



AURA

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

(Incorporated in Victoria)

Registered Office: 4 Victory Street, Mitcham, 3132. Telephone: (03) 874-2501

NEWSLETTER

Vol.2 No.5

November 1987

Hi folks!

Here we are with our final issue for 1987. It's bigger than ever, largely due to your great contributions. Thankyou!

Unfortunately now we have to put the screws on you for membership renewal for 1988. Our postage costs are astronomical, especially to our overseas members, so we've had to set a special rate for them, as well as take our OZ membership fee up to \$10 to cater for local postage rates rising recently. We'd appreciate you renewing as soon as possible. Thanks.

Also, do try and rope in a few more new members, especially in Victoria. We don't want Big Chris' mob in NSW to put in a take-over bid. Membership application form on the back page. We'll be happy to second anyone who wants to join, especially if he's a Vic.!

We've got a centrefold for you on page 24 - that skinny little champion, Barry Brooks from Ballarat. Next issue, Val Case has promised me a shot of Tony Tripp in the bath. It's a ripper she reckons!

I hope you blokes that keep wingeing about the sprinter figure on our previous letterhead have noticed our new one. You see, we DO take notice of your comments and hope this figure looks more like an ultra-runner. Thanks to Pauline Brook for designing it.

Also, advertising space is now available in our illustrious newsletter. Details on page 46. Get in early and avoid the rush.

And finally, the pacing controversy rages in our Letters to the Edditor. Oh what a controversial little hornet's nest we've stirred up!

And at our last committee meeting, we voted to present AURA plaques to Australians who break existing track records for the 50km, 100km, 200km, 100 miles, 50 miles, 12 hour, 24 hour, 48 hour and six day events. Arrangements are in hand to obtain plaques for current record holders, who are named on page 46.

Don't forget to keep those contributions coming, especially your ideas for more AURA logos. We love the ones you've sent already.

'Bye for now,

Hon. Sec.

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Thankyou so much to the following members who have contributed to this issue with letters, logo ideas, articles and poems. They were great!

Keith Fisher, Geoff Hook, Kevin Cassidy, Andy Semple, Trevor Harris, Tony Tripp, Andy Milroy, Gerry Riley, Stan Miskin, Gordon Burrowes, G.Irvine, Chris Stephenson, Rob Whelan, Lemmy Moore, Helen O'Connor, Peter Armistead, Steel Beveridge, Dot Browne, Tony Mahoney and Mike March.

CALENDAR

1987

- Nov 15 A.C.F. BRINDABELLA CLASSIC, Canberra, 47km.approx. Trail run over the Brindabella Mountains just south of Canberra. Contact John Stanhope, 52 Sharwood Cres, Evatt ACT 2617, phone (062) 583181.
- Nov 16-22 6 DAY TRACK RACE, Colac, Vic, 400 metres grass track, contact Colac 6 Day Race Committee, P.O.Box 163, Colac 3250, phone (052)315442. Entry by invitation only.(Applications detailing performances welcome).
- Dec 27 BOGONG TO HOTHAM, Vic, mountain trail run, 6.15am start at Mountain Creek Picnic Ground , approx.60km, 3,000metre climb! Phone Russell Bulman (03)8789285 (AH)

1988

- Jan 23-25 48/24 HOUR RUNS, Aberfeldie, Vic, Australia Day long weekend, 400metre athletic track, Corio Street, Aberfeldie (Mel.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 (W). Bi-centennial celebration runs.
- Feb 6 CRADLE MOUNTAIN RUN, Tasmania, starts at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park, approx.85-90km of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston 7250, phone (003)954294.6am start.
- Feb 6 LAUNCESTON TO HOBART, Tas, 195km approx., Start Launceston P.O., finish Hobart P.O., 30 hour limit, \$30 entry, 9am start, contact Mike March, 125 Summerleas Road, Ferntree 7101, Tas. Phone (002) 391432. Billets and road crews may be provided by prior arrangement.
- Feb 13/14 24 HOUR TRACK RACE, (Victorian Championship), Vic.Veterans'A.C. event, at Harold Stevens Athletic Track, Outlook Road, Coburg, (Mel.18A10), 12 noon start, \$20 entry, also incorporating the 1988 Westfield Run trial, contact Dot Browne, 4 Victory Street, Mitcham 3132, phone (03)8742501 for entry forms.
- 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, phone (02)9815324
- Mar 17 WESTFIELD SYDNEY TO MELBOURNE RUN, Parramatta NSW to Doncaster, Vic. Contact Charlie Lynn, c/- Westfield Run Office, G.P.O.4004, Sydney NSW 2011, phone (02)3564333
- Mar ? 50KM TRACK RACE. Parramatta, NSW, 500m.grass track, contact Big Chris Stephenson, P.O.Box 45, Rushcutters Bay NSW 2011, phone (02)5237852 (H) or (02)3392171 (W)
- April 2 100 MILE TRACK RACE at Manly NSW, Easter Saturday, contact Ian Hutchison, P.O.Box 168, Narrabeen, 2101 NSW.
- Apl 18-23 SIX-DAY ULTRA-TRIATHLON, SA, cycle, paddle, run, total distance 559.2km, starts Adelaide, contact Stirling Apex Club, P.O. 31, Stirling 5152, phone (08)3885425.
- Apl ? FRANKSTON TO PORTSEA RACE, Vic, 34 miler approx. Contact Kon Butko, phone (03)7871309.

CALENDAR

- ~~May 7~~ 12 HOUR TRACK RACE, Rosebud, Vic, Percy Cerutti Memorial Run, 8am start on Olympic Oval, Rosebud, \$30 entry, 400m. track (Mel.170C3) Eastbourne Road, entry forms from Brian Jones (059) 868640 or Terry Cox (059)864792, P.O.Box 450, Rosebud 3939. Entry form enclosed with this issue.
- May 15 BANANA COAST ULTRA-MARATHON, NSW, 85km, Grafton to Coff's Harbour, 5am start, contact Steel Beveridge, 20 Arrawarra Road, Mullaway 2456, NSW.
- May 28/29 24 HOUR TRACK RACE, NSW, Sydney Striders event, Hensley Athletic Field, Wentworth Avenue, Pagewood, Sydney, 11am start, contact Steve Cornelius, 41 Garling Street, Lane Cove NSW 2066, phone (02)4273604.
- June 18 50 MILE TRACK RACE (Australian Championship) Vic. at Box Hill Athletic Track, 400 metre track, 8am start, contact Geoff Hook (03)2889739 or Dot Browne (03)8742501 for entry forms.
- June 19 50 MILE ROAD RACE at Carlton, Vic, 8am start, 25 x 2 mile circuits, around Princes Park. Contact Geoff Hook (03)2889739 for entry forms.
- Aug ? 50 MILE ROAD RACE (C.H.A.S.E. Carnival) Victorian Championship, Ballarat, Vic, Wendouree A.C. P.O.Box 511, Ballarat, 3550 or phone Andrew Bush (053)321434.
- Sept ? SYDNEY TO WOLLONGONG - approx 50 Mile Road Race, NSW, contact Tom Gillis, 7 Wilmot Street, Sydney, 2000 NSW 4am start.
- Sept ? 24 HOUR TRACK RACE - Q'ld, 400 metre track, contact Andy Semple, Queensland Marathon Club, P.O.Box 192, Everton Park, 4053 Q'ld, phone (07)3555740.
- Sept ? 100KM TRACK RACE at Coburg, Vic, Harold Stevens Athletic Track, 400metre track, 7am start, contact Kevin Cassidy, 4 Grandview Road, Preston 3072, Vic. phone (03)4783687 for entry forms.
- Sept ? 50 MILE ROAD RACE at Bathurst, NSW, 7am start at the courthouse, Russell Street, Bathurst. Time limit 10 hours, contact Ian Taylor, 206 Rankin Street, Bathurst 2795 phone (063)313230 (H) or (063)315344 (W)
- Oct 1 100KM. TRACK RACE, Canberra, Bruce Stadium warm-up track. Conducted by the Sri Chinmoy Marathon Team, Contact Prachar Stegmann, 18 Brennan Street, Hackett 2602 ACT, phone (062)480232.
- Oct ? 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.
- Nov 5/6 24 HOUR TRACK RACE (Australian Championship) Adelaide, SA, Sri Chinmoy Marathon Team event, c/- Boundless Life Health Foods, 101A Walkerville Terrace, Walkerville 5081 SA or phone (08) 3449433.

LETTERS TO THE EDITOR

Dear Editor,

Ultra running has boomed in recent years, not just because a handful of elite ultra runners made some efforts to expand their sport, but also because many fun runners and plodders like me, decided to give it a go.

Suddenly I find myself restricted in my efforts^{to} challenge my body by rules; rules made by elite athletes, for elite athletes. Wake up ultra runners and organisers we are not all elite athletes and we are not all going to set world records, but yes we will gain some fine personal achievements in distance running. As I recall there was a time when the rules restricted marathons to males only. Even now rules for qualifying times restrict the entry ^{to} some of the more elite marathons. One generally accepted rule of elite competition has for many years been one about "no pacing". This rule does not, of course, apply to fun runners. In fact over the years I have entered many marathons specifically for the purpose of pacing a first timer. Never has there been any question of their not being capable of finishing without me. I've been there purely for the company, someone to chat to in order to keep the mind off those feelings of tiredness or the awesomeness of the task ahead. No one's ever been disqualified or had their time questioned for being an "also ran" who had a little help from their friends in the form of company throughout the run. I believe in fact that fun running marathoners across the world would simply not tolerate such an elite restriction.

Gone is the time when the elite 10k runners served their apprenticeships before progressing to marathons and finally to ultra marathons, when they became too old for the former. Why are we clinging so rigorously to the restrictive rules that went with this era? Let's admit that there are "fun running" ultra marathoners who simply want to see how far they can go or how fast they can cover long distances. These runners are not in the class of Elinor Adams or Yannis Kouros and so the rules for them, like the unwritten rules for "also ran" marathoners should be more relaxed in order to encourage their participation.

This certainly does mean that an ultra race should be a free for all, with pacers clogging up the track. It should not mean that elite athletes could have their achievements questioned because pacing was allowed during the event. It means rather that runners should have a choice ie. they may chose to enter as an "elite runner" (no pacing allowed) and wear a distinctive white and black number or they may chose to enter as a "fun runner" perhaps wearing a coloured number and being permitted to be accompanied by one pacer, especially in the second half of a 24 hour race. The pacer of course should run, off the track eg. on the grassed field inside the track or accompany the runner in the outside lanes if walking. Pacers may assist lap counters by drawing their attention to the fact that their runner is passing as well as notifying them of breaks from the track (Lap counters have been known to miss a lap through being unaware of a runners' return to the track after a break). Pacers may also assist a weary runner to make more rational decisions such as to change a schedule or to eat more often etc. This would make the achievement more of a team effort, but still it is the runner who does the leg work.

Instead of restricting ultra runs to elite athletes let's share our beautiful sport, by giving runners the choice of whether they want to be an elite runner or not. After all running belongs to us all, not just the elite rule setters and if the rules do become too restrictive we will find that just as road runners' clubs were set up as alternatives to the staid Amateur Athletic Associations in the 70's, because of inflexible rules and unwillingness to change, Elite ultra runners may eventually find themselves on their own, without the extra comforts and trimmings that are only affordable through mass participation and interest. Before we get to this stage of separate events let's give the other options a trial.

After all just as the marathon boom produced undiscovered talent, maybe there's a young Australian Kouros or Adams out there waiting for a bit of encouragement to give it a go. If we want media coverage for our elite ultra marathoners and sponsorship for our events then we certainly need to encourage more people to challenge long distances. We must not forget that if the rules are too restrictive the people will make their own rules and the elitists may not have any say in this at all.

Yours in running,

Helen O'Connor.
South Australia.

REPLY TO A LETTER ON PACING FROM HELEN O'CONNOR by Geoff Hook

Being co-editor of this Newsletter, I'm in a position to see material prior to publication. Therefore I'm able to write an immediate response to Helen O'Connor's letter to the editor.

At the outset, I wish to say that Helen's desire to see novice ultra runners (and those of moderate ability) given encouragement and help in their endeavours is admirable. I fully support this desire. What I'm not happy about is the tone of her letter and the black and white picture she paints.

I organize 2 x 50 mile races each year, one of which is the Australian Championship. I have organized other ultra races as well as helping other organizers in various aspects of race administration. So I know what personal hard work, time and expense goes into races by organizers. Why should we accept unfair criticism? Constructive criticism is always welcome and if the race will benefit then it should be implemented subject to budget and manpower resource constraints. What I suggest to Helen is instead of seeking to impose your views on organizers of existing races, why don't you organize your own ultra distance race whereby you can cater for these views? Then you won't feel "constricted". If, then, the race generally complies with the principles and guidelines required by AURA, then not only will you gain our support and assistance, but everyone will be happy.

Let me state my personal position on pacing (AURA has not had time to produce a guideline yet). In a few words, I'm against pacing. However I don't like to be dogmatic about things, especially if opposing views prevail. In this situation, some middle ground stance seems most appropriate. Also, it is difficult to make rules to cover all situations and if attempted can lead to boring masses of red tape. For example, the International Association of Ultrarunners (IAU) has attempted to address the question of pacing and assistance by a series of examples. I believe they have been too wordy and failed to achieve their object because not all possible situations have been covered. My views are:

1. Pacing should not be allowed and such a rule should be strictly enforced for championship or high profile events (especially track events).
2. Limited pacing can be permitted for non-championship low profile events at the discretion of the race organizer/director.

Here, the race rules should state whether limited or no pacing is permitted. Where limited pacing is permitted, support crews can discuss what they propose with the race director. If the director agrees then everything is fine because it is this director who must respond to complaints, issue warnings and disqualify competitors upon non-compliance. This process alleviates long winded race rules about pacing that can never cover all possible situations.

3. Special events can be organized by people such as Helen where few restrictions are placed on pacing thereby greatly helping novice ultra runners achieve a personal goal and test their powers of mental and physical stamina. Most of these runners who feel intimidated by events under 1 and 2 above will then be well catered for (I personally don't believe there are many runners in this category).
4. Runners will be able to choose races selectively. My goodness, a race is a race, and one competitor receiving an unfair advantage over another is contrary to the ~~spirit~~ of a serious event.
5. Different conditions obviously apply to road and trail races. In trail races for example, a companion may be necessary over certain stages due to safety concerns. Therefore, the question of pacing should be decided by the race director based on the circumstances and requirements of each race.
6. There is nothing that can prevent one competitor pacing another but if I was the race director of a serious or championship race and was convinced that pacing was occurring to the detriment of other competitors, I would issue warnings to both offenders.
7. Preventing pacing need not be restricted to only the 1st few places. Finishing order or position is very important to some competitors. Finishing lower down the results list due to pacing tactics by a few can offend.

There is a case for the competitor who is struggling and reduced to walking (this can also happen to top competitors) to be accompanied as long as neither person impedes other competitors. Nevertheless, this should be kept in moderation and at the discretion of the race director.

I don't think the word "elite athlete" applies very much to the current ultra running scene. However, I do contend the bulk of the runners are serious about what they are attempting and ultimately wish to find out what they can achieve on their own resources. Conversely, the words "fun runner" and "plodder" seem hardly appropriate for people undertaking such a tough assignment as competing in an ultra marathon.

The idea of a mixed serious (no pacing) race with a fun runner (pacing allowed) type race is ludicrous. It would be an unfair additional burden on the race organizer to set it up and police it, it would be impractical for the competitors and the results would be meaningless for the serious competitors.

The words "pacing" and "assistance" should not be confused. Assistance is the giving and/or receiving of food, drink, encouragement and information and may take place in one spot, over a few steps, or over say 50 metres. Pacing is something substantially beyond that. I personally do not like to set a fixed distance which would separate pacing and assistance. I think it becomes obvious to the race director within the context of the local rule interpretation based on circumstances.

If pacing is so important to you, Helen, that you want to see just what you can achieve in an ultra event, as far as speed or endurance is concerned, why don't you embark on a solo run with pacers over set stages? Why should you want to do this assisted test in a race where other competitors are not receiving and do not want similar assistance? It seems to me you don't need a race to do the sorts of tests you propose. As stated in a previous letter from Gerry Riley "..... we should be able to handle our own company during races". Then a true comparison of ultra running abilities may be determined. Is this not what a race is all about???

Letter_to_the_Editor:

26 William Street,
Frankston
24/9/87

Dear Dot,

Just a few lines I hope you can fit into AURA, to set the record straight on a couple of points in articles written by our President.

Geoff's version of the snake incident on Cradle Mountain Run was not quite the way I saw it.

I'd been following Geoff for the long period, putting up with stopping and starting, when all of a sudden, he stopped dead in front of me, threw his arms out and started some hysterical blabbering like a terrified child. Not realising he had a snake crossing his path and fully aware how important it was for us to keep moving, I gave him a gentle push. To think he can come up with such a story staggers me.

Also Geoff's story on the Portsea Run where he wrote that I could not hang on to Paul Patton was nothing like the truth. Paul had dropped behind 2-3 miles from the start and didn't catch me until Rye, where he went straight past. There was no hanging on.

Anyhow Geoff, keep up the good work. Fiction stories do make interesting reading to some!

Thanks kindly,

Peter Armistead.

20 Arrawarra Road,
Mullaway 2456
New South Wales
12/9/87

Dear Dot,

Just a brief note to thank you for the coverage that you accorded our "Bananacoast Electrics" Ultramarathon in the September newsletter and to clear up a certain geo-political confusion in relation to same.

As you will note above, I live in N.S.W., which is also where Grafton and Coff's Harbour have been for some time. We are closer to Queensland and Victoria but have not yet come under Joh's paternal care. Perhaps the reference to banana proved our undoing. If you can find the time one year to travel up this way, I assure you that you will note the difference between Coff's bananas and our northern counterparts.

Thank you once again for a wonderful service. I will try to stay in touch. Best wishes,

Yours in running,

Steel Beveridge.

Ed.'s note: Sorry for the stuff-up Steel. I better buy myself an atlas!

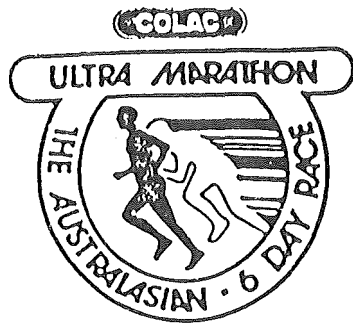
Dear Dot,

How many of your ultra-runners would be interested in running the Honolulu Marathon on 4th December, 1988? If there were more than 20 interested, we could get a group booking with reduced fares. So if you're interested, contact me, Rob Whelan at 6 Camphor Court, Doveton 3177 or phone (03) 7924398. Your reply as early as possible would be appreciated. I already have quite a few who want to go. Costs would be approximately \$1558 return fare, including accommodation for 11 days, no meals included. Marathon entry \$US20. Passport and visa would be necessary. We would leave here Saturday, November 26th in the evening and leave Honolulu on Tuesday 6th December. A program of great runs is planned for the week.

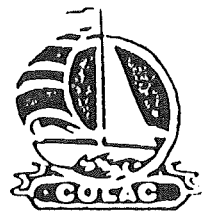
Regards,

Rob Whelan.

6 DAY RACE COMMITTEE



C/- COLAC & DISTRICT
PROMOTION AND COMMERCE
INCORPORATED



P.O. Box 163
Colac, Victoria
3250.

Dear Dot,

Well done! The AURA "newsletter" is terrific. The Colac Race Committee is behind you and will do everything it can to help.

