



A.U.R.A. NEWSLETTER



Vol. 2 No. 3

July, 1987

Hi folks!

SPECIAL WESTFIELD "SYDNEY TO MELBOURNE" EDITION

Dot Browne is away on holiday and she entrusted the editing and production of this issue to me. If I don't do a good job she might never risk taking another holiday again so I really can't make up my mind whether to try hard or not (????)

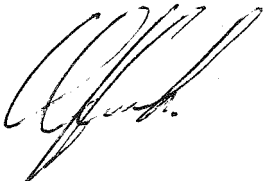
As the headline indicates, this edition of our Newsletter is a special, just on the Westfield Sydney to Melbourne race. We had received so much material that we would not have been able to use it all in a normal issue, along with other articles and information. So this special issue permits the inclusion of most of the material received. Standard information normally included in each Newsletter is not contained within this special issue but will appear in a next issue, which we hope to put together very soon as information has been building up for some time.

We apologise for the lateness of the information in this Newsletter since the race was held at the end of March (don't forget we are busy people and have other commitments). Some readers will have already read some of the articles in other publications. We hope there is still enough interesting information within.

A.U.R.A.'s first Annual General Meeting was held on the 20th June, 1987 and the following people were installed onto the Committee of Management:

Geoff Hook	President	
Tony Rafferty	Vice President & International Liason Officer	
Dot Browne	Secretary	
Val Case	Assistant Secretary	
Klaus Schnibbe	Treasurer	
Kevin Cassidy	Ordinary Member (Vic.)	} Appointed, as allowed for in the Rules.
Keith Fisher	Ordinary Member (Vic.)	
Chris Stephenson	Ordinary Member (NSW)	
Bob Marden	Ordinary Member (NSW)	
Trevor Harris	Ordinary Member (ACT)	
Richard Pickup	Ordinary Member (Tas.)	
Andy Docherty	Ordinary Member (SA)	
Tony Tripp	Ordinary Member (WA)	
Gerry Riley	Official Statistician (Non-Committee Position)	

Best wishes,



GEOFF HOOK

Westfield Sydney to Melbourne

by Charlie Lynn

Dateline 26 March, 1987: 26 superfit ultra-marathon runners nervously await the start of one of the world's greatest footraces. The 1987 Westfield Run between Sydney and Melbourne is the toughest yet. The route exceeds 1000km and traverses the Monaro High Plains near the rugged Snowy Mountains. It then proceeds through some of Australia's most scenic bushland in East Gippsland in Victoria before entering the Latrobe Valley near Melbourne.

The race carries the richest purse of any ultra-marathon in the world and attracts competitors from the USA, UK, Canada, Greece, Yugoslavia, France, New Zealand and of course Australia.

A race official sums it up succinctly, "Tough country, tough competition".

All pre-race attention is focused on the legendary Greek runner, Yiannis Kouros. Kouros is undoubtedly the greatest ultra-marathon runner of all time. Destiny will link his name to the ultra just as his Greek forbear, Phedippides, has been linked to the marathon. But unlike Phedippides, the achievements of Kouros are not enshrouded in Greek mythology, they are a matter of recorded fact.

So great are his modern day achievements that he has been likened to a human machine. If you listen to his opponents you will condense up the picture of an Orwellian Greek figure, a unique product of contemporary human generic engineering, an invincible runner governed by a computerised command system housed in the cranium, and powered by a super turbo charged heart. A body containing a chromed skeletal structure seemingly immune from the stresses of endless running with turbines housed in the arms to allow them to pump endlessly by day and night. An electronic system which constantly monitors impulses from the command



A happy Kouros running and dancing near Warragul in Victoria.

system and flashes messages to winged feet. It would not surprise many if his blood group classification was CX3.

This myth was dispelled in 1986 when he suffered a stress fracture in his right foot and had to withdraw from the event a few days before the start. He was human after all!

Kouros remembers the stress fracture so clearly. It cost him so much. This year he is worried about his left knee as it sometimes locks up on him. A severe European winter has limited his training to a mere 40 days and he is nursing a swollen ankle. He keeps these fears to himself as he mentally prepares himself to run with any problems that may occur.

Each of the other competitors mulls over their fears and aspirations as a large

crowd gathers to bid them farewell and the Westfield start line extravaganza begins.

The defending champion, Dusan Mravlje of Yugoslavia, is in high spirits. He is a direct contrast to Kouros. He seems to be in the event just for the fun of it all, but his behaviour belies his running abilities. He is very strong and very fit. His training in the mountains at home will pay handsome dividends when he reaches the high country on the third day. One gets the impression that Dusan has no intention of surrendering his crown to Kouros.

Australia's ultra champion, Brian Bloomer, has been quietly training in rugged hill country around Daylesford in Victoria. 'Punchy' as he is affectionately known by his mates who remember his boxing days, ran third in 1985, second in 1986 and is going for the big one in 1987.

The British artist-recluse, and 1985 Greek Spartathlon winner, Patrick Macke, vividly remembers his horrific experience during the final stages of the 1986 event. He recalls every one of the painful steps he took to the finish line after crashing at the Melbourne City Centre. He remembers Brian Bloomer wrestling second place from him as he battled the effects of fatigue and delirium. He aims to finish the race within seven days - and in a less dramatic manner.

New Zealander, Richard Trout, is a newcomer to the Westfield Run, but no stranger to ultra-distance running. He holds the Australasian 24 hour track record and ran second to Kouros in the 1985 Wellington to Auckland Double Brown Ultrathon. His crew are all accomplished marathon runners and have been working with him for the past year. Dick has a basic plan for the event - he is simply going to run Kouros down.

Other internationals expected to perform well are Chuck Jones, the USA 'Ultra-marathoner of the Year' in 1986; Frenchman Emile Laharrague, the winner of the 1986 1000 mile Trans Texan footrace; and Canadian Trishal Cherns,

This report was sent to us for publication by Charlie Lynn. However we acknowledge use of the "Australian Runner" type setting and photographs.

Westfield Sydney to Melbourne

one of the world's best multi-day track runners.

The Australian brigade is led by a seemingly ageless runner, 65 year old Cliff Young. Cliff became a national hero when he emerged from his Beech Forest potato farm to blitz the field in the inaugural 1983 event. Since then, he has continued to amaze people with his endurance race performances. He has also endeared himself to all ages with his simplistic attitude to life, and his genuine affection for people of all ages and from all walks.

Injury forced Cliff to retire from the 1985 and 1986 events, and there are many calls for him to hang up his gumboots. But Cliffie does not take defeat lightly, and he is determined to finish the event. Maybe then he will consider a more dignified retirement!

He suffers badly from pressure under the balls of his feet, some tendonitis in the left knee, and a rogue hip that continually prides from a very worn socket. His physio, Christine Perry will have her work cut out.

The Aussie battlers, the backbone of the race, each have a different reason for being at the startline. Kevin Mansell and Mark Gladwell from Sydney are two mates who would give their lives for each other. Both have been down the road to nowhere – a road with drink stops of a different nature. But they changed course and have each found a new meaning to life through running. They plan to use their AA motto as their basic tactic for the 1987 Westfield Run and 'just take one step at a time'.

From Melbourne another pair of mates, Ron Hill and Terry Cox. They were inspired to enter the event after crewing for Patrick Macke in 1986. Also present from Melbourne is the evergreen pioneer of long distance running in Australia, Tony Rafferty. Tony is cheerful, as always, and looks lean and fit. He is confident of a placing in the top 10.

Then there are David Standeven from South Australia and George Audley from Western Australia. Both won their respective state 24 hour track championships in 1986 and are looking forward to the big one with keen anticipation.

