



AURA

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

(Incorporated in Victoria)

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

NEWSLETTER

Vol.3 No.1

February, 1988

Hi folks!

Happy New Year to all and we hope it is prosperous and successful, especially in your running endeavours. Also, may it be injury-free.

Our first issue for 1988, and again it's bigger and better than before. This increase in size has got to stop or we'll just have to ask you to come and pick up your future issues, as they will become too heavy to post.

Membership numbers are still increasing to unbelievable totals, currently 230. Breakdown by States and Territories is:

Victoria	97	Overseas	12
New South Wales	69	Western Australia	8
South Australia	21	A.C.T.	6
Queensland	12	Tasmania	5

(Eat your heart out, Big Chris!)

We are pleased with membership renewals (84 have not done so) and hope the remainder will renew soon. As foreshadowed in our previous newsletter, those who are currently unfinancial will receive a reminder slip with this copy of the newsletter. Failure to renew will result in no further issues being sent because our finances are unable to support those who don't pay their dues. We have been extremely pleased and encouraged by the number of people who have written to us saying our membership fees are low and should be higher, and a few who have sent extra money as donations. We can operate on our current membership fee, and so intend to keep it low for now.

We still need logo ideas. At this stage, we really haven't got enough to choose from.

We have recently had our first 48 Hour races in Australia. The first was held in Perth, W.A. on a 1km. grass track on 16-18th October, 1987. The second was held on a regular 400m track on 23-25th January 1988 in Melbourne, Vic. The winning distance in Perth was 335km, but this was surpassed in Melbourne with a distance of 367.838km. In all, both races produced 6 runners who bettered 200 miles in 48 hours - performances which would stand up well in international competition.

The Colac 6 Day Race was won by a local, Joe Record of W.A., with a fine distance of 890.8km.

The Ultra Runners' Survey has been completed and the results are in this issue. Disappointingly, we received only 20 replies, but at least these were sufficient for us to analyse the results.

Closer ties have been forged with the International Association of Ultrarunners (IAU) and extracts from their newsletter appear in this issue.

Finally, our ranking lists take in 100km. track events for this issue. Thanks again Gerry!

'Bye for now,

Geoff Hood.

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1987/1988 A.U.R.A. COMMITTEE

President: Geoff Hook
Vice Pres: Tony Rafferty
Secretary: Dot Browne
Ass. Sec: Val Case
Treasurer: Klaus Schnibbe
Ordinary Members: Kevin Cassidy (Vic), Keith Fisher (Vic), Chris Stephenson (NSW), Bob Marden (NSW), Trevor Harris (ACT), Mike March (Tas), Andy Docherty (SA), Tony Tripp (WA), Andy Semple (Q'ld)
International Liason Officer: Tony Tafferty
Statistician: Gerry Riley
Newsletter Editors: Dot Browne/Geoff Hook
Assistant Treasurer: Dot Browne

CALENDAR

1988

- 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, 1060km. Contact Charlie Lynn, c/- Westfield Run Office, G.P.O. 4004, Sydney NSW 2011, phone (02)3564333
- Mar 6 50KM TRACK RACE, Parramatta, NSW, 6am start, 500m.grass track, contact Chris Stephenson, P.O.Box 45, Rushcutter Bay, NSW 2011, phone (02)5237852 (H) or (02)3392171.(W)
- April 2 50KM & 100KM ROAD RACES, Pukekohe, NZ (35km south of Auckland), Easter Saturday, Grand Prix track. Contact: P.Spiers, Box 265, Pukekohe, NZ, phone 08589154 (W) or 08589433 (H)
- April 9 FRANKSTON TO_PORTSEA_RACE, Vic, 34 miler, contact Kon Butko, phone (03)7871309
- 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.
- May 1 8 HOUR TRACK RACE, Q'ld, Q.M.R.R.C., Q.E.11 Stadium, Brisbane, 400m.track, 8am start, contact Andy Semple, Queensland Marathon & Road Runners' Club, P.O.Box 192, Everton Park, 4053, Q'ld.
- May 7 12 HOUR TRACK RACE, Vic at Rosebud, Olympic Park, Percy Cerutti Memorial Run, 8am start, \$30 entry, 400m.grass track, Eastbourne Road, entry forms from Brian Jones (059)868640 or Terry Cox (059)864792, P.O.Box 450, Rosebud 3939.
- 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. Entry form enclosed with this newsletter.
- May 28/29 24 HOUR TRACK RACE, WA, Perth, 1km.grass track, McGillvray Oval, Contact Tony Tripp, "lakeview", Davies Road, Claremont. WA.
- Jun 18 50 MILE TRACK RACE (Australian Championship) Vic, at Box Hill, 400m. track, 8am start, contact Geoff Hook, 42 Swayfield Road, Mt.Waverley 3149 or phone (03)2889739.
- Jun 19 50 MILE ROAD RACE at Carlton, Vic, 8am start, 25 x 2 mile circuits around Princes Park. Contact Geoff Hook, phone (03)2889739.
- Jun 25/26 24 HOUR TRACK RACE, Q'ld, Q.E.11 Stadium, 400m.track, 9am start, contact Andy Semple, Queensland Marathon and Roadrunners' Club P.O.Box 192, Everton Park, Q'ld 4053, phone (07)3555740.
- Sept ? SYDNEY TO_WOLLONGONG, NSW, approx.50 miler road race, contact Tom Gillis, 7 Wilmot Street, Sydney, 2000 NSW, 4am start.

CALENDAR

- Aug 28 100KM TRACK RACE at Coburg, Vic, 400m track, 7am start, contact Kevin Cassidy, 4 Grandview Road, Preston, 3072 Vic, phone (03) 4783687 for entry forms.
- Sep 50 MILE ROAD RACE NSW, Bathurst, 7am start at the courthouse, Russell Street, Bathurst. Time limit 10 hours, contact Ian Taylor, 206 Rankin Street, Bathurst 2795, phone (063)313230 (H)
- Sep 29 PERTH TO ALBANY WA, 257 mile road race, 4½ day limit, by invitation only, Garry Clark (098)447190 (H) or Tony Tripp, "Lakeview", Davies Road, Claremont, Perth.
- Oct 1 100KM TRACK RACE, ACT, 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 1/2 100 MILE TRACK RACE at Manly, NSW, grass track, contact Ian Hutchison, P.O.Box 168, Narrabeen, 2101 NSW (race to be confirmed)
- Oct 2 50 MILE ROAD RACE, Q'ld, around Queensland University, St. Lucia contact Andy Semple, Queensland Marathon and Road Runners' Club, P.O.Box 192, Everton Park, Queensland, 4053 or phone (07)3555740 Race starts 1am!! 5km circuit.
- Oct 90KM ROAD RACE, SA, Adelaide to Victor Harbour, contact the Distance Runners' Club of South Australia, P.O.Box 102, Goodwood 5034, South Australia.
- Oct 15 LAUNCESTON TO HOBART ROAD RACE Tas., 200km, 7EX-HIT Shell Ultra Marathon, Starts Launceston P.O., finishes Hobart P.O., 30 hour limit, \$100 entry 9am start, Approx \$30,000 to \$35,000 prize-money. Also teams' event - 10 x 20km legs. Contact David Osborne, 65 Amy Road, Launceston, Tas 7250.
- Oct 29/30 24 HOUR TRACK RACE, SA, (Australian Championship) Adelaide, Sri Chinmoy Marathon Team, 7am start, contact Prabuddha Nicol, c/- 7 Oxford Street, Hackney 5069, South Australia. Phone (08)3629735
- Nov A.C.F. BRINDABELLA CLASSIC, ACT, 47km approx. Trail run over Brindabella Mountains just south of Canberra. Contact John Stanhope, 52 Sharwood Cres, Evatt ACT 2617, phone (062)583181.
- Nov 14-20 6 DAY TRACK RACE, Colac, Vic., 400metres grass track, entry by invitation only, contact Colac 6 Day Committee, P.O.Box 163, Colac 3250, phone (052)315442. (Applications detailing performances welcome)
- Dec 4 50 MILE ROAD RACE Vic. Ballarat, C.H.A.S.E. Carnival, (Victorian 50 Mile Road Championship). Wendouree A.C. P.O.Box 511, Ballarat, 3550 or phone Andrew Bush (053)321434.
- 1989
- Jan ? BOGONG TO HOTHAM, Vic, mountain trail run, 6.15am start at Mountain Creek Picnic Ground, approx 60km, 3,000 metre climb! Phone Russell Bulman, (03)8789285 (AH)
- Jan 48/24 HOUR RUNS, Vic, Aberfeldie, 400m track, Corio St, Aberfeldie. Contact Stephen Foulkes, P.O.Box 1048, Carlton 3053 or phone (03)6528376 (W)

CLIFF'S TIPS

(Cliff Young included these in his runners' survey. We thought it might be of interest to others)

1. Please do not time me on the run. It is not a sprint.
2. Over 6 or so days, I want the crew to stay as fresh as possible, rest and sleep when possible.
3. If I get bad-tempered, don't take it personally. It's just the stress of the race.
4. When I hit a bad patch and am running slow, I do not want anyone to tell me to pick up the pace. Twenty hours or so is a long time to run each day and I'll pull myself out of it as soon as possible. I will be doing my best at ALL TIMES.
5. No food or drink to be put in plastic; glass, china or enamel only please.
6. Food to be given in small-medium quantities, i.e. $\frac{1}{4}$ to $\frac{1}{2}$ a bowl.
7. Please have drinks well shaken fresh and cold. Cold, even when it is cold weather.
8. Food to be given freshly-made. Food to be moist so it is easily swallowed.
9. Please see the list of drinks and foods - a basic idea of what I want.

DRINKS: Akta-vite drink: $\frac{1}{2}$ milk, $\frac{1}{2}$ water

Egg flip: cooked eggs, $\frac{1}{2}$ milk, $\frac{1}{2}$ water, brown sticky sugar. Bland to make as smooth as possible.

Also: yoghurt drinks, V-8 vegie juice, blackcurrant juice, mineral water, lemonade & coke, plain water.

LETTERS TO THE EDITOR

130 Park Terrace,
Salisbury, S.A. 5108
16th February, 1988.

Dear Dot,

I should like to take this opportunity of thanking all concerned in the organisation of the VVAC 24 Hour for a job well done. It can't be easy. Speaking as an interstate entrant, my special thanks to the lap-scorers who worked tirelessly throughout and who are at times the forgotten few and let's face it, in order for us to participate, we need someone to do this job. Also, a special thanks of appreciation to the masseurs who were on hand. WHAT A JOB THEY DID. They certainly kept me mobile as I'm sure they did others in the race. "Thanks Guys" and Dot, give yourself a pat on the back.

Regards,



Graham Stenner - S.A.

LETTERS TO THE EDITOR

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The Editor
AURA
4 Victory Street
MITCHAM VIC 3132

Dear Sir,

I refer to Kathy Schubert Friths letter "Sydney to Melbourne as a Handler." I think the title would have been more accurate if it had been titled "Sydney to Melbourne as a Whinger."

A small part of her article concerned the runner and the rest concentrated on knocking the sponsor.

Her only comment on the heroic efforts of her runner, Kevin Mansell, was that he had the easy job because it was much more difficult tending to his needs than it was to be running. Of course she knows because she is an "ultra-runner" herself. Australians have a term for this Kathy - its called 'put up or shut up.'

The remainder of the article was obviously put together while she was driving on the 'wrong' side of the road.

Her comments on the selection of the international runners are untrue.

Her comments on the sponsorship criteria for Australian runners are untrue.

Her comment about Westfields aim of making 'merchandising history' is untrue.

Her comments about Westfield 'using' support crew members is difficult to understand. Westfield had never heard of Kathy Schubert-Frith before the event. She was in Kevin Mansells crew as a result of a seperate agreement she made with Kevin.

Westfield didn't buy her 12 rolls of film because she had not made any arrangement, or obtained any agreement, for such a purchase. Westfield had already contracted a professional photographer to cover the event, but if Kathy had wanted to arrange something with her 'brownie box' then she should have let us know before the event.

Kathys style of writing is typical of the knocker or whinger - they dont normally let the facts get in the way of a good story - unfortunately it wasnt even a good story!

Yours sincerely,

Charlie Lynn
CHARLIE LYNN
RACE DIRECTOR

Dear Dot,

5 DEC 87

It was with interest that I read the article by Peter Armistead on the snake incident. The person in question, Geoff Hook is mister nice guy (most of the time) and I feel privileged to be able to call him a friend. I had the good fortune to be running down the main street of Bathurst with Geoff and Nick Read (my witness to the incident) recently during the Bathurst 50 miler.

About half way down the main street (we were running on the footpath) I felt as if I was being very subtly lined up (by Geoff) with a post and rubbish bin about every seventy five metres. By the end of the street I knew I was being set up for a collision with a bin. When I mentioned this fact to Geoff his only comment was " It's a race ". I side-stepped the last bin, thanked him for not pushing me into it and re-affirmed in my mind, that Geoff Hook is a gentleman. .

I look forward, with anticipation, to the Hook version of the above incident.

kindest Regards
 Trevor Harris.

Geoff's reply: Yes, I did try to set you up Trevor, so that doesn't make me mister nice guy after all. However, I never had any intention of pushing you in the rubbish bin - I thought you might have gone in of your own accord and I wanted to see that when your legs were pointed skywards, whether they would still attempt to run.

2 Wilkinson Street,
EAST BURWOOD. 3151.

November 11th, 1987

The Editors,
AURA Newsletter,

Dear Dot & Geoff,

May I, through the A.U.R.A. Newsletter appeal to Race Directors, Organisers and Reporters to always list the age of each competitor, and show the race number of each entrant in the Race Program.

These details, (which are sometimes missing) would enable runners, crews and public (spectators) to identify competitors and their age groups.

I believe that all of us would appreciate being better informed in this way.

Yours in running,

Stan Miskin.
Stan Miskin.

AURA
4 Victory St
MITCHAM 3132

Dear AURAettes,

Enclosed is my membership renewal for 1988. Also enclosed is a further ten dollars for the following ten reasons;

- * For having the nerve to take on doing this magazine in the first place.
- * for the Gerry Riley recording efforts.
- * For everyone's efforts to have the Phantom (Chris Stephenson) return permanently to the deep jungle.
- * For the new logo , it's great , it looks like me.
- * For Dot for being rather cute.
- * For Geoff for being ratherEvery member can fill in their own word.
- * For encouragement for other ultra runner to add a bit to their subscription to ensure the continuation of this publication.
- * For the loan of Cliff Young every now and then to us in NSW until we have time to develop one of our own.
- * For the loan of your manual on "How to develop a Cliff Young , and other hardy root crops".
- * For a great year for AURA in 1988.

Kindest regards

Nobby Young

NOBBY YOUNG

COLD POWER NSW INC.

413 Wright Road,
VALLEY VIEW. 5093.
SOUTH AUSTRALIA.

I am enclosing my cheque for my renewal for 1988, also a muscle chart and a strexercising for printing in your newsletters as I am sure there are a lot of ultra runners very body conscious this could help in better understanding of some of the muscle groups of our bodies. Also the strexercising will make good reading, as there is alot of controversary about should you stretch the muscles or is it a waste of time as I know a lot who don't.

Yours Sincerely

Bill Gutteridge

Bill Gutteridge

8. P.S. Aura is terrific, keep it up. Good running to all our members for 1988 and Happy New Year to all.

RACE REPORTS

P.O. Box946, Launceston, Tasmania, 7250. Phone (003)954294 A.H.

CRADLE MOUNTAIN RUN



The Cradle Mountain Run, from Waldheim in the north of the Cradle Mt-Lake St Clair National Park to Cynthia Bay in the south, will be held on:

February 6, 1987

The run is a full days running through scenic wilderness alpine areas. The distance is said to be approximately 80k but the fastest time is 8 hours 46 min by Craig Malot of the A.C.T in unusually dry conditions of 1985.

Richard Pickup

For details and entry forms write to the above address.

(Although we realize that the following report is out-dated, we have included it for its interest value.)

Dear Runner,

My profound apologies for not sending the results earlier. I am afraid that the Colcombe affair almost made me throw the whole thing in!

As you know, Eddy had to be taken out by the National Parks Service and this did not endear me to them. He was left at Sheffield to make his way to Launceston. I could not contact him, he had no gear or money. Asked the police in Sheffield to find him but he hitched to Launceston. I left a message for him to ring me reverse charges at the Launceston Police Station.

Meanwhile I had rung his wife to inform her that he was safe. Surprise surprise she thought he was in Canberra.

After this, it has only now that I can be bothered. Incidentally I am still waiting for his share of the costs of transport.

Anyway here are the results of the Run. I have decided to credit Ian, Graeme and Brian with finishing as indeed they did, but I could only give them an indefinite time because the time for the run is elapsed time from the start and includes rest periods and not the actual running time.

I hope this is fair. Of course a major factor to them not finishing was Eddy holding them back.

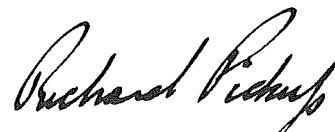
I will have to do a lot of re thinking to avoid such problems again.

As for me, I seem to have a new burst of enthusiasm
Good running

Richard

THE RESULTS OF THE 1987 CRADLE MT RUN

10hr04m	Michael Walters	Cheltenham VIC
11hr15m	Robin Rishworth	Mt Waverley VIC
11hr18m	Max Bogenhuber	Grays Point NSW
13hr04m	Alan Davis	Bundoora
15hr04m	Mike March	Ferntree TAS
15hr04m	Doug Markulin	Manly NSW
15hr16m	Ross Shilston	Frankston VIC
15hr33m	Geoff Hook	Mount Waverley VIC
15hr33m	Peter Armistead	Frankstown VIC
16hr++	Ian Hutchison	Narrabeen NSW
16hr++	Brian Westwood	Lindisfarne TAS
16hr++	Graeme Fennell	Mt Nelson TAS
dnf	Edward Colcombe	Gymea NSW


Richard Pickup

The 6th annual Cradle Mt Run was held on February 7, 1987. The conditions were exceptionally difficult. The track was very muddy and the lack of maintenance has caused sections to turn into complete bogs. Some of the runners tested the depth and found that the bogs were at least waist deep.

To top it all it was one of Tasmania's two hot summer days with temperatures in the 30's. It was an exceptionally tired Michael Walters who crossed the finish 10hr20m after the start. The conditions made the run by Michael one of the more exceptional runs in the history of the event.

The runners got away from Waldheim just before 6:30 am on a beautiful clear alpine day. The steep climb up to the Plateau was a delight. The clear air allowed a clear view over the rugged country through which the runners must pass. The cool air and the rocky surface under foot did not give a clear forewarning of the difficult running ahead.

As the day wore on it got hotter and as the runners passed into the button grass plains it became very hard work indeed. By Pelion Hut the tail end party was on a schedule that would see most of them finish after dark.

The times by all the finishing runners were slowed by the very difficult conditions - most finished walking in the dark through the rainforest around Lake St Clair.

Three runners were forced to "camp" the night at Narcissus Hut before finishing the next morning. Because they finished they are credited with finishing the event but their times were not really determined.

Once again there was a runner who underestimated the difficulty of the run and the remoteness of the region. By Pelion Hut he was holding the tail group back and was advised to withdraw. The relief party was unable to persuade the runner to withdraw and this runner continued. Having fulfilled the rules not to leave the last runner alone until at a relief party, the other runners ran on ahead. At this point the relief party packed up their camp and returned to Launceston. The runner continued for a short distance but then decided to return to Pelion. The runner had then to be assisted to civilization the next day by the National Parks Service.

This debacle to some extent soured my feelings about organizing the event. Despite this the most of the runners who have taken part in the 1987 run regard the Cradle Mt Run as one of the best events of its type.

The 1988 Bicentenary Cradle Mt Run is Scheduled for:
Saturday February 6

Prospective runners can expect thorough vetting of runners and more and stricter enforcement of the very essential rules.

PERTH 48 HOUR RUN - OCTOBER 16-18th, 1987

It was high noon on the Friday when Australia's first ever 48 Hour Run got underway at Perth's McGillivray Oval. Under the watchful eyes of three T.V. crews, the ten fools (sorry, runners) were interviewed, then sent on their way. The field consisted of seven locals and three Victorians.

Joe record led from the start, but was soon overtaken by George Audley, who was never headed for the rest of the race. However, he was made to work hard for his win.

The three Victorians were looked after by the crews of some of the local runners; Keith Fisher doubled with George Audley, myself with Garry Clark, and Bob Bruner was looked after by two of the Race Directors, Tony Tripp's friends (Basil and Allan). These two casual "laid-back" guys were made to work hard. At one stage they were asked to find Bob a "Big Mac" in the middle of the night, and then later on, a pizza.

Ross Parker ran well early on, but ran into knee trouble which hampered his performance. Ross, however, gusted it out to the finish. He stated at one stage that he would rather be doing the Sydney to Melbourne!! Strange logic, that.

The performance by yours truly was very forgettable, for a variety of reasons which I won't bore you with. I was totally out of tune mentally, despite being physically very fit. Right from the start, my mind wasn't on the job. I tuned into the Perth vs Brisbane Basketball final on my head-phones, and when the game finished, so did I, calling it quits after about 10 hours. For the remainder of the run, I acted as a "Jack of all trades" from crewing to attending the leader board and answering questions from the curious onlookers, who asked "Are they allowed to have rests?" and "Do they get disqualified if they walk" etc.

The first 24 hours were rather uneventful, but as the run moved into the second night, carefully planned sleep and rest breaks were the order of the day. George seemed unbeatable at this stage, but Keith, Joe, Bob and Ross were engaged in a close battle for second. A little further back, Garry Clark and Alan Croxford were engaged in their own private battle for sixth place. Garry was determined to complete 140 miles before having a three hour sleep, but he was worried about falling over on the track. I was able to advise him that if he noticed that the moon and stars were in front of him, then he had fallen over backwards. Fortunately this didn't occur.

During this crucial time of the race, when all other runners were calling for drinks and food etc, Keith Fisher kept us all amused with the following requests, "I want my iron-man T-Shirt to match my tights", "Give me my Canadian shorts to match my hat", and "I need some different shoes to match my ski-jacket". Keith didn't win the race but he won the "best dressed" award very easily. Two young girls took a liking to his leopard-skin tights and he had plans of ripping them off, but they never got the chance.

Director, Tony Tripp was thoroughly enjoying himself during the entire run, as he continued to speak over the P.A. about almost anything and everything. He could have saved his breath because no-one was really listening anyway.

In the final four hours, things really happened. George put on a pair of glasses (to hold his eyes in, I think) and although very tired, he gusted it out as he had his lead cut to 11km by the fast-finishing Keith Fisher, who had run past Joe and Bob to grab second spot. Garry Clark was also running like a man possessed. With only minutes to go, the sandbags were handed out, and as they were rather heavy, it was decided that a crew member would accompany each runner for the purpose of carrying the sandbag. It was this decision which provided us with a very amusing finish. With 30 seconds to go, Ross Parker decided on a sprint finish, and promptly left his bag-carrier struggling 100 metres behind him.

When the final whistle sounded, the large crowd which had gathered, cheered long and loud. George had held on to his win with 335km, followed by Keith Fisher (324km) who grabbed second spot in a close finish from Joe Record (317km), Bob Bruner (311km) and Ross Parker, who gusted out 300km on one leg: further back Garry Clarke had clocked up 273km after being the fastest runner on the track in the final three hours. 11.

Garry is a real iron-man because less than 20 hours after the run, he was back training with a 2km run with his young son, David. Garry is also the first man to have "streaked" at the South Pole. (Ask him about it!).

Garry and myself (until I withdrew) were looked after by a very competent, capable, friendly and smiling crew. Many thanks to Molly Clark, Hans and Lisa Dophiede, David Clark, Mark Denning, Ian Clark and his mate, Neil. Also a mention for Race Director, Tony Tripp for putting on a marvellous event.

With the run completed, Keith had his feet tended to before leaving. I have never before seen such shocking blisters. One man who wasn't going far was Joe Record, because he had lost his car keys. After pulling his car apart in an effort to find them, they finally showed up in the most unusual unexpected place, his pocket!

Keith and I finally arrived back at Tony Tripp's flat and Keith's feet were giving him a lot of pain, so I called a doctor, which proved to be a waste of time. This particular quack was about as useful as Bruce Ruxton at a naturalisation ceremony. A visit to the hospital fixed things up.

The next day, we travelled to Albany with Garry and Molly Clark for a few very relaxing days, which included dinner one night at George and Christine Audley's (Many thanks, Chris!) before heading back to Perth for a few days with Ilsa (Garry and Molly's daughter) where eventually, Keith and I were poured onto the midnight flight back to Melbourne. We managed to arrive home just in time to see the Frank Bruno/Joe Bugner fight.

Kevin Cassidy.

West Country Next, the World!

VETERAN runner George Audley took himself into world class ultra-distance rankings with a superb performance in the Hi-Tec 48-hour race in Perth on the weekend.

The 52-year-old Metro Meats worker clocked up 335 kilometres to set a new Australian record, smashing the old 318 kilometre mark established by Victorian George Perdon.

His record of 335 kilometres gave him the ninth best distance on the world all-time list and elevated Audley to a world standard.

The veteran ultra-distance runner believes the experience he gained when competing in the Westfield Sydney-to-Melbourne race was crucial to his success on the weekend.

"I had a few stops in last year's 24-hour event, but what I learnt competing in the Westfield helped me through the 48-hour run," Audley said.

Audley said he knew his physical capacity and continued running when many of his fellow competitors took time to rest.

But during Audley's rest breaks he was kept informed by

By PETER HARRIS

his manager David Horne as to the activity of the other runners.

"David told me how long I could rest and when someone was nearing my 10 kilometre buffer, he would wake me and get me back onto the track," Audley said.

Audley was the oldest competitor in the race, but believes that worked in his favour.

"I believe older athletes are better ultra-distance runners because they have more patience," Audley said.

