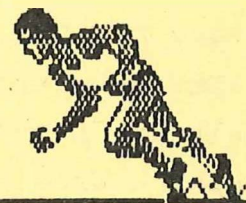


A.U.R.A. NEWSLETTER



Vol.2 No.4



September '87

Hi folks!

*Good luck with the
look. Kew. Will be over to help.
Jot*

We've listed our current committee members on page 3, elected at our first A.G.M. since incorporation. Please don't hesitate to pass on any ideas, articles of interest, race results and reports etc. to any one of us. Our membership has now grown to 160, with state representation as follows:

Vic.	69	A.C.T.	6
N.S.W.	53	W.Aust	5
S.Aust	13	Tas.	3
Queensland	8	Overseas	3

Thanks to Keith Fisher, Georgina McConnell, Tony Tripp, Steve Cornelius, Val Case, Stan Miskin, Kevin Cassidy, Wanda Roley, Steel Beveridge, Al McManus, Geoff Hook, Martin Hawes, Stu Mittleman and Andy Semple who have helped us with issue. A special vote of thanks to Gerry Riley, who has completed the Australian 50 Mile Road Rankings for this issue. We've also included some world rankings for 100km and 50km for your interest. How do you rate?

Thanks a million to all of you. Your enthusiasm is overwhelming.

At our first committee meeting held recently, we discussed the following:

- * Guidelines for conducting an ultra race.
- * Race rules
- * Register of State and National Championship events
- * A.U.R.A. logo design
- * Consideration of plaques being issued to National record breakers.
- * Timekeeping at races
- * Liason with NZ ultra assoc. & international association
- * Policy on drugs
- * Conducting a survey on ultrarunners' 'habits' (???)

So if you've got anything to contribute on any of the above topics, we'd be delighted to hear from you.

Bye for now,

Dot Browne
Hon. Sec.

A. U. R. A. Inc.
4 VICTORY ST.
MITCHAM 3132.

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1987 AURA COMMITTEE 3.

PRESIDENT	Geoff Hook, 42 Swayfield Road, MOUNT WAVERLEY, VIC 3149. PH (03) 288-9739 (H) & (03) 240-8022 (W)
VICE PRESIDENT	Tony Rafferty, G.P.O Box 2106, MELBOURNE, VIC 3001. PH (03) 296-535 (H)
SECRETARY	Dot Browne, 4 Victory Street, MITCHAM, VIC 3132. PH (03) 874-2501 (H)
ASSISTANT SECRETARY	Val Case. 1 Hunter Street, NORTHCOTE, VIC 3070. PH (03) 489-3050 (H) & (03) 344-2451 (W)
TREASURER	Klaus Schnibbe, 85 Sevenoaks Road, EAST BURWOOD, VIC 3151. PH (03) 232-5667 (H)
ORDINARY MEMBER (VIC)	Kevin Cassidy, 4 Grandview Road, PRESTON, VIC 3072. PH (03) 478-3687 (H)
ORDINARY MEMBER (VIC)	Keith Fisher, 10 Ashbourne Street, GEELONG WEST, VIC 3218. PH (052) 97-314 (H) & (052) 262-735
ORDINARY MEMBER (N.S.W.)	Chris Stephenson, P.O. Box 45, RUSHCUTTER BAY, N.S.W. 2011. PH (02) 523-7852 (H) & (02) 339-0211(W) EXT. 2171
ORDINARY MEMBER (N.S.W)	Bob Marden, 5 Pamela Place, KENTHURST, N.S.W 2154. PH (02) 654-9271 (H) & (02) 269-6441 (W)
ORDINARY MEMBER (A.C.T)	Trevor Harris, 27 Perry Drive, CHAPMAN, A.C.T 2611. PH (062) 884-137 (H) & (062) 655-806 (W)
ORDINARY MEMBER (TAS)	<i>Mike March, 125 Summerleas Road, FERN TREE, TAS. 7101 ph.(002) 39-1432(H)</i>
ORDINARY MEMBER (S.A)	Andy Docherty, 105 Adams Road, TROTT PARK, S.A 5188. PH (08) 387-2624 (H)
ORDINARY MEMBER (W.A)	Tony Tripp, Flat 100 Lakeview Davies Road, CLAREMONT, W.A. 6010. PH (09) 401-7797 (H)
ORDINARY MEMBER (Q.L.D)	Andy Semple, Queensland Marathon Club, P.O.Box 192, Everton Park, Queensland, 4053
ORDINARY MEMBER (N.T)	No Members <i>ph (07) 354-1000(W)</i>

OFFICIAL NON-COMMITTEE POSITIONS

1. International Liason Officer.
Tony Rafferty - See Above.
2. Statistician -
Gerry Riley, 69 Cambridge Crescent, WERRIBEE, VIC. 3030.
PH (03) 741-3071 (H)
3. Newsletter Editor.
Dot Browne - See Above.

CALENDAR

4

1987

- Aug.23 50 MILE ROAD RACE (C.H.A.S.E. Carnival) Victorial Championship, Ballarat, Vic. Wendouree A.C., P.O.Box 511, Ballarat 3550 or ph.Andrew Bush (053)321434.
- Sept 6 SYDNEY TO WOLLONGONG - approx.50 mile road race, NSW, contact Tom Gillis, 7 Wilmot Street, Sydney 2000 NSW.4am start.
- Sept 5/6 24 HOUR TRACK RACE - Queensland, 400 metre track, contact Andy Semple, Q'ld Marathon Club, P.O. Box 192, Everton Park, Queensland 4053. or phone (07)3555740
- Sept 13 100KM TRACK RACE at Coburg, Vic, Harold Stevens Athletic Track, 400m track, 7am start, \$10 entry, contact Kevin Cassidy, 4 Grandview Road, Preston 3072 Vic. ph.(03)4783687 for entry forms.
- Sept 19 50 MILE ROAD RACE at Bathurst, NSW, 7am start at the Courthouse, Russell Street, Bathurst. Time limit 10 hours, entry fee \$15, closing date Sept 4, contact Ian Taylor, 206 Rankin Street, Bathurst 2795 ph.(063)313230(home) (063)315344 work.
- Oct 3/4 24 HOUR TRACK RACE (Aust.Championship) Adelaide, SA, Sri Chinmoy Running Team, c/- Boundless Life Health Foods, 101A Walkerville Terrace, Walkerville, 5081 SA, ph (08)3449433. \$65 entry fee,
- Oct 11 50 MILE ROAD RACE. Q'ld, around Queensland University, St.Lucia, contact Andy Semple, Q'ld Marathon Club, P.O.Box 192, Everton Park, Queensland, 4053 or phone (07)3555740. Race starts 1am!!
- Oct 90KM ROAD RACE, SA, Adelaide to Victor Harbour, contact the Distance Runners' Club of South Australia, P.O.Box 102, Goodwood, 5034 South Australia.
- Oct.16 48/24 HOUR RUNS, WA, 1km circuit around an oval, Perth, WA.
17 & 18 48 Hour starts 12 noon Friday and 24 Hour starts 12 noon Saturday. Entry fee \$25, McGillivray Oval, Sports Complex, University of W.A. Contact Ross Parker in Perth (09)4017797 or Val Case in Melbourne (03)4893050
- Nov 16-22 6 DAY TRACK RACE, Colac, 400metre grass track, contact Colac 6 Day Race Committee, P.O. Box 367, Colac 3250, Vic.(052)234129
- Dec 26 Bogong to Hotham Event, Victoria, mountain trail run, 6.15am start, approx 60km, and incorporating approximately 3,000 metres climb! Phone (03)8789285, Russell Bulman. Course may be changed to Mt.McKay (42km)
- 1988
- Jan 23, 48/24 HOUR RUNS, Vic. Australia Day long weekend, 400m track, 24 & 25 Aberfeldie, Corio Street, Aberfeldie (Mel.map 28C6), 48 Hour starts 12 noon Saturday, 24 Hour starts 12 noon Sunday. \$35 and \$25 entry fees. Contact Stephen Foulkes, P.O.Box 1048, Carlton 3053. Ph.(03) 6528376. Bi-centennial celebration runs. (business phone no.)
- 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 of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston 7250, ph.(003)954294.

CALENDAR

5.

1988

- Feb 13/14 24 HOUR TRACK RUN (Victorian Championship), Vic.Veterans'A.C. event, at Coburg, (Mel.map 18A10), Harold Stevens Athletic Track, Outlook Road, Coburg, 12 noon start, \$20 entry, also incorporating 1988 Westfield Run trial, contact Dot Browne, 4 Victory Street, Mitcham 3132 for entry forms. Ph.(03)8742501. Entry form in this issue.
- Mar 17 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.
- Apl.2 100 MILE TRACK RACE at Manly NSW, contact Ian Hutchison, P.O. Box 168, Narrabeen, 2101 NSW
- Mar 12 BLUE MOUNTAINS 6FT.TRACK MARATHON, NSW 46km. mountain trail run, 10am start from Katoomba to Jenolan Caves, contact Ian Hutchison, P.O.Box 168, Narrabeen, 2101 NSW. Ph.(02)9815324.
- Mar ? LAUNCESTON TO HOBART, Tas, 200km approx, contact Mike March, 125 Summerleas Road, Ferntree 7101, Tas. **(ROAD CREWS PROVIDED)**
- Mar ? 50KM TRACK RACE, at Parramatta, NSW, 500m grass track, contact Chris Stephenson, 30 Judd Street, Cronulla, 2230 (02)5237852.
- Apl 18-23 SIX-DAY ULTRA-TRIATHLON, SA, cycle, paddle, run, total distance 559.2km, starts Adelaide, contact Stirling Apex Club, P.O.Box 31 Stirling, 5152, or ph. (08)3885425.
- May 7 12 HOUR TRACK RACE, Percy Cerutti Memorial run, 400 metre track, at Rosebud, Vic. Contact Brian Jones, (059)868640
- May 15 BANANA COAST ULTRA-MARATHON, 85km, Q'ld, Grafton to Coff's Harbour, 5am start, contact Steel Beveridge, 20 Arrawarra Rd, Mullaway 2456, Q'ld.
- May 24 HOUR TRACK RACE, NSW, Sydney Striders, Hensley Athletic Field, Wentworth Avenue, Pagewood, Sydney, 11am start, contact Steve Cornelius, 41 Garling Street, Lane Cove NSW 2066 or phone (02)4273604.
- June 50 MILE TRACK RACE Australian Championship, Vic, at Box Hill, 400 metre track, 8am start, contact Geoff Hook, (03)2889739 or Dot Browne (03)8742501 for entry forms.
- June 50 MILE ROAD RACE at Carlton, Vic, 8am start, 25 x 2 mile circuits, around Princes Park. Contact Geoff Hook (03)2889739 or Dot Browne (03)8742501 for entry forms.

A PASSIONATE APPEAL TO ALL RACE ORGANISERS !!

Please advise Dot Browne latest details of your ultra race so that we can keep our calendar up to date with relevant information. If any interstate representative knows of a race within their own state where the race organiser is not a member of A.U.R.A., then please sign them up because our newsletter gives their race greater publicity.

ULTRA RUNNERS' SURVEY

Compiled by Geoff Hook

We wish to conduct a survey amongst all ultra runners to gather information about eating, training and racing habits. Not only would the results from this survey be of enormous benefit to novice ultra runners, it could also help experienced runners to try new tactics in order to improve their performances. We expect to find many similarities as well as much diversity amongst the results.

A good survey is only as good as the information received. Therefore, could ALL ultra runners PLEASE respond. The more replies we get the better the analysis will be. The results of this analysis will be published for the benefit of all.

Please try and keep answers reasonably concise.

1. Outline a typical day's diet.
(don't give the full range of foods eaten, just theoretical typical daily diet, eg. Breakfast: glass of fruit juice, bowl of cereal, 4 slices of toast with margarine and spreads, cup of white coffee; Morning Tea: croissant, cup of tea; lunch: 3 mixed salad sandwiches 2 pieces of fruit; Dinner: Piece of red or white meat, potatoes and two vegetables, glass of red wine, pudding; Supper: Whole wheat biscuits, cup of milky milo).
2. Do you carbohydrate load or eat additional quantities of carbohydrates before an ultra race?
3. Do you find it easy, difficult or somewhere in between to eat and/or drink during an ultra race?
4. How often do you eat and drink during an ultra race?
5. Outline the main items of food and fluids you consume during an ultra race.
6. Do you find no trouble eating a small, medium or large meal prior to a training run vis a *vis a race*
7. Outline your typical training regimen when you are uninjured and not training for a particular race.
(eg. approximately 85 miles per week consisting of a steady speed 12 miles per day. Or 1 x 20 miles slow, 1 x 10 miles fast, 4 x 12 miles steady, 1 rest day. etc.).
8. Do you injure easily and/or frequently?
9. Do you believe in regular rest days or regular days of really light training?
10. Do you race frequently or rarely over distances less than a marathon?
11. How many marathons, on average, do you run a year?
12. What is your marathon P.B. in the last 5 years.
13. How many ultras, on average, do you run a year?
(ie. no. in range 27 to 50 miles; 51 to 100 miles; beyond 100 miles).
14. Do you increase training mileage when preparing for an ultra race?
15. If yes to 14, how many weeks prior to the race do you peak?
16. Outline a typical training regimen during this peak week.
17. Do you taper off and freshen up after this peak? If so, briefly explain how?
18. Do you have any days prior to an ultra race with no training? If so, how many days immediately prior to the race?
19. How do you apply yourself in an ultra race?
(eg. steady speed or fast start with consequent slowdown, slow start and try to speed up later or run to a set lap time or minute per mile pace or run how you feel, etc).
20. How important is mental attitude to you during an ultra race?
21. Do you race to win, participate to finish or attempt to improve on previous performances.
22. What is your attitude to support crew/helpers during a race?
23. What is your attitude to other competitors during a race?

- 24. Do you need help and direction during a race in respect of race pace, when and what to eat and drink, when and how long to walk or rest etc.
- 25. What is your attitude to race officials during the race:
- 26. Any other relevant information?

Please complete your answers to this survey as soon as possible and post to Dot Browne, 4 Victory Street, Mitcham Victoria. 3132.

The following article is an interesting discussion taken from the International Association of Ultrarunners' Newsletter.

ROAD COURSE MEASUREMENT

In 1986 three of the fastest 100km times ever set on the road were reported. Jean-Paul Praet ran 6.03.51 at Torhout, Jan Szumiec ran 6.17.56 at Winschoten and Domingo Catalan ran 6.15.17 at Auron Nice.

Some details of the respective courses are now available. Torhout consists of one very large loop and one small one. The course was measured in 5km sections using a surveyor's wheel. It was done by a professional surveyor, who arrived at a total distance of 100km 110m. Winschoten consists of two laps of 50km. The course was measured using a surveyor's wheel, and afterwards checked by the Ordinance Survey, a branch of the Ministry of Traffic and Waters. I would be surprised if they had not used a surveyor's wheel. The Auron - Nice course is point to point. It starts at Auron 1600 metres/5249 feet up in the Alps, goes downhill to the 70km mark, 100 metres above sea level, before going up again to 400 metres altitude at 80km, before another downhill to the finish at sea level. I do not know yet how the course was measured.

In experiments carried out in the United Kingdom using a surveyor's wheel an error of approximately 6.5 metres per 1000 metres was found in comparison with measurements using the calibrated bicycle. The reasons for this are the differences in size of wheel and tyre. The smaller surveyor's wheel with its solid tyre is much more likely to bounce due to irregularities in the road surface like grit, stones or potholes. Each bounce will cause the wheel to register a greater distance than it will in fact have covered. The wheel of a calibrated bicycle, being larger and the tyre being inflated, is far less affected by the road surface, and will therefore give a more accurate reading, and thus a more accurate measurement. The United Kingdom experiments were confirmed by an inter-national group of IAAF measurers who were invited to re-measure the Frankfurt marathon course which had previously been measured by a surveyor's wheel. The course was re-measured using calibrated bicycles and the course was found to be 200-300 metres short.

Thus bearing in mind their measurement there are bound to be doubts about the exact distance of the Torhout and Winschoten courses until they are re-measured using the method now favoured by the IAAF, AIMS and the IAU ie the calibrated bicycle. The substantial downhill nature of the Auron-Nice course makes comparisons with normal 100km road courses very difficult, and thus makes it unsuitable for recognition as a world best, even if the course were measured using a calibrated bicycle. At present the fastest time on a normal 100km road course, independently certified by a foreign measurer using a calibrated bicycle, is Don Ritchie's 6.28.11 set at Santander, Spain in 1982.

50_MILE_TRACK RUN - QUEENSLAND

2/8/1982

University of Queensland

RESULTS:

(Results supplied by Andy Semple)

1. Owen Tolliday	6.17.27	4. Terry Pickard	6.59.00
2. Ian Javes	6.37.06	5. John Lanham	8.18.58
3. Derek Jory	6.51.03	6. Stuart Currie	8.40.20

Dear Dot,

Further to Trevor Harris' race report (A.U.R.A. Newsletter Vol 2 No.2), Ron Grant's letter (Vol.2 No.2) and the Editor's comments in both issues, I wish to offer further food for thought regarding pacing and ultras.

Firstly, it is not valid for Ron Grant to equate a 6 to 8 hour circuit event with a 6 to 9 day road event (Sydney to Melbourne), for it is obvious that such different events require different rules and conditions.

Pacing should definitely NOT be permitted in track or multi-circuit events where there is no danger from vehicles. (I shall deal with road events later).

In my experience, pacers (seconds/handlers) tend to become obsessed with the needs of their own runner to the detriment of other runners and officials. The pacers clutter the track, block lanes, obscure the view of lap-scorers and impede other competitors' access to, and communication with their food station and handler/s. Unpaced runners know that paced runners have an advantage and this knowledge may become an obsessive, depressing and negative thought.

I really felt for Derek Jory and Carl Wagner when I read Trevor's report. Whilst Ron Grant claims that winner "Kerry Beattie's friends ran with many competitors during the race", it is significant that they did not run with Kerry's closest rivals. Despite Ron's offer to help Derek Jory "next time", the fact remains that Ron didn't assist Derek when it really mattered.

In 20 ultra-marathons, I have yet to encounter "officious officials" and suggest that Ron should be more objective and less emotive and prone to introduce 'red herrings'. Ron should recognise that there were only 17 starters and 13 finishers in the race. Imagine the chaos if the more normal 40 competitors on a 400 metre track each had a pacer or two. I suggest that this may cause "officious officials jumping up and down screaming".

Communication between runner and second should normally be accomplished as the runner passes by each lap. For lengthier communications (which in my experience are seldom necessary), perhaps race rules could permit a handler to accompany the runner at least 4 lanes wide (or this equivalent in a multi-circuit event) for a maximum of (say, 200 metres. The handler would then return in the reverse direction.

Unless he/she deliberately set out to pace a runner, a second could not possibly take too long to give a runner food or drink during a track or circuit event. The food or drink should simply be handed to the runner as he/she passes or placed on a table for the runner to collect.

It is of course, legitimate for competitors to run together and this could be of mutual benefit, but to avoid inconveniencing other runners, they should not be more than two abreast.

Despite the camaraderie that exists between ultra runners, it is a fact that the race is competitive, not only 'up front', but also down to last place. Race organisers should therefore determine the distance and placing of every competitor at least every hour and display this information on a board which is easily visible to the runners.

With respect to road races, I further disagree with Ron Grant when he writes "I can understand pacing being banned in the Sydney to Melbourne for safety reasons". I submit that for safety reasons every runner should be accompanied when tired and liable to wander too far onto the road surface, and particularly through towns to prevent well-meaning but possibly harmful contact by the public and also to navigate the runner.

I hope that in the near future, we of A.U.R.A. set race rules and safety criteria for each type of event. We would then need to enforce the rules and refuse to endorse any event which does not comply, and also discourage A.U.R.A. members from competing in unendorsed events. Best wishes to all on the ultra scene,

Stan Miskin (signed)

Letter to the Editor:

9.

Dear Dot,

Having experienced both the joys and disappointments of ultra-distance running, and being well aware that the goal of many people is to complete 100 miles within a day, I feel that I should point out an error in Keith Fisher's otherwise excellent "Ultra Marathon Pacing Chart", because this error could lead to profound disappointment.

The chart is based on a 400 metre track but erroneously equates this to 4 laps to the mile, i.e. 400 laps = 100 miles. Unfortunately, this is only true of a 440 yard ($\frac{1}{4}$ mile) track and a competitor running 400 laps of the metric track would still be 2 laps and 134 metres short of the magic 100 miles.

Further, any aspiring record-breaker who thinks in miles rather than kilometres should amend the mileages shown by Keith, otherwise the joy of breaking a record or achieving a p.b. could turn to disappointment when the realisation is made that a lesser distance has been covered.

To correct the mileages shown (and err marginally on the safe side), multiply the kilometres shown by 0.62136 and NOT by 0.625 as is so often done.

The A.U.R.A. Newsletter is great - each edition being bigger and better than the previous issue. Many thanks to the Editor, interim committee, statistician and all contributors.

Yours in running,

Stan Miskin

Letter to the Editor from N.Zealand Ultra-Runners Assoc.

Dear Mr.Hook,

Thank you for your letter of 25th March. I enclose a copy of our latest newsletter for your information. This contains many of the things that we have been doing and plan to do.

We were all very excited to receive your letter and to make contact with your organisation. I am sure that both our organisations have similar aims and outlooks. I hope that together we may be able to foster more trans-Tasman travel for ultra-races. We had several Australians here for our Brighton Pier 50 and of course there were New Zealanders competing in this year's Sydney to Melbourne.

