs in Victoria.

19.



Howdy fellow DEADS

Right now, I am rather envious of all you runners who live north of Melbourne. We seem to be experiencing a colder than usual winter or it could be that I am feeling it more as I get older, I think it is probably a combination of both. Last Wednesday our temperature struggled to reach 6 degrees and the surrounding mountains recieved a good dose of snow, surely Peter in Tassie is copping some of this weather. On Saturday I took the 80 minute drive to one of my favorite courses in the Yarra Ranges, a 43 km run from Healsville over the summit of Mt. Riddell followed by the long climb to the ranges highest peak [Mt. Donna Buang] and return. The track is very remote and you are guaranteed of not seeing any life except the lyrebirds. I get an extra sense of satisfaction from running in remote areas. It was bitterly cold and I was well rugged up as I set off at first light and it was not surprising to be crunching my way through snow as I ran across the top of Mt. Riddell, by the time I started the long haul to the Donna Buang summit it was getting decidedly colder and the snow was getting thicker and thicker. While still some 7 km from the summit the snow was over ankle deep and I was making very slow progress, it was decision time! Despite wearing thick and expensive ski gloves, my hands were so cold that they were giving me a great deal of pain, I was shivering, I was a hell of a long way from anyone or anywhere and I was all alone. I looked up at the trail ahead of me and saw only more and more snow and decided that it was far to dangerous for me to continue, I turned back and made up the missing distance on some of the lower slopes. Did I win? Geoff Watt [father of Olympic cycling gold medalist, Kathy] died of exposure in similar circumstances a number of years back so I prefer to think that I made a smart move.

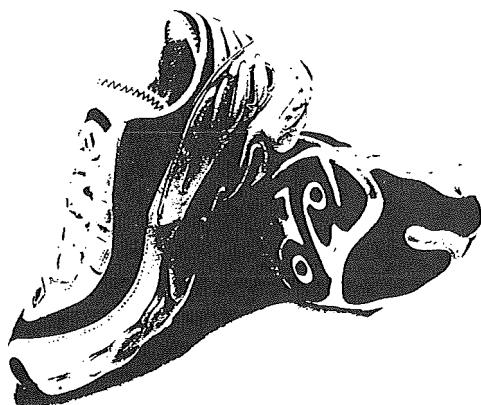
I had planned to run this course several times in the next couple of months, such plans have now been hit on the head. The silly part of all this is that I am training for Queenslands Glasshouse 100 miler, an event that will be run on dry dusty trails in hot weather. I have never cared about Melbournes cold winters before but this year is really getting to me, despite buying the best gloves that I could find, my hands still freeze up everytime I run. Does anyone know of anything I could do about this apart from moving north?

To all you DEADS that ran the Gold Coast Marathon this morning, I hope you are all happy with your efforts and I sure do wish some of that Queensland weather would travel down to Victoria for a while.

Kevin [the abominable snowman] Cassidy

---

## ROTATING SHOES = LESS INJURIES



Would you like three pairs of running shoes for the cost of two? Since their price goes up faster than Bill Gates software comes down, we need all the economy we can get. Let me tell you how. And while you're at it, you'll be minimising the chance of injury. Most of us run our lives away with serial monogamy. Most of us commit ourselves faithfully to one pair of running shoes, then when they're worn out we switch to a younger, more fashionable pair. The last few years I've rotated them and learned something; alternating shoes makes them last longer and the legs feel better. Maybe you were raised with the old advice to discard worn out shoes, or injury would discard you. Switching between protective shoes is the key to injury prevention. The latest news is that switching between shoes can also help protect the joints and skeletal frame.

Recent research has found that a shoe's midsole cushioning material starts to break down around 220 kilometres., By about 500-

700 km it has lost half of its protective ability, leaving you exposed to injury.

The findings show that it can take one or two days for your midsole to re-expand after the impact of each training run and regain its ability to absorb the pounding you give it. Shoes take longer to bounce back than you do. So have more than one pair to reduce injury.

Let's come back to getting three pair of shoes for the price of two. The research shows that using a rotation system, two pairs will last as long as three if you swap them daily. Their midsole cushioning ability serves you longer if you give it time to recover between training sessions. So there you have it: save your dollars and your shin splits.

## ***A Tribute to a Running Friend.***

We first met Val Warren at the Anzac Day Marathon in 1985. The boys (Mark Gladwell and Kevin Mansell) were training for the Sydney to Melbourne run, and I was along for the exercise. We were in the back of the pack group and started chatting to Val. It turned out she lived at Baulkham Hills, was a member of the Hills Joggers and knew a guy that lived up the road from us. She was only planning to run about 20k that day but before she realised it was the 30k mark and she was still going strong, Val finished the marathon and **THE ULTRA BUG HAD BITTEN**. It was the first of many events and training runs we all shared. The beginning of a great friendship. In 1988 Val was a member of Kevins crew for the Sydney to Melbourne run.

Val achieved some Incredible feats in Ultra Marathon running. Setting an age world record for a 6 Day track run and many, many gutsy runs. She was a member of the Hills Joggers (20 Years) and the Blacktown City Runners (5 Years) Determination + was Val, with a Never give up and Never give in attitude to everything she did. Always looking for a bit of adventure, on her 60th Birthday she did a Parachute jump. Then we all bought Mountain bikes and started training for the Sydney to Wollongong bike ride, our training rides were along the M4 from Prospect to Penrith for a Cappucino and back. Our bike riding became very social as did our running.

Out on the road we shared many Highs and Lows, we solved many of the worlds problems and new that a 10k run would help us handle just about anything that life dished up to us.

Over the years we became good friends with the Warren Family, Reg (Val's No 1 Supporter and Massuer), Sons David and Anthony and Daughter Cathy and Grandson Luke.

We know that everyone that shared the track or road with Val will remember that she loved to share a story, and keep up with the news. She will be missed by many, and we feel privileged to have been her friends.

Mark & Lucille Gladwell

---

## **IN MEMORY OF VAL WARREN**

Passed away 2nd May 1998, age 54 years. Val was my training partner and good friend. She excelled in 50 km, 12 hour, 24 hour, five day and six day races.

Her best performance was the Six Day Run at Campbelltown, NSW. She was the first lady, running over 600 km.

Val will be missed by myself and my family.

Georgina McConnell



# THE BRINDABELLA CLASSIC

*"Australia's Toughest Downhill Mountain Race"*

8.30 am Sunday 8th November 1998

*Open to Individuals and Relay Teams*

## EVENT INFORMATION

- Race HQ:** Adjacent to Cotter Reserve (approximately 20 minutes drive west of Canberra). Directions will be provided to race entrants with final instructions/race numbers.
- Start:** Summit of Mt Ginini, approximately 90 minutes drive by car from Race HQ (depending on road and weather conditions).
- Finish:** Race HQ, Cotter Reserve.
- Presentation:** Presentation of awards will commence at approximately 2.30 pm on race day at Race HQ.
- Course:** 54km of mainly bush roads and tracks, with some rough terrain including steep descents. The course has a net fall of 1300m. There are, however, several long gradual climbs, as well as some short sharp climbs (refer to attached course profile). Much of the race is at high altitude (up to 1762m) and some sections are very exposed and the weather is changeable.
- Entries:** The event is open to all individual runners who are satisfactorily trained to safely complete this gruelling 54km event, and to relay teams. The minimum age for individual runners is 18 years. Entries close by mail 23 October 1998. Late entries will be accepted on the day at race headquarters between 5.30 and 6.30am (please do not enter too close to the 6.30am deadline). Late entries are subject to an additional late fee of \$10.00.
- Race Fees:** Individuals \$40.00 (which includes a pottery goblet for finishers and carafe for individuals completing their 6th Classic, certificate of achievement and finish line photo). If individual runners do not wish to receive a goblet (bearing in mind that the carafe received after six runs completes a nice set), they can enter for \$30.00. Relay teams \$40.00 per team.
- Relays:** Relay teams of 2, 3 or 4 are invited to participate (please refer below for information on team categories). Approximate distances of the relay legs are 8.7, 17.8, 17.4 and 9.9km respectively. The nominated contact person for the team will receive all the necessary details prior to the event, including a map.
- Time Limits:** Both individuals and teams must complete the course in 7hrs, and reach Bulls Head (about half way) within 3hrs 20mins or they may be withdrawn from the event. Progress throughout the race will be monitored at race HQ and if it is judged that insufficient progress is being made in relation to your likely finishing time, or if you appear too distressed, you may be withdrawn from the event.

**Enquiries:**

**Hugh Jorgensen**  
**Dave Cundy**

**02 6286 1252 (h)**  
**02 4342 7611 (h)**



# AUSTRALIAN 6 DAY RACE COLAC INC.



Sunday, 20 September 1998

P.O. BOX 163  
COLAC 3250  
VICTORIA

Dear Dot

Here is a brief report on how the Aust 6 Day race is progressing. Well things are looking up now after a slow start.

There are 14 confirmed runners and another 3 pending confirmation. Five of these to my knowledge have not run in Colac before. Five of the 14 are overseas runners. We only have the one Female runner, Elvira Janosi. We were sorry Dawn Parris had to withdraw. See you next year dawn.

Cliffy Young is looking really fit & well and anxiously waiting the start of the race. About 6 weeks ago he was up on the dance floor trying to line dance at a Fundraiser we had. The crowd told him he should stick to his running.

Our Swaggie, Drew Kettle has only recently returned from his trek to Birdsville Races; but he still hasn't confirmed his entry, but knowing Drew he'll be there with bells on.

Ken Matchett Montrose Melb is a new runner he is 76 years of age and his main aim is to break Cliff Young's aged 48 hr record.

Dusan Mravlje 45 yrs is from Slovenija. He is the winner of the Trans America Footrace 1995

The abnormal weather has got the grass on the track looking good; thanks to the local council's groundsman & others it should come up well come November 15th.

The Race starts at 1pm this year by request from some of the runners from past years.

The race information is currently on the Internet and regular updates during the Race can be found on internet [www.chatnet.net.au/aust6day](http://www.chatnet.net.au/aust6day) and e-mail: [reta@bbs.chatnet.au](mailto:reta@bbs.chatnet.au) Hope to see you there.

Yours truly

## 1998 FINAL LIST OF RUNNERS 1998

*Mary Lowe*

Mary Lowe Hon Sec

RMB 9520

ELLIMINYT 3249

John Timms  
Cliff Young  
George Audley  
Valerity Khristenok  
Tony Collins  
Robyn Davis  
Dusan Mravlje  
Runners pending:  
Andrew Lucas  
Aldo Marinzina

Colac, Vic  
Colac, Vic  
Albany, WA  
London, UK  
Nth Head, NSW  
Oak Flats, NSW  
Trzic, Slovenija

Lindisfarne, Tas  
Trieste, Italy

Peter Gray  
Shaun Scanlon  
Bob Burns  
Elvira Janosi  
David LaPierre  
Ken Matchett  
Jaroslav Kocourek

Drew Kettle

Geelong, Vic  
Miller, NSW  
Ormiston, Qld  
Yugoslavia, Hungary  
Vancouver, Canada  
Montrose, Vic  
Brno, Czech. Rep

Colac, Vic

Heartiest congratulations to Australian Six Day Race organisers for attracting such an interesting international field!!



# Victorian 6 hour & 50 km Track Championships 1998

**SUNDAY 29 NOVEMBER at MOE ATHLETIC TRACK**

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

A single \$25 entry fee covers both championship races. Relay team entry is \$40. **Entries close on 19 November 1998.**

Relay race: Teams shall be any number up to five runners, change after each 20 minute interval, and strictly follow the nominated order of runners. Team members and running order are to be advised on the day. The team categories are open and mixed (which must have at least 2 runners of each sex, and at least two must be over 40 vets). Note that a drinks table will be set up for all runners and each team is required to provide assistant there throughout the race

Lap scoring: organisers will use a computerised lap counting system for all runners and teams. Runners will *not* need to supply their own lap scorer. Organisers will mail out individual lap sheets after the race.

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

Enquiries: Geoff Duffell (03) 5122 2855 or E-mail [gduffell@nex.com.au](mailto:gduffell@nex.com.au)

## ----- ENTRY FORM

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

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

Postal Address .....

..... Postcode .....

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

Event entered:

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

6 hour relay (\$40 per team) ☐ Which relay category? Open ☐ Mixed ☐

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

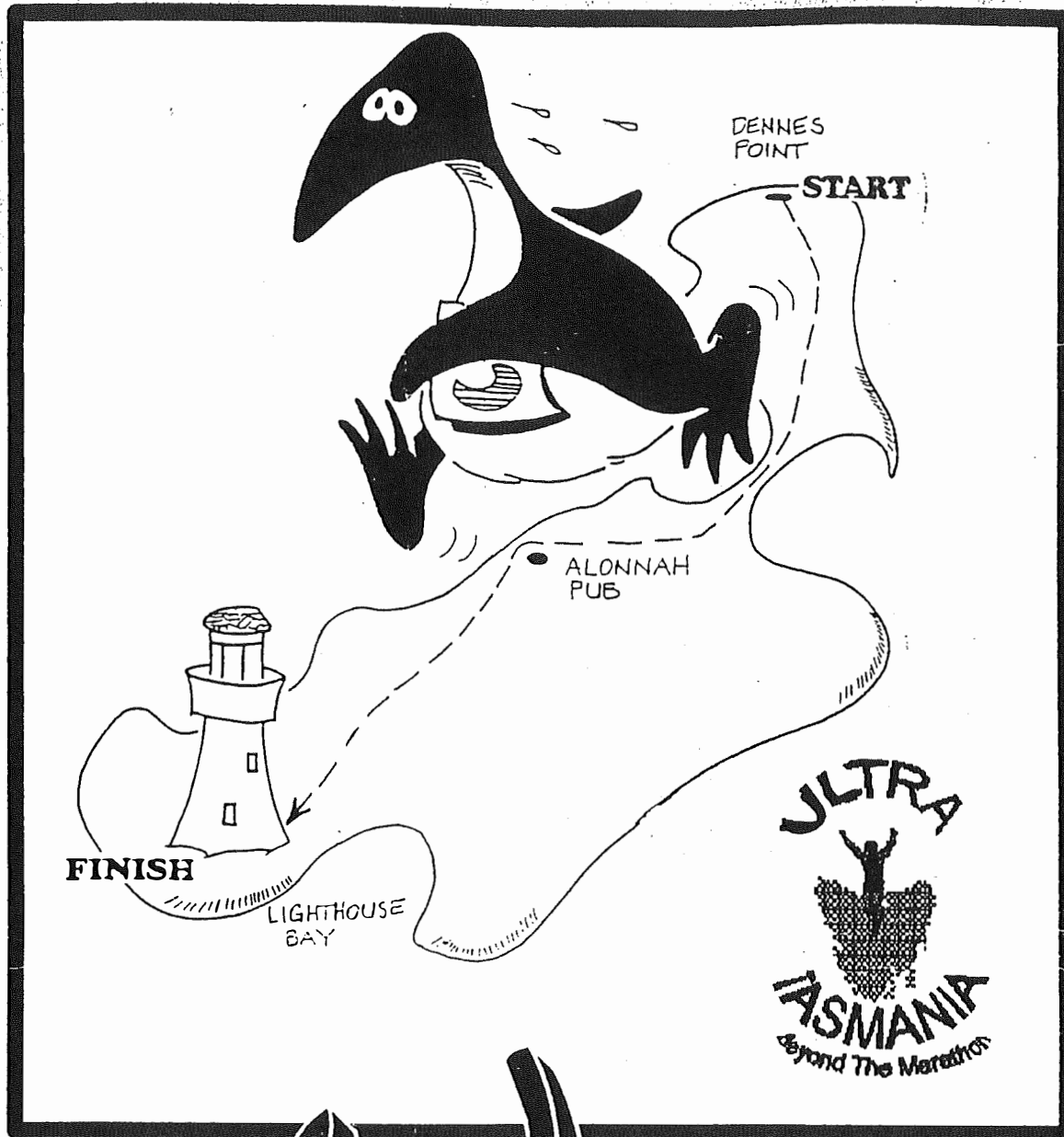
I, my team members and support crew, and our legal heirs or executors will not hold the organisers responsible for any illness, injury, accident, loss of life or property resulting from our participation in this event.

Signature.....

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

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

# BRUNY ISLAND TAS



Solo  
and Team



# ULTRA

# B I G 6 3 K M

SATURDAY 5TH DECEMBER 1998  
CONTACT MARK HEY ON (03) 6272-7233 (AH)

# 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

(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!)

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

**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:

**Numbers Limit:** There is a limit of 50 competitors allowed in the event. To encourage people to enter early and make the Race Organiser's job easier, places will be awarded on order of receipt of entry application.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

carrying on the proud tradition of the Rooftop runners

SUNDAY 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 Twin Cities Radio Club 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



**GOSFORD ATHLETICS PRESENTS**

# **COASTAL CLASSIC**

**12 HOUR TRACK RUN / WALK**

**Incorporating 6 x 2 hour relay**

**7.30 PM SATURDAY 9 JANUARY 1999**

**Random prizes.**

**Trophies to 12 hr winner of walk & run.**

**Trophy to winning relay team.**

**Certificates to every participant.**

**All proceeds to go to Victor Chang Heart Foundation &  
the Gosford Athletic Club fostering athletics.**

## ***SPONSORS***

**Central Coast Leagues Club 02 43 233 131**

**Harvey World Travel Erina 02 43 652 337**

**Runners Shop, Gosford 02 43 248 331**

**COUNTRYLINK 132 232**

**Carlton & United Breweries 02 9217 1333**



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***ADCOCK PARK, Pacific Highway West Gosford, NSW (opposite) McDonalds. Our track is grass and is 400 metres fully surveyed. The facility has men's & women's toilets & showers. The location is approximately 10 mins walking distance from Gosford Train Station. Travelling time by train or car is 1 hr 20 mins north of the City of Sydney.***

## RULES AND INFORMATION

ADCOCK PARK, Pacific Highway West Gosford NSW (opposite) McDonalds. Our track is grass and is 400 metres fully surveyed. The facility has men's and women's toilets and showers. The location is approximately 10 minutes walking distance from Gosford Train Station. Travelling time by train or car 1 hour 20 minutes north of the City of Sydney.

Local & Sydney based athletes must supply a lap scorer / attendant for the duration of the event. People may not run or walk more than two abreast. Any special drinks or particular foods must be clearly labelled with your name. Gosford Water will be supplied. The running / walking direction will be changed every 2 1/2 hrs. You may change your election to run or walk up to 30 mins before the event. A timing clock & update board will be in operation.

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

Protests: Must be in writing to the Meet Manager within 30 mins of the results being posted on the notice board both provisional and final.

Accommodation: There are a number of reasonably priced motels within 5 mins of the track. Eg Rambler Motel, Galaxy Motel and the Palms Motel.

Meals: A Canteen will be in operation for the duration of the event. Nearby, there is the Local R.S.L, Valentines (an all you can eat restaurant), and fast food outlets. Coles Supermarket is also 5 mins away.

Contact prior to 9.15 pm: Frank Overton 02 43 231 710 ah 02 9379 1180 wk or Paul Thompson 02 9683 6024 ah or 0412 250 995 for further information. Email address thomo@zeta.org.au

### ENTRY FORM

Name: \_\_\_\_\_  
Address: \_\_\_\_\_ Post Code: \_\_\_\_\_  
Phone No: \_\_\_\_\_ a.h \_\_\_\_\_ wk D.O.B: \_\_\_\_\_  
Age on Day: \_\_\_\_\_ Male / Female: \_\_\_\_\_  
Entries close Friday 19th December 1998. Late entries maybe accepted subject to space availability.

Brief biography including previous ultra performances:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_

Circle your event: 12 hr run or 12 hr walk. Cost \$30.00 (includes T-shirt for postal entries)

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

T-shirt size: please circle Med Large X Large. Cost \$15.00 for non 12 hr individual postal entries.

Cheque to be made out to Gosford Athletic Club. Postal address Gosford Athletic Club, Coastal Classic PO Box 1062 Gosford NSW 2250. Stamped self addressed envelope required for confirmation of entry form.

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

Signed by entrant: \_\_\_\_\_ Date: \_\_\_\_\_

29 .

# 1999 CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN

## 6 & 12 HOUR RUN OR WALK AND RELAY

Conducted by the Queensland Ultra Runners Club Inc.

Race director: Peter Lewis, 13 Timberidge Court, Wamuran, 4512  
Phone 07 54966437

INCORPORATING 3 X 2 HOUR & 4 X 3 HOUR RELAY

DATE AND TIME: Saturday 6th February 1999 at 6pm

WHERE: Historical Village, Beerburrum Road, Caboolture.

COURSE: Gravel road, smooth surface. Certified 500 metre track.

ENTRIES: by 5pm 6th February, 1999.

All entries received by 8th January 1999 will receive a free souvenir T-shirt.

Entries after this date will have to purchase T-shirt on the night.

Relay runners entry does not include T-shirt cost.

Please make cheques payable to Queensland Ultra Runners Club Inc.

Mail entries to Peter Lewis, 13 Timberidge Court, Wamuran, 4512.

FACILITIES: Toilets adjacent to track. Water, fresh fruit and sports drinks supplied to competitors only.

Chairs supplied for lap scorers. Facilities for heating water.

Showers available on site for competitors.

Free hamburger for all competitors.

Local radio station 4OUR will be broadcasting on site from 6pm to 6am.

Food for sale on the night.

## PROFITS TO THE CABOOLTURE HISTORICAL VILLAGE

## CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN

Saturday 6th February 1999

### ENTRY APPLICATION

Surname:.....Christian Name:.....

Sex:.....D.O.B.....Age on day of race.....

Address:.....

.....Postcode:.....Ph.....

Interstate runners only.....Can you provide a lap scorer?.....Y / N

### ENTRY FEE

\$30 ☐

\$20 Q.U.R.C. & QMRRC ☐

\$45 RELAY ☐

\$15 - T-shirt ☐ entries after 8/1/99

6 HOUR RUN ☐

12 HOUR RUN ☐

6 HOUR WALK ☐

12 HOUR WALK ☐

6 HOUR RELAY ☐ 3 x 2 hour

12 HOUR RELAY ☐ 4 x 3 hour

T-shirt size sm ☐

med ☐

large ☐

30 .

**CABOOLTURE SHIRE'S  
KING & QUEEN OF MT MEE  
50km, 25km, and 10km Roadraces**

**Sponsored by: Centre Pharmacy Morayfield**

- CONDUCTED BY:** QUEENSLAND ULTRA RUNNERS CLUB  
Caboolture Road Runners Club
- RACE DIRECTOR:** Gary Parsons, PO Box 1664 Caboolture, 4510. (07) 5495 7208
- DATE:** Sunday 21st March, 1999
- VENUE:** Mt Mee Hall, Brisbane - Woodford Road, Mt Mee, Queensland  
50km, 25km, and 10km events on formed roads from Mt Mee Hall to Wamuran  
and back, twice for 50km event.
- TIME:** 50km Start 6.00am    25km Start 7.00am    10km Start 8.30am
- WATER:** Six manned water stops on course. Runners are encouraged to carry water bottle,  
especially for the climb up Mt Mee range. Fruit will be provided at the bottom turn  
around check point and the start/finish line at Mt Mee Hall.
- PRESENTATIONS:** Mt Mee Hall at 12.00pm. Light lunch will be provided for runners. \$5.00 for others
- CATEGORIES:** 1st, 2nd, 3rd Male and Female (50km)  
(Prizemoney for winners) 1st Walker (50km)  
1st, 2nd, 3rd Male and Female (25km)  
1st Walker, Male and Female (25km)  
1st, 2nd, 3rd Male and Female (10km)  
1st Walker, Male and Female (10km only)  
Handicap winner (50km and 25km) (No Prizemoney for this Category)

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

- HANDICAP SYSTEM:** It is the runner's responsibility to supply own estimated time for the event. The  
(50km and 25km) winner will be decided on the runner who finishes nearest to their estimated time.
- ENTRY FEE:** \$20.00 For 50km and 25km Events  
\$15.00 for 10km, and for Walkers  
Please make cheques payable to: Queensland Ultra Runners  
Mail entry and fee to: PO Box 1664, Caboolture 4510
- CLOSING DATE:** Please send entries to be received by 18th March 1999.  
No penalty for late entries, entries will be accepted on race day.
- FURTHER QUERIES:** Gary Parsons                      P.O. Box 1664 Caboolture 4510                      (07) 5495 7208

**\*\*\* T-SHIRT FOR EACH COMPETITOR IN ALL EVENTS \*\*\***  
**\*\*\* RANDOM PRIZES \*\*\***

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



**Sponsored by: Centre Pharmacy Morayfield**  
***CABOOLTURE SHIRE'S***  
**KING & QUEEN OF MT MEE**

Sunday 21st March 1999

**ENTRY APPLICATION**

please print clearly

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

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

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

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

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

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

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

**10km event .... \$15.00**

**10 km [ ]**

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

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

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

**CONDITIONS OF ENTRY**

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

**WAIVER**

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

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

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

(If under 18 years - 10km event only)

SIGNATURE OF

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





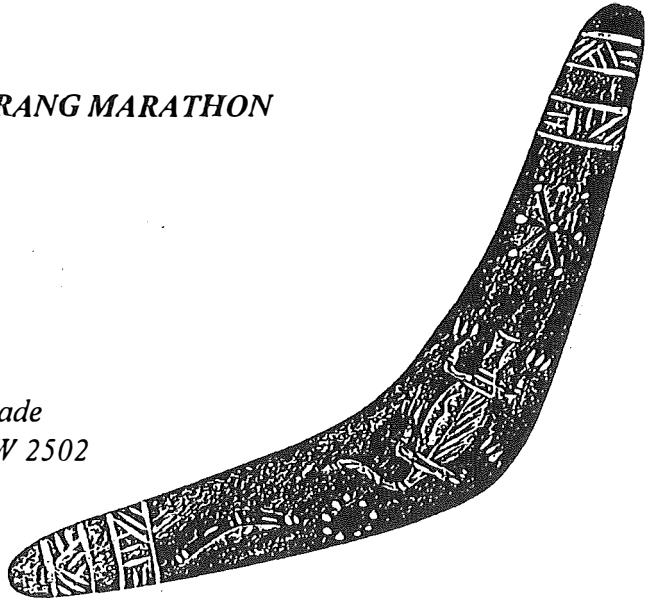
## **LIVERPOOL BOOMERANG MARATHON**

*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)*

### 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**

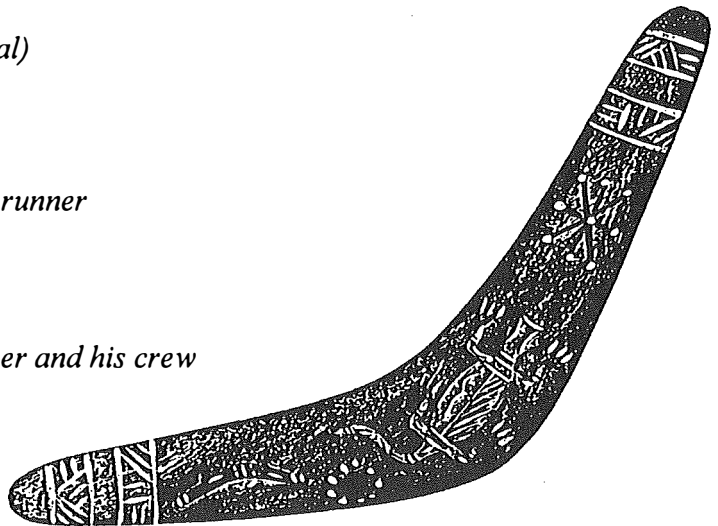
- \* *Required for vehicles and runner*

### 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.*

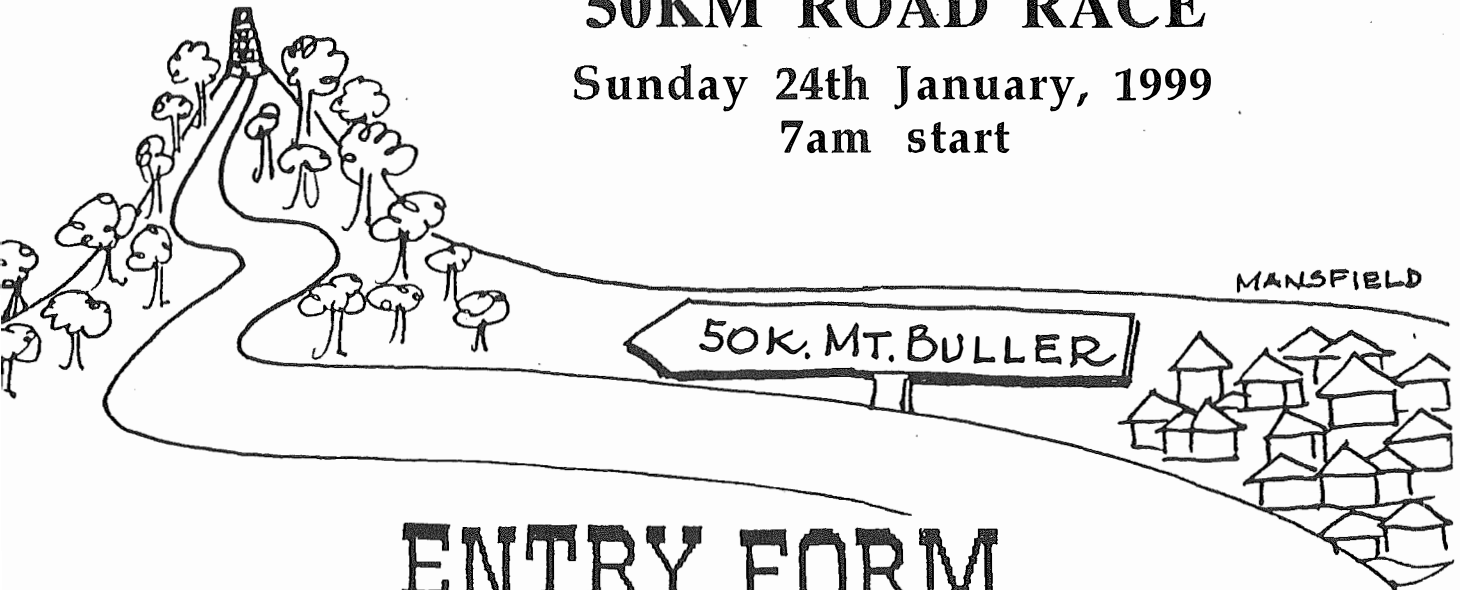
*Police rules will be obeyed at all times.*

