



AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

(Incorporated in Victoria)

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

NEWSLETTER

Vol.3 No.2

May 1988

Hi folks!

In this issue, we have given you a fairly comprehensive report on the Westfield Sydney to Melbourne Run. More than half the field were A.U.R.A. members! We particularly want to congratulate those of our members who completed the 1015km course. What an achievement! They were: Dusan Mravlje (3rd), Bryan Smith (4th and first Australian home), David Standeven (5th), Graeme Woods (6th), Ian Javes (12th), George Audley (13th), Mark Gladwell (14th), Patrick Farmer (15th), Sandra Barwick (17th), Ron Hill (18th), Graeme Wilkinson (21st), John Breit (22nd) and Grahame Kerruish (Mountain Man) (23rd).

Also, those members who were good enough to get a start, which is an achievement in itself. - Tony Rafferty, Brian Bloomer, Graham Townsend, Stuart Currie, Maurice Taylor, Barry Brooks, Gary Collins, Trevor Harris, Tony Collins, and Terry Cox. Congratulations on the incredible distances you also ran, and sorry you were forced out of the race for various reasons. You gave it a go. That was the main thing! We were proud of you.

We've also included newspaper articles in this issue, which feature three of our members, George Audley, Bob Bruner, and Greg Hillier. If you happen to get into the newspapers, send us a copy for our newsletter.

Our membership is continuing to grow. We're up to 270 now. Bad luck Big Chris, the Vics are still in front! Membership breakdown as follows:

Victoria	109	Overseas	16
NSW & Canberra	92	Queensland	14
South Australia	25	Western Australia	9
		Tasmania	5

You remember we promised you a centrefold of Tony Tripp a few issues ago? Well this issue, you're in for a big treat. Feast your eyes!! Page 43. We had great trouble extracting the revealing photograph from the clutching hands of Val Case. Fan mail direct to "Lakeview", Davies Road, Claremont, Perth please!

Don't forget to keep the communication with us going. Race reports and results should be sent as soon after the race as possible please. We also need a few definite dates for the 1989 ultra races too.

Thanks for your enthusiasm and delightful letters. We love receiving them,

'Bye for now,

Det. Browne

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CALENDAR

1988

- * May 28/29 24 HOUR TRACK RACE, NSW, Sydney Strider's' event, Hensley Athletic Field, Wentworth Avenue, Page wood, Sydney, 11 am start. Contact Steve Cornelius, 41 Garling Street, Lane Cove, NSW, 2066. Phone (02)4273604
- * May 28/29 24 HOUR TRACK RACE, WA, Perth, 1km grass track, McGillivray Oval, contact Tony Tripp, "Lakeview" Davies Road, Claremont,WA
- * June 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)288-9739.
- * Jun 19 50 MILE ROAD RACE at Carlton, Vic. 8am start, 25 x 2 mile circuits of Princes Park.Contact Geoff Hook, 42 Swayfield Road, Mt.Waverley 3149 or phone (03)288-9739.
- * Jun 25/26 24 HOUR ROAD RACE at Queensland University, St.Lucia, 2km circuit, 8am start, \$25 entry, Entries close 11th June'88. Contact: Ian Javes, 7 Romanette Street, Mansfield, Brisbane, Q'ld. 4122, phone (07)343-6159.
- * Jul 16 12 HOUR TRACK RACE AT Box Hill, Vic, 400m.track, 7am start, entries close July 2, contact Sri Chinmoy Marathon Team, 288 High Street, Kew 3101, phone (03)861-8981.
- * Jul 24 50 MILE TRACK RACE at Adelaide, SA, 440 yard cinder track (Adelaide Harriers track, South Terrace). For entry application form contact: Andy Docherty, 30 Lepena Cres, Hallett Cove, SA, 5158 (Note: This will be a low-key race).
- * Jul 30 50 MILE TRACK RACE at Bass Hill, Sydney, NSW, 6.30am start, \$10 entry, contact :Gavin Beahan, 122 Flinders Road, Georges Hall NSW 2198.
- * Aug 28 100KM TRACK RACE AT Coburg, Vic, 400m.track, 7am start, \$15 entry, contact Kevin Cassidy, 4 Grandview Road, Preston, 3072, Vic, phone (03)478-3687. Entry forms enclosed with this newsletter.
- * Sep 3 50 MILE ROAD RACE, at Bathurst, NSW, 7am start at the courthouse, Russell Street, Bathurst, time limit 10 hours, contact Big Chris Stephenson, P.O.Box 45, Rushcutters Bay,NSW 2011 or phone (02)5237852 (h) or (02)3392171 (w).
- * Sept 18 SYDNEY TO WOLLONGONG, NSW, Approx. 50 miler Road Race, contact Fred Howe, c/- Tallays Sports Store, 733 Harris Street, Ultimo, Sydney 2000.

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- * Sep 29 PERTH TO ALBANY, WA, 257 mile road race, 4.5 day limit, contact 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, 7am start, \$30 entry, entries close Sept 1st, contact Prachar Stegmann, 18 Brennan Street, Hackett, ACT 2602, phone (062)480232. Applications for entry enclosed with this newsletter.
- * Oct 2 50 MILE ROAD RACE, Qld, 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 8/9 24 HOUR TRACK RACE at Campbelltown, NSW, \$30 entry, 400m.grass track,(good surface), overnight parking/camping prior to race, good amenities, heated pool next to track, entries -contact John Shaw, 17 Buvelot Way, Claymore NSW 2560, phone (046)26-6694.
- * Oct 9 100KM.ROAD RACE, SA, Adelaide to Victor Harbour, contact the Distance Runners' Club of SA, P.O. Box 102, Goodwood 5034, SA.
- * Oct 15 LAUNCESTON TO HOBART ROAD RACE, Tas, 200km, 7EX-HT Shell Ultra Marathon, starts Launceston P.O., finishes Hobart P.O., 30 hour limit, \$100 entry, 9am start, approx. \$30,000 prizemoney. Also teams' event - 10 x 20km legs, contact David Osborne, 65 Amy Road, Launceston, 7250 Tas.
- * Oct 29/30 24 HOUR TRACK RACE, SA, (Australian Championship) Adelaide, Sri Chinmoy Marathon Team, 7am start, contact Prabuddha Nicol, 11/38 Childers Street, North Adelaide, 5006 SA for entry applications, (encl.SAE), phone (08)2671463. Advertisement in this issue.
- * Oct 30 A.C.F.BRINDABELLA CLASSIC, ACT, 47km approx, trail run over Brindabella Mountains, just south of Canberra. Contact John Stanhope, 52 Sharwood Cres, Evatt 2617 ACT, phone (962)583181.
- * Nov 14-20 6 DAY TRACK RACE, Colac, Vic, 400 metres grass track, entry by invitation, but applications detailing recent performances welcome, contact The Australian 6 Day Race Committee, P.O.Box 163, Colac 3250, Vic, phone (052)315442. See advert in this issue.
- * Dec 4 50 MILE ROAD RACE, Vic, Ballarat, C.H.A.S.E. Carnival, (Victorian 50 Mile Road Championship), Wendouree A.C., P.O.511, Ballarat, 3550, Vic or phone Andrew Bush (053)321434.

CALENDAR

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- * Jan BOGONG TO HOTHAM, Vic, 60km mountain trail run, 6.15am start at Mountain Creek Picnic Ground, 3,000metre climb! Phone Russell Bulman, (03)8789285 (AH)
- * Feb 18/19 24 HOUR TRACK RACE, Coburg, Vic. 8am start, (Victorian 24 Hour Track Championship) conducted by Vic.Veterans A.C., Race Director: Dot Browne, 4 Victory Street, Mitcham 3132, phone (03)8742501 for entry forms.
- * Mar 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 for entry forms.
- * Mar WESTFIELD SYDNEY TO MELBOURNE RUN, Parramatta NSW to Doncaster Vic, 1015km, contact Charlie Lynn, c/- Westfield Run Office, G.P.O.4004, Sydney NSW 2011, phone (02) 3564333.
- * Mar 5 50KM TRACK RACE, Parramatta, NSW, 6am start, 500m.grass track, contact Big Chris Stephenson, P.O.Box 45, Rushcutters Bay, 2011, NSW, phone (02)5237852 (h) or (02)3392171 (w).
- * Apr 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).
- * Apr FRANKSTON TO PORTSEA ROAD RACE, Vic, 34 miler, contact Kon Butko, 66 Allison Road, Mt.Eliza 3930, phone (03)7871309
- * Apr 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 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 12 HOUR TRACK RACE, Rosebud, Vic, Olympic Park, grass 400m.track, Percy Cerutti Memorial Race, 8am start, entry forms from Brian Jones (059)868640, P.O.Box 450, Rosebud 3939, Vic.
- * May BANANA COAST ULTRA MARATHON, NSW, 85km, Grafton to Coff's Harbour, 5am start, contact Steel Beveridge, 20 Annawarra Road, Mullaway, 2456, NSW.

WESTFIELD REPORT

Letter to the Editor from Geoff Hook.

Dear Dot,

Westfield Sydney to Melbourne Run, 1988

One disturbing aspect of the recent Sydney to Melbourne Run needs to be discussed. I refer to the start by Yiannis Kouros 12 hours behind the rest of the field. Firstly, terminology needs to be sorted out. A "handicap start" meant that Kouros's start time was identical to the other runners' and to win, Kouros needed to be 1st over the finish line. A "delayed start" meant that Kouros's start time was 12 hours behind the other runners' and to win, Kouros needed to be less than 12 hours behind the first person to cross the finish line.

There is a vast difference between the two terms and I want to point out that both situations are undesirable, but one more than the other.

Officially (according to race organiser, Westfield), Kouros won the race in 5.19.14 (i.e. timed from a delayed start). Technically, Kouros won the race in 6.07.14 (i.e. a handicap start) meaning he beat Dick Tout by 4 hours 4 minutes. It would have been interesting to digest the controversy that would have ensued if Dick had crossed the finish line ahead of Yiannis. In any respect, Yiannis crossed the line first and therefore, I extend my warmest congratulations to him for his fine win.

I wish to cover his start in point form:

1. Several competitors were unhappy about Kouros starting 12 hours later. This situation affected their mental preparation and attitude and consequently could have affected their performance.

I wonder if they fully understood the difference between "delayed" and "handicap" starts and which one was really being proposed. Both words were bandied around in the media before, during and after the race, so it was never clear which system Kouros was operating under.

2. Some competitors claimed to not know about the "delayed" start until just prior to the race. To be fair, Westfield had suggested the idea of a 24 hour "handicap" several weeks before the race and claimed all bar one runner would have been aware of this.

As it was, Kouros accepted a 12 hour delay and this was first made official to the other competitors at the final race briefing. Surely the contract signed between Westfield and all competitors should define all major aspects and rules of the race and be binding on all parties. Necessary changes should only be by majority consent of all parties.

The late official announcement made it difficult for competitors to withdraw due to time, effort and financial commitments for themselves, their crew and sponsors.

3. Last year, with Yiannis winning by over 24 hours, the distance between the first and second runners over the latter stages of the race became unmanageable. I am sympathetic towards Westfield on this point and understand the cost of providing a special official car to monitor the distance between first and second runners for media reports and to handle additional road signage would be an added strain on the race budget.

However, the other competitors may prefer to pay a surcharge to cover this expense rather than give the best runner a "delayed" start. In any event, Westfield was able to promise Yiannis an extra \$5,000 if he was first to cross the finish line. Surely then, there is enough money for an additional official car and crew!

4. Some runners believe that Kouros was given an advantage (and this to the best runner in the field).

However, it has also been claimed that Kouros was at a disadvantage by not having the adrenelin experienced by the other runners at the start, that the waiting of 12 hours and late evening start were both drawbacks, and that the difficult hills around Canberra had to be negotiated in the hot sun rather than the cool of evening, like the other runners.

The lack of adrenelin and the wait were both Kouros's choice and he had the advantage of a cool evening start compared to the other runners, who started on a hot sunny day. It is an advantage to suffer from the effects of hot sun well into the race rather than at the start. Besides, the field would have been well spread out by Canberra so that some competitors would have been tackling the difficult hills during various stages of the day and/or night. I agree that a late evening start is a drawback.

Another advantage given to Yiannis was that, although pacing was strictly forbidden by support crew personelle, Yiannis had a large pacing clock which was being driven just ahead of him for at least a significant portion of the race. Does the best runner in the field need this advantage?

5. All the runners congratulated Yiannis before the start and there was much interchange of emotional feeling. This shows that all the competitors, on the surface at least, had the ability to recognise the truly great talent that Kouros has.

Conversely, Yiannis warmly congratulated each runner as he passed them on the road - a truly great gesture.

6. No cut-offs were adjusted for Kouros and he was able to keep inside all of them. This is admirable until you analyse what it means.

If the cut-offs were not adjusted, then Kouros ran under a "handicap". The time credited to Kouros at the finish meant that he ran under a "delayed" start. Does this mean that the conditions were adjusted to suit the occasion?

7. A lot of excitement was generated in the media by the fact that Kouros had to make up a 12 hour deficit and catch a determined Dick Tout. I personally found it was very exciting and have only admiration for Yiannis, who was able to pass all other competitors and be first across the finish line.

However, was this excitement at the expense of the other runners?

In summary, the Sydney to Melbourne race is owned and operated by Westfield and they are entitled to conduct it in any way they want. They can have any race rules they want. I certainly understand they wish for maximum media exposure.

I contend thatⁱⁿ any official race, when the start is effected, it applies to all competitors, whether they choose to commence running or not. If Yiannis ran from a "delayed" start, then technically, his was a solo run and Dick Tout is the true winner of the race. (It makes no difference whether the delay was only 12 hours compared to 12 days or 12 months). If Yiannis ran from a "handicap" start, then he won the race but by only 4 hours 4 minutes. By the same token, this aspect had the effect of belittling the efforts of the other runners. For example, if I ran in the race, I know that Yiannis would beat me by at least 3 days. I would rather finish 3 days behind Yiannis than be beaten by one minute with Yiannis starting with a "handicap" of 3 days.

Best regards,



Letter from Ian Javes, AURA member
from Queensland.

7 Romanette St
Mansfield, 4122
12th April, 1988.

Dear Dot,

I have enclosed some entry forms for our 24hr road run and also an article you may wish to publish in A.U.R.A.. The last magazine I received was Vol. 2 No. 5.