I trust that Gerry Riley will contact Peter Tutty. Between them they should be able to work on Australasian rankings and records. Peter's address is: 37 Bermuda Dr., Christchurch 4, N.Z.

I will write again giving more details of what we are trying to do here.

Martin Hawes (President)

24/48 HOUR RACE IN PERTH - 16th-18th OCTOBER 1987:

Tony Tripp has asked us to inform Eastern States entrants to this race that they are offered free accommodation, tents, timekeepers and crew. Contact Ross Parker in Perth (09)4017797. Food and refreshments of course must be provided by each runner. It is a 12 noon start on the Friday 16th for the 48 Hour and the 24 Hour Race starts at noon the next day, Saturday 17th October, so that both races finish together. Medals, badges and bars (for the tracksuit) will be presented for those completing 140 miles within 48 hours or 100 miles in 24 hours. Venue is McGillivray Oval, University of Western Australia Sports Complex on a one kilometre grass track. Entry fee \$25. Contact Dot for entry forms.

Thanks for the invitation to comment on the letter written by Ron Grant giving his views on pacing.

Pacing has always been a controversial issue in running circles. We are left with our running associations to decide; the rule is no 'pacing' so we should respect the umpires decision and try to accept why we may be better off with the 'no pacing rule! It is so easy to support our own opinions with examples like, Quote, " I saw Kouros running with his manager in the last Sydney to Melbourne!"

If a Race Director considers that a competitor is being paced, when the rule clearly states that pacing is not allowed the offender should be given a warning, if pacing continues he should be disqualified. This may sound rather drastic but why should an advantage be given to one that may not be available to all the rest of the runners?

In track ultras a maximum of 40 entries could be the accepted number for a smooth well organised race. If pacing is allowed there is the possibility of up to 80 bodies cluttering the track. This would be an impossible situation for the overworked lap counters and the other race officials.

On the few occasions that I have competed in ultras I have never yet witnessed officials 'jumping up and down and screaming pacing'. Also I object to the most important people who work hard for us being called 'officious officials! They cheerfully give their time. We so often forget to thank them for their efforts yet, they keep returning to organise our running events. In my experience the biggest critics of athletic officials are those who rarely if ever volunteer their time when not racing themselves. We should not insult the officials by suggesting that they do not know the difference between pacing and the runner having a drink handed to him.

During the 1984 Colac 6day race I was a competitor. Brian Bloomer offered to run a couple laps with me. Without considering the pacing rule I agreed. The race judge warned me of possible disqualification. Realising that I had been wrong I asked Brian to leave the track. (One of the other runners handlers had made a protest to the judge who had quite rightly resolved the situation without any hassle.)

As ultra runners we should be able to handle our own company during races.

Gerry Riley

GERRY RILEY



New Zealand's _____ EVENTS CALENDAR

30 May 1987

Contact :

Tree to Sea 80 km

Jan Fleming, R.D. Tirau

22-23 August 1987

Contact:

24 hour track race

Gary Regtien, 13a Brighton Terrace, Auckland

5 September 1987

Contact:

24 hour run, St. Lucia, Australia

A. Semple, PO Box 192, Everton Park, Queensland 5053.

24 October 1987

Contact :

Port Hills 10 km (and 50 km)

Martin Hawes, PO Box 182, Lyttelton

October 1987

Contact :

Bay of Island 70 km

Jim Hannah's Weightlifting & Boxing Club, Kawakawa.

11 October 1987

Contact:

Queensland 50 mile road run, Australia

A Semple, PO Box 192, Everton Park, Queensland

Conditions ideal for Brighton Pier race

By GLENN HASZARD

Don Mitchell retained his Brighton Pier 50-mile running title when he beat an accomplished field in the Silver Jubilee event in Christchurch on Saturday.

The former Christchurch driver who is now working part-time as a milkman in Nelson, recorded a time of 5h 29min 28s — the third fastest time on the course, and won an air ticket to London to compete in the annual London-to-Brighton 53-mile classic in September.

Helen Grant (Sumner) shattered her own women's record in a time of 6:34.29 to establish new New Zealand and Australasian women's 50-mile records. She finished fourteenth in a field of 81 finishers from 93 starters.

The race began outside Brighton Pier at 7 a.m. with the chimes of Big Ben being broadcast by 3ZB. It was so cold that many runners wore gloves and other warm gear. But the sun gradually came up and with only a gentle breeze and mild temperatures for the rest of the morning, conditions were ideal.

Russell Prince, the winner of the Coast-to-Coast "Longest Day" event in February, set the race alight by opening up a big lead as he went through the 5-mile mark in 28min 48s and the 10 in 58:13.

He kept up the relentless pace and the main bunch of Mitchell, Peter Tutty (Sumner), Mel Radcliffe (Sumner), Wayne Rouse (Palmerston North), and Arthur Gemp-ton (Toyota-Greymouth) preferred to stay back at a pace which each of them considered wiser.

Prince, who was running his first ultra-marathon, said that he ran at a fast pace because that is the way he trains. He dismissed a suggestion that he wanted to be first to 25 miles to win the \$200 stage prize.

"It's just the way I run. I ran a 2:45 marathon on a training run one Saturday morning and I felt good. I thought I would race the way I train," he said.

Radcliffe, a former Canterbury marathon champion and the winner of the Buller marathon in February, made his bid for the title after halfway and led through 35 miles, picking up the 35-mile stage prize.

But his lack of long

distance training on hard roads took a toll on his thigh muscles and he began to slow, withdrawing at 43 miles.

Prince, who had led until Radcliffe passed him at 33 miles, was having trouble with his knees and attributed that to having run on only one side of the roads. He decided to change into heavier road shoes, but he soon found that, in his haste to get back on the road, his socks were not on securely and they began to bunch up in his shoes, causing discomfort. When he tried to take his shoes off again, he had trouble undoing the double knots.

Prince lost a few minutes with his shoe-and-sock problems, but picked up the pace again and to the surprise of many observers who considered his early pace would be his undoing, finished strongly to take third place and will be a strong contender when he lines up next year.

Mitchell and Tutty set out after Radcliffe and Mitchell caught first Prince, then at 36 miles Radcliffe, to take the lead. Tutty followed through, moving into second place just after 40 miles. Tutty was third to Richard Tout and Martin Hawes (Sumner) in 1985 and withdrew at 34 miles last year. He recorded a personal best time of 5:37.20 on Saturday, while Prince came through well in the last five miles to record 5:40.49.

John Souter (Timaru), the 1982 and 1983 winner, came through from tenth place at halfway to finish fourth and take the trophy for first veteran.

Rouse withdrew between 35 miles and 40 miles with a sore foot when in fourth place. He won the race in 1980 in 5:39.49 and was one of the favourites. He said it was the first time he had had to withdraw from an ultra and that he would not be competing in any more in the future.

Gempton, who won the Bay of Islands 70km race last year and was also a leading contender because of his good training background and fast marathon times, said that it was only the bullying of

his Coast supporters that kept him going, because he, like Radcliffe, suffered from thigh soreness.

"They started to hurt from 15 miles and I had to walk some of the way between 30 and 35 miles. I lost half an hour then and I was ready to pull out but they (his supporters) wouldn't let me."

He had hoped to run the Brighton Pier 50 in about 5:15, which would have given him the record.

"I learnt that the body can react differently at any time. I've never had trouble with these muscles before."

Surprisingly, only four runners finished in under 5h, but the strength of the field was evident from the fact that a record 22 finished in under 7h. About 20 more finished in under 8h.

The oldest finisher was Dale Finchman (Leith), who finished in 12:25.13. He is 76. John Drew, aged 73, finished just ahead of him for his fourteenth Brighton finish.

Grant set out at a pace which she felt was comfortable, and went through the 10-mile mark in 72min 30s, which would have given her a 6h finish time if she had kept it up. At the halfway she was still on a pace only slightly slower than that, going through in 3h 9min. She lost only about 15 minutes over the second half of the course.

One spectator on the Murray Anysley hill said he saw her racing a male competitor up the hill — after having run over 40 miles. She said after the race that she usually attacked up hills because she feels that is the best way to tackle them, and she feels worse going down.

Her training for the race involved an average of about 75 miles a week, with only one run of 30 miles, a marathon, and several hard races. She concentrated on speed work because she wanted to break her own women's record — and that she did with a vengeance.

Sandra Barwick (Takapuna) also broke the old record and set a personal best time in 6:59.37 for twenty-second place overall, while Colleen Martin

of Christchurch ran 7:40.16 in her first ultra. Her husband, Colin, finished twelfth in 6:28.26.

Fourth woman was the Australian Georgina McConnell, who did a personal best time of 7:46.49. She said she had to walk up some of the small hills on the course, because her ribs ached from a fall she had a week ago when she ran for 7h on the Hope River trail. She will return to Australia and intends to run an 80km track race in Sydney in July.

Terri Hayes, an American aerobics instructor based now in Wellington, ran her seventh ultra and knocked off about two hours from her previous best to finish fifth of the eight women who started, in a time of 8:11.19.

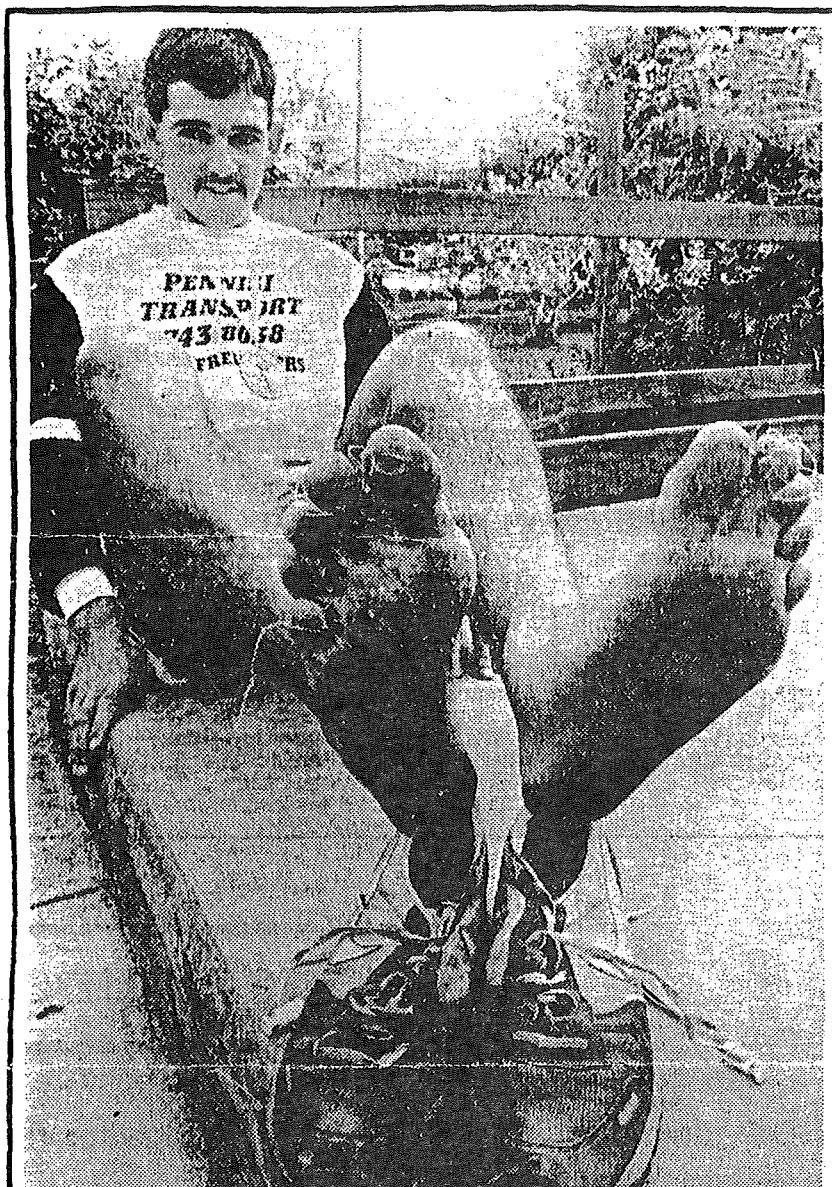
Results. — Mitchell, 5:29.28, 1; Tutty, 5:37.20, 2; Prince, 5:40.49, 3; Souter, 5:58.28, 4 and first veteran; Gempton, 6:03.00, 5; A. McAlpine (Wellington), 6:04.10, 6; D. Rudman (Cambridge), 6:05.14, 7; K. Krischko (U.S.A.), 6:18.01, 8; J. Baxter (Christchurch), 6:20.29, 9; K. Lindsay (Auckland), 6:25.22, 10; D. Kennedy (Christchurch), 6:26.37, 11; C. Martin (Christchurch), 6:28.26, 12; R. de Velice (U.S.A.), 6:32.46, 13; H. Grant (Sumner), 6:34.29, 14 and first woman; J. Shivas (Christchurch), 6:41.08, 15; S. Hill (Christchurch), 6:44.00, 16; D. Gorrie (Christchurch), 6:46.17, 17; L. O'Neill, 6:48.58, 18; I. Worters (Christchurch), 6:50.28, 19; R. Alcorn (Perth), 6:55.35, 20; L. Blair (Christchurch), 6:57.55, 21; S. Barwick (Auckland), 6:59.37, 22 and second woman; J. Brooks (Philippines), 7:04.17, 23; R. Howe, 7:06.25, 24; P. Worters, 7:07.17, 25; S. Brown (Wellington), 7:08.49, 26; R. Dickson (Christchurch), 7:11.07, 27; D. Cameron (Christchurch), 7:14.04, 28 and first over 50; C. Anderson (Christchurch), 7:16.12, 29; B. Goodman, 7:18.19, 30.

Women: Grant, 1; Barwick, 2; Martin, 7:40.16, 3; G. McConnell (Australia), 7:46.49, 4; T. Hayes (U.S.A.), 8:11.19, 5; V. Davies (Christchurch), 9:59.06, 6.

Newspaper article supplied by Georgina McConnell, fourth placegetter in the women's race. Her time was 7:46.49. Congratulations from all of us at A.U.R.A.

Keith has time to spare

12.



Keith Fisher's 100 mile winning feet, complete with blisters, after his near record run. Picture: Mike DUGDALE.

MANLY 100 MILE TRACK MARATHON RESULTS

17th April, 1987.

<u>NAME</u>	<u>AGE</u>	<u>50 MILE TIME</u>	<u>100 MILE TIME</u>
1. Keith FISHER	21	7.26.31	15.41.00
2. Anyce MELHAM	29	8.07.00	21.42.36
3. Alan STAPLES	37	10.36.10	22.11.54
4. Grahame KERRUISH	47	10.00.54	22.40.27
5. Eduardo VEGA	46	12.20.06	24.07.48
Ron FRITH	38	10.53.32	
Kathy FRITH	45	15.51.20	

Note: Ron Frith ran 60 miles in 13.29.50
 Kathy Frith ran 50 miles in 15.51.20
 Doug Markulin ran 20 miles in 3.24.00

by Glen Quartermain

Geelong ultra marathoner, Keith Fisher, had six extra hours to celebrate his surprise victory in the Australasian 100 mile track championship in Sydney on Sunday.

That's how long it took for second place-getter, Anyce Melham, to cross the finish line.

Fisher's resounding victory saw him cover the 400 laps of Manley Oval in a near record time of 15 hours, 41 minutes.

The 21-year-old admitted yesterday to being "a little startled" by his performance after entering "just to have a run and maybe break 17 hours".

"I seemed to muster more energy as the race wore on, it really surprised me," he said.

The event began in fading light on Saturday and by 10am on Sunday morning, Fisher was barbecuing beside the Manley Oval track, watching the other finishers fight for placings.

"Melham led me for the first five hours but I passed him just after

midnight on Sunday morning and never looked back," he said.

"When I finished, Melham still had 80 laps to go, it was a great feeling finishing so far ahead of my nearest rival."

Fisher, who becomes the youngest ever to win the event, ran the first 250 of 400 punishing laps without a break.

"I thought it would get me off to a good start and as it turned out it was a good tactic."

Fisher averaged 27 laps an hour travelling at a 7 mile an hour pace.

The win puts him in an elite group of ultra-marathoners, including Westfield Sydney to Melbourne hero, Cliff Young, who won the Australasian 100 mile race in 1983-84.

While the win came as a surprise, Fisher had spent months preparing for the event.

His preparation carried him 150 kilometres a week around the Barrabool Hills.

Fisher's next big challenge will be Australia's first 48-hour time trial in Perth this October.

But for the moment, he will rest his much travelled legs.

He has the blisters to prove it.

Congratulations

Keith on your first ultra win! It was a sensational run.

(Keith has just been elected onto our first official A.U.R.A. committee.)

APOLOGY

Tel. (052) 97314

13.

Radio / Cassette Carriers

KEITH FISHER

I am very sorry to have to inform you that the Radio cassette carrier is now \$26.50 (A.V.R.A special) + \$2.25 postage per Belt.

Unfortunately my manufacturers gave me the wrong price in which I advertised in the last edition of A.V.R.A. so it's not my fault. I was very disappointed in them because it has stuffed me around a great deal.

Again I am sorry for any inconvenience and this A.V.R.A special price is the best I can do.

Yours faithfully

Keith Fisher

10 Ashbourne St.
Geelong West 3218 Vic.

A couple of crazy poems from Keith Fisher about his 12 Hour Run at Rosebud and his Manly 100 miler.

12 HOURS OF FUN!!

OFF WENT THE GUN FOR A 8am START,
AS THE HRS WENT BY SOME SLOWLY FELL APART,

AROUND THE TRACK DID WE GO,
AT FIRST WE FELT GREAT, LATER SO-SO,

THE WIND WAS BLOWING HARD OFF THE OCEAN,
WHICH MADE THINGS PRETTY HARD TO STAY IN MOTION,

THE CLOCK KEPT ON TURNING AND FOUR BECAME FIVE,
THREE HOURS TO GO AND WE ARE ALL STILL ALIVE,

SO AT 8pm THE GUN WAS FIRED,
AND I MUST ADMIT WE ALL LOOKED PRETTY TIRED,

EVERYONE MADE IT, THEY'D DONE WHAT THEY'D SAID,
THEY'D RUN FOR 12 HOURS AND NO-ONE WAS DEAD,

THEY ALL SHOOK THEIR HEADS AND COMPARED WHERE THEY HURT,
THEN THEY ASKED WAS IT ALL WORTH IT FOR JUST A T-SHIRT,

CONGRATULATIONS TO RON HILL AND TERRY COX,
AND THE OTHER ORGANISERS TOO,

IT WAS A JOB WELL DONE,
A WELL ORGANISED "ULTRA-RUN",

THEY ALL MADE SURE NOTHING WENT SOUR
AT THE 1st INAGURAL PERCY CERUTTY 12 HOUR.

MANLY 100 MILE MASSACRE!!

WE LINED THE START, HALF AN HOUR LATE,
SOMEONE FORGOT THE LAP SCORING SHEETS, A NEAR CRUEL FATE,

IT DID STOP RAINING JUST BEFORE THE START,
JUST AS SOMEONE LET OFF A GREAT BIG FART,

WE FINALLY GOT GOING AROUND THE DAMP GRASS TRACK,
BUT NOTHING WAS GOING TO WORRY THIS CHEERFUL HAPPY PACK,

THE DRUNKS STAGGERED OVER AFTER SAYING THEIR GOOD-BYE'S,
SOME WERE A WORRY,
AND MOST HAD GLASSY EYES,
AND SOME KEPT GUTTERS WARM COME SUNRISE,

STILL ON WE RAN, NEVER THINKING TO QUIT,
BUT EVERY NOW AND THEN, SOME GOT THE URGE TO SIT,
AND SOME EVEN HAD THE URGE TO HAVE A BIG "SPIT",

SOME WERE RUNNING, SOME WERE WALKING,
SOME WERE LAUGHING, SOME WERE TALKING,

THEIR BODIES ACHED FULL OF PAIN,
THEN THE FATIGUE DISAPPEARED, THEY ALL FELT GREAT AGAIN

CONGRATULATIONS TO HUTCHY FOR A JOB WELL DONE,
AN EXCELLENT EVENT IS THE MANLY 100 MILE RUN,

BUT ALL IN ALL IT WAS A GREAT EVENT,
AND EVERYBODY RAISED A SMILE AT THE MANLY 100 MILE.

Sydney Striders

Marathon and Road Runners Club

Westfield 14.

UPSTART STEALS THE OLD MASTER'S THUNDER

**The 1987 Sydney Striders' 24-Hour Track Race
Incorporating the NSW Trial for the 1988 Westfield Run
and Incorporating the NSW 24-Hour Track Championship.**

Hensley Field, Pagewood, Sydney, 30-31 May 1987

by Steve Cornelius

In all of Ireland's legends of leprechauns, there is not a tale to surpass that of Frank Kelly's victory in the 1987 Sydney Striders' 24-Hour Track Race. This race, now sponsored by Westfield as the NSW qualifying event for the Sydney-to-Melbourne Run, incorporates the NSW 24-Hour Championship. Who in their right mind would expect it to be won by an ultramarathon novice who had never run more than 50 km in any race in his life?

Frank Kelly, a 33-year-old bricklayer who hails from the West of Ireland and now lives in the Sydney suburb of Canterbury, is of slight build and talkative nature. He could win a leprechaun look-alike contest standing on his head. Do not, however, mistake his confidence for Blarney - Frank has the ability to back up his own bold predictions of victory.