*No banned drugs or alcohol will be allowed*

**36** *Race Organiser will have final say in all matter*

# A.U.R.A. MANSFIELD TO MT.BULLER 50KM ROAD RACE

Sunday 24th January, 1999  
7am start



## ENTRY FORM

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

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

Person to be notified in case of emergency:

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

### WAIVER

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

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

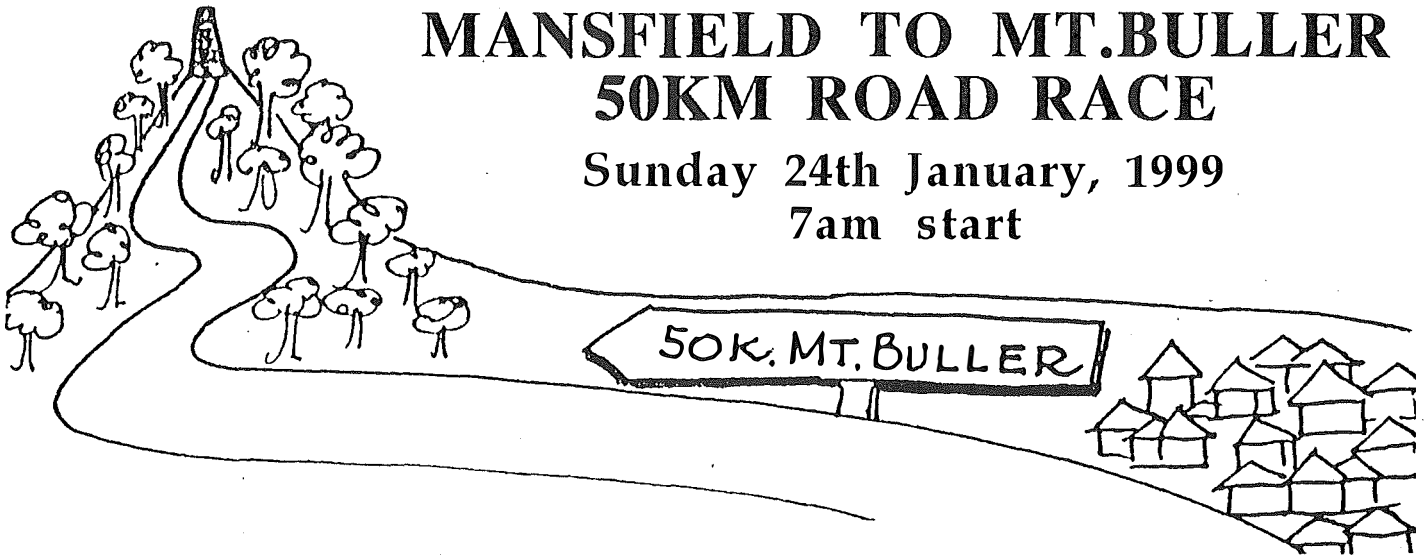
Signed.....

Date.....



# A.U.R.A. MANSFIELD TO MT.BULLER 50KM ROAD RACE

Sunday 24th January, 1999  
7am start



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

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

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

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

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

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

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

**CLOSING DATE:** Friday 15th January, 1999

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

**DEDICATION DETERMINATION DISCIPLINE**

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

# TRAVEL THE BIRDSVILLE TRACK - 517KM

by Gary Parsons

Well I sat down in January '98 and made up a list of feelings, events, things to do over the coming years. Some would fall under goals, others were new ways to tackle events and happenings in my life.

I returned to the ultra scene with a pleasant but testing 54km Glasshouse Trail run in May. I finished this event in good shape so I increased the training a little, although I would only be 80% fit for the Birdsville Track in June.

The Birdsville Track approx. 520km from Marree (SA) to Birdsville (QLD). A dirt road/track scattered with stones and rocks at times, washouts, dust storms, wind, roadtrains stirring up their own dust and extremes of temperature (4 - 31deg.). Mooncape in appearance with barren, sparse vegetation, wild life consisting of roos, emus, eagles, dingos, pigs, small birds and stock horses and cattle.

Off-road caravans and trailers were needed as drinking and washing water, fuel and all food supplies had to be carried, and at the 200km point north of Marree the only stop, and building for that matter is a roadhouse/hotel. I had planned it to be with a full moon, which helped for 3 nights of the run.

**Crew** well you have to be surrounded by positive people, with good vibes, team players which make for good results. I have always had this type of crew in past events.

**Sharon (wife)** - nurse, and also a runner, basically does everything I need.

**Jim Johnson** - local business man, and major sponsor, supplied his own 4wd and trailer, has soccer history so is a good team player, and a very full on person.

**Col Colthorpe** - fellow club marathon runner, also supplied his own 4wd, and is top team player.

**Keith and Jenny Chaston** - also club marathon runners, both very committed members of the crew, and Jenny is a JP (record scrutiny).

**Adam Rivers** - family friend and budding photographer, captured the adventure on film, and assisted also with crew.

**Sponsors -** Jim Johnson - Centre Pharmacy  
Phoenix Off-road Caravans  
Flight Centre Aust.  
Ceilspec Constructions  
Col Colthorpe

We all drove out from Brisbane 1600km to Birdsville and then a further 520km south to the start line at Marree in SA. Had a last night of sleep and then up at 4am (4deg.)

Start the race on Wednesday 10th June at 5.00am. I'm off northward bound, temperature range for the day was 4-29deg., track not too bad, but when you are fresh and in good shape you don't see or feel many bumps or rocks. Sleep after 12hrs and then on to record 150.1km for Day 1, with a rest at 5.00am Thursday.

Day 2 saw 24hrs of headwind so hard that anything you put down was blown away. Passing vehicles' dust, along with dust storms cut into you. The day was broken with a stop at the 200km Roadhouse into the bore/pool for a swim and a wash, then a small rest and food up,

then off again on a day that reached 31deg., with a cold night ahead down to 6deg. Finished this day with 122.15km into the headwind.

Day 3 we had 32km of stones on the track, that along with the solid 2nd day and unable to sleep resulted in 106.4km for the day.

Day 4 as was the case for day 3 was 6-27deg. with cloud cover and this time a side wind, which was no problem compared to the headwind. We finished with 114.95km for this day.

Day 5 only a short day and 23.8km to the finish (8.19am) - from 7.45am sat. to the finish at 8.19am on Sun. I ran 133.4km with a 2hr50m of sleep time. This enabled a finish time of 4days 3hrs 19min 34s, which broke the 18 year old record by 18 hours.

During the 4th day Sharon who was cooking while the van was moving (no mean feat) embarked from the van crosslegged and fell. With cloud cover and no moon it was pitch black, when she dusted herself off and looked up, the vehicles disappeared over the hill, as the crew unknowingly drove on to Birdsville in tow of me. Over the noise of the vehicles I just only faintly heard her last yells, and after stopping and realising the crew turned back to retrieve to find Sharon stumbling out of the darkness, still with food containers in hand, looking not the best for the ordeal. She hopped in to the 4wd, looked around calmly and asked, "anybody like something to eat?" - everybody burst out laughing, and on they went. That's crewing to the best, never say die. All of the crew went without sleep, any comforts of home, but all worked tirelessly towards the common goal and the finish line was a great sight to see.

About 5km out the crew were to go ahead to the Birdsville pub. They took times at the track and again at the Pub. I was really wound up by now at 5min pace and even quicker for the last kilometre (it felt like 2min pace after the last 4 days on the track). We crossed the line with 517.4km behind us, hugs, smiles, and tears as we took care of the photos and phone calls. We were off to the showers to clean up, then back to the Pub for food and beers, off for a sleep, then back to the Pub again for more food and beers (not a bad place at all). The solid stone brick pub with fires burning and a great outback hospitality made it all feel good.

We had a few spits of rain over the last few days, and when we finished it started to rain heavier. So early Monday morning we had to get out or would have to stay a few days longer as roads would soon be closed. It rained for the next 1100km east to Brisbane. They say it never rains at Birdsville in June, but just about every ultra run I've done it has rained. It would have been great to see more of the Birdsville area and take our time coming home.

We set out to Birdsville with a well planned event, grouped with positive people and a common goal. Proper Preparation Prevents Poor Performance, we all know these words. I opened a fortune cookie in January '98 and it said 'Persistence will be rewarded' - thanks.

Take care

Gary, Sharon Parsons and crew.

PS - special thanks to Dave Holleran for his valuable information on the Birdsville track (good luck on you run later in the year)

## TAMBORINE TREK -3RD MAY 1998

At 3.20 a.m. I arrived at McIntosh Island Park for the start of the Mount Tamborine race, An enthusiastic Roger Lawes was waiting for me, and ready to start. After a little negotiation, I persuaded Roger it would be lighter and safer for him to start at 5.00 a.m. Eric Markham and Race Director, Graeme Grimsey went over our race checklist step by step. A smiling Anthony Kingston greeted us and he was keen to start his first ultra. Anthony is a long distance mountain bike rider, who rode in a 160km race in Alaska two years ago. He works at Jupiters Casino and had heard about the Tamborine Trek at work.

Anthony and Roger left at 5.00 a.m., in good spirits, along with the experienced Dennis French. The second wave of runners, Roy Treloar, Aileene Markham, Ian Reed and Bill Ross left at 6.00 a.m. Remarkably Bill chooses to push his daughter in a specially designed race cart - some people do like to punish themselves. The ever smiling and polite Brisbane taxi driver Tom Morris and the equally happy Brian Evans chose 7.00 a.m. as their start time, with Tony McCall following at 7.30a.m.. Kelvin Marshall was the back marker, leaving at 8.30 a.m. Meanwhile, the 45km entrants, with the help of John Heffernan were underway. His wife Theresa, accompanied by Pat Stockton, and veteran ironwoman Sharyn Holmes were in full flight at 7.30 a.m. Harry Davis left at 9.30 a.m. and Peter Gray chose to leave ten minutes later.

On the course, Anthony Kingston had elected to get in front of Roger Lawes and Dennis French. Young Roger called out "I feel great, but I want to take it easy until I get down from the mountain". He stuck to his race plan and came home in front of Dennis and Anthony. Dennis had a great run, slashing his previous time, and Anthony can be proud of his first ultra.

Unfortunately Tony McCall ran off course, and I take the blame for that for not insisting he carry a map with him - sorry, Tony. The effects of this and dehydration took their toll and Tony was forced to withdraw after running well. Aileene Markham looked relaxed throughout the race, and appeared to be in no difficulty. Both Bill Ross and Roy Treloar were running in their fifth Mount Tamborine race. They admitted that this was the hardest run. Ian Reed, who was preparing for his tenth Comrads, went through a bad patch in Guanaba Road but bravely fought on to the finish. As these runners were coming down from the summit, Brian Evans, Tom Morris and Kelvin Marshall were beginning the climb .

Our 45 km runners were in good spirits. Sharyn Holmes had attacked the mountain courageously, only weeks after competing in the Foster Ironman. She was eventually passed by Theresa Heffernan and Pat Stockton, who ran together to the finish. Harry Davis took off out of the blocks like a sprinter, never to be headed. Peter Gray showed that he was human, after running the Nanango 1000 Miles, racing at Mt. Mee and in Canberra, even he was tired. Peter and Bill Ross teamed up about 25km from home. I knew that they were in for a long haul back and as I had not had a run for the day I decided to join them. They were tired and I had a hangover (unusual for me !) so we all suffered together. Near the end of the run, in Southport, our spirits lifted when we saw a bikini clad girl in one of the local bars ( only through the window ).

Tom Morris had finished in a time of 6:06:16 and sportingly ran out to tell Kelvin Marshall his time, urging Kelvin on to win in 6:07:55. What a fantastic gesture and a true act of sportsmanship. That's what ultra running is and should be about.

Finally thank you to Graeme Grimsey, Race Director, and Eric Markham, Assistant Race Director, and all the members of the Gold Coast Runners Club who helped on the day.

Pete Gibson

41.

# TAMBORINE TREK 3/5/98

## 68KMS

| PLACE | NAME             | START | FINISH   | TIME    |    |
|-------|------------------|-------|----------|---------|----|
| 1     | Kelvin MARSHALL  | 8:30  | 14:07:55 | 6:07:55 |    |
| 2     | Tom MORRIS       | 7:00  | 13:09:16 | 6:09:16 |    |
| 3     | Roy TRELOAR      | 6:00  | 12:41:54 | 6:41:54 |    |
| 4     | Brian EVANS      | 7:00  | 14:05:59 | 7:05:59 |    |
| 5     | Aileene MARKHAM  | 6:00  | 13:18:55 | 7:18:55 | 1F |
| 6     | Ian REED         | 6:00  | 13:19:47 | 7:19:47 |    |
| 7     | Roger LAWES      | 5:00  | 12:43:22 | 7:43:22 |    |
| 8     | Dennis FRENCH    | 5:00  | 13:28:30 | 8:28:30 |    |
| 9     | Anthony KINGSTON | 5:00  | 13:41:49 | 8:41:49 |    |
| 10    | Bill ROSS        | 6:00  | 15:34:44 | 9:34:44 |    |
| 11    | Tony MCCALL      | 7:30  | DNF      | DNF     |    |

## 45KMS

|   |                   |      |          |         |     |
|---|-------------------|------|----------|---------|-----|
| 1 | Harry DAVIS       | 9:30 | 13:33:13 | 4:33:13 |     |
| 2 | Theresa HEFFERNAN | 7:30 | 13:50:30 | 6:20:30 | 1F= |
| 3 | Pat STOCKTON      | 7:30 | 13:50:30 | 6:20:30 | 1F= |
| 4 | Sharyn HOLMES     | 7:30 | 14:21:31 | 6:51:31 | 3F  |
| 5 | Peter GRAY        | 9:40 | 15:33:07 | 5:53:07 |     |

## Canberra 50k Ultra Marathon

*Held in conjunction with the New Balance Canberra Marathon  
by 50k Race Manager Trevor Jacobs*

In this, the sixth running of the event, there was an encouraging improvement in numbers, particularly in relation to participation by women, and the long list of records established at the Canberra 50k was further extended. The weather conditions were good and 43 runners completed the ultra. Congratulations to each of you! It takes great strength and commitment to keep going after crossing that marathon finish line.

Sandra Timmer-Arends, from Traralgon in Victoria, convincingly took out the women's event in the excellent time of 3:29.04, after capturing third place in the marathon. Sandra's time was quicker than Mary Francis's winning time last year, and was only slightly outside Linda Meadows's Australian record, set in this race in 1995. How about a new record next year Sandra?

As in 1997 Pip Thorn, from Narooma on NSW's south coast, was second but this year she lowered her time by a massive 13 minutes - well done Pip. Helen Stanger, from Sydney, returned to the Canberra 50k to take out third position, only a minute behind Pip. Lavinia Petrie also returned and finished close behind Helen. I think there must have been quite a race between Pip, Helen and Lavinia. According to the splits it looks as though Lavinia put in a very fast finish over the extra distance.

Ian Nash, from Bannockburn in Victoria, steadily pulled away from me after the marathon to finish the 50k in a smart time of 3:10.49 - congratulations Ian (there seems to have been a lot of winners from Victoria over the years). Third was Peter Fitzpatrick, from Wagga Wagga, who completed the extra distance in about the same time as myself.

Randall Hughes ran an outstanding race, setting a new M70 Australian record in the nice round time of 4:07:00. That's a fantastic result Randall, and we're proud to add it to the long list of records established at the Canberra 50k event.

Well done and thanks to all of the 50k runners, including all of those who indicated that they might go 'beyond the marathon' - at least it shows strong interest in the event, and hopefully one day each one of you will fulfil the challenge it offers.

There were quite a few regulars amongst the finishers, and I can see that it is about time that I did a little analysis to identify those who have regularly patronised this event. We are rapidly approaching the tenth event (2003) and we'll have to dream up something appropriate to celebrate this and those with the best patronage. Any ideas?? Maybe we should do it next year, after the seventh event - after all, why should we wait to have a good time!!

## RESULTS

| Place | 50k time | Marathon time | Name                 | Age | State |
|-------|----------|---------------|----------------------|-----|-------|
| 1     | 3:10:49  | 2:39:41       | Ian Nash             | 37  | VIC   |
| 2     | 3:14:28  | 2:39:27       | Trevor Jacobs        | 46  | ACT   |
| 3     | 3:23:32  | 2:48:30       | Peter Fitzpatrick    | 50  | NSW   |
| 4     | 3:23:49  | 2:50:03       | Bert Pelgrim         | 41  | VIC   |
| 5     | 3:29:04  | 2:52:33       | Sandra Timmer-Arends | 34  | VIC   |
| 6     | 3:30:08  | 2:53:03       | Bruce Renwick        | 50  | NSW   |
| 7     | 3:32:45  | 2:55:37       | Clive Beeson         | 46  | ACT   |
| 8     | 3:38:50  | 2:58:31       | Ian Green            | 52  | NSW   |
| 9     | 3:43:07  | 3:05:47       | David Jenkins        | 38  | NSW   |
| 10    | 3:50:30  | 3:12:44       | Pip Thom             | 37  | NSW   |
| 11    | 3:50:40  | 3:06:10       | Gary Aitkenhead      | 39  | NSW   |
| 12    | 3:51:40  | 3:01:43       | Peter Clarke         | 47  | ACT   |
| 13    | 3:51:50  | 3:11:03       | Helen Stanger        | 47  | NSW   |
| 14    | 3:52:48  | 3:17:52       | Lavinia Petrie       | 54  | VIC   |
| 15    | 3:56:58  | 3:05:05       | Michael Bohnke       | 34  | NSW   |
| 16    | 4:00:48  | 3:14:01       | Mike Ward            | 45  | NSW   |
| 17    | 4:06:30  | 3:25:53       | Bruce Linsell        | 43  | NSW   |
| 18    | 4:07:00  | 3:20:06       | Randall Hughes       | 74  | VIC   |
| 19    | 4:07:30  | 3:19:18       | Douglas Reed         | 38  | NSW   |
| 20    | 4:12:46  | 3:25:22       | Neil Salvano         | 45  | VIC   |
| 21    | 4:14:24  | 3:28:23       | Ian Forsyth          | 43  | NSW   |
| 22    | 4:21:55  | 3:32:08       | John Twartz          | 54  | SA    |
| 23    | 4:22:52  | 3:36:02       | Roger Lebish         | 57  | QLD   |
| 24    | 4:22:52  | 3:44:12       | Brett Molloy         | 38  | NSW   |
| 25    | 4:28:19  | 3:29:11       | Todd Moore           | 32  | USA   |
| 26    | 4:31:51  | 3:36:55       | Jim Screen           | 55  | NSW   |
| 27    | 4:33:01  | 3:44:39       | Gordon Forsyth       | 50  | NSW   |
| 28    | 4:35:17  | 3:43:06       | Bruce Hall           | 43  | NSW   |
| 29    | 4:37:41  | 3:44:27       | Wayne Williams       | 36  | NSW   |
| 30    | 4:40:04  | 3:51:05       | Ludwig Herpich       | 62  | NSW   |
| 31    | 4:42:36  | 3:50:01       | Ernest Wamer         | 64  | ACT   |
| 32    | 4:43:01  | 3:40:06       | Pierre Van Heerden   | 39  | NSW   |
| 33    | 4:43:01  | 3:48:30       | Bernadett Robards    | 27  | NSW   |
| 34    | 4:47:56  | 3:54:37       | Jarek Sztandur       | 46  | VIC   |
| 35    | 4:48:12  | 3:53:52       | Roger Rigby          | 55  | NSW   |
| 36    | 5:11:51  | 4:14:51       | Franz Wanderer       | 56  | NSW   |
| 37    | 5:12:01  | 4:13:54       | Christine Jackson    | 42  | QLD   |
| 38    | 5:34:49  | 4:11:44       | Lachlan Lewis        | 60  | ACT   |
| 39    | 5:34:49  | 4:16:38       | David Hawkins        | 45  | NSW   |
| 40    | 5:34:49  | 4:21:22       | Royce Samuel         | 50  | NSW   |
| 41    | 5:46:19  | 4:43:56       | Victor Hessel        | 39  | ACT   |
| 42    | 6:11:46  | 5:07:09       | Mary Ritz            | 43  | USA   |
| 43    | 7:17:48  | 5:57:59       | Donald Lang          | 63  | USA   |

## The Fourth Shoalhaven Ultra-Marathon - Pip Thorn and Peter Goonpan win again!

1998 saw ten starters at 8 am on Sunday 14 June at Cambewarra School (just out of Nowra, South Coast NSW) for the fourth running of the Shoalhaven Ultra-Marathon. The day was fine and sunny; there had been some rain early that week, so track conditions were near to perfect; no dust and a firm surface.

Pip Thorn again blitzed the Women's field, improving her time by over eight minutes. She was followed by Helen Stanger, who has run in all four Shoalhaven Ultras. And we didn't mess up the women's trophy this year - the accompanying photo of me presenting Pip with her goblet proves we got it right.

In the Men's Event, the first three placings were filled by the same trio as last year; Peter Goonpan, Danny Moore and Kelvin Marshall. Peter ran a superb race, improving on his last year's time by more than seven minutes. He came in so relaxed and cool, I'm sure he will challenge Trevor Jacobs race record (just under three hours) next year! Danny also improved his time - by a whopping eleven minutes! Kelvin had to settle for third after a similar good run as last year. Kelvin was seen in Kangaroo Valley the day before the race - perhaps he spent too much time at the Friendly Inn. He was, after all, asleep when we wanted to give him his trophy.

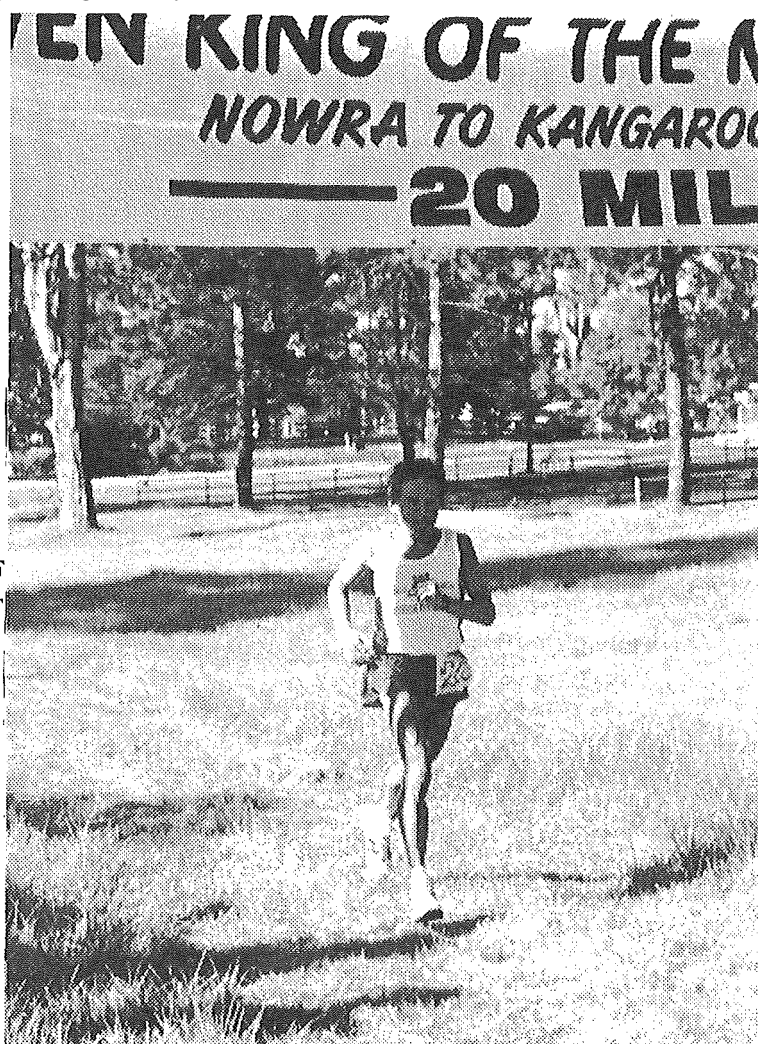
It was a great day thanks to major sponsor Nowra Toyota, the huge team of Officials from Nowra Athletic Club, the backup buses provided by Shoalhaven Community Transport, and the Kangaroo Valley Lions Club canteen - a good country cup of tea and scones went down very well! From next year Nowra Athletics Club Inc takes over the running of the event. That will be the only change: see you at Cambewarra at 8 am on Sunday 20 June 1999.

