

# A.U.R.A.

## NEWSLETTER



Vol. 2 No.2

April, 1987

Hi folks!

Thanks so much for your contributions to our newsletter. They've been great! Keep them coming. Remember, for all ultra races, please see it as your responsibility to ensure that at least one person sends me a race report with results.

Also, Race Managers/Organisers need to send a copy of their official results to Gerry Riley, our A.U.R.A. statistician, so that he can update the rankings lists. In this issue, Gerry has supplied us with the latest 24 Hour and 200km. rankings. Thanks Gerry! You're doing a great job on these mate!

Our membership numbers have skyrocketed since our last issue. We now have 106 members, mainly due to the fine efforts of Chris Stephenson, our A.U.R.A. rep. in N.S.W. Chris has run off a personal letter and sent it to all the ultra-runners in his state, and they've certainly responded. How about our other reps. stirring themselves into action! Our membership is made up as follows:

Victoria	48	N.S.W.	34
South Aust.	8	Queensland	5
A.C.T.	3	Western Aust.	4
Tasmania	2	Overseas	3

Thanks to the efforts of Geoff Hook, we're getting our act together regarding our association becoming incorporated. See page 4 for details and for our special general meeting to make it all legal.

We have entry forms available for the following races. Phone me (03)8742501 if you want one.

- Manly 100 Mile Track Race (18 April)
- VMC Roadrunners 50 Mile Track Race (20 June)
- VMC Roadrunners 50 Mile Road Race (21 June)
- Sydney Striders 24 Hour Track Race (31 May)
- 100km. Track Race (13 Sept)

On pages 14 to 16, Keith Fisher has provided us with an ultra-pacing chart and is very keen that we include it in our newsletter. He's also written a "Hints for Crews/Handlers" brochure which may give first-timers some help. Let us know if you want a copy of this.

Also in this issue, we have a graphic article by Tony Rafferty about his race across the Simpson Desert against Ron Grant. His desert images are wonderful. Thanks Tony!

Hookie's also submitted a couple of good accounts of two mountain-trail races that he's run recently, Cradle Mountain and the Six Foot Track - both extremely tough events.

Finally, we wish the best of luck to quite a few of our members who are participating in the 1987 Westfield Run. We are following their progress with avid interest, and give our heartiest congratulations to Vannis Kouros for his incredible efforts in winning the event.

That's all folks! Keep the communication flowing.

See you, *Det Browne.*

# ULTRA CALENDAR

1987

- April 18 100 MILE TRACK RACE: at Manly NSW, contact Ian Hutchison, P.O.Box 168, Narrabeen 2101 NSW
- May 30/31 24 HOUR TRACK RACE: NSW Hensley Park, Wentworth Ave, Pagewood, Sydney. Race Director: Steve Cornelius (02) 427 3604 or during April contact Nobby Young (02)8162017 before 8.30pm. Race is 11am start, \$30 entry.
- June 6 FRANKSTON TO PORTSEA, Vic. 34 miles, Peninsula Road Runners, contact Kon Butko, 66 Allison Rd, Mt Eliza, ph.7871309.
- June 20 50 MILE TRACK RACE (Aust.Championship) at Box Hill, Vic. 8am start, contact Geoff Hook, 42 Swayfield Rd, Mount Waverley, 3149, ph. (03)2889739
- June 21 50 MILE ROAD RACE, at Carlton, Vic. 8am start, contact Geoff Hook, 42 Swayfield Rd, Mount Waverley 3149, ph. (03)2889739
- July 19 50 MILE TRACK RACE, Sydney. 400m.grass track, 7am start at the "Crest" oval, McClean St, Bass Hill, Sydney. Contact Brad Boyle, P.O.Box 151 Ingleburn 2565 NSW, ph.(02)6181846.
- Aug 23 50 MILE ROAD RACE, (CHASE Carnival) Ballarat, Vic. Wendouree A.C., P.O.Box 511, Ballarat 3550 or ph.Andrew Bush (053)321434.
- Aug ? SYDNEY TO WOLLONGONG - approx. 50 mile road race, NSW, contact Tom Gillis, 7 Wilmot St, Sydney 2000NSW.
- Sept.5/6 24 HOUR TRACK RACE, Queensland, 12 noon start, Saturday, grass track. Contact Q'ld Marathon Club, P.O.Box 192, Everton Park, Queensland 4053. Andy Semple.
- Sept.13 100KM TRACK RACE at Coburg, Vic. Coburg Athletic Track, 7am start, \$10 entry, contact Kevin Cassidy (03)4783687 or Dot Browne (03)8742501 for entry form.
- Sept.19 50 MILE ROAD RACE at Bathurst, NSW, contact Ian Taylor, 206 Rankin Street, Bathurst 2795, ph.(063)313230.
- Oct.3/4 24 HOUR TRACK RACE (Aust.Championship), Adelaide S.A. Sri Chinmoy Running Team, c/- Boundless Life Health Foods, 101A Walkerville Terrace, Walkerville 5081 SA. Ph.(08)3449433.
- Oct ? 50 MILE ROAD RACE: Q'ld. around Queensland University, St.Lucia. contact Andy Semple, Q'ld Marathon & Road Runners Club, P.O. Box 192, Everton Park 4053.
- Oct ? 20km ROAD RACE, S.A. Adelaide to Victor Harbour, contact the Distance Runners' Club of South Australia, P.O.Box 102, Goodwood 5034. S.A.
- Oct. 16/17 & 18th { 48 HOUR RACE and 24 HOUR RACE (1km circuit around an oval), Perth WA. Contact Tony Tripp, Centurion Runners Club, Flat 100, "Lakeview", Davies Road, Claremont 6010. W.A.
- Nov 16-22 6 DAY TRACK RACE, Colac, Vic. Contact Colac 6 Day Race C'tee, P.O.Box 367, Colac 3250. Vic. 400m grass track.
- Dec ? BOGONG TO HOTHAM EVENT, Vic. mountain trail run, 6.15am start approx.60km and incorporating approx.3,000m climb.(03)878 9285

1988

# ULTRA CALENDAR

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- Feb ? CRADLE MOUNTAIN RUN, Tasmania, starts at northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park, approx. 85-90km. Tough mountain trail run with lots of bog! Contact Richard Pickup, P.O.Box 946, Launceston 7250, ph.(003)954294.
- Feb ? 24 HOUR TRACK RACE (Victorian Championship) at Box Hill,Vic. 12 noon start, contact Dot Browne, 4 Victory Street, Mitcham 3132, ph.(03)8742501 for entry form.
- Mar ? 12 HOUR TRACK RACE, Rosebud, Vic. contact Terry Cox (059)864792 date and venue yet to be finalised.
- Mar ? LAUNCESTON TO HOBART. Tasmania, 200km. approx. Contact Mike March, 125 Summerleas Road, Ferntree 7101, Tas.
- Mar ? 50KM TRACK RACE at Parramatta,NSW. 500m grass track, contact Chris Stephenson, 30 Judd Street, Cronulla 2230 NSW(02)5237852
- Mar 21 "SIX FOOT TRACK" MARATHON, NSW, Katoomba to Jenolan Caves, 46km, tough mountain trail run, contact Ian Hutchison, P.O.Box 168, Narrabeen, 2101 NSW
- Apr/May Westfield SYDNEY TO MELBOURNE RUN, Parramatta NSW to Doncaster Vic. Contact John Dangar, Westfield Shopping Centre Management, 100 William Street, Sydney 2001, ph. (02)3564333

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NOTE:ALL dates and entry fees are subject to change. At the time of going to press, all our information was correct. However, if you have any more recent information of any of these events, please contact us, so we can update our calendar. Contact race organisers for confirmation of dates and entry fees.

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## NEW ZEALAND EVENTS CALENDAR

- April 4 BRIGHTON PIER 50 MILE ROAD RACE, contact Martin Hawes, P.O. Box 18564, Christchurch.
- April 18 PUKEKOHE WOOLS 100KM, contact Gary Regtien, 13a Brighton Terrace, Auckland
- May 30 Or 31 TREE TO SEA 80KM, contact Jan Fleming. R.D. Tirau
- Oct 24 SWAN PORT HILLS 100KM (and 50KM) contact Martin Hawes, P.O. Box 18564, Christchurch.
- Oct ? 20KM BAY OF ISLANDS, Jim Hannagh's Weightlifting and Boxing Club, Kawakawa.

# MEMBERSHIP LIST

Barry ALLEN (North Fitzroy)	Vic	Dave HERBERT (Springvale)	Vic
Sue ANDREWS (Auckland)	NZ	Ian HIBBERT (Pahran)	Vic
Peter ARMISTEAD (Frankston)	Vic	Geoff HOOK (Mt.Waverley)	Vic
George AUDLEY (Albany)	WA	Graeme HUGGINS (Kensington)	Vic
Peter BARNES (Lithgow)	NSW	Ian HUTCHISON (Narrabeen)	NSW
Bill BEAUCHAMP (Brunswick)	Vic	Ian JAVES (Brisbane)	Qld
Colin BERRY (Wentworthville)	NSW	June KERR (Croydon South)	Vic
Frank BIVIANO (East Burwood)	Vic	Brian LENTON (Duffy)	ACT
Brian BLOOMER (Springvale)	Vic	Peter LOGAN (South Melbourne)	Vic
Max BOGENHUBER (Grays Point)	NSW	Eileen LUSH (Flagstaff Hill)	SA
David BOOTH (Lyons)	NSW	Charlie LYNN (Sydney)	NSW
Brad BOYLE (Ingleburn)	NSW	Peter MANNING (Longueville)	NSW
Barry BROOKS (Ballarat)	Vic	Mike MARCH (Ferntree)	Tas
Dot BROWNE (Mitcham)	Vic	Bob MARDEN (Kenthurst)	NSW
Kon BUTKO (Mt.Eliza)	Vic	Claude MARTIN (Ballarat)	Vic
Cynthia CAMERON (Mt.Waverley)	Vic	Ross MARTIN (Warradale)	SA
Max CARSON (Prairie)	Vic	Barry MASSINGHAM (Tacoma)	NSW
Val CASE (Northcote)	Vic	Paul MATHEWS	NSW
Kevin CASSIDY (Preston)	Vic	Anyce Kip MELHAM (Panania)	NSW
John CHAMPNESS (Sunbury)	Vic	Bill MILLER (Eglington)	NSW
Ted CLAYTON (Gwandalan)	NSW	Peter MILNE (Wantirna)	Vic
Bill CLINGAN (Lurnea)	NSW	Stan MISKIN (East Burwood)	Vic
Barry COATES (Loftus)	NSW	Geoff MOLLOY (Camberwell)	Vic
Steve CORNELIUS (Lane Cove)	NSW	Denis MOORE (Box Hill N.)	Vic
Terry COX (Rosebud)	Vic	Jean-Claude MORRE (Langwarrin)	Vic
Alan CROXFORD (Tuart Hill)	WA	Stan & Marilyn McCARTNEY	SA
Alan DAVIS (Bundoora)	Vic	Georgina McCONNELL (Baulkham Hills)	NSW
Kaven DEDMAN (Magill)	SA	Alastair McMANUS (Hong Kong)	
Andy DOCHERTY (Reynella)	SA	Keith O'CONNELL (Fairfield West)	Vic
Colin DONALD (Camberwell)	Vic	Helen O'CONNOR (Beaumont)	SA
Keith FISHER (Geelong West)	Vic	George PERDON (Burwood)	Vic
Wanda FOLEY (Baulkham Hills)	NSW	Peter FISTER (Brunswick)	Vic
Stephen FOULKES (Carlton)	Vic	Richard PICKUP (Launceston)	Tas
Joe GOBEL (Windsor)	Vic	Derek QUINTO (Bungendore)	NSW
Ron GRANT (Caboolture)	Qld	Tony RAFFERTY (Brunswick)	Vic
Peter GRAY (West Geelong)	Vic	Graeme RAMSDEN (Cleveland)	Qld
R.M. & C.T. HALL (Davidson)	NSW	Gerry RILEY (Werribee)	Vic
Trevor HARRIS (Canberra)	ACT	Graham ROBERTS (Blackforest)	SA
Gerry HART (Werribee)	Vic	Charlie ROBINSON (Yass)	NSW
Kerry HARTNETT (Moonee Ponds)	Vic	Howard ROSS (Mt.Waverley)	Vic

# MEMBERSHIP LIST

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Klaus SCHNIBBE (East Burwood)	Vic	Carl WAGNER (Miami)	Qld
John SINCLAIR (Maleny)	Qld	Andrew WEST (Cqoma)	NSW
Bryan SMITH (Melton)	Vic	Robert WHELAN (Doveton)	Vic
David STANDEVEN (Christie Downs)	SA	Graeme WILKINSON (Gennedah)	NSW
Alan STAPLES (Penhurst )	NSW	Greg WISHART (St.Kilda West)	Vic
Chris STEPHENSON (Cronulla)	NSW	Paul WOODHOUSE (Gundy)	NSW
John SUMNER (Melbourne)	Vic	Cliff YOUNG (Colac)	Vic
Creese SYRED (Glenbrook)	NSW	Nobby YOUNG (Gladesville)	NSW
Ian TAYLOR (Bathurst)	NSW	Don McDonald (Melton)	Vic
Maurice TAYLOR (Haberfield)	NSW		
Keith THOMAS (Morisset)	NSW		
Victor THOMAS ((Morisset)	NSW		
Alan THURLOW (St.James)	WA		
Dean TOWNSEND (Malvern)	Vic		
Leigh TRELEAVEN (Monash)	ACT		
Tony TRIPP (Claremont)	WA		
Eduardo VEGA (Lidcombe)	NSW		

## INCORPORATION

On the 9th April, 1987, A.U.R.A. will hold a special general meeting with the purpose of incorporating under Victorian law. The reason for incorporating is to limit the liability of all members, particularly the committee and to give legal status to our Association.