Firstly a couple of corrections. Our box number is P.O. Box 163, Colac, 3250 and telephone contact is (052) 31 5442. Here's an article in response to your passionate appeal:

The race organisation is progressing well. There have been no changes to the field published in September Newsletter. We are still seeking further sponsorship to increase prize money and as usual the Colac business community is digging deep into it's pocket. Total funding should be around \$30,000 of which half goes in overseas airfares. We are grateful to the huge voluntary effort which puts the maximum amount of money into runners pockets.

This brings me to mention our other need - support crews. We are very keen to enlist experienced runners on support crews - for obvious reasons. Crew can sleep in their runners caravan or tent or hotel/motel; alternatively accomodation can be arranged privately. Runners we are seeking crews for are Donna Hudson (USA), Patrick Macke (Austria), Tutha Phani (India), Trishul Cherns (USA), Siggy Bauer (NZ), Joe Record (W.A.). There are locals ready to help crew, though some are inexperienced. Please telephone Sue Mawson (052) 31 2101 (Home) if you can help. Lap scorers are needed to fill in the gaps in the roster; telephone Terry Heenan (052) 31 5433 (Work) even if you can fill one 4 hour shift.

"Endurance Week" will be happening from 15th - 22nd November with the 6 Day Race as it's focus. 3 fun runs of 10 km will happen on 15th, 18th and 22nd November. Prizes include a weekend at the Adelaide Casino and \$1,000 worth of other prizes.

The inaugural Lake Colac Triathlon (1km/38km/8km) will start at 10.00 a.m. 21st November. As well as these events there is a \$20,000 fishing competition, roller cycling, veterans cycling race, netball, calisthenics, skateboarding, Paravics display as well as a Weekend Market and other activities like "Life Be In It" games. So the whole final weekend (21st and 22nd November) is going to be great fun. For any further information or entry forms contact Graham Gibson (052) 31 4605 or write to P.O. Box 163, Colac, 3250.

Just for the record we get many enquires from runners wanting a berth in the 6 Day Race. Our policy is by invitation but we welcome applications from runners, along with details of performances. To qualify, a runner needs a very good 24 hour performance at the least, preferably a good Westfield Sydney Melbourne performance. The 1988 race will again be held in November.

We would appreciate something like official AURA registration of the event, with the event being conducted under AURA guidelines, the track measurement supervised by AURA and close liaison taking place.

See you in November.

Yours faithfully,
6 DAY RACE COMMITTEE.

TONY MAHONEY,
(Publicity).

Letter to the editor:

DOT,

WHILE RE-READING THE ARTICLE IN THE LAST ISSUE ON TOELESS SHOES ANOTHER ADVANTAGE OCCURS TO ME....THE SAVING IN WEIGHT AND ENERGY. THERE IS AN OLD BUSH-WALKING SAYING, ATTRIBUTED TO SOME RESEARCH DONE BY EDMUND HILARY THAT "1 LB. ON THE BACK IS WORTH 6 LBS. ON THE FOOT." THAT IS TO SAY THAT IT REQUIRES 6 TIMES THE AMOUNT OF ENERGY TO MOVE A WEIGHT ON THE FOOT THAN IF THAT SAME WEIGHT WERE CARRIED ON THE BACK.

APART FROM THE OBVIOUS WEIGHT SAVING IN TOELESS SHOES ANOTHER POSSIBLITY EXISTS..A SMALLER SIZE SHOE. IT MIGHT BE POSSIBLE TO GET AWAY WITH A SHOE HALF A SIZE SMALLER AS LONG AS THE TOES ARE RESTING COMPLETELY ON THE SOLE WITH NO OVERHANG. GENERALLY WE BUY SHOES WITH SOME EXTRA ROOM IN THE TOE-CAP TO PREVENT OUR TOES RUBBING AGAINST THE TOE-CAP, BUT IF THIS PART OF THE SHOE HAS BEEN REMOVED THEN IT IS POSSIBLE THAT WE MIGHT NOT NEED SUCH A LARGE SHOE.

AS A SOMETIMES CORRESPONDENT OF THIS MAGAZINE, KEVIN "TOELESS" CASSIDY SAYS, "WHO NEEDS TOES IN SHOES UNLESS YOU'RE GOING TO KICK A FOOTY." (TOELESS SHOES ARE AN OCCUPATIONAL HAZARD WHEN YOU MOW LAWNS FOR A LIVING.)

EVERY STEP TAKEN BY AN ULTRA-RUNNER MEANS AN EXPENDITURE OF ENERGY AND ULTRA RUNNERS TAKE MANY STEPS AS WE ALL KNOW SO ANY SMALL AMOUNT OF ENERGY SAVED PER STEP AMOUNTS TO A GREAT SAVING AT THE END OF A RUN. (OF COURSE YOU COULD ALWAYS CARRY YOUR SHOES ON YOUR BACK AND SAVE 6 TIMES THE AMOUNT OF ENERGY! THIS ALSO SAVES WEAR AND TEAR ON THE SHOES.)

I HAVE ALSO EXPERIMENTED WITH SURGERY ON MY TOES (OF RUNNING SHOES) AND YOUR READERS MIGHT BE INTERESTED IN SOME OF MY EXPERIMENTS.

1. REMOVING THE WHOLE OF THE BREATHING NYLON INSERT COVERING THE TOE AREA AND LEAVING THE LEATHER SURROUND AT THE TOE. THE ONLY DISADVANTAGE WITH THIS WAS THAT MY TOES TENDED TO POP OVER THE TOP OF THE LEATHER SURROUND IF I TRIED TO MOVE AT ANY SPEED BEYOND AN ULTRA SHUFFLE.
2. SLITTING THE SAME NYLON INSERT LONGITUDINALLY BETWEEN THE BIG TOE AND NEXT TOE. MARK THE POSITION OF THE BIG TOE WHILE YOU HAVE THE SHOES ON BUT TAKE THE SHOES OFF BEFORE CUTTING. YOU'LL BE SURPRISED HOW MUCH OF THE TOE-CAP YOUR BIG TOE OCCUPIES. THIS EASES THE SIDEWAYS COMPRESSION OF THE TOES.
3. CUTTING THE LEATHER SURROUND AT THE TOE TO ALLOW THE FIRST JOINT ^{OF THE} BIG TOE ONLY TO PROTRUDE. THIS IS AN EXPERIMENT WHICH SEEMS TO BE WORKING VERY WELL WITH AN EXPENSIVE PAIR OF SHOES WHICH WERE CAUSING BLISTERS.

BY THE WAY ANY ULTRA-RUNNER UNFORTUNATE ENOUGH TO SUFFER FROM BLACK TOE-NAILS SHOULD NEVER ADMIT TO JUST HAVING A BRUISED TOE-NAIL. WHAT YOU HAVE IS A "SUBUNGUAL HAEMATOMA" ..SOUNDS MUCH MORE IMPRESSIVE.



GORDON.R.BURROWES.

Ed. Yes, definitely more impressive!

Dear Geoff,

Many thanks for your kind words regarding Adelaide.

Well, what can I say? My first ultra race and I am hooked! In spite of falling into deep holes, in spite of muscles that refused to work, in spite of saying at least once during the race "Never, ever again," dented egos etc. etc. I regard the Sri Chimnoy 24 hour race as being the highlight of my running career. I have learnt a lot about myself, not all to my liking. I have learnt to appreciate other runners and their hopes and aspirations, all sharing a terrific challenge. Organisation was spot on and a certain lady lap counter was worth another 10k through her enthusiastic encouragement.

An experience that will never be forgotten.

Regards,

MIKE MARCH.



AURA


MEMBERSHIP RENEWAL

AURA is operating on a very tight budget and funds are currently low. We intend to keep the membership fees as low as possible and we urge your prompt renewal so that we can continue to operate.

Membership fees for 1988 are: \$10.00 within Australia, \$12.00 for New Zealand, \$14.00 for Asia, \$16.00 for U.S.A. and \$18.00 for Europe. and are due on 1st of January 1988.

Higher overseas rates are necessary to cover the higher postage costs associated with our Newsletter.

Our 1st Newsletter in 1988 will be sent to all registered members and unfinancial members will also receive a renewal reminder. Due to our low liquidity, we will not be able to send subsequent copies of the Newsletter to these people until they have paid their membership fee. We therefore again urge your prompt renewal NOW.



BOGONG TO HOTHAM EVENT - SUNDAY 27TH DECEMBER 1987

TOTAL DISTANCE: 60km approx. CLIMB: 9,000ft. approx.

Stage 1: Mountain Creek to Watchbed Creek - 32 km.

Stage 2: Watchbed Creek to Mt. Hotham - 28km.

START: Mountain Creek Picnic Ground at 6.15am (Turn off Kiewa Valley Highway at Bogong View Hotel, Tawonga South)

GEAR & FOOD: will be taken to the half-way point and/or finish.

COST: Minimal, to cover expenses of helpers, e.g. petrol, oranges etc.

PLEASE NOTE: If the weather in 27 December is inclement and likely to present danger to participants, the event will be deferred to the 28th. If the weather is still bad on the 28th, the event will be deferred.

ENQUIRIES: Russell Bulman on (03)878 9285 (AH)

RACE ADVERTISEMENTS

THE A.C.F.

BRINDABELLA

CLASSIC

Sunday 15 November 1987. 8.00am

This run will be held in the Brindabella Mountains, just to the south of Canberra. under the auspices of the Australian Conservation Foundation. The accent will be on participation and the opportunity to experience the beauty of some of the country on Canberra's doorstep.

The event, to be known as the Brindabella Classic, will cover dirt roads and four-wheel-drive trails, with a little bit of bush thrown in for good measure. The run will begin on the top of Mount Ginini at an altitude of 1762m and proceed along the crest of the Brindabella Range. Runners will climb to the top of Mount Franklin, pass through Aggie Gap and over Bulls Head before beginning the descent to the Cotter River. The course joins the 'Cotter 18' course - well known to Canberra distance runners - which it follows to finish at the Cotter Reserve, at an altitude of 475m.

The first two thirds of this course is through magnificent eucalypt forest and offers views along the Cotter Valley and across to the spectacular Tidbinbilla Range. About half way along the descent into the Cotter Valley the beauty of these eucalypts gives way to the pine plantations which abound near Canberra. The course passes through areas which have recently been logged. A consolation of this is the grandeur of some of the views opened up. Runners may even catch a glimpse of Black Mountain Tower, close to the centre of Canberra.

The course covers approximately 47km. It has not yet been measured accurately. We believe that the rugged terrain and beautiful scenery traversed on this run will enable the Brindabella Classic to live up to its somewhat presumptuous name.

The event will recognise the contribution of two of the pioneer families of the region by the institution of the Miles Franklin Trophy for the first female finisher and the Jack Maxwell Trophy for the first male. Jack Maxwell was the first ranger in the area and managed Brindabella Station, the home of Miles Franklin. Many of the descendants of both families remain in the region.

If you are interested in taking part in the inaugural Brindabella Classic, please contact one of us for further information and an entry form. In your training for this event please take into account the long distance, the effects of altitude and the substantial loss of height over the course - a net drop of nearly 1200m.

Jon Stanhope 52 Sharwood Cres,
Evatt, ACT, 2617
h - 583181

Barry Moore 12 Neumayer St,
Page, ACT, 2614
h - 546056 w - 643226

LAUNCESTON - HOBART ULTRA MARATHON FOOT RACE.

Dear Ultra Marathon Runner,

You are cordially invited to participate in the inaugural Launceston - Hobart Ultra Marathon.

As far as we are aware no records exist for this event and the race will fill a big gap in the ultra distance scene.

The race is open to all runners (See Rules and Conditions 1) who wish to test themselves over the distance separating Tasmania's two principal cities.

We invite you to complete the attached entry form after reading the summary of Rules and Conditions.

Applicants will receive acknowledgement by post, together with race numbers, etc.

Mike March, (Acting Race Director).

Information Summary.

START: G.P.O., Launceston, 9 A.M. sharp, Saturday 6th of February, 1988.

FINISH: G.P.O., Hobart, Sunday 7th February, 1988. (Time limit 30 hours.)

DISTANCE: 198 K.

RACE FEE: \$30-00.

BILLETS: Interstate runners - by prior arrangement.

CAR CREW: " " " " " "

TROPHIES/CERTIFICATES: Certificates and medals to all finishers.

Trophy: 1st Male and 1st Female.

Non-finishers will be issued with certificates indicating distance completed. Presentation of trophies at luncheon, Fern Tree Tavern, 2-30 P.M. Sunday, 7th February.

Order meal to suit your appetite, counter meal style, on the day.

ENTRY DEADLINE: 4th of January, 1988 (Late entries contact Mike March, Ph: 002 391432).

ENTRY FORM: Please complete the attached entry form after reading the summary of race rules and conditions. Send it with your cheque or money order to:

Launceston - Hobart Ultra Marathon,
Acting Race Director,
Mike March,
125 Summerleas Road,
FERN TREE, Tasmania, 7054.

Further information: Write to the above address or phone Mike March 002 391432.

THE PHANTOM STRIKES AGAIN!!

Do AURA members realize that our intrepid N.S.W. representative, Big Chris (Stephenson) is really the Phantom?

Yes, this defender of good over evil has been charging around the fun run circuit in N.S.W. for some time now and acquitting himself rather well. Next year, he plans to arrive at the City-to-Surf starting line on a huge white charger.

Well done Big Chris!

ANNOUNCING

the inaugural

SRI CHINMOY

100 KM

TRACK RACE

WHEN? : SATURDAY, OCTOBER 1ST, 1988.

**WHERE? : BRUCE STADIUM WARM UP TRACK,
AUSTRALIAN INSTITUTE OF SPORT, CANBERRA.**

TIME : COMMENCING 7 AM.

**For all enquiries and applications for entry forms,
contact : PRACHAR STEGEMANN,
18 BRENNAN STREET,
HACKETT, ACT 2602.
TEL : (062) 48-0232**

OR

**SRI CHINMOY CENTRE,
38 SELWYN STREET,
HACKETT, CANBERRA,
ACT 2602.
TEL : (062) 48-5161**

RACE REPORTS

Articles on the following two pages reprinted from "Ultrarunning" magazine.

ULTRA RACE UNDERWAY!!

An ultra race of a different dimension is currently underway. Big Chris (Stephenson) pictured in the centre of this photograph, is currently having a big membership drive and is hoping to topple Victoria as the State with the most AURA members. We wish Big Chris well but expect the Victorians to stay out in front.



At the start of the 1986 Western States 100: (from left) Alfred Bogenhuber, Chris Stevenson, and Max Bogenhuber.

Box Hill 24 Hour Run

Melbourne, Australia Track
Feb. 28-March 1, 1987

1. Barry Brooks, 46	142	404
2. Ian Javes, 44	135	1161
3. Bill Beauchamp, 41	133	1179
4. Alfred Bogenhuber, 47, CA	128	563
5. Maurice Taylor, 38	126	1161
6. Brian Smith, 43	125	1320
7. Barry Allen, 30	125	844
8. Cliff Young, 65	123	334
(World record, 65-69)		
9. Howard Ross, 41	123	88
10. Klaus Schnibbe, 43, WG	110	352
11. Greg Wishart, 48	109	1425
12. Max Bogenhuber, 44	108	897
13. Tony Rafferty, 47	107	1144
37 entrants; 19 reached 100 miles		

After a 13-hour flight from San Francisco, I was picked up in Sydney, Australia, by my brother, Max, who lives there. We drove another 10 hours to Melbourne, the site of the race.

Although my brother and I live an ocean apart, we race each other often. I still have the edge on him at the marathon (2:47:17 to 2:47:27) and at 10 km (35:13 to 35:24), but his 50-mile PR is 6:34, 47 minutes better than mine. I invited him to the Western States 100 in 1986 and let him beat himself by running too fast. I only saw him three times: at the start, at Michigan Bluff where I passed him, and at the finish line, where he trundled in an hour and a half behind me. Nevertheless, he earned his belt buckle with an hour and a half to spare, becoming the only Aussie to have one.

Now here, at Box Hill, he had his second chance at me over the 100-mile distance. But since he is

two years younger than I, 45 to my 47, he needed a handicap. He volunteered to run the Cradle Mountain race in Tasmania three weeks before the 24-hour. It's a 10-hour slosh through mud and Tiger snakes and ornery roots. He came in third but paid the price as his knees were well twisted during the run. At the start of Box Hill I told him, "Max, don't waste your time. Those knees have Cradle Mountain written all over them!"

We arrived at the track at 10 a.m., two hours before the start. It was raining cats and dogs and there was no one around; my inner self was hoping that the race was cancelled or we were at the wrong track. But soon a couple of people showed up who looked like they hadn't eaten in six months. I knew then I was at the right place.

Pretty soon the heavy hitters showed up: Tony Rafferty, Australia's 1,000-mile record holder (he was doing this 24-hour as a warmup for the Sydney-Melbourne 1,000-km race three weeks later), and Cliff Young, the over-60 100-mile world record holder (14:37) and winner of the 1983 Sydney-Melbourne. Cliff too was using this race as a warmup. And there were many others at the starting line who looked like real bone-crushers, crazy Billie Beauchamp, for instance, who forgot to tell his girlfriend he was doing a 24-hour; she thought he was only going out for a short run and waited for him with dinner.

The race started right at noon as race director Dot Browne had her act together. She's a mean runner herself, with a marathon best in the low 2:40s.

The 400-meter track was tar-tan rubber, and very wet. By one o'clock we were all soaking wet, though at least we kept cool.

At the marathon distance Greg Wishart was first in 3:32, followed by 65-year-old Cliff Young in 3:34 and Jeff Hook in 3:39. Max was in 16th while I was two places and one minute behind him. By 50 miles Queensland teacher Ian Javes led with 7:21 followed closely by Swede. Leif Michelsson and Maurice Taylor. Max was up to ninth by then while I was in 16th. By this time it stopped raining and the track was swept clean of puddles. I tried to learn something about shoes by observing the top runners, but this only confused me. Everybody wore something different. Tony Rafferty even mutilated a pair to have his toes exposed.

At 100 miles Ian Javes continued to look strong in 16:06, but eventual winner Barry Brooks, a 2:26 marathoner, was using perfect pacing and getting ready to jump on him. Brooks, from the beginning, walked every seventh lap!

In the meantime Max had slipped to 13th. He visited the massage tables and was waylaid by a pretty masseuse for a whole hour. I moved up to eighth and by the end four more guys put themselves behind me by taking breaks. I found that by taking three short 10-minute breaks, even sleeping in those breaks, I was able to be on the track for 23½ hours, walking and running and catching those who were off the track. My food intake was moderate, including bananas, boiled potatoes, chicken noodle soup, tea, Brian Maxwell's PowerBars, and Wasa crackers.

Alfred Bogenhuber

Sydney to Melbourne, as a Handler

The Westfield Run, a 1060 kilometer road race from Sydney to Melbourne, is an event of extremes. The terrain varies from serious hills to flat urban landscapes, from the heat of an early fall in Sydney to the possible snow and definite cold of the Snowy Mountains, from the loneliness of country roads to the congestion of city centers and limited-access highways. Entrants from the U.S. and other foreign countries are invited (once they have made a reputation for themselves) and treated to airline tickets, accommodation, fully-staffed crews and expenses while on the road. Australians, on the other hand, must qualify in a specific 24-hour race, provide their own crew, pay several hundred dollars for the entry fee, provide two camper vans at their own expense, feed and outfit their handlers, and plaster their vehicles with huge Westfield signs for which Westfield does not even provide the tape with which to plaster.