Terry Threlfall  
Retiring Secretary  
Nowra Road Runners  
04 July, 1998

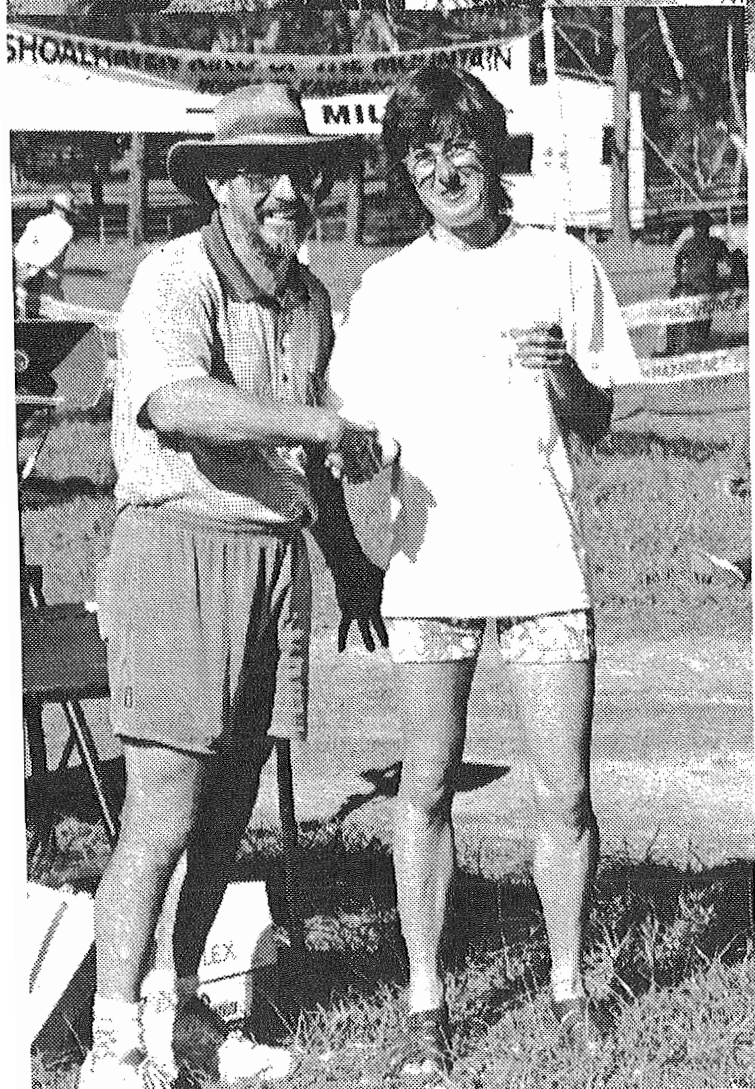
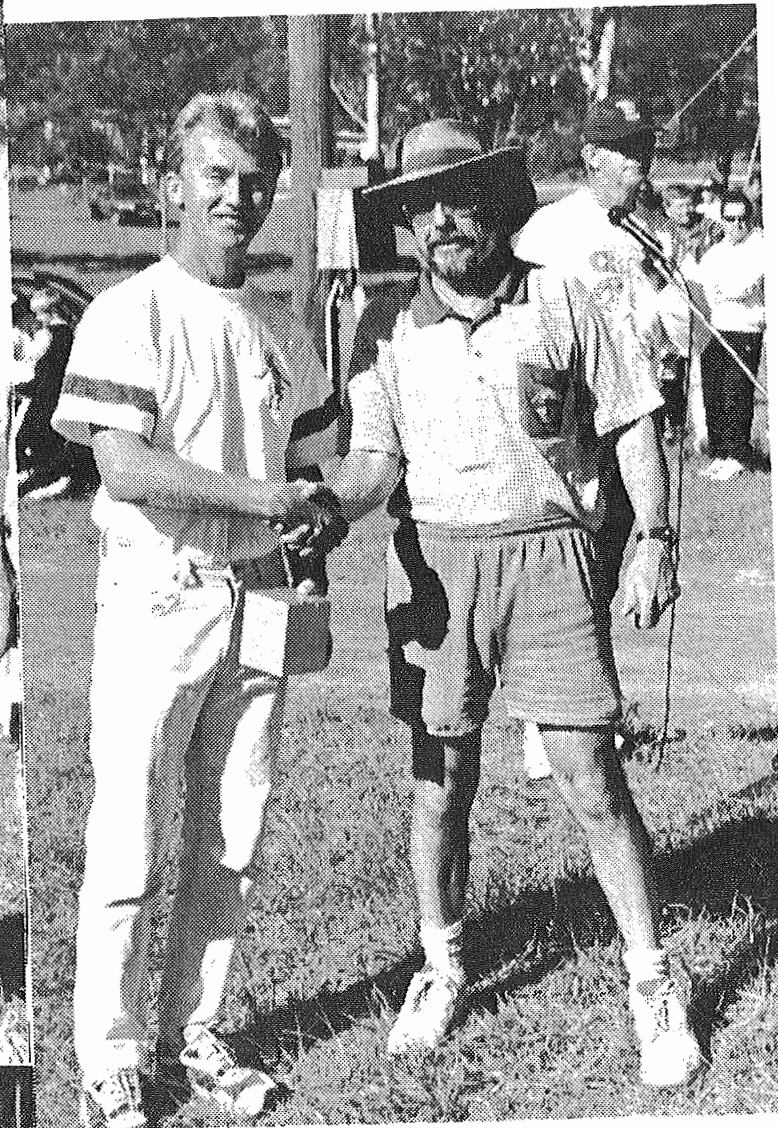
Phone: 0412 603 831

| Place | Time    | Name            |                 |
|-------|---------|-----------------|-----------------|
| 1     | 3.10.33 | Peter GOONPAN   | M               |
| 2     | 3.20.02 | Danny MOORE     | M               |
| 3     | 3.24.24 | Kelvin MARSHALL | M               |
| 4     | 3.29.35 | Pip THORN       | <b>First F</b>  |
| 5     | 3.38.37 | Helen STANGER   | <b>Second F</b> |
| 6     | 3.46.45 | Louise O'BRIEN  | <b>Third F</b>  |
| 7     | 3.56.20 | Mark PATAN      | M               |
| 8     | 3.57.28 | Andrew MAHONEY  | M               |
| 9     | 4.05.47 | Robert OSBORNE  | M               |
| 10    | 4.16.09 | Ludwig HERPICH  | M               |

Winner Peter Goonpan cruises home in the Fourth Shoalhaven Ultra Marathon







## SHOALHAVEN ULTRAMARATHON 1998

(Above left)  
Winner of the event, Peter Goonpan  
being congratulated by Road  
Runners Secretary, Terry Threlfall.

(Above)  
Second placegetter, Danny Moore  
receives his trophy from Terry  
Threlfall. Nowra Athletics Club  
President, John Morris in the  
background.

(Left)  
Pip Thorn, Women's Category  
Winner, being presented with her  
trophy also.

Congratulations from all AURA  
for these well-deserved awards.

# **CAN YOU BEAT IT?**

## **A REPORT ON THE 1998 COMRADES MARATHON, SOUTH AFRICA**

by Lavinia Petrie

On June 16th, 1998, Bob and I along with our son-in-law, Bert Pelgrim did! Bob has had a dream since 1965, when he ran in the famous LONDON - BRIGHTON road race in England, to compete in the Comrades Marathon in South Africa. The race is held each year in June and alternates between the "UP" course from Durban to Pietermaritzburg and the "DOWN" course from Pietermaritzburg to Durban. This year was the "UP" run.

"COMRADES" is an incredible experience from the moment you arrive at the Expo., where you go to the special stand reserved for overseas competitors. There, you pick up your race numbers including the "CHAMPION CHIP" which must be attached to your shoe with velcro for recording purposes. The Expo itself was quite an experience, with various stands all devoted to the promotion and sales of every sports aid imaginable, from shoes and clothing to massage tables, where you could get a free massage and even a restaurant! On the Sunday, we were taken on a buss tour of the course conducted by runners with experience in running Comrades. The hills seemed never-ending, and they all said, "Don't be ashamed to walk these hills - most people do! We were then treated to morning tea / lunch in Comrades House in Pietermaritzburg (all home-cooked food) and then returned to our hotel. We were advised to be at the start by 4.45am at the latest to get a good position.

The race was due to start at 6am and we duly arrived at the start at about 5.10am and put our bags in the special buses to go to the finish. It was dark, but it was so warm there was no need for tracksuits. We eventually managed to squeeze on to the start area and stood shoulder to shoulder amongst 13,342 people who were attempting to complete the 87.3km to Pietermaritzburg. The atmosphere was electric - then the lone bagpipe player struck up "Amazing Grace". There was not a dry eye in the place. At one minute to six the strains of "Chariots of Fire" rang out through the streets of Durban and when the gun was fired at 6am, there was still not a dry eye to be seen. We shuffled off the start and I think I was past 1km before I could compose myself and realise that here I was, actually in the race. Each kilometre was marked "--- K to go.". The first one I was conscious of was 80K to go. With 2 drink stations already passed, we still had 50 drink stations to go. Companies and organisations had to apply to man a drink station, and if approved, actually had to pay for the privilege. Each station had to have a minimum of 90 persons to help. There was water for sponges, plastic bottles containing coke, sachets of water and, fruit, cake. Some had physios, doctors, masseurs and all first aid requirements. There was even diabetic requirements - testing and supply of insulin. There were people lining the route giving encouragement for most of the way. In fact, in some parts there was only enough room for two people to run abreast through the crowd because of their enthusiasm.

Bert unfortunately experienced a problem with his knee and had to receive treatment on the way 7 or 8 times, but he made it in a little over 8 hours. Bob had a bit of a hiccup in his pre-race preparation, but still managed to run most of the way in 9 hours 44 mins. I was fortunate to complete it in a little over 8 hours also, and except for two 50 metre stretches where I had bad cramp, I ran all the way. The finish was at Scottsville Race Course. People had to pre-book and purchase tickets for the grandstand and it was absolutely packed. The crowd at the finish was awesome but we felt like we were running on air for the last 300 metres to the finish line.

June, our daughter, was there to greet each one of us in turn as we finished, and she did a fantastic job of looking after us and preparing and executing all our travel arrangements. The next day, we drove over the course again, just to re-live it. All the rubbish had been cleaned up and everything was back to normal. The only signs of the previous day were a couple of markers indicating that this was the route of the Comrades Marathon 1998. They now take pride of place in our lounge room.

Anyone interested in any more details, please do not hesitate to contact us on 59671915 or write to P.O. Box 136, North Wandin 3139.

One of the interesting features was the CUT-OFF at half way and the FINISH CUT-OFF. The only place, other than at the finish where there was a time clock was at half-way. The clock was on top of an archway in the middle of the road and at 5 hours 30 mins, race time, a barrier is put across the road and no-one is allowed to continue on if they have not reached half way by then. The finish limit is 11 hours. With 10 minutes to go, the crowd is encouraged to participate in cheering on the rest of the runners to complete the course in the allocated time. With 10 seconds to go, the mayor stands looking at the clock, gun in hand, with his back to the runners. The crowd chants 10 - 9 - 8 - etc and at 11 hours exactly, the gun goes - a barrier is drawn across and no-one else is officially recorded.

For the next 2 weeks, we were on safari in South Africa and Zimbabwe country, courtesy of June, who co-ordinated a very comprehensive, personally conducted tour hosted by a Zimbabwean couple. Thanks June, for making Dad's dream a reality.

|             |                  |                |                      |
|-------------|------------------|----------------|----------------------|
| 1st Male:   | Dimitri Grishine | Russia         | 5 hours 26 mins.     |
| 1st Female  | Rae Bischoff     |                | 6 hours 44 mins      |
| 36th Male   | Yiannis Kouros   | Greece         | 6 hours 10 mins      |
| 28th Female | Lisa Ondieki     | <del>Aus</del> | 7 hours 55 mins      |
| 1174th      | Lavinia Petrie   | Aus            | 8 hours 6 min 58s.   |
| 1292nd      | Bert Pelgrim     | Aus            | 8 hours 12 min 53 s. |
| 4559th      | Bob Petrie       | Aus            | 9 hours 45 min 58 s. |

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### THE HERVEY BAY HIKE

Perfect Queensland weather - a fine, bright and windless day - was laid on for the first running of The Hervey Bay Hike 50km, 30km and 15km. The race was held along the brick walking track, which stretches for 14km along Hervey Bay's foreshore.

There were only 9 starters for the 50km run and walk, with the walkers out-numbering the runners.

Eventual winner of the 50km event, Tom Morris (3hr53.10), did his now accustomed trick (of self imposing a handicap), by turning up late for the start. Tom started about 10 min behind the field, he put in a mighty effort to pass all the other competitors by the 48km mark.

From the start Geoff Williams (4hr24.48) and Brian Evans (3hr56.03) competed for the lead, but at 25km Geoff succumbed to a hamstring injury and battled on to third place. Peter Gray flew in from Melbourne to compete in his 4th marathon or better race in 4 weeks - what a mighty effort! He ran with true 'stayers grit' and finished a good 4th - but on the day I think he found the Queensland heat a bit much.

Angie Cottrell (4hr58.03) ran most of the 50km bare footed, she chased all the way for a personal best time by 5 minutes. Well done Angie!

The walkers were outstanding with all finishing in under 7 hr. First lady, Judy Moller (6hr06.26) had a great tussle with Don Worger (5hr59.58) before Don took the lead in the last 10km to finish first home. Kerrie Hall (6hr53.52) and Melanie Jonker (6hr58.12) turned in solid performances only spoilt by Melanie's accident on the way home. The Fraser Coast Road Runners send their good wishes and hopes she recovers in time for the next race.

The 30km event was a runaway win for local Phil Watson (1hr56.52) from Ray Nicol and triathlete Steve Imhoff. The ladies trio of Wendy Robinson (2hr20.06), Alison Coleman and Kerry Baker all put in their best performances in the lead up to the Gold Coast Marathon.

Walkers in the 30km walk surprised with their speed, the event was taken out by Cheryl Middis (3hr46.12) from Jan Byrne and Marg Chessells.

In the 15km event, Bundaberg's Trevor McClure (56.59) set a cracking pace to finish ahead of Lex Keam and Peter Dart. The ladies event proved interesting with the first two places being filled by Aerobic Instructors from the Body Corporate Gym. Karen Cooper (1hr08.29) ahead of Lyzette Van Dooren. 3rd place went to 13 year old Cross Country Rep Jackie Holt. Many thanks to all the helpers who made this event possible, including Wayne McCormack, time-keeper Andrea Lambled and Rod Shepherd. Congratulations to all the competitors who turned up. This sort of event is the way to introduce Ultra Marathon Running/walking to more rural areas and for those who can make it, a good chance to see a little more of Australia away from the seat of a car.

Have a great run at the Gold Coast. SEE YOU AT THE 48HR AND 24HR RUN IN MARYBOROUGH IN SEPTEMBER.

Brian Evans

46 .



## HERVEY BAY HIKE - 50 KMS - SUNDAY, 14 JUNE 1998 QUEENSLAND ULTRA RUNNERS CLUB

On Sunday, 14 June 1998, the Queensland Ultra Runners Club and the Fraser Coast Runners and Walkers Club held the inaugural Hervey Bay Hike. Distances offered were 15, 30 and 50 kms.

I walked the 50 km course which started at the Seafront Oval at Pialba, went 7.5 kms out past the Urangan pier, back again to the start, 5 kms out to Pt Vernon, back again to the start and then this was repeated.

We started at 5.30 a.m. Although officially it's winter in Australia, the weather was not overly cold - rather cool and brisk to start with. The course was a flat brick paved walkway along the waterfront Esplanade with plenty of taps along the way for those who prefer not to carry water bottles.

One male and three female walkers started in the 50 km distance which was a pleasing turnout for the event. Four males and one female ran the 50 km distance. Many more runners and walkers participated in the 15 and 30 km distances.

Although still dark when we started, the pathway was quite well lit. Don Worgner and Judy Moller took the lead, followed by Kerrie Hall and then me. We all set off at a fairly brisk pace while the weather was still cool. I do most of my walking early in the morning so walking in the dark was not a new experience. As the sun slowly rose I caught glimpses of the ocean through the trees. As I reached the Urangan Pier I had my first full view of the water as the sun was slowly rising. The water was like glass - there wasn't a breath of breeze. It was a truly spectacular site.

Towards the end of the first 7.5 km I passed Don, Judy and Kerrie (on their return to the start) and was subsequently passed by the runners who had started at 6 a.m.

When I reached the 7.5 km aid station, I was already feeling exhausted. Obviously this wasn't a good sign as I still had a long way to walk. I found the easiest way to manage the full 50 km was to break it down into shorter distances of 7.5 km, 7.5 km (back to the start), 5 km, 5 km (back to the start) and then repeat it.

Basically, I prefer an out and back course where you don't have to repeat a lap. There's nothing worse knowing once I have completed a lap of a course that I then have to turn around and do it again!

Once leaving the water stop, it was back on the same course to the start and back out 5 km to Pt Vernon. One benefit of returning to the starting point is I only needed to have one drop bag with all my sports drink, PowerGel, etc. There was a lot less shade on the 5 km section of the course, however, it was still early morning so was quite bearable. The last 200 metres was on the side of the road before reaching the water station and the turnaround. After a quick drink and some lollies, I returned back to the start and the halfway point which I finished in 3:16. The others were still in front of me and going well. I refilled my water bottle with sports drink and grabbed a PowerGel.

The thought of repeating all that was enough to make me cry as my legs were aching and I didn't seem to be able to "settle in" to the walk as well as I have in previous ultras. Off I went on the 7.5 km stretch back to the Urangan Pier. By now, there was plenty of activity on the waterfront - many people walking and cycling and all the 15 and 30 km runners and walkers in the last phases of their races. I don't know how many times I said "Good Morning" to people but after a while I simply nodded as it was wearing me out!

As I neared the turnaround, Don flew past me followed a few minutes later by Judy and then Kerrie. I stopped at the water station took a couple of drinks and some more lollies and headed back to the start. I managed to glimpse Kerrie a few times although never caught up to her. My mind was boosted by the fact that this was the second lap and once I reached the start point it was only another two 5 km laps (that's better than saying another 10 km) to go.

As I reached the start (40 completed), Angie Cotteril, the only female runner had just finished. I refilled my water bottle again, grabbed another PowerGel and was off. By now, the weather was quite warm and I was really struggling. My knees and ankles was aching so much and I can only put it down to the fact I was walking on the brick paved walkway which was a surface I was not used to.

About halfway to the turnaround Don passed me for the last time. He was still going strong. A few minutes later Judy went through as well. As I neared the turnaround Kerrie was just leaving. I had a quick drink and a few words to the volunteer and then set off for the FINAL 5 km. Five kilometres certainly isn't a long way to walk but on this occasion, it seemed to take forever. I was tired, hot, aching and simply longing to finish. A few metres short of the finish Brian Evans passed in his car to make sure I was still okay.

I finished the event in 6:58:12. Don Worgner was the first male in a time slightly under 6 hours. The first female was Judy Moller in just over 6 hours, followed by Kerrie Hall who finished a few minutes before me.

Needless to say, the majority of the 15 and 30 km competitors had long gone and once the presentations were over the rest of us dispersed.

I collected my son Richard who had been fishing while I completed the walk. He wasn't too impressed at being taken away from his fishing, but I mean to say - isn't about 7 hours fishing enough for a ten year old boy!!

The inaugural Hervey Bay Hike was a great success and hopefully will return next year with a larger number of runners and walkers. Brian and his helpers did a marvellous job cheering and supporting all the participants and keeping them well hydrated. 47.

Alas the next day didn't start out too well for Richard and I. We left Hervey Bay at 7.45 a.m. and upon reaching the Brisbane area around 11 a.m., we were involved in a car accident.

Briefly, after losing control, my vehicle left the road at 100 kph (no I wasn't speeding!), went down an embankment, through a small chain wire fence, ploughed through some grass and reeds, overturned and was partly submerged in swampy waters. Our seat belts saved our lives - they held us so securely. We managed to undo them, push the driver side door up and open, climb out over the bottom of the car, through the water, up the embankment, over the fence and onto the side of the road where some witnesses had pulled up.

The doctors at the Royal Brisbane Hospital claim it's a miracle we were unhurt and climbed out unassisted. My son, who is only 10 years old was so brave and I am extremely proud of him.

This is certainly one ultra event I'll never forget!!

Melanie Jonker  
Brisbane, Queensland  
Australia

## HERVEY BAY HIKE 15KM 30KM 50KM 14/6/98

| NAME                   | PLACE | TIME    | NAME                   | PLACE | TIME    |
|------------------------|-------|---------|------------------------|-------|---------|
| <b>MEN 50KM RUN</b>    |       |         | <b>MEN 15KM RUN</b>    |       |         |
| TOM MORRIS             | 1     | 3.53.10 | TREVOR McCLURE         | 1     | 56.59   |
| BRIAN EVANS            | 2     | 3.56.03 | LEX KEAM               | 2     | 58.37   |
| GEOFFREY WILLIAMS      | 3     | 4.24.48 | PETER DART             | 3     | 1.02.42 |
| PETER GREY             | 4     | 4.31.44 | ADAM LANDON            | 4     | 1.03.56 |
|                        |       |         | DAN GIBBS              | 5     | 1.06.28 |
| <b>WOMEN 50KM RUN</b>  |       |         | RICK FITZSIMMONS       | 6     | 1.07.29 |
| ANGIE COTTRELL         | 1     | 4.58.03 | LARS OLSEN             | 7     | 1.08.25 |
|                        |       |         | DALE REECE             | 8     | 1.08.51 |
| <b>MEN 50KM WALK</b>   |       |         | STEPHEN MOULDS         | 9     | 1.10.40 |
| DONALD WORGER          | 1     | 5.59.58 | PETER SMITH            | 10    | 1.13.04 |
|                        |       |         | KERRY MIDDIS           | 11    | 1.13.27 |
| <b>WOMEN 50KM WALK</b> |       |         | SHAUN TWEDALE          | 12    | 1.16.18 |
| JUDY MOLLEY            | 1     | 6.06.26 | CURTIS GORDON          | 13    | 1.17.29 |
| KERRIE ANNE HALL       | 2     | 6.53.52 | ALEX MacGREGOR         | 14    | 1.21.59 |
| MELANIE JONKER         | 3     | 6.58.12 | PETER LEWIS            | 15    | 1.32.34 |
| <b>MEN 30KM RUN</b>    |       |         | <b>WOMEN 15KM RUN</b>  |       |         |
| PHIL WATSON            | 1     | 1.56.52 | KAREN COOPER           | 1     | 1.08.29 |
| RAY NICOL              | 2     | 2.08.25 | L. VAN DOOREN          | 2     | 1.12.22 |
| STEVE IMHOFF           | 3     | 2.15.54 | JACKIE HOLT            | 3     | 1.15.36 |
| PAUL JANSEN            | 4     | 2.17.27 | M. GORDON              | 4     | 1.17.31 |
| DENNIS HARVEY          | 5     | 2.30.09 | MARITA BEHRENDORFF     | 5     | 1.24.59 |
| ROB BEATTIE            | 6     | 2.30.10 | SANDY McCORMACK        | 6     | 1.29.43 |
| NEVILLE MARTIN         | 7     | 2.35.42 | JUDY FARRINGTON        | 7     | 1.45.11 |
| MIKE TOCKNELL          | 8     | 2.44.48 | <b>MEN 15KM WALK</b>   |       |         |
| WARREN JONES           | 9     | 2.52.45 | BRUCE PAINE            | 1     | 1.52.39 |
| BRIAN JONES            | 10    | 3.11.16 | MALCOLM CAITENS        | 2     | 1.53.42 |
| <b>WOMEN 30KM RUN</b>  |       |         | JOCK HAWSER            | 3     | 2.01.57 |
| WENDY ROBINSON         | 1     | 2.20.06 | CHARLES HALL           | 4     | 2.20.36 |
| ALISON COLEMAN         | 2     | 2.23.37 | <b>WOMEN 15KM WALK</b> |       |         |
| KERRY BAKER            | 3     | 3.48.14 | LYN LEWIS              | 1     | 1.37.45 |
| <b>WOMEN 30KM WALK</b> |       |         | DEIDRE MANSKI          | 2     | 1.46.11 |
| CHERYL MIDDIS          | 1     | 3.46.12 | SUE PAINE              | 3     | 1.54.57 |
| JAN BYRNE              | 2     | 3.50.48 | BETTY WILLIAMS         | 4     | 2.44.47 |
| MARG CHESSELLS         | 3     | 4.02.28 |                        |       |         |



# AUSTRALIAN ULTRA RUNNERS' ASSOCIATION

## 50 MILE TRACK RACE

EAST BURWOOD, VIC.

SATURDAY 20<sup>TH</sup> JUNE 1998

The day was cold, overcast and windy with the threat of rain for most of the day. This didn't stop Nigel Aylott from making it three in a row being the first person to do so in the history of the race. Nigel led from start to finish and had it not been for the conditions would have run faster than last year. Congratulations on the wonderful achievement Nigel, look forward to seeing you there again next year, making it four in a row.

Second was Linda Meadows who ran very evenly throughout the whole of her race. Linda is working up to run her first 24 hour race at Coburg in August. What a time for someone doing a training run.

Third, competing in his first ultra run was David Jones who received great support from his friends from Malvern Harriers Athletic Club. David was elated at the end of his race even though he found things tough for the last third of his race. You will run even better next time David.

Cliff Young nursing a shoulder injury before the race started, had to run with a pillow under his arm but still managed to run 40 miles. Cliff at the same time took time out during the race to have his photo taken with one of the Councilors from the City of Whitehorse.

Shirley Young using this race as a training run for the Coburg 24 hour was very disappointed she couldn't complete the race. Mind you Shirley had run two marathons over the last month, both under 4 hours and has run over 3200 kms so far this year with some weeks running over 160 kms.

George Christodoulou ran very well for the first half of the race but then had difficulties due to a knee injury he had suffered in training leading up to the race.

During the day three Councilors, Mayor Helen Buckingham, Kaele Way and Kevin Abbott from the City of Whitehorse visited. I would like to extend my appreciation to them for taking time to come along.

I would like to give special thanks to Les Clarke, Dot Brown, Geoff Hook, Sandy Kerr, my wife Wendy, daughter Belinda, son Daniel and Dorothy Maxwell from the Bill Sewart Athletic Track Association for their help, it was really appreciated.

This is the first time I have organised a race and even though the race numbers were down I have really enjoyed the experience. I will be looking at making changes to attract more runners next year.

## RESULTS

|     |                      |    |      | Marathon | 30 Miles | 50 Km                      | 40 Miles                      | 50Miles |
|-----|----------------------|----|------|----------|----------|----------------------------|-------------------------------|---------|
| 1.  | Nigel Aylott         | 32 | Vic. | 3:01:54  | 3:29:27  | 3:37:33                    | 4:50:07                       | 6:21:11 |
| 2.  | Linda Meadows        | 39 | Vic. | 3:23:17  | 3:53:24  | 4:01:59                    | 5:19:18                       | 6:47:14 |
| 3.  | David Jones          | 56 | Vic. | 4:05:25  | 4:43:08  | 4:54:03                    | 6:42:40                       | 8:49:25 |
| DNF |                      |    |      |          |          |                            |                               |         |
|     | Cliff Young          | 76 | Vic. | 5:34:23  | 6:28:19  | 6:44:37                    | 9:05:03 (Stopped at 40 Mls)   |         |
|     | Shirley Young        | 68 | Vic. | 4:11:38  | 4:56:25  | 5:09:29                    | (153 laps=61.2 km in 6:38:58) |         |
|     | George Christodoulou | 58 | Vic. | 4:02:58  | 4:50:19  | 5:01:10 (Stopped at 50 km) |                               |         |

John Harper - Race Organiser

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# GRITTY WIND SPOILS 50-MILE AUSTRALIAN CHAMPIONSHIPS

BY

TONY RAFFERTY

Dust, stirred by cars and fostered by a gusty wind during roadworks, swirled across the soccer pitch, blurred runners' sight and tickled throats as they competed on a newly-laid 400-metre surface during the Australian 50-Mile Track Championships on 20th June at Bill Sewart Athletic Track, East Burwood, Victoria.

In the distance, high on its mast the Australian flag fluttered with vigour, at times threatening to rip from its cord. The canvas sides of the lap-counters' tent flapped like a drummer's rhythmic beat. A runner's hat took to the air, weaved, looped like a paper plane and plummeted into a sandpit.

"I hate wind. It takes too much out of me," said Shirley Young. "It was too strong from the start." Young used the race as a "build-up" for the Victorian 24-Hour Track Championship in August. "After two marathons in the last two weeks I'm happy with 38 miles...Oh! and one lap. I mustn't forget it. They all count," she said with a husky laugh.

With plans to break the six-hour mark, Nigel Aylott's quick pace from the start proved unsuitable when wind gusts slowed progress and sapped energy. "I'm happy winning the race but the wind was vicious," he said when he finished the race in 6 hours 21 minutes 11 seconds, and seemingly unconcerned about a sore knee.

Running, regular as musical scales with arm and shoulder motions showing contempt for a buffeting wind, Linda Meadows, despite the hostile environment moved with an eloquence which belied the real extent of the wind-squalls. "It was so bad it stopped me a number of times. At three hours I was absolutely stuffed," she said. "But on this excellent track it was not going to beat me." Meadows, happy with her performance said 6 hours 47 minutes 14 seconds, in uncertain conditions, completed another worthwhile experience in her ultramarathon adventures.

Malvern Harriers member with eight marathons to his credit and a best time - 3 hours 19 minutes 42 seconds, David Jones - sustained by bananas and cereal bars - earned a third place trophy in his first ultramarathon. "The way I feel at the moment it will be my last," he said minutes after crossing the finish line in a credible 8 hours 49 minutes 25 seconds. "Tactics in an ultra are totally different to the marathon."

Cliff Young trained 20 miles a day three months before the race. He used the event as one part of a training program for his proposed run around Australia next year. He said, unlike the "terrible" track at Nanango in March during a 1000-mile race, the East Burwood track surface was "beautiful" and "only for the wind there would have been many good performances." Young completed 40 miles in 9 hours 5 minutes 35 seconds. "I could run for another couple of hours," he said, waving to onlookers, shaking hands and with a face beaming like a full moon, shuffled through the dressing room toward the shower.

Retiring at the 50-kilometre mark in 5 hours 1 minute 10 seconds from a hamstring injury and suspected arthritus, George

Christodoulou, optimistic of better performances in the future, said: "Training on the hills around Waverley should get me back to form again."

Mayor of the City of Whitehorse, Cr. Helen Buckingham viewing her first ultramarathon, said the runners showed "wonderful enterprise." Keen to attend as many public events as possible in her city, she congratulated race director John Harper's initiative and thanked him for his invitation.

Harper, disappointed with the small entry hoped to encourage a bigger field next year with an intensive advertising and promotion campaign. "I'll mail-drop the ultrarunning fraternity," he said. And with an air of optimism: "Who knows we may approach the vast numbers attracted to Geoff Hook's events in the 80s."

During the presentation period David Jones, seated, showed a certain contemplation, one of mystery, as if thoughts of another ultramarathon challenge were indeed a strong possibility.

TONY RAFFERTY - AUGUST 1998

WHITEHORSE POST (1/7/1998)

# Summer shade all plain sailing

IT was smiles all round at the Bill Sewart Athletics Track in Burwood East last week, with the running of a 50-mile track race and news of new council funding on the way.

Whitehorse Council has set aside \$90,000 in its draft 1998/99 budget for the athletics club, to build shade 'sails' over the terraced seating and other improvements.

Councillors Kaele Way and Kevin Abbott braved the cold and blustery conditions last Saturday week and ventured down to the track for the running of the 'Australia Ultra Runners' Association 50

Mile Track Race'.