"Many of the younger entrants start out too quickly and burn themselves out, whereas the older competitors pace themselves in order to complete the required distance."

Audley now has his sights firmly set on performing well in the Colac six-day event in Victoria next month.

Surprisingly his lead-up preparation will not include any distance work at all.

"I don't think I'll lose any fitness in my legs in the next few weeks, so I'll be concentrating on building up the strength in my thighs and my ankles," Audley said.

To do this he will complete a

rigorous aerobics program at the Action Station.

Following the Colac event, Audley will aim towards preparing himself for the 1988 Westfield Sydney-to-Melbourne race and the inaugural Perth-to-Albany race next September.

International

Audley's ultimate goal is to receive international recognition for his ultra-distance running.

"I'd dearly love to get an invitation to an international event in the future, so a good performance at Colac is a must," Audley said.

Another local ultra-distance runner to perform well in the Hi-Tec 48-hour event in Perth was Garry Clark.

Clark, who is the co-director for next year's Perth-to-Albany event, finished in sixth position — completing 273.442 kilometres.

According to Audley, Clark's performance was full of merit and took many experienced ultra-distance runners by surprise.

"I've never seen Garry run so well," Audley said.

"In the early stages of the race I had to tell him off for staying on the same pace as me."

CENTURION RUNNERS CLUB
INAUGURAL AUSTRALIAN 48 HOUR
48 H O U R

NAME	MARATHON	50KM	50 MILE	100KM	150KM	100 MILE	200KM	24HR	250KM	300KM	48HR
1. George Augley	3.40.23	4.26.07	7.30.53	9.37.07	15.45.47	16.59.11	22.51.08	201km	32.46.40	42.17.11	335km
2. Keith Fisher	4.10.32	4.58.08	8.27.53	10.41.32	18.36.22	20.15.45	27.40.24	186km	38.32.06	45.28.50	324.834km
3. Joe Record	3.36.26	4.24.55	7.39.40	10.4.20	19.07.29	20.18.24	26.37.20	185km	38.43	45.08.39	317.059
4. Bob Bruner	4.05.09	4.51.55	8.20.53	10.57.50	18.46.40	20.07.56	26.52.02	184km	37.12.55	46.12.13	311.205
5. Ross Parker	3.39.33	4.29.52	7.44.37	10.06.55	17.43.36	19.10.40	25.43.25	190	38.37.10	47.56.00	300.950
6. Garry Clark	4.35.13	5.34.38	9.56.22	13.07.18	22.08.31	23.29.38	31.54.42	162	45.15.28	-	273.442
7. Alan Croxford	4.24.57	5.20.45	9.26.43	14.12.02	21.44.39	23.11.37	29.59.16	163	44.08.47	-	271.735
8. Dave Scott	4.21.57	5.11.59	8.25.49	12.15.04	25.18.00	27.00.50	43.16.06	141	-	-	233.742
9. Mike Thompson	3.51.40	4.37.28	8.14.35	10.36.46	18.59.30	20.30.12	32.32.23	167	-	-	231.00
10. Kevin Cassidy	4.29.46	5.32.05	9.09.22	31.51.02	-	-	-	87	-	-	-

24 H O U R

1. Alan Devine	3.40.12	4.20.36	7.08.52	9.23.12	15.53.20	17.19.20	22.05.30	202.00
2. Trish Spain	4.30.57	5.21.11	9.09.30	11.40.15	20.03.36	21.38.15	-	176.097
3. Peter King	4.56.40	5.53.23	10.17.07	13.32.30	21.54.48	23.41.14	-	162.097
4. Dave Bird	5.17.10	6.24.27	12.15.41	15.45.45	-	-	-	149.447
5. Stan Zatchford	5.14.47	6.15.08	10.43.47	14.46.	-	-	-	142.205
6. Colin Walsh	5.27.22	6.59.30	11.25.58	14.06.03	-	-	-	137.601

HELD ON A 1 KM TRACK:

Prizes - 1st 48hr Hi Tec Cup George Audley, 2nd 48hr Tony Rafferty Trophy Keith Fisher \$50 donated by Fred Hagger Keith Fisher Dave Marsh Trophy 100 miles - George Audley, 1st 24 hour Hi Tec Cup - Alan Devine, 1st 100 miles 24 hr - Ron Grant Trophy Alan Devine, 1st Woman 24 hr - Geraldine Watson Trophy - Trish Spain - MEDALS to those completing 100kms, bars and badges to those having completed 140 miles in 48 hours or 100 miles in 24 hours. FLOWERS given to Trish Spain at the start donated by the crews. 49 State, residential, age and Australian records were broken. 9 qualified by completing over 140 miles (226km in 48 hours), 8 in this section ran 100 miles within 24 hours. Three in the 24 hour section broke 100 miles in 24 hours. George Audley broke George Perdon's Australian 48 hour record of 318.800km (48 hour split Colac Six Day Event) Trish Spain broke 100 miles within 24 hours for the 3rd time. 16 started, no withdrawals during the event.

Audley is best in the long run

"THIS is a dream come true," 52-year-old Albany long-distance runner George Audley uttered moments after smashing the Australian record with a world-class distance in the Hi-Tec 48-hour race, which finished at McGillivray Oval yesterday.

Audley covered 335km to record the ninth-best distance on the world all-time list and better Victorian George Perdon's Australian mark by 17km.

"When I looked at the quality of the field I didn't think that I could win," the modest meat slicer said. "I thought that one could only dream about beating these great runners."

Audley praised his manager Dave Horne, also of Albany.

"Dave constantly kept me informed of where the other runners were throughout the race," Audley said.

Audley has been selected to contest the Colac six-day race in Victoria, starting on November 16.

Twenty-two-year-old Keith Fisher, the youngest person ever to win a 100-mile race when he was successful in

Manly earlier this year, finished second with 324.834km.

Perth endurance runner Joe Record finished third with 317.059km and former national 24-hour record holder, Victorian Bob Brunner, was fourth with 311.205km.

Other runners who bettered 200km were Perth's Ross Parker (300.950), Albany's Gary Clark (273.442) and the Perth trio of Alan Croxford (271.735), Dave Scott (233.742) and Mike Thompson (231).

Karratha athlete Alan Devine, 28, showed tremendous potential by winning the Hi-Tec 24-hour event with 202km.

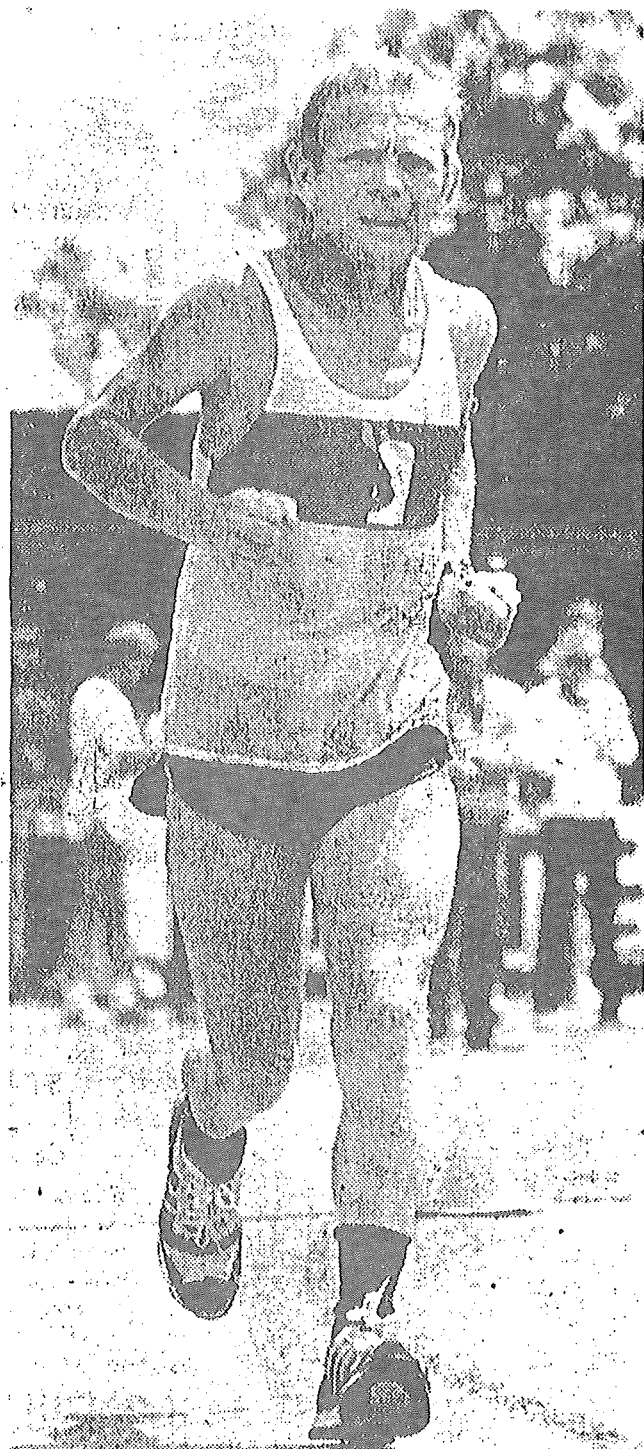
The only woman in the field, Perth's Trish Spain, was second with 176.097 and Perth's Peter King third with 162.205.

They were followed by David Bird (149.447), Wiluna's Stan Latchford (142.205) and Balingup's Colin Walsh (137.601).

Audley won a special award by running the fastest 100 miles, clocking 16hrs 59min. 11sec.

The only others to cover the distance in less than 20 hours were Devine (17.19.20) and Parker (19.10.40).

— David Marsh



GEORGE AUDLEY ... covered 335km in 48 hours.

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THE BRINDABELLA CLASSIC

Sunday 15 November 1987, 9.00am

RACE RESULTS

50 KM MOUNTAIN RUN HELD 15/11/87

P1	Name	No	1	2	3	4	5	6	7	8	9	FINISH
1	Trevor Jacobs	38	0.19	0.34	0.57	1.21	1.52	2.25	2.49	3.18	3.36	3.53.55
2	Peter Skinner	20	0.19	0.34	0.56	1.20	1.51	2.27	2.54	3.24	3.42	4.01.35
3	Bill Clingan	41	?	0.34	0.57	1.22	1.55	2.32	3.00	3.30	3.48	4.04.40
4	Charlie Robinson	36	0.19	0.34	0.58	1.24	1.59	2.39	3.06	3.35	3.52	4.08.37
5	Creese Syred	25	0.19	0.36	1.03	1.30	2.07	2.48	3.16	3.48	4.05	4.22.53
6	Nick Read	18	0.20	0.38	1.04	1.32	2.08	2.52	3.20	3.50	4.09	4.26.55
7	Terry Strachan	19	0.25	0.42	1.12	1.43	2.22	3.01	3.28	4.00	4.25	4.45.57
8	Derek Quinto	11	0.23	0.42	1.11	1.41	2.19	3.01	3.32	4.07	4.31	4.52.23
9	Alan Frazer	23	?	0.45	1.13	1.44	2.25	3.08	3.38	4.13	4.40	4.59.42
10	Les Murphy	29	?	0.44	1.11	1.41	2.19	3.01	3.38	4.17	4.42	5.04.09
11	Trevor Harris	32	0.24	0.43	1.13	1.43	2.27	3.22	3.54	4.30	4.54	5.17.02
12	Mike Ward	35	0.27	0.50	1.25	1.59	2.44	3.36	4.05	4.42	5.03	5.21.09
13	John Hart	8	0.24	0.44	1.12	1.43	2.26	3.20	3.59	4.36	5.00	5.22.17
14	Greg Burton	17	0.22	0.42	1.11	1.44	2.32	3.23	4.01	4.45	5.10	5.33.32
15	Keith O'Connell	22	0.22	0.41	1.10	1.42	2.34	3.37	4.13	4.49	5.13	5.36.59
16	Patrick English	28	0.23	0.42	1.12	1.42	2.21	3.14	3.52	4.38	5.14	5.38.38
17	Mark Foley	16	0.23	0.43	1.13	1.43	2.22	3.08	3.51	4.39	5.17	5.45.07
18	Grahame Kerruish	13	?	0.47	1.21	2.00	2.52	3.49	4.26	5.02	5.28	5.49.04
19	John McIntosh	26	0.26	0.50	1.24	1.58	2.42	3.36	4.12	4.53	5.23	5.50.41
20	Robert Simms	3	0.24	0.51	1.26	2.00	2.51	3.45	4.25	5.02	5.28	5.51.36
20	Ian Hutchison	40	0.28	0.53	1.28	2.07	2.57	3.49	4.26	5.02	5.28	5.51.36
22	Roger Park	5	0.24	0.44	1.14	1.46	2.32	3.26	4.08	4.55	5.29	5.56.52
23	John Shepherd	9	0.26	0.42	1.20	1.58	2.47	3.44	4.23	5.10	5.36	5.57.34
24	Peter Harrington	31	0.29	0.50	1.25	1.58	2.42	3.36	4.17	5.12	5.44	6.13.09
24	Brian Colwell	24	0.27	0.50	1.25	1.59	2.45	3.37	4.17	5.13	5.44	6.13.09
26	Wanda Foley	15	0.27	0.51	1.27	2.08	3.04	4.08	4.54	5.41	6.09	6.33.37
27	Brian Tydeman	1	0.24	0.47	1.22	2.01	2.58	4.06	4.56	5.46	6.12	6.38.46
28	Bill Keats	30	0.19	0.51	1.25	2.04	3.00	4.08	4.54	5.43	6.17	6.45.10
29	Ted Lilliss	12	?	0.51	1.25	2.07	3.07	4.09	5.02	5.51	6.21	6.49.50
30	Alex Suslin	33	0.27	0.51	1.27	2.09	3.11	4.38	5.34	6.26	6.54	7.33.41
31	Michael Hodgson	14	0.34	1.02	1.47	2.35	3.41	4.56	5.44	6.43	7.20	7.48.42
32	Ken Ingersole	7	0.34	1.02	1.47	2.35	3.41	4.56	5.44	6.43	7.22	7.50.51
	Bruce McCrossin	6	0.24	0.44	1.12	1.42	2.22	3.08	3.52	4.46	withdrawn	
	Steven Hausfeld	27	0.27	0.46	1.20	1.53	2.37	3.23	3.59	withdrawn		
	Evrol Keays	21	0.28	0.52	1.28	2.09	3.15	4.50	5.44	withdrawn		
	Terry Seddon	34	0.28	0.48	1.21	1.59	2.52	4.01	withdrawn			
	Gregory Reid	4	?	0.34	1.27	1.59	2.44	4.03	withdrawn			
	Peter Smith	39	0.25	0.47	1.20	1.58	2.52	withdrawn				
	Michael Roods	10	?	0.53	1.28	2.07	3.07	withdrawn				

COLAC 6 DAY
16th - 22nd NOV 1987

Impressions and observations from a strapper - Chris Stephenson.

The field for the Colac 6 day looked an interesting mixture of experienced multi-day veterans, talented novices and first timers. It started 3 o'clock in the afternoon of the Monday and was to finish the following Sunday.

It was a hot sunny afternoon, yet Dusan Mraulje and Joe Record went out hard right from the start and the pace was kept up, Dusan was in a lather of sweat by midnight. George Perdon running a much easier pace, remarked that Dusan will pay for the hard running next day, as Dusan always has a relatively slow second day.

Phani, a happy smiling runner from India would run the whole race with his track suit on, even in the hot afternoons.

Ziggi Bauer, very tanned and sporting a full beard ran without shoes - his legs becoming very dirty from the grass track.

Tony Rafferty still recovering from a bout of flu was not running comfortably and said that he would make a decision after the first day if would continue. Trishul Cherns, a veteran of so many ultras was finding the going tough and remarked that this was his worst start of all his 6 days. He could get his mind together and sink into a steady rhythm - but 6 days are for tough minds and he would be left behind.

David Standeven having a successful year with Westfield and the Sri Chinmoy 24 hr was running very strong - good for one day event but a little quick for one's first 6 day.

Sue Andrews from New Zealand had run some 24hrs but this was her first multi-day. She ran easily and steady, her husband was there too as team manager.

George Audley from W.A. and recent successful Westfield finisher was running consistently, especially with his beeping watch to pace by. You always knew when George was coming around.

11.00pm The night was cool and no wind. Ziggi is wearing shoes, running in his distinctive hippy hop style.

George Perdon remarks that David Standeven is running too hard too soon. Being a very strong 24 hr runner can take you out too fast in a 6 day.

The runners all run the night through, bodies not yet ravaged by long distance.

Tuesday

8.00am Cloudy and cold morning with a little rain.

Dusan knocks over 160 k in 17 hrs. Joe Record next with 148k and just behind him Eleanor Adams with 142k. Eleanor was running very strong as usual but with much more purpose in her style.

She looked much fitter than ever before, her legs displaying much more definition and a remarkable loss of weight around the hips. She a big year being very competitive in ultras in Europe and the States and it shows.

Patrick Macke was running his normal race technique, long run with a long sleep. This puts him back in the pack while he sleeps, but within hours he climbs right up the positions board again.

12.00 Noon. Very humid.

Runners all slowing down in this muggy heat, most of them constantly carrying drink bottles.

2.00 pm Joe Record running with his ankles strapped in thermoskins. A problem Joe has in many past ultras is his ankles and shins swelling up when he approaches 400 miles or 4 days running (which ever comes first). It looks like he's taking measures early in the race to stop this happening.

3.00pm First day over. Dusan first with 208k with Joe 5k behind and looking better. Adams, Standeven, Zabalo (last year's winner), Macke, Riley and Hudson all over 160k for the first day.

Gerry Riley knocked up 450 miles in the last 6 day at Colac and this year has his sights on the magical 500 miles. He knew now after one day that he wasn't to break into this realm. To know 5 days away from his final goal is to know himself and his pace very well.

" into the distance, a ribbon of black
stretched to the point of no turning back "

Pink Floyd

5.00pm Very hot afternoon.

Macke doesn't like the warm afternoon - no wind - just sticky slimy humidity.

He said it is a bit different to the knee deep snow he was running in a week ago in his home town in Austria.

Cliff Young is still running in his easy and deliberate shuffle ultras runners know so well. Cliff is having problems with his hip and knee and comes off for more rub downs than he should to be competitive.

Tony Rafferty's throat is swelling up and finds it hard to swallow and decides to retire from the race.

Runners are finding the track different compared to last year, this time the track is coming out of winter while last year it was coming out of summer and its growth controlled better.

Dusan still running strong. Zabalo running much more conservatively, looking too healthy and his legs too big. Winners always are a bit mean and lean at the start of a race, testimony to the hard training leading up to an ultra.

Ziggy starting to walk a lot more with plenty of sunscreen cream on - he has so much on, he looks like he has been in a butter fight!!

Eleanor Adams has her rest and sleep during the hot afternoon as most of the experienced runners do. She only eats her food while on the track and never in her caravan.

David Standeven looks like a drowned rat with copious amounts of water sponged on him to combat the sun. The sun takes the urgency out of all the runner's missions.

8.00pm Dusan off the track for rest - as he does Zabalo starts running strongly trying to bridge the gap between them. George Audley still just taking in liquids.

Trishul very tired, running and walking, hands in his pockets with a face of resignation.

Joe still with ankles strapped and his armpits powdered - relief from the incessant rubbing of his arms. Joe just runs and runs - it doesn't look like it's a cracking pace, but it's an endurance pace. He runs constant and consistent - no mad rushes - no long rests - no regrets.

"brick upon brick builds a strong wall"

They run through the night, Colac sleeps on, the streets are empty. Some crews are awake, many visit other crews for chats and coffee - but always with their eye on their runner. The night was warm and still, a tshirt and shorts good enough.

WEDNESDAY 10.00 am. It was becoming warm early in the morning. It's going to be a hot one today. This has its toll on the distances covered and runners run easy waiting for the cooler night to come. Adams does the top distance of 148.8k with Zabalo second with 148k. Donna Hudson is third with 143k, she is looking strong and hungry for distance and has her sights on the 500 mile barrier.

She remarks that she is running out of time in her life to conquer this distance. She doesn't think that there are many more big runs left in her and if she doesn't go for it here there will be one less try.

Audley is digging in with Perdon close behind and both move past Riley.

5.00pm Most runners are off the track to get away from the sun and afternoon heat. Dusan cannot let these times go by and runs, walks and moves ever forward - a form of active rest. Zabalo seems more influenced by the weather this time and rests in the heat.

Another night, this one perfect - 21 degrees, no wind, a good night for some serious running.

Trishul very tired, his eyes bugging out - not a pretty sight.

Donna runs the night in a couple long sessions.

David Standeven has a sore throat and taking lozenges for it.

Riley has his 2 hour sleep and feels even more tired after the sleep - but gets out on the track, as he says "that's what I'm here for !! "

Tony Rafferty is doing PR work for the Colac 6 Day Committee, giving reports to the audience and progress details to the media. A great ambassador for the ultra movement.

Joe is running steady sessions with just his shorts on, his body starting to cut up with the additional distance. His veins and muscles becoming more and more defined as the race goes on. It is like having an anatomy lesson when he runs past.

The morning comes, runners and crews say good morning to each other. The day becomes windy and gusty.

4.00pm For the past two hours we have watched a storm on its way, then it breaks right on Colac. The rain comes with great flashes of lighting. Joe is running around, jumping up and screaming out at the storm - hooting and hollering - all the crews watch with smiling faces. Some runners stop under the trees for cover, Dusan runs harder and harder and egging Joe to pick up the pace.

More torrential rain and crews start to busy themselves with checking the tents for leaks. All the runners are bouyed up by this display of nature, and everybody is happy - a sort of a common celebration of us all being at the 6 day together.

We work into the night which is wet and windy - not many runners out in it. Everybody has wet weather gear on.

12.00 Midnight. A birthday cake is presented to Eleanor by her crew, as this is a special birthday for Eleanor as she turns 40 and into the vets - all new records to be broken.

Audley runs through the night and by morning is in front of Macke and Perdon.

Macke comes on to the track after his long rest and makes his way up the positions board again. Perdon is putting pressure on Audley and by 12.00 noon goes past him.

The whole Colac Primary School come to visit the race and sing happy birthday to Eleanor and give her another cake.

The weather is better, no rain, just windy which is drying out the track.

Start of Day 4 - 3.00pm The runners receive their progress sheets and there is only 5 k between Audley and Perdon, (the two Georges).

Perdon walks past and comments "its time for a bit of cat and mouse !!!"

Macke gets past Standeven and the two Georges (who are never more apart than 6k).

The night came again with a surprising amount of runners bedding down for the night - much to the relief of their crews.

Something I perceived as being difficult was the beginning of the run after sleep. I remember reading of the transcon runners who said that getting up and starting each day was not that hard. You could see that the runners were not blown out knowing that they were going to run an ultra that day. It was sort of a job, just something you do without really thinking about it.

They run through the day, Joe still periodically strapping his ankles and but running a very steady pace all the time. Dusan is 30k behind but running strongly, his rest periods are longer than Joe's. Zabalo is behind him with the two ladies behind Zabalo - what a pack !!!

Donna is still going for the 500 miles and putting in some real long sessions.

3.00pm Start of Day 5.

Joe goes through the 400 miles and if he keeps going can do a personal best for 6 days.

Dusan and Zabalo are having longer sleeps compared to the year before. Macke is in 6th position and starting to show his multiday strengths by running the days right through. He chats to Raymon in French, Dusan in German and Gerry Riley in Manchester - truly a runner of the world. When he goes past you there is not a sound, not a clump or a plod - he is so light on his feet, it looks like he uses very little energy to keep running. His can lose up to 4 positions when he is having his long rest then with a couple of hours of running on the track be right up where he originally was.

The night comes and being a Friday, the running fraternity come up from Melbourne to stay the weekend which means more helpers and crew members. Audley has a big night putting in some long hours, he knows time is running out to close on Perdon and runs 104k to Perdon's 97k. By 10.00am the next morning. Audley rests, Perdon gets past again and hammers the track and records the second highest distance for day 5 with 141k. Audley runs a valiant 137k. Macke is winding up to a crescendo finish and puts in a relatively easy 143k.

"No guts - no glory"

Joe is still consistent and consolidates his first position with Dusan 47k behind. Dusan is running at the same speed as Joe and at times even faster, but he takes much longer rest breaks.

Zabalo is taking the race much more lay back and has dropped to 5th position.

Cliff is still going in 12th position but has sore knees. Joe takes Cliff to the side of the track and demonstrates to Cliff to do deep knee bends and hip rotations. It is something to see Joe who has 500 miles under his belt in five days touching his toes and coming up from his haunches with relative ease !!

Joe tells Cliff to bend down further as he is not doing the exercise properly, but Cliff says "I wish I could go further - but this is it Joe !!!" More people arrive throughout the Saturday and watch the runners as if they were animals in an enclosure.

3.00pm Saturday afternoon

24 hours to go - it feels like its nearly over !!

Macke can see the finish and in typical Macke style starts slogging out the final ascent. Quite a difference to the majority of runners who are moving well but are not racing. Perdon is moving strongly and with a much straighter posture than the year before when his back went on him.

Donna is still going for the 500 miles and picks the pace up and passes Perdon to sit in 5th spot, she looks very weary, you can see the miles in her face.

Dusan cannot catch Joe and takes a long rest Saturday night.

By the morning, Donna looks strung out and is passed by the duelling Georges, and is back to 7th place.

Perdon and Audley are still running against each other, but Perdon shows years of competitive track ultras and knows the stratagems needed for locking horns with other runners.

David Standeven has slowed over the last two days but is still moving. Only hours to the finish.

Joe knows Dusan cannot catch him and goes for a shower and shave. When he returns he remarks that the track feels completely different and definitely does not look like the one he has been running around for the last 5 1/2 days.

Joe walks steadily around the track with the occasional forced run thrown in.

"He came in on a Sunday
Every muscle aching
Walking real slowly
Like he just been hit"

Paul Kelly

Macke moves past Adams to take 3rd position and put in 162k for the final day. His worst day was the second and from there just improved.