You might notice from the article that I was not too pleased with the way the Westfield Run was conducted. Little help was given me in raising sponsorship, so that finally I had to foot the complete bill personally. Crew and Personal clothing we received was not according to sizes ordered. The media breakfast on the Tuesday before the race was a joke. It started almost 2 hours after the advertised time and most runners got little ^{or less} than a cup of tea and cake if anything. The announcement about Kouros starting 12 hours later had me fuming, as it did many other runners. For the previous 12 months my mental preparation was based around following as close as possible to Kouros and pouncing towards the end should he happen to falter. Instead we became the rabbits for Kouros. Charlie Lynn would seem to be unaware that in any race mental preparation is just as important as physical training. I and my physiotherapist were horrified that many of the runners were continuing with injuries being treated by unqualified persons. In horse endurance races, vets examine the horses at regular intervals to ascertain fitness to continue. I fail to see why human beings should receive lesser consideration.

The fact that there was no awards ceremony and a get together of runners at the finish was disappointing. Also I feel all runners should be assembled at a motel at the completion of the run with a doctor and nurses on call at all times to observe them and release them only when injury levels and fitness are considered to be satisfactory. Personally I flew back to Brisbane early on the Saturday because I knew I needed medical attention and I was unsure on how to obtain it in a strange city. I spent some 4 days in hospital receiving intravenous antibiotics to control a surface infection which could possibly have gone to the bone if left unattended. A scan was taken while I was in hospital to ascertain the damage to my left leg which had been well stopped by my physiotherapist during the second half of the race. Fortunately I do not have the more serious stress fracture or compartment syndrome but tenosynovitis of the Left Extensor Hallucis Longus. This will take a few months to heal but this gives me the opportunity to organize the Q.M.R.R.C. 24hr Road Run.

I consider Westfield would be better advised to conduct a 1000km run over a circuit. Such an event would have the following advantages;

- 1) It would be easier to supervise the runners medically.
- 2) Less danger from traffic and injuries due to poor road surfaces which make the present race a bit like playing Russian Roulette.
- 3) Media would be able to cover such an event much more easily.

The media coverage of this year's run was almost non-existent in Queensland.

- 4) Costs of conducting the race would be greatly reduced and therefore more money could be allocated to prize money. Perhaps money could be allocated to payments for distances covered e.g. \$100 for the first 100km \$200 for the next 100km; \$300 for the next 100km etc.. Thus all competitors would receive something for their efforts which is only fitting considering the time spent in preparing for such an event.
- 5) The race could end when the first runner reaches 1000km (just like the Bathurst 1000 car race). This would allow good media coverage of a presentation ceremony at the end.

These are some thoughts that you may wish to toss around amongst members of A.U.R.A.. I hope it does not sound like a whinge, because I regard the race as a tremendous learning experience for myself so that I can now plan more successfully for my future ultra running career.

The type of circuit race I have suggested above is the type of race I intend pushing for in Brisbane, possibly in August 1989.

TO HELL AND BACK by Ian Javes

Three Queenslanders entered the 1988 Westfield Run and this is the story of one of them - Ian Javes.

After the first day I had pushed hard and covered 200kms to be in 7th position. Unfortunately I was trying to control my own fluid and food intake instead of allowing the crew to do so. My fluid intake contained too much defizzed coke. Early in day two I vomited and became nauseous and unable to hold down food or fluid.

Gradually I slipped back through the field so that just before Canberra 20 to 25 competitors were now in front of me. My crew put me to bed and consulted the race doctor about my withdrawal. After further consultation with the Canberra Hospital my physiotherapist, Peter Crome, and team manager, Ron Ailwood, woke me and told me that I could continue as long as I ate and drank as told. Ant acid would be used to settle my stomach.

Over the next few days I slowly picked up and although I developed shin soreness (a result of the jarring going down horrific hills), I started to improve my position in the field. With aid of excellent strapping by my physiotherapist I was probably running better in the last few days than most other runners in the field.

Tony, the driver of the lead vehicle, which brought me in the last 30 kilometers from Dandenong to Doncaster, commented that I was running faster over that part of the course than any previous runner, including Kouros. At approximately 4 a.m Friday 28th March I crossed the finish line with an elapsed time of 7 days 18 hours in 11th position. I was also informed that I was the first veteran (over 45yrs) to finish. Not a bad effort for someone who was almost pulled out of the race before 2 days were over.

The other two Queenslanders Graeme Woods and Owen Tolliday had finished before me in 6th and 8th positions. Therefore Queenslanders had a perfect record of finishers. The merit of the performances by the Queenslanders is further enhanced when you consider that in the 1987 Run the fourth place getter and first Australian to finish was Brian Bloomer whose elapsed time was 7 days and 19 hours.

Personally, I feel I will not run the Sydney to Melbourne Race again. The bad road surfaces and heavy traffic in places make it too much of a lottery. Many good runners fail to make it because of injuries. Westfield fail to give consideration to most of its runners. Prize money, considering the risk of injury and cost of organizing a team is too small. Westfield would be better advised using a multi loop circuit near one of their shoppingtowns. Costs for conducting the run would be greatly reduced and runners prizemoney increased. Also a better media coverage could be given. Westfields' announcement that Kouros would start 12 hours behind the rest of the field was not appreciated by most of the top runners and if they had had the guts to announce this a few weeks earlier most of the top runners would have withdrawn. It was difficult to withdraw how ever when your crew was already assembled in Sydney.

The next event on the calender for Queensland ultra runners is a 24 hour run to be conducted at the Queensland University on 25-26th June. The efforts of these three Queenslanders in the 1988 Westfield Run and the presence of Cliff Young and Ron Grant could help to unearth some more Queensland talent. The run will be conducted on a 2km road circuit. Entry forms could be obtained by contacting A.U.R.A. or the Race Director, Ian Javes, 7 Romanette St, Mansfield, 4122 (ph. 07-3436159).

In the long term the Q.M.R.R.C. is considering the possibility of conducting a multi-day event in August of 1989.

WESTFIELD SYDNEY TO MELBOURNE RUN by Bryan Smith
(First Australian to finish)

It's Monday morning, 1.30am on the 14th March and we head off to Sydney after a hectic week of picking up vans and packing them with equipment, clothes, food, etc, hoping we have remembered to pack everything we will need on the run. We had decided to drive to Sydney via the planned route of the run, but after leaving Melton, we had electrical problems with the large van on the Westgate freeway and were held up for two hours. so instead, we travelled to Sydney via the Hume Highway, arriving at the North Ryde Caravan Park at 7pm. We were all pretty tired, so after settling in, we all tried to get some much needed sleep. Tuesday, the crew has work to do. Mick Bryce, the Manager and myself have to attend a breakfast to meet the media at 8am, which gets under way about 10.00am after most of the runners are left sitting in a hallway for about 2 hours. Westfield introduced all the runners to the media and broke the news about the 12 hour handicap for Yiannis Kouros, which provokes different viewpoints from different runners. A lot of the runners weren't too impressed at all with the decision to start Kouros 12 hours behind.

On Wednesday, the crew and myself go to Westfield at Parramatta for race conduct and rules, police conditions, medical and photographs. From there, it's out to the airport to pick up my wife Janet (the cook during the run) and back to the park for an early night, ready for the big day Thursday.

Thursday, race day, everybody is up early. We have to be at Parramatta at 8.30am for medicals. Everybody is excited and anxious to get under way. After all the runners are introduced to the crowd at the shopping centre, we assemble at the starting line. The signal is given and we are off. It's very warm and I run with Graham Woods for a while, until he stops to stretch. I press on, as we have planned to run five hour blocks for the first part of the race. The crew keep the fluids up to me and we arrive at Mittagong at 7.49pm. I have run 90kms. and keep running right through the night in 5 hour blocks, with short breaks. I arrive at Goulburn at 5.22am on Friday. after having run 174kms. I am eating and drinking well and keep running on. At the 216kms. mark (at 10.50am), I pass Patrick Macke and exchange greetings. I am very surprised to be up in the first few runners at this stage of the run. Stop at Canberra at 5.04pm for my first sleep. Crew book me into a motel, and after a nice hot bath and a meal, have 2 hours sleep.

Back on the road at 9.30pm all clean and refreshed. Just out of Canberra we are blinded by police lights. There has been a bad accident. Police are great and get us past quickly. Not a nice sight though. We run through the night as planned, a very tough section with hills that seem to go on forever.

Saturday, another lovely sunny day dawns and we push on through more hills to the township of Cooma and stop for a much-needed break at the caravan park. It's very quiet and peaceful here. After massage and meal etc, I have two hours sleep. We restart at 5.04pm. I am having drinks every 20 minutes because of the heat and am eating plenty. (Raymond reckons I've a tapeworm, because of the amount of food I eat). We run through the night again. Tout is leading. I pass Dusan Mravlje and Rune Larsson and now into second place at 1.30am, but not for long. Yiannis Kouros soon passes me. He gives me a T-shirt and the traditional Greek kiss on the cheek. I say 'Good Morning' to him in Greek which I learned from a Greek workmate. It's a terrific sight with all the flashing lights from the 5 vans reflecting back off the surrounding hills. We arrive at Bombala on Sunday morning at 4.46am and have run 474kms. Have a bath at the hotel and a meal, then 2 hours sleep in the van.

Back on the road at 8.26am. It's another warm day, with no wind, excellent running conditions and the scenery between Bombala and Cann River is lovely. After running through a rough section of road, it's a downhill run to Cann Rvr. My brother and his family meet us at Cann River when we arrive there at 8.00pm. It's been a good day all round. We use his motel room for a shower, meal and 2 hours sleep. The crew occupy themselves talking to Cliff Young and his wife Mary while I rest. Back on the road at 11.50pm, I decide to go non-stop to Orbost, walking only to eat and drink. Arrive at Orbost at 9.52am, having covered

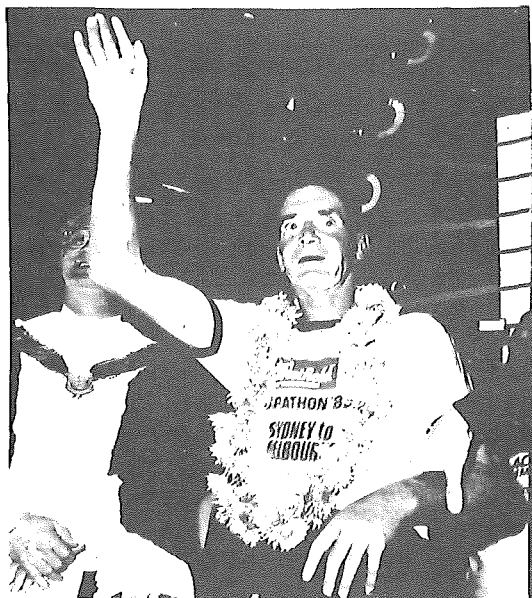
643kms, and stop for a break of one hour. The weather is unreal- very warm, no wind. Stop at 675kms. at 3.37pm for ½ hour rest. Arrive at Lakes Entrance at 7.15pm. The people of Lakes Entrance give us a great reception and the Chamber of Commerce give us a bottle of port, much appreciated. Another bath, meal and 2 hours sleep at a house owned by one of the crew's brothers. Lovely people, couldn't do enough for us. The crew enjoyed this break as the Chamber of Commerce supplied them with tea and a nice hot spa. Dusan Mravlje's crew enjoyed it with them. Started running again at 10.40pm. Stopped for a half hour break at 3.03am Tuesday morning at the 739km. mark. From there, I run to 769kms. mark and have one hour's rest and more food. Another short break at 831kms at 5.34pm.

Arrive at Traralgon at 9.27pm, having problems with left shin injury. The crew go off to have showers while I rest at the motel. This was to be a bad night. I couldn't sleep because of the injury and when we got back on the road, I had trouble raising a trot and progress was slow because of the shin injury. So decided to have some more rest. The extra rest helped a lot. I came out with a better attitude and decided to run from Morwell to Doncaster, walking only to eat and drink.

Wednesday was to be the hottest day of the run. Raymond was now giving me drinks every 10-15 minutes. David Standeven passed me about 10am. at 893km, but pulled off the road for a massage soon after. The run from Pakenham through to Doncaster was made a lot easier because of the workmates and friends who had come out to encourage me through the last part of the run. My crew is really great. They have done a fantastic job, especially over the final stages of the run where I find the going really tough. Barry Brooks' crew and Joe Record come past and stop to wish us well. Bad luck for both of them had to pull out because of injury. A pilot vehicle is supposed to meet us at Dandenong but it doesn't arrive until we have about 5kms. to run. Finally cross the line at 1.30am Thursday morning. receiving a great reception from friends. relatives and workmates. I had originally hoped to finish in 7 days so I was extremely happy to beat that goal and I proved to be the first Aussie home.

I had a large crew of 10 and they told me of a couple of funny things to happen during the run. Raymond Carroll fell out of the top bunk during the night. Another crew member left the large van and took the door with him. Another casualty case was my brother-in-law, Kevin McKay, who sprained his ankle in his haste to get out of the moving van to relieve himself. It was a very hectic week for them and I would like to thank them all very much for the tip top way they looked after me.

CONGRATULATIONS!!! on being the first Australian to finish Bryan!Ed.



1016 kilometres is a long way to drive. To run this distance seems impossible, but 23 runners out of a field of Australian and overseas runners totalling 43, finished the gruelling Sydney to Melbourne Run.

I had the dubious honour of finishing 23rd, but finishing the event is every runner's dream and quest.

The Westfield Run this year was over a period of 8½ days, with cut-off points on a time basis being set at Goulburn, Canberra, Cooma, Bombala, Orbost, Bairnsdale, Traralgon, Pakenham and Doncaster. Constant heat was a disturbing factor this year with temperatures fluctuating between 28° and 32° during the cloudless days for the whole run. One had to pity the overseas runners who had come from freezing temperatures and struck an Australian heatwave.

The send-off at Westfield was spectacular as usual, and at 11.00am on Thursday 17th March, 42 pairs of determined feet struck out for Melbourne. The Greek Streak, Yiannis Kouros was off a 12 Hour handicap, and would leave at 11pm that night.

The first 24 hours in a run of this magnitude is a settling down period. Many runners, including myself, have not gone beyond 24 hours in a race before and no-man's land on the second day is something we have to face.

The cut-off point at Goulburn is 28 hours, and I am very pleased when I reach the town at 10.07am, just 5 hours ahead of cut-off time, and 180km down the track. All is going well, and after a freshen-up at Goulburn I head off towards Canberra.

Around Lake George, Yiannis passes me and gives me a personalised Tshirt. The shirt has a picture of Yiannis on it and is monogrammed "Yiannis Kouros - The Ultra Marathon Star". We all know how great Yiannis is, but his greatest glory is yet to come as he passes every runner in the event and finished the run in relative ease.

A few blisters have now developed on my feet, but after attention by Kieran Fallon, the race doctor, we press on. My aim is to run the Goulburn/Canberra section without sleep, but in the early hours of Saturday morning I call for a one hour rest, some 25kms. this side of Canberra. The sleep is magic and I am soon back on the road and pass through the Canberra cut-off some 6 hours in the plus.