Cr Way praised the work of Dorothy Maxwell and other members of the Bill Sewart Athletics Track Association for the time and effort put into the club.

She said the new shading was a council priority and would be installed before summer, "adding to the list of first class facilities already on offer".

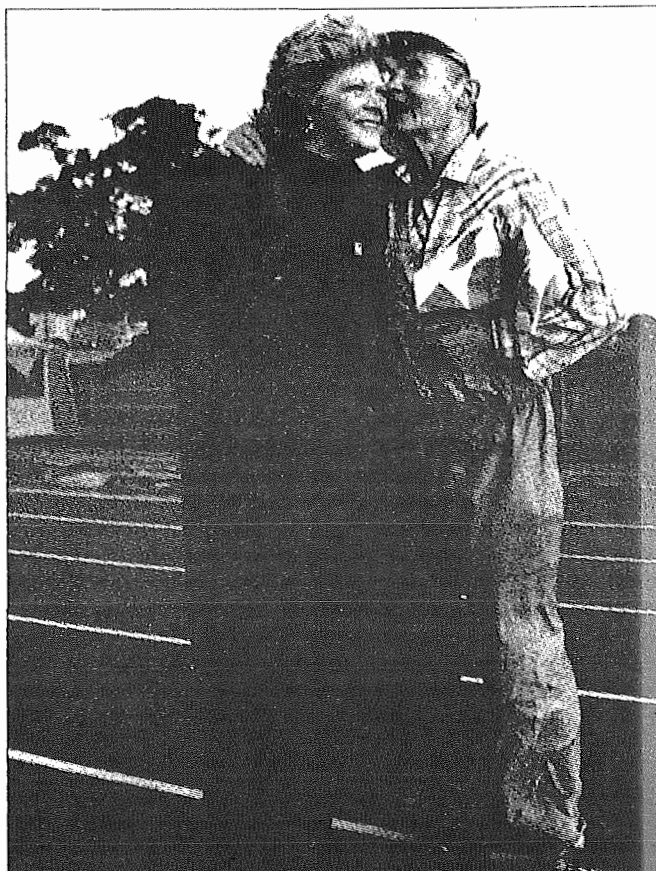
"The enthusiasm down there is just amazing. They are very well organised and are particularly good in the way they relate to young school children.

"To be up and about

at 8am for a long distance race on a bitterly cold day shows real commitment to their sport and the community," Cr Way said.

Winning the race for the third time in a row with a time of 6:21:11 was Nigel Aylott, 32, followed by Linda Meadows, 39, in 6:47:14 and David Jones, 56, in 8:49:25.

Sentimental favourite Cliff Young, 76 - running with a pillow under his arm to support a shoulder injury - stopped after 40 miles, with Shirley Young and George Christodoulou also putting in brave efforts.



Cliff Young, 76, takes a break from his 40-mile run to plant a kiss on Cr Kaele Way.

# Results: Coburg six hour track race

18 July 1998

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## Melbourne, Vic.

This event was not widely advertised but it was put on mainly to test out a new computer lapscoreing system to be used at the 24 hour race in 6 weeks time. A couple of small problems occurred but have since been rectified and the new lapscoreing system should prove to be a highlight. I was amazed at just how much information could be attained regarding lap times and splits etc.

It was initially proposed to have several relay teams involved but then someone suggested that some ultra runners may like to be included and so it ended up being a good event. The weather was perfect with cloudless skies and no wind complimented by cool, but not cold, temperatures.

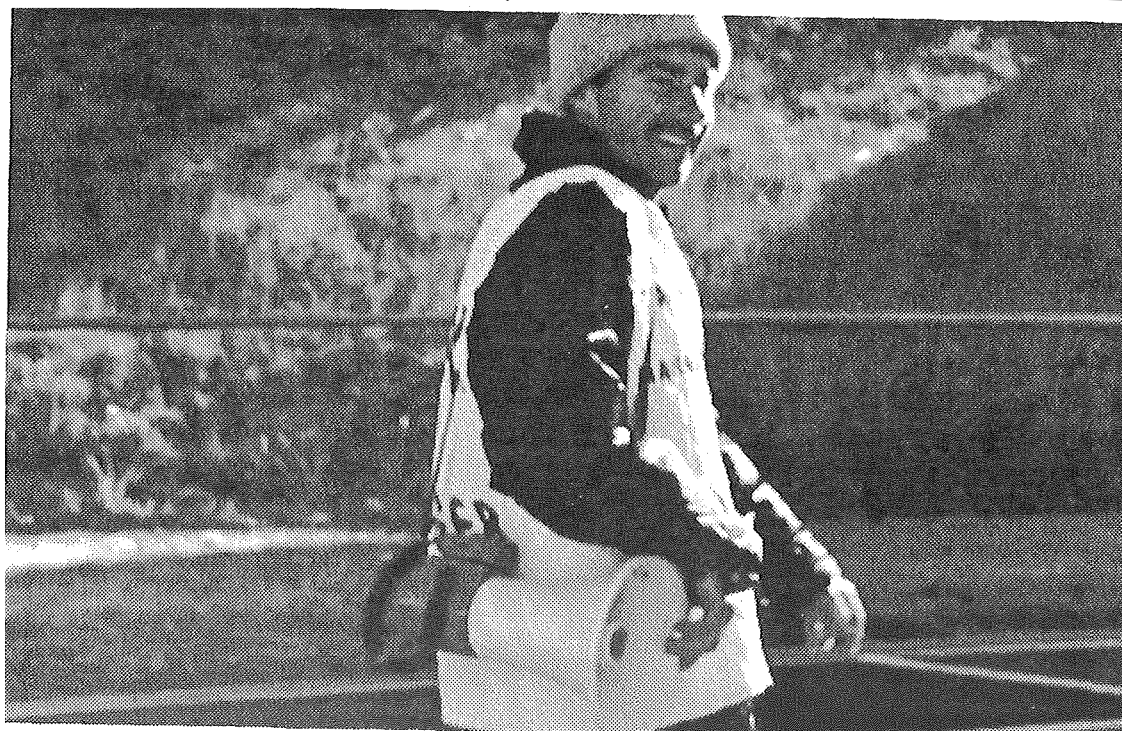
The six relay teams included a group of walkers and the local High School. As the relay had no real rules it allowed runners to run when and how they wished so final results are not very relevant, however there were some good efforts put in.

The Ultra Competitors all relished the good conditions. A special mention should go to both Roy McKenzie and Mark Kelly, these two guys enjoy a short run at the Coburg track each Thursday night and had never done anything that remotely resembles what they took on last Saturday. It was only after a few beers the previous night that they dared each other to have a go. With plenty of good old Guts and Determination they never left the track during the entire six hours and finished, despite numerous blisters, in what were truly amazing efforts.

## Results

|                    |           |
|--------------------|-----------|
| 1. Kevin Cassidy   | 68.695 km |
| 2. Dawn Parris [f] | 58.899 km |
| 3. Brian Gloven    | 50.918 km |
| 4. Arthur O'Keefe  | 42.400 km |
| 5. Mark Kelly      | 38.525 km |
| 6. Bev Carr [f]    | 35.760 km |
| 7. Roy McKenzie    | 35.728 km |
| 8. Ken Carter      | 31.790 km |

*Results supplied by: Kevin Cassidy.*



ULTRAMAG  
Co-Editor, 24 Hour  
official and notorious  
wet joke teller on the  
internet,  
Kev Cassidy.

# **SRI CHINMOY 24 HOUR TRACK RACE CARNIVAL**

## ***New Zealand 24 Hour Championship***

**Sovereign Stadium – North Shore Bays Athlete and Sports Club**

**4/5 July 1998**

**Temperature 8 - 14°C**

*By Simahin Pierce*

- ***WORLD AGE RECORDS FOR LILAC FLAY!***
- ***TRIUMPH FOR GAVIN SMITH AND MARGARET HAZELWOOD!***
- ***NZ RACE WALKING RECORD FOR GERALD MANDERSON!***
- ***NZ AGE RECORDS FOR DIANNE FILE!***
- ***VICTORY FOR NZ ULTRA RUNNERS ASSOCIATION IMMORTALS!***

The sun was peeping over the horizon – it was a cool and still morning with scattered light clouds. Balloons, colored banners and running aphorisms decorated the Sovereign Stadium track. A myriad of tents lined the western side of the track. It was 10 minutes before race time and as each runner was introduced they took their place beneath the Sri Chinmoy Ultra Banner next to the row of lap counters at the starting line.

15 men and 3 women were competing in the 2<sup>nd</sup> annual Sri Chinmoy 24 Hour Race and 4 team runners were running the first leg of the Sri Chinmoy 24 Hour Teams Relay. The teams could have up to 6 runners and each runner's stint had to be at least 2 hours. Gary Regtien was starting in the Sri Chinmoy 12 Hour Race.

At 8:00 a.m., after a few moments of silence for the runners to reflect, meditate and focus their inner capacities, the timekeepers clasped their stopwatches and the starter set the runners and race walkers on their way.

The 24 hour runners, conscious of the long journey ahead, began gently and smoothly while the team runners ran strongly and confidently. Gary Regtien with 100 km world age bests at the back of his mind was running impressively and his classic running style looked very suited to the fast track surface.

At 10:00 a.m. 8 runners led by New Zealand 100 km World Cup representative Lilac Flay began the inaugural Sri Chinmoy 6 Hour Race. The beaming Lilac started briskly and became more confident as the race progressed. She cruised through 30 kms in 2:15:59 (splits of 45:06, 45:56 and 44:57) and then really picked up the pace as she ran from 30 to 40 kms in 42:38 and a 40 to 50 km split of 43:46 - establishing women's 40 to 44 world track records of 3:35:03 for 30 miles and 3:42:22 for 50 kms (subject to ratification). Both of these times are more than 5 minutes under British runner Hillary Walker's current world bests!

After a break Lilac went on to finish with 52.600 kms followed by Linda Law with 42.296 kms and Karen O'Connell with 39.020 kms. In the Sri Chinmoy 6 Hour Race men's division Brian Dahlberg ran steadily to finish with 60.929 kms from Paul Dragicevich, who showed promise with a comfortable 44.807, and Brian Naim with 44.698 kms.

The Sri Chinmoy 24 Hour Race was developing into an enthralling battle between Gavin Smith, Michael Simons and Margaret Hazelwood, with Michael leading through 50 miles with 7:46:57 followed by Margaret in 7:55:11 and Gavin in 8:08:45. Margaret was first to 100 kms in 9:57:24 heading Michael with 10:15:32 and Gavin in 10:24:39.

In to the night and light misty rain had been falling intermittently; musicians were playing sublime music and singing running songs; lap counters cheered and clapped; kitchen helpers shuttled hot food and drinks to keep every one awake and energized, and the atmosphere was charged with a powerful feeling of joy and transcendence!

Nearing 2:00 a.m. on Sunday morning as the runners approached the final direction change (they alternate directions every 6 hours), Gavin was ahead of Margaret by less than 2 laps. Gavin whose 24 hour personal best is 158 kms was running the race of his life as he passed through 100 miles (160.934 kms) in 17:42:24. Margaret also running a momentous race reached 100 miles in 17:46:02. In overall 3<sup>rd</sup> place race walker Gerard Manderson was relentless as he powered past 100 miles in 21:45:47 on route to a New Zealand all comers record of 176.969 kms.

Gavin showed excellent pace judgement throughout the 24 hours and added a wonderful 52 kms to his previous best to finish with 210.967 kms. Margaret ran resolutely from the beginning and showed heaps of character in setting New Zealand women's 45 to 49 age records with a 25 km personal best of 205.018 kms – a marvelous run.

In 3<sup>rd</sup> place in the men's section was Ashley Smith who ran a 172.326 kms personal best, followed by Sri Chinmoy Marathon Team representative Barnaby McBryde whose 164.792 kms transcended his previous best performance by 35 kms.

Dianne File who recently completed 505 kms in the Sri Chinmoy 6 Day Race at Wards Island New York City, did an inspiring 164.483 kms New Zealand women's 50 to 54 age record (also a 25 kms personal improvement).

61 year old race walker Jack Tregurtha showed good form to add 11 kms to his previous best with an excellent 153.670 kms, while 71 year old Colin Clifton ran a gutsy 128.819 kms.

In the Sri Chinmoy 12 Hour Race 62 year old Gary Regtien, though slightly short of his 100 km time-goal, showed form, grit and heart as he strode to a fine 113.387 kms. Sri Chinmoy Marathon Team representative Gael Ballantyne who recently completed a courageous 404 kms in the Sri Chinmoy 6 Day Race ran 77.617 kms.

The Sri Chinmoy 24 Hour Teams Relay was a very entertaining and absorbing race between the New Zealand Ultra Runners Association "*immortals*" and a energetic team of triathletes - "Rob's Swimmers".

Led by multi world record holder Sandy Barwick, New Zealand Champions Richard Tout and Ian Curtis, New Zealand Race Walking Champion Jane Jackson, and

54 .



experienced runners Carolyn Tassie and Ian Cornelius, the “*immortals*” were leading by only 230 metres after 12 hours (137.550 kms to 137.320 kms). The lead changed several times but consistent running by the New Zealand Ultra Runners Association and a strong 2<sup>nd</sup> leg by Ian Curtis led to a victorious 269.357 kms with “Rob’s Swimmers” finishing with 255.122 kms, followed by the Sri Chinmoy Marathon Team men’s and women’s teams.

At the award ceremony Sandy Barwick presented the “Sandy Barwick Perpetual Trophy” to Margaret Hazelwood as the winner of the women’s division of the Sri Chinmoy 24 Hour Race and the 1998 New Zealand Champion. Richard Tout presented the “Richard Tout Perpetual Trophy” to Gavin Smith as 1998 Men’s Champion.

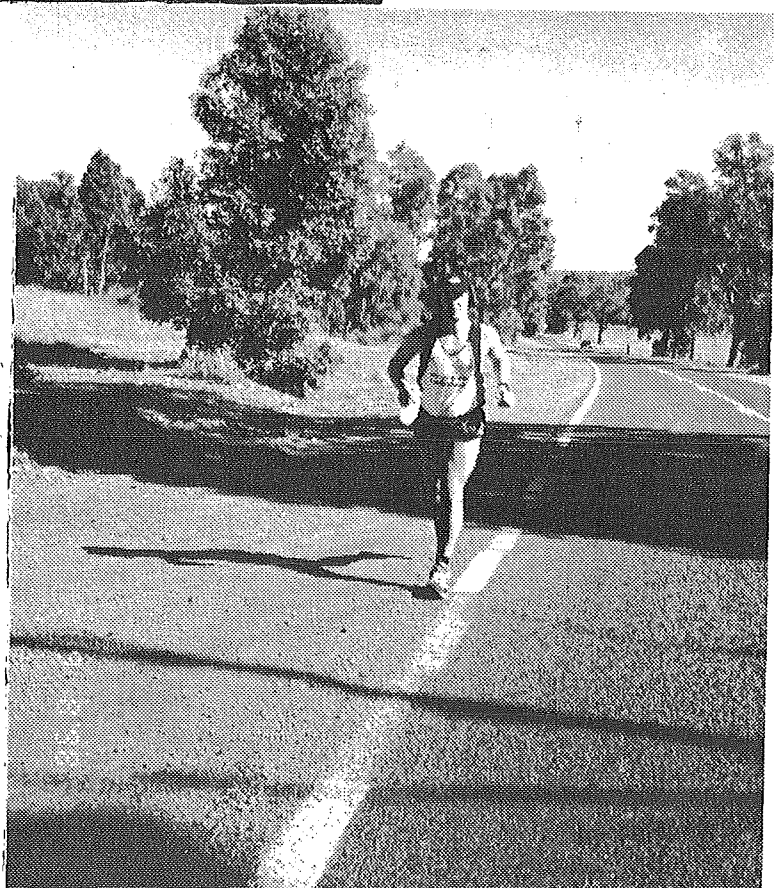
50 runners participated in the carnival.



(left) Richard Tout presenting Brian Jackson’s finisher’s medal at NZ 24 Hour

(Below) Brian out on a training run. “One step at a time sweet Jesus”

(Bottom left) Well known Gary Regtien, 62 years who completed 113.387km.





# Sri Chinmoy 24 Hour Track Race Carnival

## New Zealand 24 Hour Championship

### Sovereign Stadium - North Shore Bays Athletic and Sports Club

### Auckland - 4/5 July 1998

### Results sheet 1

| Name / Age                              | Place | Marathon | 30 mile  | 50 km    | 40 mile  | 50 mile  | 100 km   | 100 mile | 200 km   | Total km |
|-----------------------------------------|-------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| <b>Sri Chinmoy 24 Hour Race - Men</b>   |       |          |          |          |          |          |          |          |          |          |
| Gavin Smith, 45                         | 1     | 3:51:01  | 4:27:07  | 4:37:39  | 6:18:00  | 8:08:45  | 10:24:39 | 17:42:24 | 22:35:48 | 210.967  |
| Gerald Manderson, 54                    | 2     | 5:12:35  | 5:58:21  | 6:11:23  | 8:11:44  | 10:18:16 | 13:08:40 | 21:45:47 |          | 176.969  |
| Ashley Smith, 57                        | 3     | 4:12:05  | 4:49:18  | 4:59:18  | 6:41:23  | 8:44:29  | 11:22:50 | 22:38:58 |          | 172.326  |
| Barnaby McBryde, 33                     | 4     | 4:37:40  | 5:24:09  | 5:41:44  | 7:29:57  | 9:38:27  | 12:49:53 | 23:24:09 |          | 164.792  |
| Roger Levie, 39                         | 5     | 4:02:41  | 4:39:13  | 4:49:05  | 6:34:31  | 8:45:06  | 11:30:49 | 23:51:44 |          | 161.672  |
| Jack Tregurtha, 62                      | 6     | 5:50:56  | 6:42:01  | 6:57:03  | 9:21:11  | 11:58:49 | 15:01:09 |          |          | 153.670  |
| Brian Jackson, 31                       | 7     | 3:50:33  | 4:45:25  | 4:55:02  | 6:49:41  | 9:04:49  | 11:54:40 |          |          | 142.514  |
| Robert Radley, 40                       | 8     | 6:02:23  | 6:54:22  | 7:12:23  | 9:51:51  | 12:25:18 | 16:05:08 |          |          | 141.725  |
| Ray McKay, 45                           | 9     | 5:46:18  | 6:37:07  | 6:51:10  | 9:17:50  | 12:04:36 | 14:35:57 |          |          | 136.978  |
| Graham Cleal, 57                        | 10    | 5:59:26  | 6:58:49  | 7:15:50  | 9:24:32  | 12:26:41 | 16:42:00 |          |          | 129.698  |
| Colin Clifton, 71                       | 11    | 5:40:09  | 6:31:31  | 6:48:39  | 9:08:06  | 12:02:53 | 15:27:14 |          |          | 128.819  |
| Michael Simons, 40                      | 12    | 3:46:04  | 4:21:10  | 4:31:09  | 6:02:04  | 7:46:57  | 10:15:32 |          |          | 112.393  |
| Mark Gray, 37                           | 13    | 5:37:59  | 6:27:40  | 6:41:52  | 9:14:38  | 12:11:27 | 15:54:10 |          |          | 111.169  |
| Russell Troy, 37                        | 14    | 10:26:35 | 11:12:58 | 11:22:40 | 13:53:25 |          |          |          |          | 76.016   |
| Russell Shannon, 53                     | 15    | 4:55:38  |          |          |          |          |          |          |          | 42.195   |
| <b>Sri Chinmoy 24 Hour Race - Women</b> |       |          |          |          |          |          |          |          |          |          |
| Margaret Hazelwood, 48                  | 1     | 3:55:11  | 4:36:05  | 4:45:45  | 6:16:21  | 7:55:11  | 9:57:24  | 17:46:02 | 23:21:11 | 205.018  |
| Dianne File, 52                         | 2     | 4:32:27  | 5:25:35  | 5:38:39  | 7:50:47  | 10:28:52 | 13:50:12 | 23:35:26 |          | 164.483  |
| Catherine Patton, 52                    | 3     | 5:32:10  | 6:45:03  | 6:59:24  | 10:32:32 | 13:59:41 |          |          |          | 86.000   |

**Sri Chinmoy 24 Hour Track Race Carnival**  
*New Zealand 24 Hour Championship*  
**Sovereign Stadium - North Shore Bays Athletic and Sports Club**  
**Auckland - 4/5 July 1998**  
**Results Sheet 2**

| Name / Age                              | Place | Marathon | 30 mile | 50 km   | 40 mile  | 50 mile | 100 km   | 100mile | 200 km | Total<br>km |
|-----------------------------------------|-------|----------|---------|---------|----------|---------|----------|---------|--------|-------------|
| <b>Sri Chinmoy 12 Hour Race - Men</b>   |       |          |         |         |          |         |          |         |        |             |
| Gary Regtien                            | 1     | 3:36:25  | 4:13:44 | 4:23:31 | 6:27:19  | 8:11:17 | 10:27:04 |         |        | 113.387     |
| <b>Sri Chinmoy 12 Hour Race - Women</b> |       |          |         |         |          |         |          |         |        |             |
| Gael Ballantyne, 34                     | 1     | 6:10:22  | 7:07:04 | 7:30:40 | 10:05:58 |         |          |         |        | 77.617      |
| <b>Sri Chinmoy 6 Hour Race - Men</b>    |       |          |         |         |          |         |          |         |        |             |
| Brian Dahlberg, 53                      | 1     | 3:28:40  | 4:16:10 | 4:28:20 |          |         |          |         |        | 60.929      |
| Paul Dragicevich, 44                    | 2     | 3:51:25  |         |         |          |         |          |         |        | 44.807      |
| Brian Nairn, 48                         | 3     | 5:40:05  |         |         |          |         |          |         |        | 44.698      |
| Michael Law, 48                         | 4     |          |         |         |          |         |          |         |        | 39.851      |
| Dudley Harris, 72                       | 5     |          |         |         |          |         |          |         |        | 25.200      |
| <b>Sri Chinmoy 6 Hour Race - Women</b>  |       |          |         |         |          |         |          |         |        |             |
| Lilac Flay, 42                          | 1     | 3:07:57  | 3:35:03 | 3:42:22 |          |         |          |         |        | 52.600      |
| Linda Law, 47                           | 2     | 5:59:14  |         |         |          |         |          |         |        | 42.296      |
| Karen O' Connell, 38                    | 3     |          |         |         |          |         |          |         |        | 39.020      |

**THE SRI CHINMOY 24 HOUR - 4/5 JULY 1998 -  
AUCKLAND NZ  
THE C.C. 100KM SOLO RUN - 9 AUG'98 - CAPEL WA  
THE PERTH 40 MILE - 23 AUGUST 1998 - PERTH WA  
by Brian Jackson**

If I could paint a picture worth a thousand words, then that would probably be the easiest way to describe my first 24 Hour. I experienced a whole myriad of feelings over the weekend of 4/5 July that months later, I'm still musing over. Three days after the race, I was still wearing my Finisher's Medal. Someone asked how I got it. I replied. "Mate, as long as you've got half an hour, I'll tell you all about it" Needless to say, the conversation ended. I was disappointed initially with the distance of 142km that I covered. No-one could convince me otherwise.

The 24 Hour event was the next stepping stone for me in preparation to run the 1999 Spartathlon. Originally, the plan was to run in the Queensland 24 Hour in May, then to the 48 Hour next year as a sort of dress rehearsal for Greece, with the aim of covering the Sparta distance of 246km within the 36 hour time limit.

I ran a 12 Hour race in January, covering 103km, a 6 Hour race in March covering 66km and began to feel quite confident that 200km for the 24 Hour could be possible. Three weeks before the race and one phone call saw my 2 year plan awash. I was devastated. The Queensland 24/48 Hour date had been changed to September.

Through the AURA magazine, I found the Sri Chinmoy event. I was able to change my holidays, get an entry in and do a few more weeks training. Two weeks before the race, it seemed like everyone in Perth wanted to give me their bugs. The weekend before the race, I found myself visiting the doctor for some antibiotics. Guess what advice he gave me about running the following week. I began to feel that this 24 Hour and me weren't meant to be, and after leaving Perth at 7am on a Wednesday and arriving in Auckland at 1am Thursday, I felt pretty sure that I was right. However, I relaxed for a few days, courtesy of the Hyatt and woke up race day feeling like I could give it a good bash. It was a beautiful day, a brand new track - great conditions. Apparently, I set off like a rocket, covering the marathon distance in 3 hours 50. I felt great. I was stopping regularly at the Sri Chinmoy trackside cafe, chatting with the other runners and generally just having a good time. Around the 5 hour point, I started to get some pain in my right foot. I believe this was due to a 3 week old pair of shoes. Hundreds of tiny pieces of the track would find their way into my shoes also and eventually led to severe blistering around my toes on both feet. The shoes and pieces of track didn't really present a problem until around 13 hours, when I had to change my shoes. My right foot was swollen and had a lot of visible bruising. To tell you the truth, a confession, I felt that now I had an excuse for my sliding lap rate. 60km in 6 and a half hours, 70km in 8 hours and 94km in 11.11. At this point, I felt, maybe I can salvage something from this race and get a 12 hour PB. I pulled out all stops and blew up 20 minutes later, reaching 100km in 11.55. A massage was in order. I thought, after all, I've just run 100km. I didn't mind one bit about the queue. Eventually I got back on the track, but it became a real struggle to remain motivated. I stopped frequently and at one point, laid down for the best part of an hour. It was during one of these stops that I set my sights on completing 3 marathons, after which I was going to have a sleep for the remaining 3 - 4 hours of the race. I began to walk with conviction. Just before 78 miles (126km), 80 miles became the target, then 140km. This was around 22 - 23 hours. Inside the last hour, I even managed to run a few laps. My shoes felt like they were filled with water, but I feared it was blisters causing the squelching feeling. The only way I could walk after the race was backwards. After presentations, Libby Ellis from the NZUA looked after me. I got a few hours sleep in the afternoon, got up for dinner, then back to bed for the most peaceful sleep in a long time. I'm indebted for the hospitality she, the NZUA and the Sri Chinmoy Marathon Team showed me.

My first 24 Hour was special, not because of my performance (I know I can do a hell of a lot better), rather because of the comradeship and strength of human kindness shown. I met some great people, Sandra Barwick, Richard Tout, Gary Regteim and Ian Curtis, to name a few. Their "proximity to the ground" and willingness to listen to an over-zealous novice made me feel special. Thanks, and Richard, I'll try to do a little less talking and a little more running next year.

# INAUGURAL IAU ASIA PACIFIC 100 KM ROAD RACE -

## QUEENSLAND ULTRA RUNNERS' CLUB

by Melanie Jonker

At 6.00 a.m. on Sunday, 16 August 1998, five runners (Pete Gibson, Ian Reid, Peter Gray, Angie Cottrell and Bob Burns) and two walkers (Kerrie Hall and Melanie Jonker) fronted at the starting line. What the race lacked in numbers it certainly made up in support, encouragement and camaraderie amongst the participants.

To attain the 100 km, the runners needed to complete 34.7 laps of a 2.878 km loop around the scenic Lake Lido area of the Robina Town Centre at the Gold Coast. The cut off time was 6.00 p.m. (12 hours). The race director led us approximately .73 km into the first lap where we started the race. Hence the .7 of the race was completed first.

The course was predominantly flat with a couple of small slopes. (These slopes seemed to grow into hills by the end of the race!!) We had a variety of surfaces to run/walk on - bitumen, pavers, concrete blocks (on the bridges), pebbled concrete and grass footpath.

One of the reasons I decided to walk this event was to trial my food/eating habits for my first 24 hour event in three weeks time (5 September). I packed lots of small meals/snacks and ate something every hour. Everything went well, so hopefully I'll be able to cope with the 24 hour event.

The weather was favourable in as much as it was quite cloudy and cool although a number of heavy showers fell during the day causing wet shoes and (in my case) eventually a few blisters. I had purchased a light raincoat the previous week and it certainly came in handy. Once the showers had finished I simply tied the raincoat around my waist.

I set up a small table and my eskies near the finish area where it was easy for me to reach my food and change water and sports drink bottles after each lap. I had no problems locating anything and was pleased with the preparation I had put into packing the four eskies. Can't believe I took that much with me for a 12 hour event. But as they say "better to be sure than sorry".

I also listened to a couple of "talking books" on my walkman for a few hours and this really helped to pass the time.

I enjoyed walking around a larger circuit because I didn't have to look at the clock too often. I walked roughly 2 circuits per hour as opposed to 12 laps per hour when walking on a 500 m track. Looking at that clock every 5 minutes sure does get to you at times.

Kerrie and I walked together during the second half of the race. It really helped to fill in the hours and we discussed everything from our aches and pains to the upcoming 24 hour event. Kerrie gave me lots of tips on how to prepare myself and what to expect. She will be walking the 48 hour event.