Staying within striking distance of the sprinters in the early stages, Frank was sharing the lead after 4 hours. First through 50 miles in 7:33, and again at 100km in 9:32, Frank preserved a 5 or 6 lap lead, and sceptics could have been forgiven for wondering how long he could keep going.

By late Saturday evening, almost 12 hours into the race, the Grand Old Man of Australian ultra-running, Cliff Young, had battled his way from 7th place early on to overtake Frank at 117 km. Thus began one of the finest contests in NSW ultra history, a classic tale of the Old Master and the Exuberant Youngster. Over the next 6 hours and 50 kilometres, while most of Sydney's sane citizens slept, the lead was to change hands 4 times. By 5 a.m. on Sunday, with 6 hours to go, the Old Master was nursing an injury and the Young Pretender was out in front, never again to be headed.

Those who turned up to watch at dawn had missed the real race - for spectators the real appeal of these 24-Hour events is to watch them in their entirety, but unfortunately it requires stamina not far short of that possessed by the runners. However, Sunday morning brought more excitement, as the confident novice blasted through the 200 km barrier, and a fascinating 3-way battle developed for 2nd place.

With only 2 hours to go, Maurice Taylor from Haberfield and Dan Gray, last year's winner and a Sydney Striders member from Allawah, had caught the tiring Cliff Young and all 3 were within 150 metres of each other ON THE SAME LAP! Maurice Taylor was to become the winner of this tussle for the silver medal, becoming the only competitor apart from the "leprechaun" to break 200 km, and missing

a personal best by less than one lap. Dan Gray smashed 4 Striders' club records, as is his wont, to record 198.571 km, with the "Living Legend from Colac" a close 4th.

Smart, steady and impressive runs were recorded by Bob Marden of Kenthurst, Ian Taylor of Bathurst, and Kevin Cassidy and John Champness from Victoria, in 5th, 6th, 7th and 8th respectively. The only woman in the field, Wanda Foley, who had never run more than a 50-miler, surpassed all expectations with 157km-plus for an inaugural NSW women's record. Wanda says she would like to come back in 1988, when we hope to have at least a couple more ladies on the track to challenge her title.

Organisers of 24-Hour events all over Australia will tell you that the work involved is always more than repaid by the privilege of watching the rivalry develop into camaraderie, the personal battles being fought and won, the drama of the midnight hours, and the revival of spirits at the arrival of dawn. The Striders' 24-Hour Track Race is no exception. My lasting memory however, is not so much of Frank Kelly's superb 212 km effort, nor of Cliff Young's brave struggle to remain in the hunt, but of Tony Collins and Graeme Townsend, both of whom achieved the magical 100-mile mark with less than 15 minutes to go before the final siren, and their elation at this hitherto undreamed-of achievement. Tony and Graeme finished only 15th and 16th, but typified the euphoria of the last hour, in which runner after runner achieved personally-significant landmarks and punched the air in delight.

Sydney Striders, in staging this event, set out to fill a perceived gap in the NSW ultra-running calendar - and how the runners have responded! Eight runners broke the basic Westfield qualifying distance of 180 km, no less than 16 altogether broke the old 100-mile mark, 7 runners set 24-hour personal bests, and another 9 recorded 24-hour debuts in excess of 150km. If those thinking of competing in 1988 can promise us a race only one-third as fascinating and enthralling, Sydney Striders will promise to do it all again at Hensley, and feel privileged to be a part of it all!

RACE-DIRECTORS'_CONFERENCE

We are planning to have a get-together of Race Directors of ultra-distance events (particularly 24 Hour Races), at 9.30am at Olympic Park, Melbourne on Saturday 5th December, 1987. We felt it would be an ideal opportunity to discuss our races and how we can improve them as well as help each other, because quite a few of those people concerned will be at Olympic Park for the Vllth World Veterans'Games at that time.

An invitation is extended to any interested person to attend. Further details on exact location of the meeting will be in our next issue.

24-Hour Track Race

HOURLY LAP-COUNT: TOTALS

HOUR	TOTAL LAPS	RUNNERS ON TRACK	AVERAGE
1	1000	39	25.64
2	971	39	24.90
3	908	39	23.28
4	851	38	22.39
5	761	37.45	20.32
6	739	36.12	20.46
7	665	36	18.47
8	701	36	19.47
9	612	36	17.00
10	621	34.03	18.25
11	515	34	15.15
12	517	34	15.21
13	468	33.15	14.12
14	415	32	12.97
15	433	31.35	13.81
16	391	31	12.61
17	392	31	12.65
18	404	31	13.03
19	356	31	11.48
20	351	30.85	11.38
21	410	29.25	14.02
22	403	29	13.90
23	410	29	14.14
24	456.6	29	15.74

(Fractions in the third column above show hours when a runner retired from the race and was only on the track for part of the hour).

PERSONAL BESTS ACHIEVED

Dan Gray	182.400 to 198.571km
Bob Marden	172.218 to 194.562km
Kevin Cassidy	172.620 to 183.695km
Eduardo Vega	150.000 to 175.226km
Peter Richardson	158.657 to 174.109km
Grahame Kerruish	160.934 to 165.772km
Graham Firkin	133.600 to 164.995km

24-HOUR-DEBUTS OVER 150KM

Frank Kelly	212.407km
Ian Taylor	184.456km
Tony Collins	162.844km
Graeme Townsend	162.238km
Peter Manning	157.960km
Wanda Foley	157.531km
Keith Jackson	153.795km
Ernie Cattle	151.655km
Brian Colwell	151.400km

PLACINGS AFTER 24 HOURS

ASTERISK DENOTES RUNNER RETIRED FROM RACE

			AGE
1	FRANK KELLY	212.407 KM	33 NSW
2	MAURICE TAYLOR	202.398 KM	39 NSW
3	DAN GRAY	198.571 KM	40 NSW
4	CLIFF YOUNG	196.867 KM	65 VIC
5	BOB MARDEN	194.562 KM	34 NSW
6	IAN TAYLOR	184.456 KM	35 NSW
7	KEVIN CASSIDY	183.695 KM	26 VIC
8	JOHN CHAMPNESS	180.425 KM	46 VIC
9	EDUARDO VEGA	175.226 KM	46 NSW
10	PETER RICHARDSON	174.109 KM	42 VIC
11	PAUL WOODHOUSE	166.417 KM	25 NSW
12	GRAHAME KERRUISH	165.772 KM	48 NSW
13	IAN HUTCHISON	165.256 KM	40 NSW
14	GRAHAM FIRKIN	164.995 KM	49 NSW
15	TONY COLLINS	162.844 KM	39 NSW
16	GRAEME TOWNSEND	162.238 KM	29 NSW
17	PETER MANNING	157.960 KM	34 NSW
18	WANDA FOLEY	157.531 KM	41 NSW
19	PATRICK FARMER	154.708 KM	25 NSW
20	KEITH JACKSON	153.795 KM	36 NSW
21	ERNIE CATTLE	151.655 KM	37 NSW
22	BRIAN COLWELL	151.400 KM	37 NSW
23	JAN BENCZE	149.727 KM	54 VIC
24	BILL MILLER	* 143.600 KM	34 NSW
25	ROD MARTIN	134.572 KM	44 NSW
26	WAYNE WARD	133.770 KM	32 NSW
27	DAVE TAYLOR	130.040 KM	35 NSW
28	KEITH O'CONNELL	127.671 KM	48 NSW
29	MURRAY DAHM	119.263 KM	44 NSW
30	BRAD BOYLE	* 115.200 KM	26 NSW
31	KAVEN DEDMAN	112.744 KM	46 SA
32	JOE RECORD	* 103.200 KM	46 WA
33	DALLAS EARSMAN	* 100.400 KM	59 NSW
34	TREVOR HARRIS	* 87.600 KM	40 ACT
35	ALAN STAPLES	* 86.000 KM	37 NSW
36	GARRY COLLINS	* 70.400 KM	27 NSW
37	WAL McCORRIE	* 47.200 KM	56 NSW
38	WAL ELLISON	* 30.000 KM	46 NSW
39	PHILLIP MARTIN	* 22.400 KM	22 NSW

All of us in A.U.R.A. offer Steve Cornelius (Race Director) and his Sydney Striders' helpers our heartiest congratulations for the excellent job they did in organising this race. Despite the fact that it was their first attempt at organising an ultra, they did a superb job and have set new standards in race organisation. Great effort mate!

24 HOUR TRACK RACE AT HENSLEY FIELD, SYDNEY, MAY 30-31 1987

I entered this event for one reason only, to break 180KM. After having failed by 7½KM in Adelaide by going out too fast and finishing in a state of complete exhaustion, I decided to try again at Box Hill in February only to suffer the bitter disappointment of falling ill 12 hours before the race time. For these reasons I became totally consumed with 180KM and no expense was to be spared in my attempt to achieve it, I had every reason to be confident as during the previous few weeks I had run a P.B. Marathon (3.07) and a 32 mile training run in less than 4 hours.

The whole show began on the Thursday morning when I picked up a campervan from Budget in North Melbourne complete with T.V, Fridge, Stove & Microwave (No expense spared, remember?). Promptly stocked it with food and drink, picked up my crew (Neil Tatt & Steve Dorman) and we hit the Hume Highway to Sydney. By 7.30 p.m. we decided on an overnight stop in Goulburn, this proved to be a mistake as it is hard to sleep when the temperature hits -2°C. When the sun finally arrived we were treated to the sight of someone's pet rabbit taking a walk with a huge kennel, to which he was chained, dragging along behind him. Two hours later we arrived to stay with friends in Milperra (Yes, that's where the Bikies were shot) and I then spent the rest of Friday lounging about watching Monty Python videos while Neil & Steve played golf. After a good night's sleep, race day finally arrived, we had a quick breakfast and packed the van only to discover that some idiot (me) had left the fridge on and flattened the battery. Easily fixed, get out the jumper leads (not so easy). Where on earth is the battery? 15 mins. later with me now in a state of near panic someone finds it stuck between the front and rear seats. Next we arrive at Hensley Field having completed the 40 minute drive from Milperra in about 20 minutes and setting a new world speed record along the way. Upon arriving at the track we soon position the van at track side and plug into power from the Pavilion. I'm feeling very anxious by this stage and I change into my running gear and then have my race photo taken only to be told 3 minutes later that the photo's were no good and had to be taken again before the 11a.m. start.

My food consisted of grated mixed vegetables, stewed apple, wholemeal pasta, ryebread, unsweetened muesli and a variety of fresh fruit with drinks being water, unsweetened apple juice and some "Diet Pepsi", my feeding plan was for me to be given small portions of food and drink every 20 mins. from start to finish so as to avoid the hunger flat and dehydration that I suffered in Adelaide, with a competent crew this worked successfully. My running plan was to hold myself back, no matter how good I felt, for the first 12 hours and this was also successful with the Marathon taking 4.20 and 50 Miles coming up in 8.44 where I decided on a massage and shoe change which took 20 minutes, upon reaching 115KM it was another massage taking about 10 mins., this was to be my last break as I ran through a rather mild and pleasant night until the sun came up again just before I reached 100 Miles in 19.57, eventually that magic 180KMS arrived with the clock reading 23.05. I was tired, but not exhausted, and extremely pleased with myself so I rested for 10 minutes then walked out the remaining time for a total of 183.6KM. I was ecstatic with my performance and I believe most of the credit was due to feeding plan which was enhanced by the cold drinks (thanks to the fridge) and hot pasta and Vegies (thanks to the Microwave) which were prepared by a very efficient crew.

After a very pleasant presentation ceremony it was time to head back to Milperra for a much needed sleep but there was more fun and games along the way when Neil, who was driving and suffering from a lack of sleep, just as I was, misjudged a corner and rammed a front wheel into the kerb which sent the van sprawling across the intersection to the tune of much abuse from the motorists behind us, a woman on the foot path simply burst out laughing, much to our embarrassment. Upon arriving back at Milperra I wasn't able to get to sleep quickly enough to avoid a "discussion" on whether Football was better than Rugby, to be honest, I don't care for either. After a good sleep, I awoke and spent 20 mins. struggling upstairs for breakfast before we packed the van for a 3 day trip back to Melbourne via the coast taking in the sights.

The highlights of our return trip were 1. Driving about 20KM with the pop-up roof still up and wondering why motorists were flashing at us. 2. Spending 15 mins. trying to unfasten the gas bottle only to be told by the service station owner that it was still quite full. 3. Enjoying breakfast in Eden while watching a stimulating episode of "Fat Cat & Friends" because we could only get the A.B.C. 4. Being charged \$12 just for a powered site in Ulladulla and deciding to Get our moneys worth by spending an hour in the shower and leaving all the Electrical appliances on all night (That's Showe'n Em). 5. Driving through Gippsland while at the same time trying to watch "Sons and Daughters" in the rear view mirror only to lose the reception every time we turned a corner. We eventually arrived back in Melbourne a week after leaving having enjoyed a very rewarding and eventful trip. A very special Thank-you to race director Steve Cornelius and all the Sydney striders members involved for putting on an event which was absolutely superb, I hope to be back again next year.

24~Hour Track Race by Wanda Foley

Having never run further than 50 miles, I trained as best I could for this run and received lots of advice, particularly from Big Chris" Stephenson. His hint to give up alcohol wasn't too hard, although I do like the occasional beer after a long Sunday run!

Before the start, I tried to help set up my tent and gear but was ordered to stay in my chair and "save it". The organisers arranged a photo session prior to the start, which hardly calmed the nerves, but did use up some time. On the starting line, the only lady in a field of 40, I felt some questioning vibrations about my presence there. I must admit that my feelings were mixed. I knew that I could stay awake for 24 hours, but to keep moving around a track was another matter.

At least I had a lane-one view of the struggle which developed for the lead. The leaders included Cliff Young, Frank Kelly, Maurice Taylor, Dan Gray (last year's winner) and Joe Record (a last-minute inclusion due to the illness of vet.runner George McGrath).

I kept to a plan of running 7 laps and walking one. On this walk lap, I would eat or drink whatever was supplied to me. At one stage, I was given a cold boiled potato by my supporters, which tasted exactly like soap. I complained loudly about this and was asked by a passing runner if I was going to blow bubbles! I handed back the remains of the potato on my next lap.

By nightfall, conditions became quite cold and a colourful array of lights were produced, including hot pink and purple. Honours would have to go to Ian Taylor of Bathurst, who simply wore his pyjama pants with his number pinned in the spot where old-fashioned longjohns come undone! There was also one particular tree on the far side of the track which got a lot of attention from the guys during the night. It's a wonder it's still standing.

Despite the cold, I was amazed at how many clothes I sweated my way through. Yet Cliffie ran right through the night in just his singlet and familiar track pants! He must be used to the cold.

By morning, Frank Kelly was holding a handy lead from Maurice Taylor with Cliffie third. Dan Gray was not far behind. Some runners had retired, and the rest were still moving (some only just). Apart from a half-hour break for a massage from the magic hands of Colin Berry, I had remained on the track. I could feel that any earlier misgivings about my presence were dissolving, and this helped to boost my confidence enormously.

At the finish: Frank Kelly 1st, Maurice Taylor 2nd, Dan Gray 3rd and Cliff Young 4th. I finished in 18th place with 157km.

The Sydney Striders Club deserve congratulations for the way in which this event was organised. Everything went smoothly, including the lap-scoring, tent allocations and six-hourly turn-arounds. Most importantly, the runners were well looked after.

Regards,

Wanda.

Thankyou Wanda!

A NOTE ABOUT ARTICLES, RESULTS, RACE REPORTS, LETTERS TO THE EDITOR etc.

We are really delighted at the amount of feed-back we are getting from AU.R.A. members. Keep it coming! It would help (if you are a 'crash-hot' typist) if you could type your submissions in single-spaced type on A4size. Thanks! It would save me re-typing everything.

BANANA COAST ELECTRICS ULTRA-MARATHON
(Article supplied by Steel Beveridge)

19.

This year's run down the back road from Grafton to Coff's Harbour boasted a 100% finish rate, which makes it three out of five times that the event has claimed this unusual distinction in ultra-marathoning circles. Given the small size of the field each year, it is now more notable to claim a D.N.F. in this 85km. race than to be numbered amongst those who lasted the distance.

Jim Bennington made it back-to-back wins with his 7.27.20 victory this year, although he was shadowed through the first three-quarters of the run by second-placed Robert Channells of Bowraville, whose hard chasing gave way to a prolonged struggle with cramps over the last 20km. His time suffered as well although he was closer to his p.b. than the winner or the other two finishers backing up from last year's trip to Grafton, third-placed Carl Wagner and fifth Steel Beveridge. Wagner, on the come-back trail after injury, ran the most even race with a marathon split of 4.12, to move from fifth to third. Fourth place went to Geoff Hain who posted a 10 minute improvement on his 1985 effort despite a 'dead' patch in mid-race, which allowed Wagner to scent a chance for third. The final finisher was novice Steve Clemesha, whose springy stride and massive smile at the finish belied the effort of 9.48.56 on the road.

RESULTS:	1. Jim Bennington	7.27.20	4. Geoff Hain	8.40.50
	2. Robert Channells	7.58.42	5. Steel Beveridge	9.27.58
	3. Carl Wagner	8.36.39	6. Steve Clemesha	9.48.56

Next year's race: Sunday 15th May, 1988, from Coff's Harbour to Grafton, starting at 5am.

Another report on the BANANA COAST ULTRA-MARATHON

Perhaps the start and the finish are what events like the Banana coast Electrics Ultra-Marathon are all about. Or is it the way time is distorted? Minutes can become hours yet towards the end, an extra hour of motion seems a trivial thing. We gathered at the Grafton Post Office, the lighting an oasis in the pre-dawn darkness. All were friends, those who had raced each other before, and those meeting for the first time. We had a common, very simple cause, the runners and the support crews, to travel as best we could to Coff's Harbour.

There was talk of training not done, of times hoped for, of instructions to 'seconds' who had heard it all before, and would hear it all again and again, cheerfully, on the road. When the journey began, Jim then Bob then Geoff, moved ahead of Carl, Steve and myself, into the dark, each trying to lock into the right pace, the right mood.

Leaving Grafton, a policewoman passed with an apology for missing the start. She drove on to lead Jim into the daylight and the cool of the farms and forests of the back road. Grafton police co-operation with this event has always been superb, real Public Relations. As more trees and posts and trees pass, the race assumes its pattern.

Glenreagh seems a lot further than before, but the marathon mark has past, been noted by seconds with watches, who support their own runner, while offering encouragement to the others as well. Ahead, we learn later, Bob has chased Jim hard through Nana Glen, only 8 minutes down. Geoff is 20 minutes ahead of Carl and myself. We both hope that Steve is O.K, but not too okay. The picture changes. Bob Channells has run into cramping & is losing ground. Jim will win & win well. Geoff is suddenly only 10 mins. ahead. Carl gives chase, scenting 3rd. I can only endure, as does the tyro Steve Clemesha. At the finish, the congratulations, the presentations, the luxury of being still, complete with experience. Steve's smile is enough to buoy us all beyond minor disappointments about times or dead patches. The road has been shared and will be again.

(Thanks Steel Beveridge for this article - a great account!)

by
Dot Browne

V.M.C. Hi-Tec Australian^{20.} 50 Mile Track Championship



BOX HILL, 20 JUNE, 1987

Bleak, cold weather, continual soaking rain and a water-logged track marred the Australian 50 Mile Track Championship at Box Hill on Saturday, 20th June, and resulted in Bruce Cook's record of 5hr. 35min. 32s. remaining intact.



Leif Michelsson, 45, nearing the finish of his heroic win in the VMC Australian 50 Mile Track Championship, at Box Hill on 20 June.

Nine entrants scratched from the original line-up, to leave a depleted field of 20 starters.

The race began at 8am in the semi darkness with lapscorers installed, officials alert and the digital clock operating.

Leif Michelsson took over the lead after two hours, but Keith Fisher and Trevor Harris were still in contention. These three were all within four minutes of each other at the

marathon distance.

Michelsson, claiming his first ultra victory, continued to run a well-judged race in the second half, and crossed the line in 6hr. 19 min. 13s, just 2½ minutes ahead of Bryan Smith from Melton. Geoff Boase ran conservatively for the first half and was in tenth place at 26 miles. He picked up the pace in the second half, however, and was a strong finisher, reeling in seven positions to finish in third place.

But what conditions they ran in! Heavy rain began two hours into the race and did not let up, forcing lapscorers and officials to flee for shelter leaving the runners to slop through inches of water on the water-logged track for the remainder of the race. A few brave sweepers made vain attempts to bulldoze the water from the track into the drains but they were fighting a losing battle.

Surprisingly, there were only two starters who withdrew from the race before the 50 miles was up. And even more surprising was the fact that at least six of the runners actually achieved personal bests under such appalling conditions.

Cynthia Cameron, holder of almost every female ultra record in Australia, used the race as training miles and finished in 7hr. 40min. 06s. She already holds the record at 6hr. 52min. 42s. Dawn Parris, the only other female competitor, finished in 14th place overall in 8hr. 11min. 30s, looking as cheerful as ever at the finish.

Generous sponsorship by Hi-Tec enabled organisers to purchase two 50 Mile start/finish banners for this and future races. They were also able to keep lapscorers and officials replenished all day by supplying them with plenty of refreshments.

Ray Callaghan entertained everyone with his inimitable style of non stop commentary and was ever ready with the bell for the runners' final laps.

A vote of thanks goes to all those hardy souls who volunteered to lap-score, officiate and crew for the runners, despite the wintry conditions, the race was very successful and some

excellent performances were recorded.