So out goes the old "Australian Ultra Runners' Association" and in comes the "Australian Ultra Runners' Association Incorporated". However, with this change, we will still call ourselves A.U.R.A. and only add "Inc." on official documents.

The statement of purpose and rules of the Association have been written and offered for perusal. No comments have been received save those from our Chartered Accountant Arthur Lucas.

If we incorporate, as we expect, on 9th April (we need 50% of our current membership voting for the proposals) then official ratification will follow shortly from the Associations Incorporation Office. As soon as possible after this, we will hold our first Annual General Meeting in order to formally elect a committee of management of the Association.

To this end, a call for nominations is enclosed with the current Newsletter. Once nominations have closed, the Notice of Annual General Meeting will be issued. This notice will contain the agenda and candidates to be elected.

The new committee will then commence work on running the day-to-day affairs of the Association as well as commencing the task of complying with our Statement of Purposes.

## The Searing Sands of the Simpson

(A nostalgic account of a unique challenge race across Australia's  
Simpson Desert)      by Tony Rafferty

A camel stood majestic on the horizon, silouetted against the early morning sun. Metres away, a dingo darted between clumps of spinifex bush searching for lizards and foodscraps. A scorpion scuttled into the scorched golden sands after I flicked it off my calf muscle.

I was in the Simpson Desert in Central Australia, known in aboriginal legend as "the land of evil spirits and death". It was the first week of 1986 and my third desert run in ten years. A run crammed with disappointment and frustration. It was a challenge race against Ron Grant, who ran across the 380 km. of desert 12 months before.

We started at a point on the map called Alker Seltzer bore on the run to the outback town of Birdsville. The terrain consists of 1162 daunting sand dunes rising up to 40 metres with firm to very soft sand. The temperature ranged from 30 degrees C. at night and up to 60 degrees in the heat of the day. Grant, much better acclimatised than me, took the lead after only two hours.

I had the kilometres in the legs from numerous 24 hour track races, three Sydney to Melbourne road races and a few 1000 mile events. Not to mention the Birdsville Track, Death Valley, across the continent of Australia and three world class 6 Day races. Grant, by comparison, was inexperienced, although he has the distinction of running 13,383km. around Australia, the Birdsville Track, Sydney to Brisbane and Brisbane to Cairns, plus a few 50 milers.

The distance would not pose a serious problem to either of us although I had one problem; I had not subjected my body to the penetrating rays of King Sol for many months. Two days before, I was training in Melbourne, 2000 kilometres away, in a maximum temperature of 14 degrees.

I soon realised that the run would be one of survival and not a 380km. race. The importance of at least 10 days of acclimatisation cannot be over-emphasised in a run of this calibre. This inhospitable journey had claimed many lives.

Burke and Wills died in their travels along the eastern side in 1861 and Frenchman Bernard Paton disappeared when attempting a solo crossing in 1975.

We were better prepared with an escort vehicle and experienced navigators accompanying each runner.

Grant ran most of the day and night. I rested 5 hours the first evening, suffering mild de-hydration. From then on, I drank fluids every 20 minutes. My stomach would not accept food except for soup and chopped up fruits.

The crew, travelling in cramped conditions coped admirably in the oppressive circumstances. Heat exhaustion and travel sickness produced by the jolting, rugged ride, added to their frustrations. On one Occasion, they advised me to stop, suggesting that the conditions were too dangerous. With a stubborn manner, I ran on, paying no heed whatsoever.

After 36 hours, I was not concerned how far my opponent was ahead. My aim was to finish. By this stage, I had realised in definite terms that my preparation for running in extreme heat had been inadequate.

The sand-dunes varied in gradient and height, some gentle and undulating, with firm sand supporting glowing wild flowers. Others, harsh, steep and off-putting. The expertly-driven four-wheeled drive vehicles were manoeuvred at acute angles over the ridges and at times, seemed to defy the laws of gravity.

Into the third day, my legs were heavy and feeling the effects of three sand-dunes every kilometre and an intrusive sun which sapped energy with a ruthless ill-will.

The Searing Sands of the Simpson (continued)

Affectionately known as Big Red, this dune is the highest in the Simpson Desert and only 24 kilometres from Birdsville. The gradient is steep and the sand soft. The hot win whistled in my ears and a snake slithered past me as I challenged the giant of dunes. Sweat dripped from my chin. Grains of sand burnt my eyes and choked my nostrils. My chest heaved and my thighs screamed out for relief. Each step produced sand up to my ankles as my heart pumped more than 140 beats to the minute. The relentless sun smiled overhead.

The winds of nature had carved the peak of Big Red like a knife-edge and I broke the design as I grasped the summit.

For nearly four days, I had listened to the cry of the earth and suddenly the sound of silence was disrupted by the cheers of the news media, who had gathered at the base of this mini-mountain to welcome me. Ron Grant was there. It was a nice gesture. He had completed the run a few hours earlier. The desert now resembled a lunar landscape speckled with sun-burnt people carrying note-books.

The terrain was flat and covered with broken rock and gibber stone, which captured the sunlight and dazzled my inflamed eyes. The population of Birdsville is 100, and most of them gathered outside the famous hotel to greet me. It was a time of emotion and elation.

I had lost the race but survived the challenge of the searing sands of Australia's notorious Simpson Desert.

Tony Rafferty 9/2/87

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What an incredible account, Tony of the agony and the ecstasy. Thanks so much for sharing it with us. It was a wonderful description.

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Tuesday 3 Feb 1987

*Dear Don and Geoff,*

*May I take this opportunity to congratulate you both and of course all the other people involved in the production of the current A U R A newsletter. It was very newsy indeed.*

*I met Joe Gobel in the city the other day and he said he could not put it down until he had read it right through.*

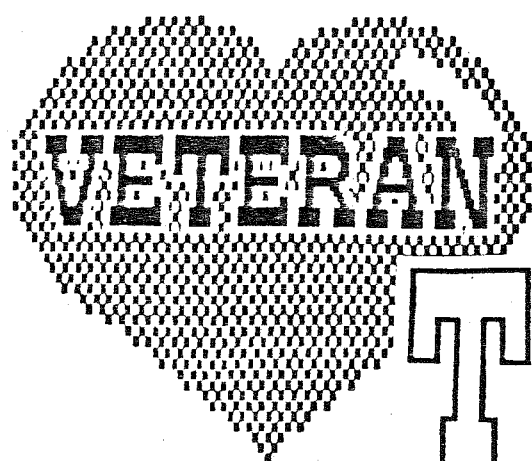
*Keep up this work. I can assure you it is appreciated by everyone who reads it.*

*I will continue to contribute to it with any interesting anecdotes that come my way. I will have something in the post to you soon for the next edition.*

*Regards to all,*

*Tony Rafferty*

Tony Rafferty.



# 24 HOUR TRACKRUN

Saturday 28th February/ Sunday 1st March 1987

## VICTORIAN VETERANS ATHLETIC CLUB 24 HOUR TRACK RACE BOX HILL

Our 1987 Victorian Veterans 24 Hour Track Race was certainly different this year. The race was established at Box Hill track in 1984 and for every previous event, we've had heat-wave conditions - temperatures of 35 degrees C. and more. The problems for me as Race Director have always revolved around trying to keep runners and lapscorers cool, keeping the hoses going, maintaining the ice supply, returning the sponges to the bins, keeping the drinks cool and ensuring that the lap-scorers didn't get sun-stroke.

There was no call for ice or sponges this year. The soaking rain which started first thing Saturday morning, and continued all day until around 5pm, caused headaches of a different kind. Wet socks gave the runners blisters, wet singlets chafed. The puddles on the track splashed the black rubber shavings up the legs of the runners, and down into their socks. Lapscorers' biro's wouldn't write on the wet scoring sheets, the spirit marker pen refused to work on the wet leader-board slats, and we kept blowing the fuses in the kitchen with our continual use of the clothes dryer.

Still, we survived and the event went off successfully. Surprisingly though, when we compared results of the heat-wave versus cool/wet conditions, athletes performed better in the heat. Whilst 25 runners ran more than 100 miles in the 1986 heat, only 19 covered the same distance in this year's event.

John Punshon, our sports' photographer, took action shots in his raincoat all afternoon, and was back at the finish of the race the next day to show us the proofs. The sky was overcast and grey, but the spirits of the runners and helpers were certainly not gloomy, simply supportive and encouraging.

We were really grateful this year to have a squad of masseurs available for the full 24 hours. The students and graduates from the Victorian School of Massage provided an efficient and most appreciated service and kept many of the suffering athletes going a little longer. Spino Moraitis and Terry Howells, two of our club members who are both medical practitioners, were called on several times for their professional advice. They recommended that both Kerry Hartnett and Billy Beauchamp be taken to hospital when they suffered from complete exhaustion and were unable to stand up.



Dr. Spiro Moraitis has suggested that a more stringent medical check should be carried out on prospective competitors in future. We'll certainly consider his suggestions.

We were helped also by generous donations from several people. Klaus Schnibbe provided bread for sandwiches to keep the lap-scorers from dying of starvation, and the aroma of his toasted raisin-bread wafted in the cool air in the wee small hours. Ken Walters also provided crates of milk for hot drinks and Lift Beverages donated 80 litres of Prolift electrolyte drinks to give the runners a boost track-side.

The 40 competitors we had were an interesting bunch. One quarter of the field had travelled from interstate and several had camped at the track overnight. Max Eogenhuber's brother Alfred came all the way from California, USA, to run in our race. He and Max had both earned the coveted silver buckle last June in the Western States 100 for covering 100 miles in less than 24 hours over a tough mountain-trail course.

For three of our competitors, it was their first attempt at anything more than the marathon distance - John Bencze, Colin Donald and Rob Whelan. We were particularly interested in how Colin would cope. He came to us at 29 years of age with an outstanding athletic record over every distance from 400 metres to the marathon (PB 2.23.46), and was also a top race-walker. Colin paced himself well and covered 100 miles with two and a half hours to go, a remarkable achievement for a first ultra. He went through agony though in the last couple of hours.

Our vote for the top performance of the day went to another first-timer, big Rob Whelan, one of John Driver's mates. Rob weighed in at 107kg. and ran an amazing 104km. He had great motivation though. John had promised him a year's free subscription to his gymnasium if he covered more than 100km. I was amazed after the race when most runners were at the "never again" stage, that Rob asked me if I had an entry form for the 1988 event!

The race leaders in the early stages were Greg Wishart (still wearing an orthopaedic collar from a push-bike accident four months ago), folk-hero Cliff Young, and Geoff Hook, who ran through the marathon in 3.32, 3.34, and 3.39 respectively. They all paid for their suicidal early pace though.

It was not until after the 16th hour that Barry Brooks from Ballarat, running a well-judged race, passed Ian Javes from Queensland to ultimately take the lead to win. We were delighted to see him come through. He'd been the bridesmaid and run second in both the Australian track and road championships in 1986, so deserved a win.

Thank you to all those helpers who stayed up all night to lap-score and crew. Also grateful thanks to Westfield who sponsored the race and helped to make it such a wonderful event. And congratulations to the competitors who performed so well under adverse conditions.

1.	Barry Brooks	Vic	227.574km
2.	Ian Javes	Qld	217.070km
3.	Bill Beauchamp	Vic	213.875km
4.	Alfred Bogenhuber	USA	205.318km
5.	Maurice Taylor	NSW	202.666km
6.	Bryan Smith	Vic	201.200km
7.	Barry Allen	Vic	200.776km
8.	Cliff Young	Vic	197.115km
9.	Howard Ross	Vic	196.886km
10.	Klaus Schnibbe	Vic	176.330km
11.	Greg Wishart	Vic	175.696km
12.	Max Bodenhuber	NSW	173.617km
13.	Tony Rafferty	Vic	172.246km
14.	Colin Donald	Vic	170.842km
15.	Frank Biviano	Vic	168.645km
16.	Peter Milne	Vic	164.199km
17.	Peter Vernon	Vic	163.200km
18.	Gerry Riley	Vic	161.600km
19.	Tony Tripp	WA	161.200km
20.	John Bencze	Vic	157.221km
21.	Gordon Burrowes	Vic	152.213km
22.	Andy Docherty	SA	150.251km
23.	Leif Michelsson	Vic	149.204km
24.	Cynthia Cameron	Vic	141.057km
25.	John Champness	Vic	136.113km
26.	Kerry Hartnett	Vic	136.000km
27.	Ken Hough	Vic	131.307km
28.	Geoff Hook	Vic	130.000km
29.	Graham Light	Vic	125.320km
30.	John Sumner	Vic	120.000km
31.	Joe Gobel	Vic	117.200km
32.	Bob Moore	Vic	111.600km
32.	Robert Whelan	Vic	104.266km
33.	Kaven Dedman	SA	102.052km
34.	Claude Martin	Vic	100.000km
35.	Eileen Lush	SA	92.000km
36.	Alan Croxford	WA	62.400km.