Throughout the whole race we were lapped a number of times by the runners. It was great to see them and to be able to cheer them on. I have great admiration for each of these runners. Their determination, commitment and "sheer guts" are a real inspiration.

Suddenly I realised it was getting cooler and darker. The end of the race was fast approaching. It's hard to believe we started in the dark and spent all the daylight hours walking (and running) around in circles! Kerrie and I calculated we had two more laps to go. We managed to pick up the pace slightly. It always amazes me how you manage to find that last bit of energy when you know the end is near! About halfway through our last lap, Angie Cottrell passed us. She had one more lap to go and was digging deep to finish by 6.00 p.m. We yelled out heaps of encouragement to help her on her way.

At approximately 5:48 p.m. Kerrie and I walked over the finish line hand in hand and yelling out euphorically. Pete Gibson congratulated us and placed medallions around our necks. Even though I was aching, stiff and had a few blisters I was literally floating around basking in my achievement. It's what I call my "walker's high".

A few minutes later I heard a yell and saw Angie running towards the finish line. Everyone was calling out and encouraging her as she finally finished. What a determined effort from a very fine runner. Angie runs most of her ultras in bare feet but had to resort to wearing running shoes towards the end of the race as she had cut one of her feet. To me, this made her finish even more memorable.

Soon after, Bob Burns finished by amassing an impressive 94.244 kms in 12 hours. I've "run into" Bob at a number of ultra events (and at my local shopping centre!). He is a true gentleman and is fiercely dedicated to ultra running. Bob's daughter Vanessa crewed for him on Sunday and it was obvious she was very proud of her Dad's accomplishment. Bob mentioned that he's off to Colac (Melbourne, Victoria) in November to run the six day event. Vanessa will be going along to crew for him. I wish them both all the very best.

I'd like to thank the race director, Harry Davis for all his hard work in organising this event. As well, Mary Gibson and the other supporters who cheered all of us as we completed our laps. I don't know all your names but I certainly remember and appreciate your support. Thanks also to Kerrie, her husband Charlie and the runners for making it such a great day.

The Queensland Ultra Runners Club may be a relatively small club but what it lacks in numbers it makes up in an abundance of friendship, support, encouragement - you could even say it's like an extended family.

## RESULTS

|     |                                      |                                 |
|-----|--------------------------------------|---------------------------------|
| 1st | Ian Reid                             | 9:09:43                         |
| 2nd | Pete Gibson                          | 9:52:10                         |
| 3rd | Peter Gray                           | 11:42:35                        |
| 4th | Angie Cottrell (1st Female)          | 11:52:28                        |
| 5th | Bob Burns                            | Completed 94.244 km (32.7 laps) |
| 6th | Kerrie Hall (2nd Female) (walker)    | Completed 74.098 km (25.7 laps) |
| 7th | Melanie Jonker (3rd Female) (walker) | Completed 71.220 km (24.7 laps) |

## AURA MEMBERSHIP STATE BY STATE

|                    |     |                 |            |
|--------------------|-----|-----------------|------------|
| NSW                | 138 | TASMANIA        | 10         |
| THE VIRGINAL VICS. | 100 | ACT             | 16         |
| QUEENSLAND         | 57  | SOUTH AUSTRALIA | 17         |
| W. AUSTRALIA       | 14  | OVERSEAS        | 20         |
| 60                 |     | TOTAL           | <u>382</u> |

# VICTORIAN 24 HR TRACK CHAMPIONSHIP

or

## "SHOWDOWN 3"

*by Phil Essam*

I had been training well for the past eight months and I was ready to hit the Coburg 24 hour race. My mindset was to pass 120km. I even went as far to put 120km on my Computer Screensaver at work and home. That's motivation!

The car was packed and we left Adelaide in the wee, small hours of Thursday morning. Yes, I'm now living in Adelaide! It was a relatively uneventful trip and we got to Melbourne early afternoon. We put our young daughter on the aircraft that night and went back to our friend's house in Williamstown.

On Friday we found our way to Coburg and the butterflies started to kick in. My wife (Belinda) and I picked a position for the tent and set up. We also met up with Shirley and Ron Young who set up their tent next to us.

Saturday came around and we were back at the track by 0930 in the morning.

There were 12 competitors for the Ultra Race and 4 teams in the relay race. The battle for individual honors appeared to be a tussle between Helen Stangar and Andrew Lucas, but Andrew had burnt his feet in an unfortunate accident just prior to the race.

The race also included a few Veterans. These were Cliff Young, Shirley Young, Peter Waddell and Ken Matchett. All experienced campaigners!

The other runners were Ex-Westfield runners, Peter Gray, Kevin Mansell (friend and mentor) and Bob Fickel, who was running his first Ultra in a few years. The other two runners were Bill (chicken legs) Hicks and Gosford Walker, Frank Overton. It was good to renew old friendships and make new ones. This is the third Ultra that I have been in and it always amazes Belinda and I the community and family spirit that abounds at any Ultra. This was to be no exception.

Race time came around. The opening of the new track was completed. It was down to the last minute and the usual witty repertoire was abounding. Peter Waddell made a comment about the best man coming 12th and myself wondered if the Starter's gun was going to shoot us all; to which Kevin suggested that I probably would want to be shot in 12 hours time.

The gun went off and we were off and running or walking. I started off at my usual 3 laps running and 5 laps walking. I went through the marathon in 5h33m and the 50km at 6h45m. This was a new Personal Best for me and things were looking pretty good.

It's at this point I must mention Belinda. We have been married for seven years and looks after me excellently in the Ultras. Comments were passed about our gentle flirting during the race, but it helps to keep us both sane. Belinda knows what to say and when to say it. As Bev Carr said "She's Ace!".

The race continued and I fell into a trough for a couple of hours until Belinda said "Its up to you" and gave me the walkman with Blues Brothers( John Breit in the Westfield days) in it. That did the trick and I had a new personal best of 77.8km at the 12 hour mark. I then pushed on and set a new 50 mile personal best of 12 hours and 48 minutes. It was going great!

It was shortly after one o'clock when I went ballistic for three laps and ran past everyone in the field at least once. I think Bill Hicks asked my wife what I was on! It was a combination of a couple of readily available energy drinks, which seemed to do the trick!

The clock kept turning over and I was soon back to my old plodding self. It was fun whilst it lasted! It was shortly after 5 in the morning when I set a new PB for myself in the 100km. Beating my Personal bests was definitely helping my motivation.

It was at 5.30 that I had a great massage from Mike. Mike, I'm using you when I make the Colac Race. Belinda and I were both sceptical of having a massage after the fainting episode of last year, but this one worked and I was soon back on the track.

The greatest sight to an Ultra runner is the sun coming up and this year was no exception! It was at 21 hours and 35 minutes when I beat my previous 24 hour mark of 115.2km, even though I was beating up on myself and thinking that I shouldn't be in the field if I can't get 120km. I was soon straightened out on that one!

The laps kept ticking over and I knew that I would reach my goal of 120km. It was shortly before eleven o'clock when my main goal was reached. I was over the moon, in tears and emotionally drained all at the same time.

After a hug from Belinda I sat down for ten minutes before plodding around for the last hour. I was spent and just wandered for the rest.

It was at 23.55.46 when I did my last lap. I was ready to hang around the Clubrooms for the gun, when Bob Fickel came up to me and pointed me in the right direction. I was off and in a run. The gun went off and I had completed 122.6km.

My elation was short lived though as I looked over and saw that Shirley Young had collapsed on the ground. Shirley had just completed 100 miles. This must go down as the gutsiest performance of 98. After being reassured that she was OK, my wife and friend, Craig were at my side to congratulate me. It was great!

Nine runners had completed the 24 hours. It was sad that three pulled out through injury or other reasons. I'm surprised though, not more pulled out with the disgusting weather we had in the first six hours. I will always remember the sight of following Cliff into the bend during the gale and seeing him leaning at 125 degrees into the wind. Hicky and I also had a bitch about Melbourne weather at the same time.

Helen Stangar was great in winning the race with a new Australian record of 228km. She had a great battle with Andrew Lucas in the first half of the race until Andrew's legs started to suffer. Cliffy got a great 140km plus. Kevin also chatted to me a few times during the race and helped me to get my goal. He also offered his services when I decide to do Colac! All of my fellow runners were great as we pushed towards the 24 hour mark.

This race was another great example of the spirit that exists in the Ultra community. All the crews helped each other during the race and lifted the other runners.

Thanks to the Coburg Harriers once again for putting on a great event. The lap scorers were great. Kevin Cassidy and Bev Carr also deserve a special thanks. Kev was acting as track side marshall and Bev, I think was being my crew member at the other end of the ground for a few hours. Bev, you helped to make a good event a great event. Coburg Harriers: next year you must have Portaloos (even if you have to put the price up). Walking off to the clubrooms did get a bit difficult!

I've now completed three 24 hour events and improved in every one. Due to cost I may stick to races in SA in 99, but there are a couple of Ultras in SA and I know that I will keep improving. Ultra Running is part of my journey in life!

Phil Essam

Lining up for the start at the Victorian 24 Hour Track Championship at Coburg on 22/23rd Aug 1998.







Diligent lap-scorers  
at the Coburg 24 Hour.

Phil Essam taking a  
break at the Coburg  
24 Hour in August. ↓

Glenda Mansell,  
strong supporter  
of husband Kevin  
during the 24  
event. →



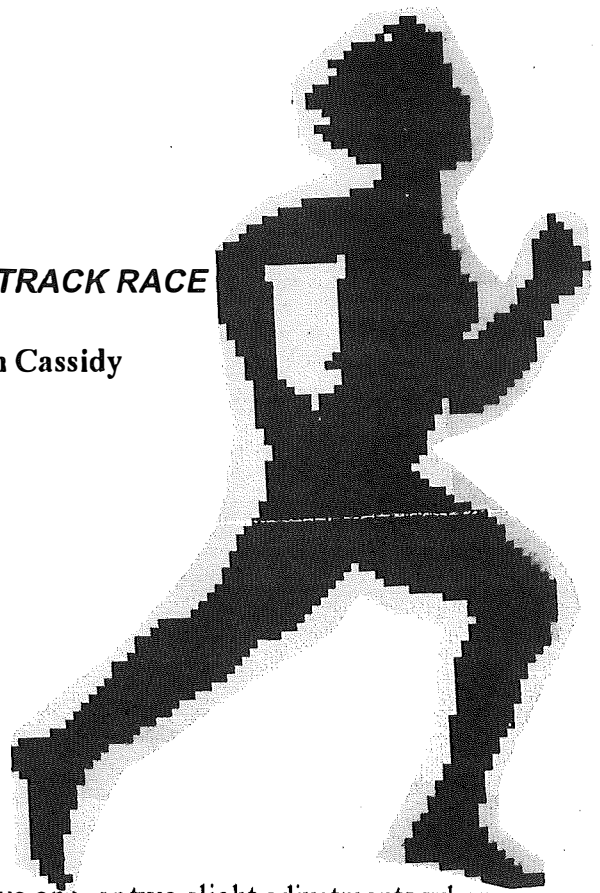
→ Helen Stanger, winner  
of the Coburg 24 Hour  
1998

## Coburg 24 hour track race

### WOMEN TO THE FORE AT THE COBURG 24 HOUR TRACK RACE

Melbourne Australia    22/23 August 1998    by Kevin Cassidy

|                      |                        |
|----------------------|------------------------|
| 1. Helen Stanger [f] | 228.680 km / 142 miles |
| 2. Andrew Lucas      | 168.405 km             |
| 3. Shirley Young [f] | 162.330 km             |
| 4. Peter Gray        | 152.125 km             |
| 5. Kevin Mansell     | 146.050 km             |
| 6. Cliff Young       | 141.570 km             |
| 7. Phillip Essam     | 122.726 km             |
| 8. Peter Waddell     | 120.830 km             |
| 9. Bill Hick         | 111.080 km             |
| 10. Frank Overton    | 62.829 km              |
| 11. Ken Matchett     | 52.400 km              |
| 12. Bob Fickel       | 46.800 km              |



The above results are unofficial at this early stage and may have one or two slight adjustments when they become official.

All types of weather were encountered during the duration of this event with high winds and intermittent downpours on the Saturday, an icy cold night and calm and sunny conditions on the Sunday morning in one of the few ultra races that produced a female outright winner

Helen Stanger, 48, shattered three of her old Australian records with new marks at 150km [15.01 approx], 200km [20.56 approx] and just missing Margaret Smith's long standing 100 mile Australian record of 16.02 on her way to a new Australian 24 hour track record of 228.680 km, it is believed to also be a new Australasian record, further checks will confirm this in the near future. There is a lot I could say about Helen's run but I will sum it all up in one word "AWESOME"

Andrew Lucas was an amazing example of raw courage. After suffering burnt feet in a house fire during the week, he was advised by his doctor to not run for six months. The next day saw Andrew run 5km, then 10km the next and followed up with the 24 hour in which he took the race right up to Helen for 12 hours before his sore feet understandably slowed his progress in the second half.

Another woman who is AWESOME is the amazing Shirley Young, as she approaches her 70th year she continues to churn out performances that 30 year olds could not even dream about. Shirley holds all the ultra world records in her age group up to 100km and was attempting her first 24 hour event, she was ably crewed for by husband, Ron, and daughter, Lorraine, both of whom are former Australian representative athletes. Shirley suffered for the entire second half and at the eighteenth hour had dropped behind 100 mile pace but managed to dig deep enough to find something extra and she passed the 100 miles with twenty minutes to spare, much to the delight of her cheering family, grandchildren and all. Shirley, drained of every ounce of energy, managed two more laps before collapsing with exhaustion. A tougher, more determined person than Shirley has not yet been born.

Phillip Essam was looking rather pleased with himself after surpassing his goal of 120 km and, of course, the presence of 76 year old Cliff Young was a real highlight. Cliff's running exploits back in the 1980's were what put the sport on the map and he has not stopped since, Cliff ran the entire time with a large piece of sponge rubber under his armpit to relieve the pain of a dislocated shoulder. A favorite of the media, Cliff's presence saw the arrival of the Herald-Sun newspaper, channel 10 TV and radio station TTFM. It was amazing to see Cliff doing kangaroo leaps across the chairs at the

completion of the race while all the other runners were laying down exhausted. Also present at the finish was the great Yiannis Kouros who lives nearby.

With an entirely new organising committee, the Coburg Harriers are to be congratulated on their efforts as things went very smoothly, two areas that need looking at are having a portable toilet on the track to prevent the inconvenience of runners having to go inside the clubrooms and a leaders board that is legible and easily updated, the scoreboard that was used was so impractical that by the fifth hour I gave up trying to adjust it, in fact, if I had had a bomb I would have blown it up.

Without the scoreboard we relied on the hourly printed updates from the computer.

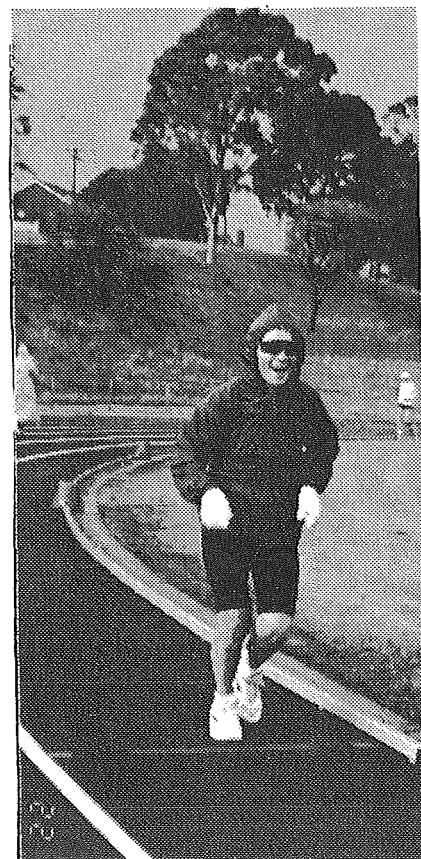
From an organisational view, the biggest highlight was the computer lap scoring system. Malcolm Matthews has spent three years developing and testing his system and it was a great success at Coburg, he had computer equipment and screens all laid out as well as a back up system in case of a power failure, the system was capable of producing updates at almost a seconds notice and included a staggering amount of splits, lap times and other relevant information, I have been very impressed with Malcolm's computer program and it is proof that track ultras can be conducted without the need to have numerous volunteer lap counters sitting in a tent with their pens and scoresheets. In a completely unsolicited advertisement I would recommend that race directors give Malcolm a call and discuss his program, he can be found at 03 9416 0203. His program will next be put to good use at the upcoming Centurions Club 100 mile walk.

#### Kev. Cassidy's Analysis of Results: Approx % of 1st 12 hours

|                  | %   | 1st 12 hours | 2nd 12 hours | Total     |
|------------------|-----|--------------|--------------|-----------|
| 1. Helen Stanger | 82% | 125.6km      | 103.08%      | 228.680km |
| 2. Andrew Lucas  | 40% | 120.4km      | 48.005km     | 168.405km |
| 3. Shirley Young | 76% | 92.00km      | 70.33km      | 162.330km |
| 4. Peter Gray    | 62% | 94.00km      | 58.125km     | 152.125km |
| 5. Kevin Mansell | 60% | 91.2km       | 54.85km      | 146.050km |
| 6. Cliff Young   | 82% | 77.6km       | 63.97km      | 141.570km |
| 7. Phil Essam    | 56% | 78.4km       | 44.326km     | 122.726km |
| 8. Peter Waddell | 60% | 75.6km       | 45.23km      | 120.830km |
| 9. Bill Hick     | 39% | 80.0km       | 31.08km      | 111.080km |

The % column shows the % of distance covered in the 2nd 12 hours as compared to the first 12 hours. Helen, Cliff and Shirley seem to have paced themselves more evenly between the two 12 hour periods. The rest of the field seemed to have gone out strong during the first 12 hours and then slowed during the 2nd 12 hours.. Andrew Lucas was suffering from burnt feet so this would explain his slower second half. There were also cold windy and showery conditions which would also affect the results.

Kev Cassidy.



(Above):  
Shirley Young,  
legendary 62 year  
old ultra star, who  
covered over 100  
miles in a day at  
the Coburg 24 Hour.  
(Left)  
"And they're off!"  
24 Hour start.



## AUSTRALIAN CENTURIONS 24 HOUR WALK,

**SEPTEMBER 19 - 20 1998 George Knott Athletic Track, Clifton Hill, Victoria**

by Tim Erickson

This year's race saw a record field of 20 entrants with 19 actually fronting the starting line. The race start time of 2PM turned out well as this gave competitors a chance to get the tough night time hours over while still relatively fresh. The Collingwood Harriers track was used once again but this may be the last time due to the deteriorating track surface. The weather was kind to us. While it was windy and showery early, it never got really cold and a sunny Sunday gave competitors ideal conditions to help them through the tiring final stages.

The race saw a lot of firsts for us. A large international flavour with 2 English and 4 New Zealand walkers competing. The presence of 6 Centurions in the field guaranteeing a class event. An entry during the last week by ultra-distance runner Peter Gray. Peter was the youngest runner to complete the gruelling Sydney to Melbourne classic and has run many multi-day runs during a long career. An entry on the day from the great Yiannis Kouros who holds so many of the ultra-distance running records and is the only runner to have completed more than 300 km in a 24 hour period.

There were many talking points but perhaps the main one was whether Yiannis Kouros could convert from running to walking. With no real preparation, Yiannis simply turned up on the day and started walking...and kept on walking. Rumour has it that he did 10 laps walking the day before to prepare for it.

The race started with Gerald Manderson of New Zealand and Frank Overton of NSW setting a cracking pace. They kept it up for the first 50 miles with both passing that mark in just over 10 hours. At that stage, Gerald was some 2 laps in front of Frank. However, Frank was feeling the pace and within another 2 hours had been forced effectively out of the race and off the track. That left Gerald on his own and he made the most of it. With a very consistent and strong performance, he walked right thru to the 100 mile mark with only a couple of breaks of a few minutes duration. He powered through the 100 mile mark in a personal best of 21:37:31 and kept on to the 24 hour with another personal best of 177.665 km. Now lots of runners would like a 24 hour time like that!

Fellow Kiwi Norm Morris was always only a short distance behind Gerald and walking consistently. Like Gerald, he had few breaks and just kept putting the laps in. The contrast between the 2 was stark. Gerald is short in stature, stocky with a quick business like gait. Gerald is tall and lean with a long raking gait. It just goes to show that fitness, rather than build, is the main criteria to a good 100 mile walk. Gerald finished a clear second in the fine 100 mile time of 22:32:47 and then stopped. He had achieved his goal of Centurion membership.

Behind Gerald and Norm, an interesting battle was developing. As others fell by the wayside, Centurion John Harris of Queensland and Victorian Yiannos Kouros were slowly making their way though the field while British Centurion Roger LeMoine was trying to hold them off and take the third placing. They finished with only 4 laps separating the 3 walkers. Yiannis was the first of the 3 to reach the 100 mile mark in the fine time of 22:55:23 and he then continued on to the 24 hour gun, completing 168.406 km. Roger was on his heels and completed his 6th 100 miler in 23:04:51. For Roger, it was especially pleasing given his limited training over recent years. John Harris had been about 30 minutes behind them at the 50 mile mark but walked a great second half to eat up the field. His 50 mile splits were 11:28 and 11:42. He walked 23:18 in 1973 and improved that to 23:10 some 25 years later. John had been some 13 years out of the sport and was only intending to walk 100 km but felt so good that he continued on.

While all this was happening, Sue Ramsey of England was staging her own personal struggle further back. At one stage she looked destined to just miss out on the magic 100 mile distance. She was slowing and projections indicated that she would fall a lap or so short. But she rallied in the final 2 hours and dug deep to finish in 23:58:40. We think this might be the closest anyone has come to the



24 hour limit - about half a lap to spare. It was certainly an exciting finish and Sue was obviously rapt with the result.

Behind Sue was a whole bevy of walkers with 9 others walking at least 100 km. This indicates the depth of the event and augurs well for next year's event. We can expect to see lots of them back to try their hand again and try for that elusive Centurion membership.

Here are profiles of some of the competitors:

**Gerald Manderson** (age 54) from New Zealand was definitely the gun in the field. He only took up the sport in 1995 and has been advised by Dudley Harris. His performances prior to this race were as follows - Feb 1996 166 km in 24 hours - April 1996 157 km in 22:01 before retiring - Nov 1996 100 miles in 22:34:28 - Aug 1997 107.3 km in 13:42:05 in the Rotarua 100 Km event 202.46 km in 28 hours - Oct 1997 175.6 km in 24:00:37 - July 98 176.97 km in 24 hours He certainly built on this with another fine performance, his first ultra outside New Zealand.

**Yiannis Kouros** (age 42) is well known to all sports followers as possibly the best ultra-distance runner in the world. He holds many world records including an amazing 300+ km in 24 hours. Lack of any walking preparation proved no barrier to a fine performance. He looked always in control and was never in doubt. A fine first up Centurion walk that Yiannis can improve on if he so desires.

**Norm Morriss** (age 57) of New Zealand completed 100 miles in NZ in 1996 in 23:18 so is an experienced ultra-distance walker, having also completed the gruelling Colac 6 day event. However, he had a quadruple heart bypass earlier this year and had had a quiet year since then, only gradually getting back into walking. For Norm, this was an experiment to see how he had recovered. Obviously very well judging from his performance.

**Roger Le Moine** (age 57) of England is a British Centurion, having first completed the 100 miles in 22:04 in 1993 (C 802). Roger is a member of the famous Surrey Walking Club and is an experienced ultra walker with some 5 100 mile performances under his belt before this weekend's race. This experience showed as he made the most of the occasion and completed yet another Centurion performance with only limited preparation.

**John Harris** (AC12 - 1975) came to our Centurions race in Queensland last year after being many years away from the sport. This rekindled his enthusiasm and he completed a quick but intensive distance preparation. This proved to be sufficient to guide John to a second sub 24 hour 100 mile performance on the same track and in nearly the same time as he did 25 years ago.

**Sue Clements** (age 44) from England was keen to come out for our event last year but just could not fit it into her calendar. She is already a British Centurion (C950, 1996, 23:42:37) and recently completed the full 85 miles of the tough Isle of Man Parish Walk in 20:48:30 for a fine 23rd place. Her trip proved successful but by the barest of margins.

**Frank Overton** (age 50) of NSW competed in our 1997 event but the weather beat him and he retired. He recently completed 89 km in the Gosford 12 hour and started confidently in this race. He was flying at the 50 mile mark but was forced to slow his pace soon after as exhaustion set in. Frank will be disappointed with his distance of 134 km but should be back to try again.

**Robert Radley** (age 41) of New Zealand recently completed 141.76 km in the New Zealand Sri Chimnoy 24 hour event so was a serious entrant. Once again, he walked consistently, walking 133 km during the 24 hours. He showed he has the mental attitude to soon achieve the 100 mile distance and we expect to see that soon.

**Steel Beveridge** (age 47) of NSW was going to walk in our event last year but the flu prevented him. This year, he was keen to make amends and walked well. However, his pace was never quite there and he just ran out of time, completing 132 km. But he showed fine mental toughness and he should achieve his goal soon.

**Peter Waddell** (age 67) completed 130 km in the 1996 event and was back once again to have another go. His last major venture was the 6 Day Colac Ultramarathon where he came 9th and walked 540 km, a record for a walker in that event. So his toughness and endurance are never in question. However, this was not Peter's weekend as he gradually slowed and fell short of the required pace. His final distance of 120 km was still meritorious but probably disappointing to him.

**Fred Baker** (age 66) is a former Secretary of the British Centurions and has 20 100 mile performances to his name, the first one being at age 23 and the last one at age 60. He migrated to Australia a couple of years ago and came out of retirement to complete 124 km in our 1997 event on no training. With a bit of extra work in the last 12 months, he was keen to gain another Centurion badge and was well on target at the 50 mile mark. However, his body had other ideas and he was forced off the track after about 14 hours. .

#### 24 Hour / 100 Mile Walk Results

|     |                  |     |            |          |
|-----|------------------|-----|------------|----------|
| 1.  | Gerald Manderson | NZ  | 177.665 Km | 24:00:00 |
| 2.  | Yiannis Kouros   | VIC | 168.406 Km | 24:00:00 |
| 3.  | Norm Morriss     | NZ  | 100 Miles  | 22:32:47 |
| 4.  | Roger LeMoine    | UK  | 100 Miles  | 23:04:51 |
| 5.  | John Harris      | QLD | 100 Miles  | 23:10:36 |
| 6.  | Sue Clements     | UK  | 100 Miles  | 23:58:40 |
| 7.  | Frank Overton    | NSW | 134.400 Km | 23:31:04 |
| 8.  | Robert Radley    | NZ  | 133.604 Km | 24:00:00 |
| 9.  | Steel Beveridge  | NSW | 132.000 Km | 23:15:17 |
| 10. | Peter Waddell    | ACT | 120.000 Km | 22:22:57 |
| 11. | Fred Baker       | QLD | 110.400 Km | 20:01:36 |
| 12. | Peter Gray       | VIC | 101.933 Km | 24:00:00 |
| 13. | Paul Thompson    | NSW | 100.479 Km | 24:00:00 |
| 14. | Brian Glover     | VIC | 100.400 Km | 13:52:21 |
| 15. | Graham Watt      | VIC | 54.800 Km  | 08:31:40 |

#### 100 Km Walk

|    |             |     |         |          |
|----|-------------|-----|---------|----------|
| 1. | Carol Baird | ACT | 100 Km- | 16:16:10 |
| 2. | Robin Whyte | ACT | 24.4 Km | 03:01:36 |

#### 50 Km Walk

|    |               |     |       |          |
|----|---------------|-----|-------|----------|
| 1. | Dudley Harris | NZ  | 50 Km | 06:56:47 |
| 2. | Merv Lockyer  | VIC | 50 Km | 07:07:04 |

#### 100 Mile Finishers

|    |                  |          |     |
|----|------------------|----------|-----|
| 1. | Gerald Manderson | 21:37:31 | C31 |
| 2. | Norm Morriss     | 22:32:47 | C32 |
| 3. | Yiannis Kouros   | 22:55:23 | C33 |
| 4. | Roger LeMoine    | 23:04:51 | C34 |
| 5. | John Harris      | 23:10:36 |     |
| 6. | Sue Clements     | 23:58:40 | C35 |

**Jack Webber Trophy** This is for the most meritorious performance. Norm Morriss walked a fantastic 100 miler only 5 months after a quadruple heart bypass operation. You can't go past that - it is the stuff of legend. Well done Norm on a great job.