V.M.C. Hi-Tec 50 Mile Road Race

PRINCES PARK, CARLTON
21 JUNE 1987

The following day saw everyone up again in the early hours to organise another 50 miler, this time a road race on the two mile circuit around Princes Park Carlton. We had 14 starters. Nearly half the field were tackling an ultra for the first time.

Many of the Saturday 50 Mile track finishers were there to give their support.

While the other placings altered considerably during the race, the first three remained much the same all day. Two young triathletes from the Latrobe Valley, Rob Zwierlein and John Breit, running their

first ultras, supported each other in the lead for the first 24 miles and it was not until the 38th mile that veteran John Sumner, last year's winner, came through to take second place with a four minute personal best.

The amazing constitution of the diminutive Cynthia Cameron saw her complete a second 50 mile event within 24 hours. Although very tired, she finished her second race for the weekend in 8hr.35min. 08s in 9th position. Margaret Smith, on the come-back trail, seemed to run effortlessly all day and finished in 4th position with 6hr. 59min. 02s, to create a first women's record for this road race.

Once again, our sincere appreciation for the generous support of the sponsors Hi-Tec and from so many tremendous volunteers during this weekend of 50 milers.

Race Directors:
Dot Browne
(50 Mile Track)
Geoff Hook
(50 Mile Road).

50 MILE TRACK RACE (AUSTRALIAN CHAMPIONSHIP) held at Box Hill on Saturday, 20 June.

Name & Placing	Age	Marathon	Final Time
1 Leif Michelsson	45	3.05.40 *	6.19.13
2 Bryan Smith	43	3.20.30	6.21.45
3 Geoff Boase	36	3.31.36	6.23.34
4 Keith Fisher	22	3.07.36	6.34.46
5 Trevor Harris (ACT)	40	3.09.06	6.35.39
6 Peter Logan	39	3.19.29	6.39.58
7 Geoff Hook	42	3.16.03 *	6.58.33
8 Bill Beauchamp	41	3.30.03	7.02.11
9 Gerry Riley	56	3.24.19	7.04.23
10 Klaus Schnibbe	43	3.30.30	7.08.27
11 Claude Martin	51	3.30.00	7.34.58
12 Cynthia Cameron	45	3.43.00	7.40.06
13 Greg Wishart	48	3.32.41 *	8.06.48
14 Dawn Parris	34	4.08.15 *	8.11.30
15 John Champness	46	3.48.10 *	8.20.16
16 Stan Miskin	61	4.09.13 *	8.37.42
17 Ken Hough	42	3.55.03	8.39.22
18 Ron Hill	47	3.51.45 *	8.40.51
George Perdon	62	3.42.32	Withdrew
Les Bradd	36		Withdrew

* denotes an estimated time. Marathon distance = 105 laps + 127.8m. The estimate is the appropriate portion between laps 105 and 106.

50 MILE ROAD RACE held at Carlton (Princes Park) on Sunday, 21 June, 1987.

Name & Placing	Age	Final Time
1 Bob Zwierlein	23	6.13.40
2 John Sumner	46	6.17.55
3 John Breit	29	6.54.44
4 Margaret Smith	48	6.59.02
5 Keith Alexander	36	7.05.14
6 Tony Rafferty (SA)	48	8.08.01
6 Andy Docherty (SA)	56	8.08.01
8 James Hume	55	8.26.10
9 Cynthia Cameron	45	8.35.08
10 Graham Stenner (SA)	42	8.40.02
11 Peter Gray	22	9.13.13
Graham Light	38	Withdrew
Charlie Wakefield	34	Withdrew
Michael Hoffman	34	Withdrew

50 MILE



How we train as ultra-runners is obviously a very individual thing, based on finding the most suitable mileage so as to perform at your best. Over-training is equally (if not more) destructive as lack of training, and I hope this article will prompt some discussion amongst members as to their training methods.

I personally find that I operate best on 75-80 miles per week. Some may think this to be inadequate, but I also cover 35-40 miles a week earning a living by mowing lawns. Perhaps if I had a desk job, I would run 100 miles or more. At one stage last summer, I crept up to 100 miles a week on top of my lawn-mowing and I found that it just made me permanently tired, until eventually I had to have a two week spell. I quickly resumed at a reduced mileage and am now running better than ever.

My training week revolves my "Saturday long run", which is 20-25 miles at 8 minute pace, Sunday is 15 miles at the same rate, with my shorter week night runs at about 7.30 mins. per mile. Friday is just a light jog of about 3 miles in readiness for Saturday. Every second or third week, I attend either the Aberfeldie or Coburg Veterans' meetings and have a hard hit out over 5/6/8 or 10km. I find this to be very stimulating and I can get a bit sluggish with constant slow running. I have found this to be a beneficial schedule for 50 mile to 24 hour races. But in the next few years, I plan to tackle the multi-day events, and I am interested to know how to train properly for such runs. Do I need to run 30-40 miles on both Saturday and Sunday? I am unsure, perhaps someone could advise me.

I also have an interest in the dietary habits of ultra-runners, as I credit my dietary correction as the major reason for my transition from a 15 miles a week jogger, to an ultra runner. Two years ago, I abandoned the typical Australian diet in favor of a vegetarian-based Pritikin diet, and my improved running and leaner figure sparked many comments at the Coburg Athletic Track. While I don't believe that small amounts of alcohol, and fats will do any harm, I avoid them totally because of my belief that if you do something, then you should do it totally or not at all. (Smokers who try to 'cut down' always fail).

Does the ultra-running fraternity boast many vegetarians, teetotallers or both? Maybe we have some who swear by their regular alcohol or chocolate bars. If you have an opinion, then why not share it with your peers.

Ed. 'Yes, why not?'

Tough race bicentenary

1 1 1 f r

A PERTH-to-Albany marathon is being organised as part of next year's Bicentennial celebrations.

If successful, the 430km run is expected to become a biannual event.

Albany distance runner, Garry Clark, is helping Perth ultra marathon runner Tony Tripp organise the event.

Mr Clark expects a field of about 15 runners will take part in the marathon.

"It will be a race mainly for West Australian runners," Mr Clark said.

"However, we may invite some Eastern States people to participate."

Although the marathon will have a 4½ day limit he expects the top runners to complete the distance in under two days.

"Joe Record holds the record of 2½ days, but George Audley will smash that," he said.

To qualify for next year's event, which will probably be held in September or October, runners have to successfully compete in this year's 48-hour race in Perth.

It has not been decided whether the marathon will start or finish in Albany.

"It will be a popular run," Mr Clark said.

"It is financially and physically within the capability of a lot of runners.

"The Sydney to Melbourne race (1080km) is out of the grasp of most people."

The Albany-Perth marathon will have a 4½ day limit.

Mr Clark can be contacted on 44 7190.

THE SECOND ANNUAL HONG KONG ISLAND
CROSS COUNTRY ULTRA MARATHON

22.

A total of 23 runners started and finished this year's "Round-The-Island" race on 12th April 1987, a 300% + increase on last year's inaugural race entry of 7. The course of 65.3K (40.6 miles) was basically unchanged and comprises an anti-clockwise tour of Hong Kong Island using as much of the catch-water and contour paths and as little road as possible. There are several major hills interspersed with a variety of mainly runnable tracks, paths and road through some beautiful country including sections across a beach, through a housing estate and squatter villages.

Being held at spring-time, the weather can be warm or hot and always humid. This year it rained all the way through, sometimes torrentially - great to cool the runners but a nuisance for the 15+ helpers who zig-zagged, over the island in 4/5 support vehicles, taking times and giving out sustenance and good cheer. There are 2 categories - "True-Grit" and 2-man teams (the "Wimps"). The non-runner of the latter having to cycle to the next change-over point wherever the team so elects. As a lot is off-road, a lot of careful planning is required by the teams.

I approached the race with minimal training, due to a busy 6 month period settling back into work in Hong Kong after my 15 month ultra-running "premature mid-life crisis" sojourn, praying that some of those Sydney-Melbourne miles would still be in the legs.

The "True Grit" field of 11 included only 3 with ultra-experience with last year's champion, Nick Brooke, electing to join 9000 others for a 1/2 marathon in Penang (Nick runs about 30 marathons or ultras a year all over the world and doesn't mind missing the odd one!). Included were a race-walker, a grandmother and a Welshman who lives in a squatter hut as if a Chinese. Ages were 36-58. With HK being a sociable place, the idea is to all finish at about 3.00 p.m. to minimise standing-about and maximise beer consumption. The "Wimps" included triathletes, cyclists and 2 (out of 6) all-female teams.

The start was a small park above Deep Water Bay Golf Course and the plunge down to the sea over rain and leaf-strewn paths gave at least 3 runners a muddy pair of shorts. Based on last years winning time of just over 7 hours, I planned for 7½ and was last off of the individuals. Most of us had trained over the course but were more than comforted by a series of blue paint blobs every few yards along the course. These had been painstakingly put down by Tony Glover, the race originator and organizer. Tony's a Vet 2.36 marathoner, a Cathay Pacific First Officer and a nice bloke (for a pom).

I won't bore you with details of my run and how the "race" progressed (had to do with the staggered start) but the cooling rain and the variety of terrain (thereby avoiding potential repetitive "track ultra injuries" saw me home 25 minutes clear in the "True Grit" category with 2 others under last year's ("hot") time including Bill Purres who race-walked wherever possible (he's probably "State" level when in training). The "Wimps" record of 5 hrs 1 min 7 secs wasn't threatened but what a result! You should have heard the "if onlys" from Steve and Brian and the "yes buts" from Tony & Malcolm afterwards at Joe's soup, pizza and beer party. (Joe lives 5 minutes from the Start/Finish in a U.S. Consulate, a super flat overlooking hills and the sea).

All I can say is that AURA Members should come and try it, incorporating perhaps a shopping trip next year. Accommodation will be arranged, staying with HK families who will look after you royally in this amazing land on the edge of China. Happy running to all.



ALASTAIR MCMANUS

RESULTS: As attached. NOTE - John Lane (V55), an experienced ultra-runner having missed the race due to the Penang 1/2M. ran it on his own 3 weeks after in 8-28-37 on a hot day.

P.S. Congratulations to all (especially Dot) for a superb newsletter.

RESULTS

A. SOLO RUNNERS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
1.	Alastair McManus (AUS.)	36	6:17:20
2.	Bruce Fletcher (N.Z.)	38	6:42:45
3.	Bill Purves (U.S.A.) (Race Walker)	40+	6:56:14
4.	David Rosser (WALES)	50+	7:42:23
5.	Peter Farmer (U.K.)	39	7:42:41
6.	Joe Chudzik (U.S.A.)	48	8:08:16
7.	Charlotte Mitchell (U.K.)	21+	8:19:00
8.	Mike Turnbull (U.K.)	36	8:26:52
9.	Mike Sheppard (U.K.)	48	} 8:34:41
9.	Mike Earnshaw (U.K.)	48	
11.	Jim Mason (U.K.)	58	8:49:15

B. TEAMS

<u>Place</u>	<u>Names</u>	<u>Ages</u>	<u>Time</u>
1.	Tony Gover (U.K.)/Malcolm Phillips (U.K.)	46/34	5:17:33
2.	Steve Bradish (U.S.A.)/Brian Richardson (U.K.)	48/44	5:17:36
3.	Paul Widdison (U.K.)/Derek Buckley (U.K.)	40+/31	5:29:59
4.	John Nattress (U.K.)/Mike Lynch (U.K.)	42/43	6:36:53
5.	Sue Mulley (U.K.)/Libby Horner (U.K.)	25/35	7:32:48
6.	Bernadette Layfield (S. AF)/Lesley Walton (U.K.)	38/34	7:40:00*

Age of teams based on the younger of the pair.

* Penalised 15 mins. on 3 occasions (45 mins). for showing great cunning and initiative.



THE SOCIETY OF CLINICAL MASSEURS

Incorporated in Victoria

c/- The Secretary, Geoffrey Dye, P.O.Box 43, Mitcham, 3132, Victoria.

NOTE: As a Race Director, I wish to recommend this particular group of masseurs. A group of at least four of them were in attendance at my 24 Hour Race for the FULL 24 hours, and did an absolutely fantastic job keeping my runners on the track. Many stated that they also had little stiffness or discomfort the next day, and attributed this to their massages. They didn't demand a specific charge. I simply sent them a donation. They seemed happy to help.

(from
Dot)

(Copied from the International Association of Ultrarunners' Newsletter)

This year saw the largest ultra event yet, so it occurred to me that a survey of the largest ultras would be of interest. Unfortunately, I do not have figures for some events for 1986, but the 1985 figures should give a fair idea in those cases. As with similar figures for marathons the difficulty is that some events quote number of participants in starters, others in finishers.

The Comrades Marathon, South Africa.	88.7k/55.1 miles	9,653 finishers - 1986 10,486 starters - 1986
Two Oceans, South Africa.	56k/34.7 miles	4,578 finishers - 1986 5,469 starters - 1986
Biel/Bienne 100km, Switzerland.		3,892 starters - 1985
Faenza 100km, Italy		1,043 finishers - 1986 2,650 starters - 1986
Torhout 100km, Belgium		2,255 starters - 1986
Milo Korkie, South Africa.	56k/34.7 miles	2,098 finishers - 1986 2,500 starters - 1986
Millau 100km, France		1,072 finishers - 1986 1,636 starters - 1986

Other races with large fields but under a thousand include:

Steenwerk 100km, France		798 starters - 1985
Unna 100km, Federal Republic of Germany		508 finishers - 1986 704 starters - 1986
Belves 100km, France		453 finishers - 1986 760 starters - 1986
Migennes 100km, France		739 starters - 1985
Torino 100km, Italy		495 starters - 1985
South Downs Way Trail, United Kingdom	128k/80 miles	376 finishers - 1985 434 starters - 1985 219 finishers - 1986 407 starters - 1986
Paris-Rambouillet 100km, France		415 starters - 1985
Western States 100 miles/160km, California - Trail		210 finishers - 1986 415 starters - 1986
Amiens 100km (Val du Somme), France		238 finishers - 1986 392 starters - 1986
Vogelgrun 100k, France		240 finishers - 1986 350 starters - 1986
American River 50 miles, California, USA		316 finishers - 1986 335 starters - 1986
Rodenbach 100km, Federal Republic of Germany		193 finishers - 1986 303 starters - 1986

For any one contemplating putting on an ultra with over 10,000 competitors a couple of details may be of interest from the 1986 Comrades. 500,000 plastic bottles were used and 125,000 sponges! 25.

Estimates of the total number of runners tackling ultras world-wide are bound to be rough and ready, but a conservative estimate would be over 25,000.

Hartola (Finland) Run

100KM RUN 26.05.87

The ULTRA-SPECIALIST Risto Laitinen won with a big margin, the 100km run in Hartola (Finland). The race was part of the European cup and was held for the 16th time. It was won in spite of rather bad conditions in a time of 6.40.15. Best foreigner was 7th, Italy's Elvino Gennari with a time of 8.06.53. 76 runners entered, and 63 finished.

100KM RESULTS:

1. RISTO LAITINEN 6.40.15
2. ANTTI LASSILA 7.14.17
3. SEPPO LEINONEN 7.40.42
4. TAPIO IHONEN 7.45.58
5. ARTO HONKAKOSKI 7.45.58
6. KALEVI MONTELA 7.57.15
7. ELVINO GENNARI, ITALY 8.06.53

WOMEN, 100KM:

1. ELZBIETA CZERNIAK, POLAND 10.34.35
2. IRJA MANNER, FINLAND 13.12.18
3. DANIELA BURRA, ITALY 15.14.30

Dear Dot,

Sorry that my story is a bit scrappy looking. But I penned it rather quickly while riding the ferry from Helsinki to Stockholm. Also I've included an English translation of a Newspaper report of a 100km run in Finland. How's the winning time? Pretty fast! No Aussie's are that good.

I'll be back in Oz. by the middle to late August, so if I come across any ULTRA news I will send it on.

Regards,
KEVIN CASSIDY.

AN A.U.R.A. LOGO

We've had quite a few of our members suggesting that we should have some sort of official logo in the form of a cloth badge which could be sewn on to a track suit. Or a club singlet and/or windcheater. We agree that it would be great, so now we need your ideas for a design.

Tony Tripp has sent us his drawing of a running figure superimposed on a map of Australia, all set in a circle, with the letters A.U.R.A. set around the top. It looks good, but we could do with some more ideas, so how about stirring yourself into action? Just give us a rough drawing of your idea and we'll get our artists to work to draw it up properly.

We'll print any designs that you send, for other members' comments.

Thanks!

In a somewhat rash spirit of fellowship I responded to Dot Browne's request for helpers with the 1987 24-hour run and was rewarded with the responsibility for two interstate runners.

"No worries, Dot" I confidently promised and added that the two W.A. guys were welcome to stay with me as well since they were coming over by bus a few days early. Better to get to know their idiosyncrasies before the event. I remembered Tony Tripp from last year's run and from his articles in 'Veteran Athlete' especially in relation to the Centurian Club, while Alan Croxford having registered some excellent W.A. performances had to be considered as a chance of finishing well up in the field.

Then the panic set in as I recalled the demands of looking after just one runner last year (Ray Ramelli) - how could I cope with two? For the record it is easier when you are dealing with experienced ultra-marathoners. They know what they want of you and this is very reassuring. Food, fluids, clothing, even first aid materials were organised by the runners themselves in a businesslike manner.

The actual event turned out differently from the 1986 one in several respects. Weatherwise it was not favourable. Who can forget the sight of all the runners cloaked in waterproof jackets and soggy footwear in the first hours of the event. The rain eased off towards nightfall but, alas, Alan developed problems with his Achilles tendon. He took time off for treatment by the masseurs who iced the injury but to no avail. Alan was forced to retire and no doubt bitterly disappointed went to sleep in the tent kindly provided for us by Helen and Wal Scott. With two previous over-210 Km 24-hours performances to his credit, Alan will surely be back to challenge again.

In the meantime Tony was ploughing on, covering over 100 km before midnight. A temporary lull in his concentration led to his request for taped music and off he went again tuned in to Beethoven, 'conducting' to the amusement of onlookers.

My small team of lap-scorers was depleted at this stage as Ray Ramelli, Nanette and John Gage were all due to run in the Begonia Classic in Ballarat on Sunday. It was a real conflict of interest for Ray. However he had a personal goal of winning the veterans section of this event and in due course, despite lack of sleep, won that trophy being placed tenth overall.

I was enormously grateful for the appearance, as promised, of Jamie Doulis who fronted at about eleven pm and stuck with it all night. His support became really invaluable in the lap-scoring capacity as Tony started to falter. Negative thoughts started to intrude in the early morning dark hours and certain decisions had to be made. Tony had set a goal of at least 100 miles and he wasn't about to retire from the race. But running became an impossibility. So I decided that with his long legs he might as well cover the distance race-walking. So the pattern was set for the next few hours with me adopting an encouraging, cajoling and, at times, frankly bullying approach to keep him moving. Other competitors were walking or running, exchanging desperate comments on how bad things were for them; one was conscious of the quiet determination of the eventual winner, Barry Brooks, who always seemed to be running within his capacity.

For me a major difference between handling Ray Ramalli in the last run and Tony Tripp in this year's was that I was constantly trying to slow Ray down while Tony in the latter part of the race needed literally dragging along ! Luckily it's quite legal to walk with your competitor and I figured it was better to keep him going at the $3\frac{1}{2}$ - 4 minute lap pace which was comfortable than to try to force him to run necessitating time off for recovery. Another attribute a handler needs to some capacity to calculate lap times to achieve a stated goal within the remaining time limit.

Morale drops alarmingly especially in the darkness before dawn and much ingenuity is needed to divert the athlete's attention from awareness of his pain, fatigue and weakening of purpose. Daybreak helps, especially when unexpected help arrives to assist in lapscoreing and the support role. By now the numbers still in the race diminished as for various reasons runners withdrew. Tony insisted that he will do 100 miles and NO MORE. 'O.K. mate, you're on target at that pace' and when someone else took over the shepherd role, I sneaked off for a shower and change of gear. The final hours seem to pass fairly quickly and true to his intention Tony retired from the race after reaching his 100 miles score. He promptly collapsed on the air bed at the side of the track - he had reached his goal with three quarters of an hour to spare and nothing would have induced him to run another lap !

It was good to see Barry Brooks achieve a win with 227.5 km distance covered and some other fine results are recorded for posterity.

From a support person's point of view there is a real sense of involvement that one gains from participating in an event such as this. Your runner depends on you for a range of requirements - drinks, food, acknowledgement of laps/distance completed, motivation to name a few. If a request for assistance comes your way in any future ultramarathon event, respond and you will be the richer for it. It is a truly memorable experience.

6 DAY RACE COMMITTEE

C/- COLAC & DISTRICT
PROMOTION AND COMMERCE
INCORPORATED

FIELD_OF_RUNNERS FOR THE 1987 RACE
November_16th_-_22nd



P.O. Box 163,
Colac, Victoria
3250.

Eleanor Adams
Sue Andrews
Donna Hudson
Ramon Zabalo

England
New Zealand
U.S.A.
France

Patryk Macke
Tirtha Phani
Trishul Cherns

Austria
India
USA

Cliff Young

Australia (Vic)

Dusan Mravlje
Siegfried Bauer
Joe Record
George Audley
George Perdon
Tony Rafferty
David Standeven
Geoff Hook
Gerry Riley

Yugoslavia
New Zealand
Australia (WA)
Australia (WA)
Australia (Vic)
Australia (Vic)
Australia (SA)
Australia (Vic)
Australia (Vic)

FRANKSTON TO PORTSEA (34 MILES) RACE

SATURDAY 6th JUNE, 1987

by Geoff Hook

The mist hung heavily in the cool morning air as the runners nervously stamped their feet or stretched to keep warm.