Mary Hanudel, Trishul Cherns and Chuck Jones came from North America and were treated like special guests. I saw the race from a different perspective, as I had volunteered to join my Australian husband's crew to support an Aussie runner, Kevin Mansell, a mate of my husband's. Our "no-frills" team shared the goal of Kevin and the other 25 official starters - get us all to Melbourne before noon on Saturday, nine days after the start. Kevin's job seemed easy. He had six handlers who gave up nearly two weeks of their personal lives to feed, clothe, massage, and attend to his every wish. Even the choice of cassette tapes for his Walkman was not too small a need for us to consider. Searching for an open shop in Canberra in the middle of a blinding rainstorm to find a copy of Johnny Farnum's "Whistling Jack" proved just as important as finding a beer for the crew or stopping for lunch.

As an ultrarunner myself, I often felt the desire to get out in front of the vehicle and do the race myself. It would have been far easier than sitting inside keeping records, mixing the runner's drinks, taking photos, making signs, attempting to drive on the "wrong" side of the road, preparing food in a moving vehicle, abiding other crew members' cigarette smoke, and staying awake.

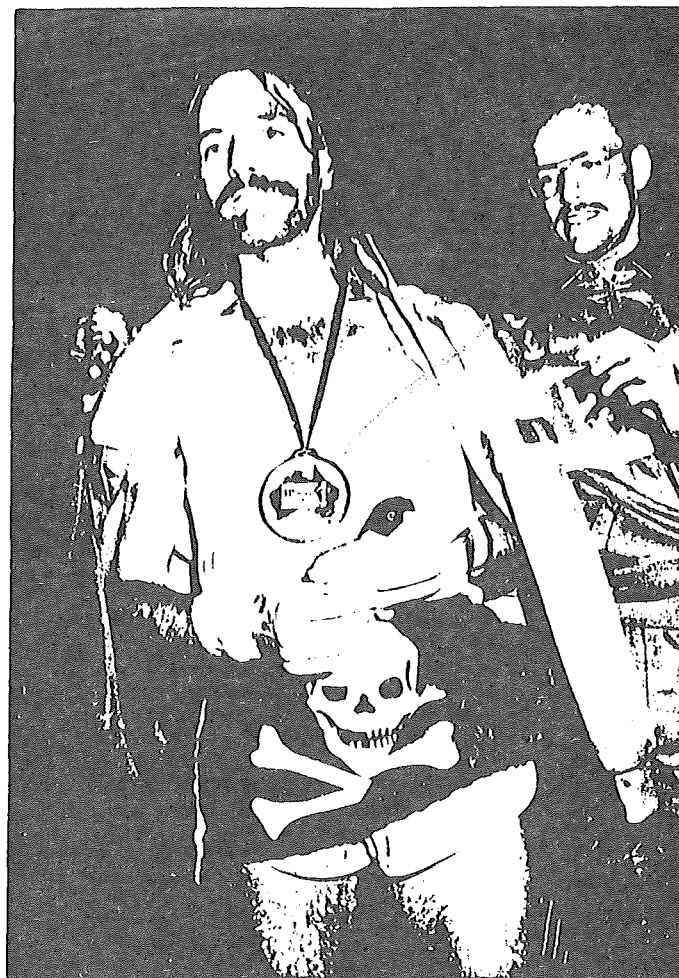
Westfield's management made no bones about telling the runners and crews that the event was not aimed at making ultra history but at making merchandising history -

a promotional event for their many shopping malls throughout Australia. Although the race was run

in a very safe and efficient manner, we had the distinct feeling we were being used.

I tried to play their game right along with them by offering my 12 rolls of slides for sale, but they had already bought 2000 by the time mine were processed. So now I have a marvelous slideshow to offer to running clubs.

Kathy Schubert-Firth



Patrick Macke at the finish of the Westfield Run.

Patrick Macke: Multi-Day Racer with 2:22 Marathon Speed

by Trishul Cherns

The following interview took place on April 24, 1987, two days before the Sydney-to-Melbourne race, in which Macke (pronounced MAK-ee) finished second to Yiannis Kourou.

Ultrarunning: What is your running background?

Patrick Macke: Eleven years ago, in June of 1976 when I was 21, I started to run seriously. Four months later I ran my first marathon, with Malcolm Campbell, in 3:09. Six weeks after that I ran my second marathon in 2:57. Three and a half months later I ran 2:47 for my third marathon. Then I progressed to 2:35, 2:34, and 2:32

in September, 1979.

In April, 1979, I ran my first ultra, a gentle 50-km race that I finished in 3:17. I ran 15 km with Malcolm Campbell and then took off to finish sixth. Cavin Woodward won that race.

In March, 1980, I broke 2:30 for the first time, and then I won the 1981 Barnsley Marathon with a 2:23. I've run that marathon eleven times now.

My second ultra was another 50 km race which I won in 2:49:37. In that race everything went right. I took it as an extended marathon, going out fast and not slowing down. This race

was special to me because I came in ahead of Don Ritchie (2nd) and Martin Daykin (3rd). This course could possibly have been short, so place was more important to me than time. That day I could have run a 2:20 marathon. Now I have run 48 marathons with a best of 2:22:30 (Frankfurt, 1982).

UR: What is your training like, now that you live in Austria?
PM: I live 40 kilometers west of Vienna, near the woods. It is a beautiful place to train, running along the rolling hills; very scenic, very picturesque.

UR: How much do you train?
PM: Around 200 to 220 kilometers a week, if the weather is not bad.

UR: Why did you move from the marathon to ultradistance racing?
PM: It was a natural thing to do. I wanted to see if I could go further. The Spartathlon of 1983 inspired me; the ideals behind it are so wonderful. The 50 km distance is not really an ultra, just an extended marathon. My first Spartathlon I ran just to finish. I started and finished with Edgar Patterman; we tied for tenth place. This event is much more than just a race.

UR: What was your greatest race, and why?
PM: The 1985 Spartathlon. It was a totally beautiful experience because everything went right. I finished under 24 hours. I had no injuries and no difficulties with this one.

UR: What is your favorite race?
PM: Again, the Spartathlon. Now it is a tradition to me. When the end of September comes around, I'll be there. It's a beautiful race.

When you go through the different villages everyone greets you. At the end of the race the Mayor of Sparta greets all the runners, no matter what their finishing time, or what time of day it is.

UR: You have done well on both tracks and roads. Which do you prefer?

PM: I like both. On the track, everything is convenient. You don't need much help. It is easy to know where you are and what distance you are doing. The roads provide an interaction with the landscape and the world, as opposed to running around and around one spot.

UR: What is your greatest challenge?

PM: The Westfield Run, because it is so long and the terrain is difficult.

UR: What is your favorite distance?

PM: Marathons and 50 km.

UR: Who do you admire?

PM: Kouros.

UR: What does your diet consist of?

PM: I eat lots of vegetables like carrots, green beans, and mashed potatoes. Pasta is great for races.

UR: At Montauban you ran 157 miles in the first day of a 48-hour race. Tell us about that experience.

PM: It was my first track ultra. Early in the race I moved into second place, behind Kouros and ahead of Boussiquet. At 19 hours I injured my foot. I pushed until 24 hours. Then I took 13 hours off and did not plan to come back, but I did return to walk the last

11 hours. Ice helped my injury a lot.

UR: What do you think you have the potential for at the ultra distances?

PM: I'd love to run a perfect six-day race where everything goes right. Then I think I could run 1100 kilometers (683 miles) in six days.

La Cloche Classic 50 Km

Espanola to Little Current, Ontario
Feb. 28, 1987

1. Norm Patenaude, 41	3:44:55
2. Tom Jewiss, 40	3:55:01
3. Rolly Portelance, 44	4:05:27
4. Peggy Defazio, 27	4:17:22
5. Charles MacPhee, 46	4:56:05
6. Fred McLennan, 44	5:23:02
6 starters	

Late February in northern Ontario is supposed to be a depressing time, long before the end of winter with daytime temperatures still struggling to reach 20° and frequent snowstorms. It is also a time when most people who consider themselves runners are still in semi-hibernation, dreaming of their annual jaunts to Florida between outings to the nearest indoor track.

It should be a very poor time to schedule an ultra as only the rarest of days provide enough respite from the elements to run comfortably for four hours or more. Yet a small group of locals and a few imports have gambled their entry fees on the possibility of good weather at the La Cloche Classic 50 Km for the last three years, and have won the wager each time. And the weather has actually improved each year, with this year bringing springlike temperatures of 40+ degrees, sunshine, and that best friend of runners everywhere, a tailwind.

Race director Norm Patenaude, who has a long history of scheduling events to coincide with good weather, won this race for the third consecutive year, chopping more than 10 minutes off his previous winning times. Tom Jewiss stayed with Patenaude for the first 20 km, but that was the closest competition of the day. Patenaude soon opened up a large lead and the rest of the field stretched out until each runner was running a solitary race.

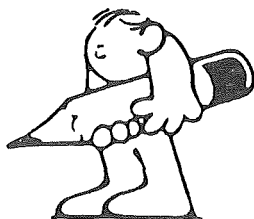
The La Cloche Classic follows an extremely hilly course from Espanola to Little Current, Ontario, through the beautiful limestone cliffs of the La Cloche mountains, but finishes with a pancake-flat 10 km along the shore of Lake Huron. Most competitors find the first 40 km too exhausting, however, to take advantage of the last ten.

Tom Jewiss

Ultrarunning

ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



Any articles will be considered.
Cartoons, photographs, reports or thoughts!

Please dispatch to the Editor.

NEW ZEALAND 24 HOUR TRACK RUN - EAST COAST BAYS STADIUM,

AUCKLAND 22/23. 1987 by Keith Fisher

As dawn broke on the morning of 22nd August it was evident that Gortex rainsuits and raincoats were going to be the style of the weekend (after a fairly mild week) but anyone familiar with forecasting weather knows that's its a voodoo science at best. It turned out cool with quite a lot of rain. The flying Kiwi Dick Tout was one man who was all hyped up throughout the buildup week of the run. He was out to break the world record distance for 24hrs (283km) held by Yiannis Kouras and the T.V, radio and media were right behind him. CAN HE DO IT.

14 runners lined the start which included 3 women of which one Mrs Sandra Barwick out to break Cynthia Camerons Australasian Record of 200:615km. There was also five runners who did not start.

Sandra Barwick was all done up in makeup as if she was going out. She had clay on her face as well as eyeshadow and the hairset, and after 20 laps or so her face was streaks of different colours.

9am Saturday the 22nd the gun was fired and we were all off running, all hyped up, psyched up and glyced up and expecting a good run. Two runners went out at a very fast pace, Dick Tout chasing Yiannis Kouras's world record and top 50mile runner Peter Tutty running his first 24hr, hot on his shoulder running 6:45min miles, while most other runners took it easy in the early stages. It was not long before the heavens opened up and drenched everybody. The leaders kept up their incredible pace though with Peter Tutty going through the marathon in 2:57:06 and Richard Tout 2:58:28 a frightening pace for a 24hr run. Next through the marathon distance was Gary Regtien 3:21:46 running a well judged race, Dave Rudman in 3:39:20, Ken Lindsay 3:40:14, Keith Fisher 3:43:35, then the others following in slower times. Most of us were doing nicely, cruising along and taking in the excellent atmosphere that was upon us as a nice crowd started to gather around to watch runners and give support.

Sandra Barwick was running well although one would think it was hard for her to concentrate on the race as she was constantly telling her kids to put warm clothes on, what a life still worrying about mothering during a 24hr run. She was nicely in front of the two other lady runners, Subarata Cunningham and Louisa Thurston both Sri Chimnoy girls attempting their first 24hr run. First casualty of the race was Ken Lindsay who pulled out after 5hrs with leg problems. Aucklands Hash House Harrier leader Bruce "Hagger" Lindsay was also running his first 24hr run complete with some cans of Kiwi lager for him and his crew and his BUGLE! All he wanted to do was run 100 miles even if it was going to kill him.

The pace was still hot at the front with Peter Tutty going through 50miles in 5:59:35 and Richard Tout 5:59:53 respectively and still looking good. Others to follow through the 50miles were Gary Regtein 6:49:38, Keith Fisher 7:04:22, Dave Rudman 7:14:31, Peter Davies 7:40:28 then the leading woman Sandra Barwick 50miles in 7:53:10 well ahead of second place Subarata Cunningham who did 50miles in 12:05:14. As dusk fell upon us a nice crowd had gathered to watch (us so called crazies) slog it out against distance, mind and rain.

Early in the night Peter Tutty got a P.B for himself for 100km an amazing 7:44:27 and Dick Tout shortley behind in 7:51:10 amazingly fast. Not long after this they both began to pay for their voodoo early pace. Next through the 100km mark was Gary Regtein in 8:46:57 then Keith Fisher in 8:47:32 both looking comfortable and closing in on the now struggling leader Peter Tutty who now had the lead by himself after Dick Tout pulled out after 107km in 8:29mins with stomach problems. By 100miles 15:08:00 for:- Gary Regtein now race leader, followed by Keith Fisher 100miles 15:38:20 after he was told he done 100miles he stopped to change wet clothes for

20mins but was really 24metres short of 100miles. Then followed Dave Rudman (from England) 100miles 16:18:49 and early race leader now struggling with leg problems Peter Tutty 100miles in 16:32:48. By this time 4 people had pulled out with various problems. Keith Fisher was next to pull out just on 16hrs with a great P.B (for blisters) as he was formerly told his big toe looked as big as a billard ball. Approaching Dawn N.Z's Sandra Barwick was way out in front of the two Sri Chimnoy girls who were going slowly but enjoying the event, Sandra Barwick P.B for 100miles 18:40:16 but was taken to hospital a couple of hours later with hyperthermia. In the mens section Gary Regtein was out in front of Dave Rudman and Peter Tutty going along nicely. The back of the pack saw Peter Davies and Bruce "Hagger" Lindsay running together both very determined to do 100miles in 24hrs. Also running well pushing for 3rd place was Dave Sutcliffe running very evenly. In the end it was a great win to experienced ultra runner Gary Regtein and a well ran race for 2nd place and a great P.B to Englishman Dave Rudman. Another good P.B went to Peter Tutty first over 50miles for 3rd. Bruce Hagger Lindsay, Auckland Hash House Harrier Leader scrambled in for a great P.B of 161:348km and had a Kiwi lager waiting for him on 100miles. What an incentive to get there. In the womens section Sandra Barwick went to Hospital and the Sri Chimnoy girls finished well (there first time over 12hrs) to be still standing at 24hrs. The race this year was sponsored by Chelsea Sugar Cane in Auckland and organised by the Takapuna Harriers club who had many officials, who ensured a thoroughly well organised event in a carnival type atmosphere for the entire 24hrs.

After running 224km, age didn't weary Regtien

The 'old fox' out runs young hares

By MARY DURHAM

VETERAN ultrathon runner Gary Regtien outlasted opposition almost half his age to win the 24-hour race at East Coast Bays Stadium yesterday.

Regtien, 51, covered 224km to finish well clear of second placed David Rudman with 205km.

"It's about time," Regtien said after his win.

Results

CHELSEA SUGAR 24-HOUR RACE (E C Bays Stadium)

G. Regtien (Tokopuno), 224.091km (560 laps), 1; D. Rudman (Papakura), 205.828km, 2; P. Tutty (Christchurch), 177.470km, 3; S. Barwick (Tokopuno), 174.000km, 4; D. Sutcliffe (Thames), 172.931km, 5; K. Fisher (Australo), 164.800km, 6; B. Lindsay (Auck), 161.348km, 7; P. Davies (Auck), 154.545km, 8; S. Lewis (Christchurch), 133.436km, 9; S. Cunningham (Auck), 131.373km, 10; L. Thurston (Auck), 124.405km, 11; C. Morrison (Auck), 108.400km, 12; R. Taut (Tokopuno), 106.400km, 13; K. Lindsay (Auck), 51.600km, 14.
Women: Barwick, 1; Cunningham, 2; Thurston, 3.

"I guess the old fox experience came out on top.

"I had an idea that some of the younger guys would strike a bit of trouble and I knew I could get them in the end.

"A lot of them were taking breaks or walking and in a way that would have been part of their downfall. Because it was so wet and cold they'd have problems when they stopped with their body temperature dropping."

Many of the 14 competitors also suffered blisters including Peter Tutty, who eventually finished third with 177km. He was in front overnight, but blistering gave him such agony he was forced to stop for four hours.

And Australian Keith Fisher had blisters as "big as billiard balls," according to Regtien.

Sandra Barwick collapsed with exhaustion three hours before the end. She was in North Shore Hospital last night.

Despite that, she still

managed to be the first woman home, covering 174km and finishing fourth in a field of 14.

The two other women competitors, Subrata Cunningham and Louisa Thurston, ran 131km and 124km respectively.

As one of the organisers, Regtien is now looking to reschedule next year's race to later in the season.

"It was too soon after a fairly heavy season," he said. "I think that was one of the problems Dick Taut had.

"I don't think he'd recovered sufficiently after the Sydney to Melbourne race."

Taut had established an early lead and was on target to beat the one-day record belonging to seemingly invincible Greek Yannis Kourous. But stomach cramps forced him to withdraw after 110km.

Regtien seemed to be one of the few who suffered no ill effects



CHEERS... Gary Regtien after winning the 24-hour race yesterday



Sandra Barwick

24 HOUR RACE - N.Z.

Ultramarathon woman collapses

THE winner of an ultramarathon collapsed before the end of the race and was rushed to hospital yesterday.

Sandra Barwick of Milford was on a drip in North Shore hospital last night but was in a stable condition, her husband Alan said.

A semi-dazed Barwick dropped out of the race at East Coast Bays Stadium at 6am, three hours before the end, and was taken home.

She collapsed with severe stomach and leg cramps and the St John Ambulance were called.

"They took one look at her and thought she'd be best in hospital," Mr Barwick said.

"She's been put on a drip to get her body fluids back to normal and she's fairly coherent.

"It could be absolute fatigue, we're not too sure. But it's not hypothermia as such."

Despite failing to finish the 24-hour race, Barwick was so far ahead she still won the women's section, covering 174km. This also placed her fourth overall in a field of 14.

Last year she not only won the race, but set an Australasian record.

But Barwick's five-year running career has been littered with problems.

On her second marathon she temporarily lost her sight and collapsed into a coma, while on a 10km run she was stricken with paralysis.

Barwick's problem was diagnosed as a lack of sugar to the brain but her husband thinks it's not the cause this time.

He's hopeful she will be released from hospital today.

CHASE CARNIVAL - BALLARAT 23rd August 1987
50 MILE ROAD RACE - VICTORIAN CHAMPIONSHIP

- by Geoff Hook

A false sense of security pervaded the start of the 3rd Ballarat 50 Mile road race.

"It's always cold in Ballarat", so goes the saying of everyone who visits the city in winter. So weather conditions of 3°C and moderate strength cold wind seemed normal at the start of the race. The organisers might have had no starters if we had have known how the weather was to have developed later. After a few hours into the race, a cold front moved across bringing high winds, driving rain and a temperature drop to 0°C. Even snow was observed to fall on the hapless runners and their stoic support crews.

We all expected super vet Barry Brooks to win since he went so close to winning this event last year and his rival, who pulled away from him over the last few miles, Ray Ranelli, was on the sidelines this year. True to form, Barry was in a lead group with Peter Whitakker and Len Loveless reeling off laps of the 1 mile circuit at a consistently good pace. Geoff Boase, who took it easy at the start and ran quite a few miles with me, pulled away and eventually caught the lead bunch. When he made a break on the bunch, still looking fresh, I thought he had the race sown up. However, the cold winds and driving rain made life out front unbearable so he soon slipped back to the pack to share the lead. Geoff had run a PB marathon of 2:40 just 2 weeks before this race so I guess this could well be the reason why he lacked the stamina to go with Peter Whitakker when Peter made his break after 40 odd miles had been completed. Sadly, Barry struck trouble around 30 miles and was out of the race after 34 miles.