**50 Mile Splits** The following table shows the 50 mile split for each competitor. Note that to complete the 100 mile walk distance within 24 hours, it is recommended that you try to reach the 50 mile mark in under 11 hours. Note that neither Yiannis Kouros nor Sue Clements nor John Harris did this but still got there. That illustrates how evenly they walked.

|              |          |             |          |
|--------------|----------|-------------|----------|
| G. Manderson | 10:09:46 |             |          |
| R. Radley    | 11:50:30 |             |          |
| F. Overton   | 10:13:29 | Y. Kouros   | 11:01:31 |
| S. Beveridge | 11:53:47 | P. Thompson | 19:47:10 |
| N. Morris    | 10:45:11 | S. Clements | 11:22:14 |
| C. Baird     | 13:19:30 | F. Baker    | 11:24:53 |
| R. LeMoine   | 10:47:33 | J. Harris   | 11:28:31 |
| P. Waddell   | 13:31:55 |             |          |
| B. Glover    | 10:50:24 |             |          |
| P. Gray      | 18:10:15 |             |          |

# Farmer runs for, and around, country

By ABAN CONTRACTOR

Pat Farmer believes in Australia.

So much so that in a year from now the ultra-marathon runner will spend more than 200 days winding his way around the continent promoting the centenary of Federation.

And while recent political developments may have scarred the national psyche, Farmer believes Australians will still rise to the occasion.

"It's about bringing us all together," he said yesterday. "I don't believe we're all divided; average Australians haven't changed at all."

The 14,500km journey will begin at old Parliament House next June and Farmer, 35, will run 70km a day without a break in an attempt to set a new world record for running around the perimeter of mainland Australia. Along the way he will spread the word about 100 years of nationhood.

"I have the ability to influence and motivate people by doing simple things like putting one foot in front of the other," he said. "They think if I can do that, they can do anything too."

Farmer said he and his wife, Lisa, had been inspired by Donald Mackay's bicycle trip around the continent in 1900. They had wanted to follow in his tracks, but Lisa had died last month and now the journey would be made with his mother and two young children, and a support crew of two.

National Council for the Centenary of Federation chief Tony Eggleton said Farmer's run would carry the message of the anniversary to cities, towns and remote communities across Australia.



Picture: AAP

Pat Farmer: motivating people around Australia.

## PAT FARMER - 5/8/98

(reprinted from Canberra Runner)

Top Australian ultra-runner, Pat Farmer spoke today 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, Pat Farmer said. "They think she took some sort of turn and just died" Doctors will perform an autopsy today.

Pat Farmer, 35, is a record-breaking ultra marathon runner who has contested arduous races all over the world. On Australia Day this year, he broke his own record for 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"

## Cliffy jogs past glories

AUSTRALIA'S best known old marathon jogger Cliff Young, who has been in the wilderness for the past few years, is back in business.

The 76-year-old shuffled in to the spotlight at the weekend for a 24-hour ultra-marathon in Coburg during which he covered 146km.

But typically, he is not content with that and has announced plans to run right around Australia next year, starting on his 77th birthday.

Of the 10 who started the Coburg event, Cliff was the oldest but one woman, Shirley Young (no relation), was 76 and a man, Peter Waddell, was 67.

Starting at noon on Saturday, they endlessly lapped the red tartan circuit at the Harold Stevens Athletic Track, braving rain, hail and freezing conditions during the night, fortified by hot soup and spuds.

The winner was Helen Stanger, 48, from Loftus, NSW, who covered 228km, well ahead of second-placed Andrew Lucas, 33, of Tasmania, who did 168km.





# 102 km later, he's the champ

**C**LAYTON'S Nigel Aylott was named rogaining world champion at the World Championships in Kamloops, Canada, last month.

Nigel and teammate Iiro Kakko, of Finland, beat 135 international teams to claim the big prize.

Rogaining is the sport of long-distance, cross-country navigation. Teams of two to five people locate the highest possible value combination of checkpoints over a set time.

Nigel and Iiro became friends when Iiro toured Australia a few years ago. The friends quickly decided to team up for this year's championships.

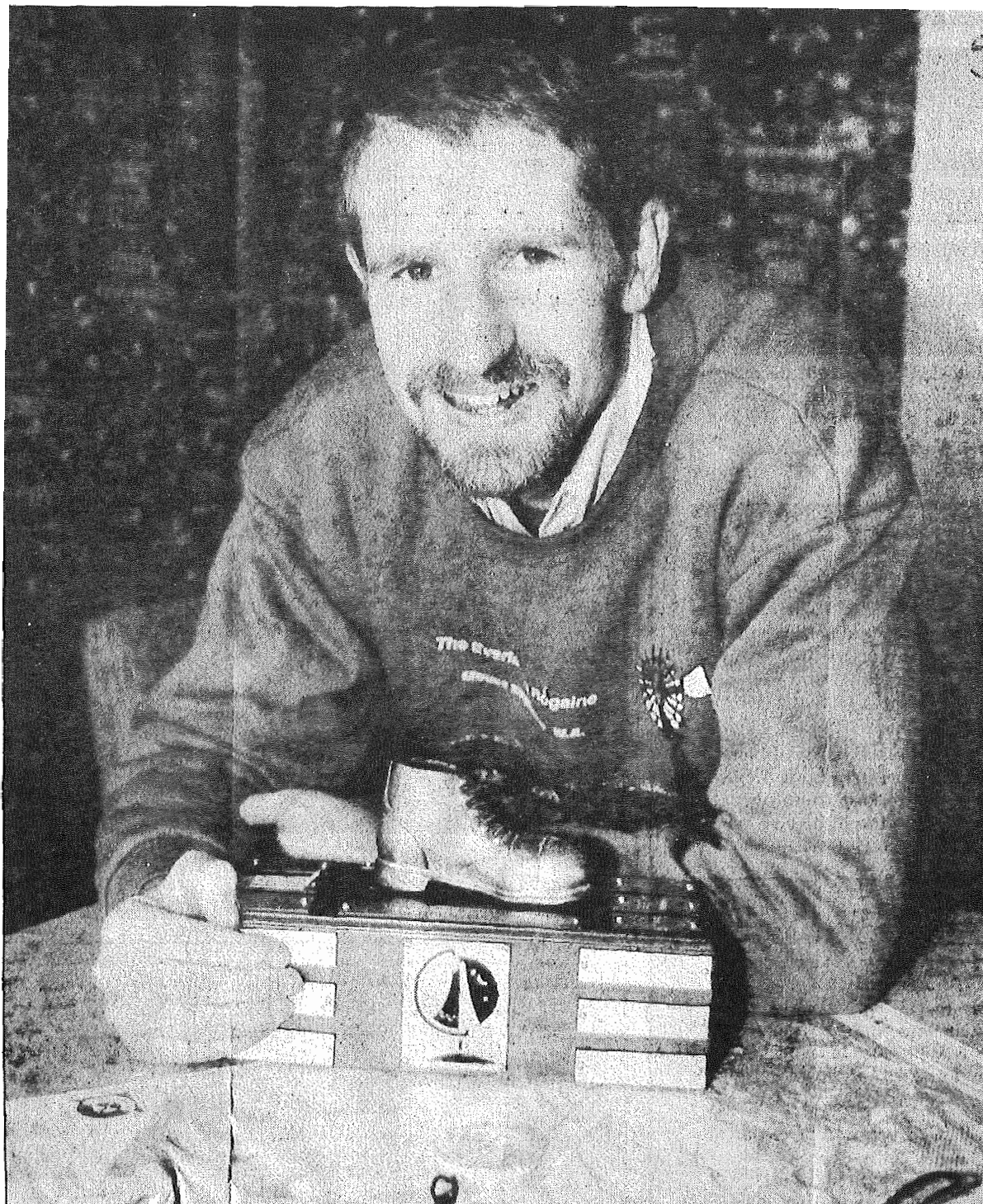
They plowed their way through temperatures of up to 39 degrees to amass 3190 points over 24 hours of navigation through grasslands and pine forests.

The champion team kept up a rapid pace, running for most of the event and covering 102km.

Nigel said the going got a bit hot after a while. "The greatest difficulty was the heat. We had to carry a lot of water, which slowed us down a bit," he said.

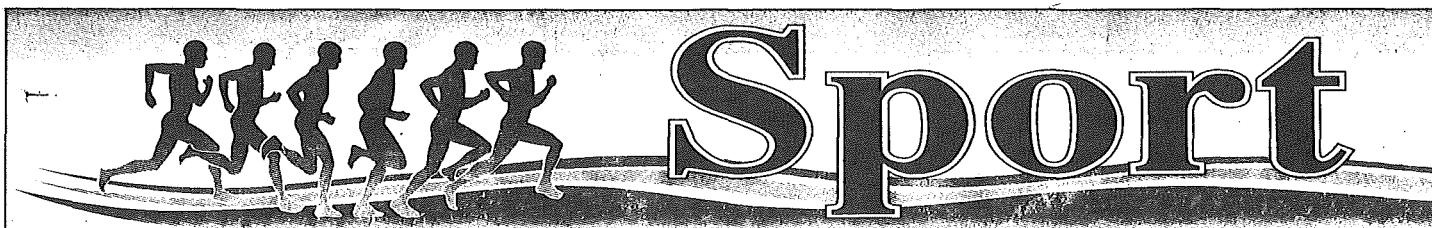
"I drank about 14 litres of water during the event and Iiro drank over 20 litres."

Traditional rogaines, such as the World Championships, run over 24 hours. Some events can go for as little 12 or six hours.



70. World champ: Clayton's Nigel Aylott is the world champion of rogaining.

Picture: PAUL WOODLAND 980828PW10



# Positive for pain

EIGHT pairs of running shoes lined the lounge room floor of Gary Parsons' Caboolture home as he prepared for one of Australia's toughest endurance runs last week.

Parsons leaves the South Australian town of Marree about 5am tomorrow on a 520km journey up the Birdsville Track.

The inspirational runner, who has twice run 1000 miles, will set out on the body and mind-torturing run tomorrow, chasing Ron Grant's enduring record of four days 21hrs 20min.

While breaking Grant's mark is in the back of his mind, Parsons is out to make the distance and signal his return to ultra-marathon running.

The 48-year-old is returning from a triple-hernia operation last year and has chosen the punishing track run as his first serious outing.

He will face temperature extremes from 3-4deg C to 30-35deg C and an undulating unsealed route as he pushes his body for up to 20 hours a day through the desert corridor.

His crew of wife Sharon, Morayfield pharmacist Jim Jones, Alma and Adam Rivers, Keith and Jenny Chaston, and training mate Col Colthorpe will support, cajole and guide Parsons over the



## RUNNING |

next four to five days as he pushes himself to the limits.

All close friends and Caboolture residents, the crew includes nurses and a pharmacist and people who have been involved in sport and have an understanding of what Parsons will be going through.

Parsons said his crew were all positive people, something he regarded as important in life and an approach he took to his marathon efforts.

"I've just got this wealth of positive people around me," he said.

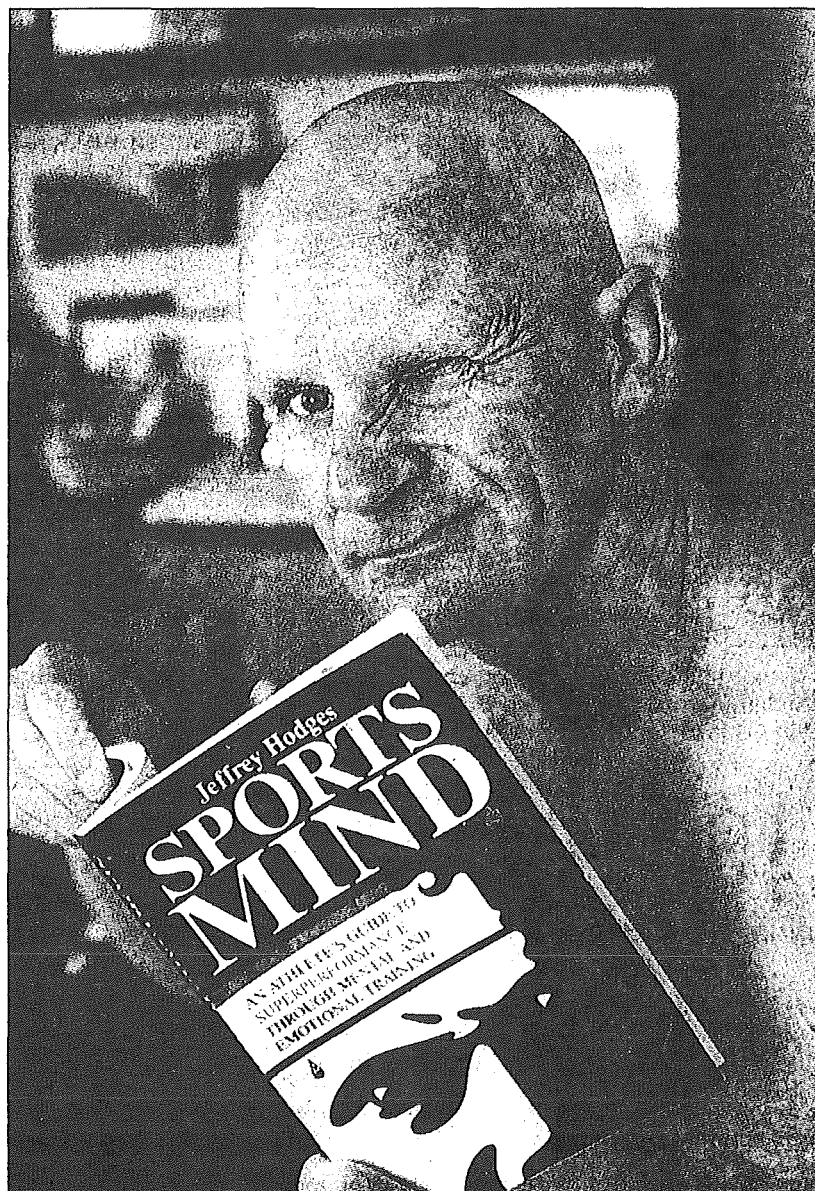
Parsons said he set out his ultra-marathon goals at the start of the year and the Birdsville Track run was a challenge that could get him back into the swing of multi-day events.

He has pounded some of Caboolture's toughest unsealed back roads in an attempt to ready himself.

Although he said he was a little underdone for the run after recovering from his operation last October, Parsons has prepared well and believes Grant's record is within his reach.

"You can't be cocky, but you have to be confident," he said.

Parsons knows he



● Gary Parsons reckons he has the secret for beating pain on the Birdsville Track. PHOTO: Chris Higgins.

will face pain over the next four days, but said his ability to focus on the job would help

pull him through.

"You've got a tunnel-vision for your goal... but you're able to drift

away from the pain to counteract (it)," he said.

— Emma Greenwood

## CHAMPION ATHLETE

WHEN YOU BEACON MY NAME I RESPOND LIKE A GENTLE SEA BREEZE  
I AM WITHOUT BEGINNING AND WITHOUT END  
ENDURANCE BEYOND ALL OTHERS CAN ONLY BE KNOWN BY ME  
DRAWING FROM AN INNER STRENGTH NOT KNOWN BY OTHERS  
STANDING ON A PINNACLE OF SPORTING GLORY YET UNNOTICED BY THE MASSES  
MY DESIRE TO ACHIEVE IS DEEP, POWERFUL AND UNSURPASSED  
GUIDED BY CHALLENGING MYSELF IN THE GREATEST RACE OF ACTION  
REALITY OF MASTERLY ACHIEVEMENT AS DAWNING OF FINISHING CREEPS ON  
I STAND ALONE SYMBOLIC OF A COURAGEOUS ATHLETE NO OTHER WILL KNOW  
STANDING ABOVE ALL OTHERS MY NAME IS ULTRA-MARATHON RUNNER

Peter Lewis Wednesday, July 29, 1998 ©

I dedicate this work to one of the most deserving individuals in the sport of Ultras, **Dell Grant**. This wonderful person has a true strength of character which is always refreshing with each given opportunity to talk to her. When you hear the name Grant you would probably think of Ron. But I look at Dell and I see a master organiser. Not only guiding things along for her hubby, but an exceptional race organiser and adviser. To be a reliable crew person is one thing, but to get out there and achieve so many records herself is quite exceptional. Top it off with being a small business owner, author and the general demands of homelife, which leaves you wondering just how she does it.

To every female who has family commitments, I take my hat off to you. To me your achievements are worthy of much recognition. Over many years Queensland has been blessed with other greats of the sport.

Angie Cotterill, the Barefoot Queen immediately comes to mind, enjoying the sport without using supposed state of the art shoes.

Angela Clark who has proven that age is no reason to stop enjoying sport. Her quiet unobtrusive manner does not reveal a person who holds world record status.

Kerrie Hall, who for many years has quietly walked her way into notoriety.

Carol Street who has her own string of achievements in both short track and Ultra events.

Phillipa Bolt who is always meeting her own running challenges she sets herself.

And my wife Lyn, who knows how dearly I prefer to train on the dance floor than on some dreaded mountain slope.

As situations change with the passage of time, I know that these extraordinary women are not remembered by what they achieved along the way, but rather their integrity and simple love of sport.

In this pressure world where achieving great things for notoriety appears so important for some, it is so refreshing to know that there are still so many who value enjoyment of their sport.

## The Classics

**By Don Allison**

What makes a race a classic? While there may be no specific definition, the ingredients are pretty well known to all. The first requirement of a classic is time. A race needs to age well, like a fine wine. In that sense, it must have tradition and lore that has grown through the years. Equally important is quality. The event must be conducted in a first-class manner from start to finish. Recognition and stature in the running community are mandatory. A race can hardly be a classic if it is not known. Uniqueness helps to create a classic. Most "must-do" ultras are held on challenging and interesting courses, often point to point races defined by the unique geography of the region in which they are held. Size does not necessarily make a classic ultra, nor is it a requirement. Usually however, if an event is that good, ultrarunners will learn of it and make it bigger. Mix all of these ingredients together and you have a recipe for a classic ultra. That's easier said than done, of course.

The lure to run one or more of these races is strong for those who have immersed themselves in the history and tradition of ultrarunning. Many ultrarunners make a lifetime pilgrimage out of completing one or more of these events. It can be both exhilarating and humbling to know that you are following in the footsteps of the legends in the sport by running from Martizburg to Durban in South Africa or from Squaw Valley to Auburn, California. While 50 miles is 50 miles or 100 miles is 100 miles no matter when, where, or how you run it, the distance seems a lot more meaningful when completed in one of these all-time events.

How many "classic" ultras are there worldwide? While everyone's list might be just a little bit different, here are 18 ultras that meet the criteria by anyone's definition. By participating in any one or more of these races, you'll know you have added to the history and tradition of ultrarunning. Run 'em all? Why not!

1. The Comrades. 90 km; Durban, 90 South Africa.

"The" classic-the granddaddy of all ultras, the Comrades has it all. More than 70 years old, the race changes direction from "up to "down" each year, in actuality making it two races in one. A roll call of the best ultrarunners in the 20th century have competed in this race, now along with more than 10,000 other ultrarunners from around the world annually, making it easily the biggest ultra in the world. The gold, silver, and bronze medal cut-offs add to the lore and lure of this ultra, easily the standard by which all others are measured.

2. The Western States. 100 Miles, Squaw Valley to Auburn California, USA.

Now 25 years old, this event created an entire niche of ultrarunning, the 100-mile trail race. The quest for a Western States finisher's buckle is in the hearts and minds of almost all American ultrarunners, and now many from around the world as well.

3. The Spartathlon. 250 km; Athens to Sparta, Greece.

Greece is the home of long-distance running; dating back thousands of years. This event is in keeping with that tradition. Fittingly, the race was where the legend of the world's greatest ultrarunner, Yainnis Kouros, began.

4. London to Brighton. 55 Miles; London England.

Much like the Comrades in its course and tradition, although much smaller and low-key. Many classic Duels between England's and South Africa's best have been waged on the hilly route to the shore of the Channel.

5. Swiss Alpine Marathon. Davos, Switzerland.

Thousands flock each year to this beautiful trail race in the Swiss Alps. The competition is fierce as well.

6. Del Passatore. 100 Km; Italy.

Held in the true Italian tradition. Participants, eat, drink, sing, run and walk their way through the night.

7. Marathon des Sables. 146 Miles, Morocco.



A brutal stage race across the barren Sahara Desert in Morocco. Only the self-sufficient need apply, as the runner must carry all provisions except water.

8. The Two Oceans. 56 Km, Capetown, South Africa.

Many in South Africa claim this race is superior to the Comrades. Like that race, the competition and organization are world-class. In addition, the scenery at the Southern tip of the continent is spectacular.

9. The Beil 100 Km. 100 km; Switzerland.

The original European 100-km, begun in 1959. Had 1,849 finishers in 1996; last year an 80-year-old finisher.

10. JFK 50 Mile. 50 miles; Washington D.C. USA.

Started more than a quarter century ago, the JFK has become the USA's biggest ultra. A course combining trail and roads tests the complete skills of an ultrarunner.

11. Winschoten 100 Km. 100 km, Holland.

A 22-year-old race, with at least one runner under seven hours in each of those years. Winners read like a who's who in ultrarunning. Site of the World Challenge for several years. 12. Lake Saroma 100 Km. 100 Km; Japan. Ultrarunning is a hugely popular sport in Japan, as evidenced by this race, which drew more than a thousand finishers last year.

13. Basle 24 Hour. 24 Hours, Switzerland.

More than a decade of top quality 24-hour running at this up-and-coming race.

14. The Himalayan Trek. 100 Miles (stage race); Nepal.

Held in the shadows of Everest, this stage race offers scenery and culture that no other event could hope to equal.

15. The Kepler. 67 Km in New Zealand.

trail race from coast to coast, the biggest ultra field in either Australia or New Zealand.

16. The Panama Crossing. 50 miles; Panama.

From one side of the continent to the other with wild support from the Panamanians.

17. The Midnight Sun Marathon. 52.4 miles; Baffin Island.

Way up north in the Arctic Circle, this race has been going strong for 20 years. The scenery is stark, but spectacular and the camaraderie from other runners will keep you warm.

18. Night of Flanders 100 Km. 100 Km, Tourhout, Belgium.

Much interesting history, including 1993, when as the World Challenge site, the race had to be postponed because the King of Belgium died.

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## NZ ULTRARUNNERS



## Ultra Update - September 1998

*by Andy Milroy*

First a correction to my previous Ultra Update. Janos Bogar won the IAU European 24 Hour Challenge in 1994, and not in his first ever 24 Hour race as I previously said.

On the 9th of May the D'Nyala Bosveld 56km race was held in South Africa, one of the final tune up events before the Comrades. The South African 100km international, Sarel Ackerman was the winner in 3:29:30 ahead of Simon Tshwane in 3:36:02, with Ackerman's fellow 100km team member, Russel Crawford in third, with 3:39:18. The first woman was yet another member of the 1997 team, Berna Daly, with 4:06:02, with Karin Witteveen in second in 4:25:42, and Wendy Musto in third [4:38:48]. The Dutch 24 Hours championships was held at Uden on the road on the 9/10th of May. The race was to be dominated by Belgian Alfons Vekemans with 220.580km/137 miles from the winner of the Dutch championships, Valery Moskalenko, [who presumably has Dutch citizenship] with 208.340km/124.4 miles, with Jacques Becar third with 200.270km/124.4 miles. Anny van Butsele was the first woman with 188.690km/117.2 miles. On the 22/ 23rd of May the famous Apeldoorn 24 Hour road race was also held in the Netherlands. The race was to be won by Thomas Blumritt of Germany in 237.464km/145.7 miles, from the Dutch runner Wim Epskamp [228.916km/142.2 miles], with another Dutch runner, Roel Keizer in third 222.143km/138 miles. The German Wolfgang Schwerk, who had previously run the Basle 24 Hours earlier in May as part of his preparations for the 3100 miles in New York, covered 208.262km/129.4 miles. The first woman was the consistent Helga Backhaus [GER], some way down on her usual form with 203.604km /126.5 miles. from the second placed runner at Basle, returning to the fray some three weeks after her last 24 hours. Her fellow countrywoman Heike Pawzik ran 193.607km/120.3 miles, with a third German Julia Alter covering 184.012km/114.3 miles.

A large field of 87 runners lined up in the gloomy conditions of Princetown, Dartmoor in Devon, England on the morning of the 6th of June 1998, for the inaugural Dartmoor Discovery 34 Mile Ultra Marathon. The runners soon left Princetown, and were soon out into beautiful countryside along quiet country lanes, with plenty of hills to make things even more interesting. Two of the race favourites, Arthur Johns of Poole Runners and local man Michael Burke, were soon locked into a grim battle for race honours and by the five mile mark had a 1 1/2 minute lead over Brian Davidson. Davidson had recently finished 4th place in the British 100km Championships in May and was using this race as part of his build up for the IAU European Challenge 100k in Torhout, Belgium later in the month. The first lady, Peggy Anne Wiseman was 17 seconds ahead of Pauline Walker and Carol Lisle, running together.

At 10 miles in 62:20 the two race leaders were pulling away from Davidson, who was now 3 1/2 minutes down. The ten mile stretch from 10 to 20 miles goes through narrow winding tree covered country lanes, with lots of sharp climbs and descents, through the pretty Moorland villages with beautiful thatched cottages. Out onto the open Moor at 20 miles, Johns in 2:12:00, had increased his lead over Burke with Davidson a further 2 1/2 minutes back in third. In the Ladies race the powerful Peggy Wiseman was still in control in 3:12:00 and had a two minute lead. Now however, Pauline Walker had overtaken her team mate Carol Lisle.

Between 20 and 25 miles Burke was overtaken by Brian Davidson who had been looking comfortable throughout and was running a controlled race. At the Marathon point Johns was 2:58:38, Davidson 3:01:07, and the first woman Wiseman 4:15:55. But Davidson was running strongly and by 30 miles, with 4 miles to go, Johns had been caught and Davidson was a minute up timed in 3:28:58. There were large crowds at the finish including no less than seven Town Cryers from neighbouring towns, who welcomed the runners by ringing their bells. Brian Davidson won in 3:56:36 from Arthur Johns in a time of 4:15:17 with Mike Jacobs in third [4:17:28]. The first woman was Peggy Wiseman in 5:38:02 with Pauline Walker second in 5:52:45 from her club team mate. Carol Lisle in 6:13:17. There were 87 starters and 83 finished. The organiser of the race is Phil

Hampton who set a 50 mile track best of 5:01 back in 1971. Hampton also instigated the famous Two Bridges 36 mile race in Scotland. The Dartmoor Discovery promises to be a classic event, and was much enjoyed by its competitors.

On the same date across the Atlantic in Virginia, in the eastern USA, 88 runners were contesting the Old Dominion 100 miles on the trails. Dan Berger took the lead at 11 miles and was to stay in front to the finish, recording 16:48:17, with his closest competition, Phil Sheridan, in 17:31:36 seconds ahead of the third placed Andy Peterson, [17:31:39]. The first woman was Pamela Reed in 19:50:07, with Rebekah Trittipoe second in 20:54:27.

Meanwhile at the Mile High Ultra Challenge at Littleton, Colorado on the same day, Barbara Marquer joined the elite group of women who have won an ultra outright. Running 122.25 miles/196.742km she finished well clear of the first man. The race was held at an altitude of 5,600 feet/1700 metres.

On the 12/13 June the 40th edition of the oldest 100km in the world was held in Switzerland. The Biel race started out as a walking race in 1959, but the following year changed to be a go as you please event. With its 24 Hour time limit the race attracts older runners, and did so this year. The winner was Markus Kramer of Switzerland with 7:03:52, ahead of Stefan Klausler on 7:09:24 with Konrad Frei running 7:11:20 for third place. German women dominated the women's race with Constanze Wagner winning in 8:27:30; [last year's winner, Birgit Lennartz, was forced to retire from the event]. Elke Hiebl was second in 8:34:21 and Heidrun Pecker was third in 8:48:44. However the most interesting performance occurred in the older age groups. Helmut Gnosa of Germany, born in 1916, covered the 100km in 15:32:37, the fastest time to date by an 80 year old.

On June 13th began the longest ultra to be held this year, and it was to prove one of the most competitive. Istvan Sipos of Hungary and American Ed Kelley were to duel relentlessly against each other and very difficult conditions in the Sri Chinmoy 3100 mile race held in New York. Normally in such races the eventual winner is clear by 2000 miles, but Sipos and Kelley were to exchange the race lead almost on a daily basis as illness, fatigue and weather battered them. They passed 2000 miles in 30+00:46:28 for Sipos, and 30+06:35:30 for Kelley, his seventh time over that distance! The first woman Suprabha Beckjord passed that point in 32:14:19:26. Kelley was leading through 4000km in a new world best time of 37:08:57:13, with Sipos back on 37:14:51:54. At 2700 miles the two leaders were just 50 seconds apart! However the eventual winner was Istvan Sipos in 46 days 17:02:06, who carried on to set a new 5000km best of 46:18:38:48, Edward Kelley recorded 47 days + 05:39:58 and 47 days +07:31:35, for those two distances, becoming the only person to cover the distance twice. His 3100 mile time was ten hours faster than last year. Suprabha Beckjord finished the 3100 miles for the second time, running 49:14:30:54. She later did the 13 laps to 5000 km, finishing that distance in 49:16:50:45. Wolfgang Schwerek of Germany overcome various shin-splints, blisters and falls to reach the 3100 mile in 50:08:29:24, then became only the fourth person ever to run 5000 km. (5000 km = 50:10:18:33). Aleksandar Arsic completed 2831.25 miles within the time limit.