Who is silly enough to start in a race at 7 a.m. in mid-winter at Frankston? Well 10 of us were silly enough, along with support crews and the odd seagull in search of the early morsel of food.

This is a do-it-yourself race. There is no entry form, no entry fee, no marshalls, no prizes at the end, no certificates or medallions. However, the race is ably organised and conducted by Peninsula Road Runners (they say "go" at the start and sometimes are on hand to record finishers).

At least there was no wind to contend with so the running conditions were really ideal. We were slightly wet from mist condensation before we worked up a sweat but no runner felt cold or hot for the duration of the race. Visibility was 100m at the start. Paul Patton and Peter Armistead (who pushes people onto black snakes when he gets the chance) quickly disappeared from view. Then came the main bunch of 5 runners. It was difficult to tell where the other runners were and when the mist lifted a couple of hours later, we were so strung out as to be hidden anyway.

Les Bradd and I agreed to run a time of about 5 hours so that we would get the benefit of a long run without upsetting our build up for the VMC 50 miler in 2 weeks. Les, a 2:39 marathoner, had to be reined back a couple of times as he has no idea of slow running. Consequently, we dropped off the main bunch fairly early.

What a pleasant, uneventful run it was. Overcast skies, beautiful views, good company and jokes, well looked after every 5 km by Garry, Les' friend.

After 35 km, either Les sped up or I slowed down and he drifted ahead. I wanted to stay running comfortably and achieved this by finishing well and feeling as though I had only run 10 miles. So much for our 5 hour run. Cynthia ran well to finish only a few minutes behind. Paul ran an excellent race to be just a couple of minutes off the course record. Peter tried to stay with him but couldn't hang on.

If only the Peninsula boys would provide certificates for finishers.....? We would have greater incentive for our torture

RESULTS

(Marathon)

1.	Paul Patton	3:50:09	2:56:00
2.	Peter Armistead	4:17:40	2:56:05
3.	Les Bradd	4:28:30	?
4.	Phillip Doden	4:31:23	3:16:22
5.	Geoff Hook	4:40:51	?
6.	Cynthia Cameron	4:46:21	?
7.	Geoff Wormersley	4:57:04	?
8.	Martin Dixon	5:19:22	?
	Doug Le Bas	d.n.f.	3:16:22
	Chris Le Dieu	d.n.f.	?

After everyone had gone home from the 50Milers at Box Hill and Carlton, we were left with a large umbrella and a kid's football. Any takers?

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by Lion Caldwell

Reprinted from "Ultrarunning" Magazine

Training - It helps to do some.

Over the last five years my average weekly mileage has been about 60 miles per week. For the 15 weeks before an important race I usually average about 80 miles per week. I always intend to get in more but either work, sloth, or something else always seems to get in my way. One way I achieve reasonable times on relatively low mileage is that I run a lot of quality short races. I run about 20 races a year, from 10km (in the 33 to 35 minute range) through the marathon (in the 2:35 to 2:40 range). When training for a big ultra I will try to do one 30-miler a week at sub-7:30 pace. Overall, however, I don't kill myself in training. I figure I have only a certain amount of mental energy and I try to save it for races.

Diet - If you can grab hold of it, eat it.

Through 22 years of running I have tried vegetarian, ovo-lacto, and macrobiotic rice diets, enough vitamins to have prevented scurvy in the Spanish Armada, carbohydrate depletion and loading, alcohol loading (hangover running is definitely a natural low), serious junk food engorgement, and numerous other dietary permutations. After these years of uncontrolled research I've found that there is no magic answer. So I just try to stick with the basic balanced diet (often large quantities during heavy training), a fair amount of milk (I just like the taste), and, my only supplementation, a multi-vitamin with iron and one magnesium tablet a day. I eat red meat, seafood, vegetables - basically I just eat.

Racing - Try to finish (death is an allowable excuse for quitting).

First and foremost, for the week before a big race I convince myself mentally that no matter what I shall make it through. Ultra races are a conglomeration of peaks and valleys. Stay with it and it usually gets better (at least for a while). For example, in the 1984 New York TAC 100 Mile Championship, at 52 miles I sat down and said, "Why am I doing this - a sensible person would be in the city seeing a play and then going out to eat." Then, after sitting out for about ten minutes, I got back in the race, felt great, and eventually managed to win it. My other "trick" is variety. I spurt-run during the race, often speeding up dramatically for 5 to 10 miles, making the race far more interesting. I don't eat during 100 mile or shorter races, but do drink constantly (every half mile if possible). Usually I drink some mixture of defizzed coke, electrolytes, and white sugar (for the secret recipe, see my wife Sue), alternated with plain water.

Handlers - If you find a good handler marry the person.

In June, 1979, in New York I was running my first 100 miler and my friend Susan Herber was my handler. For 13½ hours she was at my beck and call, ever encouraging, indispensable. I figured that if anyone could do that all night for me, I better not let her escape. So my first words after crossing the finish line were, "I have one more question." "What?" she said with fatigue in her voice. "Will you marry me?" I replied. To my amazement she said yes (six years of marriage later she insists she said yes only to humour me in my exhausted state).

Regardless, a good handler(s) is essential, for this allows one to concentrate on the race knowing that everything else will be taken care of. If your handler is also your spouse, try to remember after a big race to put him or her on a pedestal, spoil them, let them loaf for a while.

Cross training

For the last two years, about twice a week, I do Nautilus-type upper body weights. I'm not sure it helps my running but now if I go to a party and someone needs a jar opened I don't have to hand it to my wife.

I also bicycle about 10 to 20 miles a week (that's how I get to work).

Overall philosophy - Don't take things too seriously.

Running is obviously important to me but in the overall scheme of life and death what one does in an ultra is not that monumental. So I try to maintain some semblance of cheerfulness - thank the aid station personnel, let the race directors know you appreciate their effort, don't abuse your handlers (they could find better things to do and, besides, you get all the glory).

Also, even though I find it hard to believe, not everyone wants to hear about running all the time.

Finally, and most important of all, keep in mind that all the above could be wrong!

STRETCH

THE elixir of life does come in bottles. Nor do you get it simply by drinking carrot juice or running 100 miles a week. Even spending £60 on a snazzy pair of anti-pronation shoes can still leave you with sore muscles and do nothing to halt the ageing process, while those enthusiasts who can't wait to burst out of the door on cold mornings often become veterans before their time. So just what can be done to ease the pain and prolong your life on the road? In a word, the answer is... S-T-R-E-T-C-H!

Completely free, unprocessed and with definitely no preservatives added, this most natural of activities offers more than a reasonable insurance against injury: it affords perhaps a runner's only effective counter to the inexorable, muscle-tightening march of Old Father Time. Indeed, when combined with a sensible running regime and a balanced diet, stretching, if not actually halting the advancing years, can steady their progress by allowing a kind of exercise contra-flow long after wear and tear has shut down those in less flexible lanes.

And if that were not enough, the few minutes you spend warming up and down before and after each run can also take much of the discomfort out of the sport by relieving stiffness and tension. And there's more. Stretching will also help build strength and flexibility in various muscle groups without you having to resort to pumping iron. All in all then, this often begrudged pre-and post-run palaver can be just about the most vital cog in a runner's training cycle.

Guy Ogden, Hampstead osteopath, top vet runner and renowned rescuer of lost running careers, certainly thinks so. "As far as older athletes are concerned", he says, "stretching is just about the most critical factor in training. What they lose above all else is the range of movement in their limbs yet this tightening and stiffening of the muscles can actually be held at bay by a balanced programme of exercises."

But of course, we should not wait until the loss has already set in. The sooner we start such movements, the longer it is likely to be before the limitations finally catch up with us. Anyone wishing for further evidence of this most *ura*

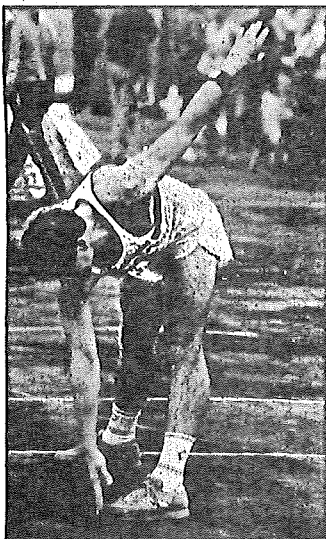
Stretching - a chore to be finished as quickly as possible or a valuable part of your running? Bob Holmes investigates.

age restrictions needs only turn up to a veteran's event to notice the jerky movements and shortened strides of the otherwise superbly physical specimens on view. If only stretching had been advised in their youth, who knows what times they'd be doing now?

TENSION

You only have to look at Ogden, who is 41, to see how the 'modern vet' can use this knowledge to keep his times down. "It's an integral part of my own training," he adds. Last year he was the National Vets Cross Country Champion, European Champion over 10 Kms on the road and second in the world...

Of more immediate benefit, however, is the alleviation of aches and pains. Some of us accept that soreness is the price we pay for the joys of running and, all right, the cardio vascular gains, loss in weight, improvement in circulation are well worth the occasional twinge, but the 'no pain no gain club' has an entirely voluntary subscription. Indeed, the greatest gains are made when pain is a forgotten experience.



... good pre-race stretch helps loosens the muscles.

Tension, too, can be eliminated to achieve that the loosening process must begin in the mind. Running must never become a chore and thoughts of work and home should be left behind at the desk or in the kitchen sink. Then if you can relax your muscles before you start lacing up your shoes, your run has at least a chance of being a true release of anxiety and stress.

Sadly, stretching remains a sorely neglected aspect of our preparation and one which even some of its devotees are willing to sacrifice when pressed for time. How come? you may ask, if it's so beneficial. A look at prevailing attitudes may help understand the nature of the problem — and the advantages it offers.

Many of you will have become sold on running because of its simplicity and resent intrusions upon that now magic hour. Once into those trainers you want to be off into the fresh air and on the road, not 'wasting time' touching your toes. Similarly when you finish, you want to go straight into the shower and not muck about arching your back getting cold in sweaty clothes. And you certainly don't want to muck about at all when you've got just an hour at lunch-time to change, run, change, shower and eat your sarnies!

Time — or the lack of it — is undoubtedly the main reason more runners don't stretch yet it is precisely that commodity which stretching saves: by avoiding injury, by keeping you on the road longer and by making the most of the time you are out there. Once this principle has been absorbed, along with the idea that it is a pleasure not a chore, then stretching could become not just an integral part of Guy Ogden's training but more of an accepted feature of the sport.

Stretching is made easier by the fact that no fancy equipment is necessary — our minds and bodies being the only tools required. It may help to think of your first reaction to the new day — that early

morning yawn which is invariably accompanied by an instinctive raising of the arms. If only we could maintain that sort of laid-back movement — like our friends the cat and the dog — we might become a lot less uptight as people — not to mention better runners.

MORE ENJOYABLE

With relaxation the key, you must 'listen to' your body and will discover that it is slow, languid movements it requires and not sudden jerks or bouncing up and down (which can do more harm than good). You will gradually learn to develop a co-ordinated response to its messages which means keeping your actions smooth at all times and if these are accompanied by deep breathing, you will discover a flexibility you never thought possible.

Besides making your run easier and more enjoyable, your increased range of motion will lengthen your stride, give you more confidence and eliminate those painful 'mornings after' when your calves feel they're in chains and your hamstrings as if they've been sent to the stocks.

'All right, all right,' I hear you cry 'but how long do we spend doing them and when do we fit them in?' Back to Mr Ogden again: "It's not that important to stretch before you run — exercises at such a time can often be snatched away as the runner is eager to get on the road. Afterwards is the best time, or, if that's impossible, later on at night. If they're done before you go to bed, they can help you sleep."

Good news then for the hard pressed, lunch-time trainer and even those currently nursing colds and not going out at all. What better substitute for a run than a session improving your flexibility?

Far from an added complication, regard stretching as a treat for a tired body. It has been hammered by thousands of footstrikes pounding on that unyielding pavement and has not let you down. Now, just after another session, is the time to pamper it, to soothe those aching muscles, rub life into those painful joints and prepare them for the next time. Pleasant but essential maintenance — running and not doing it would be like eating sweets and not brushing your teeth!

CONFESSIONS OF A RUNNING MADMAN

An ultradistance champion tells the tale of a six-day race and the freedoms it bestowed upon him

BY STU MITTLEMAN

The ancient Greeks had a word for them: "hemerodromoi" or day runners, capable of running for more than a day, often over very mountainous terrain. By the late 19th century, day runners began appearing in modern societies to engage in a form of sport that determined how far you could race between Sundays. By 1888, the world record for the six-day race had been raised to 623 2/3 miles. The mark stood for nearly a century—until July 8, 1984, to be exact. That day a 28-year-old Greek named Yiannis Kouros ran his 624th mile on his way to a new world record of 635 (plus 1,023 yards). There's no doubt in my mind that Kouros's performance was the greatest ever. I saw it happen. I was one of Yiannis's competitors, chasing that elusive mark in the New York Road Runners Club (NYRR) 1984 Six-Day Race. We are the new breed of day runners.

I've had a curious journey to this re-emergent form of running. I've loved sports as long as I can remember. What I recall most about my early sports experiences was how confident and secure I felt. During a game, I could be in control, move gracefully, exhibit a sense of balance, of rhythm. I could let myself go. Leave the sports arena and I'd more typically feel awkward, self-conscious and insecure—I could stumble just walking over to a friend.

Although on the tall side for a 13-year-old high school freshman, very close to my current 5'9" 145-pound frame, I saw my friends shoot past me in size and soon shrunk my way out of high school football (and bored myself out of baseball). I moved to wrestling, cross-country and track, enchanted with pure physical conditioning. I wanted to train, to be fit, self-confident and strong. Cross-country and track were simply a means of getting in shape for wrestling. (I was fairly unaffected by my high school PRs of 2:02 for the half mile and 4:39 for the mile, although I did get excited by my eleventh-place finish in the New Jersey state cross-country championships.)

Wrestling was a curious blend of intellectual challenge and the primitive will to survive; it provided me with some of my fondest memories. The trip started to sour in college though. The stakes seemed to get higher, the brutalization more severe; pressures to win became unbearable. One particular incident sparked my formal withdrawal from intercollegiate wrestling at Colgate University in New York after a very successful wrestling career.

For six years, I'd been obsessively committed to succeeding as a wrestler: daily four-mile runs and weight lifting to keep my weight low. My eating habits bordered on anorexic; I often went three days without eating any solid food and avoided fluids during dehydration periods when I would exercise in a steam-filled shower room with a vinyl suit on. I chewed on rubber bands and snacked on Exlax to complete the final empty-out and pre weigh-in procedures.

During a typical day of driving myself hard in the winter of 1970, I won my division (136 lbs.) of the wrestle-offs to determine that year's opening meet team, stayed on for the regular practice session (wearing a vinyl suit in a room heated to 108°F), showered and quit.

I'm not sure if I'd made my decision when I went in to see the coach. He was extremely harsh though, labeling me a quitter and questioning my manhood. Shaken and hurt, I avoided all competitive sports for nearly five years and began a period of intense weight lifting (regularly bench pressing between 250-300 pounds), gym work (hundreds of push-ups and sit-ups) and swimming (up to three hours at a time).

In 1976, I moved from rural Connecticut to Boulder, Colorado. Life was much different in the Rockies. I became a vegetarian, studied yoga (Kundalini) and martial arts (Shotokan karate). I survived financially by working as a bouncer in a local bar and as a chef's assistant in a local restaurant. What most engaged me, though, was the running. More and more, the mountain trails became my home. Long solitary runs—beginning predawn, accompanied only by the sound of my breathing and the crackling of the brush beneath my feet, ending at night in the cool darkness, occasionally interrupting the feeding of a startled deer—became the central focus of my day. Running was freedom, freedom to control my body's destiny, freedom to express my physicality the way I wanted.

Gaining insight and growth continued to be important, and long-distance running dared me to change further—to aspire beyond what I'd already done, beyond what was comfortable and secure. How far I could go seemed infinitely more important than how fast. I journeyed along paths I imagined traveled by the Native American Hopi hundreds of years ago. Running is forever, pure and simple, primitive and sublime. I didn't care to race to some arbitrary finish but to be swept up in an adventure that has always been and will always be. I was surviving, getting stronger, harder and more confident.

By early 1977, my competitive desires were rekindled. Nothing spectacular, no burning bush. I was happy, running up Flagstaff Mountain early New Year's Day. The air was crisp and my spirit unbowed. I made a resolution: to run in the Boston Marathon. Jumping into the Mission Bay Marathon 15 days later, I qualified for Boston with a promising 2:46. A year later in my second Boston, I ran what still stands as my PR for the distance, a 2:31.

Within two years I set my first official American record at the NYRR 100-Mile Race. After two more victories in '81 and '82, I lowered the standard by eight minutes to 12:56:09 (7:48/mile). Sandwiched between 100-mile victories were a string of PRs that stand today: 32:54 10K; 1:06 20K; 1:43 30K; 4:04 40M; 5:14 50M; 6:57 100K; 8:11 70M

As I began winning races and setting records, my visibility as an athlete began to increase, and once again I found myself in a situation where the competitive pressures started getting out of control. In addition to increased media coverage and the elevation of the race to a national championship, the 1982 100-mile race took place in a brutal rainstorm. I was freaked out. My most feared opponent showed up: Lion Caldwell, a physician from Arizona, former second-place finisher and American record holder. I was a wreck before the race, couldn't talk to anybody. I still won, though. Since then my life's not been the same.

I guess the pressure finally got to me going into the 1983 100-miler—that and a well run race by Ray Scannell, the eventual winner. I dropped out at 57 miles, victim of an errant bicycle and, perhaps, an unfolding plan. I remember feeling surprisingly calm about the DNF. The spectre of losing was finally gone and I could get on with more important things, like becoming a day runner.

The inaugural NYRR Six-Day Race was held July 4-10, 1983, just two weeks after my disastrous 100-miler. The race turned into the most chronicled multi-day race in history. *Nightline* televised six consecutive nights from the race, using me as their on-site reporter. I ended up setting an American record in this, my first multi-day event, with 488 miles for second place.

The week-long blitz of Six-Day Race images in the national media cleared away the remaining obstacles to corporate sponsorship for me. I accepted a position as spokesman and consultant to Gatorade and began plotting out a year of training—preparation for the 1984 NYRR Six-Day Race.

Within a week after the six-day race, I was back up to 20 miles a day, but quickly cut back, preferring to focus on general conditioning and cross-training. My daily diet became one or two miles swimming, 30-50 biking and 10-20 running.

Someone suggested I do an ultratriathlon, the longest one available. Ultraman, the Big Island Triathlon in Hawaii, fit the bill. Its three consecutive days of competition consisted of: first day—six-mile open water swim followed by a 65-mile bike ride; second day—a 20-mile 4,200-foot climb up an active volcano, then bike 170 miles; third day—a 52.4-mile double marathon through the lava beds. It sounded ideal, and I finished it last New Year's Eve.

My overall time for Ultraman (23:31:29) secured second place for me, and my individual splits indicated a high level of fitness: 3:01:39 (six-mile swim); 13:27:56 total for the combined 235 miles of biking; 7:01:54 for the double marathon. I returned to New York City a few days later and, after two weeks of partying, renewing old friendships and determined silliness, I began thinking about the 1984 NYRRC Six-Day Race.

With six months to go before the July 2 start, I had plenty of time to work on as many facets of training as possible. The truth was, though, I was emotionally burnt out, physically drained and financially busted. Eventually, I had to sublet my apartment and live a nomadic life, switching from a friend's floor to my parents' study. Still I managed nearly 140 miles a week running. By April, and through May, I'd managed to include one track workout—under the guidance of Columbia's Pete Schuder (generally four to six miles of $\frac{1}{4}$ mile, $\frac{1}{2}$ mile or one mile intervals at a 5:00-5:30 pace)—and ten miles of swimming each week.

In late May, I began a promotional tour that took me throughout the northeastern United States, planned around a series of workouts as my final preparation for the six-day race. This workout series included: running 88 miles over a 20-hour period on May 19; a 20-mile run on each successive day of the following week; a twelve hour, 63-mile race on May 25; a 26.2-mile marathon on May 28; 30 miles in Albany two days later; 35 miles in Buffalo on June 1; 30 miles around a track in Pittsburgh, June 4; a marathon two days later in Philadelphia (fastest marathon of the tour, a 3:12). I finished up with a double marathon workout in New York City on June 8.

This was the most fun—running the New York Marathon course (from Brooklyn, not Staten Island), finishing up in Central Park, then jogging over to Randall's Island and completing another marathon at the six-day race site. A Cable News Network crew greeted me upon my arrival at Downing Stadium. They'd been waiting for me, tired and damp from the intense heat and humidity. "Are you crazy?" one woman asked. "Maybe," I replied, "but it has nothing to do with the running!"

With two weeks left, I began to wind down my training. No time now to be developing new aerobic potentials. Proper nutrition (mostly common sense here: balanced meals, high in complex carbohydrates, low in fat; avoiding caffeine, alcohol and refined sugar) and rest is most important. With one week to go, I moved into a hotel.

For the next five days my routine was set: early morning massage, midday float in an isolation tank, late afternoon session with the chiropractor. My batteries felt charged; only the rain dampened my spirits.

The rain began midweek and fell very hard at times. It was still falling the night before the race. I was starting to get a cold, but finally dozed off around one A.M. Brian Jones and Brian Flanagan, my handlers, woke me up the next morning, and we loaded up the van and were off. "Do we have something exquisitely painful planned for you," Flanagan snickered. I could always count on him for warmth and comfort.