Dot Browne  
Race Director

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# ULTRA -TRACK RECORDS - 24 HOURS & 100 MILES

24 HOUR:    WORLD: Men:    Y.Kouros (Gr)            283.600km  
                              Women:    E.Adams (UK)            222.800km

AUSTRALIAN:  
                              Men:        B.Bloomer                242.598km  
                              Women:     C.Cameron              200.615km

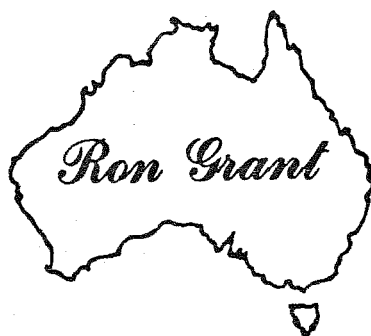
AUSTRALASIAN:  
                              Men:        R.Tout (NZ)              247.216km  
                              Women:     C.Cameron (Aust)        200.615km

100 MILES: WORLD: Men:        D.Ritchie (UK)            11.30.51  
                              Women      C.Barrett (UK)            15.07.45

Australian:Men:G.Perdon            12.25.09  
                              Women:     C.Cameron              18.11.37

AUSTRALASIAN:  
                              Men:        G.Perdon                12.25.09  
                              Women:     S.Barwick (NZ)            17.48.54

Letter to the editor:



53 Valley Drive,  
CABOOLTURE,  
QUEENSLAND,  
AUSTRALIA.  
4510

Phone (071) 95 2138

Dear A.U.R.A.,

I'd like to comment on Trevor Harris' reporting of the Q.M.R.R.C. 50 miler in Brisbane in October 1986.

Trevor states he was disappointed at winner Kerry Beattie's pacing and motivating by his friends, including myself. Second place-getter, Derek Jory was the only person in the race, to my knowledge, who didn't have a pacer at some stage. And whether it's one mile or fifty miles, it's still pacing. Perhaps Derek would like some help next time. I'd be prepared to do so myself. Kerry's friends ran with many competitors during the race.

I think pacing in ultras should be permitted. If you don't permit pacing, you will have officials running around protesting when they see some-one taking too long giving a runner a drink or asking what they want to eat. It creates all sorts of problems, but if you permit it, everyone has a choice and there can be no argument.

Every year I've gone out and run with someone or rode a bike. I've been in ultras in New Zealand and in Sydney and in the Simpson Desert and helping has been encouraged in all events. Goodness me, the sport is lonely enough without officious officials jumping up and down screaming 'pacing'.

I can understand pacing being banned in the Sydney to Melbourne race for safety reasons.

It would be impossible to tell the difference between pacing and motivating from an official's point of view in any race. Who is to say Cliff Young wasn't helped by the media and the thousands of people lining the streets of Melbourne at the finish of the first Sydney to Melbourne. The last runners didn't have the same motivation and pacing, but they wouldn't dream of protesting. Good on you Cliff!

I saw Kouros running with his manager in the last Sydney to Melbourne. What better pacing and motivating can you get than that. Keeps the sport lighthearted. There is enough weight in our feet.

Enjoying your magazine very much.

All the best,

Ron Grant (signed)

P.S. Congratulations to Tony Rafferty on his great win in the English 1000 miles event. I don't know how he runs so many events in one year.

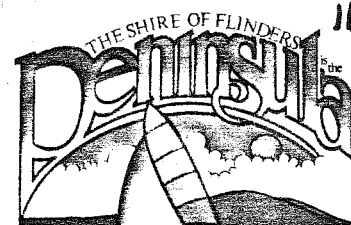
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Thanks Ron for your letter. Any comments from other members?

\*\*\*\*\*

PLEASE NOTE: Colin Berry, of the Holroyd Natural Healing Centre, 4/90 Lane Street, Wentworthville NSW (Ph. 02.6312533 business), has joined up as a member. Although Colin is not an ultra-runner himself, he is offering his services in massage, acupressure, reflexology, shiatsu to any of our members. He is the official masseur to the Granville-Chile Soccer Club and in the past, has looked after athletes on the Westfield Run.

Thanks Colin.



There's a reason every season!

## Percy Cerutti Memorial

### 12 HOUR RUN

Village Green, Rosebud - 7th March 1987

#### RESULTS:

1. Peter Armistead	126km 921m.
2. Keith Fisher	124km 543m.
3. David Yeaman	116km 419m.
4. Gerry Riley	113km 532m.
5. Howard Ross	113km 531m.
6. Tom Donovan	108km 909m.
7. Klaus Schnibbe	107km 762m.
8. Chris Le Dieu	107km 550m.
9. Dawn Parris	106km 292m.
10. Stan Miskin	105km 524m.
11. Peter Gray	103km 902m.
12. Ken Hough	103km 307m.
13. Trevor Harris	100km 562m.
14. John Champness	96km 93m.
15. Vic Walmsley	93km 900m.
16. Colin Stevens	90km 690m.
17. Ray Carroll	84km 472m.
18. Kevin Cassidy (withdrew in 6th hour)	47km.

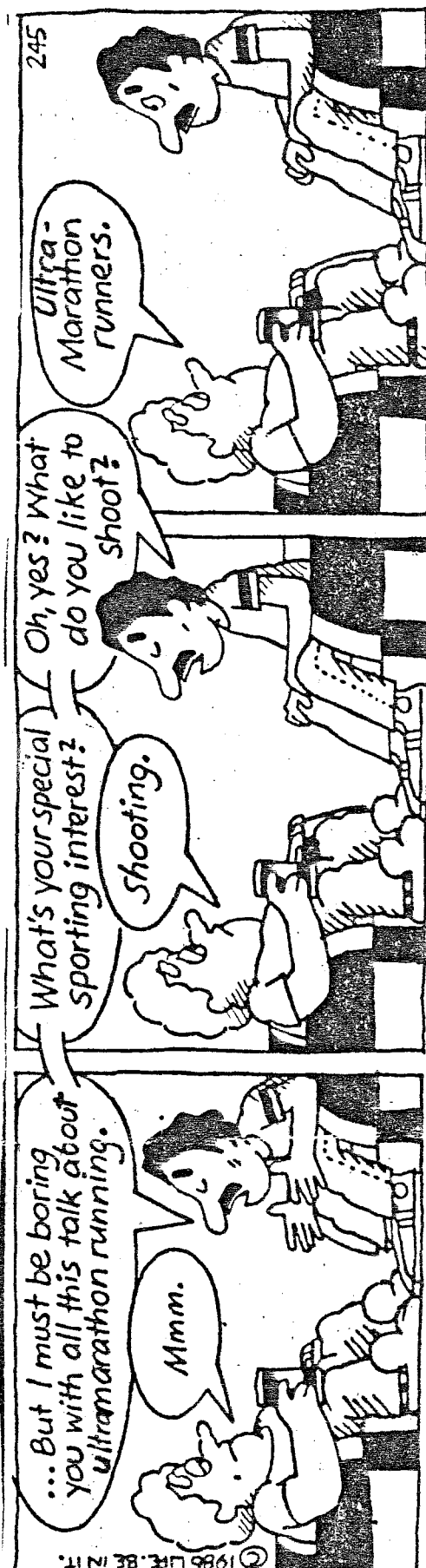
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One of our A.U.R.A. members, Terry Cox of Rosebud, Victoria, organised this 12 Hour event, with support from the Shire of Flinders and the Peninsula Healthy Lifestyle campaign.

It was a most successful event and is, as far as we are aware, the first 12 Hour event to be held in Australia. It was held on a 300m. grass track. Organisers are hoping to see it become an annual event and are considering changing the venue to a recognised 400 metre track.

Many members of our club went down to give the runners support and we all congratulate Terry and his helpers for the great job they did.

The weather on the day was rather cold with a blustery wind - not ideal conditions by any means.



# KNEES UP

## Mechanics

The knee joint is such a complicated mechanical structure that the high incidence of mechanical failure in sportsmen is not surprising. The joint has to be capable of bearing very large forces and yet in certain phases of running be subtle with very little expenditure of muscle energy.

If we had to support the knee with muscle contraction only throughout its range of movement we would be very tired runners indeed. Stability with mobility is possible by complex interplay between the shape of the bones, the size, length and positioning of ligaments, the presence of cartilages (menisci) and reflex contraction of muscle groups. The volume of medical literature on this subject alone is enormous, but don't worry. We will consider only basic anatomy in these articles.

The lower end of the thigh bone (femur) is cam-shaped if viewed from the side (fig. 1a),

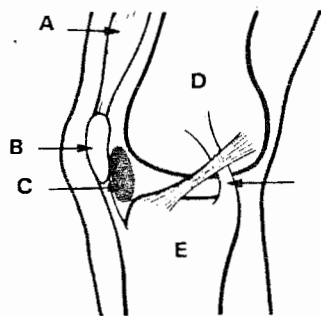


Fig 1a: Side view of the knee in bent position A. Quadriceps B. Kneecap (Patella) C. Fat pad D. Femur E. Tibia.

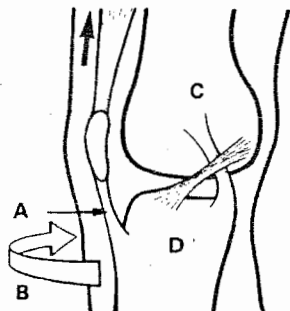


Fig 1b: Side view of the knee when straightened. A. Patella ligament (Ligamentum Patella) B. Rotation on extension C. Femur D. Tibia.

Continuing his series on common runners' injuries, James Daley looks at the knee — an all-too-frequent problem area.

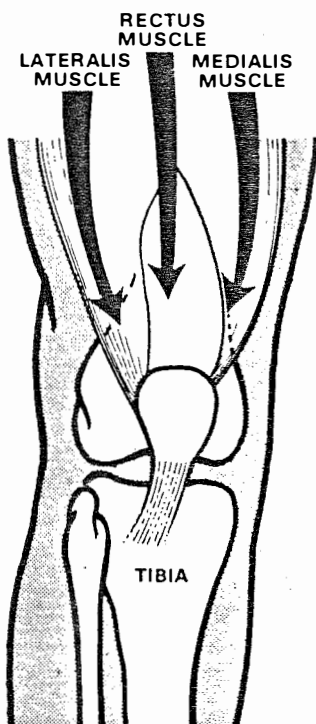


Fig 2: Minor abnormalities in the knee wouldn't necessarily affect non-runners.

the upper end of the shin bone (tibia) is relatively flat. The two bones are held together by a pair of strong crossed ligaments which lie at the centre of the joint (hence the name cruciate ligaments). These act rather like the cloth hinge of a clothes-horse; they are relatively tight in all positions of the knee (fig. 1b). When the knee is extended (straightened) the shape of the bones produce a 'screw home' mechanism with the tibia twisting outwards slightly to lock the knee straight — thus in this position the leg can support full weight with very little muscle contraction indeed.

The strong sheath surrounding the muscles (fascia lata) of the thigh has several thick bands within it running from hip to knee which act as "guy ropes" to steady the joint in extension. The muscle power for straightening the knee comes entirely from the quadriceps muscle of the thigh. (So called because it is composed of 4 muscles all

converging on the knee cap—patella—from slightly different directions). The knee cap lies within the tendon of these muscles and acts like a pulley around which the muscle tendon (ligamentum patellae) runs before it attaches to the shin bone. A deep groove is present on the lower end of the femur to allow this knee cap to slide up and down in a controlled fashion. The balance between the pull of the various muscles, the tracking of the knee cap in its groove and the angle at which the tendon is attached to the shin bone is delicate (fig. 2) — minor abnormalities are quite common and would probably not worry non athletic people but can be important to the runner. Mild deformity of the legs and abnormal foot movements (such as excess pronation producing rotation of the shinbone) can all contribute to excessive strain on the sensor mechanism.

## Detecting Trouble

Dull ache or a pain felt around or under the knee cap often exacerbated by running uphill, climbing stairs, sitting

for prolonged periods or excessive training heralds an attack of "runner's knee."

2. Pain, swelling and tenderness on either side of the patella ligament occurring towards the end of a run, especially if recent increase in distance and downhill running has occurred suggests "Hoffar Syndrome" (fat pad problem).  
3. Pain and tenderness either at the lowest tip of the knee cap or within the patella ligament itself can occur although, this is more common in jumpers. Patella tendinitis — Jumper's knee).

## Causes and Treatment

Runner's knee is usually attributed to a condition called chondromalacia patellae. (Latin meaning: softening of lining on the back of the knee cap). Looking into the joint surgically with an arthroscope has enabled us to define the problem more clearly.