The women's section contains two entrants. The reigning Australasian 24



Cliff Young and fans from Yarram High School near Warragul.

hour track champion, Cynthia Cameron from Melbourne, and petite Mary Hanudel from Ohio in the USA. They are evenly matched and should have a close struggle for line honours.

With the starting formalities well underway the runners are piped to centre stage and introduced to the crowd.

The words of Robert de Castella, as he addressed the starters in the inaugural event back in 1983, still ring around centre stage, "You will be competing against three things," Deek said, "yourself first, then the distance, and finally your competitors." In 1987 he might have added, "and the aura of Kouros."

At precisely 10.00am the runners were across the line with a shot from the starter's pistol.

Dick Tout quickly established himself as a Kiwi Flyer bursting to an early lead. Running in excess of 15km/h he passed the marathon mark in an incredible two hours 53 minutes. The pack behind him refuses to take the bait and eases themselves into the event at a much more comfortable pace.

By midday the sun has dissipated the early morning fog and pushed temperatures well up above the April average. The more experienced runners adopt the normal preventative measures and maintain a steady pace whilst increasing their fluid intake. A few misread the signals and push hard to get an early break. They would pay for this later.

By late afternoon, Kouros has moved up on Tout as they go through the 55km mark. By 60km he has moved ahead.

There is nothing between him and victory with the exception of 1000km of highway and a few high ranges. It is the last any competitor would see of the Golden Greek.

Back in the field the two women competitors are only one kilometre apart after the first four hours. Cynthia Cameron holds a narrow lead. Mary looks very comfortable as she enjoys her first glimpse of the Australian countryside just south of Campbelltown.

As the afternoon sun settles behind the Great Dividing Range to the west, Kouros has extended his lead to two kilometres over Tout and is 42km in front of the last runner.

The early evening brings relief to the field and Kouros begins to pick up his pace. Tout keeps attacking and, whilst he extends his lead over the remainder of the field, he is still losing ground to Kouros. By now he is considering what one has to do to peg him back. A 2:53 marathon and all the aggression he can muster during the night, and the Greek is still out of sight and reportedly running very easily.

One wonders if Standeven and Hill are not pushing too hard too early. This is their first multi day ultra, and they are up with the best in the world. Only time and distance will tell.

Brian Bloomer has run into early trouble. He has gone out in light shoes but the heat and the surface stones of the freshly paved bitumen surface have bruised his feet. Dawn finds him 80km behind Kouros and 30km behind the lead pack. This is a big deficit to haul back.

Laharrague has dropped back to 24th position. He has come from a severe American winter and has not had time to acclimaïse. The heat of the first day has taken its toll.

Day 2, 27 March

Twenty four hours into the race and Kouros has arrived in Canberra. He has run non-stop from the start and is moving easy. A short stop for a massage, a bath and a meal and he is on his way again.

The remainder of the field moves in his wake. Tout is running past Lake George some 40km behind Kouros and Macke has moved into third position. Dusan Mravlje is having problems with his thigh and has dropped to ninth position. His feet are giving him curry.

Cynthia Cameron has moved up on Mary Hanudel and they are level pegging. It is going to be a great race between these two women. Both are moving well and are in high spirits.

Cliff Young has been restricted to a walking pace because of the pain he is experiencing from his feet. Lesser men would have been withdrawn hours ago, but Cliffie continues to tough it out in the hope that things will come good. He has dropped to 21st position.

David Taylor becomes the first victim of the cut off time when he fails to make Goulburn by 6.00pm.

Day 3, 28 March.

Saturday gives rise to a rather bleak morning as dark clouds gather over the Monaro High Plains. It is now 48 hours into the race and Kouros has covered some 460km. He is only 25km from Bombala when he is met by a group of horsemen from the High Country. They have been despatched to escort him into town where the locals have organised an enormous reception for him. He stops only long enough to shake hands and say thank you. He now has an 80km lead over the Kiwi Flyer, Dick Tout.

Tout has stopped for a bath in Cooma, but is intent on pursuing Kouros. He figures that nobody can keep up the pace that Kouros is setting and he wants to be within cooee if he falters. Tout has extended his lead over Macke by 41km. West Australian, George Audley, has moved into fourth and is closely followed by Ron Hill from Victoria.

Mary Hanudel has re-established a seven kilometre lead on Cynthia

Cameron, but Cynthia has rested during the night.

The weather turns foul on Saturday afternoon as a still crosswind roars down off the High Plains and causes much distress to the runners.

Peter Pfister epitomises the dogged fighting spirit of the ultra runner as he fights a battle on two fronts. Windgusts continually force him to lurch sideways, but Peter is also in a hole so deep it seems some sort of dredging operation will be needed to bring him out of it.

Peter's square unshaven jaw juts from his hooded wet weather gear, and he wears the look of a viking sailing into the wind against impossible odds. He guises it out to Cooma and reaches the cut off point with a mere 15 minutes to spare. He has won a great victory today.

Patrick Farmer also struggles valiantly, but fails to reach the cut off point in Cooma in the required time.

Disaster strikes Chuck Jones when he tears a muscle in his lower calf around midday. He slows to a walk, but is forced to withdraw late in the afternoon.

Saturday evening sees Kouros cross the border into Victoria. His race average for the 532km covered so far is an incredible 9km/h. The span between the first and last runner is now extended to 250km.

Day 4, 29 March

Sunday is a big day for the citizens of Bombala. They have prepared for Cliffie's arrival by declaring it 'National Gumboot Day'. Activities planned for the day include a 'Cliff Young look-a-like competition', a gumboot throwing contest, street stalls and so on.

Unfortunately Cliffie is not able to make it until Monday, but the celebrations continue anyway. True to the spirit of country folk, they just keep the party going along until he arrives on Monday. Nothing is going to deter them from giving Cliffie a hero's reception. Wonderful people up there in the High Country.

Kouros feels good on Sunday morning. An overcast grey sky cannot dampen his spirits and he feels at one with nature as he races through the tall eucalyptus forests of East Gippsland.

He calls for some of his favourite Greek music and proceeds to skip and clap his hands in time with it. He sings and frolics along the road for the next six

kilometres. His crew are stunned into silence as they watch him in awe. Race officials in the lead escort vehicle are agog.

Further back in the field, the ordinary mortals plug on. Tout has just crossed the border and is now 100km behind Kouros. Macke is approaching Bombala and trails Tout by 60km. Bloomer has hit his straps and moves into fourth position. He has closed the gap on Macke to 32km, but Macke is running a well disciplined race and would be difficult to peg back.

Dusan Mravlje is being dogged by bad luck. His masseur, the irrepressible Fred Hellyer, has cleared his carked thigh but there is an ingrown toenail which has become inflamed. The race doctor, Keiran Fallon, is summoned and performs a quick roadside operation on Dusan's big toe. This gets him going again, but within two hours he develops a fever and has to withdraw.

Mary Hanudel passes through Nimitabel and leads Cynthia Cameron by 13km on Sunday night.

Day 5, 30 March

Monday morning, 96 hours into the race and Kouros has stormed through Orbost, Lakes Entrance and Bairnsdale. He is now 120km in front of Tout and appears to have infinite strength as he surges forward.

The remainder of the field placings are unchanged. The warriors are locked into battle within themselves. The words of de Castella ring loud, "You will be competing against yourself first, then the distance then the other competitors." At this point the other competitors don't count as each one battles the effects of a creeping rigor mortis in their bodies.