The two ladies had a great tussle with a "nice to see you again" return to racing form Margaret Smith taking an early lead. The indomitable spirit of the highly successful ultra runner, Cynthia Cameron, followed in steady pursuit. The "anything can happen" in an ultra race syndrome was active with Margaret succumbing to hypothermia. Sadly, again, Margaret was reduced to walking the last few miles so it was pleasing to see such resolute determination to finish. Cynthia, being such a great competitor, was able to finish in an excellent time under such arduous conditions.

Suprisingly, with such shocking conditions, one would expect a low finish rate and the tailenders struggling in close to 9 hours. This was not the case and shows the quality field (or was it a desire to finish quickly to get out of the cold?) with 18 finishers out of 23 starters and all times under 8 hours.

Max Carson ran steadily to overtake the luckless Loveless toward the end of the race. Kevin Cassidy and Peter Richardson both ran excellent P.B.'s. Billy "Mrs Brown you've got a lovely daughter" Beauchamp annoyed all by running the whole race in just shorts and singlet while other runners rugged up at some stage. Greg Wishart fortunately didn't lose a place due to an error. His handler missed recording a lap so Greg thought he had finished after 49 laps. Minutes later the organisers broke the excruciating news but as undaunted as ever, Greg happily reeled off another lap. Big Chris is making a great comeback after foot surgery and battled through for a respectable time. The irrepressible Cliff Young in singlet but with his traditional long pants was determined to finish, which says a lot for the spirit of this great man. Young Trevor Playdell improved on his last year's performance.

RESULTS

1. Peter Whitakker	5:57:59	10. Bryan Smith	7:10:30
2. Geoff Boase	6:13:25	11. Margaret Smith	7:24:21
3. Max Carson	6:16:54	12. Greg Wishart	7:36:00
4. Len Loveless	6:21:50	13. John Champness	7:38:53
5. Ron King	6:34:17	14. Chris Stephenson	7:42:27
6. Kevin Cassidy	6:36:33	15. Peter Gray	7:42:28
7. Peter Richardson	6:39:17	16. Cliff Young	7:43:40
8. Bill Beauchamp	6:41:56	17. M Bryce	7:46:20
9. Cynthia Cameron	7:07:23	18. Trevor Playdell	7:57:46

dnf. Barry Brooks	34 miles	5:28:22
dnf. Peter Logan	40 miles	5:29:51
dnf. Geoff Hook	35 miles	5:40:35
dnf. Dave Taylor	35 miles	5:44:54
dnf. Stephen Foulkes	40 miles	7:02:12

THE WIZARD OF ID



by Brent Parker and Johnny Hunt



4TH ANNUAL "TREVOR FETTIGROVE 100KM CHAMPIONSHIP OF VICTORIA"

RESULTS - 13-2-87

		<u>MARATHON</u>	<u>50KM</u>	<u>50MILES</u>
1st	BARRY BROOKS.....BALLARAT...8:16.55	3:21.31	3:59.59	6:34.26
2nd	JOHN BREIT.....MOE.....8:47.19	3:00.00	3:45.16	6:54.04
3rd	BILL BEAUCHAMP...BRUNSWICK...8:48.50	3:28.32	4:09.16	6:56.40
4th	BRYAN SMITH.....MELTON.....8:57.32	3:24.51	4:06.50	7:06.29
5th	GREG. WISHART....ST. KILDA..9:22.53	3:26.46	4:14.05	7:08.41
6th	RON HILL.....DROMANA....9:27.05	3:30.11	4:11.25	7:19.05
7th	CYNTHIA CAMERON..CHELSEA...10:17.17	3:51.50	4:39.22	8:01.27
8th	KLAUS SCHNIEBE...BURWOOD...10:23.34	3:44.49	4:37.37	8:14.40
9th	PETER GRAY.....GEE LONG...12:00.50	3:48.50	4:47.37	9:26.30

PETER MILNE.....WANTIRNA.....58.4 KM - 5:18.22 50 KM - 4:16.00

GERRY RILEY.....WERRIBEE.....50 KM - 4:29.05

GEOFF. LUTZ.....PASCOE VALE....24.4 KM.

FOURTH ANNUAL TREVOR PETTIGROVE 100KM CHAMPIONSHIP OF VICTORIA AT COBURG

SUNDAY_13TH_SEPTMBER_1987 - Dot Browne

New Race Director, Kevin Cassidy was disappointed to find seven of his nineteen entries had scratched come race day. Most of them were suffering from viral infections which were running rife through the community at that time.

Kevin had capably stepped into the shoes of ex-Coburg councillor, Trevor Pettigrove, after Trevor passed away late last year. He is very much missed in the ultra-running scene and particularly at Coburg track.

However, at 7.15am, twelve starters got under way in fairly good conditions, and from the first lap, it was the old hare and the tortoise story all over again. John Breit, the young triathlete from Moe, took off as the hare and covered 18 miles in the first two hours, leaving his nearest rival (at that stage, Greg Wishart), two miles behind.

The wiley tortoise, Barry Brooks, his ultra-running experience standing him in good stead, ran two minute miles consistently from the start and eventually came right through the field to pass the leader in the fifth hour, and go on to win the event in the excellent time of 8hr.16m.55s., half an hour ahead of second-placed Breit.

Breit was encouraged all the way by his young mate, Bob Zwierlein (winner of our VMC 50 Mile Road Race in June, and himself off to do the Hawaii Iron Man in a month's time). In fact, there were a few well-known ultra-runners on the sidelines that day - Brian Bloomer, Geoff Hook and Claude Martin were also giving assistance.

Billy Beauchamp was next to cross the line and ran an extremely competitive race and finished on well, keeping Breit honest for the last 25km. and finishing the 100km. distance only 300metres behind him. Marcia, his girlfriend must have inspired him.

Bryan Smith from Melton also ran well and was the only other runner to break nine hours. Greg Wishart came in next, having recorded pbs. for 50K, 50 miles and 100km. We all thought his performance was 'truly magnificent' of course. Then it was Ron Hill and Cynthia Cameron, and although they didn't record best times, they showed that they had both recovered well from their Westfield Runs.

Klaus Schnibbe, although not feeling particularly strong for most of the race, was coerced into finishing, because he had the honour of being the only one to have completed every Victorian 100km event, four in all. Congratulations Klaus! Great effort mate!

Peter Gray plugged away and finished courageously, attentively assisted once again by his wonderful mum.

There were three non-finishers - Peter Milne, who reckoned he was not 'mentally attuned' to running that day. He still managed 58.6km tho'. Then Gerry Riley, who was running with the 'flu, and stopped at 50km. And finally, Coburg councillor, Geoff Lutz, who covered 24.4km. in two stints. He started with the field but went off to attend to council business after 24 laps. We reckon he decided to call an extraordinary meeting when he'd had enough. He fronted up again a couple of hours later and ran another 14km. Not bad when the only other run he does each year is an 8km fun run in Coburg.

Thanks to the Coburg Council who were generous with their sponsorship and provided unusual medals and certificates to each finisher. Also to Harold Stevens and Pauline and Kevin Nippard who helped all day. Congratulations Kevin! You've put on a great race.

Dot Browne.

FOURTH ANNUAL TREVOR PETTIGROVE 100KM CHAMPIONSHIP OF VICTORIA

COBURG ATHLETIC TRACK - 13TH SEPTEMBER 1987 -

by Kevin Cassidy - Race Director

This year's event carried Trevor Pettigrove's name as a mark of respect to the man who initiated this run in 1984. When Trevor passed away late last year, it was obvious that a large gap had to be filled. Before I even had a chance to say "But I...", I was duly given the job as Race Organiser. I didn't realise how much work needed to be done, from typing entry forms, making numbers and hiring equipment right down to pens and safety pins. But I'm glad to say that everything worked well on the day. However, I'm convinced running ultras is easier than organising them.

Due to a virus which was circulating around Melbourne, several runners had to scratch, leaving a depleted field of 12 runners on the start line. (It was almost 11 starters until Klaus Schnibbe arrived late after sleeping in.) Klaus had made a mercy dash across town and his car roared through the gate just as we were about to start. (You just made it, Klaus!)

At 7.15am, the race got underway in front of the usual lap-scorers and handlers, when the Mayor of Coburg, Murray Gavin fired the gun. Also present were councillors Harry Atkinson, Norma Willoughby and Geoff Lutz. (Geoff was a race entrant!)

John Breit blasted away early and passed the marathon point in 3 hours, leaving all others behind in his wake. However, in the fifth hour, the consistent Barry Brooks passed the tiring John Breit and was never threatened again. Barry ran 2 minute laps from start to finish and was a worthy winner in 8 hours 16min.55s. John Breit and Bill Beauchamp (wearing his traditional black jumper) staged a stirring battle over the last 25km, with John holding on by only 300 metres. Both recorded huge PBs. John's 50 mile time was also a PB. Bill's girlfriend Marcia was there to greet him at the finish.

Further down the list, Bryan Smith also broke 9 hours, to make a total of 4 runners under 9 hours, which says a lot for the quality of the field. Greg Wishart also recorded PBs for 50km, 50 miles and 100km. Greg's performance was 'truly magnificent'.

Although Ron Hill and Cynthia Cameron didn't record PBs, they both ran solidly and proved that they have recovered from the Westfield Run earlier this year. Klaus Schnibbe finished on strongly despite having a bad patch during the first half. He now has the distinction of being the only person to have completed all four 100km runs. Klaus was well looked after by his competent (and delectable) daughter. Peter Gray showed great courage and mental discipline to finish, despite being hampered by the 'flu. Peter is a real iron man. Peter Milne and Gerry Riley didn't have the best of days and failed to finish. (Not finishing this year results in a 20 lap penalty next year !!) Geoff Lutz clocked up 24.4km in two stints on the track and deserves plenty of credit, as his only running history is an 8km Fun Run each year.

Finally, I must give special thanks to the Coburg City Council for its sponsorship, Cr. Harry Atkinson, Mayor of Coburg, Murray Gavin, Harold Stevens, Kevin and Pauline Nippard and my mother for doing all the essential typing.

To go on

When everything else wants to stop

It is not pain I feel, but sinking

- Jim Shapiro
during a 24hr.

My involvement with the world grows dimmer

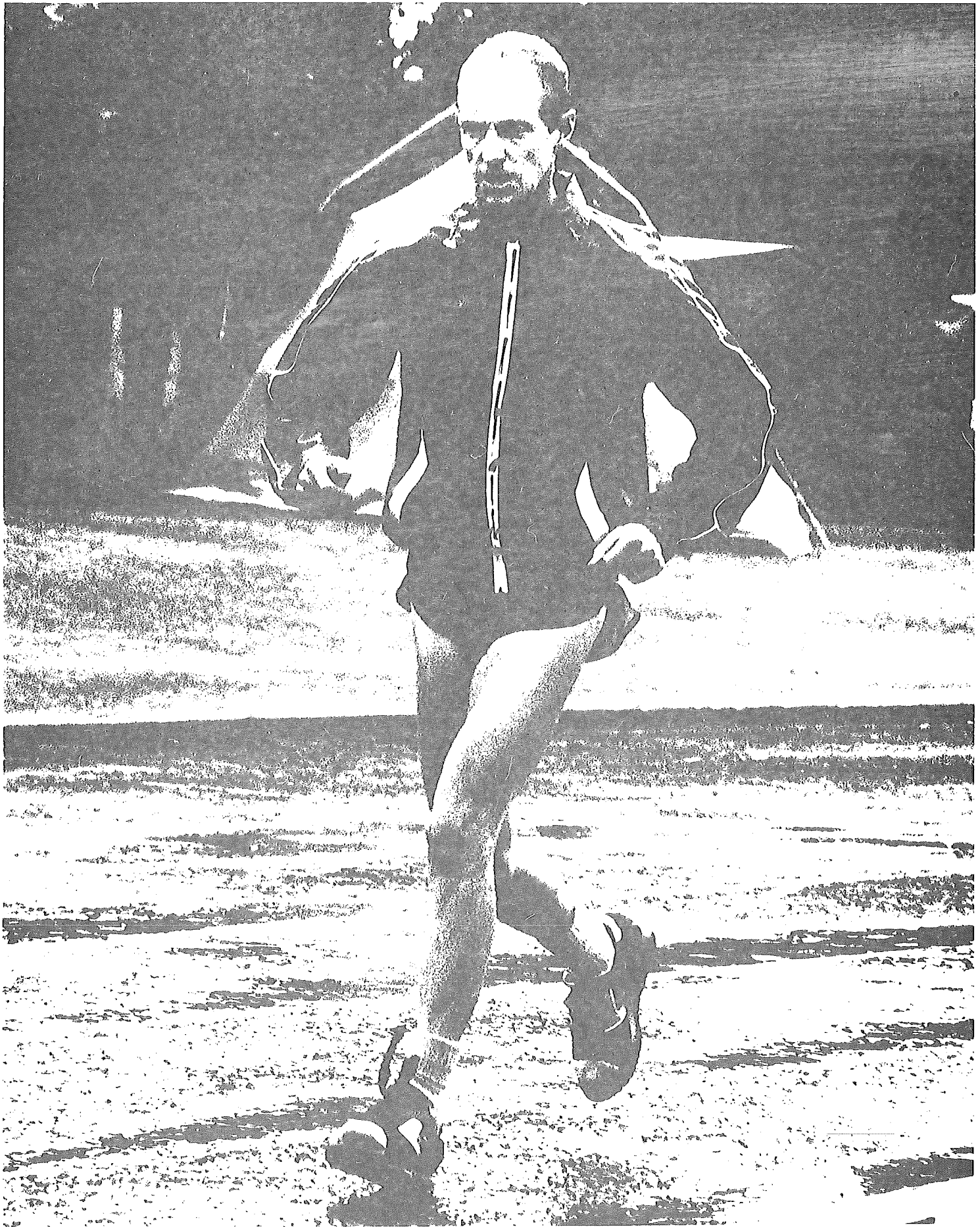
It occurs to me that it would be nice to keel over

A barely audible whisper says it would be a way out

It seems almost impossible to bother any more

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(Thanks Big Chris!)



(Report by Andy Semple AURA Queensland representative)

The inaugural 24 Hour Track Race in Queensland was conducted by The Queensland Marathon & Road Runners' Club on 5th & 6th September 1987 at Queensland University No. 2 Oval. It was sponsored by Westfield as one of the qualifying races for the 1988 Westfield Bi-Centennial Sydney to Melbourne race and proved a great success; out of the 42 original entrants 33 faced the starter at 9 a.m.

Darryl Brown from Adelaide set off fast early, doing 15km in the first hour to be 1.5km ahead of Bruce Donnelly and Graeme Woods with the eventual winner Owen Tolliday being content to do only 12km.

Darryl's early pace proved his undoing in the warm Queensland sun as the afternoon progressed, he slowed down and fell back through the field to withdraw about 2.30 p.m. with 47km.

Graeme Woods took the lead at 24km and as Darryl Brown slowed down Bruce Donnelly, Ian James, Owen Tolliday, Terry Pickard, Trevor Harris and Graeme Wilkinson gradually improved their placings so that after 3 hours Woods led easily with 40km, by 4km from Wilkinson, Tolliday, Pickard, Harris, James, Donnelly and Brown.

At 65km, Woods had a 20 minute rest which allowed Owen Tolliday to take the lead.

After 6 hours, Tolliday was leading with 70km from Woods, 2km further back, and Pickard, Bruce Cook, Wilkinson, and Bob Bruner progressing well. At this stage Alan Peacock had done 60km along with the one sole lady entrant Dell Grant, and the popular Cliff Young was in 16th place at 53½km.

At 71km Owen Tolliday had an 8 minute rest which allowed Woods to take the lead which he held to the 100km mark, but a 25 minute rest here allowed Tolliday to pass him, and despite subsequent good running by Woods when he was fresh, he could not catch Tolliday again.

At 6 p.m., after 9 hours, Tolliday had just a short lead from Woods, Pickard, Cook and Bruner and in the next 2 hours Bob Bruner had moved into third place.

By 9 p.m. it was thought that the top places would be shared by those presently in the lead - Tolliday, Woods, Bruner, Peacock, Wilkinson, Cook - provided they kept moving! Tolliday, at 131 km, looked safe and the Australian record of 242km looked possible.

Bob Bruner retired at 125km. Tolliday increased his lead over Graeme Woods to the end, but slowed by ½km per hour under what he needed to break the Australian record.

At 18 hours Tolliday was at 184km from Woods; Peacock, who was now safely clear of Cook, with Wilkinson 5th and Dell Grant in 6th place with 147km.

In the early hours of the morning Wilkinson moved into 4th place ahead of Cook and from there there was no change in the top four, all of whom bettered 200km, with Owen Tolliday doing 235.465 km to take him into third place in the All-time Australian ranking list.

Graeme Woods' 212.559km for 2nd place put him into 14th place in the Australian list.

Cliff Young had gradually moved through the field in the last 6 hours to finish in sixth place with 185.811km.

Dell Grant finished in 10th place and her 172.001 km gave her 4th place in the All-time Australian ranking.

Our oldest competitor, 71 year old John Petersen, started off last and with consistent running and race-walking moved to 15th place at 144.523 km.

WESTFIELD 24-HOUR TRACK RACE Queensland Marathon & Road Runners Club

We thank our supporters, officials and lap scorers for their help during the run; Westfield for its sponsorship and the University of Queensland for the use of the Oval.

Progressive times at intermediate distances were:

	<u>50KM</u>	<u>50M</u>	<u>100KM</u>	<u>150KM</u>	<u>100M</u>	<u>200KM</u>
G. WOODS	3.52.48	6.57.15	8.42.19	14.46.46	15.54.13	21.39.36
O. TOLLIDAY	4.16.07	7.03.38	8.55.19	14.06.02	14.17.10	19.55.22
B. COOK	4.28.42	7.38.30	9.55.00	16.50.12	18.38.40	
B. BRUNER	4.37.39	7.57.00	10.12.52			
G. WILKINSON	4.38.18	7.59.00	10.39.16	17.17.11	18.43.33	23.43.06
T. HARRIS	4.38.46	8.25.00	11.12.01	18.56.33	21.05.31	
B. DONNELLY	4.41.05	9.33.20	12.35.40	22.00.35	23.55.14	
P. CIRCOSTA	4.41.38	9.02.00	14.49.05			
D. GRANT	4.46.40	8.29.30	11.00.23	18.21.00	20.10.43	
I. JAVES	4.48.46	8.55.34	13.43.48			
D. JORY	4.51.20	10.02.30	11.39.44	22.22.59		
A. PEACOCK	5.01.00	8.21.00	10.16.05	16.04.24	17.31.46	22.43.34
G. HILLIER	5.17.30	9.29.00	12.28.24			
R. WEEKS	5.20.35	9.19.00				
C. YOUNG	5.34.43	9.19.30	12.06.52	19.07.17	20.35.50	
P. FARMER	5.37.40	9.26.30	12.02.11	20.43.01	22.11.10	
J. SINCLAIR	5.37.40	10.00.43	12.39.11	21.01.31	22.42.36	
D. EARSMAN	5.43.08	10.59.07	14.28.50			
S. CULLEN	5.52.30	11.31.00	16.23.08			
S. CURRIE	5.56.43	10.04.20	13.44.02			
L. PHILLIPS	6.04.40					
J. PETERSEN	6.33.39	11.36.02	14.43.54			
D. TOWNSEND	6.36.07					
W. HALEY	6.51.52	12.41.30	17.14.35			
J. CANHAM	6.56.55	14.53.00	20.34.01			
D. QUADRIO	6.57.30	14.57.10	17.45.03			
W. WARD	7.02.24	12.47.00	22.06.09			
G. RAMSDEN	7.43.18	13.33.00	18.29.51			
G. VAN BALEN	8.42.31					
C. WAKEFIELD	9.25.14	19.16.44	23.48.45			
M. HENRY	9.27.11					
D. BROWN	-					
T. PICKARD	4.14.25	7.21.20	9.45.37	19.27.20	21.03.36	

RESULTS:

GOLD MEDALS (Over 200km)

Owen Tolliday	Q'ld	235.465km
Graeme Woods	Q'ld	212.559km
Alan Peacock	Q'ld	207.410km
Graeme Wilkinson	NSW	202.151km

BRONZE MEDALS (Over 100km)

Derek Jory	Q'ld	153.298km
Stuart Currie	NSW	148.962km
John Petersen	Q'ld	144.523km
Dallas Warsman	NSW	138.936km
Greg Hillier	Vic	133.191km
Bob Bruner	Vic	124.800km
Paul Circosta	Q'ld	118.120km
Ian Javes	Q'ld	116.195km
Graeme Ramsden	Q'ld	114.604km
Wayne Ward	NSW	113.820km
Doug Quadrio	Q'ld	111.971km
William Haley	Q'ld	111.590km
Charlie Wakefield	Vic	100.814km
Stephen Cullen	Q'ld	100.000km
John Lanham	Q'ld	100.000km

SILVER MEDALS (over 160km)

Bruce Cook	ACT	194.258km
Cliff Young	Vic	185.811km
Trevor Harris	ACT	181.390km
Terry Pickard	Q'ld	181.232km
Patrick Farmer	NSW	177.002km
Dell Grant	Q'ld	172.001km
John Sinclair	Q'ld	170.549km
Bruce Donnelly	Q'ld	161.575km

Others to start and finish early were -

Roger Weeks	Q'ld	91.200km	Dean Townsend	Vic	60.000km
Mel Henry	Q'ld	80.000km	Glenn Van Balen	NSW	50.000km
Lindsay Phillips	Q'ld	70.000km	Darryl Brown	SA	47.200km

QMRRRC INAUGURAL 24 HOUR RUN

BY TREVOR HARRIS

Early in 1986 I approached Andy Semple (President of the Queensland marathon & Road Runners Club) to consider organising a 24 hour run. The run would involve local and interstate ultra runners and marathoners who would like to become involved in ultra marathons.