Perdon stayed in front of Audley by 8k, but both men ran the day out.

Zabalo semi-retired for the last day with only 32k.

Gerry Riley did a P.B., as well as Geoff Hook.

Joe won with 890.8k and looked quite strong at the finish and established himself back to world rankings again as he has been lacklustre in his performances the last few years.

The Colac Race Committee although down in their numbers this year must be congratulated on a even better 6 Day.

There is only one Colac, and there is only one Colac 6 Day.

"All my pain has gone
The people I'm most fond of were with me
I wanted to cling to the moment and I thought
this is happiness
I can't wish for more."

NAME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	FINISH
RECORD	203.6	141.6	155.6	150.8	129.6	109.6	890.8
MRAULJE	208.4	143.6	128.4	132.0	117.2	133.6	863.2
MACKE	170.0	115.6	122.8	142.4	143.6	162.0	856.4
ADAMS	180.4	148.8	122.8	131.6	127.6	127.6	838.8
PERDON	145.6	121.6	128.8	131.6	141.6	144.4	813.2
AUDLEY	158.8	118.0	114.0	130.8	137.2	146.4	805.2
HUDSON	161.2	143.6	121.6	130.8	120.4	107.6	785.2
RILEY	162.4	110.8	103.2	123.6	114.8	126.4	741.2
ZABALO	172.0	148.0	120.0	142.8	108.4	32.0	723.2
BAUER	144.4	104.4	96.4	116.4	110.8	112.0	684.4
STANDEVEN	175.2	119.2	126.8	125.6	82.8	39.6	669.2
YOUNG	140.8	120.8	106.4	107.6	84.0	72.4	632.0
HOOK	135.6	94.0	92.8	103.2	102.4	78.8	606.8
CHERNS	149.2	99.6	89.6	78.4	69.6	72.4	558.8
ANDREWS	125.6	93.2	90.0	87.2	71.6	70.4	538.0
PHANI	133.2	68.8	82.4	74.0	50.0	69.6	478.0
RAFFERTY	125.6	10.0	0.0	0.0	0.0	0.0	135.6

ATTENTION ALL RACE ORGANISERS/DIRECTORS!!

All claims for new records (track ultra events) must be submitted to the A.U.R.A. committee for ratification. The claim must be accompanied by the original lap-scoring sheets, plus any relevant information.

Copies of the official claim form, which details all the information required with the claim, can be obtained from the secretary. This claim form is currently used by the IAU for overseas events. However we will be producing our own standard form sometime in the future.

16th - 22nd November, 1987EXPERIENCES AND IMPRESSIONS FROM A COMPETITOR'S POINT OF VIEW

The break points are clear enough. In long distance running, various distance blocks are held in awe by most runners. To start with, the first marathon was a hurdle of momentous proportions. Once a marathon was assimilated (they never become easy, but they do lose the view of being an almost insurmountable challenge), the next seemingly impossible hurdle became the first ultra (say 50 miler). Next, the quantum leap to 100 milers/24 hour races. This is the point at which the body says enough is enough. To race for one full day is bad(stupid) enough, to go into multi-day racing is crazy and something not to be contemplated.

Well, the impossible came to pass a couple of years ago, when I put myself up for my first 6 Day Race. I have now completed my second such event and found the experience as tough and certainly as rewarding as the first race.

To start with, for the uninitiated, 6-day racing is very hard, not only because it is difficult to apply mental concentration for such a long time, but the body's physical reaction swings through massive highs and lows. And the lows can be pretty severe as you wonder how you will ever regain enough mental fortitude to carry on racing. At least in 24 hour racing, the end is always in sight, but with 6-day racing, the end does not begin to loom into view until the end of either the third or fourth day. Before this point is reached, the struggle seems interminable.

Each multi-day race can bring new problems that have to be overcome. An example of this is a problem I encountered in the 1987 race but not in the 1986 race. After I took a sleep break of a couple of hours' duration, I would wake up with severe leg pain, especially in the knee joints. It was so excruciating that I felt I couldn't get up and start running again. Crew member, Big Chris said it was a silting out in the leg joints and the pain would go upon resuming running. Needless to say, he was right, but it certainly didn't seem a remedy at the time.

Good support crews are essential in a multi-day race, and mine were simply tops. Joan and Peter Logan and Big Chris Stephenson were there for the duration. Others came to help out over the final two (weekend) days: Dot Browne, Robin Anderson, June Kerr et.al. Not only is crewing a very demanding job when they are on duty, they have to sometimes put up with cranky runners. But they all endured their task with good friendly natures. A side benefit of running at Colac is the chance to accumulate lots of girlfriends from the local spectators. Many of the local schoolchildren enjoy spending their spare moments at the track and they often want to 'adopt' one of the runners. I now have three girlfriends in Colac: Elizabeth, Bianca and Carla.

The weather can be extremely variable and the 1987 race was no exception. Hot weather for the first few days, thunderstorms, lightning and heavy rain in the middle, high winds afterwards, and finally the race finished in fine, pleasant weather.

The people of Colac support the race well, and a carnival-type atmosphere is evident most of the time. Apart from the odd drunk on Saturday night, the townspeople are very friendly and helpful. Towards the end of the race when the crowds tend to build up, you get the feeling of being like a caged animal, with people staring (or giggling or waving) from behind the roped-off track area.

Two birthdays were celebrated during the 1987 race. First was Ramon Zabalo's and we all shared his ice-cream birthday cake. The second was that for Eleanor Adams, who stayed out on the track for the full 24 hours,

celebrating several times over. We also shared Eleanor's icecream birthday cake.

The race itself was a great challenge, and I was so glad to again get through it without the need to drop out due to illness or injury (which is quite easy to succumb to over such a long period as 6 days). Even though I achieved a p.b. by only 3km, I believe I raced better, as I had several tussles with other competitors spanning several days. However, like the 1986 race, I developed tendonitis in one foot on the first day. An absolutely magical chiropractor; Romney (God)Smeeton held me together during both races, but the inflamed tendon finally won and severely restricted my distance over the last day.

Joe Record put in a fine gutsy performance to win convincingly in the end but not without a lot of blood, sweat and tears. His lower legs and feet gave him hell for most of the race.

The race-organisers put on a marvellous race and do enormous amounts of work to bring it all together. It is fortunate the town of Colac get behind them and lend a hand to stage such a fine, world-class 6-day race.

Thank you to all involved: organisers, helpers, sponsors, support-crews, spectators and, of course, competitors.

INTERNATIONAL ASSOCIATION OF ULTRA RUNNERS (IAU)

This organization has been in operation for many years and AURA is affiliated with the IAU. The primary aim of the IAU is to establish and maintain a network of communications and co-operation amongst ultra runners throughout the world. The IAU maintain world rankings and formulates policy, rules and guidelines in conjunction with its affiliates on all matters relating to ultra running. To further their primary aim, the IAU publish a quarterly Newsletter. Yearly subscriptions can be obtained from:

Maurice Patterson

Editor IAU Newsletter

Cotswold, Kiln Lane, Lacey Green, Princes Risborough, Buckinghamshire, England.

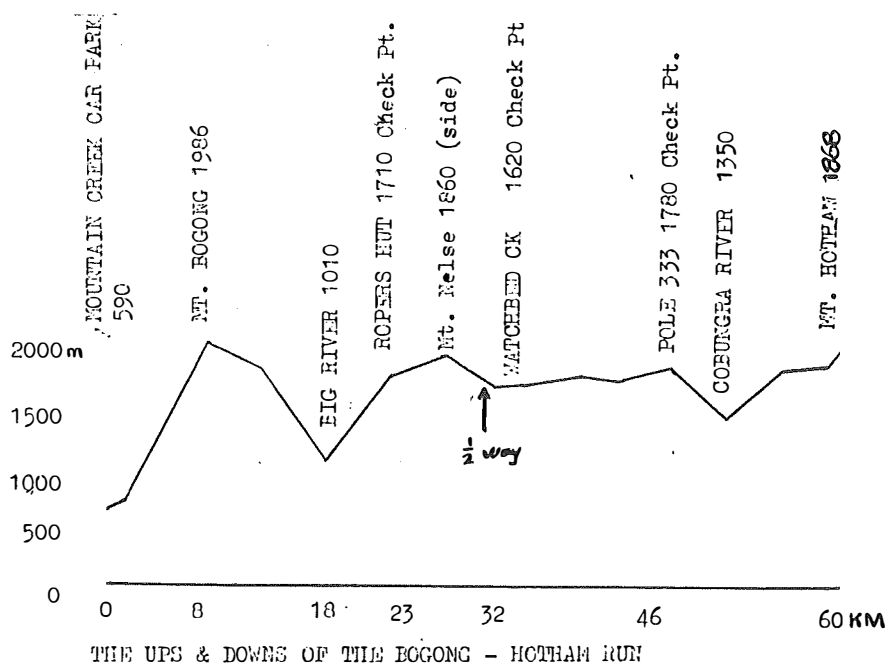
Subscription rates for 1988 are (English Pounds): 3.50 (U.K.); 6 (overseas). (Make remittances payable to: IAU)

"THE STIFFNESS HASN'T ACTUALLY GONE — BUT IT'S SHIFTED!"



The terrain between the two peaks of Mt. Bogong and Mt. Hotham is often frequented by ski tourers and bushwalkers. Over the years the more adventurous have combined this into a continuous trip of several days, while those more intent on torturing themselves have attempted it in a single day, covering over 60 kilometres, climbing 3250 metres and descending 1930 metres.

Charles Derrick, an excellent cross country skier, is one person who failed to complete the journey, he died of exposure when he encountered a blizzard near Mt. Hotham. Even on a fine sunny day the weather can change very quickly and visibility be reduced down to only a few metres.



Several runners have attempted the journey over the years with varying success. Danny Flynn and Clive Vogel completed the distance in 8 hours 15 minutes, this record stood for over ten years up until Neil Hooper slashed this record on the first official race conducted in December 1984 which attracted five starters only two completed the tough course. Neil ran the distance an amazing hour quicker than the previous record in 7 hours 14 minutes.

Following the success of the 1984 run, enough interest was aroused for another run at the same time of the year in 1985. Several months planning resulted in increased safety measures: three manned check points were established at: Ropers hut, Watchbed Ck, and pole 333 and a tough 5 hour time limit was set at Watchbed Ck for those wishing to continue, so if any difficulty was encountered the runners could be accounted for. Runners were also encouraged to carry a jumper and some food.

On the 28th December 1985 at 6.30am. six fool hardy rooftop runners were set on their way by race co-ordinator Russell Bulman, from Mountain Creek car park at 590 metres on the second Bogong - Hotham run. Jim Ingham sprinted to the front but it didn't take long for Neil Hooper to overtake him.

The run followed Mountain creek for two kilometres and six creek crossings then a 1300 metre climb up the Staircase spur to the summit of Victoria's highest mountain, Mt. Bogong at 1986 metres. The views were magnificent Neil and Robin Rishworth passed over the summit in 1 hour 16 minutes. While Julian Van Leer who had completed the journey many times before was next over in 1 hour 26 minutes, followed by three runners Jim, Steve Miller and Allan Davis a renowned downhill runner.

It was a chance to rest those weary muscles and strain some different ones. Neil rocketed downhill just as if the run had just begun, this was a 1010 metre descent to the Big river far below, great care had to be taken not to lose the track and stay on two feet. At least ten bushwalkers had to scamper from the track.

The swift flowing Big river was crossed knee deep with aid of a chain, a 900 metre climb up the Duane spur had to be walked. A large tiger snake lay across the track and refused to move.

Neil had made such good progress that after 3 hours he had beaten the first support party to Ropers hut, the five other runners were more fortunate they paused momentarily for a drink and to hear words of encouragement. The toughest section of the run had been completed and there was only 40 km to run, most of it being altitude running between 1800 -1600 metre on the treeless Bogong high plains.

The snow poles were followed over the shoulder of Mt. Nelse at 1860m downhill to the major check point at Watchbed Creek 32km from the start, this was the only drop out point, the runners that ventured beyond were committed to finishing at Mt. Hotham a further 30km's off. This was an opportunity to eat some food, Neil Hooper was first through in 3 hours 41 minutes followed by: 2nd Robin Rishworth 4:07 min, 3rd Julian Van Leer 4:19 min, 4th Allan Davis 4:22 min, and equal 5th Jim Ingham & Steve Miller 4:37 min.

A luxury for 2km, a decent trail, the main high plains road but, then its back onto the rough Alpine Walking track. A head wind doesn't help, either does the numerous cattle which roam freely across the high plains and weren't too willing to move off the track for a weary runner, they have also made sections of the track muddy. Other parts of the trail are extremely rocky.

Many more bushwalkers were passed along the run, some were impressed, others not amused at our antics. On passed pole 333, another manned check point and Mt. Hotham on the horizon. Only the Cobungra river separates the runners from this peak. However your legs don't feel too good after six hours running to encounter a 500 metre descent.

The Cobungra river was crossed on a slippery log and it was hard to maintain balance. Then its up the even more demanding Swindlers spur, a 500 metre climb sections are walked and snakes avoided. Derrick hut is passed and its easier running. Mt. Loch car park is passed and only a kilometre to go. A scramble to the trig on the summit of Mt. Hotham.

Neil had increased his pace with his sight set on becoming the first person to complete the distance in under 7 hours, a further 50 minutes and the other rooftop runners start completing the course. Steve Miller had made his move recording the second fastest second half just failing to catch Julian.

1st Neil Hooper 6:58:52, 2nd Robin Rishworth 7:46:08, 3rd Julian Van Leer 8:08:02, 4th Steve Miller 8:12:40, 5th Allan Davis 8:24:38, 6th Jim Ingham 8:37:11.

A most pleasing result all runners beat the 5 hour deadline at Watchbed creek and completed the tough course and gained excellent times. Russell went about setting a record of his own, fitting the entire race into one car.

Editors Note: this race report covers the 1985 race but is included here for its history and detail of the event. A report on the 1987 event follows.

BOGONG TO HOTHAM RUN (Vic) - 60km

Sunday 27 December 1987.

Half way checkpoint - 32km:

R Rishworth 3.39.05, N Hooper 3.51.20, M Walters 4.05.17,

P Le Busque 4.10.30, J Van Leesum 4 26 55, D Rowlands 4.26.56,

J Larsen 4.36.55, B Kirk 4.38.17, P Armistead 4.39.50, A Davis 4.46.02,

C Rishworth 5.09.40, M Scherlietner 5.09.40, P Skinner 6.01.20,

R Carroll 7.00, P Richardson 7.48, G Wishart 7.48.

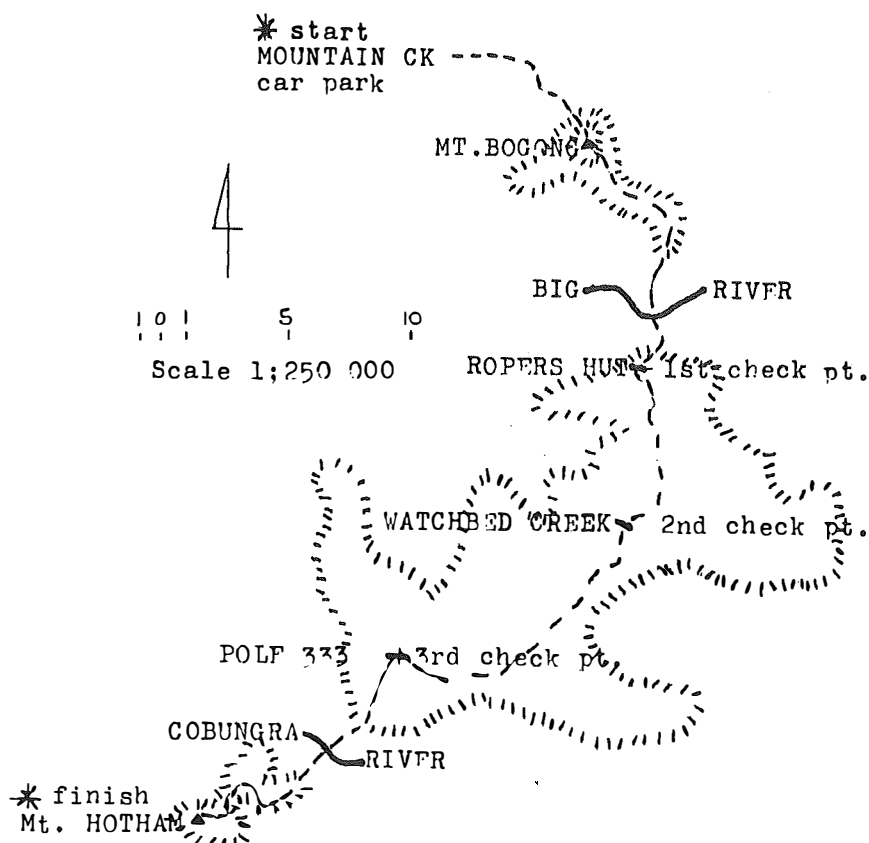
Sixteen eager runners set off just before 6.30am on Sunday 27 December 1987 in the fourth Bogong to Hotham Run. The sky was already clear and the sun soon began to take its toll on the runners as they climbed Mt Bogong. However it didn't slow Robin Rishworth and he climbed to the summit of Bogong in an astonishing 58 minutes. There was some welcome relief with the descent of T-Spur and the wade across Big River but this was followed by the energy-sapping ascent of Duane Spur.

Previous winners Robin Rishworth and Neil Hooper were the first to reach the drink station near Watchbed Creek at the 32km point. Both of them continued but neither went all the way to Mt Hotham. As the day warmed up, more runners withdrew at Watchbed Creek, with only three finally reaching Hotham. The winner was Peter Le Busque in just under 8 hours. He was followed by bushwalker Julian Van Leesum and ultra-marathon runner Peter Armistead.



Results:

1. Peter Le Busque 7hr 57min
2. Julian Van Leesum 8.24.33
3. Peter Armistead 9.15.33



THE BIG APPLE NISSAN BICENTENNIAL ULTRA RUNS.



GRAEME WOODS WINS VICTORIAN 48 HOUR CLASSIC

Victoria's first 48 hour race started on January 23rd at 12.30 p.m. and attracted 19 runners.

It was the first time a computer had been used to record competitors laps. Half an hour before the start of the race, and during the race briefing I questioned a statement made by the organizer Stephen Foulkes that there would be no acknowledgement to runners as they ran past the start-finish line to complete their laps. I was assured that all laps would be counted.

I started the race with a feeling of insecurity and a few other runners had the same feeling.

As the race progressed I was far from happy with this situation and decided to have a good training session and became less competitive as the race continued. Despite this situation there were some great performances and the athletes concerned were obviously unperturbed by the new method of counting.

Joe Record's Australian record of 345 kilometres was broken by the quietly spoken Queenslander, Graeme Woods who ran steadily in adverse weather conditions to score 367 kilometres. Heavy rain and a flooded track produced nasty blisters to half the field and warm clothing was needed during the night hours. The irrepressible Stan Miskin had a mild touch of hypothermia and his many years of ultras told him to rug up and take a period off the track.

Bryan Smith took second place with 358 kilometres and the tall and lean Bill Beauchamp was third with a credible 347 kilometres.

Eileen Lush ran gently to record 238 kilometres for the 48 hours. With a foot injury, patched up by Joe Record, Pat Farmer forced his way through barriers of pain to finish the race with a disappointing 210 kilometres but the tenacity needed for his Sydney to Melbourne attempt to start in March. He has the iron will necessary for such a race.

Patrick Macke and Joe Record worked on the other side of the fence for a change and assisted runners and their crews with professional advice from trackside.

Tony Tripp from W.A. and Greg Cowan were called in at the last moment as race directors and gave Stephen Foulkes much needed help.

The lap scoring system at Aberfeldie was not satisfactory. Sometimes I could hear my number called but it depended on the caller. The runner must have confidence that his name has been recorded, unfortunately I didn't have that confidence.

Congratulations to Stephen Foulkes for coming up with the idea and many thanks to Big Apple Nissan for the sponsorship. It will be on again next year and sponsored by the same company and this is a positive move. A.U.R.A. should be approached many months in advance and a date arranged that will not clash with other ultra races. Val Case, a social worker with the Royal Women's Hospital celebrated her 51st birthday on the track and ran 140 kilometres in the 24 hour event.

Tony Rafferty

The Big Apple Nissan Bicentennial Track Ultra Runs. 23-25th January 1988

A Report from the Race Director

Stephen

WELL THERE THEY WERE! 19 SUPERBLY TRAINED ATHLETES LINED UP UNDER THE STARTING CONTROL OF GEORGE PERDON, WHO BLEW THE WHISTLE TO START THE 48 HOUR RUNNERS ON THEIR JOURNEY TO CONQUER 200 KILOMETRES, AND BEYOND, IN THE BIG APPLE NISSAN BICENTENNIAL 48 HOUR TRACK RUN.

THE WEATHER WAS GENERALLY GOOD FOR RUNNING. IT WAS FINE AND WARM FOR MOST OF THE RACE, WITH A MAXIMUM TEMPERATURE OF ABOUT 25 DEGREES CELSIUS, HOWEVER IT RAINED HEAVILY ON THE SATURDAY AND SUNDAY AFTERNOONS. THE RESULTS FROM THE 48 AND 24 HOUR RACE FOLLOW.

IT WAS A VERY EXCITING RACE WITH LITTLE DISTANCE SEPARATING THE MAJOR PLACEGETTERS DURING THE LAST PHASE OF THE EVENT. GRAEME WOODS (WOODSY) FROM ROCKHAMPTON, SETTING A CRACKING PACE, LED FOR THE ENTIRE 48 HOURS. SECOND PLACEGETTER BRYAN SMITH OF MELTON WAS TAGGING THE LEADER BY 27 KILOMETRES AT THE HALF WAY MARK. HE REDUCED THIS TO 22 KM AT 2 AM ON MONDAY MORNING, FINALLY CLOSING THE GAP TO 9 KM AT THE FINISH.

WOODSY MAINTAINED HIS FINE STYLE TO SET A NEW AUSTRALIAN RECORD OF 367.838 KM. EILLEN LUSH FROM ADELAIDE RUN CONSISTENTLY WELL TO SET A NEW FEMALE RECORD OF 238.224 KILOMETRES.

IT WAS TRULY AN HISTORIC WEEKEND. ALL FINISHERS IN THE 48 HOUR RACE COMPLETED IN EXCESS OF 200 KM, TO CELEBRATE THE BICENTENNIAL YEAR. CLAUDE MARTIN IN THE 24 HOUR EVENT BECAME THE FIRST AUSTRALIAN TO BOTH RUN, AS WELL AS WALK 100 MILES IN A 24 HOUR PERIOD. VAL CASE CELEBRATED HER BIRTHDAY BY RUNNING HER FIRST 24 HOUR RACE, AND AFTER RUNNING 139 KM SHE STILL HAD ENOUGH ENERGY TO BOLT UP TO GET HER PRIZE AT THE PRESENTATION. PETER MOURAS RUNNING HIS FIRST 24 HOUR EVENT DEMONSTRATED A SEEMINGLY EFFORTLESS RUNNING TECHNIQUE. IT LOOKED LIKE THE 24 HOUR RECORD MIGHT BE BROKEN AT ONE STAGE, BUT UNFORTUNATELY PETER WAS FORCED TO RETIRE.

IT WAS ALSO THE FIRST TIME THAT A PERSONAL COMPUTER HAD BEEN USED TO LAP SCORE A 48 HOUR EVENT, ANYWHERE IN THE WORLD! THESE MACHINES ARE QUICKLY PROVING THEIR WORTH AND SHOWING THEIR ROBUSTNESS. UNLIKE THEIR PREDECESSORS, THEY WILL WORK UNDER ALMOST ANY CLIMATIC CONDITIONS, AND THEY ARE QUICKLY CATCHING UP TO MAINFRAME COMPUTERS IN TERMS OF COMPUTING ABILITY, SPEED AND DATA STORAGE.

FOR THE RACE I HAD A COMPLETE COMPUTER ON STANDBY (WITH PRINTER, ETC), BUT IT WAS NOT NEEDED. A PETROL DRIVEN 240V GENERATOR WAS ON STANDBY IN CASE OF POWER FAILURE. THE FUTURE INDEED LOOKS BRIGHT FOR PC'S IN ULTRA RACES WITH THE POSSIBILITY OF NETWORKING TWO COMPUTERS SO THAT ONE PERFORMS BACKGROUND CALCULATIONS AND SPEEDS, WHILST THE PRIMARY PC DOES THE LAP SCORING. ONLY TWO OR THREE PEOPLE ARE REQUIRED TO LAPSCORE THE ENTIRE FIELD; THE SAVING OF MANPOWER IS OBVIOUS. THERE IS MUCH SCOPE TO ENHANCE AND MODIFY THE COMPUTER PROGRAM; THIS ASPECT WILL EVOLVE RAPIDLY WITH FURTHER USE. ALSO A FAX MACHINE HAS RECENTLY BEEN RELEASED THAT IS DESIGNED TO INTERFACE WITH A PC. THIS WILL LEND ITSELF TO IMMEDIATE RACE UPDATES AND REPORTS TO THE MEDIA. A LOGICAL PROGRESSION FROM COMPUTER LAP SCORING FOR MULTI DAY EVENTS IS RADIO TAGGING OF RUNNERS BY RADIO FREQUENCY SENSING OF A UNIQUE TAG WORN BY EACH RUNNER. THIS SYSTEM IS PRESENTLY AVAILABLE IN THE USA, BUT THE COST IS PROHIBITIVE AT THIS POINT IN TIME.