Kevin Mansell and Mark Gladwell are meeting the challenge head on. They have been to the brink on many occasions but have always come back. They may not be up with the leaders, but they display the sort of moral fibre that makes ordinary men great when the chips are down.

Ron Hill, Terry Cox, Chilla Nasmyth, Graeme Wilkinson, Peter Pfister, Alan Rider and Gary Collins are made of the same stuff and display the spirit. They will all walk tall at the end of this event.

As Monday evening approaches, Kouros enters the Latrobe Valley region in Victoria and prepares for his final run into Melbourne. The last runner is still

30km short of Bombala and the span between the first and last placing has extended to 380km.

Day 6, 31 March

Bad weather continues unabated along the Gippsland coast as Tuesday gives rise to yet another grey threatening sky. This will be the worst day for Kouros. He is battered by a fierce headwind all day and it saps his spirit. The wind parches his throat and he finds it difficult to speak. He is unable to meet his objectives for the first time and a great weariness overcomes him. He slows to a walk outside Morwell and is unable to raise a trot for seven kilometres. He has lost control of his eyelids and they keep dropping shut. At Moe he checks into a motel for a bath, massage and a meal. He then puts his head down for a well deserved three hours sleep.

The field placings remain unchanged. However, Kouros has extended his lead over Tout to 140km and Macke has closed the gap on Tout to 32km. Tout's attention now switched from Kouros to Macke. He thinks about the challenge from the rear for the first time.

Mary Hanudel has moved into seventh position and has increased her lead over Cynthia Cameron to 28km.

Cliff is in 19th position. The reception at Bombala gives him a real lift and Christine seems to have found a solution to his foot problem. He is moving easier and crosses the border at 3.30am on Tuesday morning. Nothing will stop him now.

Victorian Peter Pfister and Tasmanian Alan Rider have run their race by the time they reach the border and voluntary withdraw as they cross the line.

Gary Collins and Chilla Nasmyth are in trouble. Both have tendonitis in the knee and the pain is unbearable but neither one is ready to throw in the towel.

Tuesday evening and Kouros reaches the outskirts of Melbourne. He is much refreshed after his rest in Moe and feels good when he starts. He feels that he can now go straight through to Melbourne but takes a short stop at Hallam before continuing on his final leg. He is now in his own race - 140km in front of Tout and 500km ahead of the last runner, and he wants to run through the streets of Melbourne in the best possible form.



Winner of the women's section, Cynthia Cameron is congratulated by Brian Bloomer.

Day 7, 1 April

It is early morning as Kouros makes his final run through the silent streets of Melbourne and over the final heart-breaking hills to Westfield Doncaster. Despite the hour, many thousands have waited patiently for his arrival and the crowds erupt as he crossed the finish line. He is as fresh and as flexible as a Sunday morning jogger.

The crowd chant 'Kouros, Kouros' and he responds. Laryngitis notwithstanding, he sings to them. The song is an adapted Greek ballad that tells the story of 26 brave men and women who set out from Sydney to conquer Melbourne. A great tribute to his fellow competitors out on the road. If they are the soldiers in his song, then he is their General Supremo.

With Kouros home, the attention is focused on the emerging battle between Tout and Macke for second position.

By 7.00am on Tuesday, Macke has closed to within 15km of Tout. Tout seems to be running on memory and looks a spent force. His crew hope that the threat posed by Macke may spur him on.

Macke looks stronger as each kilometre passes. He can sense that Tout is in trouble but he flashes back to 1986 and sticks to his race plan. It had worked for the past 950km and he is not going to sacrifice it now.

He catches Tout at 4.00pm that afternoon, but stops for his scheduled 20 minute break immediately after passing him. This unnerves Tout, but Macke is not interested in his whereabouts. He has his race plan and he is not deviating from it. Again, de Castella's words ring home.

He passes Tout a short time later, and establishes a 20km brake on him by midnight. This is extended to 30km by the time he crosses the finish line at 3.30am on Thursday morning. Tout had run his race and came in third.

The remaining field position amongst the men does not change. Graeme Wilkinson, Gary Collings and Chilla Nasmyth are forced to withdraw with injuries and the remainder of the field plugs on to the finish.

Mary Hanudel held a 15km lead on Cynthia Cameron Thursday evening, but Cynthia overtook Mary early Friday afternoon to win the women's section.

But greater things were to happen on the 1987 Westfield Run.

Cliff was making good progress along the Princes Highway and was receiving a hero's reception at every town along the way. By the time he reached Dandenong, the crowds had closed the main highway through the city. Cliff responded in his usual manner and shook hands, kissed old women and babies, chatted with kids who came to jog and ride beside him and signed hundreds of autographs. The race was forgotten as he strolled through the crowds and greeted them all.

Passing traffic along Dandenong Road slowed to a crawl as people shouted the familiar greeting 'Good on you Cliffie', 'You're a hero Cliffie'. 'You make us proud to be Australian, mate', 'What about standing against Hawkie, mate', 'We love ya, Cliffie'.

He was no longer a runner - he was a messiah, and people came out in droves to see him. He was kissed so often one of his crew remarked that he was the sex symbol of the blue rinse set.

In Melbourne, he was met by hordes of young teenagers who chanted 'Cliff Young, Cliff Young' and then ran beside him singing the National Anthem. A moving tribute to a great man.

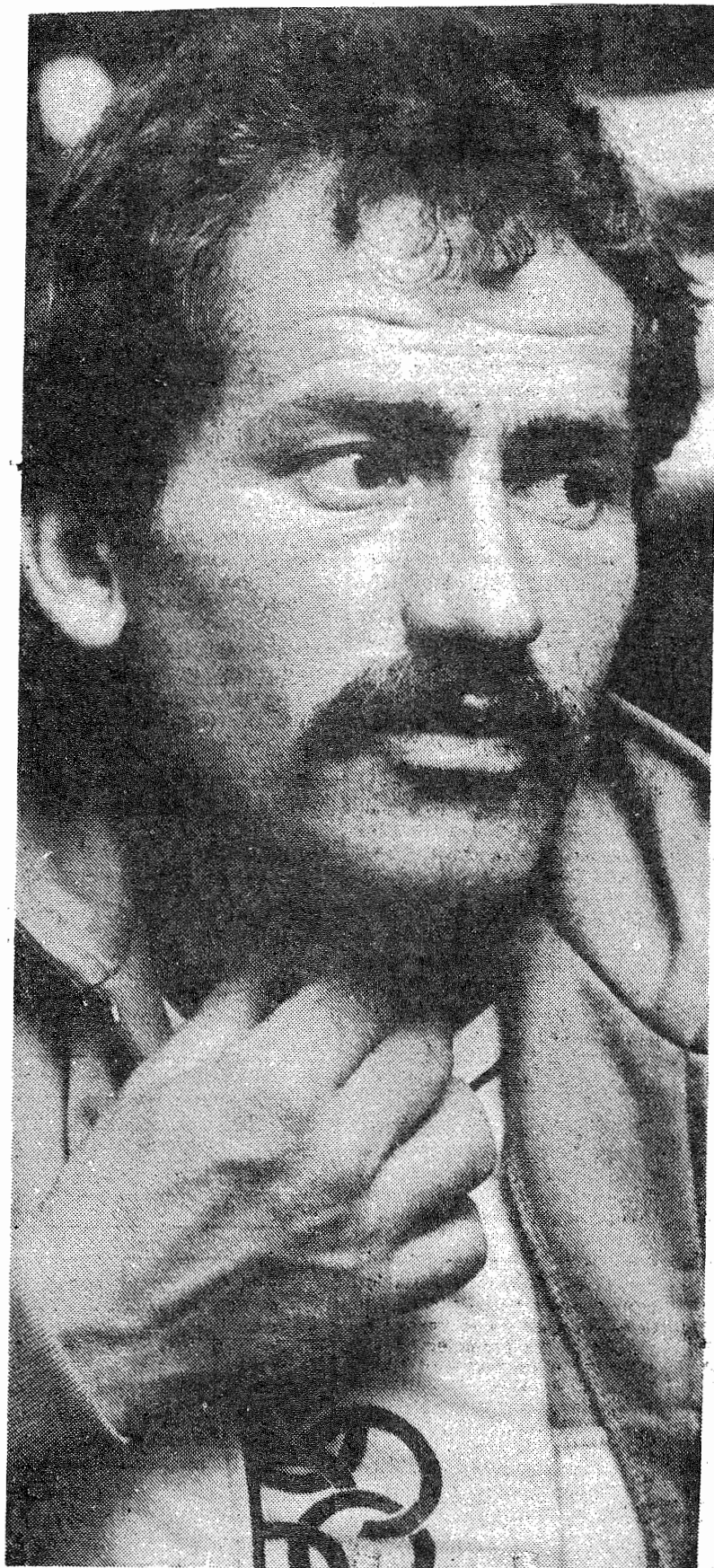
Once through the City he decided it was time to run and for the next 10km or so he reached amazing speeds as he ran free. His runner escorts were stretched to keep up with him. Then the inevitable happened and his hip dislodged itself from its socket and forced him to limp the last few kilometres. He crossed the finish line to a tumultuous welcome only reserved for very special men. Cliff was the hero and he had returned home.