Runner's Knee in the younger runner is almost certainly due to abnormal movement of the knee cap in its groove resulting in too much pressure on one part or another

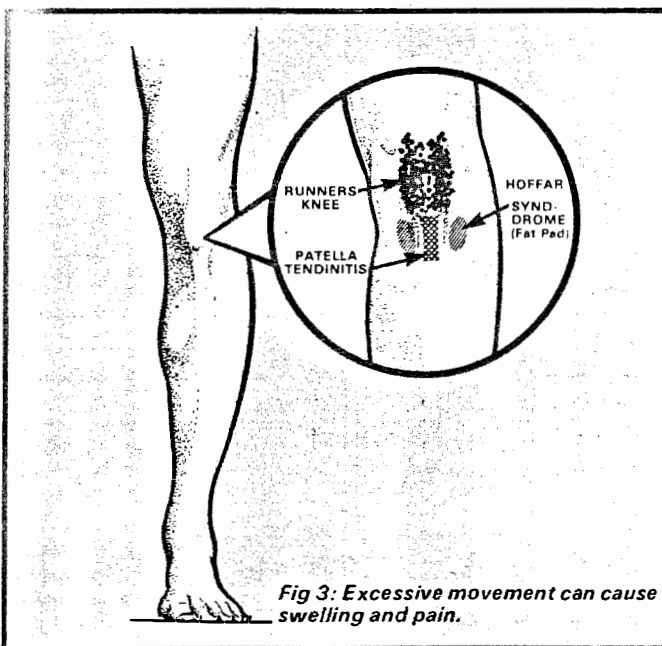


Fig 3: Excessive movement can cause swelling and pain.

# N.Z. NEWS

Letter to the Editor:

Sue Andrews,  
P.O.Box 65084,  
Auckland 10 NZ.  
30th January '87

Dear Dot,

Thank you so much for the ultra news. It is great to know what is happening in Australia, especially as the ultra scene is far greater than here in New Zealand.

I have enclosed some results from our latest 100km track race and assure you that conditions were terrible; at times the runners were running in ankle-deep water and shouting out, "Thought this was supposed to be a running race, not a wading race!". Wind was also a problem as a strong S.W. hit one side of the track, sapping everyone's energy. But we didn't get any relief as one may have hoped, from the other side. It seemed that the gods were truly frowning on us for holding this race.

In the end, most of the field called it quits after 50 miles. Dick and myself just hung in as we both wanted to complete the distance, Dick especially as he was using it as part of his training plan for the Westfield Run in March.

Well, that's about it for now from N.Z. Regards, Sue Andrews.

## RESULTS: NEW ZEALAND ULTRA RUNNERS ASSOCIATION 100KM TRACK RACE JANUARY 24TH 1987 6AM LOVELOCK TRACK SANDRINGHAM ROAD EXTN AUCKLAND

- |                 |            |                         |
|-----------------|------------|-------------------------|
| 1. RICHARD TOUT | 7HRS-07-36 | ( AUSTRALASIAN RECORD ) |
| 2. SUE ANDREWS  | 8HRS-46-11 | ( AUSTRALASIAN RECORD ) |

### 50 MILES

- |                |             |                        |
|----------------|-------------|------------------------|
| RICHARD TOUT   | 5HRS-34-19  |                        |
| DON MITCHELL   | 5HRS-38-19  |                        |
| STEVE DRAKE    | 6HRS-46-32  |                        |
| SUE ANDREWS    | 6HRS-53-54  | ( NEW ZEALAND RECORD ) |
| SANDRA BARWICK | 7HRS-49-58  |                        |
| DAVE SUTCLIFFE | 8HRS-33-15  |                        |
| DUDLEY HARRIS  | 10HRS-46-45 | ( WALKER )             |

WEATHER AND TRACK BOTH IN BAD STATE. GUSTY HEADWINDS ON BACK STRAIGHT  
2 INSIDE LANES FLOODED AT TIMES -  
THE TRACK WAS 440YDS AND TARSEAL MIXED WITH MUD.

### OTHER RECORDS.

- |                            |                |            |                        |
|----------------------------|----------------|------------|------------------------|
| SUE ANDREWS                | 50KM           | 4HRS-54SEC | ( NEW ZEALAND RECORD ) |
|                            | 50 MILE RECORD |            | ( AUSTRALASIAN )       |
| CYNTHIA CAMERON            |                | 6HRS-52-42 | ( 28-6-86 )            |
| OLD 100KM ( AUSTRALASIAN ) |                |            |                        |
| CYNTHIA CAMERON            |                | 9HRS-15-26 | ( 14-9-86 )            |

MINUTE/SEC      ULTRA MARATHON PACING CHART FOR 12/24/48 HOUR RUNS, 50 MILE, 100 KM, 100 MILE RUNS 400 METRE TRACK

PACE		9.6 km	13.1 m	32.2 km	26.2 m	31.25 m	80 km	62.5 m	120 km	160 km	125 m	208 km	224 km	240 km	156.25 m	280 km
PER LAP	PER MILE	6 miles	21.1 km	20 miles	42.2 km	50 km	50 miles	100 km	75 miles	100 miles	200 km	130 miles	140 miles	150 miles	250 km	175 miles
1:45	7:00	42:00	1:32:19	2:20:00	3:04:38	3:38:40	5:50:00	7:17:20	8:45:00	11:40:00	14:34:40	15:10:00	16:20:00	17:30:00	18:13:10	20:25:00
1:49	7:15	43:15	1:35:39	2:25:00	3:11:08	3:46:30	6:02:30	7:33:00	9:03:45	12:05:00	15:06:00	15:42:30	16:55:00	18:07:30	18:52:30	21:08:45
1:52	7:30	45:00	1:38:15	2:30:00	3:16:30	3:54:22	6:15:00	7:48:44	9:22:30	12:30:00	15:37:28	16:15:00	17:30:00	18:45:00	19:31:50	21:52:30
1:56	7:45	46:30	1:41:31	2:35:00	3:23:02	4:02:11	6:27:30	8:04:22	9:41:15	12:55:00	16:08:44	16:47:30	18:05:00	19:22:30	20:10:55	22:36:15
2:00	8:00	48:00	1:44:48	2:40:00	3:29:36	4:10:00	6:40:00	8:20:00	10:00:00	13:20:20	16:40:00	17:20:00	18:40:00	20:00:00	20:50:00	23:20:20
2:04	8:15	49:30	1:48:04	2:45:00	3:36:08	4:17:49	6:52:30	8:35:39	10:18:45	13:45:00	17:11:15	17:52:30	19:15:00	20:37:30	21:29:04	29:03:45
2:07	8:30	51:00	1:51:21	2:50:00	3:42:42	4:25:40	7:05:00	8:51:20	10:37:30	14:10:00	17:42:40	18:25:00	19:50:00	21:15:00	22:08:20	24:47:30
2:11	8:45	52:30	1:54:37	2:55:00	3:49:14	4:33:26	7:17:30	9:07:02	10:56:15	14:35:00	18:14:04	18:57:30	20:25:00	21:52:30	22:47:30	25:31:15
2:15	9:00	54:00	1:57:54	3:00:00	3:55:48	4:41:20	7:30:00	9:22:40	11:15:00	15:00:00	18:45:20	19:30:00	21:00:00	22:30:00	23:26:40	26:15:00
2:19	9:15	55:30	2:01:10	3:05:00	4:02:20	4:49:04	7:42:30	9:38:03	11:33:15	15:25:00	19:16:16	20:02:30	21:35:00	23:07:00	24:05:20	26:58:15
2:22	9:30	57:00	2:04:27	3:10:00	4:08:54	4:57:00	7:55:00	9:54:00	11:52:30	15:50:00	19:48:00	20:35:00	22:10:00	23:45:00	24:45:00	27:42:30
2:26	9:45	58:30	2:07:43	3:15:00	4:15:26	5:04:41	8:07:30	10:09:22	12:11:15	16:15:00	16:15:00	20:18:44	21:07:30	22:45:00	25:23:25	28:26:15
2:30	10:00	1:00:00	2:11:00	3:20:00	4:22:00	5:12:30	8:20:00	10:25:00	12:30:00	16:40:00	20:50:00	21:40:00	23:20:00	25:00:00	26:02:30	29:53:45
2:34	10:15	1:01:30	2:14:16	3:25:00	4:28:32	5:20:19	8:32:30	10:40:38	12:48:45	17:05:00	21:21:16	22:12:30	23:55:00	25:37:30	26:41:35	29:53:45
2:37	10:30	1:03:00	2:17:33	3:30:00	4:35:00	5:28:07	8:45:00	10:56:14	13:07:30	17:30:00	21:52:28	22:45:00	24:30:00	26:15:00	27:20:35	30:37:30
2:45	11:00	1:06:00	2:24:06	3:40:00	4:48:12	5:43:45	9:10:00	11:27:30	13:45:00	18:20:00	22:25:00	23:50:00	25:40:00	27:30:00	28:38:45	32:05:00
2:52	11:30	1:09:00	2:30:39	3:50:00	5:01:18	5:59:23	9:35:00	11:58:46	14:22:30	19:10:00	23:57:32	24:55:50	26:50:00	28:45:00	29:56:55	33:32:30
3:00	12:00	1:12:00	2:37:12	4:00:00	5:14:24	6:15:00	10:00:00	12:30:00	15:00:00	20:00:00	25:00:00	26:00:00	28:00:00	30:00:00	31:15:00	35:00:00
3:07	12:30	1:15:00	2:43:45	4:10:00	5:27:00	6:30:38	10:25:00	13:01:16	15:37:30	20:50:00	26:04:00	27:05:00	29:10:00	31:15:00	32:34:38	36:27:30
3:15	13:00	1:18:00	2:50:18	4:20:00	5:40:36	6:46:15	10:50:00	13:32:30	16:15:00	21:40:00	27:06:40	28:10:00	30:20:00	32:30:00	33:52:55	37:55:00
3:22	13:30	1:21:00	2:56:51	4:30:00	5:53:42	7:01:53	11:15:00	14:03:46	16:52:30	22:30:00	28:07:40	29:15:00	31:30:00	33:45:00	35:09:33	39:22:30
3:30	14:00	1:24:00	3:03:24	4:40:00	6:06:48	7:17:30	11:40:00	14:35:00	17:30:00	23:20:00	29:10:00	30:20:00	32:40:00	35:00:00	36:27:30	40:50:00
3:37	14:30	1:27:00	3:09:57	4:50:00	6:19:54	7:33:08	12:05:00	15:06:16	18:07:30	24:10:00	30:12:32	31:25:00	33:50:00	36:15:00	37:45:40	42:17:30
3:45	15:00	1:30:00	3:16:30	5:00:00	6:33:00	7:48:45	12:30:00	15:37:30	18:45:00	25:00:00	31:15:00	32:30:00	35:00:00	37:30:00	39:03:45	43:45:00
3:52	15:30	1:33:00	3:23:03	5:10:00	6:46:06	8:04:23	12:55:00	16:08:46	19:22:30	25:50:00	32:17:32	33:35:00	36:10:00	33:45:00	40:21:55	45:12:30
LAPS PER MILEAGE		24	52.297 M	80	105.195m	125	201	250	300	400	500	520	560	600	750	800



MINUTE/SEC  
PACE

EQUIVALENTS

PER LAP	PER MILE	187.5 m	320 km	218.75 km	368 km	400 km	432 km	281.25 m	480 km	312.5 m	512 km	343.75 m	576 km	600 km	640 km
		300 km	200 miles	350 km	230 miles	250 miles	270 miles	450 km	300 miles	500 km	320 miles	550 km	360 miles	375 miles	400 miles
1:45	7:00	21:51:30	23:20:00	25:30:30	26:50:00	29:09:30	31:29:30	32:48:10	35:00:00	36:26:40	37:20:00	40:05:00	42:00:00	43:44:10	46:40:00
1:49	7:15	22:39:00	24:10:00	26:25:30	27:47:30	30:12:00	32:37:30	33:58:30	36:15:00	37:45:00	38:40:00	41:31:30	43:30:00	45:18:00	1,600
1:52	7:30	23:26:12	25:00:00	27:20:34	28:45:00	31:15:00	33:45:00	35:09:22	37:30:00	39:03:40	40:00:00	42:58:00	45:00:00	46:52:20	→
1:56	7:45	24:13:06	25:50:00	28:15:17	29:42:30	32:17:30	34:52:30	36:19:39	38:45:00	40:21:00	41:20:00	44:24:00	46:30:00	1,500	
2:00	8:00	25:00:00	26:40:00	29:10:00	30:40:20	33:20:00	36:00:00	37:30:00	40:00:00	41:40:00	42:40:00	45:50:00	48:00:00	1,440	
2:04	8:15	25:46:57	27:30:00	30:04:46	31:37:30	34:22:30	37:07:30	38:40:19	41:15:00	42:58:08	44:00:00	47:15:56	1,375	→ 48 HRS	
2:07	8:30	26:34:00	28:20:00	30:59:40	32:35:00	35:25:00	38:15:00	39:50:40	42:30:00	44:16:40	45:20:00	1,280			
2:11	8:45	27:21:06	29:10:00	31:54:32	33:32:20	36:27:30	39:22:30	41:00:56	43:45:00	45:34:32	46:40:00	1,250			
2:15	9:00	28:08:00	30:00:00	32:49:20	34:30:00	37:30:00	40:30:00	42:11:20	45:00:00	46:52:40	1,200				
2:19	9:15	28:54:24	30:50:00	33:33:28	35:37:30	38:32:00	41:37:30	43:21:04	46:15:00	1,125	→ 48 HRS				
2:22	9:30	29:42:00	31:40:00	34:39:00	36:25:00	39:35:00	42:45:00	44:32:00	47:05:00	1,080					
2:26	9:45	30:28:06	32:30:30	35:32:37	37:22:30	40:37:30	43:52:00	45:42:11	1,000						
2:30	10:00	31:15:00	33:20:00	36:27:30	38:20:00	41:40:00	45:00:00	46:52:03	1,000						
2:34	10:15	32:01:54	34:10:00	37:22:13	39:17:30	42:42:30	46:07:30	1,080	→ 48 HRS						
2:37	10:30	32:48:42	35:00:00	38:16:49	40:15:00	43:45:00	47:15:00	1,000							
2:45	11:00	34:22:30	36:40:00	40:06:15	42:10:00	45:50:50	1,000								
2:52	11:30	35:56:18	38:20:00	41:55:41	44:05:00	47:55:00	1,000								
3:00	12:00	37:30:00	40:00:00	43:45:00	46:00:00	1,000									
3:07	12:30	39:03:48	41:40:00	45:34:26	47:55:00	→ 48 HRS									
3:15	13:00	40:39:10	43:20:00	47:25:25	920										
3:22	13:30	42:11:26	45:00:00	875											
3:30	14:00	43:45:00	46:40:00												
3:37	14:30	45:18:48	800												
3:45	15:00	46:52:30	→ 48 HRS												

750

← LAPS PER MILEAGE

NOTE

Dark lines indicate 12/24/48 hr runs. Turn the page for final distances!