PUMA DONATED TWO PAIRS OF SHOES AND SOCKS FOR SPOT PRIZES. I THINK THAT PERHAPS MY MOST DIFFICULT TASK AS RACE ORGANISER WAS THE DECIDING OF WHOM TO AWARD THESE PRIZES TO AS "GUTS" AWARDS. MOST RUNNERS WERE VERY WORTHY OF THIS AWARD, AND IN THE END IT WAS A TIGHT DECISION TO DECIDE BETWEEN BARRY BROOKS, BILLY (HANGING IN THERE) BEAUCHAMP, STEPHEN DUNN AND RON HILL (HILLY). STEPHEN DUNN FROM ADELAIDE, AND HILLY FROM DROMANA WERE AWARDED THE PRIZES DUE TO AN AMAZING SHOW OF MENTAL AND PHYSICAL FORTITUDE DURING THE FINAL STAGES OF THE RACE.

I GRATEFULLY ACKNOWLEDGE ASSISTANCE FROM TONY TRIPP, VAL CASE, GREG COWAN, COLIN DONALD, JANE HODDINOTT, PETER VERNON, GEOFF HOOK, DOT BROWNE, LYNN AND SARA BOASE, GWENN TIMMS, DENNIS AND PAULINE NIPPARD, GREG WISHART, ROYCE FOLEY, HAROLD STEVENS, ALL THE LADS FROM THE ST JOHNS AMBULANCE BRIGADE, AND THE MELBOURNE SCHOOL OF TACTILE THERAPIES, AND MANY OTHER WONDERFUL PEOPLE TOO NUMEROUS TO MENTION. WITH SPECIAL THANKS TO CHRIS ROWSELL (BALLARAT CHASE CARNIVAL ORGANISER), AND BRUCE FORDHAM AND KERRY HARTNETT FROM THE ESSENDON COUNCIL. THE RACE WOULD NOT HAVE BEEN POSSIBLE WITHOUT THE GENEROUS SUPPORT OF THE CITY OF ESSENDON, AND SPONSORSHIP FROM RON YATES OF BIG APPLE NISSAN.

THE EVENT WAS WELL RECEIVED BY THE MAJOR NEWSPAPERS, AS WELL AS GAINING 5 MINUTES NATIONWIDE COVERAGE ON THE ABC. THE SPONSOR, RON YATES FROM BIG APPLE NISSAN WOULD LIKE TO SPONSOR THE RACE AS AN ONGOING ANNUAL EVENT. PERHAPS NEXT YEAR, SUBJECT TO INTEREST, IT WILL BE A COMBINED 72/48 HOUR EVENT?

48 hours of agony, just for the record

"THE AGE" 26-1-88

By LEN JOHNSON

At 12.30 pm on Saturday at Aberfeldie athletic track, 19 runners set off on Australia's first 48-hour track race. When the 17 finishers stopped at various points around the track early yesterday afternoon, most had only sore and blistered feet, aching joints and shins and a thirst you could photograph to show for it.

It is a rare emotion that motivates entrants in endurance contests. The popularity of mass-participation marathons and fun runs has long since removed distance runners from the category of harmless eccentrics. Yet even marathoners find it hard to understand the spirit of simply enduring that drives their ultra-distance running cousins.

As the runners in the Big Apple Nissan Bicentenary Ultra Run savoured their first minutes free of the compulsion to keep on running, shuffling, or somehow moving around the track, two of the elite, England's Patrick Macke and Australia's Joe Record (both saving themselves for March's Sydney-to-Melbourne race), discussed their mental state in such runs.

"Do you hallucinate?" Record asked Macke. "I sometimes imagine seeing dogs that aren't really there."

"No, I don't," replied the Englishman, adding, "But I do sometimes not see things which really are there."

A runner not seeing something that was really there, led to the race's only serious casualty on Saturday night. In the dark of the back straight one of the competitors trod on a cat that had used up all its lives. It had to be put down.

The runners were a hardier lot. A race official said those with injury that prevented them running properly resorted to walking rather than pull out.

That this race was not to the swift was emphasised by the youngest entrant, 21-year-old Stephen Dunn, from South Australia. Dunn ran the marathon distance — 42.195 kilometres — in around three hours yesterday morning, and even managed to squeeze one extra lap of the 400-metre track into the race's final 86 seconds.

But speed was not enough to gain him a place in the top three.

Rockhampton's Graeme Woods, 41, described as a "runner-coach-motivator" on the media sheet, proved himself a successful experiment of one by covering 367.83 kilometres. Melton's Bryan Smith, as much as 27 kilometres behind mid-way and 22 kilometres behind at 2 am on Monday morning, closed to within nine kilometres, covering 358.93. Bill Beauchamp was third with 347.54.

All three bettered Record's previous Australian best of 345.2 kilometres.

Eileen Lush, a 39-year-old fitness consultant from South Australia, set an Australian women's record of 238.22 kilometres. Not surprisingly, the record had been unclaimed.

BIG APPLE NISSAN 48 HOUR -- 23rd - 25th January, 1988

by Tony TRIPP

It was ideal weather for the Bicentennial 48 hour event for it rained on the first day and was cool on the second day. The event was started at 12.30pm by George Perdon.

Graeme Wood, a Queenslander, master of ultra tactics and self-described motivator stamped his authority on the event almost from the start. He broke away from the rest of the field and was never headed. The question was whether Bryan Smith, Bob Bruner, Ron Hill, Bill Beauchamp or Barry Brooks could catch him. All were hoping that Graeme would falter but he didn't, running a well-judged race. Bryan finished 9 km behind him with Billy a further 19 km back.

Bob fell by the wayside early on in the race and came back on the track four hours before the end running much of the distance with John Breit (Bright), a triathlete. Ron Hill, 1986 Sydney to Melbourne finisher, ran the last 26 miles extremely fast to pull up to 4th position.

Greg Hellier while crewing for Donna Hudson in the Sydney to Melbourne two years ago decided to enter that great event himself though he had never run an ultra before. He is gradually realising his dream having qualified for the event by completing 183 km in 24 hours last year, and did extremely well in the 48 hour race. It shows you what determination can do.

The 48 hour threw up a challenge to the more established ultra distance runners. Graeme Wood's winning total of 367.83 km was of international class. He broke George Audley's national record of 335 km set in Perth in October '87, the first Australian 24/48 hour event, and Joe Record's 345 km set at Colac's Six day event in November 1987. Thus in the space of three months the 48 hour record has been broken three times, a healthy sign for the future of ultra running.

All the runners who completed 100 miles in 24 hours or 226 kms in the time limit of 48 hours can now become members of the Centurion Runners Club. Those who covered 100 miles in 24 hours in the 48 hour race were Graeme Woods 224 km, Barry Brooks 194 km, Ron Hill 188 km, Bryan Smith 188.8 km, Bob Bruner 185.2, Bill Beauchamp 180.8 km, John Breit 178 km, Greg Wishart 169.6 km, John Champness 168 km, and Greg Hellier 164.8km. Eileen Lush won the right to be the inaugural 48 hour women's record holder with 238.22 km.

There are many tales of bravery, each runner deserving of some comment in this most difficult of races - both Yiannis Kouras and Patrick Macke describe the 48 hour as a tough event.

Stephen Foulkes deserves congratulations on a well-organised ultra marathon with its innovative features of computer lapscoreing and individually-coloured competitors' numbers, to mention a few.

Postscript: A certain 48-hour runner discovered in the middle of the night that his crew had either fallen asleep or disappeared. He asked a crew member of another runner to take his requisites (food, drink etc) from his tent and put them out on a table track-side so he could help himself. This crew member duly entered the tent and carted all the stuff out, believing the sleeping body to be a disgraced crewperson. Then the runner realised that none of the stuff was his - it was the wrong tent. Imagine the expression on the face of the resting runner when he woke up to find all his supplies gone

by Val CASE

After serving the apprenticeship of crewing for two ultra runners in their 24 hour runs (Ray Ramelli and Tony Tripp) I decided it was my turn to have a go, especially as I'd been made assistant secretary for A.U.R.A. and, to seal the decision, it seemed a novel way to celebrate a birthday. This was the background to my first attempt at an ultra at Aberfeldie Park on January 24th.

The 48 hour event was half-way through when the three intrepid 24 hour runners hit the track. Claude Martin and young Peter Mouras set off at a cracking pace while I contented myself with a steady twenty laps an hour. Unfortunately Peter developed an injury and was forced to retire but Claude ran on strongly to finish over 165 km, thus becoming one of the few athletes in the world to have race-walked 100 miles (in 22 hours) and now run that distance.

To an aspiring new ultra runner my advice is: don't run with a sore throat and avoid blisters at all costs. Despite these handicaps I enjoyed the experience, learning a lot, and was pleased to have at least stayed there for the 24 hours. I was about 21 km short of the magic 100 miles but, like all those who are bitten by the bug -- 'next time'

The spirit of friendship and encouragement synonymous with ultradistance running was again in evidence from fellow-runners, crews, onlookers and officials alike. Altogether a birthday to remember !

30.

THE SUN'S UP Sweet victory for Val in ultra

By CHRIS MORGAN

THE first 12% of Val Case's 24-hour birthday ultra marathon was spent waiting, watching and waiting her way around the little track yesterday.

And when Case of Northcote finished her 24-hour ultra marathon at 12.30 pm at Aberfeldie Park, her birthday wish was to spend a large part of the next 11 1/2 hours in a hot bath.

Case, who took up distance running only two years ago, was one of several physically and mentally exhausted competitors to finish the 24 and 48 hour races held in conjunction at Aberfeldie.

Only once did Case's desire to keep climbing her own mountain lapse -- when she took a 20 minute break.

But she was soon up on her feet and finally covered 349 laps or 130.9 km to be the first woman in the 24 hour division.

Case, a social worker at the Royal Women's Hospital, had aimed to complete 100 miles (160.9 km) before the race started.

"I'd like to become eligible to become a member of the most elite athletic club in Australia -- the centurion running club," she said.

Only a handful of Australian women have

Valerie Case clings to friend Tony Tripp after her win in the women's division of the 24 hour ultra marathon at Aberfeldie Park. Picture: JULIAN KINEMA

achieved the 100 miles in 24 hours pre-requisite of the club. But a bout of flu before the race shattered her birthday dreams.

A good friend and crew member, Tony Tripp, said: "If I'd known she was taking aspirin and cough

lozenges, I'd have with-drawn her from the race."

Rockhampton runner Graeme Woods smashed Jos Record's Australian record by more than 22 km in the 48 hour event. Woods, 41, plans to run the Sydney to Melbourne race in 48 hour section.

Woods said he decided to run ultras because after marathons, he had run out of challenges. Elaine Lush, 39, of SA, covered 238.82 km to take out the women's 48 hour section.

Ultra-distance run is marathon effort

VALERIE Case launched herself into her "silver years" when she started an ultra-distance run at 50 years of age and ran until she turned 51. Val, from Hunter St. Northcote, celebrated her birthday in an unconventional fashion, be-

By CATHERINE CHANDLER

ing one of only three women competing in the Big Apple Nissan Bicentenary Ultra Run at the Aberfeldie Athletics track over the Australia Day long weekend. Twenty two runners

competed in the 48-hour event, and Val and another three entrants brought fresh blood to the final 24 hours of the race.

Mr Graeme (Woodsy) Wood, 41, of Rockhampton, Queensland, covered the greatest distance for the 48 hours and set a new Australian record of 376.83 km.

Second and third placegetters, Mr Bryan Smith, 44, from Melton, and Mr Bill Beauchamp, 41, from Brunswick, also surpassed the old record.

Other northern suburbs entrants were Mr Kevin Cassidy from Preston and Mr Peter Pfister from Brunswick.

Kevin, 27, is one of the "youngsters" of the sport with 12 marathons, two 50 milers, two 100 km and three 24-hour events behind him.

He had entered the 48-hour event, but had to pull out after 10 hours with a hamstring injury.

Val took up running about 10 years ago and has competed in four marathons over the last two years.

The 24-hour event of the Bicentenary run was her first attempt at ultra-distance.

Val ran 140 km in the 24 hours — "I was slightly under my target," she said.

"But it was a terrific sense of satisfaction just to finish."

Val was aiming for 160 km (100 miles), and is considering trying again in three weeks.

She said she thought she could make the distance, but had a lot stacked against her, including running with the flu and her feet blistering two hours into the race.

Race director and friend, Mr Tony Tripp said she was just "too stubborn to stop".

Tony is also the founder and president of the Centurions Runners Club — an elite group of international athletes who have all run 100 miles or more in 24 hours — a club Val is determined to qualify for.

Val said the Westfield Sydney to Melbourne run, with protagonists such as Cliff Young, had popularised ultra-distance running in Australia, though she had no desire to take on that challenge.

She said one of the best things about being with a veteran's athletics club was that getting older wasn't a drawback.

"I was rapt to turn 50 — now I've got more and better competition," she said.

Val and Tony insist that ultra-distance running is friendly and non-competitive.

"You're just running against yourself and you all practically live together on the track," Tony said.

"The field is set up like a tent city and the crews help everyone."

Val said she became "addicted" to running because, as a social worker at the Royal Women's Hospital, she worked in a stressful situation.

"Distance running helps to discharge a lot of frustration," she said.

"You can't afford to be aggressive. You have to concentrate, meditate, and detach your mind from your surroundings."

Val joined the veterans athletics club as a sprinter.



THESE feet took quite a beating over the weekend. Northcote's Valerie Case and Preston's Kevin Cassidy competed in 24 and 48-hour ultra-distance events over the Australia Day weekend.

An injury forced her to move on to race walking, and then she started helping and training with a friend who wanted to enter a 24-hour race.

Val then started "crewing" for Tony about 18 months ago and became the assistant secretary for the Australian Ultra

Runners Association.

Tony is an accomplished ultra runner and has organised many races throughout the world, including Australia's first 48-hour track race held in Perth last October.

Now he crews for Val and she continues to pick up tips and benefits from

his experience, with techniques such as cutting the toes out of her running shoes so her toenails don't fall off.

She sees herself as living evidence that "anyone can do it".

Val said it was all a matter of training and preparation.

OFFICIAL RESULTS - BIG APPLE NISSAN BICENTENNIAL 48/24 HOUR

ULTRA TRACKRUNS, 23rd - 25th JANUARY 1988

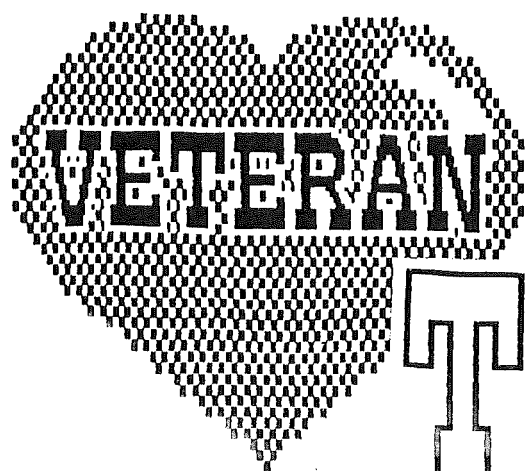
<u>48 HOUR RACE</u>			<u>SPLITS</u>					
	KM		<u>50 KM</u>	100 KM	100 MILE	200 KM	<u>300 KM</u>	<u>200 MILE</u>
1 GRAEME WOODS	367.838	* NEW AUSTRALIAN RECORD MALE	04:08:23	08:55:12	15:28:27	20:51:25	36:03:57	39:39:59
2 BRYAN SMITH	358.938		04:50:46	10:34:02	18:06:42	25:09:00	40:06:58	42:56:05
3 BILL BEAUCHAMP	347.547		05:09:48	11:51:38	21:22:26	26:30:18	40:55:39	44:23:28
4 RON HILL	330.134		04:32:13	10:30:11	19:32:43	25:44:18	42:50:11	47:01:55
5 BARRY BROOKS	315.645		04:41:25	10:12:39	18:11:44	24:57:33	46:11:00	
6 JOHN BREIT	293.966		04:31:46	10:39:38	19:28:30	30:24:04		
7 GREG WISHART	290.983	PROVISIONAL	04:30:28	12:42:39	22:58:37	29:47:18		
8 JOHN CHAMPNESS	277.234		05:12:05	11:59:07	22:47:21	28:54:09		
9 PETER RICHARDSON	268.109		05:32:03	15:54:26	26:42:11	34:32:42		
10 BOB BRUNER	251.970		04:47:13	10:35:20	19:18:53	27:01:59		
11 TONY RAFFERTY	245.796		05:25:37	14:40:48	26:26:48	35:41:24		
12 STAN MISKIN	241.317		06:33:06	14:06:10	26:01:12	33:21:47		
13 EILLEN LUSH	238.224	* NEW AUSTRALIAN RECORD FEMALE	07:57:11	18:07:37	31:35:55	41:10:05		
14 STEPHEN DUNN	219.612		04:30:55	11:26:18	29:34:56	44:02:50		
15 GREG HILLIER	216.117	SCRATCHED	04:51:28	11:56:29	23:29:58	42:26:56		
16 JAMES HUME	214.508	KEITH FISHER	06:31:20	18:24:25	33:20:27	44:28:56		
17 PATRICK FARMER	210.997	MIKE MARCH	05:36:55	15:56:35	31:07:57	45:56:55		
GEOFF BOASE (RETIRED)	112.800	PETER PFISTER	04:51:45	12:40:32				
KEVIN CASSIDY (RETIRED)	88.000	PETER VERNON	05:14:28					
		ANDY DOCHERTY						
<u>24 HOUR RACE</u>								
1 CLAUDE MARTIN	165.498	JO Mc GARITY	04:45:02	11:42:32	23:07:19			
2 VALERIE CASE	139.886	FRANK PROWSE	06:46:43	15:33:41				
PETER MOURAS (RETIRED)	70.400		06:52:22					

THE BIG APPLE

NISSAN BICENTENNIAL

ULTRA RUNS.





24 HOUR

TRACKRUN

Harold Stevens Athletic Track, Outlook Road, Coburg
Saturday 13th and Sunday 14th February, 1988.

READ	NICK	208.859	1
ANDREWS	SUE	202.890	2
NASH	ROBERT	197.778	3
SMITH	RONALD	195.382	4
MILNE	PETER	191.634	5
BENCZE	JOHN	189.052	6
RILEY	GERRY	188.652	7
DIETACHMAYER	TONY	184.000	8
YEAMAN	DAVID	183.514	9
WISHART	GREG	180.804	10
GRANT	STEPHEN	179.898	11
YOUNG	CLIFF	179.081	12
TRIPP	TONY	177.027	13
STENNER	GRAHAM	169.231	14
ELLIS	RAY	168.038	15
KERRUISH	GRAHAME	167.612	16
GRAY	PETER	166.466	17
RAFFERTY	TONY	165.540	18
FOLEY	WANDA	165.055	19
LUCAS	ANDREW	163.063	20
VEGA	EDUARDO	154.787	21
BUTKO	KON	147.003	22
ARMISTEAD	PETER	146.603	23
VERNON	PETER	141.200	24
STUART	ROGER	139.387	25
BROOKS	BARRY	139.105	26
BURROWES	GORDON	138.348	27
MORRE	JEAN-CLAUDE	135.191	28
CARROLL	RAYMOND	133.333	29
DUNN	STEPHEN	131.325	30
ROSS	HOWARD	130.800	31
BRYAN	GREG	125.296	32
PARSONS	PATRICK	124.981	33
DEDMAN	KAVEN	121.599	34
CAMPBELL	RON	115.600	35
WHELAN	ROBERT	104.025	36
TAYLOR	BOB	100.000	37
KIRK	BRUCE	84.400	38
BROOKE	NORM	76.400	39
SKINNER	PETER	68.400	40
WARREN	DAVID	43.600	41

Dot Browne
Race Director

ULTRA RUNNERS' SURVEY

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

ULTRA RUNNERS' SURVEY - RESULTS

Compiled by: Geoff Hook, Dot Browne & Chris Stephenson

With over 200 members, we have been a little disappointed with the response to our survey. Although a number of our members are non-ultra runners, only 20 replies have been received which is below our expectations. Nevertheless, for the benefit of all, here are the results. Thank you to those 20 people who did respond to this survey.

As expected, many questions elicited diverse responses but the overall results are interesting and should be of great help to novice ultra runners as well as some assistance to experienced runners. Despite the low number of responses, a good cross section of ultra running ability has been obtained.

Some license has been exercised in grouping some answers so that coherent and concise results could be presented. In each category, foods and fluids are listed in order of majority preference.

1. TYPICAL DAY'S DIET

- (a) The following would be a typical day's diet for the average ultra runner. Quantities are not indicated because it would complicate the results, and anyway, all ultra runners eat heaps of food.

Breakfast: Cereal with normal or low fat milk; fruit; toast with jams, etc.; fruit juice; tea/coffee.

Morning Tea: Fruit; tea/coffee.

Lunch: Sandwiches; fruit; fruit juice.

Afternoon Tea: Fruit; tea/coffee.

Dinner: Vegetables, particularly potatoes and pumpkin; chicken/fish; lean meat; pasta/rice; fruit.

Supper: Tea/coffee; biscuits; toast and crumpets.

- (b) The following are additional foods and fluids taken by some of the runners but do not rate inclusion in the typical diet of the average ultra runner.

Breakfast: Porridge; yoghurt; milo; barley green essence; eggs.

Morning Tea: Museli bars; sandwiches; donuts; fruit juice; croissants; cake.

Lunch: Fruit cake; coffee/tea; yoghurt; vegetables; nuts and seeds; eggs; cheese and biscuits; soup.

Afternoon Tea: Vegetable juice; rice; biscuits; cake; coca cola.

1. TYPICAL DAY'S DIET continued

(b) continued

Dinner: Bread and honey; tinned fruit; icecream and yoghurt; creamed rice/sago; salad; fruit juice; pudding; tea; sandwiches; cheese.

Supper: Cereal; fruit; barley green essence.

2. CARBOHYDRATE LOADING

Yes - 8 responses; No- 7 responses; Additional carbs only - 5 responses.

3. EATING/DRINKING DURING AN ULTRA

Easy - 12 responses; Difficult - 6 responses; Uncommitted - 2 responses.

4. FREQUENCY OF EATING/DRINKING DURING AN ULTRA

	Often	Moderate	Infrequent
Food	3 responses	13 responses	4 responses
Drink	5 responses	14 responses	1 response

5. MOST PREFERRED FOODS & FLUIDS CONSUMED DURING AN ULTRA

(a) Typical for the average runner:

Fruit; water; staminade/gatorade; fruit juice; cake; mineral water; tea/coffee; potatoes; sandwiches; custard; coke; soup; baby food; tinned fruit.

(b) Other foods & fluids consumed, but not by the majority:

Vegetables; bread; rice; biscuits; chocolate; mars bars; spaghetti; glucodin; pumpkin; salad; jelly beans; ground rice; yoghurt; cereal; icypoles; sustagen; water melon/rockmelon; aloe vera; milk; actavite; egg flip; vegetable juice; icecream; pancakes; fruit bars; dried fruit.

6. EATING BEFORE A TRAINING RUN, VIS A VIS A RACE

	Big Meals	Medium Meals	Small Meals	No Meals
Before Training	5 responses	4 responses	7 responses	4 responses
Before Races	3 responses	1 response	7 responses	9 responses

7. TYPICAL TRAINING PROGRAMME (not specifically for a race)

(a) Spread on weekly mileage is 30 to 110 miles which is rather high (naturally, only a few responses are at the low end of this range).

7. TYPICAL TRAINING PROGRAMME (not specifically for a race) continued

(b) Breakdown by distance groups:

30-50 miles/week:	3 responses
50-70 miles/week:	3 responses
70-90 miles/week:	6 responses
90-110 miles/week:	5 responses

(c) Breakdown by training regimen:

Steady daily training mileage/pace:	6 responses
5 or 6 days as above + 1 or 2 long runs:	9 responses
5 or 6 days as above + speed work:	2 responses

8. OCCURRENCE OF INJURIES

Frequently:	3 responses
Moderately frequently:	1 response
Infrequently:	3 responses
No injuries:	13 responses

9. REGULAR REST DAYS/LIGHT TRAINING DAYS

Yes:	14 responses
No:	6 responses

10. FREQUENCY OF RACING (less than marathon distance)

Rarely:	12 responses
Frequently:	7 responses

11. AVERAGE NUMBER OF MARATHONS PER YEAR

0 marathons:	2 responses	1 marathon:	1 response
2 marathons:	3 responses	3 marathons:	5 responses
4 marathons:	2 responses	5 marathons:	2 responses
6 marathons:	2 responses	7 + marathons:	2 responses

12. MARATHON PERSONAL BESTS

2:36; 2:45; 2:45; 2:47; 2:48; 2:52; 2:57; 2:58; 2:58; 3:05; 3:06; 3:07;
3:11; 3:16; 3:40; 3:47; 3:50; 4:31; 5:08.

13. AVERAGE NUMBER OF ULTRAS RUN PER YEAR

(a) 1 to 3 ultras:	8 responses
4 to 6 ultras:	8 responses
7 + ultras:	4 responses

13. AVERAGE NUMBER OF ULTRAS RUN PER YEAR continued

(b) Breakdown by ultra grouping:

No. running ultras in the 27 to 50 miles range: 15 responses
(total number of ultras run within this group is 36).

No. running ultras in the 51 to 100 miles range: 10 responses
(total number of ultras run within this group is 16).

No. running ultras in the 100 + miles range: 7 responses
(total number of ultras run within the group is 18).

No. running 24 hour ultras: 6 responses (total number of ultras
run within this group is 9).

14. DO YOU INCREASE TRAINING MILEAGE WHEN PREPARING FOR ULTRAS?

Yes: 14 responses

No: 6 responses

15. HOW MANY WEEKS PRIOR TO AN ULTRA RACE DO YOU PEAK?

1 week: 3 responses

2 weeks: 6 responses

3 weeks: 3 responses

4 weeks: 2 responses

16. TYPICAL TRAINING REGIMEN DURING THIS PEAK WEEK

No Change: 2 responses

Similar to a normal training week but with:

(a) A 4 hour + long run: 5 responses

(b) An increase of 3 to 5 miles per day: 5 responses

(c) A combination of (a) and (b): 2 responses

2 hours each 5 days + 1 x 40 miles + 1 x 80 miles: 1 response

5 x 15 milers; 1 x 20-10km track races: 1 response

17. TAPERING OFF

No mileage at all: 1 response

Drastic taper: 1 response

Cut-out long runs: 2 responses

Reducing to 1/2 mileage over last 2 weeks: 3 responses

Reducing by a few miles per day: 6 responses

No tapering off: 1 response

18. REST DAYS BEFORE AN ULTRA

1 day:	4 responses	2 days:	6 responses
3 days:	5 responses	4 + days:	2 responses

(Usually the number of days depends upon the size of the ultra race being tackled).