For several very good reasons it was decided not to go ahead with the run in 1986 but to definitely place the QMRRC Inaugural 24 hour run in the 1987 race calendar.

The rest is history, on the 5/6 September 1987 approximately forty runners toed the start line at the University of Queensland. The run started with the usual early pace being set by a few with suicidal tendencies. The heat plus common sense prevailed and the first couple of hours set the pattern for the many long hours to follow.

Owen Tolliday was setting a hot pace but he looked very comfortable in the early stages. Terry Pickard was also setting a fast pace for his first 24 hr run and would pay the price about 20 hrs later for his aggressive running style.

After about an hour a group of runners settled into a good rhythm and ran indian file. The leader of this group was Ian Javes. Ian was recovering from a bad dose of the flu and had lowered his sights from breaking the Australian Record to finishing. Next was Cliff Young, running with his usual smooth effortless style, his hip was to cause him problems later but in the early stages he looked like a winner. Owen Tolliday was next, he has a very smooth economic style, he recently won the Queensland 50 miler in 6 hr 17 min. The fourth runner was myself, I enjoyed running with this group but realised that the pace was just a little too quick for me so early in the race. As many people reading this article have experienced during this type of run, as quickly as the group formed, for no apparent reason the group dissolved and each person ran his own race.

An indication of the professional approach shown by Andy and the QMRRC was the staging of a 50 mile race on a track four weeks before the 24 hour run. They made sure that any minor problems experienced during this run would be corrected before the main event. Back to the run.

The hot afternoon sun was taking its toll on most of the runners. Bruce Cook, from the ACT, was running a strong race and had obviously set himself a target of 200km for the 24 hours, he was to miss his target, but only just. When the sun set, the temperature dropped to a comfortable level. As the lights went on a transformation was seen to take place. All runners picked up the pace and the mood changed to one of anticipation for the long night to come. The only lady in the race, Dell Grant, was running a very controlled race. She was placed in the first ten for most of the race.

As is typical in this type of run the comradeship shown by fellow competitors is always a pleasant experience. In the early hours of the morning I was going through a bad patch and Bob Bruner must have seen that I was having a few problems. He slowed his own pace, ran and talked to me for 10-15 laps. Over the next few hours we ran and chatted for a lap or two, thanks Bob it was very appreciated at the time. Other runners were also helping each other through rough patches, it was good to see. Owen

Tolliday, in the early hours of the morning, had put first place beyond doubt and was running just as strong as he had been at the start.

The first four runners Owen Tolliday, Graeme Woods, Alan Peacock and Graeme Wilkinson were going to collect gold medals for passing 200km. The next four were not going to reach 200km in this run but they would achieve the Westfield Qualifying distance of 180km and a silver medal, Bruce Cook, Cliff Young, Trevor Harris and Terry Pickard.

Just before dawn the lights went out, the oval was in total darkness, except for a few lights in some of the tents on the edge of the track. Full credit must be given to Andy, his support crew, the lap scorers and the runners seconds. To my knowledge not one runner had a lap missed and within seconds the lap scorers area was well lit. Congratulations to all, the runners really appreciated the efforts and ingenuity displayed in a moment of potential chaos. As dawn approached everyone knew they only had a few hours to go and with one exception, yes, Owen Tolliday, the pace was now slow and runners were looking forward to their little bags of sand and the countdown to the completion of the 24 hours.

Personal observations. The concept of having a lane dedicated for runners and seconds to walk in completely solved the potential problem of pacing, it was in my opinion 100% effective. During the run a professional photographer was present (for most of the 24 hours, a runner himself). He took some very candid shots, the quality was excellent, black and white and colour, the price was also very reasonable. The idea of having the medallions was very good. 200km plus, Gold, 160km plus, Silver and 100km plus, Bronze. It gave everyone a target to aim for. The design and quality of the medallions was excellent. The person who designed the medallion is to be congratulated. The support from the seconds and crews of other runners was fantastic. I agree that to look up the Race Entrants list and match a name to a number is not difficult but for everyone involved to take time out to do that and then give you encouragement at three in the morning is appreciated by tired runners, it gave the run a very friendly atmosphere.

I would like to take the opportunity to thank my seconds, my lovely wife Lorraine who spoke harsh words to me when they were required. A special thanks to Ian Brown, a friend who did not know what he was letting himself in for but at the end of the 24 hours, had a far better understanding of why a person would run around a 400mt track and at the end say that he enjoyed it.

There were a couple of very minor areas that need to be improved upon but I believe they were only teething problems. When putting on an event of this magnitude they are bound to happen. A separate letter has been written to Andy Semple suggesting where these areas can be improved to ensure the run next year is even more successful.

To conclude, if any members of AURA are considering a trip to Brisbane for Expo 88 then I would suggest that they do it in September and include the QMRRC 24 hour run in their holiday. It is very friendly, well organised and the location at the University of Queensland by the river, would be the most pleasant venue for a 24 hour run that I have ever been to. Again, congratulations to Andy Semple and the QMRRC for putting on a very successful inaugural 24 hour run, I enjoyed it.

BATHURST 50 MILER

19th September, 1987

by Geoff Hook

A runaway win by 3 times victor Max Bogenhuber, who also lowered his own race record, was a fitting highlight of this year's 4th annual Bathurst 50 mile road race. Last year's thrilling finish, where the fast finishing Maurice Taylor was held out by just 18 seconds by Max, was not repeated this year as 2nd place getter Robert Herd was over 15 minutes behind. Novice ultra runner, Nick Read from Canberra, put in a great performance to finish 3rd in what must be regarded as a very tough 50 miler.

We also had a women's race this year as the only previous lady competitor in this event, Wanda Foley, was joined by Georgina McConnell. Georgie was victorious on this occasion although the race could have gone either way throughout the event with both ladies very close to each other for most of the way.

The merciless sun took its toll on the runners as the day wore on. Despite the clear sky, the temperature at the start was low and most runners commenced with extra clothing. This extra clothing didn't stay on for very long and after a couple of hours, heat exhaustion became a prime concern for some runners.

This year's rabbit was young Creese Syred, who, at 16 years of age, took off at sub-7 minute pace. Creese's age belies his ability since he finished a credible 9th in 8:21:37 last year, ran about 4:20 in this year's 6 ft track and has a marathon PB around 2:43. Max quietly slipped into 2nd place going up Mount Panorama where the course takes in 1 lap of the racing car circuit. (We all now know how the racing cars feel after completing the stiff climb up to Mount Panorama). Coming off the mountain, Max was able to catch up with Creese and they were also joined by Barry Coates. After 10 or 12 km Barry pulled away in the lead. Max lost more placings after 28 km as Trevor Harris and Nick passed. At the 30 km mark, Max made his attack and moved away from Creese who unfortunately developed groin pain some time later and decided to withdraw. Max reeled in those ahead, catching Trevor at 35 km, Nick at 45 km and Barry at 57 km. At this stage Max sensed a record as he was ahead of all previous split times and knew he had opened up a sizable lead after 60 km. However, the hot sun and tough course finally caught up and forced him to struggle over the final 10 km. Still he achieved a reduction in the race record by 2 min. 35 sec. Robert Herd, 2nd place getter in so many other races, ran a model steady race to finish 2nd in this one. Nick was able to pass Barry to fill 3rd spot, a great effort in your 1st ultra Nick. Apart from Creese (and Mark Gladwell who finished outside the official cut-off time), only 1 other competitor withdrew - a courageous display on such a tough day.

The attractive things about this event are the wideranging views, beautiful farming an bush countryside to run through, on roads which are largely free of heavy traffic, good race organisation and mangement. In fact, Ian Taylor is to be warmly congratulated on his untiring efforts in producing such a fine race. I know all the competitors join me in hoping the rumour, that the race will not be held next year, stays just a rumour. Well done Ian, the Bathurst 50 miler is certainly the finest road race in N.S.W.

R E S U L T S

1.	Max Bogenhuber	6:28:35(rec)	11.	Bob Fickel	8:37:09
2.	Robert Herd	6:43:46	12.	{ Graeme Kerruish }	8:44:58
3.	Nick Read	7:02:54		{ Chris Stephenson }	
4.	Dan Gray	7:09:04	14.	Pat Farmer	8:51:00
5.	Barry Coates	7:21:25	15.	Georgina McConnell	8:52:37
6.	Keith O'Connell	7:36:46	16.	Wanda Foley	9:03:57
7.	Graham Firkin	7:43:06	17.	Brian Colwell	9:16:18
8.	Trevor Harris	8:06:24	18.	Kevin Mansell	9:40:05
9.	Geoff Hook	8:12:52	19.	Edward Colcombe	9:42:02
10.	Peter Manning	8:18:38	20.	Mark Gladwell	10:30:00

d.n.f Creese Syred

d.n.f Dave Taylor

Bathurst 50 Miler

Saturday, 19th September, 1987, dawned bright and clear. It was evident that the day's events at Bathurst would take place under clear blue skies, with no traffic to contend with and the message "HOT" coming through loud and clear. Two weeks earlier in the Sydney to the 'Gong 50 Miler it was a different story, wet all the way and traffic to contend with.

The Bathurst 50 Miler is unique. Traffic free dusty roads that wind through Kelso, the infamous run along Hen and Chicken Lane, passing through Perthville which is only by direct route some 8 km from Bathurst, but knowing that the Bathurst 50 still has many, many miles left in it for the runner.

6.50 am - 22 anxious runners line up on the starting line for a briefing by Ian Taylor (IT), Race Director and Organiser of this fine event. His words are simple "Take it easy, its a long way and the day is going to be hot. Finally, enjoy yourself".

With these encouraging words from Ian we lick our lips and just after 7.00 am head off in the direction of Mt Panorama to do one lap of the circuit. In two weeks time the Hardie Ferrodos 1000 will take place on this Mt Panorama circuit with many hundreds of horse power scorching around the track. Today, 22 pairs of determined runners' feet run the circuit - sweat, guts and our invaluable seconds will be enough for us to see the day through.

Georgina McConnell, Keith O'Connell, Graham Firkin, Kevin Mansell and myself ("Mountain Man") are backing up from "The Gong" (Sydney to Wollongong), so the going is going to be tough.

It was expected that Bill Clingan would contest the front running with Max Bogenhuber (Billy's Bushies) but unfortunately injury precluded Bill from starting. The race now looked to be a one man event with Max starting favourite, but Creese Syred, 16 years of age from the Blue Mountains, with a brilliant career ahead of him, took an early lead and set Max the task of running him down. This Max did as around the 58 km mark Creese was forced to pull out with a groin injury and Max, trailing well past the halfway mark, went on to win comfortably in a Race Record Time of 6/28/35.

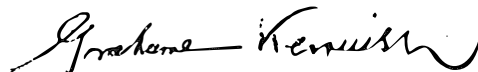
Danny Gray and Graham Firkin of the Sydney Striders ran great times of 7/09/54 (4th) and 7/43/06 (7th). Trevor Harris, runner up to Bill Clingan in this year's Bankstown 50 Miler, ran a credible time of 8/06/24 (8th). Geoff Hook (AURA) once again made the trip from Melbourne and took out 9th place in his easy fashion in 8/12/52 (well done Captain Hook). Keith O'Connell produced a blinder 7/37/46 (6th).

The Ladies' race was a two way duel between Georgina McConnell and Wanda Foley. Both these fine ultra ladies won the hearts of all the runners and supporters as they strived through very trying and hot conditions to gain supremacy and stamped a new dimension on Ladies Ultra Running. Georgina McConnell crossed the line first in 8/52/37 (15th) Ladies' Record, whilst close on her heels finished Wanda in 9/03/57 (16th place).

Kevin Mansell 9/40/05 (18th) and Mark Gladwell 10/30/00 (20th), Sydney to Melbourne Ultra Westfield Runners, finished tired but very pleased to complete the event.

I ran with "Big Man" Chris Stevenson (Billy's Bushies) and treated the event as a real fun day. Although last around the 25 km mark we managed to claim the scalps of six braves and two squaws, finishing together in a time of 8/44/58 (12th & 13th positions).

Altogether 20 runners out of 22 finished the run, personal goals were achieved by all runners, but the credits of the day go to the seconds. Thanks guys and gals for putting up with us - we really can be a pain sometimes.



Grahame Kerruish
(Mountain Man)

THE FORTY-MILER - Race report prepared by Val Case from information supplied by Tony Tripp.

Held annually in the first week of September, the Mundaring to York (W.A.) 40-miler is a low-key event organised by the W.A. Marathon Club. It is a true 'ultra' in the sense that crews are needed and, as Tony puts it, "you can run for miles without seeing anyone". The course is undulating and quite hilly in parts. Leaving the tiny town of Mundaring the runners proceed along the Great Eastern Highway, finally finishing at the City Hall, York where typically a festival including jazz, vintage cars and theatrical performances is under way.

Usually there are between 20 - 25 entrants with quite a number of non-finishers. The race is organised by former South African Jeff Joyce and the course record is 4 hours and 2 minutes (whew!)

1987 RESULTS: (1st ten finishers)

1.	John WEST	4.23.03	
2.	Viv BRYANT	4.44.35	
3.	P. PRIEST	4.51.27	
4.	Joe RECORD	5.16.30	(making a comeback after knee surgery)
5.	Barry ROBINSON	5.17.25	
6.	Alan CROXFORD	5.19.55	
7.	A. MARIS	5.20.52	
8.	Tony TRIPP	5.22.00	
9.	Mike THOMPSON	5.35.20	
10.	N. BILTON	5.45.46	

First woman was ultra-runner Trish SPAIN in the time of 5.54.14.

All competitors except one in the Centurion Runners Club recent 48/24 hour event who are W.A. residents have tackled this 40-miler at least once using it as a lead-up to the 'big one'.

RESULTS SRI CHINMOY 24 HOUR RACE OCTOBER 3rd and 4th 1987.

POSITION	NAME	FINAL DISTANCE(KM)	50KM	50mile	100km	150km	100mile	200km
1	David Standeven	234.313	3:57.57	6:53.52	9:05.34	14:41.21	15:55.02	20:25.03
2	Bryan Smith	227.088	4:28.19	7:22.04	9:25.23	15:05.06	16:16.03	20:38.36
3	Bill Beauchamp	208.486	4:41.55	8:04.17	10:17.37	16:25.53	17:48.53	22:52.49
4	Maurice Taylor	202.561	4:26.13	7:38.14	9:51.36	16:14.58	17:25.56	23:39.19
5	Gerry Riley	194.772	4:36.55	8:07.02	10:27.17	17:07.34	18:29.27	
6	Mike March	182.565	4:46.44	7:45.38	9:39.15	15:16.51	19:47.52	
7	Max Kitto	180.649	4:33.21	8:13.59	11:03.52	19:05.35	20:49.31	
8	Ross Martin	177.045	5:28.59	9:33.37	12:04.55	20:19.26	21:53.51	
9	Stan Miskin	171.103	5:44.16	9:48.50	12:42.27	20:33.41	22:23.40	
10	Tony Collins	161.711	5:46.40	10:11.43	12:59.52	21:26.20	23:31.21	
11	John Champness	155.670	4:50.51	8:54.15	11:22.01	22:56.21		
12	Sue Worley	155.336	5:59.15	10:12.28	13:54.00	23:02.25		
13	Dick Crotty	151.693	6:51.37	11:48.52	15:01.09	23:34.10		
14	Anyce Kip Melham	149.842	4:23.30	7:33.26	9:57.15	23:59.54		
15	Roger Stuart	144.036	4:50.30	9:08.40	11:34.58			
16	Marilyn McCartney	141.993	7:03.09	12:11.24	15:38.19			
17	Marcus Bruer	140.104	5:35.35	10:56.08	14:20.18			
18	Stephen Dunn	139.684	4:29.52	8:43.29	12:46.08			
19	Greg Hillier	137.654	5:10.58	9:33.32	12:01.00			
20	Geoff Hook	137.370	4:23.22	7:57.13	10:52.17			
21	Graeme Wilkinson	135.587	4:10.52	7:45.41	9:56.17			
22	Stan McCartney	131.934	6:55.44	11:58.38	15:31.00			
23	Eilleen Lush	131.566	6:50.58	12:05.04	15:52.57			
24	Peter Worley	130.502	5:24.18	9:31.00	13:07.55			
25	Michael Patterson	128.728	6:54.24	11:48.54	16:35.42			
26	Ray Carroll	125.383	7:13.30	12:36.31	16:30.06			
27	Max Grignol	125.305	5:52.30	10:59.50	14:49.29			
28	Geoff Boase	121.505	4:33.47	7:40.07	9:53.47			
29	Andrew Lucas	118.349	6:23.52	12:42.40	17:30.37			
30	Max Barnes	111.295	9:06.15	16:04.25	21:31.55			
31	Graham Light	110.609	5:55.47	11:33.21	16:43.20			
32	Kaven Dedman	106.712	6:48.10	13:48.34	18:47.10			
33	Stephen Foulkes	106.217	5:54.20	11:27.43	18:33.01			
34	Cliff Young	100.182	7:17.00	13:07.58	16:33.05			
35	John Kostopoulos	59.143	6:33.13					

(Report from the I.A.U. Newsletter)

THE NEW BALANCE 1000 MILE CHALLENGE BY ANDY MILROY

Andy Milroy joined the New Balance 1000 Mile Challenge some 600 miles into the race. He stayed with the running party for $1\frac{1}{2}$ days to judge for himself the complexities of this fascinating staged race around the English countryside.