The run to Cooma saps both my and the other runners' strength as temperatures rise on the Saturday to 32°. Most runners during the heat of the day, back off the pace, snatching a rest in the middle of the day and picking up the pace when the sun goes down. My run to Cooma is without incident. I am surprised that I feel so well. My crew are absolutely fantastic attending to all my needs. John Fletcher my team manager, has moulded the crew into a workable machine very early. I am personally indebted to John and each member of the team for their valuable time and for putting up with me.

My mate Ken Ingersole who was to be part of the team for the full trip is to leave us at Nimmitabel around 12 noon to return to Sydney owing to work commitments, and as I am coming into Nimmitabel, a runner looms up behind me and says, "I'm on your crew". Taken by surprise, I gruffly retort, "Does Fletch know?" Yes my manager knows and Sydney Striders Brian Colwell and Graham Firkin (who has had to pull out of the run with a torn calf-muscle) join our team. Brian's first job is to wash my clothes - a tough assignment within ½ hour of joining the team.

On the way to Bombala, we meet up with Cliff Young and his wife Mary, and later on in the afternoon, Charlie Lynn, Race Director, runs with me for a short distance and I state to Charlie that "I am going to make it to Melbourne". At this stage, I do not know what lies ahead of me. Now, looking back, I just made Melbourne with possibly only breath to spare. I arrived at Bombala around 1.00am on the Monday morning, still ahead of the cut-off time, but in a very exhausted state. The last 5km into Bombala was sheer torture, and I feel the distance is well in excess of 5kms. My crew bunk me down with a good feed of carbs in preparation for hitting the trail around 3.00am. John Fletcher, during my slumber time, bumped into the local constable at Bombala by the name of Lloyd Williams, a Western District jogger and harrier (a long way from home) and he provides us with the road conditions to the Victorian border. I question Lloyd on that last

5km. into Bombala. He assures me the distance is accurate. I am amazed.

From Bombala to the state border ($\frac{1}{2}$ way into the run), is mostly dirt road, very scenic and dusty and we are glad to pass back onto the tarred road again and head towards Cann River. At Cann River, we have now joined the Princes Highway and ahead lies possibly the toughest segment of the run - over the Snowy Mountains to Orbost. I run continuously through the night. Perhaps this is better. I can't see the hills, and finally arrive at Orbost at 11.00am on Tuesday, some 5 hours ahead of the cut-off.

Not long out of Orbost, the rot starts to set in. My feet by now are badly blistered and my crew has done a marvellous job getting me this far by patching up blister on top of blister. I am extremely fatigued suffering from shin splints in my left leg and my hamstrings are tightening up. (I always made the joke that I didn't know I had hamstrings, but I sure do now!). Both my legs are swollen, and around 7.00pm, I am reduced to a walk some 20kms. out of Lakes Entrance. Help out of the darkness emerges in the presence of Mark Gladwell's and Kevin Mansell's trainer, Bill Carlson, who advises me to take 4 hours rest at Lakes Entrance and then hit the trail again. "I can't afford 4 hours rest", I retort. "Take 4 or the race is over", is Bill's reply. I don't have a plan or any answers to my problems so we put our marker down and head into Lakes Entrance. I am a crippled, pitiful wreck and my faithful crew carry my twisted bent-up body into a quadraplegic shower at a Lakes Entrance caravan park. I am at my lowest point since starting the run, and my crew sense that this may be the end of the line. A big carbo tea before going down and again upon rising 4 hours later and my crew take me back to the marker. My body is deposited on the road. It is now up to me. I realise that the moment of truth has arrived, and around 2am on the Wednesday, I slowly start to push my reluctant body towards Bairnsdale, cut off time 11.00am. Within 10 mins, I am moving freely but painfully. Every hour, my crew are strapping cold packs to my ankles to reduce the swelling and to ease the pain of the shin splints. Since starting off at 2am, I have become anti-social. I do not want any crew member to talk or be with me. Water comes every 10 minutes, food every 20 minutes, ice-pack changes every hour. I am possessed with only one thought. I am going to make Melbourne and I do not want anybody near me. I have to make it myself. I apologise to my crew gruffly. They sense this inner battle going on and leave me alone. That day, I run continuously for 18 hours. I follow the white line on the side of the road. Flats, up and down hills all blend into one. I make the cut-off at Bairnsdale with time to spare, and am back in the race again. Thanks Bill for saving me!

Every kilometre is now tough. My crew patch up my feet - they are a mess. Ice packs are changed on my legs every hour. I flog my crew relentlessly and around 8pm on the Wednesday, we pull into Sale and bed down for a couple of hours at a motel graciously supplied by Hawker De Havilland, my major sponsor. It is a most welcomed civilized stop and at 10pm, we are on the track again after my crew have loaded me up to the hilt with carbos. We press on during the night and at 8am, Thursday 24th, we reach Traralgon some 3 hours ahead of cut-off. I am once again exhausted. My feet are numb with pain, but we have now travelled 875km and we are not giving in. Traralgon to Pakenham is our next goal and we almost lose it. We have 19 hours and 105km. to run. Under ordinary circumstances, this would present no problem, but I am almost done. During the run to Pakenham, Ron Grant meets up with me and gives me great encouragement and support. Thankyou Ron. Late Thursday night, I catch up with Terry Cox, Salvation Army officer. He is doing it tough. We run together for some time, working off each other - two exhausted runners propping each other up. One of my crew members, Steve Grant runs up to me and says, "Okay, let's go!" I am exhausted, and snap back, "For Christ's sake, piss off Steve!" Suddenly, I realize, I am running with a religious man and I apologise quickly to Terry. He forgives - he is too exhausted to waste breath arguing. Terry, a short time later, calls for a short break with a sore heel. His manager objects, but Terry insists. I pull away. I do not see him again. He pulls out with exhaustion at 943km, 73km. short of his Everest. I am doing it very tough. The cut-off looks in doubt, when over the CB radio comes welcome news - the Pakenham cut-off has been extended 3 hours to 10.00am Friday. Five runners were battling to make Pakenham during the night. Only 2 survived. I had been saved a second time.

At Pakenham, my crew lowered my wrecked body down on a bed. It was very hot. I couldn't sleep. I looked out the windows and door. It resembled a carnival atmosphere. Crews were lazing in the sun, totally exhausted. Some of my crew

Rarely does the occasion arise where locals can meet and converse with a runner of international reputation. Mary Hanudel's enforced stay in hospital following the accident during the Westfield Sydney-Melbourne run provided this opportunity and several of us have visited her in Ward E 4 at the Alfred Hospital. We were greeted with obvious delight while the running magazines we brought, both recent and vintage ones were equally well-received.

The first question is always along the lines of "how on earth are you coping"? It would seem to be a special sort of Hell for a world-class ultra runner to have a leg injury and be forced to stay in bed for so many weeks. Mary's positive attitude is nothing short of inspirational. She has the emotional strength to accept her situation, saying that it is better to be patient now to allow the damage to heal (slow as that process has turned out to be) as she has her whole career as a runner ahead of her.

That may be so, but already at the age of 28 Mary has a formidable record. From running marathons - at one stage she did three sub-3 hour marathons in six weeks - she went straight into a six-day ultramarathon. In this event (1984) she broke the then world record with 423 miles. She was the first U.S. female in the Spartathlon in 1984 and 85, and the first American in 1986, trimming her previous time by about 1½ hours !

Mary's 1986 schedule saw her compete in four 24-hour races, the highlight being in Norway where she created a U.S. record of 132 miles or 212.52 km. She completed that year by winning the female section of the AMJA 50-miler in 6.36.23. Mary was 9th overall, and second woman in last year's Westfield. She was feeling strong and competitive in this year's event until the untimely accident.

Vivacious and articulate (especially about running !) Mary confirmed many of our beliefs -- Kevin Cassidy was nodding in agreement at her endorsement of early morning runs, the desirability of practising fast walking during training, and the importance of good nutrition with iron and vitamin supplements. Other training tips include varying the time of day according to the likely climatic conditions of the race (difficult with Melbourne's weather..) Mary usually manages about 120-140 miles a week (i.e. 20 miles a day). She likes to do back-to-back events - her '86 calendar shows that.

In 24-hour races Mary likes to have a ten-minute massage every 90 minutes which she feels is necessary to get rid of the lactic acid buildup. She prefers to eat rice rather than the traditional pasta food during the race. In this type of event first-timers get through on excitement and hype, while repeaters have learned from the previous experience (hope she's right..)

Our conversation ranged from running shoes (my Nike Socktrainers would cost her about \$20-30 in the States, she mostly wears Nike Pegasus) to the need for upper body muscle training and injury prevention. She is enthusiastic about our hills - "Toledo, Ohio is basically flat" - advocating both ascent and descent training for road runners.

It was a delight to meet Mary Hanudel. In spite of the frustration of being confined in hospital in a foreign country, she manages to radiate optimism and a positive outlook, admitting to being tearful only once when her mother rang unexpectedly in the middle of the night.

Hopefully when this interview is printed Mary will have been discharged from hospital and back home to begin her gradual rehabilitation. She certainly deserves a problem-free recovery and we look forward to her return to Australia as a great runner and a terrific person.

Dear Dot,,

this year Wanda and I crewed for Mary Hanudel in the Westfield Run, and had friends running, and crewing as well. You might find the following of interest:

There seemed to be two stages to this year's race. The first was the lead up which included all the debts, raffles, friendship-stretching and last minute panics (like when the van hire falls through- this happened to one crew). The health and fitness of the runner becomes a bit of a side issue at this point.

The red and white army assembled at Burwood Westfield for the pre-race briefing was quite a sight, as was the Budget Truck collection at Mableigh Park. The lessons in how to empty a porta-loo were very instructive. Hands up those who went all the way without emptying the dunny? I know someone did, because we got stuck with your truck for the return trip to Sydney.

The sight of Eddy Bessey dispensing gear with patience and humour was interesting considering some of the difficulties he faced. Pat Macke was particularly calm the night before the start as he queued to see Eddy about his race gear, all of which had been souvenired from his hotel foyer.

The race day muster of athletes was held in the cinema foyer at Parramatta Westfield, and the nervous energy was thick enough to cut with a knife. Paths were worn to the toilets by some while others lay about looking very relaxed. Trevor Harris was most interested in whether Mr Hook had replied to his letter in the latest issue of AURA, and said he would pick it up with the rest of his mail when passing through Canberra.

Charlie Lynn spoke to the runners, led them to centre stage for introductions and then stage two began.

With the runners on the way, most crews breathed a sigh of relief and also got under way. Ian Taylor, non-Japanese speaking crew captain for Tomoya Takashi, had a look on his face which summed it up: we were in for an interesting week.

Our crew's first casualty came at Mittagong and required stitches. This was followed by our truck requiring medical attention from Frank Budget. Our runner ignored our problems and ploughed on. We had the opportunity while stopped to say hello to passing runners and their crews, establishing friendly relations which lasted throughout the race. It was always a pleasure to hear the strains of classical music wafting through the night which heralded the approach of Maurice Taylor. We saw lots of Graham Firkin, Grahame Kerruish, Dave Taylor, Sandra Barwick, Trevor Harris and Gary Collins. The radio traffic also formed a pattern with call signs like "Firko", "Mountain Man", "Upper Mutt and Lower Mutt" and my favourite: "Sluggo".

The approach to Canberra saw many vintage cars passing on their way to a rally and lots of flattened white posts beside the road (race casualties?).

The enthusiastic Japanese film crew provided plenty of entertainment as did the passing trucks when they went by with inches to spare.

Canberra saw lots of witches hats placed outside motels, and a big cheer squad out for local-boy Trevor Harris. We lost our flashing light and had to call for Frank Budget again, and were passed by Kouros. Daylight saving ended, as did the Labour Party in NSW, and most important-the football scores came through. Our runner powered through Cooma devouring large quantities of food. She began to stray from her diet, particularly when offered ice creams by Trevor's crew. Ross Parker was either in front or behind and he made things worse by offering Mary a pancake. The kitchen staff resumed battle stations.

Re-fuelling trips up and down the line gave us the chance to see how the field was strung out and to give each runner a cheer and a wave. At night you could see a trail of flashing yellow lights snaking into the distance. At times it felt as though you were on another planet. Race Doctor, Keiran Mallon, broke the monotony on his tours of the field by providing a nightly rock quiz and verbal floorshow. Charlie and Chris Bates dropped by at different stages as did Cliff and Mary Young.

It was frustrating to hear of other runners who were struggling, as the race field was like a "family", and the camaraderie was contagious. Mary said that each runner was in their own race, running against themselves.

The dirt road through the pine forest on the way to the border was diabolical. Two of our crew escaped to the river for a dip, while Mary pushed up the hills eating salad. Gary Collins passed and cheerfully told of his toe which had swollen to the size of a tennis ball. Race Doc had got it under control and Gary was heading to Orhost for a reunion with his family.

The kids in Cann River were enthusiastic, and ran into town with each runner seeking souvenirs of any description. They needed little prompting to escort Grahame Kerruish through town chanting "Mountain Man".

Our runner continued to break her diet, with cashews being the latest craze. At least these were easier to prepare than peeling kiwi fruit.

After many days and nights and little sleep the attention does wander, but I do know that our runner took off after one night break minus her shorts. Her spray jacket and reflective vest allowed for some modesty, but Trevor's army crew did give a warm round of applause as we passed and more ice creams were forthcoming.

Lakes Entrance saw a presentation of a bottle of port (accepted) and a spa (regretfully declined). We received news of the withdrawals and were sad to hear that friends were out of the run.

Our unfortunate accident occurred at Traralgon and Mary was on her way to Melbourne quicker than expected. During the trip, the ambulance driver pulled over when passing Eleanor Adams. Colin jumped out to find Eleanor on the table packed in ice. She was picked up and carried to the rear of the ambulance for a five minute chat with Mary...and no one had a camera!

By Friday, once we were assured that Mary would be repaired and running again within two months, we attended the finish party. Those already finished looked

pretty healthy, considering; Mr Takaishi performed a song with the bush band which he dedicated to Charlie; Eduardo Vega still had the energy to dance with physio asst. Dana after running 600K; Louise Gladwell supplied hand-made sultana chocolates; Ron Hill, Ross Parker, Rune Larsson and Grahame "Mountain Man" Kerruish all finished during the party to much applause- quite an evening.