19. ULTRA RACE APPLICATION

Steady throughout:	9 responses
Steady throughout to set lap times:	4 responses
Steady throughout to set lap times with consequent slow-down:	2 responses
Fast start with consequent slow-down:	4 responses
Steady start with consequent slow-down:	1 response
Steady start with consequent speed-up:	1 response

20. IMPORTANCE OF MENTAL ATTITUDE

Very important (intense concentration required):	1 response
Very important:	17 responses
Fairly important:	1 response

21. RACING ATTITUDE

Race to win:	3 responses
Run to improve:	17 responses
Run to finish:	5 responses

22. ATTITUDE TO SUPPORT CREWS/HELPERS

Try to be nice:	8 responses
Admire their tenacity:	3 responses
Grateful:	12 responses
Moderate to high expectations of their efforts:	5 responses
Require motivation from them:	1 response

23. ATTITUDE TO OTHER COMPETITORS IN A RACE

Helpful and friendly companions:	13 responses
Envious:	1 response
Respect them:	6 responses
Competitive:	5 responses
Negative Attitude:	2 responses

24. NEED FOR HELP & DIRECTION DURING THE RACE

(a) General (covering all areas of help and direction as listed in (b) below:

Yes - High:	1 response
- Moderate:	1 response
- Low:	3 responses

38. No: 9 responses

24. NEED FOR HELP & DIRECTION DURING THE RACE continued

(b) Specific (only) areas (not covered by (a) above):

Pace:	3 responses
Food/Drink:	2 responses
Walk/Rest:	1 response
Progress/Achievement:	3 responses

25. ATTITUDE TO RACE OFFICIALS

Respect Them:	11 responses
Praise Them:	8 responses
Obey Them:	3 responses
Indifferent to Them:	1 response

26. MISCELLANEOUS IDEAS/SUGGESTIONS/COMMENTS

- Ultras can be dangerous to health.
- Ref. Book: "Ultra Marathoning - The Next Challenge" by Osler & Dodds.
- Ultra running has been a positive experience.
- S.A. doesn't offer enough ultra running opportunities.
- Healthy mental attitude
 - (a) Slow training is important.
 - (b) Don't wear yourself down by keeping pace with others on self imposed schedules.
 - (c) Training comes first - appointments second (don't worry if late).
 - (d) Stop and look at views during training runs.
- Educational.
- Accept advice.
- Be adaptable.
- Race walking in training can be useful.
- Keeping off hard surfaces can be helpful.
- More toilets for track ultras required.
- Use of walkmans are of great assistance in long ultras.

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7EX-HT – SHELL ULTRA

MARATHON



INFORMATION ON 7EX-7HT SHELL ULTRA MARATHON

The 7EX-7HT Shell Ultra is a marathon run between Launceston and Hobart, with top Australasian runners being invited to run.

The Ultra Marathon epitomises the way the Fun Run has developed, with such wide publicity generated by the Sydney-Melbourne Ultra Marathon, great scope is available in Tasmania to create a Marathon of National significance.

The Marathon would cover a distance of 200 kilometres, starting in Launceston and finishing in Hobart. The hills dominating the last 100 kilometres of the run would make this Marathon the toughest of its distance in the world.

The Marathon is set to run on Saturday, 15th October 1988 from Launceston. The event will be in two sections; the first section for Solo runners who would finish the race in the daylight hours of Sunday, and the second section for teams of ten who would run half a marathon each, with their finish also on Sunday morning.

First prize in each section is \$5000 with prize money for 2nd, 3rd and 4th. etc. In addition there is a bonus of \$500 to the fastest in each leg of the teams race.

The budget for the Marathon is \$70000 all of which will go to the promotion, organising and in prizes.

TT Line is offering half rate to all runners coming over on the Abel Tasman. Accommodation is being organised for all competitors at a discount rate.

Entry fee for all solo runners is \$100 and for teams \$500 per member in the team.

Entry forms are now available and all previous enquiries will now be sent an entry form and all other relevant material.

ULTRA DISTANCE RUNNERS

NEW ZEALAND

ULTRA DISTANCE RACES

100 KILOMETRES & 50 KILOMETRES

EASTER SATURDAY 1988

RUN ON THE GRAND PRIX TRACK

PUKEKOHE

35 KILOMETRES SOUTH OF AUCKLAND

ANY RUNNERS VISITING NEW ZEALAND AND REQUIRING
INFORMATION CONTACT:

P. SPIERS

BOX 268 PUKEKOHE, NEW ZEALAND

PHONE No. 085 89 154 Business
085 89 433 Residential

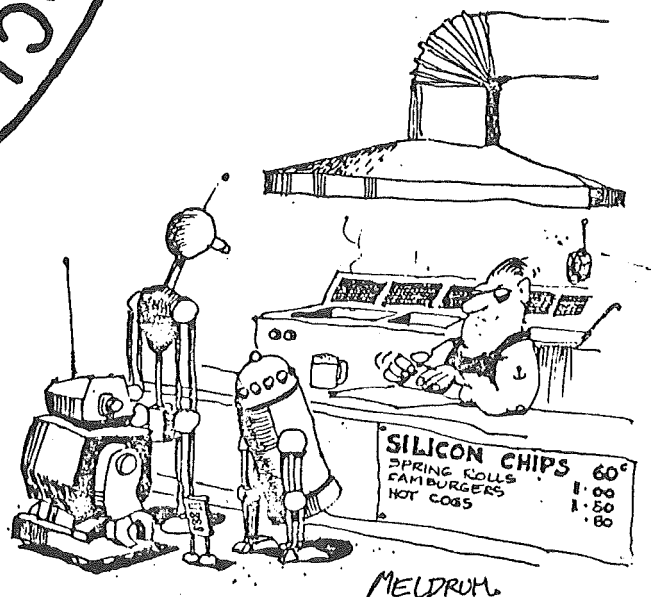
LOGO SUGGESTIONS



Dot Browne's idea



Debbie Bogenhuber



MELDRUM



Suggestion from Georgina McConnell
of Baulkham Hills N.S.W.

Greg Hillier,



MISCELLANEOUS ARTICLES

WHY DO WE RUN?

How many times do people ask us that question? How difficult it is to answer. Yet we pull on our shorts and tee shirts, slip on our joggers, oil up, stretch, set watches and head off with amazing regularity to cover distances that other people, sports persons included, simply boggle at. Are we endorphin junkies subsisting between runs, always waiting to hit the pavement for another internal fix of morphine-like endorphins? Perhaps! Certainly we can get 'twitchy' if prevented from running for a period of time. and that first run after a short, enforced lay-off can be as delightful as cold champagne on a hot day. The feeling of firm, secure, well-oiled motion as one settles into the mid-distance of a long run must surely be as deeply pleasurable as a full bodied Coonawarra cab-sauvignon shared by good company during a meal.

People ask if we ever get bored while we run. What, may I ask is boredom? That must be something they perhaps feel at times. In the course of a run we are as busy as the pilot in the cockpit, checking systems, evaluating performance, planning training methods, schedules, tactics: are these shoes as good as the other pair, should we change the left orthotic? is this camber better for the right ankle pronation? how is our time going? too fast? we'll burn out, or injure, too slow? - not as good as last week, is that left knee going to play up? how is our hydration - at least 1 litre per hour, perhaps $1\frac{1}{2}$ because by now the temperature is rising. If we get time in between all this hard work, we can settle back and enjoy the scenery, or dream about our next race. And the dreaming is a well deserved luxury. Why should we not dream of achieving something whilst engaged in the very training which may allow our dreams to come true? In a materialistic society, we perhaps are the more realistic goal-dreamers- our sub 3 hour marathon or 100 mile day is achievable or betterable.

Why do we punish ourselves, they may ask. What they do not see is that we go to great lengths so to speak, not to punish ourselves. All our concerns are with avoiding injury, lessening discomfort and pain, whilst always wishing to extend our own personal horizon. Once we have acknowledged our commitment to ultradistance running then the way to avoid 'punishment' is not to avoid running. The very notion is self-contradictory. The way to avoid 'punishment' is to avoid or overcome injury. If it is necessary to reduce distance to achieve this, then, reluctantly so be it - only for as long as is necessary.

What do we get out of it they ask. Simply the feeling of exhilarating fluid motion, smoothly unfolding over distances which prove the efficiency and beauty of the human system once it is properly directed.

So when they ask me "why do I run", I am not really sure that I can answer them in words they might understand.

Bert Wilks - Gary Collins

EZEKIEL CRIED....."DRY BONES"
EZEKIEL CRIED....."DRY BONES"
EZEKIEL CRIED....."DRY BONES"
NOW HEAR DE WORD OF DE LORD.

Many non-runners who claim to be our friends say that we run because we are "weak in the head", "around the twist" or "only 40 cents in the dollar"; and, in the case of long distance runners "solid muscle from the neck down and solid bone from the neck up." These cruel slanders may, without emotion, be logically and scientifically refuted and as runners we each have a sacred duty to refute them.

EZEKIEL CONNECTED DEM.....DRY BONES
EZEKIEL CONNECTED DEM.....DRY BONES
EZEKIEL CONNECTED DEM.....DRY BONES

NOW HEAR DE WORD OF DE LORD.

We enjoy the feel of running and in simple lay terms, the physiology is that this good feeling is stored in the cerebral cortex which sends a cortical message to the hypothalamus which integrates emotional stimuli with bodily functions such as eating, breathing and sexual behaviour. Now, how about that?

WHEN YO TOE BONE CONNECTED TO YO.....FOOT BONE
YO FOOT BONE CONNECTED TO YO.....HEEL BONE
YO HEEL BONE CONNECTED TO YO.....ANKLE BONE

The hypothalamus functions via the autonomic nervous system and the hormonal system via the pituitary gland.

YO ANKLE BONE CONNECTED TO YO.....LEG BONE
YO LEG BONE CONNECTED TO YO.....KNEE BONE
YO KNEE BONE CONNECTED TO YO.....THIGH BONE

When we are about to run the pituitary gland releases the hormone ACTH, which causes the adrenal glands to secrete cortisol, adrenaline and other hormones.

YO THIGH BONE CONNECTED TO YO.....HIP BONE
YO HIP BONE CONNECTED TO YO.....BACK BONE
YO BACK BONE CONNECTED TO YO.....SHOULDER BONE

What do these hormones do? Well, their function is to:

- metabolise carbohydrates, fat and protein,
- change the pulse rate and blood pressure and
- trigger the release of glucose into the bloodstream

These changes increase the blood and energy supply to the muscular system and at the same time reduce the blood supply to the brain and other organs.

YO SHOULDER BONE CONNECTED TO YO.....NECK BONE
YO NECK BONE CONNECTED TO YO.....BONE HEAD - sorry - HEAD BONE

. NOW HEAR DE WORD OF DE LORD.

Enough of this lay language - let us re-inforce our case in scientific terms by stating, as the physiologist would, that "this response prepares the body for running".

It is indeed fortunate for those of us who get so much pleasure from it, that this response is triggered again and again, every time we think about it - "It" being running - of course!

You see; it is a self perpetuating system, so we may proudly inform our non-running so-called friends that; "We run, and we are always ready to run - because of an increased blood and energy supply to the muscular system" Hurrah!

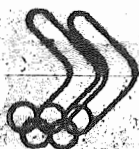
DEM BONES...DEM BONES GONNA RUN AROUND
DEM BONES...DEM BONES GONNA RUN AROUND
DEM BONES...DEM BONES GONNA RUN AROUND

It may be wise however, to omit to mention that this ability and readiness is achieved only at the cost of reduced blood supply to the brain. Some of our detractors may be aware that blood carries oxygen and that the brain does not function well when it is deprived of oxygen.

At least, that is what the so-called experts claim, but we ultra-runners know better - don't we?

There is nothing wrong with our brains.

"NOW HEAR DE WORD OF DE LORD"



STREXERCISING

Have you observed a common occurrence in many cities and towns around Australia? An intending jogger walks several metres from his or her car or front gate to the nearest tree, pole or fence, and appears to attempt to push it over!

After several unsuccessful efforts, he or she begins their jog or run. Such persons are under the misapprehension that their actions are the correct method of stretching their calf muscles (a surprisingly large percentage compound this error with the mistaken belief that it is the hamstrings which have been stretched). This is one example of the erroneous idea that "stretching equals warm-up".

On the other hand, have you been fortunately enough to watch a company of elite ballet dancers slowly and meticulously warming up and stretching prior to a performance? After 45-60 minutes, incredible flexibility will be achieved in a graded, risk-free manner.

Much has been written in recent years about the need to stretch and often the information presented is confusing and contradictory. Today, stretching is widely accepted as an integral component of training and an essential procedure prior to competition.

The regions of the body to be stretched and the degree of joint flexibility required, vary from sport to sport and even within certain sports, depending upon each participant's role in that sport. It must be remembered that flexibility is but one component of muscle and joint fitness. With suitable strength, speed and stamina it provides a sound basis for skill, acquisition and superior performance.

Should you stretch:
Before, during or after training?
When hot or cold?
Using "Held" or "Bounce" stretches?
Assisted by ice or heat?
Alone or with a partner?

The aim of stretching is to attain and maintain a suitable range of motion and elasticity of the musculo-skeletal system. Ligaments (Structures which join bones to make joints) muscles, tendons and connecting soft tissues are the tissues to be stretched. Visco-elastic properties in such tissues may be subject to (i) elastic stretch (like a spring) which is recoverable, (ii) viscous or plastic stretch (like putty) which is permanent.

The prime aim is to produce adequate elongation of tissue (plastic stretch) which can be supplemented by elastic stretch achieved just prior to competition or high intensity training. Reasons to stretch include:-

- (a) to lower the risk of injury especially to soft tissues (e.g. muscle, tendon, ligament)
- (b) to reduce post activity soreness and stiffness
- (c) to enhance performance

Stretching has an important role in the treatment and rehabilitation of injuries to muscles, tendons and joints, but will not be included in this review.

The key principle underlying safe and effective stretching is the fact that all soft tissues are more extensible when their core temperature is raised. Hence the higher the tissue temperature, the greater is its stretchability. Furthermore, the increases in tissue length so obtained are greater than a simple linear effect.

With higher temperatures everybody can confirm that warm muscles are less rigid, if one recalls how stiff and inflexible we are some mornings, especially in cold weather, and how this changes as we become active.

But the morning jogger pushing the tree is ignoring this fact. Not only will inadequate stretch result, but if over-vigorous forces are applied to cold calf muscles, a distinct risk of injury will arise.

So, stretching exercises (or as they have been termed STREXERCISES) should always be preceded by warm-up, which should be of the intensity and duration to significantly increase the temperature of the tissues to be stretched. In practical terms, this can be assumed to have arisen

when mild sweating occurs. So for the jogger, before he or she confronts the tree, brisk walking, walk slow jog or cycling for five minutes are suitable warm up activities, while the use of a tracksuit (except in very hot weather) will facilitate the warming up procedure).

As might be anticipated, the greater the range of movement required to be achieved, (principally from elastic stretch) the longer must be the pre-competition or pre-training warm up and the subsequent stretching.

Throughout a training session and particularly at its conclusion, when the highest rise of soft tissue temperature has occurred "Strexercise" can be performed and further increases in the attained range of movement may be anticipated.

Many methods of stretching exist and most find favour with some coaches.

1. Static (held) stretches

By far the safest method is the static or held stretch. The stretch position is assumed gently and held at the position of mild discomfort (not pain). Formerly 10 seconds was considered adequate to hold a stretch. Recently, it has been realised that this time interval is too brief to overcome the inhibiting effect of stretch and inverse stretch reflexes inherent in muscle tissue. Held stretches should be maintained for 30-60 seconds to obtain maximum benefit.

2. Ballistic (bounce) stretches

Generally bounce stretching is considered the least desirable and most dangerous technique and is contra-indicated. However, certain sports do involve bouncing movements, e.g. jumping gymnastics and diving. It is reasonable for those participating to gradually introduce bounce stretches into their training to prepare themselves for the specific activities required. However, it must be stressed that ballistic stretching may be undertaken ONLY AFTER ACHIEVING FULL STRETCH VIA A COMPREHENSIVE WARMING UP AND A STATIC STRETCHING PROGRAMME.

Contract-relax stretching

A variety of stretching techniques which are recommended by various authorities involve an isometric contraction prior to an initial or secondary stretch. A muscle contracts isometrically when it contracts but does not shorten, i.e. against an immovable resistance. The concept is based upon the theory that the isometric contraction will counteract the stretch reflexes inherent in the muscle and which tend to prevent it lengthening.

This type of stretching is very effective but is difficult to grasp and may provoke injury if performed incorrectly (it was developed primarily for use by skilled physio therapists, but has been switched to the training track where athletes perform the technique on each other. Injuries are inevitable and are occurring with some frequency, particularly when passive overstretching by a team mate (sometimes he or she may in reality be an "opponent") is undertaken with excessive vigor.

Partner stretches

As mentioned above, over aggressive competitors without knowledge of anatomy and kinesiology, can and do provoke injury when applying passive stretches to other athletes at training. This is especially liable in groin and back stretches. Stretching which involves a partner merely as an object against whom a stretching position can be performed is excellent especially outdoors. Concern is expressed when the partner attempts to forcibly increase the range of movement above the maximum obtained by the held or contract relax stretch, -ing.

Use of heat and or cold

As previously stated, the extensibility of tissue is directly related to its temperature, i.e. the higher its temperature, the greater is its potential stretchability. Thus heat is superior to cold in achieving a full range of movement. Without doubt, the most natural and efficient way to heat tissue is to exercise. Heat lamps in common use provide negligible penetration to muscles. Although ultrasound and other electrotherapy machines employed by physiotherapists can provide significant deep heating, these can only elevate the temperature of a very localised area, and their

Athletes in the running

THE WEST AUSTRALIAN WEDNESDAY JANUARY 27 1988
WA ENDURANCE runners George Audley and Joe Record, and veteran running champion Eileen Hindle, are the latest qualifiers for the *The West Australian-Caltex Sports Star of the Year* award for 1987-88.

Audley and Record are ranked among the top 10 of the world's ultra-marathon runners. Hindle won four gold medals and a silver at the world veterans' Games in Melbourne.

Audley, 52, smashed the Australian record in winning the Hi-Tec 48-hour race at McGillivray Oval from October 16-18.

His distance of 335km, which was the ninth-best on the all-time world list, bettered Victorian George Perdon's national record by 17km.

Audley, an Albany meat-slicer, is also the WA 24-hour record-holder, winning the Hi-Tec 24-hour event in 1986.

Record, 47, recovered from crippling injuries in recent years to win the Colac six-day race, setting an Australian record of 887.60km.

He also completed 345.2km in his first two days to better Audley's national 48-hour mark and establish Australian records at 400km and 96 hours.

Record had finished third behind Audley and young Victorian Keith Fisher in the Hi-Tec 48-hour event, with 317.059km.

The Helena Valley house-painter, who has finished

among the top five in the Sydney-to-Melbourne race twice, won the unofficial world six-day title in France in 1982.

Hindle won gold in the triple and long jumps, 400m hurdles and 4x400m relay events in the hotly-contested 35-39 years women's division at the world championships. She also collected silver in the 100m hurdles.

The sales ledger clerk has been one of WA's best-performed athletes in the past 25 years and still holds a top-30 open ranking in the 100m and 400m hurdles events on the Australian lists.

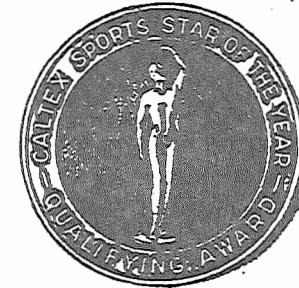
The Northern Districts star, who has represented WA at more than 20 national championships, was the State's outstanding performer at the games.

The Sports Star of the Year award is sponsored by Caltex Oil (Aust.) Pty Ltd and is decided on the votes of the sports staff of *The West Australian*.

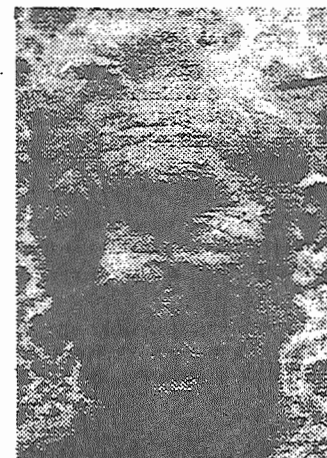
Lists of winners will be published periodically, covering a full season of 1987-88 winter and summer sports. When all the qualifiers have been decided, the staff will hold two secret ballots to determine 12 finalists and the overall winner.

Each qualifier will receive a silver-pewter medallion and the 12 finalists will be presented with a silver replica of the golden statuette, which will be presented to the winner at a banquet on April 11.

A special award will also go to the Team of the Year.



Joe Record



George Audley

effectiveness is limited to the use in the management of injury. Hot baths either general or localized to a limb, spas or saunas can heat the deeper structures but cannot be recommended in preference to exercise, such as brisk walking, walk-jog, jogging or cycling, unless circumstances preclude such pre-stretching exercise.

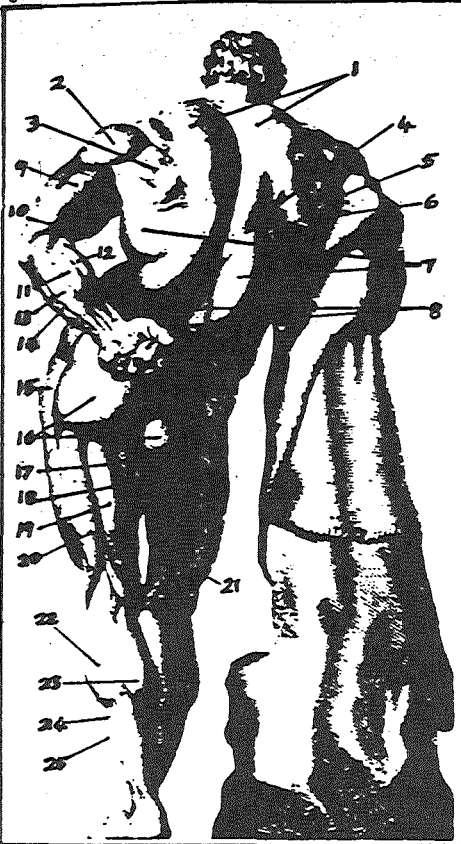
Ice is the application of choice immediately after injury and when pain or muscle spasm prevent stretching exercises. i.e. stretching after reducing the tissue temperature with ice packs, cannot be recommended

for normal tissue prior to exercise. Ice has a key role in injury management and may be utilized with safety and confidence after training or competition, ideally preceded by "cool down" stretching.

In summary, "strengthening" should be performed on tissue heated by preceding "warm up" exercises. Static stretches held for 30-60 seconds are the safest and most effective method. "Cool down" stretching is recommended especially if an increased range of movement of a region is desired.



Eileen Hindle ... four gold medals at veterans' games.



11. FLEXOR CARPI RADIALIS	Flexes and pronates hand and with extensor carpi longus, abducts hand.	Wrist curls, pinch gripping stunts, hand grips, handling thick-handled dumbbells or barbells, handstands on finger tips, dipping on fingers, all finger lifts, card tearing, cap bending, all forearm exercises.
12. BRACHIORADIALIS	Flexes forearm and assists supination.	Single and two hand curling, reverse curling, chinning, all lifts to the shoulders, especially cleaning, also, all types of rowing, lat-machine work, rope climbing, gymnastics, wrestling, etc.
13. PALMARIS LONGUS	Flexes hand.	The same exercises as listed in No. 11.
14. FLEXOR CARPI ULNARIS	Extends hand and helps to abduct it.	Same exercise as those listed in No. 11.
15. TENSOR FASCIA LATA	Abducts thigh and rotates in inward.	Raising leg upward while lying on side, holding knees together with hands then forcing knees apart, most exercises that aid thigh development.
16. GLUTEUS MAXIMUS	Extends thigh and rotates it outward.	All knee bending movements; full, half and partial squats. Deadlifts, hand and thigh lift, straddle and harness lifting, stair climbing, jumping, cycling, tumbling, leg extension and all lifting movements including leg press.
17. ADDUCTOR MAGNUS	Adducts thigh and rotates it outward.	All exercises that involve the thighs and hips, holding chest crusher between legs and forcing legs together against the resistance ...can be done also with hand pressure, squat with wide stance, jumping and ballet type of exercises.
18. GRACILIS	Adducts leg, flexes and rotates it inward.	Is activated in leg curling exercises, the "split" in stiff leg deadlifts, certain leg raising, standing movements and most of exercises listed in No. 17.
19. SEMITENDINOSUS	Flexes leg and extends thigh, rotates leg inward.	Most of the exercises listed in No. 16.
20. BICEPS FEMORIS	Flexes leg and rotates if outward, aids in extension.	All the exercises listed in No. 18.
21. SEMIMEMBRANOSUS	Same as No. 19.	All exercises listed in No. 16.
22. GASTROCNEMIUS OUTER HEAD	Extends foot, flex leg.	Raising and walking around on tiptoes, all form of calf work on leg press machine and iron boot movements. Stiff-leg deadlifts, various form of squats and knee-bending, running and standing broad jumping, tap and ballet dancing, calflex apparatus work, stair climbing, skipping one or two steps in the process, sprinting and running etc.
23. INNER HEAD	Same as above.	All exercises listed above plus sprinting.
24. SOLEUS	Extends foot and rotates it inward.	Activated in all the exercises listed No. 22 & 23.
25. PERONEUS LONGUS	Extends, everts and abducts foot.	Squats, raising toes, rotating the ankle, calflex apparatus, sprinting, mountain climbing. etc.