Riel Haumann, the well known South African distance running commentator described the impact of the Russian runners on the 90km Comrades race as follows: "The Russian onslaught hit South African ultramarathoning like a hammer blow ... when eight Russian runners finished in the first twenty in the Comrades Marathon. And to top it off, Dmitri Grishine broke one of the most venerable records in the history of South African running by clocking 5:26:25 for the "up" run." However the Comrades story reveals only part of the picture as far as the strength of Russian Ultrarunning is concerned, for a week after the South African 90km race, on the 19th June, other Russian Ultrarunners came to the IAU European Championships at Torhout, in Belgium. With many of the 'top' Russian runners away in South Africa, the likes of Santalov, Volgin and Kokorev, the team might have seemed soft. But experienced observers knew the strength of such runners as Grigoriy Murzin, one of the stalwarts of the Russian 100km team in recent years, as has been Aleksandr Motorin. Newer faces like Nikolay Buskarov, who had finished third in last year's European 100km championships behind Kononov and Murzin, Dmitriy Radyuchenko and Aleksandr Panov showed



that this was a formidable Russian team in its own right. Murzin, denied the gold medal in last year's European championships by the Faenza specialist, Alexey Kononov, was determined to stamp his authority on the Belgian race in the early stages. By 20km he was already in the lead, and he reached 50km in 3:05. By that point he already had a ten minute lead over his fellow country man, Radyuchenko in second. He held this sustained pace together over the closing kilometres to finish in 6:23:29, the fastest 100km time since 1995. Radyuchenko finished with 6:34:40, with the Russian team making a clean sweep of the medals, Buskarov taking the bronze in 6:40:45. [Russian also took 5th, 6th, 10th and 12th, with Panov running 6:50:29, Motorin 6:51:17, new face Eduard Tukhbatullin 6:53:18 and Valeriy Sinyushkin 6:56:24]

There were thirteen men under seven hours, including Britain's Stephen Moore 6:55:48, the second best ever by a 50 year old. The women's race was subjected to the same relentless pressure. Russia's Svetlana Savoskina dictated the pace virtually from the gun, winning with 7:45:43, the second best performance of the year thus far. Alziro Lario of Portugal produced her best performance in an international championships by taking the silver medal in 7:58:36. [Lario first emerged on the international scene at Torhout in 1994 when she ran 7:34.]. The bronze medal went to yet another Russian new face, Yelena Bikulova, with 8:05:03. Ricarda Botzon, a stalwart of the German national team, finished fourth in 8:07:05, with Marina Byachova completing the Russian team with 8:12:17. The combined European 100km/Comrades performances by the Russian ultra distance squad was staggering, and shows that when it comes to sheer quality in depth there is no nation on Earth who can match them at present.

It was great weekend for the 100km. The 21st of June saw a new name explode upon the world ultra scene. For the last few years, we have been used to seeing some spectacular performances on the fast Lake Saroma course in Hokkaido, Japan. This year's race was no different. One of the most respected ultra marks on the record books, Jean Paul Praet's 6:16:41 for the road 100km world best, was surpassed by a Japanese runner making his ultra debut!

The new star in the ultra firmament is Takahiro Sunada. The 25 year old Japanese was making his ultra debut, tempted by the prospect of representing his country in the forthcoming IAU World 100km Challenge to be held at River Shimanto on the island of Shikoku in Japan on the 18th October this year. In a field that included the two fastest Japanese 100km runners to date, Yasuhumi Mikami and Kiminari Kondo, Sunada blitzed the field to record a superb 6:13:33, well clear of all opposition. Sunada ran in the leading group from the start, and took the lead just before the 50km point, accelerating away from his pursuers from then onwards. The conditions were quite good for distance running; it was quite cloudy with some rain.

So who is Takahiro Sunada? He was born on the 19th January 1973, and first seems to have made his mark as a 10,000 meter runner, recording 28:27.0 at Hachioji in November 1994. [His personal best for the 5000 metres is 13:43:39.] In that year he also ran 64:19 for the Half Marathon and 2:14:34 for the full distance. 1995 was to be his best year to date in the longer event, when he finished 10th in the famous Fukuoka International Marathon in 2:12:01. He also made progress in the Half Marathon with 61:23 for 6th in Tokyo. In 1996, the last year in which he was world ranked at the Half Marathon, Sunada recorded 62:04. We actually have some personal statistics. Takahiro Sunada stands 167cm/5'5 3/4", and weighs 54kg/119lb/8st.7lb. Such a performance as Sunada's was inevitable in Japan eventually. With three 100km races with over a thousand runners a piece the base of the pyramid is firmly established. It was only a matter of time before its pinnacle reached the highest level.

Behind Sunada, national 100km team member Toshiro Kashiara ran 6:54:21 for second place, with the former national recordholder for the distance, Yasuhumi Mikami, recording 6:56:41. Toru Kawata ran 6:59:11 to make four runners under 7 hours. However the strength in depth is still not there yet, for the 5th place went to Kiminari Kondo in 7:39:04. The first woman was the 36 year old Masako Koyama in 8:21:26, ahead of Kazuko Kaihata in 8:33:56, with the experienced Reiko Hirosawa in third with 8:47:57. This was just the tip of the iceberg. There were 1,754 starters in the race, and 1,180 finishers. Also on the 21st of June the 95 mile West Highland Way race was held in

Scotland. This trail race always attracts a strong local field. The race was led from the start by Davie Hirst, but he faced a strong challenge from the former 24 Hour stalwart Dave Wallace, until the latter was forced to retire 11 hours into the race. Hirst wound up the winner in 18:05:50, with Adrian Stott in second in 19:57:19, from Charlie Macleod in third [21:27:36]. The first woman was Carol Cadger in 25:43:15, well clear of Pauline Walker [26:22:43]

Another American trail race had taken place the previous day in Ohio. Two members of the US 100km team for River Shimanto World Challenge were to figure prominently. Jim Garcia took the Mohican Trail 100 mile race and the course record with 16:11:19, with Jonathan Strayer in second, 16:49:02, with Mark Godale, Garcia's 100km team mate, running 18:27:27 for third. The first woman was Sandy Debus in 24:57:26.

June 27th saw the Western States 100 mile trail race in California, USA. This has long attracted the most interest within the American ultra community. The main interest in this year's race was the fact that Ann Trason was going for her tenth consecutive win. This year she was to face a significant challenge. Two of Europe's top female trail runners, Corrine Favre from France, and Helene Diamantides of Britain. Running the uphill, Favre was fifth overall at 35 miles, and at 55.7 miles had a four minute lead over Trason. Just after the 100km point Favre moved into second place, but perhaps she had pushed too hard, too soon. Trason overtook her before the 78 mile point, where Favre missed her way and lost 15 minutes. She was eventually to retire around 10km from the finish. Ann Trason won her tenth title in 18:46:16, with Helene Diamantides finishing second in 20:53:34, and US 100km team member, Janice Anderson in third [22:46:10]. The two debutants, Favre and Diamantides made strong impacts on the race, and it will be fascinating to see what happens when they get more experience of the course. A foreign runner winning the Western States would probably be good for the race, remembering the shock that Mike Morton caused when he became the first non-Californian to win the event. Tim Twietmayer won the men's race for the fifth time in 17:51:20, from Rick Simonsen in 18:17:08 and Thomas Neilsen third on 18:44:33. There were 394 starters and 257 finishers.

The most northerly 100km in the world took place on the 5th of July. The Nanisivik race on Baffin Island in the North West Territories is held at latitude in excess of 70 degrees North. The winner was John Remington in 9:17:08, with the first woman Brenda Hann in 13:12:52. Amongst the finishers was the indefatigable Henri Girault, - 100km runner extraordinaire - running his 384th 100km in 12:56:28. The globetrotting Frenchman has now run in 100km races in 29 different countries so it was natural that he would add the Nanisivik race to his list. 77 year old Odino Soligno set a new Canadian men's age group record with 13:34:03. On the 10/11th July the long established Washie road 100 miler was held in South Africa. The winner was Martinus De Beer in the relatively modest time of 14:00:59, with Ashley Mentoorn running 14:26:50 for second after leading at 10 ½ hours. The major shock of the race came in the women's event. The irrepressible Rae Bisschoff had apparently promised the South African 100km team selectors she would jog the race. Well, perhaps it was just jogging for this year's Comrades winner, but she still wound up with the fastest time ever by a South African woman, 14:53:06. The course had been measured by calibrated bicycle some years ago. If the organisers followed the same course without changes, then Rae Bisschoff will now rank fourth on the World 100 mile road rankings behind Ann Trason, Eleanor Robinson and Hilary Walker. Another 100 miler was held on the trails on the 11th of July, but not in the United States. The Trans-Moravian 100 mile race on the Czech-Slovakia border. American Tom Possert ran with Tomas Rusek, the race organiser for much of the race, but finished strongly to record 19:05:45, with Rusek finishing in 19:28:10.

Starting on the 16th of July the Hi-Tec Badwater 135 mile race was held from Badwater, 282 feet below sealevel to the Whitney Portals at 8300 feet on Mount Whitney. The runners were to face temperatures of 131 degrees F/ 55 degrees C. The race started at 6am so the runners would face the full heat of the day. Eric Clifton was an early leader, but eventually it was to be Gabriel Flores and Carlos Banderas who were to finish first and second, both inside the course record, with 28h09 and 28h27 respectively. The first woman was Lisa Smith in 37h33. On the 18th of July Ann Trason,

tackled another 100 miler, this time the Vermont 100 miles trail race in the Eastern United States. Despite severe stomach problems that reduced her to a walk for the last 18 miles, she won in 17:11:23. The men's race was won in 16:09:17 by Joe Hildebrand, with Ian Torrence and Barry Lewis also slipping under 17 hours with 16:38:08 and 16:47:51 respectively.

Another American trail race, held a week earlier in Ohiopyle, Pennsylvania was over the shorter distance of 70.5 miles. Andy Jones, preparing for the World Challenge was faced by strong competition from Countney Campbell. Despite some tough weather conditions Campbell was to set a course record of 10:43:34, well clear of Jones in second, 11:09:50. Colleen Dulin was the only woman finisher in 17:54:11. This month's Ultra Update has featured some real extremes - the most northerly and highest standard ultras, and the longest and hottest races in the world. One would think that just covering extreme distances was enough for most people, but no, it seems they like to run them under the most testing conditions possible as well.!

## **AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. CURRENT AUSTRALIAN ROAD RECORDS**

as at September 1998

### **MEN - DISTANCE RECORDS - km.**

|         |                      |                 |                               |
|---------|----------------------|-----------------|-------------------------------|
| 50km #  | Steve EVANS (Q'ld)   | 2:56:29 (a)     | Canberra ACT 9/4/95           |
| 100km # | Tim SLOAN (Tas)      | 6:29:26 (a)     | Ross to Richmond Tas 23/4/95  |
| 150km   | Graham MEDILL (Qld)  | 15.57.34 (d)    | QRRC 24 Hour Q'ld 26/6/88     |
| 200km # | John BREIT (Vic)     | 18:49:36(d)     | L'ston - Hobart, Tas 16/10/88 |
| 500km   | Bryan SMITH (Vic)    | 2d.19.54.00 (c) | Albany to Perth WA 14/10/94   |
| 1000km  | David STANDEVEN (SA) | 5d.13:55:-- (c) | Syd - Melb (1011km) 24/5/89   |
| 1500km  | Ian JAVES (Qld)      | 13d.8:03:37(a)  | Sri Chinmoy, N.Y. 1/10/89     |
| 2000km  | Ian JAVES (Qld)      | 17d.4:55:37 (a) | Sri Chinmoy N.Y. 5/10/89      |

### **MEN - DISTANCE RECORDS - miles**

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

### **MEN - TIME PERIOD RECORDS:**

|            |                       |               |                             |
|------------|-----------------------|---------------|-----------------------------|
| 6 Hours    | Yiannis KOUROS (Vic)  | 84.856km (a)  | Glengarry Vic 5/4/98        |
| 12 Hours # | Peter SULLIVAN (Q'ld) | 138.562km (d) | Caboolture, Q'ld 15/4/89    |
| 24 Hours # | Bryan SMITH (Vic)     | 251.050km (a) | Milton Keynes, UK 4/2/90    |
| 48 Hours # | Bryan SMITH (Vic)     | 371.200km (c) | Albany - Perth, WA 13/10/94 |
| 6 Days #   | Kevin MANSELL (NSW)   | 902.500km (d) | Campbelltown NSW 12/11/88   |

### **WOMEN - DISTANCE RECORDS - km**

|         |                         |                   |                             |
|---------|-------------------------|-------------------|-----------------------------|
| 50km #  | Linda MEADOWS (Vic)     | 3.27:22 (a)*      | Canberra ACT 9/4/95         |
| 100km # | Linda MEADOWS (Vic)     | 7:40:58 (a)       | Kurow, NZ 18/11/95          |
| 150km   | Helen STANGER (NSW)     | 16:45:24 (a)      | Basel Switzerland 3/5/92    |
| 200km # | Helen STANGER (NSW)     | 23:21:04 (a)      | Basel, Switzerland 3/5/92   |
| 500km   | Dipali CUNNINGHAM (Vic) | 3d.11:32:34 (a)*  | Wards Is, NY, USA 9/5/98    |
| 1000km  | Cynthia HERBERT (Vic)   | 8d.10:55:00 (c)   | Syd - Melb (1060km) 27/3/87 |
| 1500km  | Dipali CUNNINGHAM       | 13d.01:42:21 (a)* | Wards Is. NY, USA 23/9/97   |
| 2000km  | Open for claim          |                   |                             |

## WOMEN - DISTANCE RECORDS - miles

|             |                         |                  |                    |         |
|-------------|-------------------------|------------------|--------------------|---------|
| 30 Miles    | Lavinia PETRIE (Vic)    | 3:56:21 (a)      | Glengarry Vic      | 5/4/98  |
| 40 Miles    | Lavinia PETRIE (Vic)    | 5:17:25 (a)      | Glengarry Vic      | 5/4/98  |
| 50 Miles #  | Mary MORGAN (WA)        | 6:07:26 (a)      | Harriers, Canada   | 31/8/94 |
| 100 Miles # | Helen STANGER (NSW)     | 18:13:11 (a)     | Basel, Switzerland | 17/9/97 |
| 500 Miles   | Dipali CUNNINGHAM (Vic) | 5d.23.06.29 (a)  | Wards Is, NY USA   | 10/5/98 |
| 1000 Miles  | Dipali CUNNINGHAM (Vic) | 13d.20:18:24 (a) | Wards Is, NY USA   | 24/9/97 |

## WOMEN- TIME PERIOD RECORDS:

|            |                         |               |                    |         |
|------------|-------------------------|---------------|--------------------|---------|
| 6 Hours    | Lavinia PETRIE (Vic)    | 72.229km (a)  | Glengarry Vic      | 5/4/98  |
| 12 Hours # | Helen STANGER (NSW)     | 112.225km (a) | Basel, Switzerland | 3/5/92  |
| 24 Hours # | Helen STANGER (NSW)     | 206.497km (a) | Basel, Switzerland | 3/5/92  |
| 48 Hours # | Dipali CUNNINGHAM (Vic) | 299.337km (a) | Wards Is, NY USA   | 10/5/98 |
| 6 Days #   | Dipali CUNNINGHAM (Vic) | 811.109km (a) | Wards Is, NY USA   | 10/5/98 |

### LEGEND:

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

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

## MEN - DISTANCE RECORDS - km

|          |                      |               |                         |          |
|----------|----------------------|---------------|-------------------------|----------|
| 50km #   | Bruce COOK (ACT)     | 3:09:50       | Parramatta NSW (NS)     | 5/3/89   |
| 100km #  | Yiannis KOUROS (Vic) | 7:15:01       | Kensington Pk, SA (S)   | 24/10/97 |
| 150km    | Yiannis KOUROS (Vic) | 11:05:03      | Kensington Park. SA (S) | 24/10/97 |
| 200km #  | Yiannis KOUROS (Vic) | 15:10:28      | Kensington Park. SA (S) | 24/10/98 |
| 500km    | Bryan SMITH (Vic)    | 2d.19:00:21   | Colac Vic (NS)          | 16/11/89 |
| 1000 km. | Bryan SMITH (Vic)    | 5d.23:52:23   | Colac, Vic (NS)         | 19/11/89 |
| 1500km   | Gary PARSONS (Qld)   | 11d.23:04:04* | Nanango, Qld (NS)       | 25/3/96  |

## MEN DISTANCE RECORDS - Miles

|             |                        |              |                         |          |
|-------------|------------------------|--------------|-------------------------|----------|
| 30 Miles    | Ian CORNTHWAITE (Vic)  | 3:01:02 *    | Moe, Vic (S)            | 30/11/97 |
| 40 Miles    | Dragan ISAILOVIC (Vic) | 4:07:33      | East Burwood (Vic) (S)  | 19/6/93  |
| 50 Miles #  | Dragan ISAILOVIC (Vic) | 5:15:00      | East Burwood, Vic (S)   | 19/6/93  |
| 100 Miles # | Yiannis KOUROS (Vic)   | 11:58:00     | Kensington Park, SA (S) | 24/10/97 |
| 500 Miles   | Bryan SMITH (Vic)      | 4d.19:05:09* | Colac Vic (NS)          | 18/11/89 |
| 1000 Miles  | Gary PARSONS (Qld)     | 12d.19:44:35 | Nanango, Qld (NS)       | 26/3/96  |

## MENTIME PERIOD RECORDS:

|            |                      |             |                      |          |
|------------|----------------------|-------------|----------------------|----------|
| 6 Hours    | Trevor JACOBS (ACT)  | 83.600km**  | East Burwood Vic (S) | 21/6/92  |
| 6 Hours    | Yiannis KOUROS (Vic) | 83.600km**  | Coburg, Vic (S)      | 8/4/95   |
| 12 Hours # | Yiannis KOUROS (Vic) | 161.200km** | Kensington Park, SA  | 24/10/97 |
| 24 Hours # | Yiannis KOUROS (Vic) | 303.506km   | Kensington Park, SA  | 25/10/97 |
| 48 Hours # | Yiannis KOUROS (Vic) | 470.781km   | Surgeres, France     | 8/5/95   |
| 6 Days #   | Bryan SMITH (Vic)    | 1001.410km  | Colac Vic (NS)       | 19/11/89 |

## WOMEN -DISTANCE RECORDS - km

|         |                            |                |                     |          |
|---------|----------------------------|----------------|---------------------|----------|
| 50km    | Sandra Trimmer Arends(Vic) | 3:38:18        | Moe, Vic (S)        | 30/11/97 |
| 100km # | Mary FRANCIS (WA)          | 8:23:00        | Bunbury WA (NS)     | 2/3/97   |
| 150km   | Helen STANGER (NSW)        | 15:23:14       | Coburg, Vic (S)     | 14/4/96  |
| 200km # | Helen STANGER (NSW)        | 21:40:52       | Wollongong, NSW (S) | 2/4/95   |
| 500km   | Georgina McConnell (NSW)   | 3d.23:51:52    | Colac, Vic (NS)     | 19/11/92 |
| 1000km  | Georgina McConnell (NSW)   | 10d. 19:50:58* | Nanango, Qld (NS)   | 24/3/96  |
| 1500km  | Vacant                     |                |                     |          |

## WOMEN DISTANCE RECORDS - miles

|             |                            |            |                      |          |
|-------------|----------------------------|------------|----------------------|----------|
| 30 Miles    | Sandra TrimmerArends (Vic) | 3:31:06    | Moe, Vic (S)         | 30/11/97 |
| 40 Miles    | Linda MEADOWS (Vic)        | 4:51:52    | East Burwood Vic (S) | 18/6/94  |
| 50 Miles #  | Linda MEADOWS (Vic)        | 6:07:58    | East Burwood, Vic    | 18/6/94  |
| 100 Miles # | Margaret SMITH (Vic)       | 16:01:43   | Manly, NSW (NS)      | 21/4/84  |
| 500 Miles   | Georgina McConnell (NSW)   | 8d.4:31:28 | Nanango, Qld (NS)    | 21/3/96  |
| 1000 Miles  | Vacant                     |            |                      |          |

## WOMEN - TIME PERIOD RECORDS

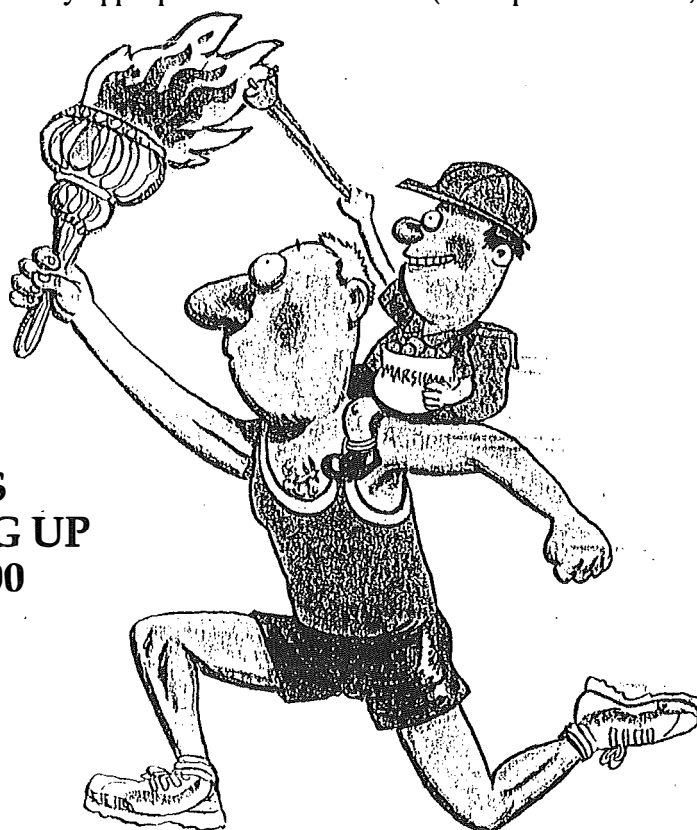
|            |                          |             |                        |          |
|------------|--------------------------|-------------|------------------------|----------|
| 6 Hours    | Linda MEADOWS (Vic)      | 78.742km    | East Burwood, Vic (S)  | 18/6/94  |
| 12 Hours # | Mary MORGAN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

### LEGEND

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

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

**AUSTRALIAN  
ULTRA-RUNNERS  
ALL OVER, CRANKING UP  
FOR THE YEAR 2000**



# AUSTRALASIAN BEST PERFORMANCES AS AT JUNE, 1998

## **MEN: TRACK**

|              |                  |       |              |                     |          |
|--------------|------------------|-------|--------------|---------------------|----------|
| 30 miles     | Jeff JULIAN      | (NZ)  | 2:47:34      |                     |          |
| 40 miles     | Jeff JULIAN      | (NZ)  | 3:53:36      |                     |          |
| 50 miles     | Dragan ISAILOVIC | (AUS) | 5:15:00      | East Burwood, Vic   | 19/06/93 |
| 100 miles    | Yiannis KOUROS   | (AUS) | 11:58:00     | Kensington Park, SA | 24/10/97 |
| 500 miles    | Bryan SMITH      | (AUS) | 4d.19:05:09  | Colac, Vic          | 18/11/89 |
| 1000 miles * | Gary PARSONS     | (AUS) | 12d.19:44:35 | Nanango, Qld        | 26/03/96 |
| 50 km        | Bruce COOK       | (AUS) | 3:09:50      | Parramatta, NSW     | 05/03/89 |
| 100 km       | Dick TOUT        | (NZ)  | 7:07:36      |                     | 24/01/87 |
| 200 km *     | Yiannis KOUROS   | (AUS) | 15:10:28     | Kensington Park, SA | 24/10/97 |
| 500 km       | Bryan SMITH      | (AUS) | 2d.19:00:21  | Colac, Vic          | 16/11/89 |
| 1000 km      | Bryan SMITH      | (AUS) | 5d.23:52:23  | Colac, Vic          | 19/11/89 |
| 1500 km *    | Gary PARSONS     | (AUS) | 11d.23:04:04 | Nanango, Qld        | 25/03/96 |
| 6 hours      | ( Trevor JACOBS  | (AUS) | 83.600 km    | East Burwood, Vic   | 21/06/92 |
|              | ( Yiannis KOUROS | (AUS) | 83.600 km    | Coburg, Vic         | 08/04/95 |
| 12 hours     | Yiannis KOUROS   | (AUS) | 161.200 km   | Kensington Park, SA | 24/10/97 |
| 24 hours *   | Yiannis KOUROS   | (AUS) | 303.506 km   | Kensington Park, SA | 25/10/97 |
| 48 hours *   | Yiannis KOUROS   | (AUS) | 470.781 km   | Surgeres, France    | 08/05/95 |
| 6 days       | Bryan SMITH      | (AUS) | 1001.410 km  | Colac, Vic          | 19/11/89 |

## **WOMEN: TRACK**

|           |                       |       |              |                   |          |
|-----------|-----------------------|-------|--------------|-------------------|----------|
| 30 miles  | Sandra TRIMMER-ARENDS | (AUS) | 3:31:06      | Moe, Vic          | 30/11/97 |
| 40 miles  | Linda MEADOWS         | (AUS) | 4:51:52      | East Burwood, Vic | 18/06/94 |
| 50 miles  | Linda MEADOWS         | (AUS) | 6:07:58      | East Burwood, Vic | 18/06/94 |
| 100 miles | Margaret SMITH        | (AUS) | 16:01:43     | Manly, NSW        | 21/04/84 |
| 500 miles | Georgina McCONNELL    | (AUS) | 8d.4:31:28   | Nanango, Qld      | 21/03/96 |
| 50 km     | Sandra TRIMMER-ARENDS | (AUS) | 3:38:18      | Moe, Vic          | 30/11/97 |
| 100 km    | Mary FRANCIS          | (AUS) | 8:23:00      | Bunbury, WA       | 02/03/97 |
| 200 km    | Wynnie COSGROVE       | (NZ)  | 20:04:45     |                   | 05/10/97 |
| 500 km    | Georgina McCONNELL    | (AUS) | 3d.23:51:52  | Colac, Vic        | 19/11/92 |
| 1000 km   | Georgina McCONNELL    | (AUS) | 10d.19:50:58 | Nanango, Qld      | 24/03/96 |
| 6 hours   | Linda MEADOWS         | (AUS) | 78.742 km    | East Burwood, Vic | 18/06/94 |
| 12 hours  | Wynnie COSGROVE       | (NZ)  | 134.074 km   |                   | 23/12/95 |
| 24 hours  | Wynnie COSGROVE       | (NZ)  | 226.309 km   |                   | 05/10/97 |
| 48 hours  | Helen STANGER         | (AUS) | 329.256 km   | Lota, Qld         | 02/06/95 |
| 6 days *  | Sandy BARWICK         | (NZ)  | 883.631 km   |                   | 24/11/90 |

## **MEN: INDOOR**

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

## **WOMEN: INDOOR**

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

## MEN: ROAD

|            |                 |       |              |                     |          |
|------------|-----------------|-------|--------------|---------------------|----------|
| 30 miles   | George PERDON   | (AUS) | 2:53:48      | Princes Park, Vic   | 15/08/65 |
| 40 miles   | Russel PRINCE   | (NZ)  | 4:00:44      |                     | 06/04/91 |
| 50 miles   | Russel PRINCE   | (NZ)  | 5:06:50      |                     | 09/04/90 |
| 100 miles  | Dick TOUT       | (NZ)  | 12:52:02     |                     | 08/11/87 |
| 1000 miles | Siggy BAUER     | (NZ)  | 12d.14:38:40 |                     | 28/12/83 |
| 6 hours    | Yiannis KOUROS  | (AUS) | 84.856 km    | Glengarry, Vic      | 05/04/98 |
| 12 hours   | Peter SULLIVAN  | (AUS) | 138.562 km   | Caboolture, Qld     | 15/04/89 |
| 24 hours   | Ian CURTIS      | (NZ)  | 264.005 km   |                     | 15/10/94 |
| 48 hours   | Dick TOUT       | (NZ)  | 408.000 km   |                     | 25/03/88 |
| 6 days     | Dick TOUT       | (NZ)  | 948.400 km   |                     | 26/03/88 |
| 50 km      | Steve EVANS     | (AUS) | 2:56:29      | Canberra, ACT       | 09/04/94 |
| 100 km     | Tim SLOAN       | (AUS) | 6:29:26      | Ross to Rich, Tas.  | 23/04/95 |
| 200 km     | Dick TOUT       | (NZ)  | 16:43:02     |                     | 15/10/88 |
| 500 km     | Bryan SMITH     | (AUS) | 2d.19:54:00  | Albany to Perth, WA | 14/10/94 |
| 1000 km    | David STANDEVEN | (AUS) | 5d.13:55:00  | Syd. to Melb.       | 24/05/89 |
| 1500 km    | Ian JAVES       | (AUS) | 13d.8:03:37  | Sri Chinmoy, NY     | 01/10/89 |
| 2000 km    | Ian JAVES       | (AUS) | 17d.4:55:37  | Sri Chinmoy, NY     | 05/10/89 |