The 1987 Westfield Run was indeed the tale of two running legends.

THE AGE, Saturday 4 April 1987

In the ultra-marathon, Yiannis Kouros is in a world of his own

By MARTIN FLANAGAN



Yiannis Kouros: "In a race I feel something different. There is something extra in a race — the mind."

Picture: JOHN LAMB

WAS he tired? Yiannis Kouros smiled and said no. At 1 am on Wednesday he had crossed the finishing line at Westfield Shopping Centre after running 1060 kilometres in five-and-a-half days on less than six hours' sleep. It had been a feat of human endurance; 36 hours later, he seemed slightly stiff in his movements, but only slightly.

Was an ultra-marathon good for a person physically? "No." He was unequivocal on the point. How long would it take his body to recover. "About a week."

Mentally, he was open and alert, but he was also deep within himself. One sensed he had been eroded by exhaustion, but maybe Yiannis Kouros is always deep within himself. He says that 70 per cent of the effort in any ultra-marathon is mental, that running is meditation. "I'm not the best runner. If I were to train with other runners, they would beat me, but in a race I feel something different. There is something extra in a race — the mind."

There is nothing boastful about his utterances, nor is he embarrassed by the impediment of having to use a language other than his own; he seems to view it simply as being the fact of the matter. At the base of his personality is a great constancy, a breadth of calm.

The physiotherapist in Kouros's support team, Charles Tzannes, believes that tests should be done on the 31-year-old runner's physiology. In 1060 kilometres, said Tzannes, he never strained for breath. "Some of the hills were two or three kilometres long and so steep that cars had to go back to first and second gear, but Yiannis's breathing was always in tempo. He could always relax himself."

Nor was the runner ever mentally disoriented or confused. No detail escaped him. The quality that most impressed Charles Tzannes about Kouros during the world's longest point-to-point foot race was the completeness of his concentration. In fact, Kouros was concentrating on the Westfield run two months before it even began. "For two months, I meditate. I plan what I do."

Yiannis Kouros does not concern himself with winning. Before he took up the ultra-marathon in 1983, he had run 27 marathons, winning only one (his personal best for the marathon is two hours and 24 minutes), yet each performance had pleased him. "I felt I had put in the best performance I could and that each run had been better than the last."

He gave up running track events because he found the presence of other runners distracting. He also felt badly about lapping them, believing that it amounted to an act of humiliation. At this point, he spoke briefly to Tzannes in Greek. "He would much rather be away on his own than doing it in front of them," the physiotherapist interpreted.

"When I am alone with my thinking," said Kourou, "I have another world."

Yiannis Kourou has made his mind a processing plant for positive thoughts. "Everywhere is happiness, but people have to find it," he says. In all things bad lies something which is good; if you can seek out the good and fix upon it, you'll stay in the race. That may or may not have to do with running.

It is not just a matter of ordering the present, for as he runs he often reviews the past. For Yiannis Kourou, ultra-marathon running is a battle between the body and the mind and his determination surrounds him like a suit of armor. "If you listened to the body, you would stop." He grew up in poverty. The family did not always have enough food and he did his first manual laboring at the age of five. He was in his teens when he decided to order his personality so that it reached for excellence in everything he attempted.

He works as a sports centre supervisor in Tripolis in Greece, but he is also a poet, a painter and a musician. He has been a professional musician, playing his bouzouki in cafes, and has an LP record to his credit. He has plans of writing a book on athletics and the power of the mind. Asked how he would like people to view his achievement, he said as a source of inspiration. "That with planning, training and work, nothing is impossible. I would like people to think about it and feel strong and do something extra."

He also intends emigrating to Australia later this year with his wife Teresa and baby daughter Veronica, after he finishes building his house in Tripolis. He had been attracted previously to the idea of living in Australia and New Zealand, but this year's Westfield run decided him.

In Greece, he said, the media concern themselves almost solely with soccer and athletics is not considered to exist outside track and field events. "People here are kind to sport."

Having considered the route for this year's race and determined that he would run it in six days, Yiannis Kourou finished in five days, 14 hours and 42 minutes. He believes he has a direct measure of Australian people. He believes the people who lined the route at all hours of the day and night to applaud and cheer him on when his body ached to stop gave him a whole 10 hours.

WORLD'S BEST RACE WORLD ROLL '87



Yiannis savours his moment of glory.

HONOUR ROLL WESTFIELD RUN '87

Position	Name	Time
1.	Yiannis Kourou 31	Greece 5 days 14 hours 47 mins
2.	Patrick Macke 31	UK 6 days 17 hours 21 mins
3.	Richard Tout 39	NZ 6 days 22 hours 29 mins
4.	Brian Bloomer 46	Aust (Vic) 7 days 19 hours 22 mins
5.	Trishul Cherns 30	Canada 7 days 23 hours 5 mins
6.	George Audley 51	Aust (WA) 8 days 1 hour 34 mins
7.	David Standeven 34	Aust (SA) 8 days 9 hours 19 mins
8.	Cynthia Cameron 44	Aust (Vic) 8 days 10 hours 55 mins
9.	Mary Hanudel 27	USA 8 days 12 hours 44 mins
10.	Tony Rafferty 47	Aust (Vic) 8 days 15 hours 58 mins
11.	Mark Gladwell 39	Aust (Vic) 8 days 17 hours 27 mins
12.	Terry Cox 50	Aust (Vic) 8 days 17 hours 46 mins
13.	Emille Laharrague 40	France 8 days 18 hours 16 mins
14.	Kevin Mansell 36	Aust (NSW) 8 days 18 hours 55 mins
15.	Ron Hill 46	Aust (Vic) 8 days 22 hours 36 mins
16.	Cliff Young 65	Aust (Vic) 9 days 13 hours 17 mins

MISSING-IN-ACTION

Chilla Nasmyth	NSW	871km
Graeme Wilkinson	NSW	783km
Gary Collins	NSW	698km
Peter Pfister	Vic	531km
Alan Rider	Tas	531km
Dusan Mravlje	Yug	480km
Patrick Farmer	NSW	367km
Chuck Jones	USA	362km
David Taylor	NSW	170km
Peter Parcell	Qld	155km

Sydney to Melbourne on a Dodgy Leg

by Yiannis Kouros as told to Charlie Lynn

I knew I had to be careful. Because of the winter in Greece I had only 40 days training for the Westfield Run. My toe was ok but my left ankle was swollen and my left knee was very sore. It sometimes locks into position and I think I will have to have some surgery on it soon because it makes a lot of noise. It was also very hot on the first day so I planned to run carefully.