All times are correct except maybe a couple of times might be 2 or 3 seconds out!

CALCULATED BY KEITH FISHER, GEELONG, VIC, AUSTRALIA

25-01-87



AND TOTAL DISTANCE COVERED FOR 12/24/48 HR RUNS AT EACH MILE PACE!

34 LAPS	100 METRES	7:00 min mile	12 hrs	102.6 miles/164.2 km	24 hrs	205.2 miles/328.4 km	48 hrs	410.4 miles/656.8 km
33 LAPS	40 METRES	7:15	↘	99.3 miles/158.9 km	↘	198.6 miles/317.8 km	↘	397.2 miles/635.6 km
32 LAPS		7:30		96.0 miles/153.6 km		192.0 miles/307.2 km		384.0 miles/614.4 km
31 LAPS	333 METRES	7:45		92.9 miles/148.6 km		185.8 miles/297.2 km		371.6 miles/594.4 km
30 LAPS		8:00 min mile	12 hrs	90.0 miles/144.0 km	24 hrs	180.0 miles/288.0 km	48 hrs	360.0 miles/576.0 km
29 LAPS	35 METRES	8:15	↘	87.3 miles/139.7 km	↘	174.6 miles/279.4 km	↘	349.2 miles/558.8 km
28 LAPS	95 METRES	8:30		84.7 miles/135.5 km		169.4 miles/271.0 km		338.8 miles/542.0 km
27 LAPS	174 METRES	8:45		82.3 miles/131.7 km		164.6 miles/263.4 km		392.2 miles/526.8 km
26 LAPS	267 METRES	9:00 min mile	12 hrs	80.0 miles/128.0 km	24 hrs	160.0 miles/256.0 km	48 hrs	320.0 miles/512.0 km
25 LAPS	377 METRES	9:15	↘	77.8 miles/124.5 km	↘	155.6 miles/249.0 km	↘	311.2 miles/498.0 km
25 LAPS	107 METRES	9:30		75.8 miles/121.3 km		151.6 miles/242.6 km		303.2 miles/485.2 km
24 LAPS		9:45		73.8 miles/118.1 km		147.6 miles/236.2 km		295.2 miles/472.4 km
24 LAPS		10:00 min mile	12 hrs	72.0 miles/115.2 km	24 hrs	142.0 miles/230.4 km	48 hrs	284.0 miles/460.8 km
23 LAPS	164 METRES	10:15	↘	70.2 miles/112.3 km	↘	140.4 miles/224.6 km	↘	280.8 miles/449.2 km
22 LAPS	371 METRES	10:30		68.6 miles/109.8 km		137.2 miles/219.6 km		274.4 miles/439.2 km
21 LAPS	327 METRES	11:00 min mile	12 hrs	65.4 miles/104.6 km	24 hrs	130.8 miles/209.2 km	48 hrs	261.6 miles/418.4 km
20 LAPS	349 METRES	11:30	↘	62.6 miles/100.2 km	↘	125.2 miles/200.4 km	↘	250.4 miles/400.8 km
20 LAPS		12:00		60.0 miles/ 96.0 km		120.0 miles/192.0 km		240.0 miles/384.0 km
19 LAPS	83 METRES	12:30		57.6 miles/ 92.2 km		115.2 miles/184.4 km		230.4 miles/368.8 km
18 LAPS	185 METRES	13:00 min mile	12 hrs	55.4 miles/ 88.6 km	24 hrs	110.8 miles/177.2 km	48 hrs	221.6 miles/354.4 km
17 LAPS	313 METRES	13:30	↘	53.3 miles/ 85.3 km	↘	106.6 miles/170.6 km	↘	213.2 miles/341.2 km
17 LAPS	57 METRES	14:00		51.4 miles/ 82.2 km		102.8 miles/164.6 km		205.6 miles/328.8 km
16 LAPS	211 METRES	14:30		49.6 miles/ 79.4 km		99.2 miles/158.8 km		198.4 miles/317.6 km
16 LAPS		15:00 min mile	12 hrs	48.0 miles/ 76.8 km	24 hrs	96.0 miles/153.6 km	48 hrs	192.0 miles/307.2 km
15 LAPS	200 METRES	15:30 min mile	12 hrs	46.5 miles/ 74.4 km	24 hrs	93.0 miles/148.8 km	48 hrs	186.0 miles/297.6 km

## CRADLE MOUNTAIN RUN - 7th FEBRUARY, 1987

by Geoff Hook

Most hikers take 5 days to walk the rugged track from Cradle Mountain to Lake St. Clair in Tasmania. More days are required if the many points of interest off the track are investigated. We had to run it in one day. The distance didn't sound forbidding - the race organiser, Richard Pickup, prefers to call the distance "irrelevant", approximate figures are bandied around by other runners so I prefer to call it roughly a double marathon. The toughness of the course did sound truly foreboding.

I thought I was sufficiently trained for such an event with several 100 mile and 24 hour races and one 6 day race under my belt. Also, I had recently been training at altitude (?) at Falls Creek and Thredbo which included some rough trail running. Well, I'm embarrassed to admit that I was insufficiently trained for the event. The last ½ hour was "walked" (staggered) in the dark and I was completely stuffed. Therefore I recommend the following minimum criteria for those contemplating this event: Must be capable of running 100 miles under 18 hours and if not an orienteerer, train specifically hard in the bush and over difficult trails for several hours at a time prior to the event. Running up mountain creeks and through mud would be an advantage as well as doing some long 4-5 hour training runs. There is no substitute for the hard training required and the penalty for not doing so is possibly a night's stay in a hut on the mountain with no bedding or food and little warmth and to give the race organiser heaps of headaches and problems.

The runners converged on Cradle Mountain Lodge, near the start, from three States - N.S.W., Victoria and Tasmania, for Friday night in order to permit an early morning, 6.30 a.m. start. We were so efficient, Richard was able to send us off at 6.16 a.m. Those who undertook a crouched sprint start had a decided advantage.

Of the 14 entrants in the run, 13 started. The track was awash from weeks of rain prior to the event but the weather had become fine for the last two days and we were hoping that some drying out of the track had taken place.

So we were off on a glorious day - no clouds and no wind with the sun rising behind Cradle Mountain. Small groups quickly formed during the climb up to the plateau (not too steep or too long for well trained people but enough to sap energy that would have assisted in relieving the pains near the end of the run).

The views all around at this stage of the run were nothing short of spectacular. Long views to distant mountains, close views of rugged escarpments, rock massifs and monoliths, valleys, cliffs and peaks. Such a glorious and everchanging sight if you dared to take your eyes off the rough track ahead to sneak a glance.

Steep gullies, loose rock and some muddy sections characterised what was still pleasant running. The sun was beginning to climb in the sky and so with that drinking became more frequent.

I ran with Max Bogenhuber (qualified for a silver buckle in the Western States 100) for the first hour but his superior downhill running plus strength over rough trails meant that when he got ahead, he disappeared from sight in a short while never to be sighted again until the finish. Shortly after Max left me, Peter Armistead and Ross Shilston passed me. Not wanting to be left running alone, particularly since I did not have a map and the trail was hard to find in spots, I struggled to catch up. After sticking together for awhile, the three of us seemed to form a bond to stay together right through. I was happy in the thought that if I became lost, it would at least be in company.

Sections of forest running gave us respite from the sun but of course increased the patches of mud and slippery and mossy sections. A check point at Pelion Hut, approximately 40km (nearly  $\frac{1}{2}$  way) into the run became our immediate goal. Arrival at this hut was achieved in just over 5 hours - pretty good I thought but little did I realise that the toughest sections of the track were still to come and the body was becoming increasingly sore and tired.

It was a joy to be clapped into Pelion Hut by a group of hikers, be offered a cup of tea or coffee by the check crew and sit down for a short fueling stop. Reluctantly, we stretched our weary legs and set off. We were told that ahead of us lay a stiff climb up to Pelion Gap, a tough section through the marshy bog of a plateau but when into the forest, we would be able to recommence steady, uninterrupted running. This sounded great.

The climb to Pelion Gap was stiff, with the midday sun beating mercilessly down on our backs. Peter's first encounter with the marshy bog was to sink up to his waist in the muck. Ross and I skirted this section however Ross and Peter were to sink up to their waists in mud several times. Progress was slow, jumping from button grass tuft to button grass tuft, twisting ankles, sloshing around in mud and water from ankle to knee deep and on rare occasions finding a small section of reasonably firm ground but being too stuffed to start running again. Meanwhile, the sun still beat mercilessly down and the leeches sucked gleefully away in search of what little blood must have been circulating in our legs. I was definitely looking forward to the forest.

The forest, which stretched almost from Pelion Gap through Kia Ora and Du Cane to almost Windy Ridge Hut, was not at all easy to run. If you got a 20m section of firm track to run, it was invariably broken by a long muddy or boggy section. Twisting and turning, ducking and weaving further impeded running progress. Along this section, Doug Markulin caught us up. I was beginning to feel so tired, I thought the whole field behind us would catch up and pass.

Like so many other intersections in the Overland Track the turn off to Hartnett Falls was not clear. Ross, Doug and Peter inadvertantly took the path towards the Falls. Bringing up the rear, I went the other side of a large mossy tree and found a signpost indicating their true direction. My calls fell on mostly deaf ears. Only Peter turned back. Later on, the other two were to claim the Falls were beautiful and worth seeing but we knew they were only trying to justify their mistake.

They did well to catch Peter and I somewhere between Windy Ridge and Narcissus Huts, the only section (9km) of decent, flat running in the whole course. Time was marching on due to our slow progress so we all pushed it along as fast as our tired and wrecked bodies would allow in order to arrive at the check point at Narcissus Hut before 6.00 p.m. and enable us to continue on to the finish.

It was along this section that I encountered the first of three snakes, a 1.3m black beauty. If I hadn't stopped, I would have trodden on it. Imagine my feeling of concern with Peter attempting to push me forward before the snake had cleared the track. I should have stepped aside and let Peter go by as the snake turned its head and looked lazily at us before proceeding off into the bush. From then on my eyes were flicking from short to long distance along the track to ensure I didn't surprise myself by stepping on the next snake.

Richard Pickup had arranged for three friends to run in from the opposite end and sweep back with the tailenders. We saw them at Due Cane Hut and now they were almost upon us indicating we had now slipped back close to the end of the field. We arrived at Narcissus at 5.35 and left at 5.40. Not much rest for tired bodies that were more tired due to the recent push to arrive before 6.00 p.m. Only 17km to go, so the estimate of three hours for runners and five hours for hikers seemed exaggerated. Peter and I took four hours to prove the estimates correct.

The track from Narcissus Hut to Cynthia Bay closely followed the edge of Lake St. Clair. Rain forest gave way to forest which gave way to ferns which gave way to bush. The track itself wound and twisted among the trees, up and down short steep gullies, through mud and slush, criss crossed by tree roots, fallen trees and creek crossings. Very difficult to run far before some obstacle made you slow down or stop.

The most startling section was the rain forest. Thick tree trunks covered in moss with vines and creepers draped around and an eerie atmosphere created by the dimness punctuated by lighter patches. Surely the home for Hobbits. I would not have been surprised to see Gandalf come crashing in from the gloom, or to be set upon by evil orcs brandishing flashing steel swords.

In the closing stages, Ross took off leaving Peter and I to bring up the rear of the finishers. It was a bit ignoble to finish in the dark but better this way than those who, unprepared and without food, bedding and warm clothing, had to sleep the night in one of the huts used by hikers. Just as near complete darkness fell and still with an  $\frac{1}{2}$  hour to go, Richard Pickup arrived with a light. He had walked in to shepherd the tailenders in and what a welcome sight. It meant we wouldn't be set upon by all the nasty creatures out of The Lord of the Rings.

The mud wouldn't be rubbed off, it had to be gouged off with sharp fingernails. Nevertheless, a hot shower, warm food and a soft bed were welcome luxuries to a gruelling and tough day.

The winning time, although a lot slower than the record for the event, was still an excellent result in spite of the arduous conditions.

### RESULTS

1. Michael Walters	10:04:52	5. Mike March	15:04:50
2. Robin Rishworth	11:15:48	6. Doug Markulin	15:05:00
3. Max Bogenhuber	11:18:44	7. Ross Shilston	15:16:20
4. Alan Davis	13:04:52	8. Peter Armistead )	15:33:14
		Geoff Hook )	

Ian Hutchison )  
 Graeme Fennel ) Retired at Narcissus Hut  
 Brian Westwood )

Edward Colcombe - Retired at Pelion Hut

## INJURIES IN RUNNING

## THE KNEE

Concluding his investigations on the knee, James Daley looks into the medial (inside) part.