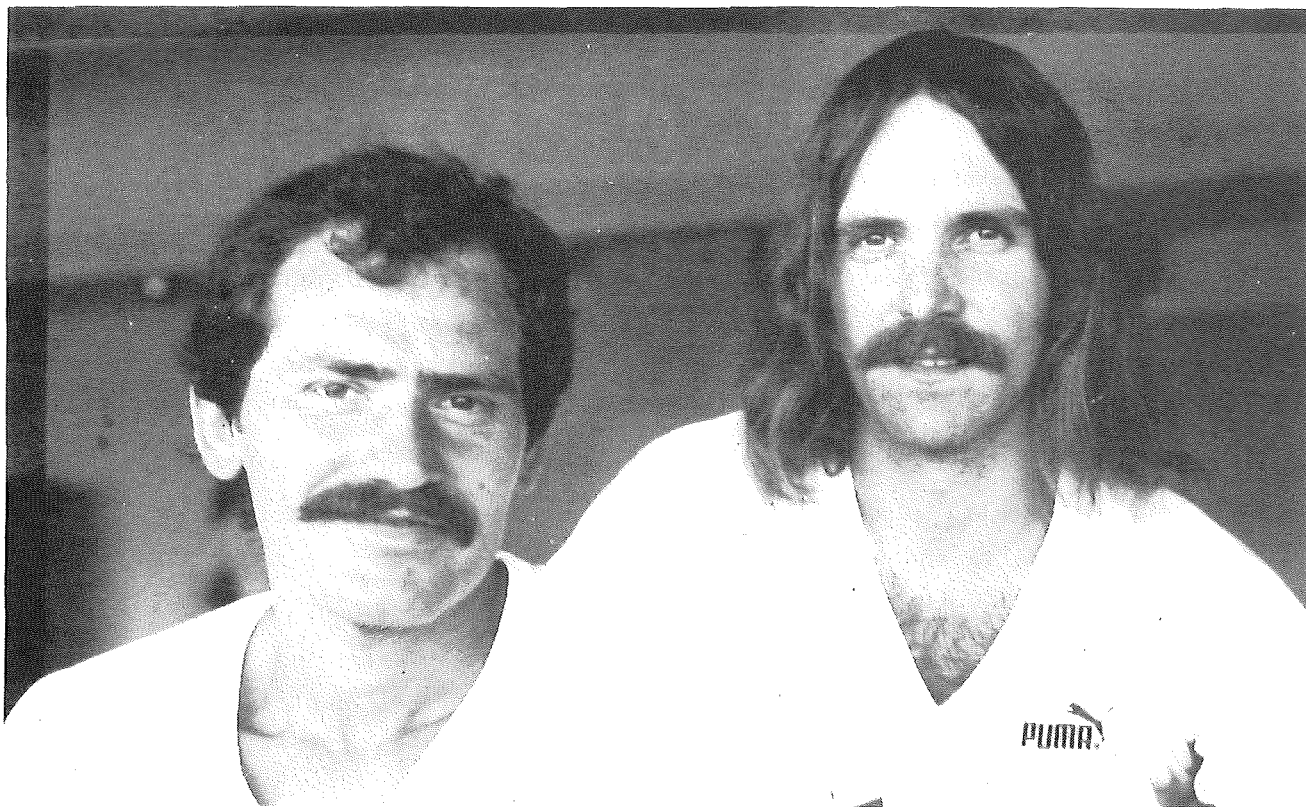
Talking to people like Gary, Maurice, Trevor and Graham after the event it became clear that failure to finish was no big deal. Actually taking part and getting X number of kilometres down the road was the important thing. The distance reached was a "PB" mark,, and the achievement and lessons learned irreplaceable. I was impressed by the way certain physical barriers were overcome by mental determination (I'm not an ultra runner, just married to one) and the sense of humour displayed while under pressure was amazing. Being in Mary's crew has provided an insight into attitude, training and determination, and I had the opportunity to meet some nice people.

regards,

Mark Foley
Mark Foley

28.4.88

NB: apologies for the quality of the type.



The winner-again! Yiannis Kourous with race contender Patrick Macke. See story inside.



THE BICENTENNIAL WESTFIELD RUN

The Westfield Run is the world's richest, longest, annual point to point footrace. The course follows public roads from Sydney, capital of N.S.W., through the Australian capital city of Canberra, to Melbourne in the south, capital of the southern mainland state of Victoria.

Unlike track ultra runs, the Westfield is an expensive event for competitors. The necessary vehicles and crew for each runner costs around \$8,000 (plus airfares and accommodation for international runners). Some runners are sponsored, others sponsor themselves. The Westfield company invite support sponsors to assist in bringing internationals to the event. In 1988 the Chicago U.S.A. based NutraSweet company joined the event as a major support sponsor. The move was the first sporting sponsorship for NutraSweet in Australia.

The journey takes runners over 1015km of terrain that changes from flat land to rolling hills to the steep mountain terrain of the eastern Highlands' Snowy Mountain Country.

This year's Westfield Run was the sixth. It carried Bicentennial endorsement as a major sporting event, celebrating Australia's 200th birthday.

In the newly developing sport of ultra running, (distances above the marathon) the Westfield Run is considered the best. It attracts the best from Australia and all over the world.

The Westfield for 1988 attracted the largest ever field of 43 runners, including a record 12 internationals and 31 Australians competing for the \$60,000 purse ... with the first male receiving \$25,000 and the first woman, \$10,000.

The event gained extensive interest in Australia and internationally. In Australia, TV crews from each of the five national networks followed the race from start to finish. There was air coverage daily in prime time news'feeds and regularly in news' breaks throughout the day. A documentary is being made for the Nine Network and will be shown internationally. A Japanese film crew followed the race and will document the fortunes of the first Japanese to enter the Westfield, 46 year old Tomoya Tak-aishi, from Tokyo. The product will be aired prime time in Japan, in two half hour packages on the Ten Network, in a programme entitled "Human Hot Eyes".

Many outstanding performances have been seen each year in this toughest of gruelling footraces, with the unbelievable achievements of the world's greatest ultra-runner, Greek Yiannis Kouros being the most notable. Kouros won the Westfield in 1985, with a margin of 23 hours, while in 1987, he extended the winning margin to 27 hours. In 1986, Kouros suffered a broken toe and withdrew the day before the start.

After discussions with Kouros, race organisers announced a special challenge for the '88 Westfield Run. In a move unprecedented in the world of sport, officials announced that Kouros would start 12 hours behind the rest of the field. Although first prize money would go to the fastest elapsed time, Kouros would gain an extra \$5,000 bonus if he was first across the line.

The Westfield started on Thursday 17th March 1988 at 11am for 42 of the starters. Kouros started at 11pm. Apart from Kouros, the formidable international field included: Marty Sprengelmeyer (U.S.A.), Rune Larsson (Sweden), Michael Careau (Canada), Alan Fairbrother (U.S.A.), Patrick Macke (U.K.), Tomoya Takaishi (Japan), Richard Tout (N.Z.)

There were three international female entrants in the Westfield Bicentennial Run. These included World Champion Eleanor Adams of the U.K., who was the first woman home in 1985 and 1986, Mary Hanudel, U.S.A., second woman home in 1987, and Sandra Barwick of New Zealand, first time starter.

Many of the runners expressed displeasure at Kouros starting 12 hours behind them. However, they realised that their safety was threatened by the large spread of the field whenever Kouros ran. (In '87, the spread was over 500km). And so, as the rule had been made, they agreed to live with it, and conceded it would assist race control and safety.

Day 1 - 11am THURSDAY 17 MARCH 1988 to 11am FRIDAY 18 MARCH

A huge crowd was at Westfield Shoppingtown, Parramatta for the start and lined the roads as the runners made their way out of Sydney.

A newcomer to the event, Ernie Cattle from Holbrook N.S.W. led the field through the first marathon in 3hrs.2 min. (Richard Tout, N.Z. ran a marathon in 1987 of 2hrs.52 min.)

By late afternoon, in pleasant running conditions the field settled down. Tout took the lead from Dusan Mravlje (Yugoslavia), winner of the 1986 Westfield, followed by Cattle and Patrick Macke (U.K.). Macke was third in '86, 2nd in '87 and felt 1st was his logical position in 1988.

When Kouros started at 11pm, lead runner, Richard Tout had clocked up 120kms. At the end of the first 24 hours of running, the first ten placings were:

Richard Tout (NZ) 242km, Dusan Mravlje (Yug.) 225km, Owen Tolliday (Q'ld) 204km, Patrick Macke (UK) 203km, Rune Larssen (Swed) 201km, Bryan Smith (Vic) 198km, Ian Javes (Q'ld) 194km, M.Sprengelmeye (USA) 193km, Joe Record (WA) 192km, Graeme Wilkinson (NSW) 192km. The placing of the other internationals were: Michael Careau (Can) 169 (19th), Alan Fairbrother (USA) 162km (24th). Yiannis Kouros, after running for 12 hours, was in 26th position and had covered an incredible 140km. Women's 24 Hour placings were: Eleanor Adams (UK) 163km (22nd), Mary Hanudel (USA) 159km (26th), Sandra Barwick (NZ) 144km (34th).

Day 2 - 11am FRIDAY 18 MARCH to 11am SATURDAY 19 MARCH

Day 2 saw two withdrawals from the World's Greatest Race, the Sydney to Melbourne Westfield Run.

Kouros steamrolled through the field. Tout, who came third in the '87 Westfield Run maintained the lead for the second day, assisted by his crack back-up crew,

despite challenges from Larsson, Mravlje and Macke. A highlight of the day was newcomer to the Westfield, unknown runner Australian, Bryan Smith, coming through the field to join the elite group at the head of the field.

The Greek Champion, Kouros, had made light work of his 12 hour handicap, and by the end of Day 2, had made his way into 7th position, covering 318kms. Kouros looked relaxed and strong. As he passed each runner, he gave them a present of a T-shirt bearing the words, 'Yianmis Kouros Ultra Marathon Man'. After a hug and a handshake, Kouros strode on to find his next victim.

While Kouros was triumphant, at the back of the field, the tales of woe had begun... Oldest runner in the event Dallas Earsman, a 60 year old from NSW, withdrew with chronic footblisters. He had covered 150km. A sad moment came an hour later, when one of Australia's best known ultra runners, Tony Rafferty, failed to reach the first cut-off point by 10km. Tony is the only runner to have started in all six Westfield Runs. In his ultra career, Tony has many achievements, including a run across Death Valley in the U.S.A. Irish-born, Tony thought the Run's St. Patrick's Day start was a good omen..... unfortunately it was not.

Top Ten after Day 2: Richard Tout (NZ) 405km, Rune Larssen (Swed) 376km, Dusan Mravlje (Yug) 368km, Bryan Smith (Vic) 367km, Patrick Macke (UK) 348km, Owen Tolliday (Q'ld) 346km, Yiannis Kouros (Greece) 345km, David Standeven (SA) 306km, Graeme Woods (Q'ld) 305km, Tony Collins (NSW) 304km.

Placings of the women: Eleanor Adams (UK) 295km (15th), Mary Hanudel (USA) 270km (24th) Sandra Barwick (NZ) 268km (25th)

Withdrawals: Dallas Earsman (NSW) 150km (blisters), Tony Rafferty (Vic) 168km. (missed cut-off).

Day 3 - 11am SATURDAY 19 MARCH 1988 to 11am SUNDAY 20 MARCH

N.z.'s Tout maintains the lead as the Greek Streak Kouros moves to the top of the field. Tout continued to show a clean pair of heels to his opponents on the third day of the run. Tout had taken over the lead three hours after the start, and had lead the field ever since. He had been the front runner for 70 hours. Tout, an aggressive runner, was determined to be the first home after the 1015kms. of this toughest of the world's footraces. His very professional crew were seeing that he kept to his rigid race-plan. The element of Kouros starting 12 hours behind the field had initially troubled Tout and his team, but as professionals, they planned their race without considering Kouros.

A battle developed early in the day between Westfield first timer, Rune Larssen and experienced Dusan Mravlje, winner of the '86 Westfield. Larssen and Mravlje exchanged positions many times during the day. The beer swilling, happy-go-lucky Yugoslav captured second place at the end of the day.

Despite this tussle, Larssen could not pick up third place at the end of the day. The super human effort of Kouros had propelled him through the field and he took this position. This incredible runner was amazing everybody who watched his progress through the field, starting in 7th position, and overtaking top ultra runners to finish in third place, just 43km behind the leader Tout, and a mere 4km behind Mravlje.

U.S.A.'s Marty Sprengelmeyer was performing well and following his race plan. He settled in behind the runners early and maintained his 11th position, gained at the end of Day 2.

The conditions of the day were tough, with the lead bunch of runners entering the Australian eastern highland country. The chill at night was affecting runners, as was the increasing heat of the days.

U.K.'s Macke was the most affected, and slowed dramatically to finish the day in seventh position.

The day saw good performances by Australians. Two newcomers to the Westfield and indeed ultrarunning, showed great style, with Bryan Smith finishing 5th, 50km behind Tout, and Owen Tolliday finishing the day in 6th position, only 80km behind the leader.

However, the day saw two more withdrawals from the event. Australia's best ultra-runner, Brian "Punchy" Bloomer was withdrawn from the race by the doctor. after completing 202kms. Brian had been first Australian home in the last 3 runs but

unfortunately was suffering severe runners' knee. Another Australian, who was attempting his first Westfield Run, Graham Firkin, was withdrawn at the 385km mark with the same injury.

Top ten after Day 3: Richard Tout (NZ) 575km, Dusan Mravlje (YUG) 536km, Yiannis Kouros (Gr) 532km, Rune Larsson (Swed) 524km, Bryan Smith (Vic) 524km, Owen Tolliday (Qld) 495km, Patrick Macke (UK) 494km, David Standeven (SA) 479km, Joe Record (WA) 476km, Graeme Woods (Qld) 474km.

The women: Eleanor Adams (UK) 451km (12th), Mary Hanudel (USA) 404km (28th), Sandra Barwick (NZ) 397km (33rd).

Withdrawals: Brian Bloomer (Vic) 202km, Graham Firkin (NSW) 385km.

Day 4 - 11am SUNDAY 20 MARCH 1988 to 11am MONDAY 21 MARCH

Heat and hills slowed the pace in the fourth day of the Westfield Run. The hills of Australia's Snowy Mountains were affecting all the runners. Add to this the scorching 30° heat, and these were the conditions of the world's greatest footrace, the Sydney to Melbourne 1015km. Westfield Run.

The challenge was on at the top of the field in earnest... plucky Dick Tout punching the feet and arms throughout the day to keep the Greek Yiannis Kouros at bay. Tout had steely determination and days of hard training in the sun on his side. In the hot conditions, he was able to maintain his lead during the day. But the heat was really affecting Kouros. He was stopping regularly for rests and ice-packs. His body was plastered with suncream, a shield tucked down the back of his shorts to keep the sun off his legs, and crew members running beside holding large towels in an effort to shade Kouros from the searing late summer heat. He was so affected that during the afternoon, Yugoslav, Dusan Mravlje took over second place and maintained this position as they headed into the night.