I meditate before every race and plan my run. This year I planned to run easy at the start. Some runners went out very fast but it did not worry me. I do not notice other runners in this race. I just run my best according to my plan.

After 60-70 km I started to feel good. I asked my crew to play some Greek music because I was now relaxed. When I got to Canberra I felt it was more easy than my last run. Maybe it was because I started slow this year. I was not sleepy but stopped for 40 minutes to have a bath and some food. My masseur gave me a rub and I felt good.

The run to Cooma was more difficult because it was very hot in the afternoon. I did not feel very well. I think maybe I lost some salt and minerals in the heat. My legs were sunburnt and it hurt. The weather was a bigger problem for me than the hills. I felt better when it got cooler at night.

I arrived in Cooma after midnight and felt tired. I rested for half an hour but couldn't sleep so I started again to run.

On Saturday I arrived in Bombala. Some Australian horsemen came to greet

me and many children were waiting for me in the town. It made me feel good. I did not want to stop for long because I wanted to cross the gravel road near the border in daytime. I was afraid of this because I thought it would be a dangerous track like in the Spartathlon course between Athens and Sparta in Greece. But it was a good road and I was happy. The countryside was beautiful and peaceful. After I crossed the border I had my first sleep for about half an hour.

In Cann River the people gave me a boomerang. I stopped for a quick shower and then kept running. The rain came and it made the bush very fresh. I was in high spirits and asked for some music. I did some singing and some dancing along the road and felt almost as if I was detached from my body. I made good time through Orbost and Lakes Entrance.

In Sale the wind came and caused me some problems. I was spending too much energy running into it. I stopped early in the morning for a two hour break. The wind was still a problem all the next day. It slowed me down and I used up much energy trying to run against it, but after Morwell I became so tired I could not run. I walked for about 7km but could not start running again. I was very tired and my eyelids kept shutting. I had to rest in Moe because I knew I could not go any longer. I had a massage, a hot bath and a meal. After this I had my best sleep. I did not wake for two hours.

In the morning I felt so good. I knew the race was behind me and I could run easy into Melbourne. I took a short stop in Hallam for a shower and a meal then I ran to the city.

My best memory of the run is seeing the big neon sign at Westfield Doncaster. When I saw it I asked my crew to put on a special song called 'Old Tripolis'. It was composed by my grandfather who was a singer in our church. I had waited for this moment and when I heard it I ran faster, maybe 15 km/h. I could have run faster still because of the inspiration from the song. I sang the song and sometimes I skipped because I felt so happy. I was happy because I had run better than last time in 1985.

Yiannis looks to see if his dodgy leg is still there.



Acknowledgement to "Ultrarunning" magazine June, 1987.

The Westfield Run: In a Class by Itself

by Trishul Cherns

The Sydney-to-Melbourne ultramarathon has the richest purse in the world, over \$40,000. It is the most professional road race I have ever run, and also the most difficult multi-day course I have ever encountered.

The Course

The race starts in Parramatta, a suburb of Sydney, and proceeds down the heavily traveled Hume Highway for 200 km. I've never seen so many hills at the start of a multi-day race. At the town of Goulburn the route changed from last year, since the Hume Highway was found to be too dangerous. Last year's route was the scene of a very tragic accident involving Geoff Kirkman, who was leading the race at the time [see July-Aug. issue of UR].

From Goulburn we ran 100 km on the Federal Highway to the national capital of Canberra. Then it was on to the scenic, rolling Monaro Highway, which took us to Cooma and the start of the climb into Australia's beautiful high country. Here the course rose to 4,000 feet elevation in the Snowy Mountains.

Somewhere between the Monaro Highway and the Cann Valley Highway we encountered a 21-km stretch of gravel road with horrible footing. Not a welcome sight after all those smooth roads. At Rockton we ran the Cann Valley Highway past the midpoint (530 km) and into the state of Victoria, leaving New South Wales. Here the roads were much smoother.

At Cann River we took the Prince's Highway down the southeast coast to Melbourne and its suburb of Doncaster. The last 3 km were on a steep incline to the Westfield Shoppingtown.

The course was measured numerous times by race manager Charlie Lynn, using a calibrated rally clock. He claims that this method is accurate to 10 meters every 50 kilometers.

The Organization

Westfield is an Australian-owned company specializing in the creation, development, and management of shopping centers. It sponsors this race to promote its name among the Australian public through the extensive television, newspaper, and radio coverage that the race gets.

Westfield's race administration includes race director Chris Bates, race administrator John Dangar, and race manager Charlie Lynn. All three are professional, friendly, fair, and wonderful people. They see that all the runners

are well taken care of; the runners' safety en route is of utmost importance. Employed under them is a staff of about 50 people, including race publicists, doctor, quartermaster, operations officer, communications director, race operation clerks, administration clerks and couriers, signposters, a lead vehicle escort team, position recorders, mobile officials, a night safety crew, and frame operators. An additional 250 people are employed as runners' crew members. These include drivers, cooks, and masseurs, all of whom did a fantastic job.

The Competition

Over 218 athletes applied to enter this year's run; 26 were selected, featuring 8 top international racers. This year was to

be the clash of the European titans: past Westfield winners Yiannis Kourous, 31, of Greece, Dusan Mravlje, 32, of Yugoslavia, and Cliff Young, 65, of Australia. Also entered was Chuck Jones of U.S. trail-running fame.

The Start

The race began inside the Westfield Parramatta Shoppingtown on Thursday, March 26. In the middle of the mall the runners were introduced to a crowd of about a thousand people who lined the three-tiered walls. There was tremendous interest among the media for this, the world's longest point-to-point foot race. They consider it to be the "World's Greatest Race."

At 10 a.m. the starting gun rang its shot. We all knew the difficulty of the upcoming challenge as we rushed out of the mall into the streets.

Dick Tout of New Zealand was the first to hit the marathon point, in 2:53. Yiannis Kourous was fourth in 3:10. I was 23rd at 4:30.

The weather was extremely



Mary Hanudel waves to the crowd, while at least one member of her crew looks not too enthralled by the whole operation.

hot and humid, and I knew everyone was excited and going out too fast for a 658-mile race.

Kouros vs. the Clock

Kouros, the Golden Greek, took over the race at around 40 or 50 miles. He covered just under 170 miles in the first 24 hours, making this the fifth time he has run over 169 miles in 24 hours. His 48-hour split was a spectacular 281 miles and 81 yards. This is the third time he has surpassed 280 miles in two days.

Considering the huge hills on the course, Kouros's effort was superhuman. Five thousand cheering Greeks filled the Westfield Doncaster shopping mall to see their courageous sportsman finish the 658.65 miles in 5 days, 14 hours, and 47 minutes.

His total sleeping time for the race was six hours. Yiannis said, "This is my greatest performance yet. If this was a six-day track race I would have run well over 700 miles." Who would doubt him?

Macke vs. Tout

Tout reached 130 miles in the first 24 hours. He led Mack for 990 kilometers but could not match the power Patrick unleashed on his last day, when he covered 125 miles. This is an incredible feat for the final day of a multi-day. Patrick's six-day split was 568 miles.