The depth of talent in the field at the 1984 NYRRC Six-Day Race at Downing Stadium, Randall's Island, was unprecedented in modern times. Although Tom O'Reilly of Great Britain, the modern world record holder, was absent, present were seven men who had exceeded 500 miles, including last year's winner at 511 miles, Siegfried Bauer of New Zealand. I'd run second to Siggy last year with 488, maintaining my break past Joe Record of Australia and catching former world record holder Jean Gils Boussiquet of France on the last day. This past March, Ramon Zabalo had run 261 miles in a 48-hour race at Montauban,

in his native France, becoming the first 20th-century multi-day specialist. Colin Dixon of Great Britain was not far behind Zabalo in that one, and he, too, surpassed the modern day 48-hour mark with a still magnificent 240 miles. Both were definite threats. Joe Record went from his third-place finish in the New York Six-Day to a victory in La Rochelle, France. His total 539 miles put him second on the modern day list. He, too, was certainly dangerous.

But the most feared runner was probably the least known, a late entry as well: Yiannis Kouros of Greece. Kouros had already run away from two previously star-studded fields: the first, at the Spartathlon (a varied and mountainous 150-mile jaunt through the country between Sparta and Athens); the second, a three-day stage race along the banks of the Danube in Austria (Kouros covered a total of 200 miles at an even seven-minute-per-mile pace!).

We were there to answer a simple question: "How many miles can I run in six days?" No time for wondering why. We started day one very fast. Joe Record took the first lap or two of the brick-red all-weather track. Yiannis liked the pace and soon wanted more, lifting it to the level of another event entirely and running a 2:52 marathon. I followed, Kouros's nearest competitor by then, with a 3:22. As I gradually slowed down and was caught by the rest of the field, I wondered: Who is Kouros?

Over the next ten hours, each top competitor took his turn running with Kouros, attempting, with diminishing success, to show the Greek runner that we could run with him if we wanted. Ray Krolewicz, an educator from Columbia, S.C.—or "the Bear" as he was nicknamed—organized the game. "Bear"

was himself a most prolific (at least one ultramarathon a month) and accomplished (his 221 miles for 48 hours was the American record) runner. At this race, though, he was to come undone early and resorted to reading *Village Voice* personals over the public address system. Through all this hazing, and a string of some of the most incredible weather—intense heat and humidity, lightning, thunder, heavy rain, gale-force winds and periodic chills—Yiannis ran on . . . and on . . . and on . . .

Kouros covered his first 100 miles in 12:52 (four minutes faster than my American road record). By 24 hours, he had accumulated 163 miles, only seven miles from the world record held by David Dowdle of England. At that point, when most mortals would be reduced to crawlers, Kouros quickly left the track for a five-hour rest period. Upon his return, Yiannis was able to add another 103 miles to his total before the end of day two, surpassing Zabalo's new world record by five miles. By then I'd climbed up to 196 miles, terrific for me, well above my expectations, yet over 70 miles behind the leader!

The weather continued to amaze—hot, heavy, damp, sticky—clothing didn't dry and feet began to blister. Kouros continued to run away from the rest of us. Zabalo, steady and confident of the Greek's ultimate demise, was, outwardly at least, unaffected by the developments. His 203 by the start of day three was beginning to command the rest of the race—the one that Kouros wasn't in. I kept an eye on Kouros's trail of excellence, as he moved gracefully around the track. He was an experiment of one. He ate small snacks every few laps and avoided the larger, less evenly spaced indulgences of the other runners. He drank frequently, always ran lightly, briskly, with a pinpoint focus. While many competitors engaged in periodic chats and verbal exchanges, his reply was always: "After the race, please?" Then, without a smile, without the loss of a moment's concentration, he'd be off.

At the beginning of day four, Kouros started walking ever so gingerly. He showed signs of wear and ran what was to be his worst day: 89 miles. He still ran with rhythm though, and began joining in the train of other runners circling the track, pulling each other along, sharing gifts of laughter and concern. He became, as most of us did, caught up in an absurd game of total persistence, running with an ancient feel for survival, running with what Joe Record calls "the sense of the tribe."

It is very hard. Sleep is minimal, the pain and discomfort always there, ready to smother the senses at the moment when a break is needed the most. The pain is always worse when you stop, when you try to rest or sleep. Deep pains in the groin, where the leg muscles insert into the hip; pains that only seem to disappear when you run more . . . and more . . . and more . . . A dance of atrophy, this running in circles: over four laps to each mile; over 300 laps to a day.

We are beyond boredom though, in a void where the sameness of the external physical world only underscores the infinitude of the inner. The time, the track,

the miles are all there for each of us, our experience of them endlessly varied.

Yiannis Kourous and I are together, moving as one: one sound, one breath, one flow of energy. We weave in and out of the other runners and grow increasingly aware of each other's presence. Our pace quickens and the miles click by. We've been running over three days now yet our pace begins to move below eight minutes a mile. Lap after lap after lap. Yiannis turns to me and smiles. "How many miles you [hope to] do?" "535," I estimate, startled at first that Yiannis broke his vow of silence. "Fantastique," he replies and we warmly exchange glances. I know what he means. He would pass 535 by the end of day five.

Somewhere in the middle of the fourth day my race began to slip away. My feet were blistering and the unrelenting rain and cold conspired to unravel me. A painful lump developed on the top of my right foot that to this day I still don't understand. Sometime during the night, after many confusing and conflicting opinions about my foot had been offered, I broke down.

I walked into my tent, took off my shoes, lay down on the air mattress and damp sheet floating on the puddle of rainwater that filled my shelter from the storm, and I cried. I cried because I hurt and because I realized I was not going to run a great race. I cried because even though I had worked so hard, there was still so far for me to go, so much growing up left to do, so many more lessons to learn. But most of all, I cried because there was nothing to ease my pain, for there was no turning back. During the pain and the agony there was nowhere to go but onward.

That is the essence of the multi-day run—Am I a survivor? Will I choose to carry on? The answer comes not with fanfare or pomp, but quietly and, for me, with tears. I was choosing in my grief; I was saying yes! yes! yes! That is why I cannot participate in a six-day race and walk away unchanged. The truth is, we all hurt, each and every one of us, yet we all chose to stay. Everyone did what he or she could, and in our collective strength individual wills soared.

Stan Leventhal, a young, promising runner from the west coast, came prepared to chase the 500-mile barrier. He ended up so badly chaffed that he could no longer wear running shorts, yet he persevered. As he marched around the completely submerged track wearing a loosely tied bathrobe (the only clothing he could put on) the rain continued to fall. He turned to me at one point and said, "If you have pride in yourself, you'll stay." He was speaking for all of us. Zabalo was badly blistered, as was American Donna Hudson, a former world record holder in the 100-mile run. Marcy Schwam, another former world record holder, looked like a possible women's winner until she was hobbled by Achilles problems. Colin Dixon was not only severely blistered but urinating blood as well. Tom McGrath, a transcontinental runner already to his credit, was crippled by acute tendinitis in both lower legs.

Kouros also had his troubles. At one point, he ground to a halt in front of Joe Record's tent. Holding back tears as would a young child who has just fallen,

Yiannis stared at his swollen feet, then looked up to catch Joe's concerned eyes. "This one bigger than that one," he said softly. Joe knew what he meant. We all understood the suffering. Yet suffering together is not the essence of the race; going beyond it is.

Even Ray "Bear" Krolowicz wasn't immune to adversity. His worst problem was also the source of a lap-long belly laugh for Donna Hudson, Lorna Richey (last year's women's winner and current American record holder) and me. After five hours of down time, I'd finally left my tent and begun trudging through the rain with Donna and Lorna (on her way to a second-place finish only five miles short of the winner and new world record holder Eleanor Adams of Great Britain). It was early Saturday morning, and suddenly Ray, one grumpy bear, bolted past us in an unusually gruff manner. He'd just emerged from "the egg," a term given to the preposterous-looking isolation tank erected at the race site.

Throughout the event, runners had been using the quiet, relaxing environment of "the egg" to escape, to steal an hour's worth of quality rest. "Egg" breaks were usually rigidly timed, except when the rain came late Friday night. Most runners had vanished into their tents. Barely noticed and soon forgotten in the fierce weather, Ray disappeared into the egg. Lorna, Donna and I were witnessing a grumpy bear's emergence from the egg some seven hours later. "Nobody woke me!" Bear bellowed, "I'll never get my 350 now!" (a distance he normally gobbled up in 4½ days).

As the sun returned late Saturday morning, so did my zeal. Once again, I was back in the chase, able to break through the pain that had held me back earlier. Strange creature, this pain. An event? An opinion, perhaps? Arbitrary? Can I detach, let go, escape maybe—just for a few paces? Once again can I celebrate the union of mind and body, the union of their influence, and get on with it? Foregoing any significant rest, I total 96 miles on the last day. A year ago 96 miles would have won the final day. This year 96 represents only the sixth best. I finish with 502 and squeeze into the 500-mile club. Before this race, 502 miles would have placed me tenth overall for a modern six-day performance; in this race it is good only for seventh place. What does it mean?

As late as early Sunday morning, Zabalo maintained his cool, so powerful, confident that in the course of things Kouros would fall. Yiannis managed a grand 94 miles on day five but Zabalo was even better, a regal 102. Ramon had closed to within 48 miles. Kouros left the track. Zabalo remained, despite the severe foot pain and the stacked odds, and continued charging. Relentless and silent, he moved on, fueled by the belief that Yiannis was playing with high stakes. Anything could still happen; a life's savings wiped away with one bad throw. Then it happened; that one moment when time is suspended and the answer is finally revealed, unmistakably and precisely. As Zabalo continued to reel Kouros in that morning of the last day, Yiannis suddenly reappeared on the track. This was not the Yiannis we had come to know, for he momentarily looked

so broken, so annihilated, near collapse. **33.** He seemed to stagger, about to fall.

Zabalo, now a shark in bloody water, perked up. The hunt might soon be over. Ramon began circling, never taking his eyes from the now apparently wounded Greek. Yiannis began his survival dance: straightened up, looked forward, and moved his arms and legs in short, stiff, but (still) unmistakably rhythmical motions. Energy seemed to generate throughout his body. The pace quickened; the stiffness melted away. Faster Yiannis, faster or you'll get eaten up. Finally, Kouros became his old self and took command of the track. Zabalo was finally broken. He retired to his tent and the race for first was over.

The battle for third place, however, raged on. At the beginning of day six, Bauer held a slim five-mile edge over the charging George Gardiner of Hope Valley, Rhode Island. Confident and precise, Sigg adhered to his pattern of short rests and hard runs. Gardiner, on the other hand, continued to hammer, already at nearly 24 hours without any significant break. Sigg and George, in comparison to the classic beauty and grace of Kouros and Zabalo, looked like an odd couple indeed. Bauer skipped along the track on an exaggerated and painful-looking limp. Rumor had it that boyhood cartilage damage was the cause of Bauer's unusual style. He looked positively fluid compared to George, though. Gardiner was bent over and angled to the side, his right arm flailing away furiously as if to keep him from falling over altogether. At one point, George struggled to pick his head up as he passed me by. I'd just asked him how he was doing. "I've been running my ass off all night just to get up with these guys" was his reply. I guess to George how he was doing was secondary to what he was doing—and what he was doing was catching all but two of the runners in front of him.

Applying an iron-willed presence of mind to a still functioning body, George managed to grab 213 miles over the last 48 hours. His 554 miles rank him currently number four in the 20th century, and tops all-time for a masters runner.

The sight of George, his bent form tenaciously churning out mile after mile, nonstop for nearly 48 hours, is what I remember most about the race. A testimony of will and declaration of the obvious: George Gardiner, you are a survivor!

The six-day zoo is closing down now, the bear, the hawk, the shark and even the little Greek god departing. Still fresh from battle, the "never-do-it-again-mob" holds its last and final meeting of the New York Campaign: Record, Dixon, Gerard Stenger of France, Malcolm Campbell of England and I have all, at one point or another in the race, declared without provocation that this would be our last six-day race ever.

Packing my gear, with my handlers, friends and family around me, I somehow break loose from the company of those multi-day pioneers with whom I explored a collective inner space for nearly a week. Just before I get away, though, a voice rings out, reminding me of another vow made in the heat of battle: "Well Stu, are you going to do another one of these races again?"

"Of course," I reply, "I'm one of them now!"

(updated 1 June 1986)

WORLD RANKINGS

Compiled by:

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UNITED KINGDOM

50KM.

A. Track

MEN

2:48:06	Jeff Norman (GBR)	Timperley, 6/7/80
2:50:30	Don Ritchie (GBR)	Timperley, 10/3/79
2:51:38	Ritchie (2)	Ewell, 30/4/77
2:51:42	Ritchie (3)	Uxbridge, 25/6/77
2:52:48	Barney Klecker (USA)	Tucson, 15/11/81
2:54:44	Jeff Julian (NZL)	New Zealand, 3/5/69
2:54:54	Joe Keating (GBR)	Uxbridge, 25/6/77
2:55:07	Tim Johnston (GBR)	Barnet, 16/10/82
2:55:11	Ritchie (4)	Barnet, 16/10/82
2:55:24	Cavin Woodward (GBR)	Timperley, 10/3/79
(10)		
2:55:36	Ritchie (5)	Barnet, 13/3/83
2:56:06	Jim Mouat (GBR)	Uxbridge, 25/6/77
2:56:34	Tom O'Reilly (GBR)	Timperley, 10/3/79
2:56:46	Ritchie (6)	Ewell, 28/4/79
2:56:56	Keating (2)	Ewell, 28/4/73
2:57:59	Woodward (2)	Ewell, 29/4/78
2:57:17	Alastair Wood (GBR)	Pitreavie, 13/12/69
2:57:30	Arthur Keily (GBR)	Walton, 20/10/56
2:58:50	O'Reilly (2)	Timperley, 6/7/80
2:58:22	Mick Molloy (EIR)	London, 28/10/78
(20)		
2:59:13	Fred Howell (GBR)	Uxbridge, 25/6/77
2:59:25	Mick McGeoch (GBR))	Barry, 9/3/86
2:59:32	Tom Roden (GBR)	Uxbridge, 25/6/77
2:59:38	O'Reilly (3)	London, 6/11/76
2:59:39	Mick Orton (GBR)	London, 6/11/76
2:59:44	Vito Melito (ITA)	Bologna, 22/3/80
2:59:52	Woodward (3)	London, 28/10/78
2:59:58	Dave Atwell (GBR)	Timperley, 10/3/79
2:59:59	Ritchie (7)	London, 28/10/78
3:01:01	Phil Hampton (GBR)	Ewell, 10/7/71
(30)		
3:01:46	Lynn Hughes (GBR)	Portsmouth, 27/4/71
3:02:10	Martin Daykin (GBR)	Timperley, 6/7/80
3:02:46	Paul Kilby (GBR)	Timperley, 6/7/80
3:03:05	Ian Burgess (GBR)	Uxbridge, 25/6/77
3:03:16	Alan Smith (GBR)	Cobham, 27/4/80
3:03:36	Frank Bozanich (USA)	San Diego, 24/4/77
3:03:52	Mike Newton (GBR)	Ewell, 19/4/76

Topless Toes

Reprinted from "Fun Runner" magazine

Last year a running shoe without a toecap was introduced to Australia. I didn't know anything about this particular brand of shoe, but I did approve of the idea. I developed the idea myself three years previously and like it a lot.

There are various **ADVANTAGES** to this idea.

Firstly there is good **ventilation** for the toes and front of the foot (fore-foot). No longer are the toes and foot tightly wrapped in a near-impervious coating of leather, rubber, and several layers of nylon foam. There can be no better way of making your feet hot and sweaty than by wearing a normal running shoe and going for a run on a warm day. Whereas if there is no toecap and the toes wiggle in the breeze then the foot is so much cooler. If you take your shirt off to keep cool, isn't it even more important to keep your hardworking feet cool?

Secondly, those common trouble-makers, blisters and black toenails, are gone forever. This is partly because there is less shoe for the foot to rub and press, but also because of the cooling and drying process. Blisters tend to form on sweaty, soggy feet, so if

there is good ventilation and little sweating there are few blisters.

Thirdly, there is a minor **weight** saving.

Fourthly, if you should step in a puddle and fill the shoe with **water**, or else get a **stone** inside the shoe, then out it comes! No need to slosh on with a shoe full of water or stop running to remove the shoe and shake out the stone.

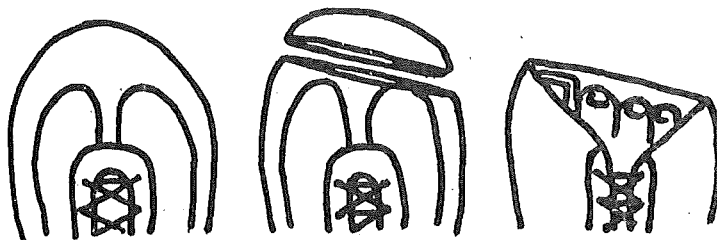
Lastly, because there is less foot-sweating there is less foot-smell.

Any **DISADVANTAGES** are imaginary. You don't need a toecap unless you kick footballs. Stones don't get inside the shoes more often when running. The shoe is not loose on the foot because the laces are tight around the mid-foot (in front of the ankle), not around the toes. You don't need squashed toes to keep your shoe on. The shoe only needs to be tight and firm at the mid-foot and heel.

The main problem is the psychological one of actively cutting and modifying your new \$60 shoes. Surely those clever shoemakers know best?

Not necessarily.

Anyway, get your surgical knife and scissors and follow this simple guide to toecap-ectomy. ≠

NORMAL
SHOESIMPLE
ADAPTATIONRADICAL
ADAPTATION

WORLD RANKINGS

WORLD RANKING LISTS - 1986

100km ROAD - MEN (34 PERFORMERS/49 PERFORMANCES)

Jean-Paul Praet	(56)	BEL	6:03:51	(1)	20.6.	Torhout
Domingo Catalan	(48)	SPA	6:15:17	(1)	16.11.	Auron-Nice
Jan Szumiec	(54)	POL	6:17:56	(1)	14.9.	Winschoten
Brune Scelsi	(54)	FRA	6:27:08	(1)	13.9.	Vogelgrun
Scelsi - 2			6:28:22	(2)	20.6.	Torhout
Szumiec - 2			6:29:33	(1)	25.10.	Kalisz
Risto Laitinen	(48)	FIN	6:30:36	(1)	27.6.	Hartola
Vaclav Kamenik	(51)	CSR	6:30:37	(3)	20.6.	Torhout
Catalan - 2			6:32:09	(1)	4.10.	Santander
Johannes Knapfer	(60)	SWI	6:35:47	(4)	20.6.	Torhout
Don Ritchie	(45)	UK	6:36:02	(1)	4.5.	Torino
Roger Julien	(52)	RA	6:36:05	(1)	24.5.	Ferte-Bernard
Kamenik - 2			6:37:10	(1)	19.4.	Rodenbach
Kamenik - 3			6:37:17	(2)	14.9.	Winschoten
Robert Schlapfer	(54)	SWI	6:38:29	(1)	6.6.	Biel
Peter Rupp	(46)	SWI	6:39:28	(5)	20.6.	Torhout
Christian Roig	(52)	FRA	6:41:00	(6)	20.6.	Torhout
Mohamed Lahouari	(49)	FRA	6:42:29	(1)	27.9.	Val de Somme
Jean-Marc Bellocq	(57)	FRA	6:42:38	(2)	13.9.	Vogelgrun
Bellocq - 2			6:43:16	(1)	26.4.	Belves
Roig - 2			6:43:49	(3)	13.9.	Vogelgrun
Tom Zimmermann	(57)	USA	6:45:46	(1)	18.1.	Dallas
Robert Buzon	(55)	FRA	6:46:37	(4)	13.9.	Vogelgrun
Claude Ansard	(54)	FRA	6:47:15	(2)	27.9.	Val de Somme
Stefan Fekner	(52)	CAN	6:47:20	(2)	18.1.	Dallas
Ritchie - 2			6:47:49	(2)	4.10.	Santander
Roland Vuilleminot	(46)	FRA	6:49:07	(5)	13.9.	Vogelgrun
Charlie Trayer	(54)	USA	6:51:06	(1)	16.11.	Philadelphia
Rune Larsson	(56)	SWE	6:51:31	(1)	17.8.	Lund
Hanspeter Roos	(58)	SWI	6:51:59	(7)	20.6.	Torhout
Vitaliy Koval	(47)	SU	6:52:02	(1)	9.11.	Kosice
Larsson - 2			6:53:01	(2)	19.4.	Rodenbach
Barney Klecker	(51)	USA	6:53:20	(1)	25.10.	Duluth
Hans Reich	(36)	FRG	6:53:54	(3)	19.4.	Rodenbach
Yiannis Kouros	(56)	GRE	6:54:41	(8)	20.6.	Torhout
Bellocq - 3			6:55:27	(1)	2.10.	Millau
Peter Mann	(39)	FRG	6:55:44	(4)	19.4.	Rodenbach
Roig - 3			6:55:54	(2)	16.11.	Auron-Nice
Pavel Mocnik	(51)	YUG	6:56:14	(1)	11.10.	Varazdin
Werner Endrowait	(39)	FRG	6:56:25	(5)	19.4.	Rodenbach
Konny Debersaques	(48)	BEL	6:56:48	(9)	20.6.	Torhout
Rupp - 2			6:56:	(2)	6.6.	Biel
Kurt Inauen	(45)	SWI	6:56:	(3)	6.6.	Biel
Scelsi - 3			6:57:08	(3)	4.10.	Santander
Bernard Rosetti	(49)	FRA	6:57:20	(2)	2.10.	Millau
Rosetti - 2			6:58:24	(1)	7.6.	Migennes
Patrick Simonnet	(55)	FRA	6:58:42	(6)	13.9.	Vogelgrun
Fekner - 2			6:58:51	(1)	26.4.	Tornoto
John Coffey	(58)	USA	6:58:54	(10)	20.6.	Torhout