## Knee Problems — Finale

THE anatomy of the medial side of the knee is similar to the lateral side. The capsule on the lateral side is thickened to form the strap-like medial ligament. This is in two layers — the short coronary ligament (fig. 1) connecting the meniscus (cartilage) to the bones, and the overlying long medial collateral ligament.

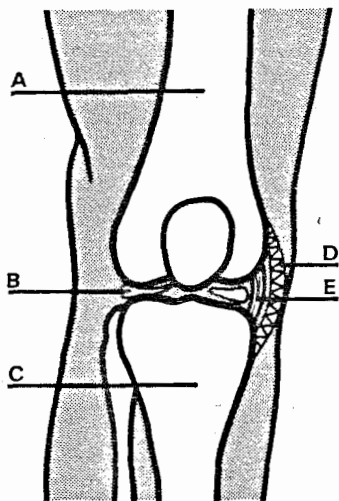


Fig. 1: A - Femur; B - Cartilage; C - Tibia; D - Medial ligament; E - Coronary ligament.

The capsule is reinforced by three strap-like muscles passing across the capsule (fig. 2) separated only by a sac of fluid (a bursa) that allows movement of one on the other. These 3 muscles, sartorius, gracilis and semitendinosus, join the shinbone a little lower down — the insertion of those tendons forms a goose foot shaped end — hence the name pes anserinus — foot of goose.

The hamstring muscles divide into two groups in the back of the thigh. The medial muscle (semimembranosus) joins the tibia at the back of the knee, another bursa separates that from the bone beneath.

## Ligament problems

Pain felt on the inside of the knee at the joint level without any swelling or catching of the knee, often

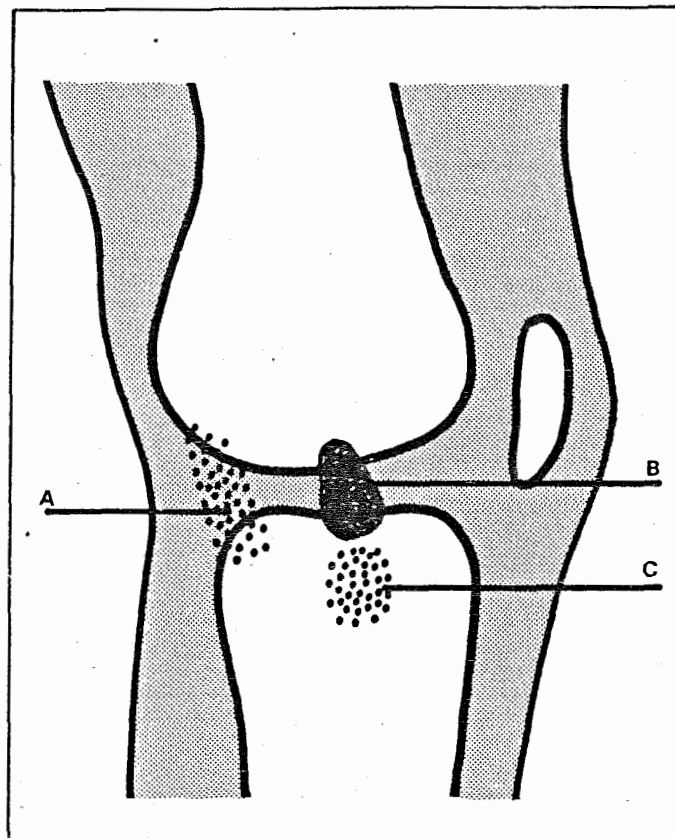


Fig. 3: A - Bursa; B - Coronary ligament; C - Pes anserinus.

exacerbated by running on hills may well indicate problems with the coronary ligament. (Short medial ligament).

The coronary ligament helps to stabilise the inside cartilage during movement. The long medial ligament prevents the knee joint from moving out sideways if abnormal strain is placed upon it.

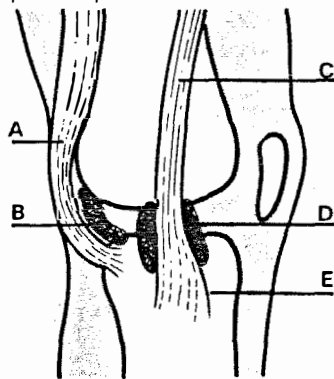


Fig. 2: Medial hamstring muscle (semimembranosus); B - Bursa; C - Semitendinosus, sartorius, gracilis; D - Bursa; E - Pes anserinus.

An injury severe enough to damage the long ligament usually results in considerable swelling, pain and disability requiring medical attention. The short coronary ligament, however, is much more susceptible to recurrent minor strains, such as those produced by flailing the legs sideways or running across the camber of slopes rather than up and down hills.

Knock Knees are not likely to help this problem, particularly if the abnormal position of the knees has resulted in bad shoe wear. With this problem the tenderness is very localised (fig. 3), swelling is not usually present — the underlying cartilage is normal and therefore no locking occurs. Once the symptoms have appeared, reduce running, but if tenderness is severe then rest completely. Local massage, with or without the help of a physiotherapist often helps. (The latter is usually curative). Just occasionally the symptoms will not subside until the spot is injected by a doctor.

## Torn cartilage

Pain associated with general swelling of the knee, especially after a twisting injury will almost certainly indicate a tear of the medial cartilage.

The medial cartilage itself is usually torn by twisting the body forcibly around a flexed knee with the feet firmly planted on the ground. This movement is seen classically in football tackles but can easily occur when jumping off a wall or stile. As the cartilage ages, it becomes much more likely to be torn, in fact later in life sometimes just stooping down to tie a shoe lace can produce damage to the cartilage. The cartilage may tear at either end, or split down the middle. In any of these, the pieces can jam between the bone causing locking, which damages the joint. It is extremely unwise to continue running in these circumstances until skilled medial attention has been sought.

## Inflamed bursa

Swelling either at posterior aspect of the medial knee or a little lower down, which is tender and exacerbated by use of the knee will indicate an inflammation of either the hamstring bursa or the pes anserinus bursa.

Enlargement of either hamstring or pes anserinus bursa is difficult to avoid. Nature wisely provides these sacs of fluid to lubricate the moving parts. If movement is excessive, the bursa sometimes becomes inflamed, produces more fluid and subsequently enlarges.

Sometimes too rapid an increase in distance produces these problems, at other times they just appear. The presence of the enlarged bursa is not harmful to the joint but if tender and painful the limb needs to be rested for a while.

Ice packs may help — certain anti-inflammatory tablets from your doctor will help. Sometimes skilled physiotherapy with massage settles the swelling but occasionally an injection is also required.

# The Blue Mountains Six Foot Track Marathon

KATOOMBA TO JENOLAN CAVES - 21st MARCH, 1987 by Geoff Hook

Controversy surrounded the distance of this marathon. Just how far is it? All runners who had competed in one of the prior three stagings of the event had an opinion, but few could agree. The race organisers would prefer not to know, confident that it was close enough to the official marathon distance to be classed as one. However, curiosity got the better of a number of people so Big Chris Stephenson chugged along at the rear of the field with a measuring wheel. Chris also acted as a sweeper to marshall any runners experiencing difficulty (last year there were plenty in the 40°C heat) and so he adjusted his pace to finish just inside the official cut-off time of 8 hours. The result? - well the course was measured at 46km - strictly an ultra but the organisers will continue to call it a marathon.

So why 8 hours cut-off time for a marathon? Well, the Six Foot Track race is one of the toughest marathons you are likely to experience anywhere in the world. Incidentally, the Six Foot Track was constructed in 1884 as a bridle path, from the Explorer's Marked Tree at Katoomba through to Jenolan Caves, a distance of approximately 26 miles, to short cut the 50 mile road journey. To start with, there is a steep drop of 500 metres in about 3km. (If you don't sprain your ankle in this mountain goat terrain, then overworked quadracept muscles will be nicely set to give trouble in the latter stages of the race). Next comes about 8km of easy undulating running with the odd gate and fence stile to negotiate as the track largely passes through private land. At this point, friends and helpers can watch you cross Megalong Road where you still look amazingly fresh and wonder why this marathon is considered so tough. Another 8km of fairly narrow, sometimes rocky, track which slopes mostly downhill ends at the lowest point of the race at Coxes River. Still easy - so what's the fuss? Water, barley water and fruit can be had at an aid station here and many runners take a break to pour the water out of their shoes from the almost waist high crossing of Coxes River.

The Bush Fire Brigade did a marvellous job in getting to remote sections of the track so that we didn't have to go too far without at least access to water. Most streams we crossed are heavily polluted and so with a warm sunny day (not 40°C like last year) frequent aid stations became very necessary. Runners started to bunch up at, and just after, Coxes River with those who had not conserved energy within their own capability beginning to drop back through the field.

The real trial began just after Coxes River with about 700m unrelenting climb, followed by about 500m drop, followed by about 800m unrelenting climb. All this in only about 7km of running (walking, staggering?). In the middle was a section of several hundred metres where scores of Bellbirds chirped merrily away. Such beautiful sounds, some very close, some distant, gave all runners a lift in spirits.

At the top of the second climb, many runners struggled to keep up a good pace on a nice and easy undulating bush fire track. "Small" hills which rose only a few metres in 100m slowed some runners to a walk. Just 7km of this terrain brought us out onto the Jenolan Caves Road. Spirits lifted at this point because we knew the end was in sight (and achievable).

About 6km of undulations (larger than previous sections) were unremarkable. Then the last 7km saw us back on the track, somewhat flat at first but the last 3km were very steep downhill right to Caves House.

What a thrill it was to see Caves House come rushing up to meet you as you tried to go flat out downhill on legs screaming out in pain. A large group gathered at the entrance to Caves House applauded each runner as they finished. It seemed as time went by, the applause became louder and more enthusiastic so that there is merit in taking your time and finishing well down the list.

Race organiser Ian Hutchison together with sponsors Blue Mountains Echo Newspaper, Commonwealth Bank, Blue Mountains City Council and Oberon Shire Council are to be congratulated on a fine and exciting event. Thanks also for the billy tea and damper at the Explorers Marked Tree prior to race start.

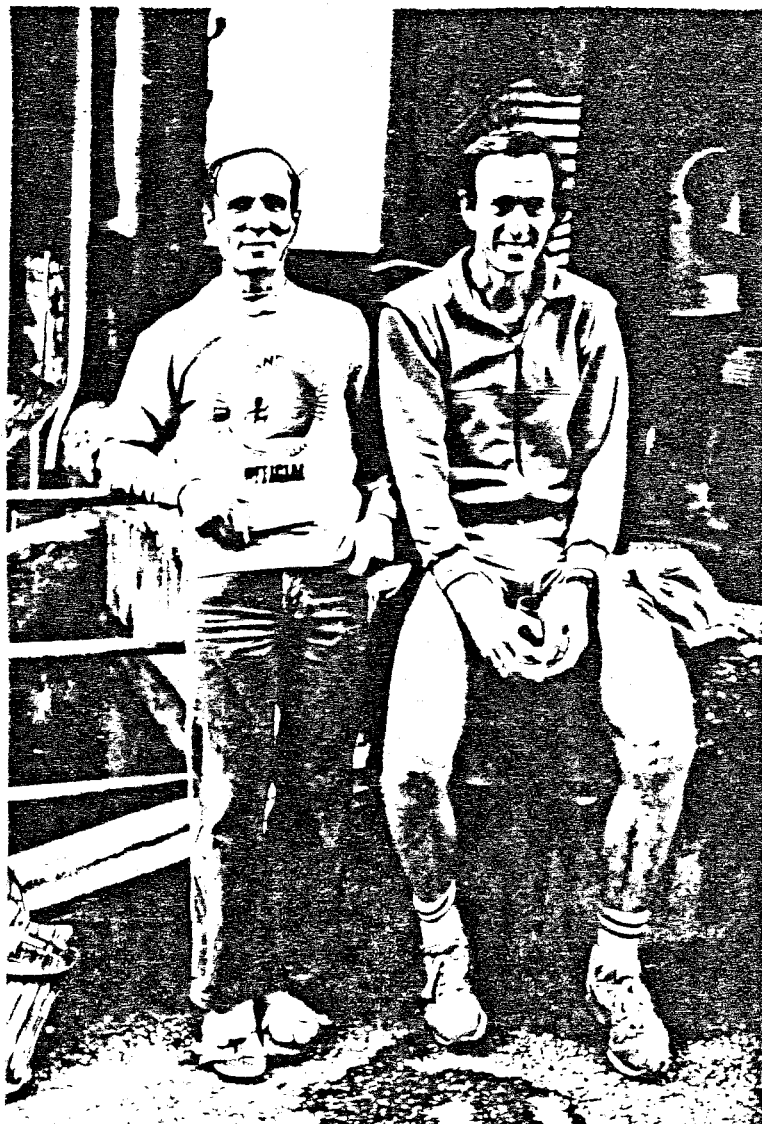
## Katoomba to Jenolan Caves

Last years winner Matthew Cull, seeded second this year due to the entry of N.S.W. State Marathon Champion Steve Montague, was able to pass Steve in the closing stages of the race to record a large reduction in the course record.