The fellowship of the ultra running fraternity was seen during the day. Brian Bloomer, a member of the NutraSweet sponsored team of himself, Larsson, Adams and Hanudel decided, after having to withdraw, to put his experience and that of his crew to work in assisting the other members of the NutraSweet Team. Brian divided his crew among the other runners and went to Rune Larsson's team to assist the friendly Swede in his first Westfield. This move of Mateship had immediate results..... Larsson, spurred on by Bloomer, ran well through the night, fought off another challenge with Mravlje and eventually found himself in third place by the end of the day.

Kouros found the cold of the night to his liking and regained his strength. By morning, he had passed Mravlje and had closed the gap with Tout to just 25km. By the end of the day, Tout was doing it hard, and made it into the Lakes Entrance rest stop only 12km ahead of the rejuvenated Kouros, who was dancing his way to his favourite Greek music. Both Tout and Kouros took sleep breaks at Lakes Entrance, just 315km from the finish at Westfield Shoppingtown, Doncaster in Melbourne. Officials said this was going to be the most important pit stop, with both runners now at the business end of the event.

Behind Tout, Kouros, Larsson and Mravlje, battles were developing for the minor placings. Oz runners, Bryan Smith and Owen Tolliday were joined by diminutive David Standeven (second Australian to finish in '87) and newcomer Graeme Woods. Seasoned ultra runner Joe Record was battling with U.S.A.'s Marty Sprengelmeyer and U.K.'s Patrick Macke, who did not seem to be showing the flair he had displayed in his '86 and '87 Westfield Runs.

The conditions put paid to two other runners, both Australians. Ernie Cattle withdrew after 450km with foot ligament damage, while Graeme Townsend at 480km came to the point where he said "That's enough".

At the end of Day 4, 38 of the original field of 43 remained. The field was spread over 21pkm, extending from Lakes Entrance in the south to Bombala in the eastern highlands.

Top ten after Day 4: Richard Tout 702km, Yiannis Kouros 690km, Rune Larsson 644km, Bryan Smith 643km, Dusan Mravlje 640km, David Standeven 617km, Owen Tolliday 617km, Patrick Macke 612km, Graeme Woods 609km, Joe Record 582km.

The women: Eleanor Adams 557km (13th), Sandra Barwick 513km (24th), Mary Hanudel 510km (26th).

Day 5 - 11am MONDAY 21 MARCH to 11am TUESDAY 22 MARCH

As Day 5 continued, the blazing late summer sun continued to make it hard for the 38 remaining runners in the Westfield Run. Lead runners, Tout, Kouros, Larsson, Smith and Mravlje, had at last some out of the highlands and were running along the Victorian coastline, fanned by a cooling sea breeze.

The Lakes Entrance rest stop proved the tonic Tout needed, and he made good time out of Lakes Entrance, with just over 300km and about 2 days to the finish. When Kouros was awakened by his crew one hour later than planned, the Greek God's temper was in full flight, and the bodies and gear went everywhere..... Kouros took off at a great rate to make up the 30km deficit Tout had now created.

Smith and Mravlje fought it out for 3rd spot some 30km behind Kouros. Larsson was a close contender waiting for his chance. His attitude had changed since experienced Australian and fellow NutraSweet Team member, Brian Bloomer, joined his team. Behind them, and spread over 60km were other top runners David Standeven, Patrick Macke, Owen Tolliday, Graeme Woods, Joe Record, Marty Sprengelmeyer and Kevin Mansell from N.S.W. All looked strong and each had a chance of a major place.

While the battle went on out front, some runners licked their wounds at the rear of the field. The spread from front runner to last was 230km. For the tailenders, going was still tough through the high country in the 30th heat. Three runners, Rod Martin, N.S.W., Stuart Currie N.S.W., and Eduardo Vega N.S.W. all said 'enough' after good performances in their first ultra run.

Tout and Kouros battled on and as Tout slept at 1.15am on Tuesday 22 March 1988, the Greek Freak, the Colossus of the Roads, finally took the lead.... Kouros had given the field 12 hours start and, after 98 hours running, Kouros had surged to the head of the crack field of ultra runners.

While Tout slept, his crew applauded Kouros as he passed ... Tout's manager, Max Marsh said, "Tout will now go out and prove that he is King of the Roads..... Kouros is God of the Roads.... and no-one can beat Greek Gods".

Kouros maintained his lead throughout the rest of the 5th day. The plucky Tout did not allow him too much of a break and at the end of the day, Kouros was only 11km ahead of Tout.

Top ten after Day 5: Kouros 848km, Tout 837km, Mravlje 793km, Smith 791km, Larsson 778km, Standeven 754km, Woods 742km, Tolliday 739km, Macke 735km, Joe Record 720km.

The women: Adams 687km, Barwick 628km, Hanudel 622km.

Withdrawals: Rod Martin 564km (Exhaustion), Stuart Currie 564km (Exhaustion), Eduardo Vega 600km (Exhaustion).

Day 6: 11am TUESDAY 22 MARCH 1988 to 11am WEDNESDAY 23 MARCH

Race officials and observers alike commented that after Greek wiz of the ultras, Yiannis Kouros overtook New Zealand's Dick Tout, it was not a matter of whether Kouros would win, but only a matter of by how much. Everyone believed this except the courageous and well-trained New Zealand team.

As soon as Kouros passed Tout, N.Z. Team Captain, Max Marsh, woke the sleeping Tout and primed him for the challenge. Tout hit the track determined to beat the Greek God.

The tactic paid dividends and as the day progressed, only 12kms. separated the two. The heat was playing havoc on both runners, but Kouros had another problem - he could not shake off the plucky New Zealander.

Dusan Mravlje and Bryan Smith continued to battle for third. But the experience of Mravlje, winner of the 1986 Westfield, enabled him to hold on to the position.

Sweden's Rune Larsson was making a charge on Smith, but the effects of the heat put paid to this runner, who had been training in the European winter prior to the Westfield. Larsson was taken to Sale Base Hospital at 1.00am on the morning of Wednesday 23rd March. His crew suspected dehydration. Although he was not admitted to hospital, Larsson was ordered to take a long rest which cost him a place in the top five.

Australians continued to pack the bottom half of the top ten placings, led by Queensland first time Westfield runners, Owen Tolliday and Graeme Woods. David Standeven, in his second Westfield, was running with these two, as was Kevin Mansell, who, in his second Westfield, had put in the best performance of the day to join this bunch.

Patrick Macke was doing it hard. He had developed shin splints and dropped out of the top ten.

U.S.A.'s Marty Sprengelmeyer was now the only remaining international with a chance to claim a top ten placing. Sprengelmeyer's good spirits were lifted continually by the groups of adults and children who came out to see and cheer the runners on, no matter what time of day or night it was.

The punishing course and the continuing 30⁰ heat was having its effect. Five more runners were forced to withdraw. These included Australia's Dave Taylor and Maurice Taylor (no relation), Joe Record, Barry Brooks and U.S.A.'s Alan Fairbrother.

Meanwhile, the battle for first place continued. Kouros was maintaining his lead, but walking, resting, stretching frequently and even sleeping often. Things that observers had not seen in Kouros' previous brilliant performances in the Westfield of '85 and '87. Tout was staying with him. The gap varied from 13 to 20km, depending on rest stops. From midnight to 7.00am, Kouros had only travelled 7kms. Motivation of the champion was difficult. In the meantime, the gutsy Tout pressed on and came within 6kms of Kouros.

Kouros finally came to life when a big group of locals and the Shire President of the small country town of Pakenham gave Kouros a big reception. The life came back, and Kouros was off smiling and waving to the many people who had come to the roadside as he neared the Victorian capital of Melbourne. In the town of Dandenong, crowds four deep lined the streets to welcome Kouros.

Top ten after Day 6: Kouros 982km, Tout 964km, Mravlje 934km, Smith 923km, Standeven 900km, Woods 875km, Tolliday 863km, Sprengelmeyer 848km, Mansell 841km, Karsson 825km.

The women: Adams 824km (11th), Barwick 757km (21st), Hanudel 756km (22nd)

Withdrawals: Dave Taylor 640km (blisters), Alan Fairbrother 700km (tendonitis), Maurice Taylor 735km (partial tear Achilles tendon), Joe Record 793km (urinary tract infection), Barry Brooks 752km (stress fracture tibia).

Day 7 - 11am WEDNESDAY 23 MARCH 1988 to 11am THURSDAY 24 MARCH

Despite another half hour rest stop just 10kms. from the finish line at Westfield Doncaster in Melbourne's eastern suburbs, the champion of the roads, Yiannis Kouros was to win his third Westfield Run. Even with a handicap of 12 hours, Kouros had dominated the race, the weather and the world's best ultra runners, Australia loves a sporting hero and the crowds flocked to the roadside to pay homage to one of the greatest athletes the world has seen. The media followed each of Kouros' last steps to the finish line, where over 5,000 people welcomed Kouros home.

Kouros finished the gruelling 1015km Westfield Run at 4.14pm on Wednesday 23rd March, 1988, in an elapsed time of 5 days 19 hours and 14 minutes. (Hour discrepancy due to change from daylight saving time).

The media praised his efforts in front page articles throughout the country; all television news programmes proclaimed his feat and radio reports throughout the nation led news bulletins with his triumph.

Kouros celebrated his win and collected his \$25,000 winner's cheque. In addition he received a \$5,000 bonus for first over the line, despite his 12 hour handicap, and attended yet another media conference. Meanwhile the other runners, still on the long road that must have been looking and feeling like a tarmac treadmill, headed for the finish.

Richard Tout was given a winner's reception when he finished at 9.18pm on Wednesday evening, in real terms some 17 hours behind Kouros.

Mravlje continued to hold third place over Australian Bryan Smith, while the other minor placings were looking very interesting. Great improver of the Westfield, Kevin Mansell, moved up a couple more places into 7th. and was running well. This reformed "60 a day" smoker and alcoholic had taken up running to conquer his bad

habits, and was on his way to winning a position of international status in the world's toughest race.

While Kouros and other runners were celebrating their triumphs, tragedy struck U.S.A. runner Mary Hanudel. In the early hours of Thursday morning, Mary stopped abruptly and her support vehicle collided with her, trapping her ankle under the front wheel. Mary was rushed to the local hospital and later transferred to the Alfred Hospital in Melbourne. Surgery was required for tendon damage and a skin graft was performed. The hospital reported that Mary was in a satisfactory condition. Police attended the accident and no charges were laid. Mary placed no blame on her team and has invited them to join her in her attempt on the Westfield in 1989.

Top ten after Day 7: Kouros 1015km in 5 days 19 hrs.14min, Tout 1015km in 6days 11 hrs 18min, Mravlje 1015km in 6 days 14 hours 10 min, Smith 1015km in 6 days 15 hrs.33 min, Standeven 1015km in 6 days 20hrs33min., Woods 1002km, Mansell 993km, Tolliday 980km, Sprengelmeyer 962km, Adams 958km.

Day 8 - 11am THURSDAY 24MARCH 1988 to 11pm FRIDAY 25 MARCH.

Billed as the World's Greatest Footrace, the 1015km Sydney to Melbourne Westfield Run lived up to its name. 43 starters, a record for the event, and 23 finishers.

The final day saw early morning withdrawals of Australian Terry Cox and perhaps one of the race's favourite characters, Japan's Tomoya Takaishi. Tomoya had given the event all he had, just making a couple of cut-off points by minutes. At 909km, he called it a day, only to reassure officials he would be back next year with a number of other Japanese runners.

At the end of the event, Westfield invited all runners and crews to a traditional Aussie BBQ with a bush band for entertainment. Feature act on the bill was Tomoya Takaishi, who gained a deserved standing ovation. Tomoya is one of Japan's leading Country and Western entertainers.

Up to the official cut off point of 11.00pm, a further 17 athletes finished the Westfield, including U.K's Adams and Macke, crossing the line together hand in hand. Patrick Farmer of Australia at 25 years became the youngest ever to enter and finish a Westfield Run. Sweden's Rune Larsson showed tremendous grit to finish.

In a moment of emotion, the officials allowed the finish of first timer Grahame Kerruish, who crossed the line at 2.00am, 3 hours after the official cut. Built like a mountain, and nicknamed "Mountain Man", Kerruish crossed the line and proudly stated, "The Mountain Man has made it".

The Mountain Man made it and so too did 22 others, who all put in great performances to finish the world's longest footrace, the 1015km. Sydney to Melbourne Westfield Run.



● Brian Bloomer (left), Yiannis Kouros (centre) and his manager Theo Premetis yesterday.

THANKYOU THANKYOU THANKYOU THANKYOU THANKYOU

Thankyou so much to the following members who have added a donation to their subscriptions to help our fading finances. We really appreciate your generosity.

Nobby Young	\$10	Cynthia Cameron	\$50
George Audley	\$ 5	Greg Wishart	\$10
Don Cox	\$ 2	Bryan Smith	\$20

Thanks again!

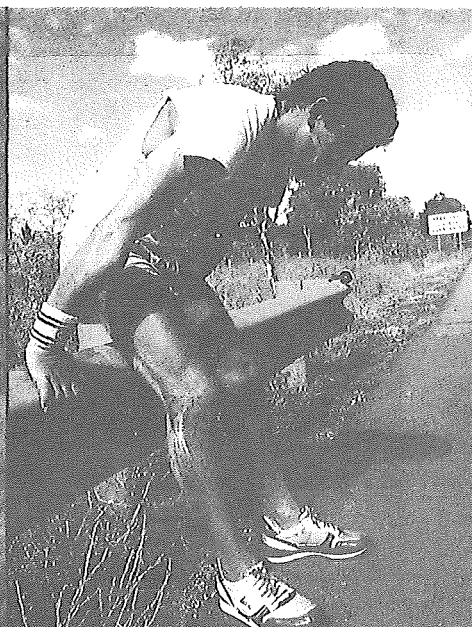
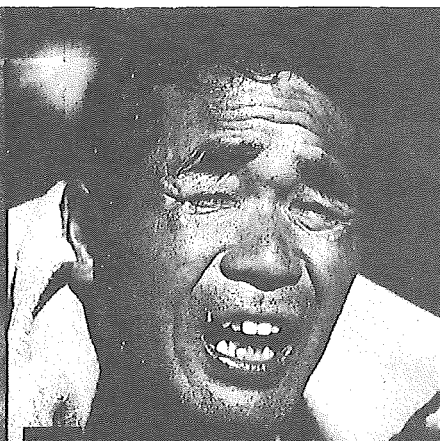
Acknowledgement to "PEOPLE" magazine, issue dated 26/4/1988.

The body man squeezes
the utmost out of
Tomoya Takashi (right).