18. VASTUS EXTERNUS	Extends leg.	Most of the exercises recommended and suggested for No. 16.
19. VASTUS INTERNUS	Extends leg.	Exercise as those mentioned above.
20. TIBIALIS ANTICUS	Flexes foot and elevates the inner border.	Squates, raising toes, rotating the ankle, calflex apparatus, sprinting, mountain climbing, etc.
21. PERONEUS LONGUS	Extends, abducts and everts the foot.	All exercises mentioned and suggested for No. 20.
22. GASTROCNEMIUS	Extends foot and flexes leg.	Raising and walking around on tiptoes, all form of calf work on leg press machine and iron boot movements. Stiff-leg deadlifts, various form of squats and knee-bending, running and standing broad jumping, tap and ballet dancing, calflex apparatus work, stair climbing, skipping one or two steps in the process; sprinting and running, etc.
23. LIGAMENT OF ANKLE	Holds bones and tendons in place.	All exercises that work the shin and calf muscles of the lower leg.

HERCULES MUSCLE CHART

NAME OF MUSCLE	ACTION OF MUSCLE	ACTIVITIES THAT DEVELOPS THE MUSCLE
1. TRAPEZIUS	Draws head backward and to either side; raises shoulder girdle, rotates scapula.	Shrugging motion, teeth lifting, neck work, all lifting to shoulders and overhead. Hand balancing, wrestling and gymnastics.
2. POSTERIOR DELTOID	Raises and draws arm up and backward.	All rowing type of exercises, lateral raise while bending over, chest expander movements, etc.
3. INFRASPINATUS	Aids in rotating upper arm outward.	Activated in most lifts that raise weight to shoulder and overhead, as well as all one hand lifting. Gymnastics swimming, rope climbing, iron bar, bending and other strongman stunts.
4. RHOMBOIDEUS	Pulls scapula up and inward.	Pullover with weights, upright and all rowing exercises, most exercises done in lying position, bent-over laterals, pulldown behind neck on lat-machine, chinning, rope climbing, most chest expander exercises and lifting movements.
5. TERES MINOR	Rotates and abducts upper arm.	Most of the exercises in No. 3.
6. TERES MAJOR	Pulls arm down and backward, rotates arm inward.	The same exercises as listed in No. 4.
7. LATISSIMUS DORSI	Draws arm downward, backward and rotates it.	One and two hand rowing movements, upright rowing, pulldown behind neck on lat-machine, all pressing and cleaning movements. Bench press, pullover, dislocates, chinning, rope climbing, wrestling, gymnastics, etc.
8. ERECTOR SPINAE	Supports and holds body upright, permits bending.	All bending movements, especially deadlifts "good morning" exercises, all lifting movements. All twisting, side bends, leg raises and abdominal work. Handbalancing, tumbling, swimming, jumping, golf, hockey, hyperextension, etc.
9. TRICEPS, LONG HEAD	Extends arm and draws it backward.	Pressing in various forms, standing, sitting, lying etc. All extension movements, dips, all overhead lifting and supporting, all straight arm work, hand balancing, gymnastics, etc.
10. TRICEPS, INNER HEAD	Works in combination with outer and long heads.	Same exercise listed in No. 9.

**A CONCISE CHART OF VOLUNTARY MUSCLES AND THEIR FUNCTIONS, PLUS
THE EXERCISES THAT INVOLVE AND DEVELOP THEM**

NAME OF MUSCLE	ACTION OF MUSCLE	ACTIVITIES THAT DEVELOPS THE MUSCLE
1. TRAPEZIUS	Draws head backward and to either side; raises shoulder girdle, rotates scapula.	Shrugging motion, teeth lifting, neck work, all lifting to shoulders and overhead. Handbalancing, wrestling gymnastics.
2. STERNOCLEIDOMASTOID	Draws head forward, rotates head and helps to lift chest in forced and deep breathing.	Forward bridging, pushing on forehead and resisting with head. All lifting involving the trapezius also activates this muscle. Wrestling, boxing and supporting weight on head.
3. DELTOID a. ANTERIOR b. LATERAL	Raises arm to shoulder level assists in overhead movement.	All forms of forward and lateral raises, all pressing movements and overhead lifting, dips and handbalancing, gymnastics, swimming and chest expander exercises.
4. & 5. BICEPS BRACHIALIS ANTICUS	Flexes and supinates forearms and adducts arms.	Single and two hand curling, reverse curling, chinning, all lifts to the shoulders, especially cleaning, also all types of rowing, lat-machine work, rope climbing gymnastics wrestling etc.
6. TRICEPS, OUTER HEAD	Extends forearm.	Pressing in various forms, standing sitting, lying etc. All extension movements, dips, all overhead lifting and supporting, all straight arm work, handbalancing, gymnastics, etc.
7. BRACHIORADIALIS	Flexes forearm and helps supination.	Most of the exercises listed in number 4 aids development of this muscle.
8. RADIALIS LONGUS	Extends hand and abducts hand with flexor carps.	Using thick-handled weights, pinching gripping, cleaning weights to shoulders, finger stunts, spike and bar bending, wrist turning etc.
9. RADIALIS BREVIS	Extends hand as part of longus.	All movements listed above under number 8.
10. EXTENSOR DIGITORUM COMMUNIS	Extends fingers.	All finger movements and lifting, handbalancing on fingers as well as dipping and most of the exercises listed in number 8.
11. LIGAMENT OF WRIST	Supports and holds wrist bones together.	All heavy supports, especially those held on hands, isometric and isotonic pulls and supports, wrist curls, wrist wrestling, handstands.
12. PECTORALS	Draws arm forward and inward, assists in chest expansion, aids in rotating arm inward.	All supine, decline and incline pressing, lying laterals, pullover, "dislocates", flyeig exercise, many chest expander exercises, dips, close-grip chins, bent-arm pullover, rope climbing, gymnastics swimming, wrestling etc.
13. EXTERNAL OBLIQUE	Rotates pelvis to the same side, flexes pelvis on chest.	Side bends, twisting movements, rotating torso while hips and and legs remain stationary, sit-up all single overhead lifting, especially side and bench presses, single leg raise while standing, wrestling, tennis, bowling, etc.
14. RECTUS ABDOMINIS	Flexes body, compresses the viscera and depresses thorax.	All types of sit-ups on floor, raised board and Roman chair. All forms of leg raises in lying position and between parallel bars or hanging from chinning bar. Also frog kick, knee-pull-in to chest, and all bending and twisting movements.
15. TENSOR FASCIA	Abducts thigh and rotates inward.	Raising leg upward while lying on side, holding knees together with hands then forcing knees apart, most exercises that aid thigh development.
16. RECTUS FEMORIS	Extends thigh, flexes leg.	Knee bends, jumping squats and other variety of squatting. Also straight leg sit-ups and leg raises in lying position. Roman column and chair work, harness and straddle lifts, jumping, tumbling, diving, sprinting, cycling, etc.
17. ADDUCTOR LONGUS	Adducts, rotates.	Wide stance squats placing "crusher" between legs and forcing legs together, full or partial split and attempting to "slide up". Acrobatic and ballet dancing. In wrestling, the scissors hold. Lying on back and spreading legs apart and bringing them together again. A rubber cable attached to ankle and moving it inward.



RUNNING DOWNHILL FAST

Runners talk a lot about hills. Training, racing, proper technique, competitive strategy are discussed at length. This is only natural as all these factors are important in contributing to the runner's success.

However, the discussions on hills are usually one sided; uphill seeming to be the only thing in mind. The downhill is poor relations when it comes to capturing runners' attentions. This is probably because most runners assume that - "Well what is there to it?" - anyone can run downhill easily enough. This assumption is misguided as there is a lot more to the downhill than meets the eye.

Let us examine what happens to the body when you run downhill. * Running downhill forces the muscles to do eccentric work. The muscles extend much further than in flat running. This causes great strain on the connective tissues sometimes causing minute tears. * On a steep downhill the force with which the body crumples down over the foot is something that the body doesn't take casually. * Because of the force exerted on the downhill the quadriceps muscles of the thigh must work harder to support the knee. If the thigh stopped taking the strain the knee would collapse completely. * The muscles of the thigh and calf burn between 40-80% more glycogen than running the same effort on the flat.

Just looking at the above factors it is easy to see that the body is in for a demanding time when it comes to downhill.

After a strenuous uphill effort most runners feel that it's time to catch their breath back, take it easy for a while. "What better place than a downhill where gravity does the work for you?" This is fine if you want to lose valuable time. Most runners don't realise how much more time they can make on a rival on a downhill rather than an uphill. We have to remember that downhills are for racing too.

Like all things there is a correct way of doing things. Downhill running is no exception. With a correct downhill technique and proper training you can still get your breath back from the uphill effort and still pull away from a rival at the same time. As well this correct technique and training will counteract the strain placed on the body that I outlined in the opening paragraph.

The general trend of runners when they approach a downhill is to "put the brakes on". The fashion of most runners is to lean backwards, offering the heel to the ground going against the force of gravity. By offering the heel to the ground the runner creates a situation where his body produces the greatest amount of shock, making a passage where the impact proceeds virtually in a straight line through the legs to the lower back and having some effect on the upper back as well.

On the other end of the scale you have the "technique" of boring down the hill any which way as long as you get to the bottom quickly. the problem with this method is that the runner feels shattered when he reaches the bottom and cannot maintain a decent tempo because his muscles are still recovering from the pounding and the aid of gravity is no longer there.

If we examine the form of a runner who places himself in this situation we would note lack of balance indicated not only by unsure foot placement but straining of the upper body and wild, uncontrolled arm movements. This emphasises how important arm movement is when it comes to downhill. Liken it to a car with a faulty steering wheel.

Now that we have examined incorrect downhill running form let's examine correct form. the best running form is maintained when the body is perpendicular to the surface. This still applies to downhills. The gravity of the hill can make finding this position a little bit trickier. To maintain this perpendicular posture you'll have to make what feels like a forward lean. Your centre of gravity will shift slightly forward but not too far. The shoulders should still be directly over your hips. finding this is going to take practice. A good general rule of thumb is to change your centre of gravity until you can feel yourself being towed by the gravity of the downhill.

Once you have found the correct shift of gravity the arms must be placed in the correct position. Obviously on a downhill your leg movement is going to be quicker than on the flat. This makes it fairly uncomfortable to execute a full armswing that is normally used on the flat. A shorter armswing should be used to keep in tempo of the quicker leg movement. I've found that the best position for the arms is to the sides parallel to the navel with the hands falling approximately 8 inches in front of the navel. To practise this, draw an imaginary line from your navel and let the hands swing

in that region, just touching that imaginary line. The arms will not need to be pumped as vigorously as on the flat because the legs are being propelled mainly by gravity. Keeping the arms low and the swing short makes it easy to react if you feel you are losing balance or control. If I feel I am going too fast and am losing control I just tense the arms a little using them as a brake whilst still keeping the body in the same position. Once my balance is maintained I ease the tension.

With the arms in the right position, the torso in a position with the correct gravitational shift the legs will follow naturally. The footplant will tend to the forefoot. The position of the rest of the body will make it extremely difficult to land on the heels. To increase the speed of your descent don't try to increase the stride length as the gravity will ensure that it's long enough. Stride frequency is a lot more important. Concentrate on lifting quickly off the ground. The stride should remain light, clipped and efficient.

Learning the correct technique is a thing you'll have to work on slowly. I'm assuming most readers of this article have a fair amount of running background. Beginners would be better off concentrating on the basic aspects of running for the time being as downhill training can create a fair amount of muscular soreness to start with.

Needless to say because of the impact involved in downhill running good footwear is essential, especially around the front part of the shoe. Don't choose a shoe that offers heel protection only.

To start with, it would be best to start training on a grass surface. Road surfaces create too many problems until the technique is reasonably developed. Don't expect too much of your first workouts. They'll feel awkward, lumbering and uncomfortable. The rhythm and speed will come later.

The session I recommend would be to find a slope roughly 80-100 metre long (no shorter than 70 metre), and rise between 20-40°. Start off with 8-10 repetitions gradually building to about 12. Firstly concentrate on letting yourself go, getting rid of any backward lean or any such fears of the gravitational pull. Slowly introduce the correct arm action and then the increasing frequency of the stride. Remember practice makes perfect. This session takes roughly about 15 minutes. One session a week is ample to start with. When you feel you are getting more proficient two sessions a week can be introduced. The dual advantage of this session is that you can also gain valuable leg speed on top of good downhill technique.

On your daily runs you will encounter downhills in some shape or form. At first just try to run these without leaning back. One isn't expected to freewheel madly down every hill they see. After a while you will be able to use correct running form no matter what pace you wish to go. I've found I can practically jog downhill while still being in the correct position. Of course this has been developed by years of practice.

To help prepare yourself it would be a good idea to add quadricep and hip strengthening exercises to your stretching routine, even if you have this strength from bike riding, the flexibility comes in handy. The flexibility applies especially to people who are of a short stocky build. People whose legs are longer than average in relation to their torso have an advantage when it comes to the downhills. This is not to say short legged people cannot compete with the leggier types, it's just that to do so, their muscles especially the hamstrings and lower back will have to be in a very flexible state to counteract this disadvantage.

When faced with a situation of running a downhill into a strong wind you will find that your centre of gravity will have to shift further forward than normal. How far depends on the strength of the wind. In a very strong wind a forward lean may be developed, however you won't lose balance as the wind is pushing against your gravitational shift forward.

As you can see there's a lot more to a downhill running than you first thought. Why such a gig deal? Just remember that you won't be complete as a road runner until you recognize that downhills too, are there for racing. Don't idle your engines at the crest of a hill, move into third gear.

HILLS Laughing all the way to the top

In the last issue I examined the aspects of downhill running. In it I emphasised correct technique as this was vital for avoiding injury and gaining valuable racing time. On examination downhills turned out to be a lot more complicated than on first appearance. Here we will look at the mechanical aspects of uphill running and types of training to help produce better efficiency.

For all the talk about hills we must remember that it is simply another aspect of running that when done correctly is relatively simple. In comparison to downhill running uphills is easy to manage.

Let's look at the mechanical aspects first. As we are going against gravity a style used for flat running will not suffice. In all hill running the foot placement will be on the balls of the feet. This will place a certain amount of strain on the muscle groups between the calf and ankle and the whole foot structure. These areas are usually neglected when it comes to stretching and strengthening exercises. The stronger this area is the more propulsion you can generate at the beginning of the stride. Don't let it get to the stage where you have problems till you realise how important this area really is.

In uphill running the thighs are the most important muscle group as they provide the bulk of the power. Most of the publicity goes to the tops of the thighs. However, as the hill's gradient falls into the range of 1:2.5-3.5, which is most of the hills you will encounter, the majority of the strain will be taken by the muscles lower down in the thigh. This area will extend from the knee to approximately six inches above it; entailing both front and sides of the thigh area. The tops of the thighs will be used more for extremely steep hills or ones of a very slight gradient.

While the legs get most of the attention the importance of the upper body tends to get neglected. Having a strong set of abdominal muscles can only be to your best advantage.

A lot of runners tend to "sit" on their legs. By this I mean that they let their torso sit or sag letting the pelvis support it. This causes the body to be not as straight as it could be and a lot of extra pressure on the legs. With the extra

pressure of an uphill, the legs can do without carrying the torso's weight as well. By simply lifting the chest cavity you take the extra pressure off the pelvis as well as straightening the lower back (which automatically place the pelvis in the correct position). Try standing in your normal posture and then lift the chest cavity. You will notice all of the above happen as well as the abdominals tighten. If these are weak they will cause the chest cavity to drop, undoing the postural position required.

The use of the arms in hill running is of vital importance. In all forms of running the arms propel the legs. By not using them you are simply giving the legs extra work.

Now that we've briefed over the part of the body used most in hill running, let's examine correct hill running technique.

A slight, the emphasis being on slight, forward lean should be adopted at the base of the hill. The steeper the hill the more pronounced the lean (remember this will still be slight!). Make sure that the lean doesn't turn into a stoop. The head should be held in a position where you are looking forward not downwards. Looking downwards just encourages stooping. The rib cage should be lifted to avoid that "sitting" on the legs mentioned above. The arm swing should start low, ideally at the top of the pelvis. The amount of swing will largely depend on the size of the incline. The arms should swing across the body with the hands ending up between 6-9 inches in front of the body in the area between the naval and the sternum (chest-plate). This will again depend on the size of the hill.

The stride length will be relatively easy to find. Any overstriding will be rewarded with your legs and lower back tying up. I've always found that a short stride, approximately 5/8-3/4 of your stride, is best on the flat. This is simply a matter of finding what is right for you. As long as you don't overstride you'll be on the track.

Now that we have had a look at mechanics and style in uphill running, we shall now move on to different training methods to help proficiency on hills.

The amount that has been written about hills is unbelievable. What I am going to do here is outline a few training sessions that should sufficiently cover your needs. Of course there will be variations to suit

your programme, training, environment etc., but the important thing is the principles involved.

The first drill involves hill springing or bounding. The idea is to find a hill with a gradient of about 1 in 3. The hill should be between 150m-300m, the longer the better. The runner should spring up the hill in slow, boundy strides, concentrating on form (as per mentioned above) and stride. Ideally the hill will be part of a circuit with the return downhill proportion at a less incline in order to make it easier on the legs while descending. Then repeat until you feel you've reached your limit. Make sure that you work the arms hard and the knee lift is high. What we are trying to achieve here is muscular strength and flexibility in specific areas more than the cardiovascular system (although this will get more than a decent workout). The thighs and buttocks will be pretty sore after the first couple of sessions so make sure you recover fully until your next bounding session. This type of session is probably best used during a build up period.

The next session requires finding a hill between 700-1000 metres long, 800m being ideal. The gradient should be gradual; preferably one where you can run up at least race pace for 10km. For example, if you run at 6:00 pace for 10km the reps should be at least 3:00 for 800m. About 3½-4km of hard work should constitute a session. This is also a build-up type session. This could be alternated with the previously mentioned session each week (one hill session per week being sufficient).

The next session requires finding a hill that is about 150-200 metres long with a gradient similar to the one for the longer repetitions or slightly less steep. This hill should have a flat section of at least 70m before reaching the hill and a levelling out section at the crest of the hill of about 100m. Ideally the hill and flat sections will be 450-500m long. Six to ten repetitions should be sufficient but they should be at 7/8 effort. A flat out effort will probably result in the emphasis on speed instead of speed and style. Even if you have to drop back to ¾ pace do so because the form is more important than the repetitions being a couple of seconds quicker.

This session is a lot tougher than normal intervals as it twice demands different requirements from the muscles in a relatively short period of time. It is a useful session because you get an interval session and the benefits of hills at the same time. It is extremely useful during the racing season.

The next drill requires finding a steep hill that takes between 20-30 seconds to run up. Sprinting up between 10-20 times depending on the length of the hill and your condition makes this the most straight forward session and probably the most frequently used type of session. The emphasis must still be on form whilst running at top speed. This session should be regarded as only a sharpener. The first two sessions mentioned should be regarded as the strength builders, the last two being used in the last four-six weeks before a race.

Personally, I only use the last session for a bit of extra work at the end of a shorter fartlek session mainly to help iron out a few muscular weaknesses.

These four sessions should adequately cover all your needs when it comes to hills.

Most triathletes will probably place one long run a week in their training programmes. Doing this run on undulating terrain can only be of advantage. Not only does it work the cardio-vascular system harder, it gives better all round muscular endurance, (which is the main principle of the long run) than on the flat where the demands on the muscles are unvaried.

Now that we have looked at the training aspects of hill running all we have to do is apply them. As I mentioned before, hills are simply another aspect of running. All it takes is practice and you have them under control just like anything else. Don't be afraid to improvise on the sessions mentioned in this article. You may have a favourite session that suits your programme and environment. Just remember to apply the principles and you can't go wrong.



STARTERS TO DATE:

NAME	AGE	HOMETOWN	STATE/COUNTRY
ADAMS, Eleanor	40	Selston, Nottingham	UK
AUDLEY, George	52	Cuthbert, Albany	WA
BARWICK, Sandra (F)	38	Milford, Auckland	New Zealand
BLOOMER, Brian	47	South Springvale	Victoria
BURIT, John (F)	30	Moe	Victoria
BROOKS, Barry (F)	47	Ballarat	Victoria
CHAMBAU, Michel (F)	47	Hull, Quebec	Canada
CATTLE, Earnie (F)	38	Holbrook	NSW
COLLINS, Gary	27	Umina	NSW
COLLINS, Tony (F)	40	Norah Head	NSW
COR, Terry	51	Rosebud	Victoria
CURRIE, Stuart (F)		Murwillumbah	NSW
DANSMAN, Dallas	60	Tamworth	NSW
DANMER, Patrick	25	Granville	NSW
FERKIN, Graham	50	Dharruk	NSW
GLADWELL, Mark (F)	40	North Rocks	NSW
HANDEL, Mary	28	Toledo, Ohio	USA
HARRIS, Trevor (F)	41	Chapman	ACT
HILL, Ron	47	Dromana	Victoria
JAMES, Ian (F)	45	Manfield	Queensland
JERRISH, Grahame (F)	48	Riverwood	NSW
KERROS, Yiannis	32	Athens	Greece
LARSSON, Rune (F)	31	Trollkattan	Sweden
LEE, Patrick	32	Grantham, Lincolnshire	UK
MASELL, Kevin	37	Cabramatta	NSW
MARTIN, Rod (F)	45	Wentworthville	NSW
MAVLJE, Dusan	33	Kranj, Slovenia	Yugoslavia
MARKE, Ross	39	Craigie	WA
MARTY, Tony	48	Yarraville	Victoria
MORRIS, Joe	46	Mount Helena	SA
MURTH, Bryan (F)	44	Melton	Victoria
MURMELMEYER Marty (F)	41	Davenport, Iowa	USA
MURDEVIN, David	35	Christie Down	SA
MURISHI, Tomoya (F)		Tokyo	Japan
NAYLOR, Dave	36	Appin	NSW
NAYLOR, Maurie (F)	39	HABERFIELD	NSW
NOTT, Dick	40	Auckland	New Zealand
OWSEND, Graeme (F)	30	Mittagong	NSW
TOLLIDAY, Owen (F)	38	Buderim	Queensland
VEGA, Eduardo (F)	47	Lidcombe	NSW
WILKINSON, Graeme	41	Gunnedah	NSW
WOODS, Graeme (F)	41	Rockhampton	Queensland

(F = First Start in Westfield Run)

STATISTICS:

Total Field:	42	Internationals:	11
Women (all international):	3		
Number Starting in Westfield Run for First Time:	22		
Number International First Starts:	5		

100 KM TRACK RANKINGS

AUSTRALIAN 100KM TRACK RANKINGS (JAN. 1988)

1. Martin Thompson	V	7-22-38	Tipton UK	24Oct1975
2. George Perdon	45 V	7-26-14	Olympic P	23May1970
3. Bruce Cook	ACT	7-32-41	Coburg	14Sep1986
4. Don Keyssecker	NSW	7-48-11	Christchurch NZ	30Aug1980
5. Tom Gillis	42 NSW	7-55-21	Christchurch NZ	28Aug1982
6. David Standeven	34 SA	8-16-13	Adelaide 24Hr	1/2Nov1986
7. Barry Brooks	47 V	8-16-55	Coburg	13Sep1987
8. Brian Bloomer	45 V	8-33-17	Box Hill 24Hr	15/16Feb1986
9. Ashley Parcell	30 QLD	8-37-14	Box Hill 24Hr	15/16Feb1986
10. Peter Schultz	SA	8-38-45	Adelaide 24Hr	13/14Nov1982
11. Graeme Woods	40 QLD	8-42-19	Queensland 24Hr	5/6Sep1987
12. John Breit	V	8-47-19	Coburg	13Sep1987
13. Keith Fisher	22 V	8-47-32	Auckland NZ	22/23Aug1987
14. Bill Beauchamp	42 V	8-48-50	Coburg	13Sep1987
15. Owen Tolliday	37 QLD	8-55-19	Queensland 24Hr	5/6Sep1987
16. Bryan Smith	V	8-57-32	Coburg	13Sep1987
17. Ron Hill	46 V	8-58-05	Coburg	14Sep1986
18. Cliff Young	63 V	9-02-52	Adelaide 24Hr	9/10Nov1985
19. Joe Gobel	49 V	9-05-26	Coburg	15Sep1985
20. Terry Cox	49 V	9-08-10	Coburg	14Sep1986
21. Keith Swift	NSW	9-09-21	Hensley 24Hr	23/24Feb1985
22. Phil Lear	39 V	9-12-01	Box Hill 24Hr	4/5Feb1984
23. Anyce K Melham	28 NSW	9-15-10	Adelaide 24Hr	9/10Nov1985
24. Ian Javes	44 QLD	9-15-57	Box Hill 24Hr	28Feb1987
25. Geoff Hook	42 V	9-18-03	Adelaide 24Hr	1/2Nov1986
26. Greg Wishart	49 V	9-22-53	Coburg	13Sep1987
27. Alan Devine	WA	9-23-12	Perth 24Hr	17/18Oct1987
28. Geoff Kirkman	35 SA	9-24-04	Adelaide 24Hr	9/10Nov1985
29. Bob Bruner	45 V	9-30-13	Adelaide 24Hr	5/6Nov1983
30. Jack McKellar	45 V	9-30-14	Box Hill 24Hr	15/16Feb1986
31. Frank Kelly	34 NSW	9-32-50	Hensley 24Hr	30/31May1987
32. George Audley	51 WA	9-33-42	Perth 24Hr	18/19Oct1986
33. Chris Stephenson	28 NSW	9-33-48	Adelaide 24Hr	3/4Nov1984
34. Klaus Schnibbe	42 V	9-38-06	Coburg	15Sep1985
35. Roy Sutcliffe	54 SA	9-38-30	Adelaide 24Hr	5/6Nov1983
36. Mike March	TAS	9-39-15	Adelaide 24Hr	4/5Oct1987
37. Maurice Taylor	38 NSW	9-39-39	Box Hill 24Hr	28Feb1987
38. Peter Richardson	23 V	9-40-06	Hensley 24Hr	30/31May1987
39. Kevin Cassidy	26 V	9-44-06	Coburg	14Sep1986
40. Leif Michelsson	45 V	9-45-29	Box Hill 24Hr	28Feb1987

AUSTRALIAN 100KM TRACK RANKINGS (JAN. 88') Cont.