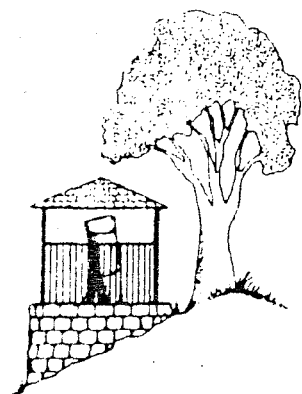
### RESULTS

1. Matthew Cull	3:28:17	18. Chris Guy	4:36:17
2. Steven Montague	3:36:10	19. Max Bogenhuber	4:36:53
3. Bill Clingan	3:59:00	20. Mark Walton	4:37:46
4. Greg Love	4:03:04	21. Barry Moore	4:41:17
5. Hugh Moore	4:03:26	22. Roger Smith	4:43:34
6. John Williams	4:07:31	23. Vic Thomas	4:44:55
7. Geoff Stevens	4:11:28	24. Chris Lee	4:45:42
8. Peter Malinowski	4:17:44	25. Nobby Young	4:45:48
9. Don Price	4:18:12	26. Danny Gray	4:45:48
10. Creese Syred	4:20:21	27. Paul Russell	4:48:23
11. Matthew Kaley	4:25:50	28. Robert Herd	4:48:34
12. Charlie Robinson	4:26:49	29. Pat English	4:48:55
13. Barry Coates	4:27:06	30. Ted Clayton	4:51:19
14. Terry Strachan	4:28:31	31. Trevor Harris	4:53:28
15. Keith Thomas	4:28:31	32. Geoff Hook	4:54:41
16. Paul Woodhouse	4:29:18	33. Richard Berling	
17. John Hart	4:35:09	34. Phil Mezzino	

With 119 starters, the full results are too extensive to publish - sorry to those who finished further down the list - full results will be posted to each competitor.



Above:  
Ian Hutchison  
(Race Director),  
Helen & Big Chris  
bringing up the  
rear with the  
measuring wheel.  
Right:  
Max Bogenhuber  
and Geoff Hook





## INJURIES IN RUNNING

# KNEE NIGGLES

Ever felt a twinge around the outer part of the knee? James Daley looks at the problem that can occur in this area.

## Basic Functions

The camshaped thigh bone (femur) sits on the top of the flat shin bone (tibia) with only a small area of actual bone to bone contact. The load between these two surfaces is spread by the two cartilages (menisci) which are lunar shaped pieces of gristle. The cartilages become stiffer with age (Diag 1). When viewed from the top, it can be seen that the medial half of the tibia and its associated cartilage is bigger than the lateral half. This helps the screw home effect as the knee is straightened. The rotation of the shin bone is reversed by a small muscle lying at the back of the knee (the popliteus) which runs obliquely from the tibia to the femur. (Diag 2). The tendon of this muscle is partially attached to the cartilage on the outer side of the knee. The knee joint itself has a "capsule" of thickened fibres running from bone to bone. This is reinforced by large ligaments on either side (the medial and lateral ligaments). Outside the capsule runs the ilio-tibial band, running from the pelvis to the shin bone. As the knee bends this band moves backwards and forwards over the under-lying bone, the two being separated by a sac of fluid (bursa).

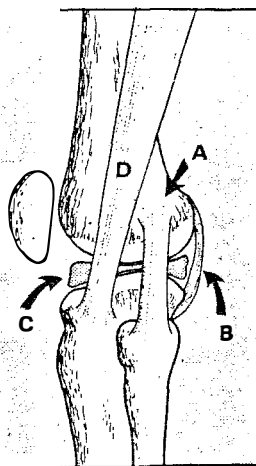


Diagram 1: Outer side of the knee, with the front at the left. A-back ligament; B-popliteus; C-cartilage; D-iliotibial band.

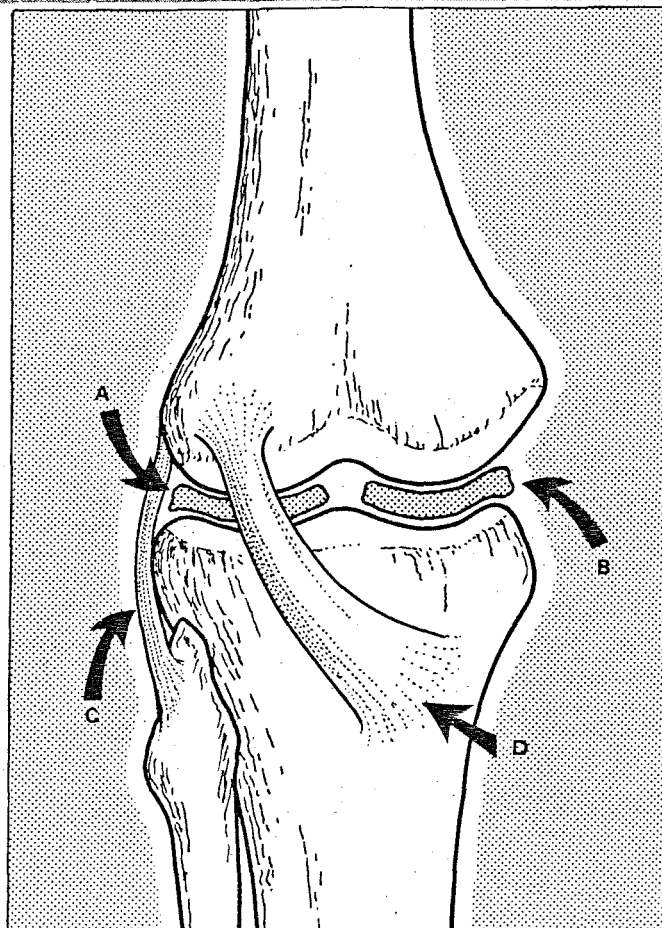


Diagram 2: Back of the knee. A.B-cartilage; C-ligament; D-popliteus.

## Common Problems

### 1. Friction

Pain on the outer side of the knee above the level of the joint (Diag. 3) usually occurring after some distance but which can often be run through, may be due to an ilio-tibial band friction syndrome. There may be an associated clicking and it is usually tender.

#### Causes and treatment

As the ilio-tibial band flicks across the bone it becomes inflamed. The pressure on the band is increased by deformity such as bow legs, hyperpronation of the feet, or any other cause of an abnormal style of running, particularly if the tibia is rotated excessively. Similarly running on banked or cambered surfaces or in badly worn shoes. Once the band is

inflamed it needs rest, therefore reduce mileage at once; keep to flat surfaces. Ice packs or gently massage may reduce pain. If there is no improvement, rest completely for a few days. Often a few anti-inflammatory tablets such as aspirin or Brufen will help (from your Doctor). In refractory cases an injection of steroid and local anaesthetic is needed. Once the problem has settled, gradually reintroduce training complete with stretching exercises. Pay attention to your style and wear good shoes.

### 2. Tendinitis

Pain felt at the back of the outer side of the knee without any swelling, particularly after running on cambered surfaces, hills, or soft ground may be due to popliteal tendinitis.

#### Causes and treatment

Popliteal tendinitis results from excessive need to use this muscle to rotate the shin bone

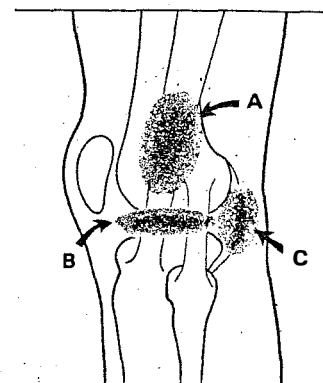


Diagram 3: Outer side of knee. A-iliotibial band; B-cartilage; C-popliteus.

particularly if running on soft surfaces. The inflamed tendon requires rest initially with the usual applications. Often ultrasound will help. Once again only gradually reintroduce flat surface running — make sure you lift those feet properly, do not flail the lower leg about.

### 3. Cartilage

Swelling of the knee associated with pain around the gap between the two bones, especially in the older runner in the absence of injury, may be due to wear and tear damage to the outer cartilage (a different diagnosis). If this follows an injury during which the knee has been forced inwards then the lateral ligament may have been strained.

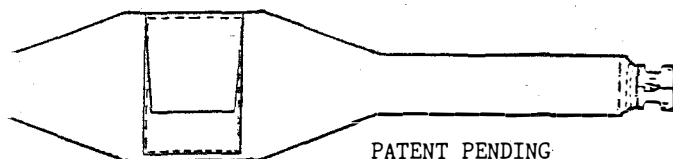
#### Causes and treatment

Tears of the lateral cartilage can occur in later life without any particular injury — the cartilage is stiff and unable to move out of way of the rotating femur. The repeated injury and crushing of the cartilage will cause damage. This inflames the joint, with consequent swelling. The diagnosis is difficult even to an orthopaedic surgeon. The symptoms of small tears may settle if the knee is rested, preferably with a splint or thick bandage and if knee strengthening exercises are performed and careful training reinstated. Arthroscopy may be indicated if the swelling recurs.

Severe strains of the lateral ligament are unusual in running but if produced by an awkward fall require urgent skilled attention.



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## Victory — with a song



● A confident Yiannis Kouras on the home stretch of the Westfield ultra-marathon last night. Picture: CHRIS EASTMAN

GREEK running machine Yiannis Kouras had just one thing on his mind as he completed the gruelling 1060 km Westfield Sydney-Melbourne ultra-marathon last night — music.

His support crew had forgotten to bring along tapes of two special songs by his favorite Greek composer, Mikis Theodorakis, and Kouras was desperate to get hold of a cassette to help him over the final few kilometres through the city to Doncaster.

Kouras said he could not give any interviews because he was suffering from laryngitis.

"I can't speak because of my throat," Kouras said shortly after he passed through Dan denong about 7.45 pm.

"But I'll sing for you tomorrow if you can get me a tape of those songs."

A handful of wellwishers braved the chilly weather to give the Hellenic superman a hero's welcome as he passed through Flinders St about 10.50 pm.

Team manager Theo Premetis said Kouras had completed a "record of human endurance never before seen."

He said Kouras's preparation for this year's event had not been as good as it was in 1985, but his remarkable powers of concentration had helped him complete the course in less than six days — and on just five hours' sleep.

By GEORGE MEGALOGENIS

Mr Premetis said: "Kouras is not just a physical runner."

"He is a runner who runs with his mind."

"After a certain time the mind takes over, and in this case he had the inspiration and assistance of the Australian people."

"That really inspired him."

Mr Premetis said Kouras would have finished early yesterday afternoon had he not run into difficult weather on Monday night.

But he said media reports that the Greek runner had caught a cold along the chilly Princes Highway on Monday night were not true.

This year Kouras's team included 29-year-old physiotherapist Charles Tzannes, who helped Kouras maintain his strength on a diet of sweets, fruit, Staminade, tea, coffee and glucose-enriched drinks.

"His mental capabilities are just remarkable," Mr Tzannes said.

Mr Tzannes and Mr Premetis said they kept quiet about the crisis in the Aegean involving Greece and Turkey late last week so that Kouras could keep his mind on the race.

Kouras's nearest challenger, New Zealand's Richard Tout, still was about 150 km behind when the Greek road king crossed the finish line.

# RANKINGS

AUSTRALIAN 24Hr. TRACK RANKINGS AS AT MARCH 1987.