100km ROAD - WOMEN (11 PERFORMERS/19 PERFORMANCES)

Sandra Kiddy	(36)	USA	7:56:21	(1)	16.11.	Philadelphia
Agnes Eberle	(50)	SWI	7:58:22	(1)	19.4.	Rodenbach
Kiddy - 2			8:01:16	(1)	20.6.	Torhout
Monique Exbrayat	(45)	FRA	8:06:38	(1)	16.11.	Auron-Nice
Eberle - 2			8:07:46	(1)	13.9.	Vogelgrun
Exbrayat - 2			8:22:31	(2)	13.9.	Vogelgrun
Eberle - 3			8:25:	(1)	6.6.	Biel
Martine Blandin	(49)	FRA	8:32:30	(3)	13.9.	Vogelgrun
Angela Martens	(41)	BEL	8:33:40	(1)	4.10.	Santander
Riet Horber	(38)	SWI	8:34:40	(1)	13.9.	Winschoten
Eberle - 4			8:35:50	(1)	27.6.	Hirtenberg
Ginette Baudrand	(47)	FRA	8:36:36	(4)	13.9.	Vogelgrun
Blandin - 2			8:37:21	(2)	16.11.	Auron-Nice
Erike Hahn	(50)	GFR	8:37:46	(2)	19.4.	Rodenbach
Sigrid Lomsky	(42)	FRG	8:44:40	(1)	11.10.	Quickborn
Martens - 2			8:47:58	(2)	20.6.	Torhout
Katharina Janicke	(53)	GFR	8:49:35	(1)	6.9.	Unna
Chantal Nigot	(47)	FRA	8:56:31	(1)	2.10.	Millau
Martens - 3			8:59:15	(1)	19.4.	Ransart

100km TRACK - MEN (14 PERFORMANCES/PERFORMERS)

Bruno Scelsi	(54)	FRA	6:54:23	(1)	18.5.	Carmaux
Wolfgang Schwerk	(55)	FRG	7:04:40	(1)	29.11.	Rodenbach
Harry Arndt	(36)	FRG	7:12:26	(2)	29.11.	Rodenbach
Patrick Ligerot	()	FRA	7:15:51	(1)	15.11.	Arcueil
Daniel Decemme	(51)	FRA	7:26:31	(2)	18.5.	Carmaux
Claude Lasage	(45)	FRA	7:30:15	(3)	18.5.	Carmaux
Max Granier	(51)	FRA	7:32:21	(4)	18.5.	Carmaux
Bruce Cook	()	AUS	7:32:41	(1)	14.9.	Coburg
Patrick Macke	(55)	UK	7:38:00(1)	(1)	14/15.2.	Deerfield
Pascal Didillon	(58)	FRA	7:39:41	(5)	18.5.	Carmaux
Yiannis Kouros	(56)	GRE	7:47:33(1)	(2)	14/15.2.	Deerfield
Martin Hawes	()	NZL	7:49:48	(1)	6.9.	Christchurch
Jean Brengues	(32)	FRA	7:50:16	(6)	18.5.	Carmaux
John Souter	()	NZL	7:57:51	(2)	6.9.	Christchurch

100km TRACK - WOMEN

Angela Mertens	(41)	BEL	8:28:20	(1)	15.11.	Arcueil
Eleanor Adams	(47)	SWE	8:38:21	()	12/13.7.	Honefoss
Cynthia Cameron	()	NZL	9:15:26	(5)	14.9.	Coburg

(Indoor 100km marks incorporated in track list)

These lists were compiled with the help of Gerard Stenger (RA); Heinz Klatt (FRG); Antonin Hejda (SWITZ); Nick Marshall (USA); Stan Wagon (USA); Gerry Riley (AUS) and Peter Tutty (NZL).

24 HOUR TRACK - MEN (33 PERFORMERS/34 PERFORMANCES)

			km	m	y		
Rune Larsson	(56)	SWE	262.640/163	346	12/13.7.	Honefoss	
Richard Tout	(48)	NZL	247.216/153	1078	27/28.9.	Auckland	
Jean-Gilles Boussiquet	(44)	FRA	247.200/153	1061	14/15.3.	Montauban	
Rae Clark	(53)	USA	245.026/152	444	22/23.3.	Santa Rosa	
Dusan Mravlje	(53)	YUG	243.600/151	644	12/13.7.	Honefoss	
Brian Bloomer	(45)	AUS	242.598/150	1308	15/16.2.	Melbourne	
Don Mitchell	(46)	NZL	240.453/149	722	27.29.9.	Auckland	
Rab'ali James Zarei	(44)	IRN	236.539/146	1722	28/29.6.	Gateshead	
Gilbert Gevaert	(48)	BEL	236.204/146	1355	17/18.5.	Haren	
Gilbert Mainix	(35)	FRA	235.600/146	695	14/15.3.	Montauban	
Rene Mimeur	(39)	BEL	229.250/142	790	17/18.5.	Haren	
Peter King	(43)	UK	229.188/142	724	12/13.7.	Solihull	
David Standeven	(30)	AUS	228.566/142	42	1/2.11.	Adelaide	
Eleanor Admas	(47)	UK	221.200/137	787	12/13.7.	Honefoss	
Gard Leighton	()	USA	220.214/136	1470	22/23.3.	Santa Rosa	
Gary Regtien	(36)	NZL	218.981/136	120	27/28.9.	Auckland	
Joe Campbell	(46)	USA	218.446/135	1296	4/5.10.	Gladstone	
Kevin Dwyer	(49)	UK	216.219/134	620	12/13.7.	Solihull	
David La Pierre	()	CAN	216.129/134	522	24/25.5.	Ottawa	
Roy Pirrung	()	USA	215.999/134	380	30.8.	Fond du Lac	
Francoise Leroux	(27)	FRA	215.830/134	194	17/18.5.	Montfort sur Meu	
William Verdonck	()	BEL	215.630/133	1735	15/16.11.	Arcueil	
Mary Hanudel	(59)	USA	213.622/132	1299	12/13.7	Honefoss	
Dave Cooper	(34)	UK	214.700/133	718	6/7.9.	Gloucester	
Bertial Jarlaker	(36)	SWE	213.386/132	1041	12/13.7.	Honefoss	
Cooper - 2			213.013/132	634	28/29.6.	Gateshead	
Max Courtillon	(27)	FRA	212.604/132	186	17/18.5.	Montfort sur Meu	
Simon Laporte	()	CAN	212.595/132	177	24/25.5.	Ottawa	
Bob Bruner	(38)	AUS	211.584/131	831	15/16.2	Melbourne	
Rolly Portelance	()	CAN	210.436/130	1336	24/25.5	Ottawade	
Patrick Tissot	(57)	FRA	210.406/130	1302	.7.	Ambilly	
Gerry Riley	(52)	AUS	210.272/130	1156	1/2.11.	Adelaide	
Jean-Pierre Delhotal	(46)	FRA	209.600/130	421	15/16.11.	Arcueil	
Jan-Erik Lehne	()	NOR	209.295/130	87	12/13.7.	Honefoss	

24 HOUR TRACK - WOMEN (11 PERFORMERS/14 PERFORMANCES)

Eleanor Adams	(47)	UK	221.200/137	787	12/13.7.	Honefoss
Mary Hanudel	(59)	USA	213.622/132	1299	12/13.7.	Honefoss
Angela Mertens	(41)	BEL	201.383/125	235	17/18.5.	Haren
Cynthia Cameron	()	AUS	200.615/124	1155	1/2.11.	Adelaide
Arlette Touchard	(41)	FRA	200.400/124	920	14/15.3.	Montauban
Sandra Barwick	()	NZL	195.217/121	531	27/28.9.	Auckland
Cameron - 2			191.218/118	1438	15/16.2.	Melbourne
Christine Barrett	(48)	UK	189.907/118	5	12/13.7.	Honefoss
Yvonne Summer	()	RSA	188.647/117	376	10/11.10.	Natal
Adams - 2			188.003/116	1443	29/30.12.	Columbia
Hanudel - 2			186.226/115	1260	24/25.5.	Ottawa
Georgette Cooper	()	USA	185.817/115	813	22/23.3.	Santa Rosa
Nancy Crawford	()	USA	182.863/113	1102	22/23.3.	Santa Rosa
Marty Maricle	()	USA	180.079/111	1576	23.8.	San Francisco

24 HOUR ROAD - MEN (31 PERFORMANCES/28 PERFORMERS)

Rab'ali James Zarei	(44)	IRN	261.128/162	454	23/24.8.	Chorley
Peter Mann	(39)	FRG	258.108/160	670	9/10.5.	Apeldoorn
Hans Erdmann	(39)	FRG	256.138/159	275	9/10.5.	Apeldoorn
Bernhard Schoneck	(43)	FRG	247.330/153	1203	18/19.10.	Huesden
Joseph Tudo	(35)	FRA	245.712/152	1193	31.5/1.6.	d'Eppeville
Terry Edmondson	(45)	UK	245.306/152	749	7/8.6.	Cranwell
Paul Bream	(44)	UK	239.016/148	911	10/11.11.	Niort
Ronald Teuniss	()	HOL	237.757/147	1294	9/10.5.	Apeldoorn
Bob Meadowcroft	(37)	UK	237.107/147	583	7/8.6.	Cranwell
Clemens Schewe	()	FRG	236.366/146	1532	13/14.9.	Morlenbach
Marcel Giraud	(45)	FRA	234.312/145	1046	10/11.11.	Niort
Edmondson - 2			233.705/145	383	23/24.8.	Chorley
Zarei - 2			233.253/144	1648	7/8.6.	Cranwell
Steve Warshawer	(57)	USA	229.073/142	598	27/28.9.	Atlanta
Bream - 2			227.767/141	929	3/4.5.	Preston
Yiannis Kouros	(56)	GRE	224.999/139	1422	19/20.7.	Montmagny, CAN
Luis Rios	()	USA	222.932/138	922	25/26.4.	Queens, NY
Wolfgang Schmitt	(51)	FRG	221.263/137	856	9/10.5.	Apeldoorn
Jimmy Shaw	(44)	UK	219.405/136	584	3/4.5.	Preston
George Audley	()	AUS	219.361/136	536	18/19.10.	Perth
Andre Carriere	()	FRA	219.292/136	460	10/11.11.	Niort
Kevin Dwyer	(49)	UK	216.960/134	1431	23/24.8.	Chorley
Henri Thibet	()	FRA	216.588/134	1023	10/11.11.	Niort
Karl-Heinz Springer	(47)	FRG	215.115/133	1172	13/14.9.	Morlenbach
Bruce McNeely	(47)	USA	214.160/133	128	9/10.5.	Apeldoorn
Claude Ozor	(38)	FRA	213.384/132	1039	10/11.11.	Niort
Jean Rigout	(50)	FRA	213.366/132	1019	17/18.5.	Montauban
Bernard Boudeau	()	FRA	211.080/131	279	10/11.11.	Niort
Alan Croxford	()	AUS	210.934/131	120	18/19.10.	Perth
Dave Reffin	()	UK	210.206/130	1084	7/3.6.	Cranwell
Jean-Claude Lapeyrygne	()	FRA	209.476/130	285	10/11.11.	Niort

24 HOUR ROAD - WOMEN (9 PERFORMERS/11 PERFORMANCES)

Hilary Walker	(53)	UK	220.568/137	96	7/8.6.	Cranwell
Waltrand Reisert	(39)	FRG	215.412/133	1486	9/10.5.	Apeldoorn
Mareikle Bestenbreur	(48)	HOL	208.606/129	1094	9/10.5.	Apeldoorn
Renate Nierkens	(44)	FRG	203.411/126	692	13/14.9.	Morlenbach
Kay Moore	(42)	USA	194.022/120	986	25/26.4.	Queens, NY
Gerda Schroeder	(29)	FRG	191.640/119	140	13/14.9.	Morlenbach
Arlette Touchard	(41)	FRA	186.248/115	1283	10/11.11.	Niort
Pippa Davis	()	UK	185.074/115	0	25/26.4.	Queens, NY
Francoise Lamothe	(23)	FRA	184.161/114	750	7/3.6.	Cranwell
Nierkens - 2			181.566/112	1442	9/10.5.	Apeldoorn
Lamothe - 2			180.440/112	211	10/11.11.	Niort

24 HOUR INDOOR - MEN (7 PERFORMERS/PERFORMANCES)

Yiannis Kouros	(56)	GRE	251.064/156	7	14/15.2.	Deerfield
Patrick Macke	(55)	UK	239.197/148	1110	14/15.2.	Deerfield
Jean-Gilles Boussiquet	(44)	FRA	229.128/142	658	14/15.2.	Deerfield
Dan Brannen	(53)	USA	217.115/134	1600	14/15.2.	Deerfield
Gilbert Mainix	(35)	FRA	214.000/132	1713	29/30.9.	La Rochelle
Don Choi	(48)	USA	212.287/131	1600	14/15.2.	Deerfield
Ron Bomberger	(41)	USA	212.272/131	1583	1/2.2.	Hammer, Ontario

24 HOUR INDOOR - WOMEN

Mary Hanudel	(59)	USA	186.839/116	170	14/15.2.	Deerfield
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50 MILE ROAD RANKINGS³⁹

AUSTRALIAN 50 Mile ROAD RANKINGS (MAY 1987)

1. Tom Gillis	41	(NSW)	5-33-00	Christchurch NZ	Apr1981.
2. Laurie Brimacombe	42	(V)	5-33-59	Ballarat	11Aug1985
3. Hugh Dearnley		(NSW)	5-38-37	NSW	10Oct1978
4. Ziggy Ferderbar		(NSW)	5-41-58	NSW	70Oct1979
5. Ray Ramelli	40	(V)	5-50-07	Ballarat	24Aug1986
6. Keith Canard		(NSW)	5-50-20	NSW	10Oct1978
7. Barry Brooks	46	(V)	5-51-16	Ballarat	24Aug1986
8. Bob Hunter		(QLD)	5-53-07	QLD Uni.	23Oct1983
9. Wayne Rouse		(NSW)	5-53-40	SYD-WOLLON	19Oct1980
10. Bruce Inglis	25	(V)	5-53-50	Wollongong-Syd	18Oct1981
11. Martin Thompson	25	(V)	5-54-39	Lon-Brighton	28Sep1975
12. Don Kyssecker		(NSW)	5-54-54	NSW	10Oct1978
13. George Young	43	(QLD)	5-58-07	QLD Uni	23Oct1983
14. Max Carson		(V)	6-01-37	Ballarat	24Aug1986
15. Anyce Melham	22	(NSW)	6-03-03	NSW	70Oct1979
16. Kerry Heinecke		(NSW)	6-03-32	NSW	70Oct1979
17. John Wishart	40	(QLD)	6-03-57	QLD Uni	23Oct1983
18. Gary Beale		(NSW)	6-07-10	NSW	70Oct1979
19. Jim Crawford	40	(V)	6-10-06	Princes PK.	11Sep1975
20. Steve Annus		(NSW)	6-10-31	NSW	70Oct1979
21. Peter Logan	37	(V)	6-14-24	Ballarat	11Aug1985
22. Bob Telfer		(NSW)	6-16-44	NSW	26Sep1982
23. Michael Walsh		(V)	6-18-54	Ballarat	11Aug1985
24. Keith Swift		(NSW)	6-19-10	NSW	26Sep1982
25. James Sheridan	28		6-21-40	New York	22May1983
26. John Sumner	45	(V)	6-21-46	Princes Pk.	29Jun1986
27. Alistair McManus	35	(V)	6-23-07	Ballarat	24Aug1986
28. Peter Derig		(NSW)	6-24-04	NSW	70Oct1979
29. Stewart Pike		(V)	6-26-24	Ballarat	24Aug1986
30. Peter Goulding		(NSW)	6-26-42	NSW	10Oct1978
31. Brian Bloomer	45	(V)	6-26-59	Ballarat	11Aug1985
32. Bob Bruner	40	(V)	6-28-40	NSW	10Oct1978
33. John Connellan		(V)	6-30-36	Princes Pk.	30Jun1985
34. Kishore Cunningham	29	(V)	6-31-00	New York.	1981
35. Max Bogenhuber	42	(NSW)	6-31-10	Bathurst	22Sep1984
36. Ken Shepherd	25	(QLD)	6-31-18	QLD Uni	23Oct1983
37. Ernie Cattle		(V)	6-32-46	Ballarat	24Aug1986
38. Brian Smith		(V)	6-33-28	Ballarat	24Aug1986
39. Paul Smith	36	(QLD)	6-33-40	Qld. Uni	23Oct1983
40. Cliff Young	64	(V)	6-33-46	Ballarat	24Aug1986
41. Leo Jones	45	(V)	6-34-23	Princes Pk.	29Jun1986
42. Les Gapps		(NSW)	6-36-42	NSW	10Oct1978
43. Morris Taylor	38	(NSW)	6-37-29	Bathurst	27Sep1986
44. Bill Beauchamp	41	(V)	6-40-25	Ballarat	24Aug1986
45. Doug Markulin		(NSW)	6-40-41	NSW	70Oct1979
46. Buck Dillon		(NSW)	6-41-27	NSW	10Oct1978
47. Derek Jory	35	(QLD)	6-41-52	QLD Uni	23Oct1983
48. Vinnie Kerr	26	(QLD)	6-42-11	QLD Uni	23Oct1983
49. Pat Carroll	22	(QLD)	6-42-54	QLD Uni	23Oct1983
50. Tony Visali		(NSW)	6-43-30	NSW	70Oct1979
51. John Dromgool		(QLD)	6-44-36	QLD Uni	18Oct1981
52. Barry Coates		(NSW)	6-48-06	SYD-Wollongong	24Aug1986
53. Bill McKenny	38	(QLD)	6-49-04	QLD Uni	23Oct1983
54. Len Lovelace		(V)	6-50-20	Ballarat	11Aug1985
55. Bruce Patterson		(QLD)	6-52-32	QLD Uni	18Oct1981

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

50 MILE ROAD RANKINGS ^{40.}

AUSTRALIAN 50MileROAD RANKINGS (MAY 87 cont.)

56. Roger Weeks		(QLD)	6-53-00	QLD Uni	180oct1981
57. Bob Marden	27	(NSW)	6-53-00	NSW	70oct1979
58. Phil Wain		(QLD)	6-53-18	QLD Uni	180oct1981
59. Bill Webster		(NSW)	6-54-09	SYD-Wollongong	190oct1980
60. George Jackson		(NSW)	6-54-10	NSW	70oct1979
61. Mark McKeown		(NSW)	6-54-26	SYD-Wollongong	190oct1980
62. Laurie Ryan		(NSW)	6-55-01	NSW	70oct1979
63. Robert Jackson		(NSW)	6-55-01	NSW	70oct1979
64. Graeme Wilton	27	(NSW)	6-55-34	NSW	22Sep1984
65. Ernie Elliott		(V)	6-56-02	NSW	70oct1979
66. Bob Schickert	38	(V)	6-56-02	NSW	70oct1979
67. Ron Hill	46	(V)	6-56-13	Ballarat	24Aug1986
68. Les Bradd	34	(V)	6-56-29	Ballarat	24Aug1986
69. Andrew Elkin		(NSW)	6-56-39	NSW	10oct1978
70. Kevin Cassidy	26	(V)	6-57-36	Ballarat	24Aug1986
71. Mathew Cull		(NSW)	6-58-49	SYD-Wollongong	190oct1980
72. Gerry Hart	39	(V)	6-59-59	Princes Pk.	31Jul1977
73. Ken Walters	53	(V)	7-00-14	Princes Pk.	30Jun1985
74. Chilla Nasmyth		(NSW)	7-01-31	SYD-Wollongong	24Aug1986
75. Barry Massingham		(NSW)	7-01-24	NSW	70oct1979
76. Cedric Sidebottom		(NSW)	7-01-52	NSW	10oct1978
77. Bill Lehmann		(QLD)	7-01-58	Qld Uni	180oct1981
78. John Irvine		(NSW)	7-02-42	NSW	10oct1978
79. George McGrath	57	(NSW)	7-03-10	Sydney	30oct1976
80. Chris Stephenson	29	(NSW)	7-03-17	Ballarat	11Aug1985
81. Peter Richardson	22	(V)	7-03-19	Ballarat	24Aug1986
82. Joe Gobel	48	(V)	7-04-55	Ballarat	11Aug1985
83. Len Wilson		(NSW)	7-05-23	NSW	70oct1979
84. Geoff Hook	40	(V)	7-06-43	Ballarat	11Aug1985
85. Charlie Robinson		(NSW)	7-08-21	Bathurst	22Sep1984
86. Ron King		(V)	7-10-17	Ballarat	24Aug1986
87. Klaus Schnibbe	42	(V)	7-10-37	Princes Pk.	29Jun1986
88. Les Hayley		(NSW)	7-10-46	NSW	70oct1979
89. Greg Wishart	48	(V)	7-12-37	Ballarat	24Aug1986
90. Bob Wilson	32	(QLD)	7-12-15	QLD Uni	230oct1983
91. Graeme Quick		(V)	7-14-16	Ballarat	11Aug1985
92. Gerry Riley	54	(V)	7-14-30	Ballarat	11Aug1985
93. Nobby Young		(NSW)	7-16-24	Bathurst	22Sep1984
94. Trevor Pleydell		(V)	7-16-42	Ballarat	24Aug1986
95. John Gradwell		(QLD)	7-16-48	Qld Uni	180oct1981
96. Graeme Dunlop	27	(V)	7-18-30	Princes Pk.	30Jun1985
97. Brian Westwood		(NSW)	7-19-30	NSW	70oct1979
98. Ron Grant		(QLD)	7-20-05	NSW	70oct1979
99. Greg Love		(NSW)	7-20-35	Wollongong- SYD	24Aug1986
100. Robert Martin		(NSW)	7-22-57	NSW	10oct1978
101. Phillip Clarke		(NSW)	7-23-26	SYD-Wollongong	24Aug1986
102. George Perdon	62	(V)	7-24-26	Ballarat	24Aug1986
103. Derek Quinto		(NSW)	7-24-43	Bathurst	22Sep1984
104. Brad Doyle		(NSW)	7-24-44	Bathurst	22Sep1984
105. Len Hauville		(QLD)	7-25-04	Qld. Uni	180oct1981
106. Frank Biviano	42	(V)	7-25-19	Ballarat	24Aug1986
107. Gary Cossens		(V)	7-26-42	Princes Pk.	30Jun1985
108. Tony Doyle	42	(V)	7-27-13	Princes Pk.	29Jun1986
109. Bob Gould		(NSW)	7-27-50	NSW	70oct1979
110. A. Powys		(NSW)	7-28-05	NSW	70oct1979

Note: Please refer any corrections or omissions to our A.U.R.A. statistician, Gerry Riley, 69 Cambridge Cres, Werribee 3030, phone, (03) 7413071.