Noon, 25th May 1987. The Crest Hotel, Gloucester. Eleanor Adams breaks the tape at the end of the 27 mile plus stage from Worcester. She limps slowly into the hotel and goes to her room for the compulsory one hour stop. This break will allow her handlers to massage her already stiffening legs, to treat any blisters, as well as giving her the chance to sit down and eat her midday snack. Forty-five minutes later her opponent Malcolm Campbell finishes. He too is whisked to his room, then sits down for a meal. At the end of her compulsory hour stop Eleanor embarks on the second stage of the day, another 27 miles, this time running to near Bristol. Three quarters of a hour later Malcolm sets off in pursuit. They will cover close to 54 miles that day. In this race two back to back marathons is an easy day.

The race is the New Balance 1000 mile Challenge, the brainchild of Malcolm Campbell, the 52 year old multi-day specialist. A veteran of the 90 day race across America in 1985 - a year in which he covered 5502 competitive miles, Malcolm thrives on such extended tests of endurance. Eleanor Adams, 39, female winner of the 621 mile Sydney-Melbourne race, holder of four 6 Day world bests, is a worthy opponent. Having beaten most of the top British 24 hour runners at Milton Keynes in February she is perhaps favourite. But in a race of a thousand miles anything can happen.

The 1000 Mile Challenge is the first point-to-point 1000 mile race in Europe and probably the toughest stage race ever. With a daily distance to be covered of around 60 miles perhaps only a couple of other UK athletes would be able to cope with such a testing event. The race started at Nottingham and had wound its way around England through Hull, Newcastle, Carlisle, Bolton and Stoke-on-Trent to Gloucester. Soon after the race had started Eleanor was hampered by stomach trouble, but as that eased she began to pick up the pace. Malcolm had tried to match her speed a couple of times but his body soon let him know that it didn't like the demands he was making. He sensibly settled for a pace that he knew he could keep up all the way to the finish. If Eleanor could maintain this speed to the end she would win; if she crashed or developed a serious injury he would be there to pick up the pieces and win. At the start of the Worcester-Gloucester stage Eleanor led by 11 hours.

At the sharp end of the race are the handlers in their Bedford midi vans - red for Malcolm's team, and yellow for Eleanor. To get a first hand impression of the race I travelled with Malcolm's team from Gloucester to Bristol, and then from Bristol to Brinkworth with Eleanor's. Each group of two handlers and their runner are tight knit teams. Both groups are experienced. Two Australians, Richard Roche and Kerry Champness, make up Eleanor's crew. They are veterans of the Sydney-Melbourne where they had seconded Eleanor in 1986. Monique Baudet, one of Malcolm's handlers, had been with him on the Trans-America race.

Malcolm's other handler is Kevin O'Neil, his brother-in-law. In the brief gaps between navigating, stopping and preparing food and drinks he explains the daily routine. Throughout most of the race they aim to stop every three miles or so to give Malcolm food or drink. At the first stop of the day they re-organise the van, having re-loaded all the luggage, kitchen utensils etc before leaving the last hotel. Their van has a clothes line for spare clothing, waterproofs etc and food, drink and running shoes are stacked on the floor. At the rear of the van are folding chairs and cases. Despite all this careful housekeeping as they go round corners sharply there is the clatter of cutlery and crockery. After the 'housekeeping' comes a quick stocktake of the food. Anything they need has to be bought en route, though sometimes they have to leave Malcolm for a time to search

out a particular shop. Early in the day they prepare sports drinks, food and sandwiches. They vary the food as much as possible to tempt him to eat. Malcolm's diet usually consists of foods like mash potatoes, beans, ham, muesli and yoghurt, peaches and leppin energy bars. If it is a cold day they will use the gas camping stove to provide hot food. Hot water is carried in thermos flasks. At the midday break Malcolm has a proper sit down meal. If they stop at a layby he will have his meal in the van and then lay back in the seat. Later in the day as Malcolm tires the support team cut down the time between stops and try to ensure that he can always see the red van.

There is also a seamier side to ultrarunning. For much of the race collecting up the dirty washing and pressurising hotel staff to provide an over-night service is a constant chore. At one hotel the handlers were sorting out the dirty clothes in the hotel foyer which provoked mixed reactions from the hotel's other guests. Monique Baudet, tongue in cheek, described the whole group as 'a tribe of dirty, smelly gypsies'!

Navigation, after care of their runner, is perhaps the major concern. They have a cut up Ordnance Survey map with the route to be covered on that stage outlined. Kevin and Monique are constantly on the lookout to check their current position and to be aware of any potential problems. One of them runs with Malcolm anywhere there is likely to be problems, roundabouts, complicated junctions etc. Maurice Patterson, race coordinator/referee, reconnoitres any complicated parts of the route and will lead both runner and van through it.

Eleanor finishes the Gloucester to Bristol stage at 6.10pm, winning that section by 1 hr 39m and extending her lead to 12 hrs 35m after 24 stages. As the runners finish they are taken to the hotel where they can have a shower or bath, change and then have a meal in the pleasant, relaxing surroundings of a four star Crest Hotel restaurant. Usually Eleanor goes to bed early; Malcolm arriving later, takes longer to unwind. Sometimes he has to deal with race organisational problems and has phonecalls to make.

The following day started early. An alarm call at 6.40 am is ignored, handlers and runners are already up and about. Breakfast television is switched on while they wash, dress and pack - the weather forecast, not the forthcoming election, is their sole interest.

After taking on board breakfasts that vary from a boiled egg to the full cooked breakfast (Malcolm), the luggage is rushed to the foyer, and washing is sorted out. Kevin has problems with the Bedford van. It habitually refuses to start in the morning so he has to park it on a slope each evening. A pushed bump start soon brings the engine to life. Luggage is swiftly packed into the back of the appropriate van or car. The two runners appear and are briefed on the day's route which will take them from Bristol to Hungerford (58 miles) by Maurice Patterson. After starting the race, Maurice jumps into his car to lead the little flotilla of runners and vans out on to the route for the day's run.

The runners are stiff legged and jerky at first as they move off running together. The stiffness eases and Eleanor picks up the pace; the two runners gradually move apart. After a few hundred yards Eleanor and Malcolm are both moving freely.

I am travelling today in the yellow van with Eleanor's Australian handlers. Richard Roche zeros the trip meter soon after we move out. The vans leapfrog one another for the first few miles with Maurice leading or in close attendance. Eleanor takes a drink every mile or so and is moving faster than Malcolm so the tempo for her handlers is faster than his. Her handlers have to allow a good gap if they want to go ahead to scout out the route through a town or large village. If the van gets stuck in traffic in a town, Eleanor will quickly outdistance them, so the bike in the back of the van gets frequent use.

This 29 mile stage between Bristol and Brinkworth is very significant. An hour after the start we pass the 1000k/621 mile point. This is the furthest Eleanor has ever run before, (the 1986 Sydney-Melbourne race). She is now running into unknown territory as far as distance is concerned. At Luckington we reached the greatest distance previously run by a woman in any race - 631 miles. Eleanor stops at that point for her midmorning break. (At about 10.30/11.00 am each day Eleanor sits down and has a cup of tea or fruit juice with a piece of cake or fruit. This contrasts with Malcolm who consumes all his snacks on the move, apart from his midday meal.)

Eleanor is now moving well. The town of Malmesbury is the next major obstacle. Richard and Kerry decide to investigate the route through the town. Driving through the narrow, picturesque streets they discover that Eleanor has to cut through a one way street closed to the van. Kerry turns the van around and they race back to Eleanor who is fast approaching Malmesbury. Driving the van up on the verge enables Richard to drag out the bike and ride ahead of Eleanor through the town. Once Eleanor is through the town Kerry takes over once more. Richard stays on the bike to do some shopping, basically fruit and vegetables.

After about 29 miles we stop at a pub car park at Brinkworth for the midday compulsory stop, and to meet with a photographer. Malcolm is about 35 minutes behind but there will still be a short time when both runners can be photographed together. Eleanor has a meal of sliced carrot, slices of cheese and a piece of quiche before having her feet attended to by Richard. After a leg massage she is ready to go. Malcolm has arrived and the two of them pose for pictures. Then Eleanor sets off again after her hour stop. Malcolm adjourns to the pub for a ploughman's.

The next big problem is getting through Swindon and a meeting with Central/HTV television crews. I join race coordinator Maurice Patterson for this part of the journey. A route has been picked out on the O/S map through Swindon and Maurice wants to prove the route to see if it is feasible for the runners and handlers to negotiate without too much difficulty.

We begin to follow the route through Swindon. Early on it looks good, despite a short section of one way street not accessible to the vans. As we progress, a series of roundabouts slow us down and we are eventually forced to turn back to catch Eleanor before she enters the town. As we drive back to the roundabout on the outskirts of the town Maurice makes a sudden decision. He will change the route on to country roads south of the town.

Eleanor arrives at the roundabout the same time as ourselves. Hastily she is directed on to the new route. Maurice outlines the proposed re-routing to Kerry and Richard and then we shoot off to prove the new route. The country roads seem straight forward to negotiate so we rush back via the motorway to tell Malcolm's handlers of the route change. We find the red Bedford parked on a garage forecourt. Maurice explains the route change then we hurry off to catch up with Eleanor. Three quarters of the way down the revised route we meet up with the yellow Beford, Maurice tells them the diversion is alright and gives instructions about re-joining the previous route on the other side of Swindon.

From there we drive to the Crest Hotel at Swindon which had been on the previous route. Maurice had told the television people when Eleanor and Malcolm would be arriving and leaving Swindon. He hopes they will be at the Hotel; they are. He explains carefully where they will be able to take some good shots of the runners, and the television crews set off to track them down. Maurice then goes into the hotel to organise the rooms for the night, before going off to check on the two runners' progress.

I left the race at Swindon. The two runners, their backup teams and the race coordinator had another 340 miles to go before the finish. They had to face a testing section through Brighton, and potentially the most complicated section of all, London, where it was planned that runners would lead Eleanor and Malcolm across the metropolis. On the 1st of June the race would finish after 17¹/₂ days, back where it had started, on the steps of Nottingham County Hall.



1000 MILE RACE STATISTICS

Stage Running Times:	Eleanor Adams	167hrs	22 mins
	Malcolm Campbell	185hrs	53 mins

1000 Mile Actual Times:	Malcolm Campbell	16 days 22 hrs 41 mins
	Eleanor Adams	16 days 22 hrs 51 mins

RACE DIRECTORS' CONFERENCE

The get-together of race directors mentioned in our previous newsletter is still planned for 9.30am on Saturday 5th December, 1987. We will meet initially in the Registration Area for the VIIIth WORLD VETERANS' GAMES. This will be located at Olympic Park No.2 Ground (which is associated with the greyhound track), Melbourne, and will then move to a quieter area to talk. The invitation is extended to any interested person to attend. The theme will be to discuss our races and how we can improve them, as well as help each other.

Last newsletter we published a survey to gather information about eating, training and racing habits. We believe the results would be of enormous benefit to novice ultra-runners. It might also help experienced runners to try new tactics in order to improve their performances. However, the response so far has been poor, so how about stirring yourselves and send us your ideas. We'll publish an analysis when we receive sufficient replies. Thanks!

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.

BOOK REVIEWS

Tear Along The Dotted Line by Roger Alcorn. Roger holds several New Zealand ultra records and has competed in the London to Brighton race. His book, which covers the last 25 years of distance running in New Zealand, has results for all the ultra races held in that time. Price is \$19.50NZ. Obtainable from:

Ultrasport
PO Box 18831
Christchurch
New Zealand

IAU Guide to 100km Races has been produced to provide ultrarunners with a listing of all known 100km races in North America, Europe and Australasia. Some 95 events are included together with details of Race Director, entry information, type of circuit/ route, race start time etc. Price is £1UK, £1.50 overseas. Obtainable from:

Maurice Patterson
Cotswold
Kiln Lane
Lacey Green
Princes Risborough
Bucks
England

Training for Ultras is available from

Don Bonser
76 Benhill Wood Road
Sutton
Surrey
SM1 35J

Price £3UK, \$7US or overseas equivalent. No other details at present, but a full review is expected in the next Newsletter.

Guidelines for the Conduct of Ultra marathon Events. An IAU publication written for race organisers of ultra distance events. Includes rules for track and road ultra marathons and specific rules for competitions and records. Price is 30p (UK), £1 (overseas). Obtainable from Maurice Patterson.

A DAY ON THE RUN

by Stan Miskin
November 1983

The words I devour as I read by the hour
of running exploits in every nation
tell me "Ultras are best" (the ultimate test)
From my reading I gain inspiration

I read during one Christmas, that on the Panama isthmus
(in a land where malaria is rife)
Indian runners supreme - as if in a dream
run an ultra each day of their life

When one goes for a run (to him it's great fun),
he seems to go on forever.
He runs day and night, with all of his might
and does so whatever the weather.

Within a day's span it's quite often a man
will run more than ONE HUNDRED MILES.
To him it's sheer bliss, HE THINKS NOTHING OF THIS,
as he runs, he talks and he smiles.

To be such a man, I then made a plan
and extended my hours of training.
With effort unceasing and fitness increasing
I ran further each day without straining.

And then, mental strength - I pondered at length
how I could increase mental powers.
My mind I would train to cope with the strain
of running for twenty-four hours.

I also decided drink should be derided
and cut my intake down to nought.
For two months I craved (although money I saved)
and all for the sake of my sport.

When I knew I was ready to run long and steady
I entered the Sri Chinmoy run,
determined to pace myself for the race
and do what the Indians had done.

At the Harrier's track, made of cinders and BLACK
thirty-one of us lined up to start.
We were all very fit, we thought "this is it";
and all of us were then in great heart.

At the sound of the gun, we all started to run,
and we each had a target ahead.
If we were to achieve, we just had to believe
or else we should stay home a-bed.

There was much talk and laughter, but many hours after
strain, tiredness and hurting took place.
We ceased then to talk and most had to walk
but we still continued to race.

Although we were sore, our helpers galore
encouraged us all on the way.
They worked without stint, with never a hint
that they'd had a hard, busy day.

The Sri Chinmoy team, the ultra folks dream,
had come from all over Australia.
They inspired us all, we felt ten feet tall
and none of us dared think of failure.

With music and song, they helped us along;
they provided much food and drink.
Each lap they did score, we couldn't ask more;
they wouldn't let our spirits sink.

Though the going was tough, we would not cry "enough";
we wanted to run to the end
of the twenty-four hours, and use all our powers
to justify faith of each friend.

By the end of the run, I had COVERED THE TON
like the men of the land of the fever.
But I paid a price, my knee packed in ice
so I DON'T THINK MUCH OF IT EITHER

I hobbled to enter the Sports Medicine Centre
afraid that my running was ended,
but then Doctor Tom said my knee will be strong,
with treatment it soon will be mended.

And Tom never shirked, for an hour he worked
on my knee to help make it better;
said "You're strong as a horse", prescribed tablets of course;
for my employer he wrote out a letter.

To return to the run, thirteen made the ton
within the twenty-four hours.
Will they do it again, like the Indian men?
It surely is within their powers.

Well, I've now done it twice, and if you ask my advice
I'll tell you "it's not worth the pain"
You just shouldn't do it, I'm sure you would rue it;
just think of how hard you must train.

But, like banging your head on a wall, if an ultra has reason at all
then no-one can claim it's a flop.
If you asked them to-day, each runner would say
"It really feels good - WHEN YOU STOP"

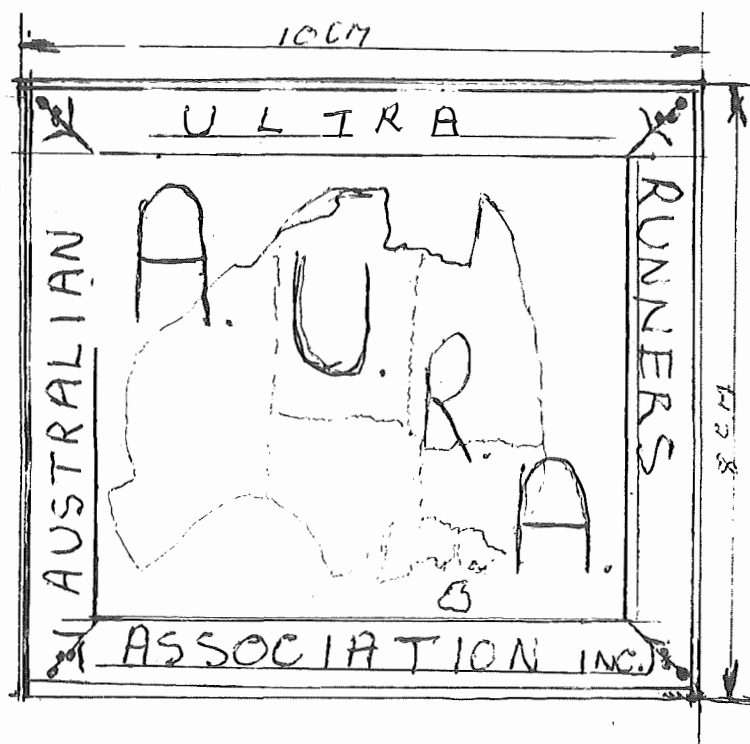
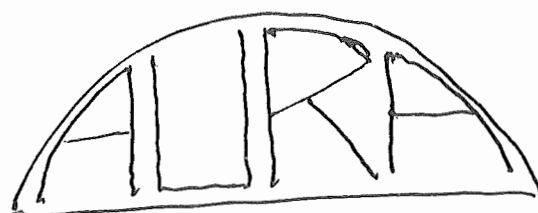
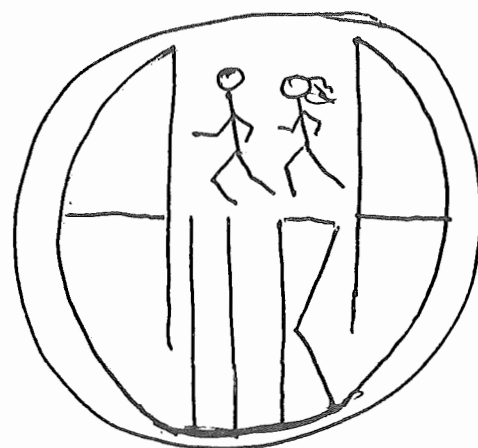
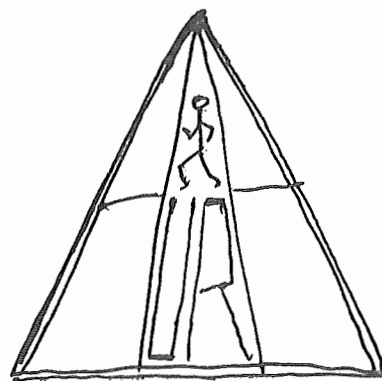
Now, if you should ask of this difficult task,
"Will you ever attempt it again?"
When this question arises, my answer surprises,
"Yes! - just tell me the where and the when."

Twenty-two verses read, but it's still not all said;
this vital point saved to the end.
"I couldn't give it a thought without the support
of Ellwyn, my wife and my friend."

SUGGESTED AURA LOGOS

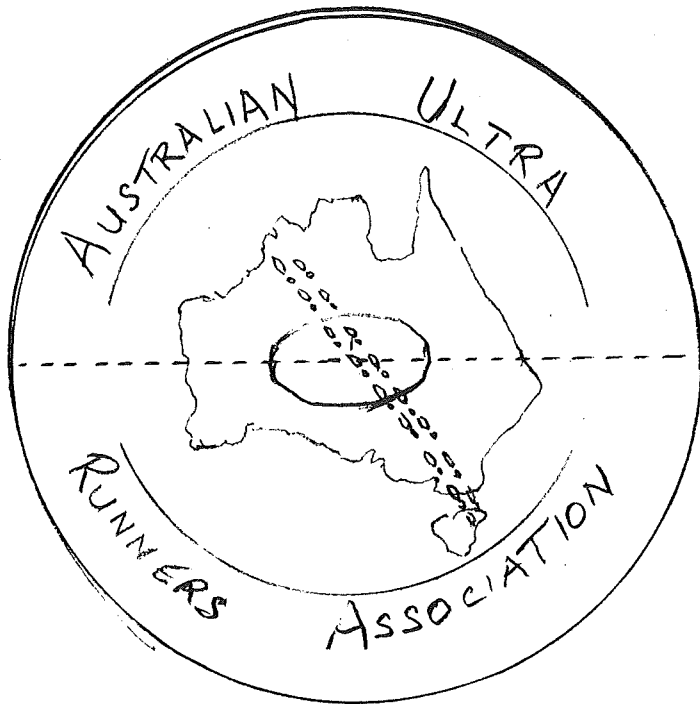


Suggestion from Tony Tripp, our W.A. representative.