1. Brian Bloomer	45	(V)	242.598Km.	Box Hill	15/16Feb1986.
2. Cliff Young	63	(V)	235.969Km.	Adelaide	9/10Nov1985.
3. Ashley Parcell	30	(QLD)	234.959Km.	Hensley	23/24Feb1985.
4. Geoff Molloy	40	(V)	232.400Km.	Box Hill	2/3Feb1985.
5. Joe Record	38	(WA)	230.029Km.	Crystal P.	Oct1979.
6. David Standeven	34	(SA)	228.566Km.	Adelaide	1/2Nov1986.
7. Barry Brooks	46	(V)	227.574Km.	Box Hill	28Feb1987.
8. Geoff Kirkman	35	(SA)	220.560Km.	Adelaide	9/10Nov1985.
9. George Audley	51	(WA)	219.361Km.	Perth	18/19Oct1986.
10. Ian Javes	44	(QLD)	217.070Km.	Box Hill	28Feb1987.
11. Bill Beauchamp	41	(V)	213.875Km.	Box Hill	28Feb1987.
12. Charles Lynn	40	(NSW)	213.839Km.	Adelaide	9/10Nov1985.
13. Bob Bruner	47	(V)	211.584Km.	Box Hill	15/16Feb1986.
14. Alan Croxford	43	(WA)	210.934Km.	Perth	18/19Oct1986.
15. Gerry Riley	56	(V)	210.272Km.	Adelaide	1/2Nov1986.
16. Jack McKellar	45	(V)	208.915Km.	Box Hill	15/16Feb1986.
17. John Bell	41	(V)	208.450Km.	Box Hill	15/16Feb1986.
18. Howard Ross	40	(V)	205.634Km.	Box Hill	15/16Feb1986.
19. James Sheridan	27	(SA)	205.426Km.	Connecticut	25Sep1982.
20. Graeme Wilkinson	40	(NSW)	204.716Km.	Hensley	29/30Nov1986.
21. Anyce K Melham	29	(NSW)	202.862Km.	Adelaide	1/2Nov1986.
22. Maurice Taylor	38	(NSW)	202.666Km.	Box Hill	28Feb1987.
23. Bryan Smith	43	(V)	201.200Km.	Box Hill	28Feb1987.
24. Barry Allen	30	(V)	200.776Km.	Box Hill	28Feb1987.
25. Ron Hill	46	(V)	196.715Km.	Hensley	29/30Nov1986.
26. Alistair McManus	34		196.662Km.	Hong Kong	17Nov1984.
27. Keith Swift	43	(NSW)	196.400Km.	Hensley	23/24Feb1985.
28. Alan Fox		(SA)	196.340Km.	Adelaide	5/6Nov1983.
29. Greg Wishart	47	(V)	195.550Km.	Box Hill	15/16Feb1986.
30. Ross Martin	56	(SA)	194.695Km.	Adelaide	9/10Nov1985.
31. Michael Whiteoak	39	(V)	193.030Km.	Adelaide	3/4Nov1984.
32. John Champness	44	(V)	193.005Km.	Box Hill	15/16Feb1986.
33. Klaus Schnibbe	42	(V)	191.890Km.	Adelaide	9/10Nov1985.
34. Chilla Nasmyth		(NSW)	191.008Km.	Hensley	29/30Nov1986.
35. Andrew McCombe	54	(SA)	190.138Km.	Adelaide	3/4Nov1986.
36. Roger Stuart	43	(SA)	189.962Km.	Adelaide	1/2Nov1986.
37. Geoff Hook	42	(V)	188.704Km.	Adelaide	1/2Nov1986.
38. Chris Stephenson	29	(NSW)	187.631Km.	Box Hill	15/16Feb1986.
39. Terry Cox	49	(V)	187.359Km.	Hensley	29/30Nov1986.
40. Stan Hiskin	59	(V)	187.104Km.	Adelaide	3/4Nov1984.
41. Bob Hunter		(QLD)	186.979Km.	Olympic P.	19Sep1970.
42. Kevin Mansell		(NSW)	186.140Km.	Hensley	29/30Nov1986.
43. Ken Lurrav		(QLD)	185.445Km.	Hensley	23/24Feb1985.
44. George Perdon	46	(V)	185.075Km.	Olympic P.	19Sep1970.
45. Dan Gray		(NSW)	182.400Km.	Hensley	19/20Jul1986.
46. Dave Taylor	34	(NSW)	182.047Km.	Box Hill	15/16Feb1986.
47. Frank Pearson		(NSW)	181.621Km.	Hensley	23/24Feb1985.
48. Ian Partington		(WA)	181.261Km.	Perth	12/13Oct1985.
49. Roy Sutcliffe		(SA)	180.517Km.	Adelaide	13/14Nov1982.
50. Tony McCool		(SA)	180.482Km.	Adelaide	9/10Nov1985.
51. Peter Logan	36	(V)	179.679Km.	Adelaide	5/6Nov1983.
52. Frank Biviano	42	(V)	179.006Km.	Adelaide	1/2Nov1986.
53. Guv Schubert	30	(SA)	177.652Km.	Adelaide	1/2Nov1986.
54. Howard Neville			177.027Km.	Chemsley W.	9Jul1983.
55. Peter Pfister	45	(V)	176.725Km.	Box Hill	2/3Feb1985.
56. Gordon McKeown	61	(V)	176.421Km.	Adelaide	3/4Nov1984.

Note: Records, best performances and listing in rankings can only be undertaken from results of official races. Solo runs are not accepted.

# RANKINGS

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## AUSTRALIAN 24Hr. TRACK RANKINGS (cont)

57. Tony Rafferty	46	(V)	176.400Km.	Colac(6day)	24Feb1986.
58. Ray Ramelli	40	(V)	175.756Km.	Box Hill	15/16Feb1986.
59. Joe Gobel	45	(V)	175.518Km.	Box Hill	15/16Feb1986.
60. Peter Schultz		(SA)	174.080Km.	Adelaide	13/14Nov1982.
61. Max Bogenhuber	44	(NSW)	173.617Km.	Box Hill	28Feb1987.
62. Tony Ashwell	50	(SA)	172.640Km.	Adelaide	1/2Nov1986.
63. Kevin Cassidy	26	(V)	172.620Km.	Adelaide	1/2Nov1986.
64. Bob Marden	32	(NSW)	172.218Km.	Adelaide	3/4Nov1984.
65. Keith Fisher	20	(V)	172.010Km.	Box Hill	15/16Feb1986.
66. Tony Tripp	39	(WA)	171.666Km.	Perth	12/13Oct1985.
67. Ian Hutchinson		(NSW)	171.200Km.	Hensley	19/20Jul1986.
68. Colin Donald	29	(V)	170.842Km.	Box Hill	28Feb1987.
69. Don Spenser	48	(SA)	170.616Km.	Adelaide	3/4Nov1984.
70. Max Kitto	40	(SA)	168.706Km.	Adelaide	1/2Nov1986.
71. Bill Gutteridge	56	(SA)	168.311Km.	Adelaide	1/2Nov1986.
72. Keith Marshall	59	(V)	167.903Km.	Box Hill	15/16Feb1986.
73. Gary Clark	39	(WA)	167.113Km.	Perth	18/19Oct1986.
74. Gerry Hart	46	(V)	166.870Km.	Box Hill	2/3Feb1985.
75. Robert Bvrth		(SA)	166.234Km.	Adelaide	9/10Nov1985.
76. Reg Williams		(V)	165.642Km.	Box Hill	4/5Feb1984.
77. Mike Thompson	38	(WA)	165.342Km.	Perth	18/19Oct1986.
78. David Waldeck	38	(SA)	164.306Km.	Adelaide	3/4Nov1984.
79. Peter Milne	31	(V)	164.199Km.	Box Hill	28Feb1987.
80. Mark Gladwell		(NSW)	163.956Km.	Hensley	29/30Nov1986.
81. Bill Taylor		(WA)	163.692Km.	Perth	18/19Oct1986.
82. Peter Vernon	32	(V)	163.200Km.	Box Hill	28Feb1987.
83. Charlie Spare	47	(WA)	163.000Km.	Perth	18/19Oct1986.
84. John Haynes		(SA)	162.812Km.	Adelaide	5/6Nov1984.
85. Stan McCarthy	39	(SA)	162.667Km.	Adelaide	3/4Nov1984.
86. Andy Docherty	55	(SA)	162.241Km.	Adelaide	1/2Nov1986.
87. Phil Lear	39	(V)	161.600Km.	Box Hill	4/5Feb1984.
88. Alan Staples		(NSW)	161.600Km.	Hensley	19/20Jul1986.
89. Greg Coulter	32	(SA)	161.336Km.	Adelaide	1/2Nov1986.
90. Bill Harrison	42	(V)	161.091Km.	Box Hill	2/3Feb1985.
91. Bill Grinberg	35	(V)	161.010Km.	Box Hill	2/3Feb1985.
92. Kevin Hamilton		(WA)	160.934Km.	Perth	12/13Oct1985.
93. Morris Warren		(WA)	160.934Km.	Perth	12/13Oct1985.
94. Barry Heppell		(WA)	160.934Km.	Perth	12/13Oct1985.
95. Patrick Farmer		(NSW)	159.592Km.	Hensley	29/30Nov1986.
96. Peter Richardson	22	(V)	158.657Km.	Hensley	29/30Nov1986.
97. David Bird		(WA)	157.434Km.	Perth	12/13Oct1985.
98. John Bence	54	(V)	157.221Km.	Box Hill	28Feb1987.
99. Ron Butko	38	(V)	154.418Km.	Box Hill	15/16Feb1986.
100. Norm Martin		(SA)	154.164Km.	Adelaide	13/14Nov1982.
101. Trevor Richter		(SA)	153.900Km.	Box Hill	2/3Feb1985.
102. Gary Collins		(NSW)	153.600Km.	Hensley	29/30Nov1986.
103. Chris Woogar	42	(V)	153.112Km.	Box Hill	15/16Feb1986.
104. Walter Smith		(SA)	152.771Km.	Adelaide	3/4Nov1984.
105. Gordon Burrowes	51	(V)	152.213Km.	Box Hill	28Feb1987.
106. Dick Crotty	54	(SA)	150.311Km.	Adelaide	3/4Nov1984.
107. Gordon Fry		(SA)	150.134Km.	Adelaide	5/6Nov1983.
108. Stephen Foulkes	33	(V)	149.428Km.	Adelaide	1/2Nov1986.
109. Leif Michelson	45	(V)	149.204Km.	Box Hill	28Feb1987.
110. Barry Patterson	35	(V)	148.512Km.	Adelaide	3/4Nov1984.
111. Alex Matthew	45	(SA)	148.291Km.	Adelaide	5/6Nov1983.
112. Bruce Cook	46	(V)	146.880Km.	Box Hill	2/3Feb1985.

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Please note: If your name does not appear on this list, a copy of the full list may be obtained from Gerry Riley, 69 Cambridge Cres, Werribee 3030, by sending a stamped, self-addressed envelope.

# RANKINGS

## AUSTRALIAN 24Hr. Track RANKINGS(MARCH 1987)

### WOMEN.

1. Cynthia Cameron	44	(V)	200.615Km.	Adelaide	1/2Nov1986.
2. Trish Spain	44	(WA)	177.658Km.	Perth	18/19Oct1986.
3. Margret Smith	49	(V)	177.600Km.	Box Hill	2/3Feb1985.
4. Helen O'Connor	35	(SA)	171.426Km.	Adelaide	1/2Nov1986.
5. Sue Worley	39	(SA)	164.568Km.	Adelaide	1/2Nov1986.
6. Geraldine Riley	22	(V)	164.412Km.	Box Hill	15/16Feb1986
7. Jill Fower		(WA)	163.461Km.	Perth	12/13Oct1985.
8. May Haarsman		(SA)	161.053Km.	Adelaide	13/14Nov1982.
9. Bronwyn Salter	38	(WA)	161.000Km.	Perth	18/19Oct1986.
10. Marilyn McCarthy	37	(SA)	147.777Km.	Adelaide	1/2Nov1986.
11. Lary Young	24	(V)	132.895Km.	Box Hill	2/3Feb1985.
12. Leonie Gordon	40	(SA)	124.455Km.	Adelaide	3/4Nov1984.
13. Eileen Lush	37	(SA)	114.263Km.	Adelaide	1/2Nov1986.
14. Patty Bruner		(V)	110.601Km.	Adelaide	5/6Nov1983.
15. Elaine Gutterres	49	(SA)	103.690Km.	Adelaide	9/10Nov1985
16. Caroline Vaughan	34	(NSW)	92.800Km.	Box Hill	2/3Feb1985.

## AUSTRALIAN 200Km. TRACK RANKINGS. (MARCH1987)

### MEN.

1. David Standeven.	34	(SA)	18-56-04	Adelaide 24Hr.	1/2Nov1986
2. Brian Bloomer	45	(V)	19-42-30	Box Hill 24Hr.	15/16Feb1986
3. Ashley Parcell		(QLD)	20-16-28	Adelaide 24Hr.	23/24Feb1985
4. Cliff Young	63	(V)	20-17-19	Adelaide 24Hr.	9/10Nov1985
5. Barry Brooks	46	(V)	20-43-52	Box Hill 24Hr.	28Feb1987
6. George Audley	51	(WA)	21-43-37	Perth 24Hr.	18/19Oct1986
7. Geoff Kirkman	35	(SA)	22-04-19	Adelaide 24Hr.	9/10Nov1985
8. Ian Javes	44	(QLD)	22-06-49	Box Hill 24Hr.	28Feb1987
9. Geoff Molloy	42	(V)	22-11-00	Box Hill 24Hr.	4/5Feb1984
10. Bob Bruner	45	(V)	22-28-46	Adelaide 24Hr.	5/6Nov1983
11. Jack McKellar	45	(V)	22-31-39	Box Hill 24Hr.	15/16Feb1986
12. Charlie Lynn	40	(NSW)	22-33-05	Adelaide 24Hr.	9/10Nov1985
13. Bill Beauchamp	41	(V)	22-33-28	Box Hill 24Hr.	28Feb1987
14. Gerry Riley	56	(V)	22-35-34	Adelaide 24Hr.	1/2Nov1986
15. Alan Croxford	43	(WA)	22-38-49	Perth 24Hr.	18/19Oct1986
16. Graham Wilkinson	40	(NSW)	22-53-23	Hensley 24Hr.	29/30Nov1986
17. Brvan Smith	43	(V)	23-14-07	Box Hill 24Hr.	28Feb1987
18. John Bell	41	(V)	23-14-21	Box Hill 24Hr.	15/16Feb1986
19. Maurice Taylor	38	(NSW)	23-27-00	Box Hill 24Hr.	28Feb1987
20. Howard Ross	40	(V)	23-28-26	Box Hill 24Hr.	15/16Feb1986
21. Anvce K. Melham	29	(NSW)	23-41-46	Adelaide 24Hr.	1/2Nov1986
22 Barry Allen	30	(V)	23-56-51	Box Hill 24Hr.	28Feb1987

### WOMEN.

1. Cynthia Cameron	44	(V)	23-56-11	Adelaide 24Hr.	1/2Nov1986
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Please refer any corrections or omissions to our A.U.R.A. statistician,  
Gerry Riley, 69 Cambridge Cres, Werribee 3030, phone (03)7413071.