50 MILE ROAD RANKINGS⁴¹

AUSTRALIAN 50MILE ROAD RANKINGS (MAY 87 Cont)

111. Alan Staples	30	(NSW)	7-29-04	NSW	70Oct1979
112. Gary Patrick		(V)	7-30-33	Ballarat	110Oct1985
113. Jim Henderson		(NSW)	7-32-10	NSW	70Oct1979
114. Ian Hutchinson	38	(NSW)	7-32-34	Bathurst	22Sep1984
115. Keith Alexander	35	(V)	7-34-46	Princes Pk.	29Jun1986
116. John Anderson	47	(V)	7-35-16	Princes Pk.	29Jun1986
117. Chris Woolgar	42	(V)	7-36-55	Princes Pk.	29Jun1986
118. Ashley Warner		(NSW)	7-38-10	NSW	70Oct1979
119. Vladimir Budnik		(NSW)	7-38-33	NSW	26Sep1982
120. Renato Dandrea		(NSW)	7-40-05	SYD-Wollongong	190Oct1980
121. Robert Herd		(NSW)	7-42-11	Bathurst	22Sep1984
122. Bob Moore	45	(V)	7-42-12	Princes Pk.	30Jun1985
123. Bill Lewis		(NSW)	7-42-15	NSW	70Oct1979
124. Robin Rishworth	20	(V)	7-42-36	Ballarat	11Aug1985
125. Kerry Dowling		(NSW)	7-44-08	NSW	10Oct1978
126. Bruce Dennett		(NSW)	7-44-16	Wollongong-SYD	190Oct1980
127. Keith Boidin		(NSW)	7-44-55	NSW	70Oct1979
128. Charlie Lynn	35	(NSW)	7-45-15	SYD-Wollongong	190Oct1980
129. Howard Jones		(NSW)	7-46-35	NSW	70Oct1979
130. Grant Cardwell		(NSW)	7-47-12	NSW	26Sep1982
131. Ian Stansfield	42	(V)	7-47-59	Princes Pk.	29Jun1986
132. Danny Gray		(NSW)	7-48-25	SYD-Wollongong	24Aug1986
133. Wal McCrorie		(NSW)	7-48-45	NSW	26Sep1982
134. Michael Hoffman	33	(V)	7-49-31	Princes Pk.	29Jun1986
135. Eddy Lynch		(NSW)	7-50-00	NSW	70Oct1979
136. Andy Docherty	55	(SA)	7-50-54	Ballarat	24Aug1986
137. Douwe Vorst		(NSW)	7-52-53	SYD-Wollongong	24Aug1986
138. Dave Taylor	34	(NSW)	7-53-11	Bathurst	27Sep1986
139. Graeme Wilkinson	40	(NSW)	7-53-11	Bathurst	27Sep1986
140. Ern McAuliffe	36	(QLD)	7-54-37	Qld. Uni.	230Oct1983
141. Russell Bond		(NSW)	7-54-40	NSW	70Oct1979
142. Des Law		(QLD)	7-55-56	Qld. Uni.	180Oct1981
143. John Daffy		(NSW)	7-57-25	NSW	10Oct1978
144. Dean Townsend		(V)	7-57-48	Ballarat	11Aug1985
145. Trevor Harris	37	(QLD)	7-58-50	Bathurst	22Sep1984
146. Graeme Huggins	20	(V)	8-03-25	Princes Pk.	29Jun1986
147. Phil McDonald	22	(QLD)	8-03-58	Qld. Uni.	230Oct1983
148. Gary Collins	26	(NSW)	8-04-00	Bathurst	27Sep1986
149. Geoff Russell		(V)	8-04-18	Ballarat	11Aug1985
150. Brian Brown		(NSW)	8-07-32	Bathurst	22Sep1984
151. Ernie Hartley		(NSW)	8-07-32	Bathurst	22Sep1984
152. Peter Gray	21	(V)	8-09-35	Princes Pk.	29Jun1986
153. Stan Miskin	61	(V)	8-09-53	Ballarat	24Aug1986
154. Bob Little	43	(NSW)	8-13-00	Wollongong-SYD	180Oct1981
155. Peter Manning	33	(NSW)	8-17-41	Bathurst	27Sep1986
156. Vic Gerada		(NSW)	8-17-50	SYD-Wollongong	190Oct1980
157. Dave Girvan		(NSW)	8-18-17	SYD-Wollongong	24Aug1986
158. Denis Gillings		(NSW)	8-20-15	NSW	26Sep1982
159. Rob Osborne		(NSW)	8-20-15	NSW	26Sep1982
160. Creece Syred	15	(NSW)	8-21-37	Bathurst	27Sep1986
161. Steel Beveridge		(NSW)	8-24-30	NSW	70Oct1979
162. David Kennedy		(NSW)	8-25-04	SYD-Wollongong	190Oct1980
163. Keith Crowle	47	(V)	8-21-43	Princes Pk.	29Jun1986
164. Colin Silcock	63	(V)	8-28-15	Ballarat	11Aug1985
165. Graham Drever		(NSW)	8-28-30	SYD-Wollongong	24Aug1986

50 MILE ROAD RANKINGS⁴²

AUSTRALIAN 50MILE ROAD RANKINGS(MAY 87)

166. Tony Rafferty	46 (V)	8-30-32	Ballarat	11Aug1985
167. Graham Firkin	(NSW)	8-32-11	SYD-Wollongong	24Aug1986
168. Alan Hastie	(NSW)	8-33-20	NSW	26Sep1982
169. Chris Burk	(NSW)	8-33-38	SYD-Wollongong	19Oct1980
170. Robert Simms	(NSW)	8-34-42	SYD-Wollongong	24Aug1986
171. Franz Wanderer	(NSW)	8-35-21	NSW	26Sep1982
172. Steve Talbot	(NSW)	8-35-24	SYD-Wollongong	24Aug1986
173. Greg Reid	(NSW)	8-35-24	SYD-Wollongong	24Aug1986
174. Frank Pearson	(NSW)	8-35-26	SYD-Wollongong	19Oct1980
175. John Leieboer	(NSW)	8-35-35	NSW	10Oct1978
176. John Hanson	(NSW)	8-40-56	NSW	10Oct1978
177. Sonny Bullen	(NSW)	8-42-36	SYD-Wollongong	24Aug1986
178. Brian Hamilton	(NSW)	8-43-45	NSW	10Oct1978
++ 179. James Hassall	(NSW)	8-48-04	NSW	26Sep1982
180. Danny Kennedy	(NSW)	8-48-52	SYD-Wollongong	19Oct1980
181. John Hindmarsh	(NSW)	8-48-52	SYD-Wollongong	19Oct1980
182. Brian Tailford	(NSW)	8-51-38	SYD-Wollongong	24Aug1986
183. Ian Taylor	(NSW)	8-52-28	SYD-Wollongong	24Aug1986
184. Bill Miller	(NSW)	8-52-28	SYD-Wollongong	24Aug1986
185. John Champness	44 (V)	8-52-41	Ballarat	11Aug1985
186. Geoff Hain	(NSW)	8-52-41	SYD-Wollongong	24Aug1986
187. Peter Muir	(NSW)	8-56-41	SYD-Wollongong	24Aug1986
188. John Wallace	(NSW)	8-57-54	NSW	7Oct1979
189. Graham Horder	(NSW)	8-58-45	NSW	10Oct1978
190. Bob Morgan	(NSW)	9-01-18	NSW	7Oct1979
191. Keith O'Connell	(NSW)	9-01-37	SYD-Wollongong	24Aug1986
192. Graham Light	38 (V)	9-03-41	Princes Pk.	29Jun1986
193. Graham Kerruish	(NSW)	9-08-06	SYD-Wollongong	24Aug1986
194. John Fletcher	(NSW)	9-08-06	SYD-Wollongong	24Aug1986
195. Eddy Colcombe	(NSW)	9-11-31	SYD-Wollongong	24Aug1986
196. Peter Pfister	46 (V)	9-12-34	Ballarat	11Aug1985
197. John Constantine	(NSW)	9-15-15	NSW	10Oct1978
198. Mark Kelly	(NSW)	9-15-34	SYD-Wollongong	19Oct1980
199. Kevin Mansell	(NSW)	9-17-03	SYD-Wollongong	24Aug1986
200. Stephen Foulkes	31 (V)	9-20-12	Ballarat	11Aug1985
201. Lemy Moore	(NSW)	9-20-14	SYD-Wollongong	24Aug1986
202. Graham Chapman	(NSW)	9-21-50	NSW	26Sep1982
203. Colin Gibbons	(V)	9-29-25	Princes Pk.	30Jun1985
204. Graham Deacon	(NSW)	9-29-47	SYD-Wollongong	24Aug1986
205. George Sodbiron	(NSW)	9-30-15	SYD-Wollongong	24Aug1986
206. Pat Edelson	(NSW)	9-35-06	SYD-Wollongong	19Oct1980
207. Mark Jewel	22 (V)	9-49-03	Princes Pk.	30Jun1985
208. Roy Norman	(NSW)	9-49-51	NSW	26Sep1982
209. Don Graham	(Qld)	9-50-23	Qld. Uni.	18Oct1981
210. Steve Cornlius	(NSW)	9-50-48	SYD-Wollongong	24Aug1986
211. Ron Wittig	(NSW)	9-55-10	SYD-Wollongong	24Aug1986
212. Peter Smith	(NSW)	9-55-10	SYD-Wollongong	24Aug1986
213. Mark Gladwell	(NSW)	10-03-05	SYD-Wollongong	24Aug1986
214. Greg Reid	(NSW)	10-32-03	NSW	26Sep1982
215. Derek White	(NSW)	13-35-40	NSW	26Sep1982

WOMEN

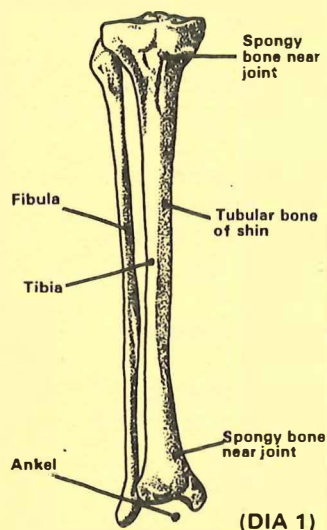
1. Rhonda Bushby	26 (Qld)	6-37-55	Qld. Uni.	23Oct1983
2. Sue Hill	(NSW)	7-19-51	NSW	10Oct1978
3. Margaret Smith	47 (V)	7-52-01	NSW	26Sep1982
4. Caroline Vaughan	42 (NSW)	7-52-40	SYD-Wollongong	19Oct1980
5. Jean Medlock	(NSW)	7-53-01	NSW	10Oct1978
6. Lois Hamilton	(NSW)	8-43-45	NSW	10Oct1978
7. Georgina McConnell	(NSW)	8-54-20	SYD-Wollongong	24Aug1986
8. Gloria Kennedy	(NSW)	9-10-04	SYD-Wollongong	19Oct1980
9. Vidagha Bennett	27 (V)	9-12-03	New Jersey	27Aug1981
10. Wanda Foley	40 (NSW)	9-15-45	Bathurst	27Sep1986

Runner's Anatomy

ONCE again a knowledge of simple anatomy helps explain many of the more common problems seen in this area.

Human bone is a two phase material - like fibre-glass. It has strong fibres of protein (collagen) binding together crystals of calcium (as a complex salt) which together give the physical properties of hardness without brittleness. The texture of bone varies depending on its function.

Long bones - such as the shin bone - are spongy near the joints to allow absorption of some of the forces placed on the joint (see Diagram 1). If



(DIA 1)

this were not so, even the smallest shock wave transmitted from the feet would damage the delicate lining of the joint. The central portion of the shin bone is tubular and hence very strong.

Bone bends every time a strain is placed upon it (unlike a pure crystalline structure such as marble) and hence is subject to all the usual laws of physics. If it is repeatedly bent, it may fatigue - just like a piece of aluminium - resulting in a fatigue fracture (stress fracture).

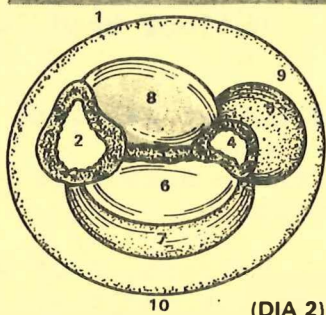
The fibres within bone emerge at certain surfaces to give origin to both muscle and fascia (strong membranes which bind down and divide muscles into groups). These fibres are poorly supported at their points of emergence and subject to considerable strain.

The other bone in the lower leg is the fibula which although a thin bone, is of similar structure to the tibia. Between the two bones is a membrane which helps to keep the two together and provides attachment for muscles. The fascia divides the muscles of the lower leg into four groups (see Diagram 2)

- 1 The anterior muscles - which pull the toes and feet up.
- 2 The lateral group - which pull the foot outwards.

Victim of shin splints

This month running doctor James Daley stays in the region of the calf but discusses the problems seen in some of the other structures of the lower leg.



Cross section of calf. 1. Front skin 2. Tibia 3. Membrane 4. Fibula 5. Lateral muscles 6. Deep posterior muscles 7. Superficial posterior muscles 8. Anterior muscle 9. Fascial layers 10. Back skin

3 The superficial posterior group - the achilles group discussed in last month's article.

4 The deep posterior group - which pull the foot and toes down.

Causes and Treatment

Stress fracture of the tibia is a response to repetitive loading of the tibia, particularly with exercise on hard surfaces. It is said to be more common in those runners with a high stepping gait. Obviously the heavier the runner, the more stress on the tibia.

Inadequate cushioning of the feet by poor shoe wear will not help. Stress fracture of the fibula is said to be more common in those with marked supination (in turning) of the feet.

If a stress fracture is suspected - medical help should be sought. Rest is essential. Occasionally, complete fracture of the skin bone can occur with persistent exercise, ignoring pain. The diagnosis can usually be confirmed on X-ray or occasionally by the use of the specialised bone scan (available only in hospitals).

Once confirmed, a stress fracture should not be subjected to further stress until healed which may mean as long as six weeks off training. After the pain has gone, attention to all possible mechanical deficiencies of the

lower limb must be given. Good quality, cushioned shoes with extra sorbothane heel pads are recommended. If abnormal posture of the foot is adopted during running, this should be corrected by insoles, strong shoes and training.

Training should then be gradually re-introduced, keeping off too many hard surfaces. Avoid all sudden increases in distance training. If pain recurs seek further informed advice.

Anterior compartment pain is usually due to over - use of the muscle group by a change in training technique. I have seen it in unfit people undertaking vigorous exercise without previous training. Always warm up. The pain usually settles with rest, elevation and, if necessary, cooling.

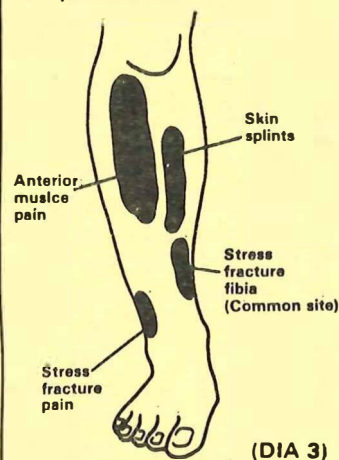
Sometimes pain-killers may be required, but large doses suggest a serious problem requiring medical attention. If weakness and numbness of the big toe occurs the muscle requires rapid surgical release if permanent disability is to be prevented. Milder anterior pain may recur despite adequate training - in these circumstances pressure measurement of the compartment on exercise may reveal an abnormally high pressure also necessitating surgical release.

"Shin splints" are caused by over-stressing the origins of the muscle and fascia previously described. Reduce the distances run straight away and keep off the roads as much as possible. Check shoe wear - adding sorbothane pads if inadequate cushioning is present or try ultrasound or similar treatment from your physiotherapist. If symptoms persist seek help - a fracture may be present. When symptoms have stopped gradually increase training.

Common Problems

The term "shin splints" means different things to different authors and is probably best used to describe any pain felt

in the region of the shin bone and may be due to a number of causes. Referring to Diagram 3, the problem can be felt as;



(DIA 3)

A gradual onset of pain on exercise felt just above the outer ankle bone or one third up the shin associated with very localized tenderness, with perhaps a little local swelling, is usually due to stress fracture. *The pain may become very severe and boring in nature.*

Pain on exercise, often recurrent after similar exertion, felt over the anterior muscles of the lower leg may be due to an anterior compartment. This occurs when the muscle becomes swollen and becomes unable to expand further with exercise because of the confines of its compartment (Diagram 2). It may be precipitated by a blow to the shin sufficient to cause bruising.

In very severe circumstances, weakness of the big toe movement and numbness between the first and second toe may occur. A medical emergency has now arisen.

Occasionally a similar but milder problem occurs in the other muscle groups;

Rather diffuse pain over a large area of the inner or outer edges of the shin bone on exercise with a similar area of tenderness is due to true "shin splints". In this condition inflammation of the fibres of origin of either the muscle or the fascia has resulted from overloading.

Bi-centennial

24 HR. TRACK RUN

VICTORIAN VETERANS ATHLETIC CLUB INCORPORATED

INFORMATION



DATE: Saturday & Sunday, 13th & 14th
of February, 1988

TIME: 12 noon start on Saturday 13th February

REPORT IN: 11 a.m. sharp

ENTRY FEE: \$20.00. Cheques payable to "V.V.A.C. Inc."

LOCATION: Harold Stevens Athletic Track, Outlook Road, Coburg (Map 18 A10)
(off Murray Road)

- FACILITIES:
1. Changing rooms, showers and toilet adjacent to the track.
 2. Canteen open for the full 24 hours.
 3. Lawn areas adjacent to the track available for tents and camping equipment to be set up.
 4. Portable toilet trackside.
 5. Medical: St. John's Ambulance helpers, race doctor and a masseur will be available for the assistance of runners.
 6. Chairs, tables and a tent will be provided for lapscorers.
 7. An extra tent will be provided as a recovery tent or resting tent for lap-scorers and runners.
 8. An urn of boiling water will be available at all times for support teams.
 9. A Leader Board will be displayed throughout the race to show distances covered by each runner and placings at the end of every hour.
 10. A finisher's certificate will be issued to every starter, showing distance covered.
 11. A medal will be awarded to those runners completing more than 100 kilometres.
 12. Confirmation of entry and profiles of all entrants will be posted to all competitors after the closing date.
 13. Results and computerised race analysis will be posted to all competitors within one week of the race. Splits at 50km, 50 miles, 100km, 100 miles will be given.
 14. The race will begin in an anti-clockwise direction and will change direction every 6 hours.
 15. No applicants under 18 years of age will be accepted.

Current Australian 24 Hour records:
Brian Bloomer (Vic) 242.598km (15/2/86)
Cynthia Cameron (Vic) 200.615km (2/11/86)
Current Australasian 24 Hour records:
Richard Tout (N.Z.) 247.216km (28/9/86)
Cynthia Cameron (Vic) 200.615km (2/11/86)

RACE RULES

1. All runners must provide their own support team and lap-scorers.
2. All runners must supply their own food and drinks for themselves and their support crews, plus any table and chairs needed.
3. Race numbers issued shall be worn at all times and are to be placed in a position easily visible by officials and lap-scorers.
4. Runners must indicate to lap-scorers when they intend to stop for any reason (food, drink, walk, toilet).
5. No pacing is allowed, and seconds and friends must not run with runner.
6. Runners must move to the third lane when walking, eating or drinking. Members of support team may accompany runner at this stage.
7. Runners must not remain more than two abreast at any time.
8. Runners must leave and enter the track at the same point when stopping.
9. The decision of the Race Director to withdraw any runner during the race will be final. This decision will be made in consultation with the race doctor.

FURTHER QUERIES: Dot Browne (03)874 2501

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