Martyrs OF THE MARCH



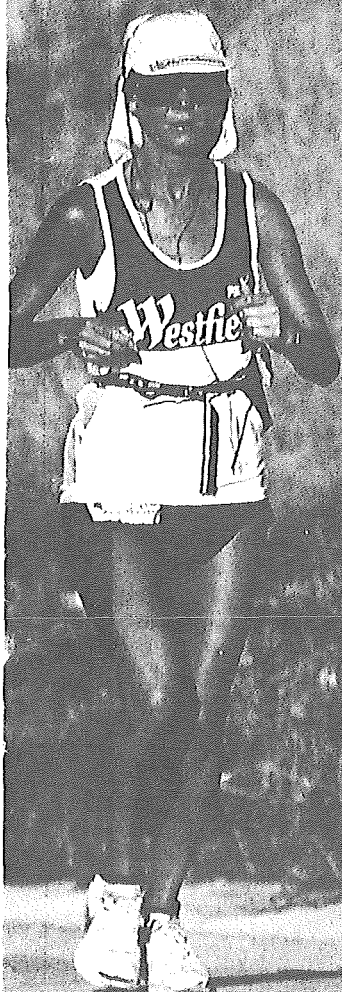
Mary Hanudel runs ahead of the vehicle which later ran her down.



Vianco Vianco (left) takes an uncharacteristic break from the ultramarathon.



Vianco Vianco (left) has abandoned his running shoes for sandals.



RUNNERS SACRIFICE THEIR HEALTH, MARRIAGES AND SANITY FOR THE SYDNEY TO MELBOURNE RACE

By Peter Holder

BLOOD in the urine, blisters the size of 50 cent coins, heatstroke, tendon and bone damage — these are just run-of-the-mill hazards for ultramarathon runners.

But it gets worse. Runners have to put up with financial woes, broken marriages — even the misfortune of getting knocked down by their own support vehicles.

Yet they keep coming back. This year there were 43 runners in the Westfield Sydney to Melbourne race.

So why would anyone be mad enough to risk physical and mental injury for the dubious privilege of running 1016km?

"Why not?" replies Alan Fairbrother, a 51-year-old Englishman from New York, who was competing for the first time.

Sipping on a can of beer while he ►

'Should they be given medals or straightjackets?'

relaxes on the roadside on the sweeping and sun-drenched plains outside Cooma, NSW, Alan told how his obsession had left his personal life in tatters.

"It's broken up my marriage," he says, forlornly. "My wife Mary is a fantastic woman but she could only take so much. It's not easy for a wife to hear her husband say: 'Honey, I'm just going for a run, I'll be back in three weeks.'"

"Without sounding too corny, this event is a real challenge," he continues.

"Leaving New York, which was snowing, and coming to a country which is so hot has been a real shock to my system," says Alan, who began running at 42. "I could quite easily drop dead in this kind of heat, but that's just a chance we crazies take to prove we can do it."

What makes Alan's obsession with the sport all the more curious, is that he knows he will never make it to the winner's circle.

"All I can hope to achieve is to be the best runner of my age," he explains without any disappointment.

"The winner's money would be nice, as I had to borrow money to come here."

"I'm just competing against myself and no one else. But I have come a long way and it would be a complete waste of time if I didn't finish."

And finish is exactly what Alan didn't do. He was forced to withdraw at Lakes Entrance, Victoria, suffering from tendonitis. He had completed 700km.

The saddest runner of the year was Mary Hanudel, from Ohio, USA, who was knocked down by her own support vehicle on the outskirts of Traralgon, Victoria.

Mary's right ankle was pinned underneath the vehicle's wheel and she was later rushed to Melbourne where doctors operated on her damaged tendon. Her crew was devastated by the accident but Mary refused to blame anyone and invited them to crew for her next year.

One runner who had an excuse for his madness was Tony Collins, who ran to raise money for the Camperdown Children's Hospital cancer research.

"Cancer in children is horrific, especially when they have their entire lives ahead of them," says the softly-spoken dentist from Norah Head, NSW.

"I'll suffer in this run for about eight days, but those little kids suffer for all of their very short lives."

"I don't regret doing this for one moment, but if the governments of this country didn't have such strange priorities, then this wouldn't be necessary."

Tony was forced to withdraw at Drouin, Victoria, with shin trouble. He had run 928km and raised about \$11,000.



Tomoya fiddles while the other runners burn up the track.

When Grahame "Mountain Man" Keruish entered this year's run he was convinced that once would be enough.

Grahame, 48, a senior clerk for the NSW Electricity Commission, says he got the "bug" to compete after he was a member of the support crew for one of last year's runners.

As he gave his weary feet a rest outside the sleepy town of Bombala, the Mountain Man (a nickname he gave himself) said he only wanted one crack at the Westfield run.

"Once is enough for me. To keep coming back year after year is pure masochism," he says.

Grahame was struggling to make it to Melbourne and although he missed the Melbourne cut-off time, race officials extended the time so he could finish the run.

But it seems the experience has turned the Mountain Man into a masochist. He wants to run again next year.

If masochism is a qualification for the Westfield run, then Japanese runner Tomoya Takaishi made it into an art form.

A professional folk singer from Kyoto, Tomoya had never competed in an ultramarathon. And it sometimes showed.

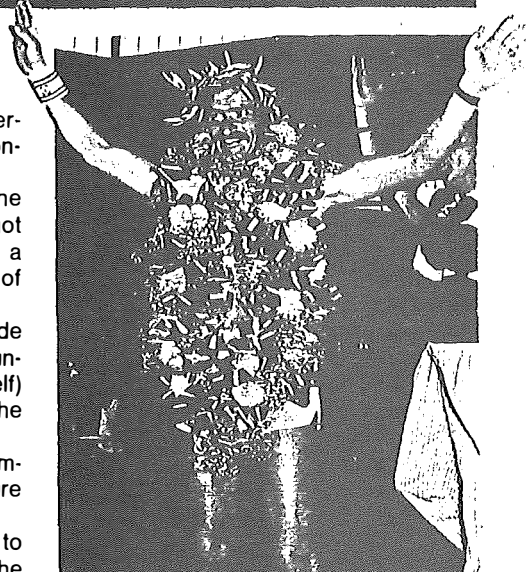
But if prizemoney was awarded on courage alone, the kamikaze fiddle player would have won easily. Each day was a battle for the jovial 46-year-old to beat the cut-off times, introduced by officials to allow greater control of the run.

Often he would reach these points by a matter of minutes, after much encouragement from wife Teruko, his support crew, and a Japanese film crew recording his every move.

Although in pain, the result of a badly damaged tendon, he always managed a smile for the cameras.

"Tomoya is incredible," says Ian Taylor, the Japanese runner's race manager.

"He is an absolute novice at this style of running and really shouldn't be here."



Yiannis Kouros, the winning Greek streak, laps up the adoration.

"I didn't think he would get past Goulburn (the first cut-off point) but he continues to prove me wrong. He's got plenty of ticker."

For Taylor, the 1988 Westfield run has been more than memorable.

"I've always regarded this event as a bit of a circus, but this year I think I'm in the centre ring," he says with a wry smile.

But on the final day of the run, the gritty Japanese runner succumbed to exhaustion. However he did manage to fulfil another ambition.

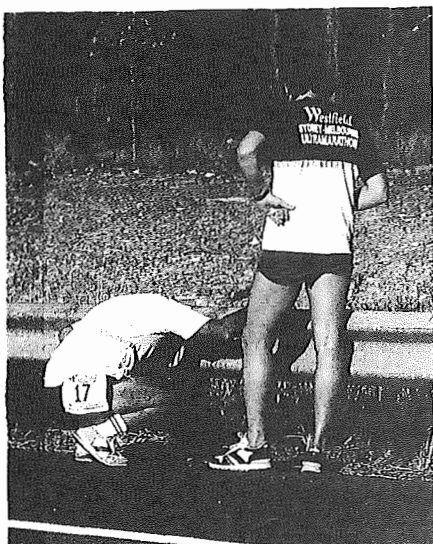
"I've always wanted to play my violin in the Australian countryside, so I'm happy," he says through an interpreter.

Throughout the run, locals in each town were amazed by the runners' determination, or, in some cases, stupidity.

"I'm trying to work out whether they should be given medals or straightjackets," was a typical comment.

Swedish runner Rune Larsson was quick to defend the "crazy" tag.

"Maybe people are right when they say we are crazy. But when I run at night and



NSW runner Mark Gladwell bows to pressure and an upset stomach.

see the stars and trees, it is so peaceful and beautiful. I don't think I'm crazy."

The hardships even affected the winner, Yiannis "The Greek Streak" Kouros.

"it was very tough this year, and very hot. It's not very good for your health," he says, understating the punishment. Then he dropped a bombshell by saying he would not run in next year's event.

Because Yiannis won last year's run by a whopping 27 hours, he was given a 12-hour handicap this year, which annoyed many runners and put him under a lot of pressure.

There was a suggestion that Yiannis had a knee injury but his race manager, Theo Premetus, would not give anything away. "You guys seem to mistake a sore knee for Greek dancing," was a typical reply from the wily Greek accountant, from Marrickville, Sydney.

Dick Tout, the New Zealand runner who held on to the lead for most of the race, at first refused to acknowledge Yiannis's part in the run.

When asked on the first day how far he thought he needed to get ahead of him, he made his feelings clear: "I didn't know Yiannis was in this race, I thought he was running by himself."

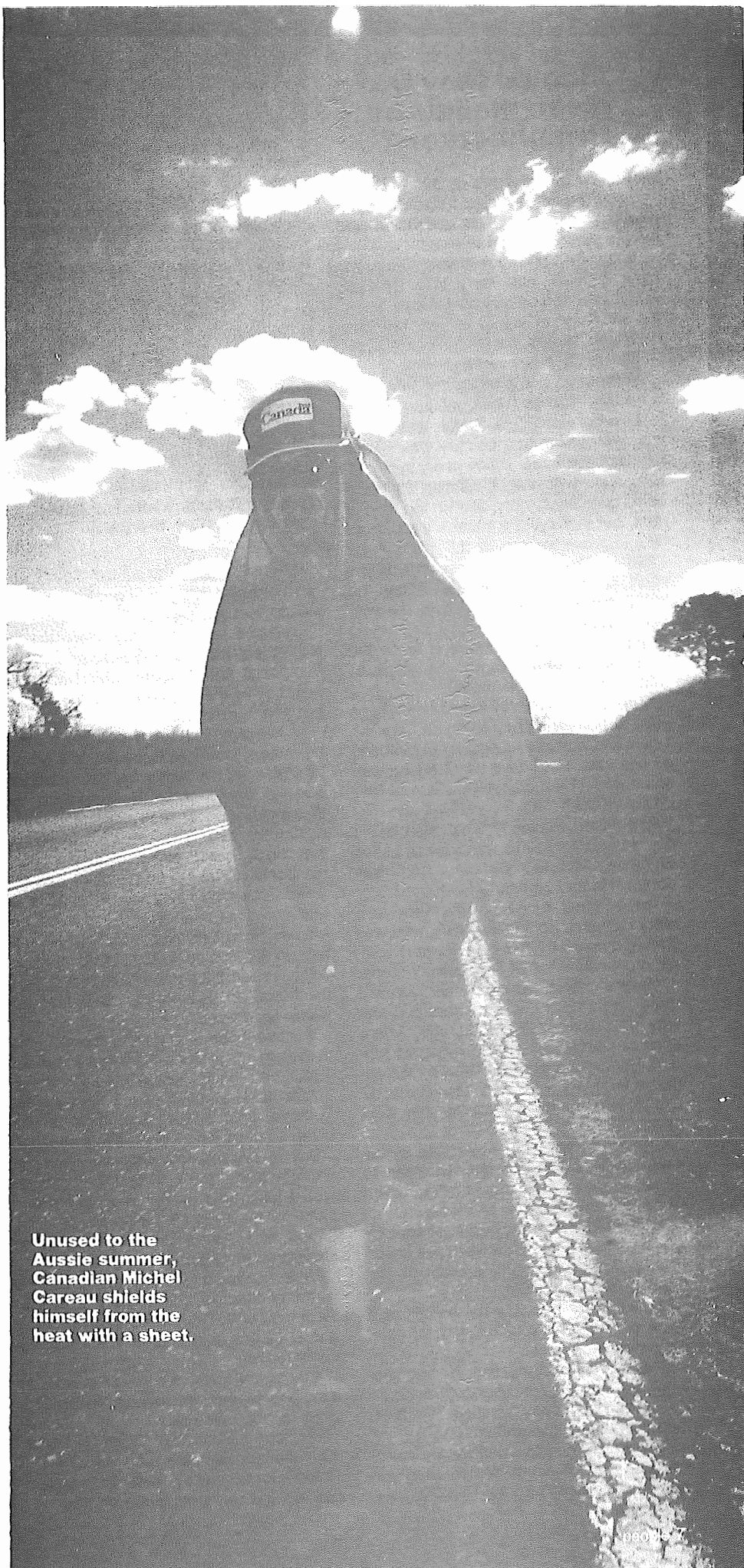
Yet the Kouros machine kept rolling along the country roads, with Greek music blaring from the speakers attached to his support vehicle, festooned with signs like "Athens in 1996" and "Apollo Hi-Fi, Marrickville".

Yiannis arrived in Melbourne to a predominantly Greek reception and was clearly relieved it was all over.

But he also spoke of his plans to move to Australia with his family and perhaps represent his new country if ultramarathons ever became an olympic event.

So nobody was taking his decision not to run next year too seriously.

Photos by Vedat Acikalin

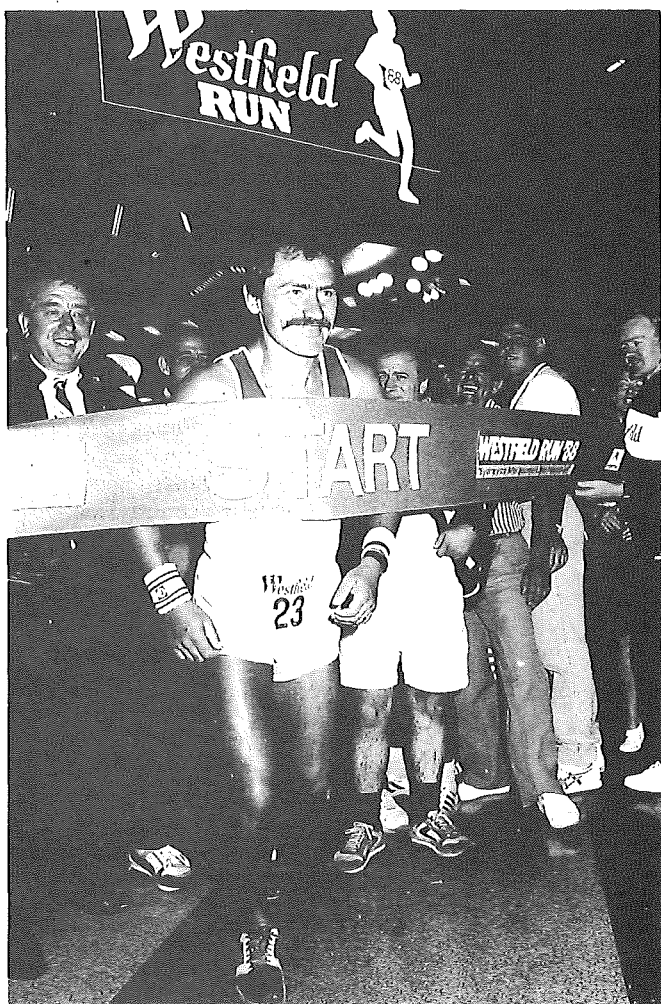


Unused to the Aussie summer, Canadian Michel Careau shields himself from the heat with a sheet.