Trishul Cherns vs. the Top Aussies

I went to this race hoping to place in the top five. I knew that, with consistency, this was a possibility. Many inexperienced multi-day runners would go out too fast and would be blasted away by the extreme weather conditions (heat during the first day, wind and cold thereafter in the mountains). Also, the Snowy Mountain climb (4000 feet) in the middle of the race would slow down the uninitiated.

As I predicted, many runners began to break down early. I ran conservatively, holding 23rd place the first day, 12th place the second day, and 6th place the third day. Near the end of the sixth day I was fourth; I finished the race in fifth. My daily mileage was 97, 83, 84, 69, 86, 77, 80, 83, from beginning to end.

I made two main decisions during the race. At the end of six days I had run 496 miles. Since I had broken 500 miles numerous times, and this race still had 162 miles to go, I decided not to push for the 500-mile mark, feeling that such a push would weaken me.

My next important decision came at 996 kilometers, four short of the million-meter point. I opted to sleep for an hour and a half, knowing the competition was close. The Canadian record for 1,000 kilometers at that time was 7 days and 23 hours. Even though I slept, I broke the record by 8½ hours

with a split of 7 days, 14 hours, and 43 minutes.

My main competitors were three Aussies. There was Brian Bloomer, third and second at this race in the past two years, Australian 24-hour record-holder George Audley, a 51-year-old Western Australian who clocks essentially the same times as I at the shorter distances, and David Standeven, a 2:38 marathoner, 14:02 100-miler, and 141-mile 24-hour runner.

I seasawed with George Audley for four days, and finished only two and a half hours ahead of him. He is truly a great competitor. Near the end of the sixth day I moved past Brian Bloomer, but he was incredibly tough. He proved to be stronger and finished almost four hours ahead of me. Standeven and I put on fast surges against each other for 30 miles on the sixth day, battling each other's spirit. His knees broke down during this period and I saw him only after the race.

For me two highlights stand out. One was in Bombala where 500 people sang Happy Birthday to me (my 30th) and presented a gift to me. The second was finishing with Geoff Kirkman, leader of last year's race with 240 miles in 48 hours. Then he was stopped by a tragic car accident. Flying metal hit him, breaking his hip and wrists. It was an honor to run the last kilometer of the race with him, his courage triumphing over physical limitation.

Hanudel vs. Cameron

Two-time defending champion Eleanor Adams withdrew from this year's race. In her absence there was a fierce battle for first between Mary Hanudel of Toledo and Cynthia Cameron, 44, of Melbourne. Mary led the race for 900 km, with Cynthia never more than 40 km behind. At 900 km they were even. They changed positions several times over 20 km, but then Cynthia went ahead. Mary caught up with her and they ran together again for 13 kilometers more. At around 1,000 km Cynthia passed Mary, this time for good.

Mary's run might turn out to be the top U.S. performance of 1987 as she ran 486.6 miles in six days, a new U.S. record (daily splits: 98.1, 79.3, 76.8, 81.8, 73.1, 77.5) on an extremely hilly and tough course. Mary certainly has a shot at Eleanor Adams' six-day record of 502 miles.

The Rest of the Field

There were five cut-off points in this race. The first 113 miles had to be done in 31 hours. Two entrants failed to make this limit. At the third cut-off point, 253 miles to be run in 3 days, 10 hours, two more failed to make the time limit. One was Chuck Jones of California, who stopped 30 km before the checkpoint with knee

problems. Dusan Mravlje, the defending champion, stopped at 480 km with an infected toe.

The final cut-off point was the end of the race, which had to be reached in 9 days. Fifteen runners did so, the largest number ever. The 16th finisher was Cliff Young, who was over the time limit by 13 hours but still was considered an official finisher. He was slowed down considerably by the masses of people who wanted to greet him and shake the hand of this 65-year-old national hero. An incredible crowd of 2000 people saw him finish.

Final Comments

This ultra is in a class by itself. From top to bottom it is almost flawless. One is treated like a king before the race, respected by the media, traffic, and spectators during the race, and well-received at the end of the race. The challenge of the course makes it all worthwhile. This event gets an A+ is my book.

The Westfield Run

Sydney to Melbourne, Australia
1060 km (=658.65 mi) March 26, 1987

1. Yiannis Kouros, 5 days + 14:47
31, Greece (\$14,360)
658 mi & 1150 yd is six-day
world record
2. Patrick Macke, 31, GB 6+17:21
(\$7180)
3. Richard Tout, 39, NZ 6+22:29
(\$2872)
4. Brian Bloomer, 46 7+19:22
(\$2154)
5. Trishul Cherns, 30, 7+23:05
Canada (\$1077)
6. George Audley, 51 8 + 1:34
(\$897)
7. David Standeven, 34 8 + 9:19
(\$538)
8. Cynthia Cameron, 44 8+10:55
(\$7180)
9. Mary Hanudel, 27, OH 8+12:44
(\$3590)
(486.6 mi in 6 days, U.S.
record)
10. Tony Rafferty, 47 (\$538) 8+15:58
11. Mark Gladwell, 39 (\$538) 8+17:27
12. Terry Cox, 50 8+17:46
13. Emile Laharrague, 40 Fr. 8+18:16
14. Kevin Mansell, 36 8+22:36
15. Ron Hill, 46 8+22:36
16. Cliff Young, 65 9+13:17

TEMPORARY POSITIONS VACANT

Do you want to be an official or support crew member in next year's Westfield Sydney to Melbourne Run? Then refer to letter from Charlie Lynn on Page 15.

1987 Westfield Sydney to Melbourne Run

BY DOT BROWNE

Arguably the World's greatest Ultra distance race, "The Westfield" has blossomed from its inaugural tentative steps in 1983 to capture the imagination of the general media and the Australian sports-loving public, to become almost a national institution.

The popularity of this annual pilgrimage between the two cities undoubtedly belongs to 65 year old retired potato farmer, Cliff Young from Colac, Victoria, who defied all the laws of human endurance, endearing himself to the nation with that memorable victory four years ago.

Though he has started on each occasion, injury has forced him out twice, he finished seventh in 1984 and his amazing constitution saw him complete this year's race in a creditable 9 days 13 hours 17 mins.

The event this year — mainly for greater safety reasons — took on a whole new dimension with a relocated course extending to the southern coastal road after passing through Canberra — an additional 45 kilometres — making the total distance an even greater 1050 kilometres and the daunting prospect of traversing the near top of Australia through the Snowy Mountains high country to Cann River in Victoria.

Following his inaugural victory in 1985 over the original course distance of 960 kms, Greek superstar and possibly the greatest

ultra distance runner of all time, Yiannis Kouros, 30, once again dominated the race virtually from start to finish, winning convincingly in a staggering 5 days 14 hrs 47 mins, from Patrick Macke (U.K.) second and Dick Tout (N.Z.) third, a mere five hours separating the minor placegetters.

A notable feature of this year's event was the amazing success rate of veteran athletes who filled no fewer than ten places in the field of sixteen finishers, six of whom were Victorians.

First Australian to finish was National 24 Hr champion, Brian Bloomer, 46, from Springvale, Vic, whose renowned fighting qualities enabled him to stage a remarkable recovery to take fourth place, after experiencing difficulties during the race that would normally have spelt disaster for anyone else.

Brian's sheer guts and determination, which saw him through his great successes of '85 and '86 — where he finished third and second respectively — once again prevailed in his hour of need.