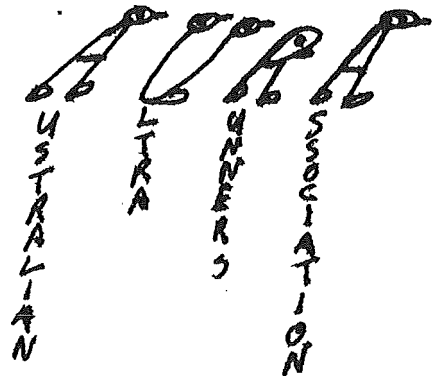
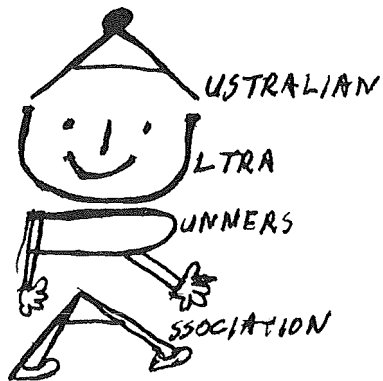


Suggestion from Rob Whelan: Green and gold writing + map on a white background, surrounded by name and wattle motif in the corners.

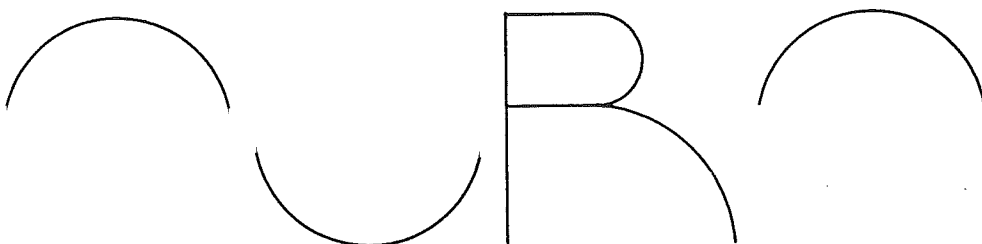
A series of ideas from G. Irvine of Wonga Park.



Suggestions from Lemmy Moore of St.Mary's, NSW. The first is a line of footprints going diagonally across Australia. The straight dotted line represents the centre line along the highway and the oval in the centre, a running track. The second is a simpler version of the first, just footprints running across Australia.



Here are a couple of more unusual ideas from our mate Gordon Burrowes, of St.Albans, Vic.



"Big Chris" Stephenson's idea.

50KM. TRACK RANKINGS

AGE (on day of event)

1. Bill Clingham	NSW.	41	3-10-36	Parramatta	11Mar1984
2. Tony Visalli	NSW		3-12-31	Parramatta	11Mar1984
3. Steve Montague	NSW		3-15-27	Parramatta	7Mar1982
4. Keith Swift	NSW		3-18-59	Parramatta	8Mar1981
5. P. Wheatley	NSW		3-25-03	Parramatta	8Mar1981
6. Steel Beveridge	NSW		3-25-30	Parramatta	11Mar1984
7. Peter Derig	NSW		3-28-19	Parramatta	1980
8. Barry Massingham	NSW		3-34-37	Parramatta	1980
9. Bob Marden	NSW	31	3-34-55	Parramatta	11Mar1984
10. Alistair Wallace	NSW		3-39-16	Parramatta	11Mar1984
11. Frank Kelly	NSW	30	3-39-25	Parramatta	11Mar1984
12. Tom Gillis	NSW	41	3-41-15	Parramatta	8Mar1981
13. T. Zervos	NSW		3-42-46	Parramatta	11Mar1984
14. John Briet	V		3-45-16	Coburg 100Km	13Sep1987
15. Chris Stephenson	NSW	27	3-46-01	Parramatta	11Mar1984
16. David Standeven	SA	34	3-46-39	Adelaide24Hr	1/2Nov1986
17. Jack Black	NSW		3-47-02	Parramatta	7Mar1982
18. Ashley Parcell	QLD	30	3-53-32	Box H 24Hr.15/16	Feb1986
19. Alan Staples	NSW	32	3-54-37	Parramatta	7Mar1982
20. Cliff Young	V	64	3-54-42	Adelaide24Hr.1/2	Nov1986
21. J. Morris	NSW		3-58-19	Parramatta	11Mar1984
22. Ian Hutchinson	NSW	34	3-58-47	Parramatta	8Mar1981
23. Barry Brooks	V	47	3-59-59	Coburg 100Km	13Sep1987
24. Vic Gerada	NSW		4-01-39	Parramatta	7Mar1982
25. Doug Markulin	NSW		4-02-10	Parramatta	1983
26. R. Stewart	NSW		4-02-23	Parramatta	11Mar1984
27. Nick Walker	NSW		4-03-11	Parramatta	7Mar1982
28. Peter Moore	V	36	4-03-30	Aberfeldiel50Kl	10Mar1985
29. Peter Schultz	SA	31	4-03-43	Adelaide24Hr	5/6Nov1983
30. Brian Smith	V		4-06-50	Coburg 100Km	13Sep1987
31. Peter Richardson	V	22	4-08-45	Hensley 24Hr	30May1987
32. Bill Beauchamp	V	42	4-09-16	Coburg 100Km	13Sep1987
33. Geordie Fitzgerald			4-09-49	Parramatta	8Mar1981
34. John Bell	V	41	4-10-16	Box H 24Hr 15/16	Feb1986
35. Rod Martin	NSW	44	4-10-32	Hensley24Hr30/31	May1987
36. Evan Hocking	NSW		4-10-43	Parramatta	8Mar1981
37. Geoff Hook	V	41	4-10-50	Adelaide24Hr9/10	Nov1985
38. Ron Hill	V	47	4-11-25	Coburg 100Km	13Sep1987
39. Brian Bloomer	V	45	4-11-33	Box H 24Hr 15/16	Feb1986
40. Joe Record	WA	46	4-12-59	Hensley24H 30/31	May1987
41. Russell Bond	NSW		4-13-40	Parramatta	1980
42. Greg Wishart	V	49	4-14-05	Coburg 100Km	13Sep1987
43. Ashley Warner	NSW		4-14-21	Parramatta	7Mar1982
44. Anyce K Melham	NSW	28	4-14-25	Adelaide24H 9/10	Nov1985
45. Wal McCrorie	NSW	52	4-14-32	Parramatta	7Mar1982
46. Roy Sutcliffe	SA	54	4-15-06	Adelaide 24H 5/6	Nov1983
47. George Audley	WA	51	4-15-09	Perth 24H 18/19	Oct1986
48. Peter Burke	NSW		4-15-12	Parramatta	1983
49. Trevor Harris	ACT	40	4-15-21	Hensley24H 30/31	May1987
50. F. Banfield	NSW		4-15-33	Parramatta	11Mar1984
51. P. Clarke	NSW		4-17-04	Parramatta	11Mar1984
52. Jack McKellar	V	45	4-17-30	Box H 24Hr 15/16	Feb1986
53. John Melnyczenko	NSW		4-18-57	Parramatta	1983
54. Geoff Kirkman	SA	35	4-19-39	Adelaide24H 9/10	Nov1985
55. Alistair McManus	WA	35	4-20-47	Adelaide24H 9/10	Nov1985
56. R. Hodge	NSW		4-21-25	Parramatta	11Mar1984
57. Andrew McCombe	SA	53	4-21-53	Adelaide24Hr 5/6	Nov1983
58. Alan Croxford	WA	43	4-24-24	Perth 24Hr 18/19	Oct1986

50Km. TRACK RANKINGS SEPTEMBER 30th 87' (cont)

		AGE (on day of event)				
59.	Peter Logan	V	36	4-24-25	Box Hill 24Hr	4/5Feb1984
60.	Phil Lear	V	39	4-24-25	Box Hill 24Hr	4/5Feb1984
61.	Bob Bruner	V	45	4-25-50	Adelaide 24Hr	5/6Nov1983
62.	Don Cox	SA	39	4-26-06	Adelaide 24Hr	1/2Nov1986
63.	Kon Butko	V	38	4-26-13	Box Hill 24Hr	15/16Feb1986
64.	Michael Whiteoak	V	38	4-26-17	Adelaide 24Hr	5/6Nov1983
65.	Leif Michelsson	V	45	4-27-30	Box Hill 24Hr	28Feb1987
66.	John Champness	V	45	4-27-34	Box Hill 24Hr	28Feb1987
67.	Dan Gray	NSW	37	4-28-39	Parramatta	11Mar1984
68.	Ian Javes	QLD	44	4-28-55	Box Hill 24Hr	28Feb1987
69.	Gerry Riley	V	56	4-29-05	Coburg 100Km	13Sep1987
70.	K. Gillies	NSW		4-29-40	Parramatta	11Mar1984
71.	Joe Gobel	V	49	4-30-24	Box Hill 24Hr	28Feb1987
72.	A. Younie	NSW		4-31-16	Parramatta	11Mar1984
73.	Robert Sewell	NSW		4-32-23	Parramatta	8Mar1981
74.	Graeme Wilkinson	NSW	40	4-33-10	Adelaide 24Hr	1/2Nov1986
75.	Keith Boidin	NSW		4-33-31	Parramatta	8Mar1981
76.	Charlie Lynn	NSW	40	4-33-31	Adelaide 24Hr	9/10Nov1985
77.	Ray Ramelli	V	40	4-33-43	Box Hill 24Hr	15/16Feb1986
78.	Guy Schubert	SA	36	4-34-03	Adelaide 24Hr	1/2Nov1986
79.	Ernie Cattle	V	37	4-34-49	Hensley 24Hr	30/31May1987
80.	Klaus Schnibbe	V	44	4-37-37	Coburg 100Km	13Sep1987
81.	Barry Patterson	V		4-38-10	Adelaide 24Hr	3/4Nov1984
82.	Kevin Foreman	SA	45	4-38-58	Adelaide 24Hr	5/6Nov1983
83.	Ross Martin	SA	56	4-39-49	Adelaide 24Hr	9/10Nov1985
84.	Colin Donald	V	29	4-40-42	Box Hill 24Hr	28Feb1987
85.	Paul Woodhouse	NSW	22	4-41-57	Adelaide 24Hr	3/4Nov1984
86.	Andrew Docherty	SA	52	4-42-55	Adelaide 24Hr	5/6Nov1983
87.	Maurice Taylor	NSW	38	4-43-13	Box Hill 24Hr	28Feb1987
88.	Bob Taggart	SA	40	4-43-56	Adelaide 24Hr	1/2Nov1986
89.	Dave Taylor	NSW	34	4-44-28	Hensley 24Hr	19/20Jul1986
90.	Tony Rafferty	V	45	4-44-38	Adelaide 24Hr	3/4Nov1984
91.	Claude Martin	V	51	4-44-48	Box Hill 24Hr	28Feb1987
92.	Max Bogenhuber	NSW	44	4-46-33	Box Hill 24Hr	28Feb1987
93.	Greg Coulter	SA	28	4-46-59	Adelaide 24Hr	1/2Nov1986
94.	Peter Gray	V		4-47-37	Coburg 100Km	13Sep1987
95.	Patrick Farmer	NSW	25	4-48-37	Hensley 24Hr	30/31May1987
96.	John Haynes	SA	44	4-48-51	Adelaide 24Hr	5/6Nov1983
97.	Graham Light	V	35	4-50-07	Box Hill 24Hr	4/5Feb1984
98.	Barry Allen	V	30	4-50-36	Box Hill 24Hr	28Feb1987
99.	Kevin Cassidy	V	26	4-51-45	Adelaide 24Hr	1/2Nov1986
100.	T. Susans	NSW		4-52-36	Parramatta	11Mar1984
101.	John Sumner	V	46	4-52-43	Box Hill 24Hr	28Feb1987
102.	Max Kitto	SA	40	4-52-47	Adelaide 24Hr	1/2Nov1986
103.	Peter Pfister	V	45	4-53-08	Adelaide 24Hr	3/4Nov1984
104.	Wally Smith	SA	43	4-53-10	Adelaide 24Hr	5/6Nov1983
105.	Gerry Hart	V	45	4-53-46	Adelaide 24Hr	5/6Nov1983
106.	Keith O'Connell	NSW	48	4-54-30	Hensley 24Hr	30/31May1987
107.	Howard Ross	V	40	4-54-54	Box Hill 24Hr	15/16Feb1986
108.	Gordon McKeown	V		4-55-15	Adelaide 24Hr	3/4Nov1984
109.	Bruce Cook	V	47	4-56-27	Aberfeldie 150Km	10Mar1985
110.	Frank Pearson	NSW		4-58-25	Hensley 24Hr	23/24Feb1985
111.	Ian Partington	WA	40	4-58-27	Perth 24Hr	18/19Oct1986
112.	Brad Doyle	NSW	27	4-59-37	Hensley 24Hr	30/31May1987
113.	Stan Miskin	V	58	5-01-47	Adelaide 24Hr	5/6Nov1983
114.	Roger Stuart	SA	43	5-07-31	Adelaide 24Hr	1/2Nov1986
115.	Geoff Molloy	V	42	5-08-39	Box Hill 24Hr	4/5Feb1984

50Km. TRACK RANKINGS SEPTEMBER 30th 87' (cont)

			AGE (on day of event)			
116.	Gray Summers	V	39	5-08-50	Aberfeldie 150Km	10Mar1985
117.	Robert Byrth	SA	38	5-10-19	Adelaide24Hr	1/2Nov1986
118.	Peter Ryan	V	36	5-10-36	Adelaide 24Hr	3/4Nov1984
119.	Robert Lachlan	NSW		5-10-50	Hensley 24Hr	23/24Feb1985
120.	Stan McCarthy	SA	35	5-11-16	Adelaide 24Hr	3/4Nov1984
121.	Graeme Townsend	NSW	29	5-11-29	Hensley 24Hr	30/31May1987
122.	Allan Fox	SA	39	5-11-52	Adelaide 24Hr	5/6Nov1983
123.	Terry Cox	V	49	5-12-30	Box Hill 24Hr	15/16Feb1986
124.	Frank Biviano	V	41	5-12-55	Aberfeldie 150Km	10Mar1985
125.	Mike Thompson	WA	38	5-13-34	Perth 24Hr	18/19Oct1986
126.	Frank Prowse	V	33	5-16-25	Aberfeldie 150Km.	10Mar1985
127.	Geoff Warren	V	53	5-16-30	Aberfeldie 150Km	10Mar1985
128.	Tom Donovan	V	53	5-16-31	Aberfeldie 150Km	10Mar1985
129.	Ken Murray	NSW	49	5-18-12	Hensley 24Hr	23/24Feb1985
130.	Don Spenser	SA		5-18-27	Adelaide 24Hr	3/4Nov1984
131.	David Waldeck	SA	37	5-18-49	Adelaide 24Hr	5/6Nov1983
132.	Keith Marshall	V	59	5-18-55	Box Hill 24Hr	15/16Feb1986
133.	Tony Tripp	WA	39	5-19-50	Box Hill 24Hr	15/16Feb1986
134.	David McLucas	NSW		5-20-40	Parramatta	1980
135.	Dallas Earsman	NSW	59	5-21-14	Hensley 24Hr	30/31May1987
136.	John Sinclair	SA	44	5-22-55	Adelaide 24Hr	1/2Nov1986
137.	Eduardo Vega	NSW		5-23-44	Hensley 24Hr.	19/20Jul1986
138.	Reg Williams	V	34	5-24-48	Box Hill 24Hr	15/16Feb1986
139.	Jeff Down	V	28	5-25-40	Box Hill 24Hr.	15/16Feb1986
140.	Keith Jackson	NSW	36	5-26-51	Hensley 24Hr	30/31May1987
141.	Graham Firkin	NSW	48	5-32-32	Hensley 24Hr	19/20Jul1986
142.	Gary Clark	WA	39	5-34-50	Perth 24Hr	18/19Oct1986
143.	Bill Miller	NSW	34	5-35-05	Hensley 24Hr	30/31May1987
144.	Tony McCool	SA		5-36-00	Adelaide 24Hr	9/10Nov1985
145.	Tony Ashwell	SA		5-36-11	Adelaide 24Hr	1/2Nov1986
146.	John Bencze	V	54	5-36-42	Box Hill 24Hr	28Feb1987
147.	Ken Hough	V	42	5-37-36	Box Hill 24Hr	28Feb1987
148.	Grahame Deacon	NSW		5-37-45	Hensley 24Hr	19/20Jul1986
149.	Peter Vernon	V	32	5-37-51	Box Hill 24Hr	28Feb1987
150.	Mathew Kaley	NSW		5-37-52	Hensley 24Hr	19/20Jul1986
151.	Chris Woolgar	V	42	5-38-43	Box Hill 24Hr	15/16Feb1986
152.	Gordon Fry	SA	44	5-39-28	Adelaide 24Hr	5/6Nov1983
153.	Bill Taylor	WA		5-40-50	Perth 24Hr	18/19Oct1986
154.	Kerry Hartnett	V	52	5-40-57	Box Hill24Hr	28Feb1987
155.	Bob Moore	V	46	5-42-25	Box Hill24Hr	28Feb1987
156.	Alexander Matthew	SA	45	5-44-25	Adelaide 24Hr	5/6Nov1983
157.	Mark Byrnes	NSW		5-44-37	Hensley 24Hr	23/24Feb1985
158.	Gordon Burrowes	V	51	5-47-17	Box Hill 24Hr	28Feb1987
159.	Brian Colewell	NSW	38	5-48-22	Hensley 24Hr	30/31May1987
160.	Stephen Foulkes	V	33	5-48-43	Adelaide 24Hr	1/2 Nov1986
161.	Grahame Kerruish	NSW	48	5-48-57	Hensley 24Hr	30/31 May1987
162.	Bill Gutteridge	SA	53	5-49-10	Adelaide 24Hr	5/6Nov1983
163.	Dick Crotty	SA		5-50-56	Adelaide 24Hr	5/6Nov1983
164.	Graeme Dunlop	V	27	5-51-03	Adelaide 24Hr	9/10Nov1985
165.	Graham Venus	SA		5-51-05	Adelaide 24Hr	9/10Nov1985
166.	Peter Manning	NSW	34	5-52-50	Hensley 24Hr	30/31May1987
167.	Dave Bird	WA	49	5-54-59	Perth 24Hr	18/19Oct1986
168.	Keith Fisher	V	20	5-58-50	Box Hill 24Hr	15/16Feb1986
169.	James Harvey	SA		5-58-57	Adelaide 24Hr	3/4Nov1984
170.	Nick Bazzica	SA	26	6-00-03	Adelaide 24Hr	5/6Nov1983

50Km. TRACK RANKINGS SEPTEMBER 30th 87' (cont)

		AGE(on day of event)			
171.	Alfred Wilson	V	39	6-03-49	Aberfeldie 150Km 10Mar1985
172.	Paul Sharp	V	23	6-04-34	Aberfeldie 150Km 10Mar1985
173.	Wayne Ward	NSW	32	6-07-23	Hensley 24Hr 30/31May1987
174.	Tony Collins	NSW	40	6-14-41	Hensley 24Hr 30/31May1987
175.	Mal Pendlebury	NSW		6-14-58	Hensley 24Hr 23/24Feb1985
176.	Max Barnes	SA	63	6-15-33	Adelaide 24Hr 3/4Nov1984
177.	Frank Jones	V	45	6-19-37	Aberfeldie 150Km 10Mar1985
178.	Charlie Spare	WA	47	6-20-06	Perth 24Hr 18/19Oct1986
179.	Jonathon R. Smith	SA		6-33-15	Adelaide 24Hr 3/4Nov1984
180.	Colin Silcock	V	52	6-45-01	Aberfeldie 150Km 10Mar1985
181.	Robert Whelan	V	33	6-52-47	Box Hill 24Hr 28Feb1987
182.	Brian Steel	NSW		6-59-04	Hensley 24Hr 23/24Feb1985
183.	Kaven Dedman	SA	39	7-09-07	Adelaide 24Hr 1/2Nov1986
184.	Murray Dahm	NSW	44	7-25-30	Hensley 24Hr 30/31May1987

WOMEN.