The road to glory

by Terry O'Halloran



*Twelve hours behind the rest of the field, Yiannis Kouros, leaves Westfield, Parramatta, Melbourne bound.
All photos : Vedat Acikalin, Live Action.*

Yiannis Kouros took up the challenges thrown to him on the Westfield Run '88 to prove himself the consummate ultra distance runner and endurance athlete.

That he managed to wipe out a virtual 12 hour handicap he willingly imposed on himself by agreeing to start behind the rest of the field, and still win convincingly, confirmed what so many believed.

But such sweet success could have easily been disaster as Kouros had to contend with temperatures exceeding 30°C during the day for six days before winning in five days 19 hours 14 minutes, more than four hours slower than his 1987 winning time for the 1015 kilometres from Westfield Parramatta in Sydney to Westfield Doncaster in Melbourne.

The heat was a factor for his slow down, but other reasons were the aggressiveness of New Zealander Dick Tout and the belief that Kouros, like many of the best marathoners, is a better athlete leading than chasing.

When chasing a tearaway leader like Tout, the runner is always conscious of someone else, splitting his concentration between his own performance and that of his opponent.

Kouros is no different than many of the others in the field - he runs best when concentrating on his own running, rather than having to think of others.

Tout cut Kouros's winning margin to just over 16 hours, and but for an ankle injury and blister problems in the final two days, would have made the finish at Westfield Doncaster far more interesting.

Englishwoman Eleanor Adams proved herself one of the most competitive ultra runners, male or female, as she won the women's section and placed tenth overall in seven days 10 hours and five minutes.

Dusan Mravlje of Yugoslavia, the winner in 1986, finished third in six days 14 hours and 10 minutes.

Victorian Bryan Smith, with nothing more than a few 24 hour runs and one 48 hour run behind him, surprised everyone, including himself by finishing fourth overall and first Australian in six days 15 hours 33 minutes.

"I'm a king for as long as this race runs."

For many of the runners there is no contest, but merely a personal struggle to make the distance and repay the faith that so many people - big sponsors, little \$100 sponsors, family

and friends - have shown in a personal challenge they can neither understand or appreciate.

For so many, including myself, the event defies logic. There could be little or no enjoyment in the event from pure athleticism, and the thought of staying on your feet for the best part of eight days means this will never become a mass participation event.

But the runners have character, part of the mindset that Marty Sprenghelmeyer talks of. There are no quick thrills in ultra running, just plenty of time to contemplate what might be as you head across the High Country, up and down hills that test the resolve of all.

The best answer as why they all do it? It came from West Australian George Audley, at 52 the oldest runner to finish. He simply said: "I'm a king for as long as this race runs."

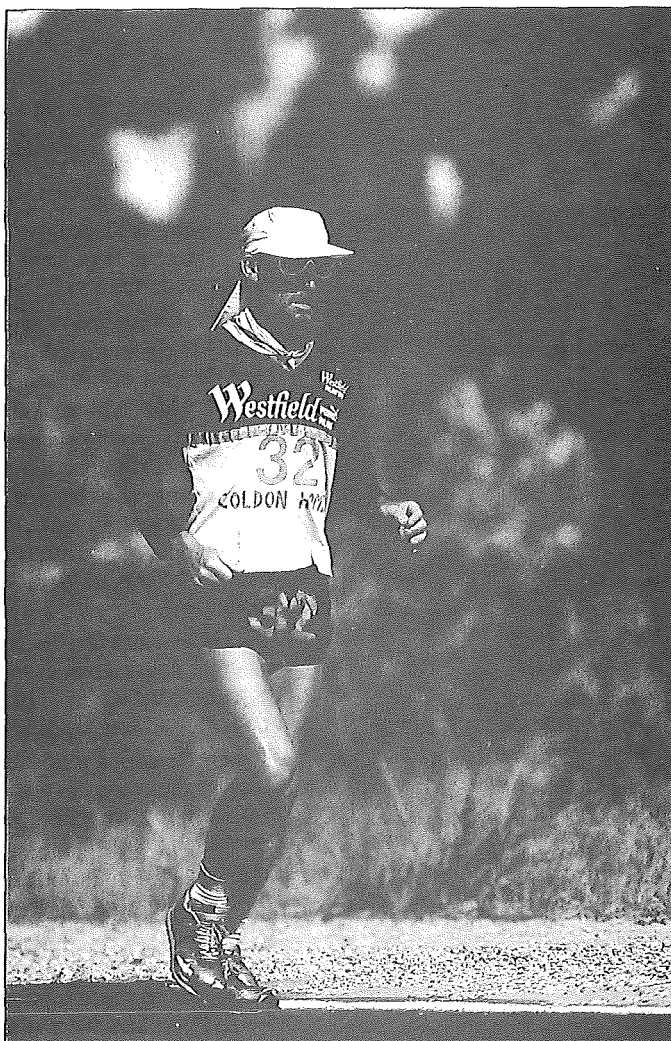
Aspects of the run were surprising - the number of smokers in crews, the little or basic knowledge that many crews had before going on the road.

But in most cases they learnt and learnt quickly, doing their utmost to keep their runner on the road, Melbourne bound.

Then there was the professionalism of the Dick Tout challenge. Where many of the others have come from a fun run background, moving through the marathon and onto ultras, Tout has a

club running background in New Zealand that stands him in good stead whenever he races.

He came with two crews, all runners



Bryan Smith, in his first Westfield Run, surprised everyone with his performance, being the first Australian home.

from his home club, who knew what they were doing. Like many Kiwis in business or sport, they see a challenge in conquering anything to do with Australia, and come well prepared. There's nothing like beating your big brother.

Tout was not happy with the decision

to start Kouros 12 hours behind, but unlike some others, wiped the thought from his mind once he hit the road.

Out on the road, as you drive from the front to the back of the field, it's clear that this is a race and all the publicity, all the pre-amble, counts for nothing once the race starts.

The rewards for those who started off patiently, holding back when the blood was rushing to their head early, came later when they were able to make significant moves through the field.

One such runner was South Australian, David Standeven, who went out more cautiously than in his debut last year, and came through to take 27 hours off his 1987 performance.

American Marty Sprenghelmeyer, ran a similar race taking in the atmosphere of the race and the scenery of some of the most spectacular Australian countryside.

He finished ninth, and significantly for him, enjoyed his first victory over Eleanor Adams.

In the women's event, much of the interest was lost when American Mary Hanudel was forced to withdraw after running 855 kilometres.

Hanudel was involved in an accident with one of her support vehicles and required surgery to her ankle, but the injury is not expected to impede her future running.

The daily cut off points, which were expected to quickly whittle the field down to a more manageable size, had the opposite effect, as runners set daily targets to achieve. Only one runner, veteran Australian Tony Rafferty, was cut out, failing to reach the 178km cut at Goulburn.



The professional approach

For most observers of the Westfield Run there was never any doubt that Yiannis Kouros would be first across the finish line in Melbourne.

However, New Zealander, Dick Tout, had other ideas and set out to challenge this notion and the snub to the other runners, by the race organisers in starting Kouros 12 hours behind the field.

Tout made an 11 hour improvement from 1987, narrowing the gap to just over 16 hours to Kouros.

He believed he could run well under six days for the 1015 kilometres based on his estimated average speed for the first three days.

For at least the last day of the run Tout was limited by a collapsed ankle and a blister that covered the ball of his foot. He estimates the injury cost him about 18 hours, which would have had him home ahead of Kouros, even allowing for the 12 hour start.

"We had 100 miles to run and I thought we could easily do that in 24 hours."

Even when Kouros passed, Tout maintained an aggressive approach, constantly pushing, and at one stage gave the Kouros camp a fright as he later passed them.

"We knew that in a race like this that one has to rest differently, depending on what the temperatures are like. So someone can gain quite a lot of miles on you at certain stages, but provided you keep your cool and race when you are ready to race, then you're right."

Tout seems atypical of the average Westfield runner. He has enjoyed success in business, by the standards of most of the other runners he is a good marathoner with a 2:32 time and would seem to have little need to prove himself in such an event.

He comes across more as a runner than an endurance athlete as he pushes from the start, this year slowing down to a 3:07 first marathon out of Sydney, after a 2:52 burster in the 1987 event.

That means he covered his first marathon at about 13.5km per hour, falling away rapidly early as he settled into the race, taking stops along the way.

"The race — it's a good race. It's the toughest course in the world."

At the finish, despite walking for much of the way, he was averaging just under seven kilometres per hour.

Tactically it was a better race this year as Tout held together to record six days 11 hours and 18 minutes.

"There's an awful challenge in ultras and a tremendous achievement to be made. I've read a lot on ultras, and it's always interested me, and I like competing in them. I treat them as a marathon, which they are."

And unlike many of the others in the event, Tout does not do mega miles in training, but merely adds a little to what many first class marathoners would do. "I don't think it's necessary to do the big miles at all. You just wear yourself down."

The idea of training is to build your body up, not tear it down. So when you come into a race you are able to perform at your maximum."

Tout averages about 140 kilometres a week for most of the year. The longest run he does is an occasional 50

kilometre run on a weekend.

"It's not necessary to do 100 mile runs at all, unless in competition."

For Tout the running is the major, but not the only component, to a training regime. He believes that aerobics and gym work are essential to maintain and prepare the whole body for the assault that such an event launches.

"Upper body strength is very important in a race like this, so that you can hold your arms up. If you can hold your arms up you can get longer length in your stride."

"So if you use the basic Lydiard schedules for marathons, it's good enough for ultras just by adding a few miles on top of it."

"Mentally, it was easier than last year. I had aimed my race for the last day, and I knew that as long as I could have a good last day I would be right."

"I was looking to have a good first and second day and then maintain about 90-100 miles for the next three days. Unfortunately, it slipped away a little and on the last day I wasn't able to do the 90 miles."

"Beforehand I think of the towns I have to go through, the people, the hills and the scenery and I know the course now, so you just think of Melbourne and what you have got to go through to get there."

"This is the toughest course in the world. We were very upset that Kouros started 12 hours behind. We came for a race and we didn't really get that. We ended up in a race with him, but not in the way I would like."

"The race — it's a good race. I think they're (Westfield) finally getting to know what the runners require and what they want out of it. So it can only improve."

Tout acknowledges that it is more an event than just a run, but says that provided the runners are getting something out of it, he has no argument.

"I've tried to put on ultra runs myself and nobody wants to put them on, so Westfield have taken up the task of putting one on, and using it as a publicity stunt. As long as it's a sincere race, and there's no cheating, then I'm happy."

Get-down Tomoya!

As the 11pm cut-off at Westfield Doncaster drew near on Friday, 25 March, one of the most suprising aspects to reflect on was the performance of the first Japanese entrant in the Sydney to Melbourne Run, Tomoya Takaishi.

With a base of only 80 kilometres a week, his effort to scrape through several cut-off points and reach 909 of the 1015 kilometres astounded everyone.

But there seemed little disappointment for Takaishi at the race celebrations as he enthralled the runners, crew and officials in a get-down, outrageous set of Japanese country music he performed under the marquee in the car park at Doncaster.

During the run there was more than quizzical interest in his performance as his every step, grimace and moment of elation at reaching cut-offs was recorded by a Japanese television crew, recording for a program with an audience nearing 20 million.

Takaishi seemed to approach the run blissfully ignorant of its ardousness, but his enthusiasm and grit was more than enough to counter his lack of knowledge.

No one was more suprised with Takaishi's effort than team manager, Ian Taylor.

"I predicted all along he wouldn't get to Goulburn, wouldn't get to Canberra, Cooma, everywhere else but Bairnsdale. And I thought he'd get to Melbourne, I was amazed at his run."

Taylor said Takaishi faced major problems with his Japanese crew members who had no idea of what was required. "That was obvious when one of

his crew fell out of a moving car only a couple of kilometres from the start."

But Taylor said Takaishi countered these negatives with some positive character and physical aspects that outweighed the negatives.

"His temperament was great. He might have been boiling inside but he

never did his block once. His legs were really good, very supple. He had a better running action than anybody in the race. When he was going he was really going. And his feet were brilliant. He only got one large blister on the last day."

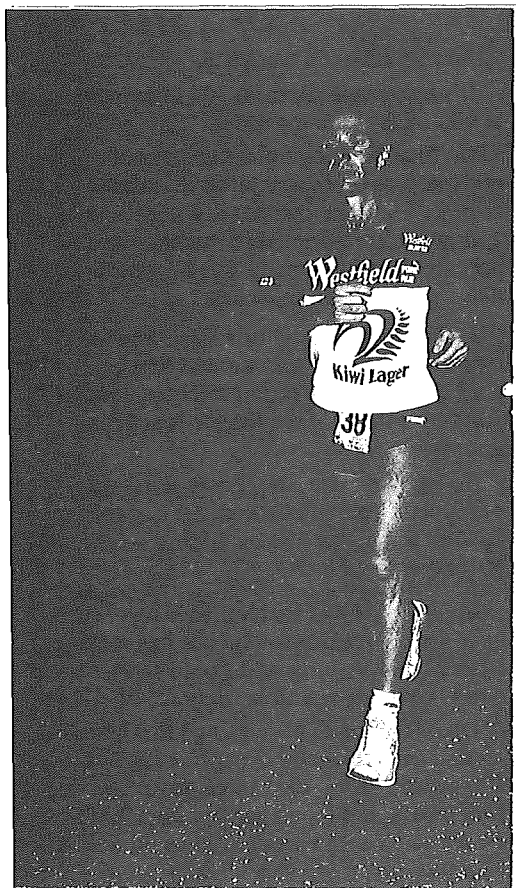
Taylor said that if Takaishi comes back with a knowledgeable support crew and adequately trained, he will give the 1989 Westfield Sydney to Melbourne a big shake.

Taylor was critical of the race because of the risk of injury caused by running on the one road cambre all the way.

He would like to see the run become a stage by stage event, passing through more small country towns.

"It would have a big commercial impact in these towns each night as the run passed through, and you would get a lot more impact from the locals. People don't really know that it is on un less Cliff Young is here. That's the big difference. They all come out to watch him, anytime of the day or night."

Taylor says that the stage by stage event would see all the run ners in one town on any given night, highlighting the event, and this form of race would also cut out the possibility of a runaway win by someone like Yiannis Kouros.