Perhaps the real highlight of the 1987 Westfield run, in the absence of the World's No. 1 female ultra runner, Britain's Eleanor Adams, was the fascinating duel for the lucrative \$10,000 prize money awarded to the first woman finisher, between Australia's newest ultra sensation, Victoria's 44 year old Cynthia Cameron, and Mary Hanudel, 27, from Toledo, Ohio (USA).

The "cat and mouse" tactics employed by the respective crews to gain advantage for their runner was evident from the onset and soon developed into

an enthralling battle with neither prepared to relent for fear of losing vital contact.

The lead repeatedly changed hands as they constantly monitored each other's progress throughout the race, rest breaks becoming shorter, and less frequent, more through necessity rather than choice!

Approaching the picturesque village of Berwick, 40 kms east of Melbourne, and just 60 kms from the finish at Doncaster — the intense pressure mounting by the mile — saw the two rivals both feeling the effects of physical and mental fatigue, finally opt to run together stride for stride. As this remarkable duo slowly headed along the Princes Highway towards Dandenong, the seemingly frivolous chatter seemed to wane as their inner thoughts and feelings added to this veritable game of bluff.

Who would be bold enough to take the initiative? and when? With hundreds of spectators now beginning to line the route through the Melbourne

suburbs, it proved just the stimulus needed for a final break. It was the diminutive Cameron who made the vital surge with the unfortunate Hanudel unable to respond and forced to walk for long periods.

As the courageous Mt Waverley housewife inched her way gamely through the City and the cheering crowds of late night shoppers to Doncaster's Westfield Shoppingtown and ultimate victory, the long battle was finally over: after a gruelling 8 days, 10 hrs 55 mins.

Other notable performances in this ultimate test of human endurance by veterans were, (3) Richard Tout (N.Z.) 6-2-29, (4) Brian Bloomer (Vic) 7-19-22, (6) George Audley (WA) 8-01-34, (8) Cynthia Cameron (Vic) 8-10-55, (10) Tony Rafferty (Vic) 8-15-58, (11) Mark Gladwell (NSW) 8-17-27, (12) Terry Cox (Vic) 8-17-46, (14) Kevin Mansell (NSW) 8-18-55, (15) Ron Hill (Vic) 8-22-36, (16) Cliff Young (Vic) 9-13-17.



1987 Westfield winners, L. to R.: Cynthia Cameron, 44, Brian Bloomer, 46, and Greek super star, Yiannis Kouros, 30.

CLIFF YOUNG'S RESUME

Cliff had been running competitively for four years when at the age of 61 he streeted the field, winning the inaugural Westfield Sydney to Melbourne in 1983. He smashed the previous record by almost two days. His time of 5 days 15 hours and 4 minutes for the 875km journey inspired the nation and he became a household name and national hero.

Prior to this his running highlights were; Two Gold Medals as a team member, at the 4th World Veteran's Games in New Zealand in 1981 for the Cross Country and the 26 mile Marathon. In 1982, he won the Manly 100 mile track race in 14 hours 47 minutes and 3 weeks prior to his Sydney to Melbourne win, he won the Manly 100 mile again in 14 hours 37 minutes.

After his big win Cliff had to cope with the added pressures of being a national celebrity. In subsequent races he was plagued with injuries and health problems, though he still managed to put up creditable performances.

In the Cliff Young Colac 1000 mile race in November 1983 he came third, completing 638 miles despite bronchitis and a crippling knee injury and painful arthritis.

Lining up again for the 1984 Westfield Melbourne to Sydney he started with a stress fracture in his knee. Ignoring a Specialist's advice against running at all, Cliff went past the one day he was told he'd only survive, and actually completed the race, coming 7th in 7½ days. His reception was as big as the Winner, Geoff Molloy.

In November 1984, Colac put on the McEwans 6 day track race which saw 28 year old Yiannis Kouros break his own World Record, running 635 miles. Cliff came 8th covering 465 miles despite bronchial trouble, very painful feet and arthritis and abuse from drunken youths which prompted Cliff to lose interest, because of the abuse that is.

The first real failure came in the 1985 Westfield Sydney to Melbourne when Cliff failed to finish. He was running 6th in a top international field, when, at Holbrook, he was admitted to hospital suffering bronchial spasms and pleurisy which turned into pneumonia. The week prior to the race Cliff was flat out doing interviews and publicity for the race. He caught a virus as did other runners who had overtrained, before the race had even started. Westfield went overboard with pre race publicity. Cliff got worse and worse as the race went on, he couldn't eat properly because his throat was swollen. I was amazed he even made it to Holbrook, which was over half way.

After this nasty episode Cliff agreed to supplementing his diet with extra vitamins and started taking 1 gram of Vitamin C per day. This eases his bronchial and arthritic condition and he trained his way back to reasonable health and fitness.

Then in November 1985 Cliff broke the Australian Open 24 hour track record set by Ashley Parcell, 28 years old, in Adelaide covering 235.8km (147 miles).

The 1986 Westfield Sydney to Melbourne was to be Cliff's last run in this event, in which he aimed to finish on a good note. He was running well with no worries when a man shook his hand jerking him around, twisting a muscle in his hip. It was Day one, the hills didn't help and the muscle did not respond to treatment, so he was forced to pull out.

The injury was not serious or permanent and in August 1986, Cliff proved that he was running even better when he took 11 minutes off his 50 mile road time running 6 hours 33 minutes. This occurred two months after he had been training under the guidance of Jon Edmonson, World Champion athlete and Naturopath, which bought his fitness level up remarkably.

Over the past few years Cliff has been subject to knockers and pressure to either do well or retire. As a result Cliff trained too hard for the 24 hour race in Adelaide (Nov. 1st/2nd 1986). He was aiming to regain the Australian Record of 242km now held by 42 year old Brian Bloomer. For two months Cliff's gruelling training schedule of 20 miles in the morning and 10 miles flat out in the evening, something that even the World Champion, Yiannis Kouros would not attempt, proved he'd overtrained. Even still Cliff's times up to the 100km mark were on Record schedule, and he still ran 97 miles in around 16 hours coming second before he ran out of steam.

Up until Christmas 1986, Westfield, our major sponsor, told Cliff he wasn't allowed to run in their Race because of the previous failures and I believe because they like him to do the publicity (which Cliff doesn't like that much), he'd rather run than spend a whole week or more trying to get his croaky voice going. I fought them on this and with the help of Charlie Lynn the Race Manager and Ultra Runner, they eventually agreed Cliff could run in the Race, but under two conditions.

The first condition is that Cliff doesn't race any race close to the Westfield Sydney to Melbourne.

The second condition is that Cliff is not used as the "publicity pony" before the Race as was the case in previous years, the only requirement being to participate in the Sydney Press Conference on Tuesday March 24th.



Cynthia Cameron. first woman to finish: she's come a long way in a short time.

R. Hill

1. Jetty. road.

Dromana. 3936.

Dear Dot

Thank,s a million for the wonderfull card its nice too know so many people care , please on my behalf tell them how gratefull I am to recive such a bea^utsurprise, not a real bad effort by the vic,s 5 out of 6 finished plus peter made the border. he came past me later held out his hand through the window of , the wagon shook hands then headead on down the road ,just a small gesture ,but it sure means a lot to me , the bottom of my left, foot blew out ,after bombala that cost me time over the course, dressing the foot took up to half a hour ,extra each morning before I could run again,very painfull untill I had been on, the road for half an hour or so ,The last sixty kms were a little tough as weather conditons were foggy and damp,really felt great To see that finish tape , cut it fine eighty six minutes to spare I would like to join A U R A if you would let me know how I will go ahead best thing to happen for benifit of all ultra Runners.

please fogive a few mistakes just learning how to type.

my next run will be fifty miler june 20th,Box Hill ^{TOO LATE WITH ENTRY}

I have enclosed a couple of photos for a u r a club

thanks for your help and support over the past few years

Dot see you soon all my regards ..good..running..