## WOMEN: ROAD

|              |                   |       |              |                    |          |
|--------------|-------------------|-------|--------------|--------------------|----------|
| 30 miles     | Jane ROSS         | (NZ)  | 3:37:44      |                    | 06/04/91 |
| 40 miles     | Jane ROSS         | (NZ)  | 5:01:10      |                    | 06/04/91 |
| 50 miles     | Mary MORGAN       | (AUS) | 6:07:26      | Harriers, Canada   | 31/08/94 |
| 100 miles    | Helen STANGER     | (AUS) | 18:13:11     | Basel, Switzerland | 03/05/92 |
| 1000 miles * | Sandy BARWICK     | (NZ)  | 12d.14:38:40 |                    | 14/09/91 |
| 6 hours      | Lavinia PETRIE    | (AUS) | 72.229 km    | Glengarry, Vic     | 05/04/98 |
| 12 hours     | Helen STANGER     | (AUS) | 112.225 km   | Basel, Switzerland | 03/05/92 |
| 24 hours     | Helen GRANT       | (NZ)  | 208.000 km   |                    | 23/10/88 |
| 48 hours     | Sandy BARWICK     | (NZ)  | 305.774 km   |                    | 14/10/91 |
| 6 days *     | Dipali CUNNINGHAM | (AUS) | 811.109 km   | New York, USA      | 10/05/98 |
| 50 km        | Linda MEADOWS     | (AUS) | 3:27:22      | Canberra, ACT      | 09/04/95 |
| 100 km       | Linda MEADOWS     | (AUS) | 7:40:58      | Kurow, NZ          | 18/11/95 |
| 200 km       | Helen STANGER     | (AUS) | 23:21:04     | Basel, Switzerland | 03/05/92 |
| 500 km       | Dipali CUNNINGHAM | (AUS) | 3d.11:32:34  | New York, USA      | 07/05/98 |
| 1000 km *    | Sandy BARWICK     | (NZ)  | 7d.01:11:--  |                    | 14/10/91 |
| 1500 km *    | Sandy BARWICK     | (NZ)  | 11d.16:51:-- |                    | 14/10/91 |
| 2000 km *    | Sandy BARWICK     | (NZ)  | 17d.03:01:-- |                    | 14/10/91 |

For notification of errors or corrections, contact:

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Australia

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



|                  | <b>MEN</b>           | <b><u>AURA AGE RECORDS</u></b> | <b><u>TRACK</u></b>    |          |
|------------------|----------------------|--------------------------------|------------------------|----------|
| <b>50 KM</b>     |                      |                                |                        |          |
| M40              | Yiannis KOUROS, VIC. | 3:38:40                        | Canberra, A.C.T. (S)   | 2/3/97   |
| M45              | Bryan SMITH, VIC.    | 3:55:42                        | Tootgarook, VIC. (NS)  | 2/5/92   |
| M50              | Bryan SMITH, VIC.    | 3:51:50                        | East Burwood, VIC. (S) | 29/7/95  |
| M55              |                      |                                |                        |          |
| M60              |                      |                                |                        |          |
| M65              |                      |                                |                        |          |
| M70              | Cliff YOUNG, VIC.    | 6:18:11                        | Colac, VIC. (NS)       | 19/11/95 |
| M75              | Drew KETTLE, VIC.    | 7:43:55                        | Colac, VIC. (NS)       | 19/11/95 |
| <b>100 KM</b>    |                      |                                |                        |          |
| M40              | Bryan SMITH, VIC.    | 8:04:53                        | Coburg, VIC. (S)       | 28/8/88  |
| M45              | Bryan SMITH, VIC.    | 8:23:52                        | Tootgarook, VIC. (NS)  | 2/5/92   |
| M50              | Bryan SMITH, VIC.    | 8:55:33                        | Wollongong, N.S.W. (S) | 27/3/94  |
| M55              |                      |                                |                        |          |
| M60              |                      |                                |                        |          |
| M65              |                      |                                |                        |          |
| M70              | Cliff YOUNG, VIC.    | 15:19:39                       | Colac, VIC. (NS)       | 20/11/95 |
| M75              | Drew KETTLE, VIC.    | 17:12:27                       | Colac, VIC. (NS)       | 20/11/95 |
| <b>200 KM</b>    |                      |                                |                        |          |
| M40              | Yiannis KOUROS, VIC. | 15:29:07                       | Canberra, A.C.T. (S)   | 3/3/97   |
| M45              | Brian SMITH, VIC.    | 18:13:19                       | Olympic Park, VIC. (S) | 21/10/89 |
| M50              | Brian SMITH, VIC.    | 21:19:48                       | Wollongong, N.S.W. (S) | 27/3/94  |
| M55              |                      |                                |                        |          |
| M60              |                      |                                |                        |          |
| M65              |                      |                                |                        |          |
| M70              | Cliff YOUNG, VIC.    | 1d. 18:11:47                   | Colac, VIC. (NS)       | 21/11/95 |
| M75              | Drew KETTLE, VIC.    | 1d. 18:39:51                   | Colac, VIC. (NS)       | 21/11/95 |
| <b>500KM</b>     |                      |                                |                        |          |
| M40              |                      |                                |                        | 16/11/89 |
| M45              | Bryan SMITH, VIC.    | 2d. 19:00:21                   | Colac, VIC. (NS)       | 16/11/89 |
| M50              |                      |                                |                        |          |
| M55              |                      |                                |                        |          |
| M60              |                      |                                |                        |          |
| M65              |                      |                                |                        |          |
| M70              |                      |                                |                        |          |
| M75              | Drew KETTLE, VIC.    | 6d. 15:18:51                   | Nanango, QLD. (NS)     | 20/3/96  |
| <b>1000 KM</b>   |                      |                                |                        |          |
| M40              |                      |                                |                        |          |
| M45              | Brian SMITH, VIC.    | 5d. 23:52:23                   | Colac, VIC. (NS)       | 19/11/89 |
| M50              |                      |                                |                        |          |
| M55              |                      |                                |                        |          |
| M60              |                      |                                |                        |          |
| M65              |                      |                                |                        |          |
| M70              |                      |                                |                        |          |
| M75              | Drew KETTLE, VIC.    | 13d. 23:05:06                  | Nanango, QLD.          | 27/3/96  |
| <b>50 MILES</b>  |                      |                                |                        |          |
| M40              | Bryan SMITH, VIC.    | 6:17:43                        | Coburg, VIC. (S)       | 28/8/88  |
| M45              | Bryan SMITH, VIC.    | 6:26:45                        | Box Hill, VIC. (S)     | 21/6/92  |
| M50              | Bryan SMITH, VIC.    | 6:19:57                        | East Burwood, VIC. (S) | 29/7/95  |
| M55              |                      |                                |                        |          |
| M60              |                      |                                |                        |          |
| M65              |                      |                                |                        |          |
| M70              | Cliff YOUNG, VIC.    | 11:43:55                       | Colac, VIC. (NS)       | 20/11/95 |
| M75              | Drew KETTLE, VIC.    | 13:38:33                       | Colac, VIC. (NS)       | 20/11/95 |
| <b>100 MILES</b> |                      |                                |                        |          |
| M40              | Yiannis KOUROS, VIC. | 12:11:14                       | Canberra, A.C.T. (S)   | 3/3/97   |
| M45              | Bryan SMITH, VIC.    | 14:21:00                       | Coburg, VIC. (S)       | 11/3/90  |
| M50              |                      |                                |                        |          |
| M55              |                      |                                |                        |          |
| M60              |                      |                                |                        |          |
| M65              |                      |                                |                        |          |
| M70              | Cliff YOUNG, VIC.    | 1d. 6:49:10                    | Colac, VIC. (NS)       | 20/11/95 |
| M75              | Drew KETTLE, VIC.    | 1d. 9:48:36                    | Colac, VIC. (NS)       | 21/11/95 |

**500 MILES**

|     |                   |              |                    |          |
|-----|-------------------|--------------|--------------------|----------|
| M40 |                   |              |                    |          |
| M45 | Bryan SMITH, VIC. | 4d. 19:05:09 | Colac, VIC. (NS)   | 18/11/89 |
| M50 |                   |              |                    |          |
| M55 |                   |              |                    |          |
| M60 |                   |              |                    |          |
| M65 |                   |              |                    |          |
| M70 |                   |              |                    |          |
| M75 | Drew KETTLE, VIC. | 11d. 0:59:35 | Nanango, QLD. (NS) | 24/3/96  |

**1000 MILES**

|     |                    |               |                     |         |
|-----|--------------------|---------------|---------------------|---------|
| M40 | Gary PARSONS, QLD. | 13d           |                     |         |
| M45 | Gary PARSONS, QLD. | 12d. 19:44:35 | Nanango, QLD. (NS ) | 26/3/96 |
| M50 |                    |               |                     |         |
| M55 |                    |               |                     |         |
| M60 |                    |               |                     |         |
| M65 |                    |               |                     |         |
| M70 |                    |               |                     |         |
| M75 |                    |               |                     |         |

**6 HOURS**

|     |                    |           |                        |          |
|-----|--------------------|-----------|------------------------|----------|
| M40 |                    |           |                        |          |
| M45 | Bryan SMITH, VIC.  | 69:660 km | Rosebud, VIC. (NS)     | 2/5/93   |
| M50 | Bryan SMITH, VIC.  | 69.200 km | Wollongong, N.S.W. (S) | 26/3/94  |
| M55 |                    |           |                        |          |
| M60 |                    |           |                        |          |
| M65 |                    |           |                        |          |
| M70 | Ken MATCHETT, VIC. | 57.753 km | Burwood, VIC.          | 25/10/92 |
| M75 | Drew KETTLE, VIC.  | 45.600 km | Colac, VIC. (NS)       | 19/11/95 |

**12 HOURS**

|     |                      |            |                        |          |
|-----|----------------------|------------|------------------------|----------|
| M40 | Yiannis KOUROS, VIC. | 158.400 km | Canberra, A.C.T. (S)   | 2/3/97   |
| M45 | Bryan SMITH, VIC.    | 135.200 km | Olympic Park, VIC. (S) | 20/10/89 |
| M50 | Bryan SMITH, VIC.    | 131.111 km | Toutley, N.S.W. (?)    | 23/1/94  |
| M55 |                      |            |                        |          |
| M60 |                      |            |                        |          |
| M65 |                      |            |                        |          |
| M70 | Cliff YOUNG, VIC.    | 82.400 km  | Colac, VIC. (NS)       | 20/11/95 |
| M75 | Drew KETTLE, VIC.    | 71.600 km  | Colac, VIC. (NS)       | 20/11/95 |

**24 HOURS**

|     |                      |             |                        |          |
|-----|----------------------|-------------|------------------------|----------|
| M40 | Yiannis KOUROS, VIC. | 295.030 km  | Canberra, A.C.T. (S)   | 3/3/97   |
| M45 | Bryan SMITH, VIC.    | 254.515 km  | Olympic Park, VIC. (S) | 21/10/89 |
| M50 | Bryan SMITH, VIC.    | 222.294 km  | Wollongong, N.S.W. (S) | 27/3/94  |
| M55 |                      |             |                        |          |
| M60 |                      |             |                        |          |
| M65 |                      |             |                        |          |
| M70 | Cliff YOUNG, VIC.    | 142.000 km` | Colac, VIC. (NS)       | 20/11/95 |
| M75 | Drew KETTLE, VIC.    | 132.800 km  | Colac, VIC. (NS)       | 20/11/95 |

**48 HOURS**

|     |                   |             |                      |          |
|-----|-------------------|-------------|----------------------|----------|
| M40 | Bryan SMITH, VIC. | 358.938 km. | Aberfeldie, VIC. (S) | 25/1/88  |
| M45 | Bryan SMITH, VIC. | 386.400 km  | Colac, VIC. (NS)     | 13/11/89 |
| M50 | Bryan SMITH, VIC. | 365.724 km  | , QLD. (NS)          | 3/6/95   |
| M55 |                   |             |                      |          |
| M60 |                   |             |                      |          |
| M65 |                   |             |                      |          |
| M70 | Cliff YOUNG, VIC. | 233.435 km  | Colac, VIC. (NS)     | 21/11/95 |
| M75 | Drew KETTLE, VIC. |             |                      |          |

**6 DAYS**

|     |                   |             |                  |          |
|-----|-------------------|-------------|------------------|----------|
| M40 | Bryan SMITH, VIC. | 906.4 km    | Colac, VIC.      | /88      |
| M45 | Bryan SMITH, VIC. | 1001.410 km | Colac, VIC. (NS) | 19/11/89 |
| M50 |                   |             |                  |          |
| M55 |                   |             |                  |          |
| M60 |                   |             |                  |          |
| M65 |                   |             |                  |          |
| M70 |                   |             |                  |          |
| M75 | Drew KETTLE, VIC. | 584.993 km  | Colac, VIC. (NS) | 25/11/95 |

# **WOMEN      AURA AGE RECORDS      TRACK**

|              |                            |         |                         |          |
|--------------|----------------------------|---------|-------------------------|----------|
| <b>50 KM</b> |                            |         |                         | 26/3/94  |
| W40          | Helen STANGER, N.S.W.      | 4:12:10 | Wollongong, N.S.W. (S)  | 26/3/94  |
| W45          | Georgina MCCONNELL, N.S.W. | 4:34:-- | Parramatta, N.S.W. (NS) | 13/89    |
| W50          | Georgina MCCONNELL, N.S.W. | 5:43:51 | Colac, VIC. (NS)        | 19/11/95 |
| W55          | Angela CLARKE, QLD..       | 5:33:38 | Southport, QLD.. (NS)   | 18/5/96  |
| W60          |                            |         |                         |          |
| W65          | Susan BARDY, S.A.          | 7:18:08 | Adelaide, SA (S)        | 26/10/96 |
| W70          |                            |         |                         |          |

|               |                            |                   |                        |          |
|---------------|----------------------------|-------------------|------------------------|----------|
| <b>100 KM</b> |                            |                   |                        |          |
| W40           | Helen STANGER, N.S.W.      | 9:06:40           | Wollongong, N.S.W. (S) | 26/3/94  |
| W45           | Helen STANGER, N.S.W.      | less than 10 hrs. | Coburg, VIC. (S)       | 13/4/96  |
| W50           | Georgina MCCONNELL, N.S.W. | 16:40:08          | Colac, VIC. (NS)       | 20/11/95 |
| W55           | Angela CLARKE, QLD..       | 11:39:30          | Southport, QLD.. (NS)  | 18/5/96  |
| W60           |                            |                   |                        |          |
| W65           | Susan BARDY, S.A.          | 16:50:00          | Adelaide, S.A. (S)     | 27/10/96 |
| W70           |                            |                   |                        |          |

|               |                            |                   |                        |          |
|---------------|----------------------------|-------------------|------------------------|----------|
| <b>200 KM</b> |                            |                   |                        |          |
| W40           | Helen STANGER, N.S.W.      | 21:38:46          | Wollongong, N.S.W. (S) | 2/4/95   |
| W45           | Helen STANGER, N.S.W.      | less than 23 hrs. | Coburg, VIC. (S)       | 13/4/96  |
| W50           | Georgina MCCONNELL, N.S.W. | 1d. 14:02:02      | Colac, VIC. (NS)       | 21/11/95 |
| W55           |                            |                   |                        |          |
| W60           |                            |                   |                        |          |
| W65           |                            |                   |                        |          |
| W70           |                            |                   |                        |          |

|               |                            |              |                  |          |
|---------------|----------------------------|--------------|------------------|----------|
| <b>500 KM</b> |                            |              |                  |          |
| W40           |                            |              |                  |          |
| W45           | Georgina MCCONNELL, N.S.W. | 3d. 23:51:52 | Colac, VIC. (NS) | 19/11/92 |
| W50           | Georgina MCCONNELL, N.S.W. | 4d. 2:57:39  | Colac, VIC. (NS) | 23/11/95 |
| W55           |                            |              |                  |          |
| W60           |                            |              |                  |          |
| W65           |                            |              |                  |          |
| W70           |                            |              |                  |          |

|                |                            |               |                    |         |
|----------------|----------------------------|---------------|--------------------|---------|
| <b>1000 KM</b> |                            |               |                    |         |
| W40            |                            |               |                    |         |
| W45            |                            |               |                    |         |
| W50            | Georgina MCCONNELL, N.S.W. | 10d. 19:50:58 | Nanango, QLD. (NS) | 24/3/96 |
| W55            |                            |               |                    |         |
| W60            |                            |               |                    |         |
| W65            |                            |               |                    |         |
| W70            |                            |               |                    |         |

|                 |                            |                  |                        |          |
|-----------------|----------------------------|------------------|------------------------|----------|
| <b>50 MILES</b> |                            |                  |                        |          |
| W40             | Helen STANGER, N.S.W.      | 7:13:57          | Wollongong, N.S.W. (S) | 26/3/94  |
| W45             | Helen STANGER, N.S.W.      | less than 8 hrs. | Coburg, VIC. (S)       | 13/4/96  |
| W50             | Georgina MCCONNELL, N.S.W. | 14:09:19         | Colac, VIC. (NS)       | 20/11/95 |
| W55             | Angela CLARKE, QLD..       | 9:18:46          | Southport, QLD.. (NS)  | 18/5/96  |
| W60             |                            |                  |                        |          |
| W65             | Susan BARDY, S.A.          | 12:33:02         | Adelaide, S.A. (S)     | 27/10/96 |
| W70             |                            |                  |                        |          |

|                  |                            |                   |                        |          |
|------------------|----------------------------|-------------------|------------------------|----------|
| <b>100 MILES</b> |                            |                   |                        |          |
| W40              | Helen STANGER, N.S.W.      | 17:00:54          | Wollongong, N.S.W. (S) | 26/3/94  |
| W45              | Helen STANGER, N.S.W.      | less than 18 hrs. | Coburg, VIC. (S)       | 13/4/96  |
| W50              | Georgina MCCONNELL, N.S.W. | 1d. 2:43:47       | Colac, VIC. (NS)       | 20/11/95 |
| W55              |                            |                   |                        |          |
| W60              |                            |                   |                        |          |
| W65              |                            |                   |                        |          |
| W70              |                            |                   |                        |          |

**500 MILES**

W40  
W45  
W50  
W55  
W60  
W65  
W70

Georgina McCONNELL, N.S.W.

8d. 4:31:28

Nanango, QLD. (NS)

21/3/96

**1000 MILES**

W40  
W45  
W50  
W55  
W60  
W65  
W70

**6 HOURS**

W40  
W45  
W50  
W55  
W60  
W65  
W70

Helen STANGER, N.S.W.

69.600 km

Wollongong, N.S.W. (S)

26/3/94

Helen STANGER, N.S.W.

68.000 km

Coburg, VIC. (S)

13/4/96

Georgina McCONNELL, N.S.W.

58.200 km

Wollongong, N.S.W. (S)

26/3/94

Angela CLARKE, QLD..

53.879 km

Southport, QLD. (NS)

18/5/96

**12 HOURS**

W40  
W45  
W50  
W55  
W60  
W65  
W70

Helen STANGER, N.S.W.

125.157 km

Wollongong, N.S.W. (S)

26/3/94

Helen STANGER, N.S.W.

122.000 km

Coburg, VIC. (S)

13/4/96

Georgina McCONNELL, N.S.W.

79.200 km

Colac, VIC. (NS)

20/11/95

Angela CLARKE, QLD..

103.000 km

Southport, QLD. (NS)

18/5/96

**24 HOURS**

W40  
W45  
W50  
W55  
W60  
W65  
W70

Helen STANGER, N.S.W.

219.782 km

Wollongong, N.S.W. (S)

2/4/95

Helen STANGER, N.S.W.

211.130 km

Coburg, VIC. (S)

13/4/96

Georgina McCONNELL, N.S.W.

142.000 km

Colac, VIC. (NS)

20/11/95

Susan BARDY, S.A.

130.591 km

Adelaide, S.A. (S)

27/10/96

**48 HOURS**

W40  
W45  
W50  
W55  
W60  
W65  
W70

Helen STANGER, N.S.W.

329.256 km

Lota, QLD. (NS)

2/6/95

Georgina McCONNELL, N.S.W.

301.875 km

QLD. (?)

5/6/93

Georgina McCONNELL, N.S.W.

142.000 KM

Colac, VIC. (NS)

21/11/95

**6 DAYS**

W40  
W45  
W50  
W55  
W60  
W65  
W70

Helen STANGER, N.S.W.

691.588 km

Campbelltown, N.S.W. (S)

24/11/90

Georgina McCONNELL, N.S.W.

738.103 km

Campbelltown, N.S.W. (S)

24/11/90

Georgina McCONNELL, N.S.W.

699.318 km

Colac, VIC. (NS)

25/11/95

**MEN****AURA AGE RECORDS****ROAD****50 KM**

M40

M45

M50

Bryan SMITH, VIC.

3:45:13 (a)

Shepparton, VIC.

17/9/95

M55

M60

M65

M70

Randle HUGHES

4:07:00

Canberra, A.C.T.

12/4/98

M75

**100 KM**

M40

M45

Bryan SMITH, VIC.

7:54:31 (a)

Palamos, Spain

16/2/92

M50

Bryan SMITH, VIC.

7:58:38 (a)

Shepparton, VIC.

17/9/95

M55

M60

M65

M70

M75

**200 KM**

M40

M45

M50

Bryan SMITH, VIC.

1d. 4:12:24 (d)

Spartathlon (246km) Greece

28/9/96

M55

M60

M65

M70

M75

**500 KM**

M40

M45

Bryan SMITH, VIC.

3d. 14:17:-- (c)

Albany, Perth, W.A.

16/10/93

M50

Bryan SMITH, VIC.

2d. 19:54:00 (c)

Albany, Perth, W.A.

14/10/94

M55

M60

M65

M70

M75

**1000 KM**

M40

Bryan SMITH, VIC.

6d. 12:23: -- (d)

Syd. - Melb.

/ /88

M45

Bryan SMITH, VIC.

6d. 8:34: -- (d)

Syd. - Melb.

/ /91

M50

M55

M60

M65

M70

M75

**50 MILES**

M40

Bryan SMITH, VIC.

6:33:28 (b)

Ballarat, VIC.

24/8/86

M45

M50

M55

M60

M65

M70

M75

**100 MILES**

M40

M45

M50

M55

M60

M65

M70

M75

**500 MILES**

M40  
M45  
M50  
M55  
M60  
M65  
M70  
M75

**1000 MILES**

M40  
M45  
M50  
M55  
M60  
M65  
M70  
M75

**6 HOURS**

M40  
M45  
M50  
M55  
M60  
M65  
M70  
M75

Ken MATCHETT

51.00km

Caboolture QLD.

8/2/97

**12 HOURS**

M40  
M45  
M50  
M55  
M60  
M65  
M70  
M75

**24 HOURS**

M40  
M45  
M50  
M55  
M60  
M65  
M70  
M75

Bryan SMITH, VIC.

251.050 km (a) Milton Keynes, U.K.

4/2/90

**48 HOURS**

M40  
M45  
M50  
M55  
M60  
M65  
M70  
M75

Bryan SMITH, VIC.

371.200 km (c) Albany - Perth, W.A.

13/10/94

**6 DAYS**

M40  
M45  
M50  
M55  
M60  
M65  
M70  
M75

**THESE EIGHT PAGES CONTAIN A  
LISTING OF THE AURA  
MEN'S & WOMEN'S AGE RECORDS.**

**COULD YOU PLEASE SUBMIT ANY  
AMENDMENTS AND ADDITIONS WITH  
DETAILS OF PROPOSED RECORDS TO:**

**JOHN HARPER  
21 LANCELOT CRESCENT,  
GLEN WAVERLEY 3150 VIC.**



WOMENAURA AGE RECORDSROAD**50 KM**

|     |                            |             |                        |         |
|-----|----------------------------|-------------|------------------------|---------|
| W40 | Georgina McCONNELL, N.S.W. | 4:29:-- (d) | Rylemere Hosp., N.S.W. | 18/3/87 |
| W45 | Helen STANGER, N.S.W.      | 4:07;37 (a) | Shepparton, VIC.       | 17/9/95 |
| W50 |                            |             |                        |         |
| W55 |                            |             |                        |         |
| W60 |                            |             |                        |         |
| W65 |                            |             |                        |         |
| W70 |                            |             |                        |         |

**100 KM**

|     |                       |              |                  |          |
|-----|-----------------------|--------------|------------------|----------|
| W40 | Helen STANGER, N.S.W. | 8:58:-- (a)  | Dam Run, N.Z.    | 28/12/92 |
| W45 | Helen STANGER, N.S.W. | 9:04:47 (a)  | Shepparton, VIC. | 17/9/95  |
| W50 |                       |              |                  |          |
| W55 |                       |              |                  |          |
| W60 |                       |              |                  |          |
| W65 | Shirley YOUNG, VIC.   | 10:47:13 (a) | Shepparton, VIC. | 15/9/96  |
| W70 |                       |              |                  |          |

**200 KM**

|     |                       |              |                    |        |
|-----|-----------------------|--------------|--------------------|--------|
| W40 | Helen STANGER, N.S.W. | 23:21:04 (a) | Basel, Switzerland | 3/5/92 |
| W45 |                       |              |                    |        |
| W50 |                       |              |                    |        |
| W55 |                       |              |                    |        |
| W60 |                       |              |                    |        |
| W65 |                       |              |                    |        |
| W70 |                       |              |                    |        |

**500 KM**

|     |                            |                 |                      |          |
|-----|----------------------------|-----------------|----------------------|----------|
| W40 |                            |                 |                      |          |
| W45 |                            |                 |                      |          |
| W50 | Georgina McCONNELL, N.S.W. | 4d. 2:27:-- (c) | Albany - Perth, W.A. | 16/10/93 |
| W55 |                            |                 |                      |          |
| W60 |                            |                 |                      |          |
| W65 |                            |                 |                      |          |
| W70 |                            |                 |                      |          |

**1000 KM**

W40  
W45  
W50  
W55  
W60  
W65  
W70

**50 MILES**

|     |                            |             |                  |        |
|-----|----------------------------|-------------|------------------|--------|
| W40 | Georgina McCONNELL, N.S.W. | 7:46:49 (d) | Christchurch, NZ | 4/4/87 |
| W45 |                            |             |                  |        |
| W50 |                            |             |                  |        |
| W55 |                            |             |                  |        |
| W60 |                            |             |                  |        |
| W65 |                            |             |                  |        |
| W70 |                            |             |                  |        |

**100 MILES**

|     |                       |              |                    |        |
|-----|-----------------------|--------------|--------------------|--------|
| W40 | Helen STANGER, N.S.W. | 18:13:11 (a) | Basel, Switzerland | 3/5/92 |
| W45 |                       |              |                    |        |
| W50 |                       |              |                    |        |
| W55 |                       |              |                    |        |
| W60 |                       |              |                    |        |
| W65 |                       |              |                    |        |
| W70 |                       |              |                    |        |

90.

**500 MILES**

W40  
W45  
W50  
W55  
W60  
W65  
W70

**1000 MILES**

W40  
W45  
W50  
W55  
W60  
W65  
W70

**6 HOURS**

W40 Helen STANGER, N.S.W.  
W45  
W50  
W55  
W60  
W65  
W70

63.650 km (a) Basel, Switzerland

3/5/92

**12 HOURS**

W40 Helen STANGER, N.S.W.  
W45  
W50  
W55  
W60  
W65  
W70

112.225 km (a) Basel, Switzerland

3/5/92

**24 HOURS**

W40 Helen STANGER, N.S.W.  
W45  
W50  
W55  
W60  
W65  
W70

206.497 km (a) Basel, Switzerland

3/5/92

**48 HOURS**

W40 Wanda FOLEY, QLD..  
W45  
W50  
W55  
W60  
W65  
W70

228.000 km (d) Campbelltown, N.S.W.

8/11/88

**6 DAYS**

W40 Wanda FOLEY, QLD..  
W45  
W50  
W55  
W60  
W65  
W70

619.012 km (d) Campbelltown, N.S.W.

12/11/88

# MEMBERSHIP APPLICATION

## AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

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

of .....  
(Address)

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

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

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

\*\*\*\*\*

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

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

\*\*\*\*\*

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

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

\*\*\*\*\*

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

Please circle desired rate: \$ 25 within Australia

|                                  |       |       |       |             |
|----------------------------------|-------|-------|-------|-------------|
|                                  | NZ    | Asia  | USA   | Europe / UK |
| Alr Mail (up to 1 week delivery) | \$ 34 | \$ 38 | \$ 41 | \$ 43       |

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

\*\*\*\*\*

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

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