1.	Cynthia Cameron	V	45	4-39-22	Coburg 100Km 13Sep1987
2.	Margaret Smith	V	49	4-58-25	Aberfeldie 150Km 10Mar1985
3.	Carolyn Vaughan	NSW	33	4-59-43	Box Hill 24Hr 4/5Feb1984
4.	Helen O'Connor	SA		5-03-01	Adelaide 24Hr 1/2Nov1986
5.	Debbie Sayers	NSW		5-10-03	Parramatta 8Mar1981
6.	Geraldine Riley	V	21	5-10-20	Adelaide 24Hr 9/10Nov1985
7.	Gloria Kennedy	NSW		5-10-45	Parramatta 7Mar1982
8.	Trish Spain	WA		5-18-53	Perth 24Hr 18/19Oct1986
9.	Wanda Foley	NSW	41	5-29-27	Hensley 24Hr 30/31May1987
10.	Sue Worley	SA		5-31-03	Adelaide 24Hr 1/2Nov1986
11.	Dawn Parris	V	32	5-37-18	Aberfeldie 150Km 10Mar1985
12.	Leonie Gordon	SA		5-58-20	Adelaide 24Hr 3/4Nov1984
13.	Bronwyn Salter	WA	38	6-22-23	Perth 24Hr 18/19Oct1986
14.	Patty Bruner	V	46	6-27-54	Adelaide 24Hr 5/6Nov1983
15.	Eileen Lush	SA	39	6-55-01	Adelaide 24Hr 1/2Nov1986
16.	Marilyn McCarthy	SA	37	6-56-53	Adelaide 24Hr 1/2Nov1986
17.	Elaine Guterres	SA		8-29-39	Adelaide 24Hr 9/10Nov1985

Thanks to Paul Matthew, Keith Fisher and Nobby Young for the information they sent to me.

If your name is missing from the rankings, drop me a line and if possible, enclose a copy of the race results.

All corrections and omissions to me at:-69 Cambridge Crescent, Werribee. 3030
Tel. 03 7413071.

Regards Gerry Riley

FUND RAISING

I guess you are sick of hearing how poor we are, but our finances are low and we do not want to have high membership fees. Admittedly, our fees are increasing for 1988, but we consider they are still modest, especially when you account for this newsletter. Costs of production and postage have been higher than expected.

If any member has any ideas for generating additional funds so that we can keep our membership rates down, please let us know, or better still, just implement these ideas and send us the profits for general revenue!

Geoff Hook

AUST RECORD HOLDERS

6Day.	George Perdon	841.6Km.(522Mls 1665Yds)	Colac 26Nov1984.
12 Hrs	George Perdon	96Mls 1426Yds	Olympic Pk 23May1970
24Hrs	Brian Bloomer	242.598Km	Box Hill 15/16Feb1986
48Hrs	George Perdon	318.80Km	Colac 6Day 24Feb1986
100Mile	George Perdon	12-25-09	Olympic Pk 23May 1970
200Km.	David Standeven	18-56-04	Adelaide 24Hr 1/2 Nov1986
150Km.	George Perdon	11-32-35	Olympic Pk. 23May 1970
100Km.	Martin Thompson	7-22-38	Tipton UK 24 Oct 1975
50Mile	Bruce Cook ACT	5-35-32	Box Hill 29Jun1985
40Mile	Martin Thompson	4-12-40	Epsom UK 29Apr 1978
50Km.	Bill Clingham	3-10-36	Parramatta NSW 11Mar1984
30Mile	Bill Clingham	?	" " "

WOMEN

6Day.			
48Hr.			
24Hr.	Cynthia Cameron	200.615Km.	1/2 Nov1986 (Adelaide)
12Hr.	Cynthia Cameron	115.451Km.	" " "
100Mile	Cynthia Cameron	18-11-37	" " "
200Km.	Cynthia Cameron	23-56-10	" " "
150Km.	Margaret Smith	15-42-50	Aberfeldie 10Mar1985
100Km.	Cynthia Cameron	9-15-26	Coburg 14Sep1986
50Mile	Cynthia Cameron	6-52-42	Box Hill 28Jun1986
40Mile	Cynthia Cameron	5-28-31	" " "
50Km.	Cynthia Cameron	4-13-09	" " "
30Mile	Cynthia Cameron	4-05-01	" " "

ADVERTISING SPACE AVAILABLE

ADVERTISING SPACE AVAILABLE

AURA is currently trying to boost finances (to keep membership fees down to a minimum) and so we are offering ADVERTISING SPACE in this prestigious magazine at bargain rates. Please help by taking up advertising space yourself or by notifying others who may be interested. (e.g. running shops, small businesses etc) We already have two people who have promised to advertise - Fred Howe of Talays running shops and Tony Rafferty. Their advertisements will probably appear in our next issue.

Advertising rates are:	1/4 page	\$15 per issue
	1/2 page	\$30 per issue
	Full page	\$60 per issue

Repeated advertisements over several issues will attract a 20% reduction. Remember, with a circulation of 200, approximately 500 people will be reading this magazine.

WORLD AGE GROUP RECORDS

by Andy Milroy

The International Association of Ultrarunners do not, at present, keep official age group records. However since there are regular requests for such statistics, over the years I have collected details of the performances shown below. In the vast majority of cases the lap sheets have been checked. I would appreciate receiving documentation of lap sheets/track certificates of any performance bettering one of these marks, plus proof of date of birth.

These age group marks are restricted to the track and 24 hour road at present because of the great variations in road course measurement (24 hour road courses tend to be short loop courses easily measured by steel tape). It is hoped that 100km road age group bests will be available in the near future.

p = pending receipt of lap times/final checking.

n = non-standard track.

t = pending details of track certification.

* = limited data available on these age groups. Information welcomed.

WORLD TRACK AGE RECORDS

(as of 1st August 1987)

30 miles	40-44	Tim Johnston (GBR)	2.48.37	16.10.82	Hendon
	45-49	Bernd Heinrich (USA)	3.17.04	31.8.85	Brunswick
	50-54	Gerd Boldhaus (FRG)	3.08.28p	29.11.86	Ronneburg
		Harry Arndt (FRG)	3.16.17	29.11.86	Ronneburg
	55-59	Otho Perkins (USA)	3.11.01	23.3.86	Worthington
	60-64	Fred Nagelschmidt (USA)	3.42.39	13.7.86	Oxnard
	65-69	Gary Rech (USA)	4.04.41	5.11.83	Rochester
	70-74	Ernie Warwick (GBR)	4.54.17	12.7.86	Solihull
50 km	40-44	Tim Johnston (GBR)	2.55.07	16.10.82	Hendon
	45-49	Bernd Heinrich (USA)	3.25.28	31.8.85	Brunswick
		Gerd Boldhaus (FRG)	3.15.20p	29.11.86	Ronneburg
	50-54	Harry Arndt (FRG)	2.23.05	29.11.86	Ronneburg
	55-59	Otho Perkins (USA)	3.17.26	23.3.86	Worthington
	60-64	Fred Nagelschmidt (USA)	3.49.47	13.7.86	Oxnard
	65-69	Gary Rech (USA)	4.14.15	5.11.83	Rochester
	70-74	Ernie Warwick (GBR)	5.07.56	12.7.86	Solihull
40 miles	40-44	Gerald Walsh (RSA)	4.04.34	19.10.57	Walton
	45-49	Bernd Heinrich (USA)	4.24.54	31.8.85	Brunswick
	50-54	Harry Arndt (FRG)	4.25.24	29.11.86	Ronneburg
	55-59	Tom Buckingham (GBR)	5.01.23	27.4.74	Ewell
	60-64	Paul Reese (USA)	5.40.27	10.9.77	Santa Monica
	65-69	Edson Sower (USA)	7.01.49	31.12.84	Phoenix
	70-74	Ernie Warwick (GBR)	6.48.06	12.7.86	Solihull
50 miles	40-44	Gerald Walsh (RSA)	5.16.07	19.10.57	Walton
	45-49	Bernd Heinrich (USA)	5.34.24	31.8.85	Brunswick
	50-54	Harry Arndt (FRG)	5.40.06	29.11.86	Ronneburg
	55-59	Fred Nagelschmidt (USA)	6.55.02	28.10.79	Santa Monica

	60-64	Paul Reese (USA)	7.16.30	10.9.77	Santa Moni
	65-69	Cleo Casady (USA)	9.24.25	21.11.81	Springfiel
	70-74	Ernie Warwick (GBR)	8.51.03	12.7.86	Solihull
100 km	40-44	Charlie Hunn (GBR)	7.12.19	16.10.82	Hendon
		Gerd Bolhaus (FDR)	6.46.42p	3.11.84	Geneva
	45-49	Bernd Heinrich (USA)	7.00.12	31.8.85	Brunswick
	50-54	Harry Arndt (FRG)	7.12.26	29.11.86	Ronneburg
	55-59	Francois Leoix (FRA)	7.55.40	19.6.83	Lesneven
	60-64	Cliff Young (AUST)	9.18.28	10.4.82	Sydney
	65-69	Cy McLaughlin (NZL)	11.09.19	2/3.6.84	Auckland
	70-74	Ernie Warwick (GBR)	11.51.44	12.7.86	Solihull
100 miles	40-44	Derek Kay (RSA)	11.56.56	6/7.10.72	Durban
	45-49	Wally Hayward (RSA)	12.46.34	20/21.11.53	Motspur Par
		George Perdon (AUST)	12.25.09p	23.9.70	Melbourne
	50-54	Derek Funnell (GBR)	14.48.49	15.10.77	London
	55-59	Ken Mackay (GBR)	17.07.04	10/11.10.81	Hendon
	60-64	Cliff Young (AUST)	14.37.54pn	2.4.83	Sydney
	65-69	Cy McLaughlin (NZL)	17.37.16	2/3.6.84	Auckland
	70-74	Ernie Warwick (GBR)	21.35.27	12.7.86	Solihull
200 km	40-44	Ron Bentley (GBR)	16.53.00	3/4.11.73	Walton
	45-49	Wally Hayward (RSA)	17.33.25	20/21.11.53	Motspur Par
	50-54	Derek Funnell (GBR)	19.26.55	15/16.10.77	London
	55-59	Ken Mackay (GBR)	22.32.23	10/11.10.81	Hendon
	60-64	Cliff Young (AUST)	20.17.09	9/10.11.85	Adelaide
	65-69	Cy McLaughlin (NZL)	22.41.00	2/3.6.84	Auckland
24 hours	40-44	Ron Bentley (GBR)	259.603k/ 161m545y	3/4.11.73	Walton
	45-49	Wally Hayward (RSA)	256.400k/ 159m562y	20/21.11.53	Motspur Parl
	50-54	Dave Cooper (GBR)	247.210k/ 153m1072y	15/16.3.85	Chevilly-Lai
	55-59	Ken Mackay (GBR)	211.356k/ 131m581y	10/11.10.81	Hendon
		Francois Leroux (FR)	215.830k/ 134m194ypn	17/18.5.86	Montfort-sur Meu
	60-64	Cliff Young (AUST)	235.969k/ 146m1098y	9/10.11.85	Adelaide
	65-69	Cy McLaughlin (NZL)	210.129k/ 130m999y	2/3.6.84	Auckland
	70-74	Ernie Warwick (GBR)	171.395k/ 106m880y	12/13.7.86	Solihull
48 hours	40-44	Jean-Gilles Boussiquet (FRA)	410.550k/ 255m182y	14/16.3.86	Montauban
	45-49	Dave Cooper (GBR)	351.888k/ 218m1149y	13/15.5.83	Gloucester
	50-54	Gilbert Mainix (FRA)	395.600k/ 245m1433y 407.573k/ 253m447ypn	14/16.3.86 8/10.5.87	Montauban Surgures
	55-59	Ed Williams (USA)	288.399k/ 179m357y	31.12.85/ 1.1.86	Phoenix
	60-64	Cliff Young (AUST)	312.000k/ 193m1527y	26.11/ 2.12.84	Colaç
	65-69	Willie Rios (USA)	231.745k/ 144m000y	2/4.7.84	New York

6 days	40-44	Jean-Gilles Boussiquet (FRA)	975.200k/ 605m169yp	3/9.10.85	La Rochelle
	45-49	Alan Fairbrother (GBR)	838.555k/ 521m95yt	2/8.7.84	New York
	50-54	Gilbert Mainix (FRA)	980.800k/ 609m775yp	29.9/ 4.10.86	La Rochelle
	55-59	John Dowling (GBR/EIRE)	665.514k/ 413m934y	19/25.8.84	Nottingham
	60-64	George Perdon (AUST)	841.600k/ 522m1664yp	26.11/ 2.12.84	Colac
	65-69	Willie Rios (USA)	616.098k/ 382m1454ypt	2/8.7.84	New York

WORLD TRACK AGE RECORDS (WOMEN)

30 miles	40-44	Kay Moore (USA)	4.22.19	21.7.84	Millersville
	45-49	Mary Ann Miller (USA)	4.48.27	13.11.82	Mesquite
	50-54	Beryl Skelton (USA)	4.45.08	5.11.83	Rochester
	55-59	Ruth Anderson (USA)	4.50.48	22.3.86	Santa Rosa
	60-64	Helen Klein (USA)	5.42.52	16.3.85	Santa Rosa
50 km	40-44	Kay Moore (USA)	4.31.28	21.7.84	Millerville
	45-49	Marry Ann Miller (USA)	5.02.05	13.11.82	Mesquite
		Angela Mertens (BEL)	3.59.10p	15.11.86	Arcueil
	50-54	Beryl Skelton (USA)	4.54.56	5.11.83	Rochester
	55-59	Ruth Anderson (USA)	5.00.18	22.3.86	Santa Rosa
	60-64	Helen Klein (USA)	5.57.32	16.3.85	Santa Rosa
40 miles	40-44	Kay Moore (USA)	5.55.50	21.7.84	Millersville
	45-49	Sue Medaglia (USA)	6.38.40	26.9.81	Greenwich
	50-54	Marty Maricle (USA)	6.46.41	23.8.86	San Francisco
	55-59	Ruth Anderson (USA)	6.34.51	22.3.86	Santa Rosa
	60-64	Helen Klein (USA)	7.51.10	16.3.85	Santa Rosa
50 miles	40-44	Kay Moore (USA)	7.32.31	21.7.84	Millersville
	45-49	Sue Medaglia (USA)	8.28.18	26.9.81	Greenwich
	50-54	Marty Maricle (USA)	8.34.01	23.8.86	San Francisco
	55-59	Ruth Anderson (USA)	8.25.03	22.3.86	Santa Rosa
	60-64	Helen Klein (USA)	10.01.58	16.3.85	Santa Rosa
100 km	40-44	Kay Moore (USA)	9.27.16	21.7.84	Millersville
	45-49	Margaret Smitt (AUST)	10.30.43	10.3.85	Essendon
		Angela Mertens (BEL)	8.28.20p	15.11.86	Arcueil
	50-54	Marty Maricle (USA)	11.04.29	23.8.86	San Francisco
	55-59	Ruth Anderson (USA)	11.11.04	22.3.86	Santa Rosa
	60-64	Helen Klein (USA)	12.56.41	16.3.85	Santa Rosa
100 miles	40-44	Edith Couhe (FRA)	17.26.28	15/16.3.85	Chevilly-L
	45-49	Margaret SMith (AUST)	16.01.43n	21.4.84	Sydney
	50-54	Marty Maricle (USA)	19.26.04	23.8.86	San Francisco
	55-59	Ruth Anderson (USA)	20.54.24	22.3.86	Santa Rosa
	60-64	Helen Klein (USA)	22.15.26	16.3.85	Santa Rosa
200 km	40-44	Edith Couhe (FRA)	22.06.56	15/16.3.85	Chevilly-L
	45-49	Sue Medaglia (USA)	23.46.51	26.9.81	Greenwich

24 hours	40-44	Edith Couhe (FRA)	212.300k/ 131m1089y	15/16.3.85	Chevilly
	45-49	Sue Medaglia (USA)	203.011k/ 126m255y	26.9.81	Greenwich
	50-54	Marty Maricle (USA)	180.079k/ 111m1576y	23.8.86	San Francisco
	55-59	Ruth Anderson (USA)	177.430k/ 110m439y	22.3.86	Santa Rosa
	60-64	Helen Klein (USA)	170.165k/ 105m1294y	16.3.85	Santa Rosa
48 hours	40-44	Arlette Touchard (FRA)	347.420k/ 215m1543y	14/16.3.86	Montauban
	45-49	Ann Sayer (GBR)	294.114/ 182m1326y	10/12.4.82	Nottingham
	50-54	Mary Ann Miller (USA)	273.588k/ 170m00y	28/30.11.86	Dallas
	55-59				
	60-64	Francoise Lamothe (FRA)	305.820/ 190m48y	14/16.3.86	Montauban
6 days	40-44	Edith Couhe (FRA)	771.761k/ 479m968yi	4/10.10.84	La Rochelle
	45-49	Sue Medaglia (USA)	662.924/ 411m1623ypt	2/8.7.84	New York
	50-54				
	55-59	Myra Linden (USA)	547.579k/ 340m440y	23/29.6.85	Pennsauken
	60-64	Francoise Lamothe (FRA)	648.402k/ 402m1582y	4/10.8.85	Nottingham

24 HOUR ROAD

40-44	Hans-Martin Erdmann (FRG)	274.119k/ 170m580y	8/9.5.87	Cologne
45-49	Peter Mann (FRG)	258.108k/ 160m670y	9/10.5.86	Apeldoorn
50-54	Joseph Tudo (FRA)	245.712k/ 152m1193y	31.5/1.6.86	d'Eppeville
	Joseph Tudo (FRA)	247.692k/ 153m1599yp	30/31.5.87	d'Eppeville
55-59	Ken Jordan (GBR)	198.256k/ 123m336y*	8/9.5.82	Preston
60-64	Ken Mackay (GBR)	182.051k/ 113m213y*	5/6.5.84	Preston
65-69	Eugen Hutmacher (FRG)	163.700k/ 101m1264y*	8/9.11.80	Niort
40-44	Arlette Touchard (FRA)	204.000/ 126m1337y	3-4/11/84	Niort
45-49	Waltraud Reisert (FRG)	215.402/ 133m1486y	9/10.5.86	Apeldoorn
50-54	Gisela Duschl (FRG)	185.636/ 115m613y	10/11.9.83	Morlenbach
55-59	Gerda Schroeder (FRG)	191.640/ 119m140y	13/14.9.86	Morlenbach
60-64	Francoise Lamothe (FRA)	184.161/ 114m760y	7/8.6.86	Cranwell