41. Terry Pickard	28 QLD	9-45-37	Queensland 24Hr	5/6Sep1987
42. Alan Croxford	43 WA	9-46-00	Perth 24Hr	18/19Oct1986
43. Alistair McManus	35	9-49-00	Adelaide 24Hr	9/10Nov1985
44. Graham Light	38 V	9-49-45	Adelaide 24Hr	1/2Nov1986
45. Gerry Riley	54 V	9-49-54	Coburg	15Sep1985
46. Geoff Boase	V	9-53-47	Adelaide 24Hr	3/4Oct1987
47. Barry Allen	30 V	9-55-29	Coburg	14Sep1986
48. Graeme Wilkinson	41 NSW	9-56-17	Adelaide 24Hr	3/4Oct1987
49. Charlie Lynn	40 NSW	9-59-07	Adelaide 24Hr	9/10Nov1985
50. Joe Record	46 WA	10-04-20	Perth 48Hr	16/18Oct1987
51. Ross Parker	WA	10-06-55	Perth 48Hr	16/18Oct1987
52. Mike Whiteoak	38 V	10-08-11	Adelaide 24Hr	5/6Nov1983
53. Gordon McKeown	61 V	10-12-28	Adelaide 24Hr	3/4Nov1984
54. Keith Crowie	V	10-15-59	Coburg	14Sep1986
55. Alan Peacock	27 QLD	10-16-05	Queensland 24Hr	5/6Sep1987
56. Geoff Molloy	42 V	10-17-21	Box Hill 24Hr	4/5Feb1984
57. Bob Marden	32 NSW	10-18-05	Adelaide 24Hr	3/4Nov1984
58. Max Bogenhuber	44 NSW	10-19-41	Box Hill 24Hr	28Feb1987
59. Ross Martin	56 SA	10-22-44	Adelaide 24Hr	9/10Nov1985
60. James Sheridan	26 SA	10-24-24	Adelaide 24Hr	13/14Nov1982
61. Howaed Ross	41 V	10-26-12	Box Hill 24Hr	28Feb1987
62. Gerry Hart	47 V	10-26-28	Coburg	15Sep1985
63. Peter Logan	35 V	10-26-42	Adelaide 24Hr	3/4Nov1984
64. Colin Donald	29 V	10-28-13	Box Hill 24Hr	28Feb1987
65. Mike Thompson	WA	10-36-46	Perth 48Hr	16/18Oct1987
66. John Champness	46 V	10-39-44	Hensley 24Hr	30/31May1987
67. Barry Patterson	35 V	10-40-28	Adelaide 24Hr	3/4Nov1984
68. Alan Fox	SA	10-43-14	Adelaide 24Hr	5/6Nov1983
69. Frank Biviano	41 V	10-45-58	Coburg	15Sep1985
70. John Sumner	46 V	10-47-03	Box Hill 24Hr	28Feb1987
71. Kevin Foreman	45 SA	10-49-16	Adelaide 24Hr	5/6Nov1983
72. Stan Miskin	60 V	10-50-17	Coburg	15Sep1985
73. Tony Rafferty	45 V	10-50-48	Adelaide 24Hr	3/4Nov1984
74. Robert Lachlan	NSW	10-55-40	Hensley 24Hr	23/24Feb1985
75. Graeme Dunlop	27 V	10-58-28	Coburg	15Sep1985
76. Rod Martin	44 NSW	10-59-02	Hensley 24Hr	30/31May1987
77. Dell Grant	33 QLD	11-00-23	Queensland 24Hr	5/6Sep1987
78. Max Kitto	41 SA	11-03-52	Adelaide 24Hr	4/5Oct1987
79. John Bell	41 V	11-06-24	Box Hill 24Hr	15/16Feb1986

AUSTRALIAN 100KM TRACK RANKINGS(JAN. 88')Cont.

80. Andrew McCombe	53 SA	11-10-11	Adelaide 24Hr	5/6Nov1983
81. Andy Docherty	54 SA	11-11-11	Coburg	15Sep1985
82. Trevor Harris	40 ACT	11-12-10	Queensland 24Hr	5/6Sep1987
83. Dave Taylor	34 NSW	11-15-54	Hensley 24Hr	19/20Jul1986
84. Brian Steel	NSW	11-18-20	Hensley 24Hr	23/24Feb1985
85. Dan Gray	40 NSW	11-19-38	Hensley 24Hr	30/31May1987
86. Frank Pearson	NSW	11-31-54	Hensley 24Hr	23/24Feb1985
87. Roger Stuart	44 SA	11-34-58	Adelaide 24Hr	4/5Oct1987
88. Derek Jory	39 QLD	11-39-44	Queensland 24Hr	5/6Sep1987
89. Paul Woodhouse	55 NSW	11-39-58	Hensley 24Hr	30/31May1987
90. Peter Gray	V	11-40-31	Coburg	14Sep1986
91. Brad Boyle	26 NSW	11-43-34	Hensley 24Hr	30/31May1987
92. Ken Murray	48 NSW	11-44-47	Hensley 24Hr	23/24Feb1985
93. Ernie Cattle	37 V	11-45-50	Hensley 24Hr	30/31May1987
94. Stan McCarthy	41 SA	11-51-24	Coburg	14Sep1986
95. Reg Williams	34 V	11-51-36	Box Hill 24Hr	15/16Feb1986
96. Tony McCool	SA	11-51-40	Adelaide 24Hr	9/10Nov1985
97. Peter Milne	31 V	11-51-45	Box Hill 24Hr	28Feb1987
98. Ian Hutchinson	33 NSW	11-52-28	Llandillo NSW	13Apr1980
99. Tony Tripp	40 WA	11-52-57	Box Hill 24Hr	28Feb1987
100. Colin Silcock	52 V	11-55-18	Coburg	15Sep1985
101. Matthew Kaley	NSW	11-55-30	Hensley 24Hr	19/20Jul1986
102. Ian Partington	40 WA	11-58-33	Perth 24Hr	18/19Oct1986
103. Greg Hillier	SA	12-01-00	Adelaide 24Hr	3/4Oct1987
104. Pat Farmer	25 NSW	12-02-11	Queensland 24Hr	5/6Sep1987
105. Don Spenser	48 SA	12-02-22	Adelaide 24Hr	3/4Nov1984
106. Eduardo Vega	NSW	12-04-23	Hensley 24Hr	30/31May1987
107. Bill Miller	34 NSW	12-04-54	Hensley 24Hr	30/31May1987
108. Walter Smith	43 SA	12-05-44	Adelaide 24Hr	5/6Nov1983
109. Graeme Townsend	29 NSW	12-15-00	Hensley 24Hr	30/31May1987
110. Dave Scott	WA	12-15-04	Perth 48Hr	16/18Oct1987
111. Ian Taylor	35 NSW	12-18-28	Hensley 24Hr	30/31May1987
112. Gary Clark	39 WA	12-19-10	Perth 24Hr	18/19Oct1986
113. Ray Ramelli	40 V	12-23-06	Box Hill 24Hr	15/16Feb1986
114. Tom Donovan	53 V	12-23-19	Aberfeldie 150Km	10Mar1985
115. Bruce Donnelly	29 QLD	12-35-40	Queensland 24Hr	5/6Sep1987
116. Bill Gutteridge	53 SA	12-36-31	Adelaide 24Hr	5/6Nov1983
117. David Waldeck	38 SA	12-38-57	Adelaide 24Hr	3/4Nov1984
118. John Sinclair	45 QLD	12-39-11	Queensland 24Hr	5/6Sep1987
119. Stephen Dunn	SA	12-46-08	Adelaide 24Hr	3/4Oct1987

AUSTRALIAN 100Km TRACK RANKINGS(JAN. 88') cont.

120. Bill Taylor	WA	12-47-02	Perth 24Hr	18/19Oct1986
121. Graham Firkin	49 NSW	12-47-04	Hensley 24Hr	30/31May1987
122. Keith Marshall	59 V	12-47-22	Box Hill 24Hr	15/16Feb1986
123. Dave Bird	49 WA	12-52-46	Perth 24Hr	18/19Oct1986
124. Grahame Kerruish	48 NSW	12-53-00	Hensley 24Hr	30/31May1987
125. Peter Vernon	32 V	12-53-41	Box Hill 24Hr	28Feb1987
126. Dallas Earsman	59 NSW	12-54-10	Hensley 24Hr	30/31May1987
127. Peter Ryan	36 V	12-59-01	Adelaide 24Hr	3/4Nov1984
128. Peter Pfister	45 V	12-59-37	Aberfeldie 150Km	10Mar1985
129. Tony Collins	40 NSW	12-59-52	Adelaide 24Hr	4/5Oct1987
130. Alan Staples	37 NSW	13-01-24	Hensley 24Hr	19/20Jul1986
131. Keith Jackson	36 NSW	13-02-44	Hensley 24Hr	30/31May1987
132. Kerry Hartnett	52 V	13-04-12	Box Hill 24Hr	28Feb1987
133. Bruce Cook	47 V	13-07-20	Aberfeldie 150Km	10Mar1985
134. Peter Worley	SA	13-07-55	Adelaide 24Hr	3/4Oct1987
135. Jan Bencze	54 V	13-11-15	Box Hill 24Hr	28Feb1987
136. John Hayes	44 SA	13-15-21	Adelaide 24Hr	5/6Nov1983
137. Chris Woolgar	42 V	13-22-31	Box Hill 24Hr	15/16Feb1986
138. Tony Ashwell	SA	13-23-10	Adelaide 24Hr	9/10Nov1985
139. Robert Byrth	35 SA	13-25-40	Adelaide 24Hr	3/4Nov1984
140. Charlie Spare	47 WA	13-28-52	Perth 24Hr	18/19Oct1986
141. Peter Manning	34 NSW	13-28-59	Hensley 24Hr	30/31May1987
142. Gordon Burrowes	51 V	13-29-53	Box Hill 24Hr	28Feb1987
143. Bob Moore	46 V	13-30-45	Box Hill 24Hr	28Feb1987
144. Peter King	WA	13-32-30	Perth 24Hr	17/18Oct1987
145. Brian Colwell	38 NSW	13-32-38	Hensley 24Hr	30/31May1987
146. Stuart Currie	40 Qld	13-44-02	Queensland 24Hr	5/6Sep1987
147. Ken Hough	42 V	13-45-46	Box Hill 24Hr	28Feb1987
148. Alex Matthew	45 SA	13-47-51	Adelaide 24Hr	5/6Nov1983
149. Frank Prowse	33 V	13-52-45	Aberfeldie 150Km	10Mar1985
150. Mal Pendlebury	NSW	13-57-38	Hensley 24Hr	23/24Feb1985
151. Dick Crotty	54 SA	13-57-49	Adelaide 24Hr	3/4Nov1984
152. Gordon Fry	44 SA	14-02-55	Adelaide 24Hr	5/6Nov1983
153. Colin Walsh	WA	14-06-03	Perth 24Hr	17/18Oct1987
154. Mark Byrnes	NSW	14-09-25	Hensley 24Hr	23/24Feb1985
155. Keith O'Connell	38 NSW	14-12-10	Hensley 24Hr	30/31May1987
156. Marcus Bruer	SA	14-20-18	Adelaide 24Hr	3/4Oct1987
157. James Harvey	49 SA	14-24-22	Adelaide 24Hr	3/4Nov1984

AUSTRALIAN 100Km TRACK RANKINGS(JAN. 88') cont.

158.	Gray Summers	39 V	14-30-12	Aberfeldie 150Km	10Mar1985
159.	Jeff Down	28 V	14-36-31	Box Hill 24Hr	15/16Feb1986
160.	Kon Butko	38 V	14-43 21	Box Hill 24Hr	15/16Feb1986
161.	John Patterson	71 QLD	14-43-54	Queensland 24Hr	5/6Sep1987
162.	Stan Latchford	WA	14-46-00	Perth 24Hr	17/18Oct1987
163.	Graham Venus	SA	14-47-32	Adelaide 24Hr	9/10Nov1985
164.	Paul Circosta	34 QLD	14-49-05	Queensland 24Hr	5/6Sep1987
165.	Max Grignol	SA	14-49-29	Adelaide 24Hr	3/4Oct1987
166.	Nick Bazzica	27 SA	14-54-58	Adelaide 24Hr	3/4Nov1984
167.	Norm Martin	SA	14-58-52	Adelaide 24Hr	13/14Nov1982
168.	Wayne Ward	32 NSW	14-59-57	Hensley 24Hr	30/31May1987
169.	Jonathon R Smith	33 SA	15-54-58	Adelaide 24Hr	3/4Nov1984
170.	Stephen Foulkes	31 V	16-00-55	Aberfeldie 150Km	10Mar1985
171.	Stephen Cullen	30 QLD	16-23-08	Queensland 24Hr	5/6Sep1987
172.	Ray Carroll	SA	16-30-06	Adelaide 24Hr	3/4Oct1987
173.	Michael Patterson	SA	16-35-42	Adelaide 24Hr	3/4Oct1987
174.	Max Barnes	63 SA	16-38-16	Adelaide 24Hr	3/4Nov1984
175.	William Haley	40 QLD	17-14-35	Queensland 24Hr	5/6Sep1987
176.	Andrew Lucas	SA	17-30-37	Adelaide 24Hr	3/4Oct1987
177.	Doug Quadrio	37 QLD	17-45-03	Queensland 24Hr	5/6Sep1987
178.	Alan Oliver	NSW	17-57-00	Hensley 24Hr	23/24Feb1985
179.	Graeme Ramsden	41 QLD	18-29-51	Queensland 24Hr	5/6Sep1987
180.	Kaven Dedman	40 SA	18-47-10	Adelaide 24Hr	4/5Oct1987
181.	Grahame Deacon	NSW	18-50-39	Hensley 24Hr	19/20Jul1986
182.	Murray Dahm	34 NSW	19-58-26	Hensley 24Hr	30/31May1987
183.	John Lantham	36 QLD	20-34-01	Queensland 24Hr	5/6Sep1987
184.	Phillip Walkley	SA	21-12-10	Adelaide 24Hr	13/14Nov1982
185.	Robert Whelan	33 V	21-29-05	Box Hill 24Hr	28Feb1987
186.	Charlie Wakefield	33 V	23-48-45	Queensland 24Hr	5/6Sep1987

AUSTRALIAN 100Km TRANK RANKINGS(JAN. 88') cont.

WOMEN

1. Cynthia Cameron	44 V	9-15-26	Coburg	14Sep1986
2. Margaret Smith	49 V	10-30-43	Aberfeldie 150Km	10Mar1985
3. Helen O'Connor	32 SA	11-38-12	Adelaide 24Hr	3/4Nov1984
4. Trish Spain	WA	11-40-15	Perth 24Hr	17/18Oct1987
5. Sue Worley	SA	12-07-53	Adelaide 24Hr	1/2Nov1986
6. Geraldine Riley	22 V	12-08-05	Box Hill 24Hr	15/16Feb1986
7. Kay Haarsma	SA	12-30-10	Adelaide 24Hr	13/14Nov1982
8. Dawn Parris	32 V	13-17-45	Aberfeldie 150Km	10Mar1985
9. Wanda Foley	31 NSW	13-28-47	Hensley 24Hr	30/31May1987
10. Browyn Salter	38 WA	14-04-44	Perth 24Hr	18/19Oct1986
11. Leonie Gordon	40 SA	14-18-06	Adelaide 24Hr	3/4Nov1984
12. Marilyn McCarthy	37 SA	14-43-07	Adelaide 24Hr	1/2Nov1986
13. Eileen Lush	39 SA	15-42-59	Adelaide 24Hr	1/2Nov1986
14. Patty Bruner	46 V	18-36-33	Adelaide 24Hr	5/6Nov1983
15. Elaine Guterres	SA	21-24-03	Adelaide 24Hr	9/10Nov1985

Corrections and omissions to Gerry Riley, 69 Cambridge Crescent, Werribee, 3030.

Ages apply to day of event. Some ages are missing because I dont have all dates of birth.

EDITORIAL COMMENT

ATTENTION all Race Organisers.

AURA has been concerned at the high cost of a few races, some of which enjoy substantial sponsorship. Surely, the prime object is to conduct a race for the benefit of the competitors? Some competitors have very limited means so that with interstate travel and accommodation sometimes a burden, the added cost of high race entry fees is often a disincentive (even to local competitors).

For the benefit of ALL members, we are keeping the AURA fees as low as possible. How about keeping race entry fees at more realistic levels? Not too low to encourage the sham entrant but not too high to encourage all ultrarunners. Included costs, such as tee-shirts, etc. should be split-out and offered as an optional extra. Some runners already have many tee-shirts and so object to being forced to pay for another one just to participate in a race. Sponsored races should partly subsidize the race entry fee before being consumed on race enhancements. Non-sponsored races should look at providing simple and non-expensive events to keep race entry fees low. Examples of low cost races (yes, it can be done):

South Melbourne Marathon 1987 \$4.00
VMC 50 mile races 1987 \$12.00 & \$15.00
VVACI 24 hour track race \$20.00

IAU NEWS

I'VE GOT ANOTHER LITTLE LIST

by Malcolm Campbell

At the end of 1986 I published a list of performances that I considered to be the best of that year. I received a number of letters disputing many of my selections and I have to stress that the performances listed are my own personal choices and not ones selected by a committee. I have asked Andy Milroy to check the details as my own system of recording information is something less than perfect.

The list includes runners from Greece, France, Spain, America, England, Germany and South Africa and emphasises the truly International spread of Ultra distance running. The inclusion of South Africans on the list is not a Political comment anymore than leaving them off would have been. I have to say that with special regard to that Classic of Long Distance Races - the London to Brighton - the Press have paid considerable attention to the South African situation whilst virtually ignoring the magnificent performances of the competitors. Ultra distance running is still not fully understood by modern sportswriters who are really turning into old fashioned sportswriters where our sport is concerned. There are exceptions, of course, and I should at this point congratulate Nicholas Soames who wrote in 'The Times' last year of the emergence of Hilary Walker and the career of Eleanor Adams. He had correctly spotted the two ladies who would try to be the first to 140 miles in a 24 hour race. Both ladies are in my list.

Top Ten Performances of 1987

1. Yiannis Kouros (Greece) Winner of the Sydney to Melbourne Race.
658 miles.
5 days 14 hours 47 minutes.
2. Eleanor Adams (England) Winner of the New Balance Challenge.
1000 miles.
16 days 22 hours 51 minutes.
3. Hilary Walker (England) Winner of the Feltham Puffers 24 hours
Road Race.
143 miles 527 yards.
4. Gilbert Mainix (France) Winner of the La Rochelle Indoor 6 Days
Race.
958 kms.
5. Domingo Catalan (Spain) Winner of the Torhout 100 km Road Race.
6 hours 19 minutes 35 secs.
6. Thompson Magawana (South Africa) Winner of the Two Oceans 56 km Road Race.
3 hours 5 minutes 37 secs
7. Bruce Fordyce (South Africa) Winner of the Comrades Marathon.
88 kms.
5 hours 37 minutes 01 secs.
8. Wolfgang Schwert (W.Germany) Winner of the Koln 24 hours Road Race.
171 miles 1105 yards.
9. Hans-Martin Erdman (W.Germany) Second in the Koln 24 hours Road Race.
170 miles 580 yards.

10. Marty Sprengelmeyer (USA)

Winner of the Sri Chinmoy 1000 Mile
Road Race.

14 days 4 hours 45 minutes 44 secs.

Yiannis Kouros. The Sydney to Melbourne Race started on March 26th and Kouros lead from start to finish. He completed the 658 miles over 24 hours ahead of Patrick Macke - the second placed runner. Had Kouros not taken part it's quite likely that Macke's performance would have placed him somewhere on this list. So what is there to say about Kouros that has not already been said. He is the greatest ultra distance runner of all time and this performance was probably the greatest performance of all time.

Eleanor Adams. Eleanor is a friend of mine and I know that she will not mind when I write that her need to win has passed the obsessional level. She is the complete competitor and I can never think of her taking part in a race for a training run. Early in 1987 she became the first lady to pass the magic 140 mile mark when she finished second overall in the Milton Keynes 24 hour Race. Later in this year she won the race from Death Valley to Mount Whitney. A few weeks ago she beat her own course record when she won the Ladies Race in the Robin Hood Marathon. Her place on this list however, is for her great achievement in completing 1000 miles in the New Balance Challenge Race which started on May 15th. The event was a stage race and her 1000 mile time and Ladies World Record was achieved under the rules of the race which required a start at 8 o'clock each morning and limited her to only running 60 miles each day. One can only imagine the time she might achieve in a "go as you please" event.

Hilary Walker. The Feltham Puffers 24 hours Road race started on May 23rd and at the finish Hilary had set a new Ladies World Record which was an absolute best ie better than any road or track performance. On route she set a World 200 km record. Hilary is one of those runners who appear to move without strain and she continues to improve. Later in the year she was to break the ladies course record for the Spartathlon which was previously held by Eleanor Adams. No doubt the race to be the first lady to complete 150 miles in 24 hours will be decided during the next twelve months.

Gilbert Mainix. At the time of writing this I do not have the results from La Rochelle but Per Lind telephoned in early October to let me know that Mainix had won the indoor six race again with a distance of 958 kms. This fifty two year old Frenchman is one of the most composed runners I have ever seen in a six day race. Last year at La Rochelle he passed the 600 mile mark but he had Patrick Macke chasing him for much of the race. This year he appears to have been in control from start to finish. La Rochelle is a very special race and it is difficult to describe the excitement and atmosphere that is generated by those wonderful French spectators. The event takes place in an exhibition hall around a 200 metre track. There is music, laughter and entertainment throughout the event. The runners are under constant scrutiny and the conditions can make you or break you. I have seen world class performers visibly wilt under the tension generated and I have seen runners who might be considered average performers raise their standards to incredible heights. There will have been much celebrating in that Hall after the race and I should have liked to have been a part of it. It would have been a popular victory because Mainix has all the qualities the French look for in their heroes - modesty, ability, style and a certain calmness that marks him as someone special. He is indeed a very special athlete.

Domingo Catalan. The 100km Road Race at Torhout in Belgium was the first IAU World Championships and the strongest field ever assembled met on June 20th to decide who would be the first World 100km IAU Champion. A fast time for the winner was certain but more important than time was position. The athletes had done their homework well for this one, and ten of them completed the race under 7 hours.

62 Catalan's winning margin over second placed Don Ritchie was 21 minutes. The second IAU 100km World Championships takes place in Santander, Spain next year and there are no prizes for guessing who will start as race favourite.

Thompson Magawana. When a top class marathon runner turns to ultra distance racing there is some certainty that existing world records will be beaten. Ian Thompson rather stressed the point when he won the London to Brighton race some years ago. He set a new course record and one week earlier he had won the Rotherham Marathon. On April 18th Thompson Magawana won the Two Oceans 56km Road Race in South Africa. For the first time in the history of the race times were taken at the 50km point which Magawana reached in 2 hrs 47 mins 4 secs. This was a world record time and two weeks later he would complete a marathon in 2 hrs 12 minutes.

Bruce Fordyce. Entries for the Comrades Marathon which started on June 1st were down to a mere 9783 starters, and Bruce Fordyce duly won this 88km Classic for the seventh consecutive year. His achievement is a remarkable record of consistency and it is impossible to leave this fine athlete out of my list. The Comrades occupies a unique place in the history of ultra distance running and in South Africa it dominates the scene. So much so that it's popularity is one of the reasons why the sport has not developed as in other countries. A South African may consider that after this race other races have no attraction. With the current situation athletes cannot take part in this race from other countries. Those that do will be penalised by their respective National Governing Bodies. Like most runners the one race I want to run in is the one I am not allowed in. Like many runners I must hope for better days.

Wolfgang Schwert. On May 9th Wolfgang Schwert completed 171 miles 1185 yards in a 24 hours Road Race and that's good enough for me. In all probability he should be higher up this list than 8th. He clocked the second fastest time ever at 200 kms. The Germans are showing a lot of interest in 24 hour racing and we have seen some fine performances by a number of runners. It seems reasonably certain that in a three man team race over 24 hours the smart money would be on a German Team. The team would probably consist of Schwert, Peter Mann and my next choice.....

Hans-Martin Erdman. Hans-Martin Erdman produced the greatest run of his career when he completed 170 miles 580 yards in a 24 hours road race. Unfortunately, his run took place in the same race that Schwert produced another mile and a half. This has been the first 24 hour race where two competitors have passed 170 miles. There has been precious few where one competitor has done so. The battle between these two runners was of heroic proportions and at 152 miles Erdman was only ten minutes behind. He will take some consolation that his performance is an over 40 record. I suspect that we have not seen the last battle between these great runners and I hope that I may be there to see the next one. It should be some race.

Marty Sprengelmeyer. The Sri Chinmoy 1000 mile Race started in Flushing Meadow, New York on June 5th and a few hours after the fourteenth day Marty Sprengelmeyer had won with a performance that placed him in sixth spot on the World Ranking list. This was his first attempt at a multi day race and his place on this list is not for his 1000 mile run but for events which followed it. The Sri Chinmoy Organisation had allowed for leading competitors to go further than the 1000 mile mark and Sprengelmeyer went a lot further. His final distance was 1250 miles and he has now set a World Mark for 2000 kms. His time for 2000 kms was 17 days 17 hours 59 mins 27 secs and he becomes the first person to run that far in a certified race.