Ron Hill



MEDIA INFORMATION

KOUROS THE GREAT

Yiannis Kouros, champion of the ultramarathon this week completed the race of his life - the six day 1060 - kilometre Westfield run from Sydney to Melbourne via the Snowy Mountains, the world's longest point-to-point foot race.

Kouros crossed the line at Westfield Shoppingtown Doncaster at 12.47am on Wednesday, April 1 having completed the race in five days, 14 hours and 47 minutes - an even better performance than in 1985 when he covered the shorter, 960-kilometre course, in a record 5 days, five hours and seven minutes.

In September 1985, he ran an extraordinary race in New York, amidst the howling winds of Hurricane Gloria, to establish a new world record for 24 hours of 178 miles. Somehow it seemed appropriate that he should stand invincible even against nature's hurricane for that has been typical of his own effect on the international ultra marathoning world.

Yiannis Kouros attributed his speed and endurance capacity not to any particular type of training or diet requirement, but to his inner attitude:

"Running 800 metres is a test of body health" he says. "Running 100 miles is a test of character."

Other Westfield Run '87 placegetters were Briton's Patrick Macke who took second place and New Zealander Dick Tout who ran third.



MARATHON RACE MANAGEMENT PTY LTD

P.O. Box 871, Campbelltown, N.S.W. 2560 — Telephone 046 253231

4 May 1987

Dot Browne
4 Victory Street
MITCHAM. 3132.

Dear Dot,

Thank you for your latest copy of AURA. It is great to see the increase in membership.

I have enclosed a copy of an article which I wrote for Australian Runner Magazine on the Westfield Run '87. Please feel free to use it in AURA if you wish.

It seems that our '88 Run will be conducted during the period 18-26 March 1988 and that it will be conducted over the same course.

You might like to put a notice in AURA regarding 'Temporary Positions Vacant'. If anybody would like to register as an official or as a support crew member then they should write to me at the above address. It is just an expression of interest at this stage. They should advise what capacity they would like to act in. I will then make contact with them later in the year.

Kindest regards,

CHARLIE LYNN

MEDIA INFORMATION**WESTFIELD SYDNEY TO MELBOURNE ULTRAMARATHON 1987**

World marathon champion Yiannis Kouros romped in the winner of this year's Westfield Sydney to Melbourne Ultramarathon with enough breath to sing some Greek songs for the wildly enthusiastic crowd that had waited until the early hours of the morning to greet him.

He set a record time of 5 days, 14 hours and 47 minutes to complete the 1060 km race from Sydney to Melbourne, a race reputed to be the toughest of the marathons on the world calendar.

Kouros, of Greece, also set three other world records en route. He was followed by Patrick Macke of England in second place, Dick Tout from New Zealand in third and Victoria's Brian Bloomer in fourth place.

Kouros won \$20,000 for his second Westfield Run win. He won the event in 1985.

In all, 16 of the 26 starters completed the race with the winner of the first Westfield Run, Cliff Young, coming in last to an equally tumultuous welcome.

Cliff's run was impeded by fans on the Gippsland leg of the ultramarathon to such an extent that a police escort was required to keep him going. As he ran through Melbourne on the way to the finish line at Doncaster Shoppingtown he took time to pop into a couple of hospitals to say hi to the patients!

Another of the highlights of the race was the battle between the two leading women, Cynthia Cameron of Glen Waverley, and Mary Hanudel from the United States. Cynthia and Mary seesawed back and forth in the final kilometers of the race before Cynthia edged forward to pick up the \$10,000 purse. However, the camaraderie between the two women as they supported and cajoled each other throughout the gruelling race is still being talked about.

A Sportsman's Breakfast was held at Doncaster Shoppigntown on the day of Kouros's arrival - April 1, to mark the finish of the marathon. The event brought together 20 disabled children from the Glen Waverley Special School with their sporting heroes.

They were treated to cereal, orange juice, omelettes and Big M's with the likes of Hawthorn footballers, Michael Byrne and Chris Langford and Victorian cricketers Dav Whatmore and Michael Quinn.

A fitting end to the fifth Westfield Sydney to Melbourne Ultramarathon which now has the status to bring international runners to Australia to compete against the cream of the homegrown crop!.

ARTICLE FROM NEW ZEALAND ULTRA RUNNERS ASSOCIATION "ULTRA NEWS"

SYDNEY - MELBOURNE 1987

(1060 km long)

I had been looking forward to rendezvous with the familiar surroundings of lakes entrance where my wife Louise and I spent so many pleasant skindiving and camping holidays in the early '60s.

Well, Dick did stop there, but it certainly wasn't to admire the scenery or do a spot of fishing!

After battling a strong headwind since Cann River (near the N.S.W. and Victoria border) for the last 36 hours, his arrival at the picturesque Gippsland Lakes District was brought to a halt by a 40 knot gale and a seasprayed waterfront. It was dark, probably about 7 p.m. when we arrived at the reception, spa bath and steaming scallop pies. Dick needed the break and didn't really care where Kouros or Macke were at this stage.

He had been talking about getting a doctor or nurse to look at the chafing and thrush problems. Bob Johnson (our physio) and I discussed the matter and decided not to consult the medical profession..... Reason being, there would be a good chance they would pull him out.

His ankles and knees were in the process of expanding 'nicely' and he also had a mouth full of ulcers. The local hospital would have been more than delighted to put him up for a few days.

After shaving him (in all sorts of places) taping - dressing - plastering - double skinning - rubbing in ointment and vaseline etc. etc. Dick was tucked in while we went pizza hunting with one guy keeping watch. We weren't too worried about the 4 hr break as we knew that Macke was also battling the increasing gale well over 50k back the other side of town. However, analysing later, this proved to be the very point in the race where Dick lost a big slice of his lead and allowed Macke to come within that striking distance.

With the event being day and night running, things can change quickly, when one runner sleeps and the other keeps going... Usually this evens itself out over the 24 hours, but when trouble strikes, watch out!

So the next day, Max had the unpleasant duty to tell Dick "He is 24km behind you" Panic in the Kiwi camp - all leave was cancelled. "How did he do it?" Glenn Ryman and I took "big bird" (the large camper) back to Macke to spy on his movements. Macke rested for 4 hours 10 mins. Tout rested for 2 hrs 30 mins. Patrick was running 57 mins for 10k. Dick was running 80 mins for 10 k. How far to go? Will he catch at this rate, where and when? Well, with about 65 k to go Macke did catch us - and we could not help but admire his pace and the shape he was in. However, he stopped and rested again.

Dick took off - but the expected cat and mouse game did not eventuate. As Dick's ankles and knees were ballooning further it was impossible to lift the pace. With great determination he covered 90 miles over the last 24 hours, but had to settle for third place. Behind the singing Kouros and an "orienteering" Macke (ask Dick about 'that' sometime).

I am writing this particular episode for the uninformed critics (many of whom won't read this), but also for the bulk of genuinely interested ultra runners in N.Z. wondering why Dick Tout missed out getting 2nd place.

After the 3/4 way mark (approx Lakes entrance - Barnsdale) Dick became a physical mess and nobody close to him (least of all his crew) would have blamed him for calling it a day (or 5).

Comparing his condition to Kouros or Macke would have made it quite clear that Dick was only surviving on sheer guts and will-power anyway - that's how I saw it.

Gary Regtien.