Well thats it folks. My list for 1987. I am aware that the year is not quite over and that at Colac very shortly Eleanor Adams or Patricke Macke may produce a performance that demands an entry on this list but it would have to be something rather special. I have used the word "Record" quite frequently in this article and strictly speaking I should refer to World Best Performances rather than World Records. However, I find the correct terminology to be a little clumsy for reporting purposes.

The New Year beckons and with it the promise of New Races and perhaps New Faces. It has been a long time since we have had a six day race or a 48 hour race in England and perhaps the situation will alter later next year. Any ideas on the subject would be welcomed.

Happy New Year to you all

Editor: Write with your views on Malcolm's selection; letters will be published in the next Newsletter.

ULTRA UPDATE BY ANDY MILROY

- October 16-18. 24hour/48hour road Perth, Australia. 48h - George Audley (52) 335.000km/208m280y, Keith Fisher 324.834k/201m1482y, Joe Record 317.059k/197m19y. Audley passed 100km in 9:37:07, 100 miles in 16:59:11, and 200km in 22:51:08. He ran his first ultra in 1985 - 173k/107miles in 24 hours, having started running in 1981. Sixth in the Sydney-Melbourne-8d01:34m. 24h Alan Devine 202k/125.5 miles..... Trish (Spain) 176.097k/109m742y (only woman).
- October 16-18. 254km road Cagliari to Sassari, Italy. Milan Furin (Czech) 23:59:11, Dusan Mravljje (Yug) 24:44:31, Franc Raucic (Yug) 24:46:56..... Don Ritchie (UK). 25+ finishers.
- October 29th. Perpignan 100km road, France (French Champs). Bruno Scelsi 6:59:23, Bernard Rosetti 7:06:41, Christian Roig 7:11:15..... Monique Exbrayat 8:22:22. This was Scelsi's third French Championship. There were 290 starters and 191 finishers.
- November 7-12. Sri Chinmoy 5 day race, Flushing Meadows, New York. Malcolm Campbell (UK) 400mls, Michel Careau (CAN) 381mls, Tom McGrath (US) 357mls, Marty Sprengelmeyer (US) 350mls..... Suprabha Schector (US) 1st lady 347mls, Pippa Davis (UK) 334mls. Campbell led the field from the first day when he completed 110mls. There were 29 runners including 8 females.
- November 16-22. Colac 6 day track, Australia. Joe Record (Aust) 890 km, Dusan Mravljje (Yug) 863 km, Patrick Macke (UK) 856 km, Eleanor Adams (UK) 838 km, George Perdon (Aust) 813 km, Donna Hudson (USA) 785 km, Raymon Zabalo 723 km (9th), Siegfried Bauer (NZ) 684 km. Record established a firm lead by completing 400 miles in the first 4 days. The duel between Mravljje and Macke was closely contested throughout, with Macke closing the gap in the later stages. Eleanor Adams's distance was a Ladies World Best performance. George Perdon at age 65 years may also go in the record books.

LONDON TO BRIGHTON 1987

by Keith Walker

There can have been fewer, more determined men than Reading's Peter Sugden lining up on Westminster Bridge at 7am on Sunday 4th October, for the 37th running of the Road Runners Club London to Brighton race. Three years ago Peter finished third, having led almost into Brighton, then in 1985 was third again behind two excellent overseas runners. Last year, with the race there for the taking, he was forced to drop out with a bad injury. Other fancied runners included Andrew Battye (Woodstock) who came second in 1986, Mike Newton (South London Harriers) returning to the Brighton scene after an eight year absence, and Don Mitchell of New Zealand, who had recently won a national fifty mile race in 5 1/2 hours to win himself a trip to the UK's premier ultra race.

The ten mile checkpoint at Croydon saw Sugden lead the field in a reasonably sedate 61:16, in company with Crossland of Sheffield. Other well placed runners included Battye, Mitchell and Kelly (Barrow) followed by Newton, Pickard (Epsom & Ewell) and two of the four Botswana runners in the race, Charles Khudube and Elias Marope, both of which had run in the 1986 race. At twenty miles (Redhill) Sugden was 1 1/2 minutes ahead of Mitchell, who had obviously made a big effort to move up; Battye and Kelly were a further three minutes behind, with a large gap before the next group of runners. Khudube, at this stage, was over eleven minutes behind the leaders.

There had been no real change by thirty miles (Pound Hill), as Sugden powered through in 3:00:52, except that Kelly was just ahead of Mitchell, and Khudube was now a clear fifth. First place looked a foregone conclusion, provided Sugden had not completely misjudged his pace, although interesting events were taking place behind him.

At forty miles Sugden had clocked 4:04:16 and was over twelve minutes ahead of Kelly, with Battye and Khudube in hot pursuit. Some onlookers, in fact, now fancied the Botswana athlete for the runner-up position. Over this difficult, undulating, part of the course, however, he could never quite get on terms with the men ahead of him, and fifty miles saw the positions unchanged in the now, bright sunshine, as Sugden passed in 5:12:57, Kelly in 5:27:43, Battye in 5:30:22 and Khudube in 5:34:44. Although Pickard was gaining ground Gwyn Williams (Tredegar) was enjoying a superb race, and lying fifth.

Sugden was by now showing signs of tiredness, but the men behind him were suffering even more, and in no position to catch up; he held on for an excellent win in 5:36:59, almost a quarter of an hour ahead of Kelly, with Battye close behind in third place. Although Newton may have been a little disappointed with his position, he led the vets home, while George Kay, as last year, won the over-50's award. The number of entries in both the team and the ladies sections were rather below that hoped for, but Crawley were obviously delighted to retain the "Len Hurst Belt". Finally, vet Hilary Johnson, is to be congratulated on winning the "Northern Rock" ladies trophy at her first attempt.

RESULTS

1.	Peter Sugden	Reading AC	5:36:59
2.	Dave Kelly	Barrow AC	5:51:07
3.	Andrew Battye	Woodstock Harriers	5:52:04
4.	Charles Khudube	Botswana	5:58:55

5.	Mark Pickard	Epsom & Ewell Harriers	6:06:19
6.	Gwyn Williams	Club 69 Tredegar	6:07:41
7.	Mike Newton (V40)	South London Harriers	6:14:57
8.	Elias Marope (V40)	Botswana	6:17:26
9.	Don Mitchell (V40)	Waimea Harrier, NZ	6:19:00
10.	George Kay (V50)	Stone Master Marathoners	6:21:50
1st Lady: Hilary Johnson (LV) Harborough AC			7:15:40



Peter Sugden: 1987 Winner
(Photo: Red Daniels)

AUSTRALIA ULTRA RUNNER'S ASSOCIATION NEWSLETTER - AURA

The Australian Ultra Runners' Association publishes its Newsletter **AURA** every two months. The Newsletter is packed with information on Australian and New Zealand ultras. 1988 subscriptions can be obtained from:

Mrs Dot Browne,
Secretary, AURA,
4 Victory Street,
Mitcham 3132
Victoria,
Australia.

Membership fees (Aust \$): \$10 (within Aust); \$12 (for New Zealand); \$14 (for Asia); \$16 (for USA); \$18 (for Europe).

64.
BOOK REVIEW - TRAINING FOR ULTRAS by Andy Milroy.

Andy Milroy's book, 'Training For Ultras' has been reviewed by Paul Broom

WHEN ANDY MILROY first told me that he was editing a booklet on ultra training, I, as a newcomer to the sport, described it as "the answer to an ultrarunner's prayers". Well, now it's out, and it is.

That's not to say that it gives definitive answers to all our training questions, turning each of us instantly into a Kouros clone. Indeed, a constant theme in the various articles is that there is no 'right' way to train, or, as Dan Coffey puts it, "one runner's successful training could be another runner's ruination". The advice given is varied, and sometimes contradictory. But it would be a rare ultrarunner indeed who didn't find something - probably a great deal - to inspire her or him.

The 60 page booklet takes the form of nine articles by leading ultra practitioners, describing their own training and racing techniques; a general piece by Andy Milroy himself (no runner, Andy, but definitely a mega-distance thinker on the subject); and a useful short bibliography. The main emphasis throughout is on the physical aspects of training - where, when, how far and how fast - but there's a good deal too on mental attitude. It's Don Ritchie who probably sums that up most succinctly: "To run an ultra marathon, you need a suitable mental attitude, i.e. you must be a little crazy"! Could any of us argue with that?

Don's is the second piece in the booklet, following a short contribution from Don Turner. Both share a taste for high mileages. Turner and his training partner John Smith used to reach 200 miles a week ("To race a long way, you have to run a long way"), while Ritchie peaks at 160, but speculates that 200 might be better. Anyway, as his training is all carried out at 10 m.p.h. or faster, perhaps he can be excused for cutting it short.

There's a complete contrast in the next article, by Cavin Woodward. "I have never run further than 20 miles in training, and the most training I have ever covered in one week is 75 miles, plus a race at the weekend," and furthermore this training is carried out at a 'modest' 6½ to 7 minute mile pace. The speed is saved for racing, where Cavin adopts a 'go like hell and hope to hang on' philosophy. For him it works, as a long string of successes testifies, but he readily admits that it might not suit everybody.

While Cavin likes to race every week, Tom O'Reilly considers six weeks "a minimum training gap". He's at odds with Cavin over training distance, too: his longest sessions, at 60 miles, are unthinkable to Woodward. (Mind you, he also records one week in which he covered 49 miles - in 23 sessions!) The bulk of Tom's article is taken up with details of long-term preparation, for his winning London-Brighton in 1976, and for his record-breaking 6 day race in 1982. The latter schedule, showing an eight month build-up, is particularly interesting as an example of sustained and single-minded preparation for a specific event.

Two pieces by women runners - Anne Franklin and Eleanor Adams - follow. Again there's a marked contrast in training patterns, with Anne reaching 60 miles per week "if I'm lucky", while Eleanor regards 100 miles as "a good base", as well as racing as frequently as possible. For Anne, though, training in the hills is a great compensation, building up good strength and stamina for the longer distances.

One thing common to both articles is a concern about the particular problems faced by women runners. Anne, training alone, endeavours "not to leave for my run at the same time every day, or from the same location". Eleanor comments that "after training session or race we are the ones who have to return home to cook the meal, see to the children, prepare for tomorrow, etc." Problems which are a sad reflection on the sexism which pervades our society - runners included. I wonder how many of our top male athletes have to cook the dinner when they get back from a run? And how often have you heard groups of male runners making risqué - that is, offensive - comments about women athletes they pass in training? As runners, we need to examine our attitudes to more than just training schedules.

For those who regard 24 hour races as a short work-out, Dan Coffey contributes a piece on 'Multi-day racing and training'. Anyone who's ever seen 'The Clockwork Mouse' in action might get the impression that he could turn out at any time, night or day, and instantly lock into that steady, effortless rhythm. In fact Dan usually selects only one event a year for his major effort, with everything else being part of a meticulous preparation, right down to choosing his training routes to match the surface on which he will be racing.

The laid-back style conceals a lot of profound thinking about the needs of the race. While Dan accepts that only some of his ideas will be beneficial to other runners (his enthusiasm for curried rice during multi-day events is unlikely to find many disciples), he imparts a host of useful facts about training, mental preparation, avoiding injury, running style, diet . . . and so on. Multum in parvo - rather like Dan himself.

One of Dan's convictions is that walking has its place in ultra events. Richard and Sandra Brown, in a thoughtful piece, develop this belief, arguing that, as most runners in 24 hour events will have to walk part of the time, they should actually incorporate this into their race plans, and specifically train for it. Pointing to some very impressive long distance performances by 'pure' walkers, they suggest that even sustained periods of walking needn't detract from the overall performance of ultrarunners. But the 5 m.p.h. suggested, whilst a doddle for race walking specialists, might be a bit sharp for the tired runner: thus the need to include fast walking in training.

For Sandra and Richard, top race walkers turned runners, results validate their theories. Whether runners would be able to make the psychological and physical transition to working on walking style and pace is, however, not so certain, but it would be foolish not to at least think hard about the very persuasive arguments put forward by the Browns.

Just as there are conflicting views about the role of walking, so there are widely divergent opinions on almost everything else to do with ultras. Andy Milroy's piece on 'Ideas for Ultra Training' conducts a lightning tour of a number of topics, from running style ("shuffle", "slither your feet", "short strides") through to the value of hiking - or even rock scrambling - in training. None of Andy's summaries claim to be definitive: rather they set off trains of thought, some of which could be further developed by the books in the bibliography which ends the booklet.

But this review deliberately ends, not with the bibliography, but with Dave Cooper's article on 'The Megamarathon - 24 hours and beyond'. At 19 pages it is by far the longest contribution, and it would be worth the cover price on its own. Divided into eight sections, it demonstrates the same careful planning and attention to detail that has made Dave such a consistent performer over the ultra distances.

Every section is packed with useful advice based on Dave's own experience. Of course, with no two of us being identical, none of us would want to emulate Dave's practice to the last detail (personally, I find even the thought of pork pies during a race gives me indigestion!), but I have incorporated a great deal of his suggestions into my own race plans, with beneficial results. I think that almost any ultra runner, no matter how experienced, could pick up something from this article. It's impossible to summarise: read it!

So, all in all, a splendid little booklet. Dave Cooper's article may be the tour de force, but all the contributions contain something of interest. Their diversity clearly reflects the diversity of views and practices in the ultra world. But they share in common a commitment to understanding a little better what we're doing, to furthering the cause of excellence in our branch of athletics, and, in the process, to teaching us all a good few useful facts.

'Training For Ultras' is available from Andy Milroy, 3 Bellafield Cresc, Trowbridge, Wiltshire BA14 8SR, ENGLAND. Price: £3 (UK), \$7 (Overseas).... includes postage & packing.

LES SIX JOURS DE LA ROCHELLE 1987

by Per Lind

From a spectator's point of view, this year's Six Day Race in the Exhibition Hall of La Rochelle must have been pretty uninteresting, perhaps even tedious. The culprit was surely that "old sage" Gilbert Mainix, who literally "destroyed" the whole field within the first 24 hours, during which he covered 230kms, and that was the end of it literally!

The home favourite, Patrick Simonnet, went into the race with very serious intentions and took an early lead, which at most amounted to 16kms after 14 hours of running. Simonnet covered 100 miles in 14hrs25 and Mainix in 15hrs55, but from then on the younger Simonnet started to slow down, leaving the 52 year old, to make the running. After 23 hours Mainix was in front, never more to be threatened by any of his fellow runners.

Simonnet developed leg problems during the second day and was overtaken by his two countrymen Ollivaux and Lucas, and by the young German, Jochen Sieper, who went into second place after 37 hours looking very strong and determined. At this point Simonnet had dropped to fifth place, and no man of any sense would have staked money on him for a place in the top trio. But Simonnet came back fighting courageously, and was rewarded with second place overall. Sieper, on the other hand, ran probably too hard during the second day and like Simonnet, had leg trouble from which he never recovered. The ever smiling Daniel Lucas also became a victim of leg injury and had to retire from the race after four and a half days. In the meantime Daniel Ollivaux had worked himself into third place, which he defended quite easily.

With the exception of Lucas, the order of positions was decided after four days, and the only question of any interest during the last two days was the battle between Daniel Decemme of France and Hans Portz of Germany, especially during the last twelve hours when the German was chasing the tired Frenchman. But, supported by his team of enthusiastic handlers, which included his wife and sister, Decemme, drawing apparently hitherto unknown strength out of his tortured body, fought back courageously to keep the German at bay. One should, however, not omit to mention that Portz proved himself not only a brave and honest fighter, but also a real gentleman. Soon after their battle began, Decemme got into trouble, but nevertheless expressed his determination to stay on the track and try to fight off the challenge from Portz. In turn, Portz told Decemme that if he ran more than 770kms (which was the target Portz had set himself), he would not overtake him. Great sportsmanship!

Mainix, however, continued to run in his efficient style, and seemingly without effort, although without a serious challenge he could not motivate himself to go for the 1000kms target. He won easily enough, covering a total of 942,8kms; his splits for the 6 days were:

24 hrs : 230.4kms
48 hrs : 396.4kms/164.0kms
72 hrs : 535.8kms/139.4kms
96 hrs : 670.8kms/135.0kms
120 hrs : 807.2kms/136.4kms
144 hrs : 942.8kms/135.6kms

ULTRA WORLD BESTS - TRACK AND ROAD

by Andy Milroy

Track

30 miles	2:42:00	Jeff Norman(UK)	Timperley	7.6.1980
50 km	2:48:06	Jeff Norman(UK)	Timperley	7.6.1980
40 miles	3:48:35	Don Ritchie(UK)	Hendon	16.10.1982
50 miles	4:51:49	Don Ritchie(UK)	Hendon	12.3.1983
100 km	6:10:20	Don Ritchie(UK)	Crystal Palace	28.10.1978
150 km	10:36:42	Don Ritchie(UK)	Crystal Palace	15.10.1977
100 miles	11:30:51	Don Ritchie(UK)	Crystal Palace	15.10.1977
200 km	16:32:30	Don Ritchie(UK)	Coatbridge	29/30.10.1983
	p15:11:10+	Yiannis Kouros(Gre)	Montauban	15-16.3.1983
500 km	60:23:00*	Yiannis Kouros(Gre)	Colac	26-29.11.1984
500 miles	105:42:09*	Yiannis Kouros(Gre)	Colac	26-30.11.1984
1000 km	136:17:00*	Yiannis Kouros(Gre)	Colac	26-31.11.1984
1500 km	14d20:10:13	Malcolm Campbell(UK)	Gateshead	11-26.11.1985
1000 miles	15d21:07:43	Malcolm Campbell(UK)	Gateshead	11-27.11.1985
24 hours	283.600k/176m388y	Yiannis Kouros(Gre)	Montauban	15-16.3.1983
48 hours	452.270k/281m48y	Yiannis Kouros(Gre)	Montauban	15-17.3.1983
6 days	1023.200k/635m1385y*	Yiannis Kouros(Gre)	Colac	26.11-1.12.15

+ No stopped times taken.

* Note the above performances cannot be completely verified since incomplete lap time were taken. The best 6 Day performance to be completely authenticated is that by Tom O'Reilly (UK) 927.600k/576m675y Nottingham 22/28.8.82. O'Reilly's 500 mile time was 122:18:03.

Road

Best performances known on courses measured by calibrated bicycle.

30 miles	2:46:06	Don Faircloth(UK)	Old Coulsdon	1.9.1973
50 km	2:48:52	Ben Choeu(RSA)	Pretoria-Jo'burg	8.8.1981
	p2:47:04	Thompson Magawana(RSA)	Claremont-Kirstenbosch	18.4.1987
40 miles	3:46:31	Barney Klecker(USA)	Chicago	5.10.1980
50 miles	4:50:21	Bruce Fordyce(UK/RSA)	London-Brighton	25.9.1983
loop course	4:50:50	Bruce Fordyce(UK/RSA)	Chicago	14.10.1984
100 km	6:28:11	Don Ritchie(UK)	Santander	25.9.1982
150 km	11:02:13*	Yiannis Kouros(Gre)	New York	7/8.11.1984
100 miles	11:46:37	Yiannis Kouros(Gre)	New York	7/8.11.1984
200 km	15:11:48	Yiannis Kouros(Gre)	New York	7/8.11.1984
24 hours	286.463k/178m0y	Yiannis Kouros(Gre)	New York	27/28.9.1983

* Time at 94 miles /151.278

Due to the problems in completely documenting a road race lasting longer than a day, certified best performances are not yet available. However the following best on rec marks are noted.

Editor: The La Rochelle indoor 6 day race results are included in Andy Milroy's 'Ultra Update'.

66.

500 miles	140:00:00	Mike Newton(UK)	Trentham	20/27.5.1984
1000 km	175:44:46	Stu Mittleman(USA)	New York	26.4/4.5.1986
1500 km	10d23:58:46	Stu Mittleman(USA)	New York	26.4/7.5.1986
1000 miles	11d20:36:50	Stu Mittleman(USA)	New York	26.4/8.5.1986
48 hours	346.008k/215m0y	Siegfried Bauer(NZ)	New York	26/28.5.1986
6 days	830.717k/516m324y	Mike Newton(UK)	Trentham	20/27.5.1984

SPARTATHLON 1987 - A PERSONAL ACCOUNT

by Hilary Walker

Woman's World Track Best Performances

30 mile	3:28:12	Ann Franklin(UK)	Barry	9.3.1986
50 k	3:36:58	Ann Franklin(UK)	Barry	9.3.1986
40 miles	4:47:27	Ann Franklin(UK)	Barry	9.3.1986
50 miles	6:20:42	Leslie Watson(UK)	Hendon	12.3.1983
	6:17:30*	Monika Kuno(FRG)	Vogt	8-9.7.1983
100 k	8:01:01	Monika Kuno(FRG)	Vogt	8-9.7.1983
150 k	14:34:02	Lynn Fitzgerald(UK)	Gloucester	22/23.5.1982
	14:20:32*	Eleanor Adams(UK)	Honefoss	12/13.7.1986
100 miles	15:25:46	Eleanor Adams(UK)	Honefoss	12/13.7.1986
200 k	21:38:40	Lynn Fitzgerald(UK)	Nottingham	31.7/1.8.1983
	20:09:28*	Eleanor Adams(UK)	Honefoss	12/13.7.1986
500 k	86:31:21+	Eleanor Adams(UK)	Colac	24/28.2.1986
500 miles	143:38:55+	Eleanor Adams(UK)	Colac	24.2/2.3.1986
24 hours	222.800k/138m777y	Eleanor Adams(UK)	Nottingham	4/5.8.1985
48 hours	347.420k/215m1543y	Arlette Touchard(FRA)	Montauban	14/16.3.1986
6 days	808.000k/502m119y+	Eleanor Adams(UK)	Colac	24.2/2.3.1986

+ Note the above performances cannot be completely verified since incomplete lap times were taken.

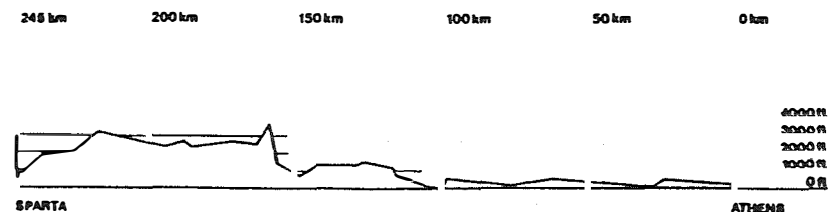
* Time taken on only one running watch.

Road

Best performances known on courses measured by calibrated bicycle.

30 miles	3:19:28	Marcy Schwam(USA)	Chicago	3.10.1982
50 k	3:13:51	Janis Klecker(USA)	Tallahassee	17.12.1983
40 miles	4:43:22	Marcy Schwam(USA)	Chicago	3.10.1982
50 miles	5:59:26	Marcy Schwam(USA)	Chicago	3.10.1982
100 k	7:47:28	Marcy Schwam(USA)	Santander	19.9.1981
150 k	14:11:48*	Christine Barrett(UK)	Gloucester	14.4.1984
100 miles	15:07:45	Christine Barrett(UK)	Gloucester	14.4.1984
200 k	20:08:44	Hilary Walker(UK)	Feltham	23/24.5.1987
24 hours	230.618k/143m527y	Hilary Walker(UK)	Feltham	23/24.5.1986
48 hours	272.360k/169m416y	Christine Barrett(UK)	Trentham	20/22.5.1984
6 days	676.981k/420m1155y	Christine Barrett(UK)	Trentham	20/27.5.1984

* Time at 95 miles/152.887k



This year, we had all made our own way to Kalogrezi from all parts of the globe and a great variety of languages could be heard in the canteen where everybody congregated to stock up for the miles ahead. After losing out to the heat last year I had also stocked up on a few days of acclimatisation to lessen the odds a little but I still stood on the start line in the 1986 stadium filled with trepidation for the hot day that lay ahead.

We set off at 7.00 am in the comparative cool of the morning and I had decided to run at a reasonable pace in the early hours as I knew that I would slow drastically as it became warmer. It was a relief to turn off the main road after about 15 miles and get away from the traffic and the Athenian smog. The old road to Corinth is more scenic and quieter. I had been playing 'leap frog' with Gerard Stenger en route to Megara exchanging pleasantries on the way. However, the heat had set in in earnest as we ran along the coast, and I lost him when I had to take a dive for the bushes! After about 65 km, I found myself longing for each drink's station as the early afternoon sun was merciless and I resorted to walking at frequent intervals to prevent myself overheating. Coming into Corinth, I was getting somewhat demoralised by my apparent inability to cope with the temperature but I was cheered up by the Dutchman, Ronald Teunisse, who caught me up and stayed with me for a mile or two. He was the first Dutchman to attempt the Spartathlon so he was determined to finish although he had never run a hill before! I wondered what he would think of the latter part of the course! However he did have an excellent 24hr pedigree and a quick glance at the results will show that he was obviously well able to cope.

I reached the elimination point at Corinth in just under eight hours and sat down and looked at my feet; the toes were covered with blisters - a novel problem for me. However, they weren't going to improve by looking at them, so I had some quick first-aid, put on a fresh pair of shoes and jogged off gingerly in the sultry heat of the afternoon. The route gets more interesting now as we are away from the main roads. Feeding stations are found at the cafes in the squares of the villages that we pass through and at each one I always seemed to be able to respond to the warm welcome with a broad smile, and speed away with my head held high. I hope that the locals didn't realise that round the corner I would slow down abruptly otherwise I would part company with my recent refreshment in a rather rapid fashion! Gerard Stenger passed me again about 10 miles before Akro Nemea; in my misery I hadn't noticed him having a rest at the feeding station under the vines at 100km. Soon after this it started to get dark and I realised that as I was behind my expected time, my torch and tee-shirt were well in front of me at Nemea, oh, well, I'm used to running in the dark. At Nemea I decided to stop for twenty minutes to see if I could keep some food down and recover some strength. Two hot cups of soup and some yoghurt later I realised that my throbbing headache had disappeared, and