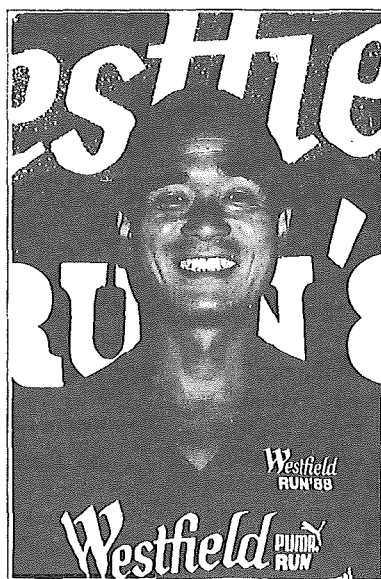


New Zealander, Dick Tout, shows his aggressive running style as he heads towards Melbourne in the Westfield Run.

"I think the best way is to have an elite section and a runners section and run it like that. It's quite easy to gauge the elite runners and start them off in a group."

Tout says after the 1988 Westfield Run he is more convinced than ever that Kouros is beatable.

"It's the first time we've seen a real weakness in him, but unfortunately I couldn't take full advantage of it, but I would have loved to have been able to. If I'd had a good last day we would have beaten him, including the 12 hours."





ew performances in the Westfield Run, '88, were as pleasing as that of Kevin Mansell who lopped 38 hours off his 1987 result.

Mansell finished seventh this year in a time of seven days, four hours and 55 minutes.

For Mansell it was the culmination of battling the odds and turning adversity into a major achievement.

"My family had a history of alcoholism. When I was only young my family got moved around here and there because of my father's alcoholism and my family was split up.

"My younger sister was adopted by one of my aunties in South Australia and we moved away to New South Wales. My mother died in 1964 and my brother and I were put in an orphanage.

"After three years I left the orphanage and I ended up hitting the grog myself. I was about 17. My brother ended up getting adopted by one of my cousins and ended up back in South Australia.

"In 1977 I had two attempts at suicide and ended up at Alcoholics Anonymous. I haven't had a drink since 20 September, 1977.

"About four years later, I finally got in touch with my family at the end of 1982. The reaction was good from my sister but not from my brother.

"Christmas 1983 that was the first time the three of us had been in the same town together, and by then I was 33.

"My sister is now 32 and my brother is 28. For 23 years we had never been in the same town together.

"At the time I was smoking 80 cigarettes a day. I had been smoking since I left school when I was about 16, but I only got up to 80 in the last few years that I was smoking. I gave them up on 20 April, 1983.

"At the time I was doing a little bit of gym work and weights. I said to my mate one night 'I've given up the smokes, I've been off for a month and I'm putting on weight, what'll I do?'. He said 'Why don't you start jogging'.

"So I went there the next week and we ran a mile. When we got back, his wife picked up the phone and my mate said, 'What are you doing?' She said, 'I'm ringing an ambulance, that bloke's going to die'.

"Then I just started doing a little bit, and about six months later there was an Olympic Fun Run at the Opera House in October, 1983 to raise money for the team going to Los Angeles.

"My mate asked me 'How much running are you doing?' and I said 'About three kilometres twice a week'. He said 'Well, I've entered you in a 12km fun run'.



I wanted to prove to myself that I was worth more than nothing."



A life of addiction

"I ran the distance in 58 minutes. It was immediate addiction.

"In 1984 I ran the Wang Australian Marathon in June with Mark Gladwell. Mark made it and I didn't. They pulled me out at the 30 kilometre mark with torn tendons in the foot.

"That's when Bill Carlson was introduced to us. We knew there was this bloke up the road who was a very good runner and we didn't know how to train properly. So he put us on a bit of a program and we ran the Canberra Nike Marathon in early 1985. That was my first completed marathon in 3:23.

"In early 1986 we ran our first 100 miler at Manly. I came fourth and ran about 20:30. Twelve months later we lined up for our first Sydney to Melbourne."

In between ultras Mansell and Gladwell run numerous marathons, running to a marathon, completing the race and then running home, covering up to 100 km.

"Our program is based on long running. Most of our week nights is easy running, not even 20 kilometres some nights. One night is big, doing up to 50 kilometres in about five to six hours on my own."

Every weekend has meant two long runs, each of about 100 kilometres, often with Gladwell. And Mansell credits the long weekends for much of his success in the Westfield Run. "My body was used to doing multiple day long runs."

Each challenge has been hard for Mansell, but he says they have to be accepted.

"I had to accept the fact that I was an alcoholic and do something. Similarly I had to accept that I was smoking too heavily and it was killing me.

"With the running I had to accept that I was addicted and I wanted to have a crack at the Sydney to Melbourne. If I wanted to perform well, then I had to do something about it. It's all about discipline, a different sort of discipline in

your life."

For most people, the challenge of controlling the alcoholism and the smoking would have been enough, but Mansell was looking for more.

"I wanted to prove to myself that I was worth more than nothing."

He was looking for something positive to replace the negatives in his life.

"When you look at it, when I was an alcoholic, what's an alcoholic? He's a dirty bum, he's a lazy mongrel. All people want to do is kick him down. He's been down all his life. Then all of a sudden he's up again. He's up and running. But he still has that mental thing that he's not as good as everybody else.

"I wanted to prove to myself in last year's run that I was equal. I made the statement that I had found my hero, and it was me.

"For the first time in my life I was able to say 'Hey mate, don't look down on yourself'."

His sister, Ruth followed Mansell on the run, and his brother Trevor, was on the crew.

Besides all the training, Mansell attends three to four AA meetings each week.

Mansell is a technician with Telecom, his sponsor on the run, and lives in the Sydney suburb of Cabramatta.

Mansell was not pleased with Kouros starting 12 hours behind the field, but says that as individuals tackling the course, anyone who let that fact get to them was going to be in trouble.

"I said that's got nothing to do with me. I don't want to know about it.

"When Kouros ran past me I shook his hand, clapped him and said 'Good on you, Yiannis'.

"On the road Marty Sprengelmeyer and I had a battle for three days. He'd pass me, I'd pass him and on and on it would go. There was never any animosity between us. The first time I passed him he moved over, held out his hand and shook my hand. That's what the run is all about.

"For a change I'm starting to get a little bit of recognition, and why not. That pleases me, and why not because I've worked bloody hard for three years. I've put in more training, along with Mark, than anybody else."

Staying cool!

In the heat of the Sydney to Melbourne run, there were few who kept their cool like American Marty Sprengelmeyer. He finished ninth in seven days, eight hours and 40 minutes.

I knew from the start the race was going to be extremely difficult and I also knew the level of competition that was here was too much for me. I couldn't keep up with them. I'd be stupid to go out with Dick Tout and Yiannis and try and keep up their pace.

"So my whole strategy was just to stay slow and see what the course was like. Just get through the race successfully.

"The weather was difficult. The smartest thing to do, and I tried to do it was slack off completely during the heat of the day and pick up miles at night.

"When I got overheated I simply bagged it. I said 'that's enough, if I stay out here I'll just suffer for it when the weather cools down.'"

"The strategy worked for me.

During the first day of the race I was well back in about 25th place out of the 43, until I gradually worked my way up.

"I'm not in the sport of ultra distance running to win races. It's fun to win and I like it when it happens, but it's the camaraderie and the people I meet that makes the sport.

"There are a lot of very unusual people take up the sport. It is a very unusual, very difficult event."

Sprengelmeyer said he realised the

race revolved very much around the publicity angle for the sponsors, but he said he was very appreciative of Westfield for putting the event on.

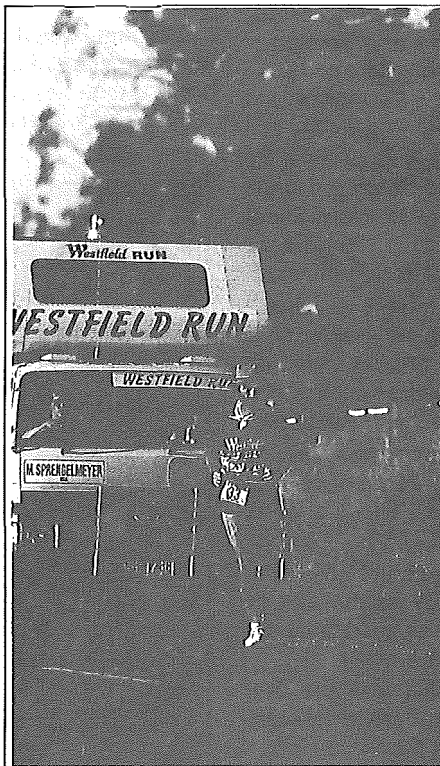
"I would have liked Yiannis to start at the same time, but I can appreciate Charlie Lynn's position because Yiannis is so good that he just takes off like a shot. That strains Charlie's logistics and it creates additional safety hazards over and above what already exists."

In this particular sport it's the internal attitude, the mindset that has to fall into place. You have to have a large amount of perseverance, patience and self-discipline and that's what attracts me to the sport.

My whole training consists of Long, Slow Distance. I don't psche myself up for a race, I simply have the race in the future and I anticipate it happening, but I don't go out and do ungodly mileage simply because I have a race coming up.

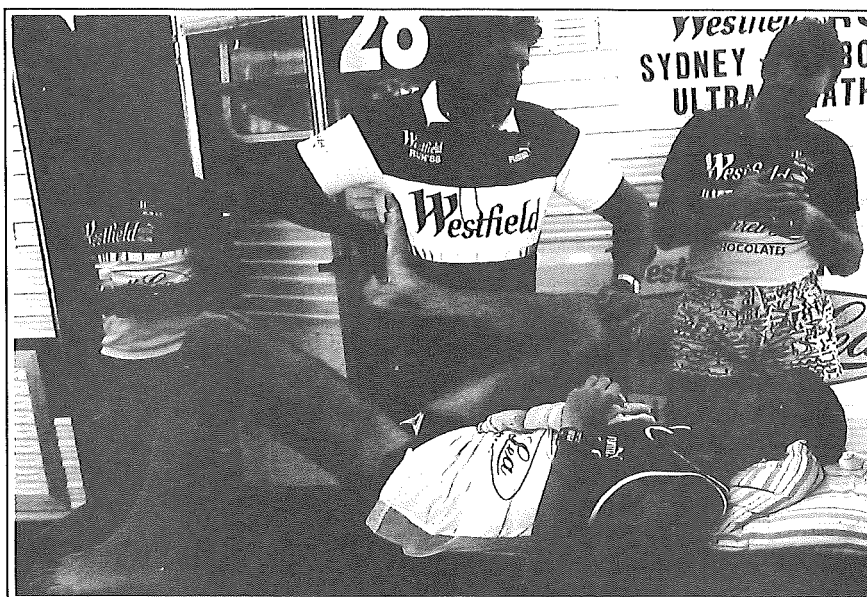
Sprengelmeyer came out of the race injury free, something he attributes to staying within his limits for the entire journey. "The first day I did 119 miles. Then I backed off to about 85's for a while, then picked it up to 100 once and backed off again on the last day.

"In a race of this length consistency is important, and to get consistency you have to be injury free. In order to do that you have to stay within your limitations, be slow and steady."



The Ultra support system

by Dana Moon



The crew gets to work on Dusan Mravlje.

The Westfield Sydney to Melbourne Run is 1015 kilometres of concrete, bitumen, gravel and dirt. This longest, toughest and richest ultramarathon has all the names of ultra running - Yiannis Kouros, Joe Record, Englishman Patrick Macke, American Marty Sprengelmeyer, Tony Rafferty and the incomparable Eleanor Adams of England, who holds just about every women's ultra record.

Behind the names are the anonymous life support system for the runners. A minimum of seven people are there to function as the runner's brain; act as a buffer zone protecting them from unnecessary outside stimulus.

The crew's division of labour includes drivers for the lead vehicle and the rear support vehicle, cook, crew manager, navigator/log bookkeeper, runner and perhaps two people sleeping at any given time.

This latter 'chore' is most important. It often requires discipline to stay in your moving bunk and attempt to sleep when the level of excitement around you is so high. But sleep you must, as you are no good to anybody if you are functioning at half capacity.

One vehicle follows the runner at a respectable distance, emergency lights on and centrally mounted strobe flashing. The driver is always alert to known hand signals from the runner indicating food, drink or pitstop. Or perhaps its just calling the runner up to tell him/her

that they need to know their speed, determine his/her running speed or how far is the next town, change of shirt or perhaps, some sunscreen in needed.

As is often the case, the crew members have not met until they assemble in Sydney two days before the race. Personality conflicts are par for the course, and it is best to resolve these 'hiccups' and focus on your runner.

The runner is highly sensitised. Sun creams that may normally be used effectively, can cause severe irritation, blocking the skin's pores and holding the body heat in. Likewise, his/her emotional state is affected and this is why it is important to either not have upsets withing the crew or, at all costs, shield the runner from any such knowledge. He/she is raw in every respect.

One of the jobs of the crew is to have a 'runner', to service the ultra runner. He/she operates from the leading vehicle which is usually a small 'pop-top' campervan. The rules stipulate that the 'runner' cannot run alongside the ultrarunner for fear of disqualification, because of pacing.

A good team manager will run a tight crew, but flexibility for the individuals that make up the crew.

The manager must think ahead, plan rest stops, pick-up of essential items from nearby towns, ensure neither support vehicle runs out of petrol in the High Country in the middle of night, and provide a face mask for the 30 odd

kilometres of dirt road through the forest between Bombala in NSW and Cann River in Victoria.

Improvisation is one tool of trade a manager must carry into the race. If there's no mask for the dirt road then a handkerchief will do. There's only one rule - if it works, do it!

Onlookers often make the assumption that the runners are fiercely competitive, but this is far from the truth. The brotherhood between the runners and amongst the crews is tangible.

All concerned - the ultrarunners and crews will go out of their way to help another runner climb out of the many mental and physical pitfalls that occur along the way. No more was this evident than between training partners Pat Farmer and Mark Gladwell.

Gladwell, off the road for four hours in Canberra while his crew fed him fluids every 15 minutes in hospital to overcome dehydration, came back strongly to assist Farmer all the way to Melbourne.

It probably cost Gladwell more than 100 kilometres to hold back, but it says a lot for the race that the competition is more internal than directed against a fellow runner.

It is very humbling and inspirational to see what mere mortals can do, and do do. If we put half the endeavour that the runners put into their sport into our own pursuits, we too would be champions.

re-race everyone was in good condition. Barry Brooks had some runner's knee coming into the event and John Breit had some iliotibial band syndrome.

Many of the runners had done a lot more training, some up to 300km per week, but had neglected other supplementary areas such as nutrition.

They've gone quickly from the marathon to the Westfield Run. I'm surprised that some of them have only been running for four years.

The crews are still ignorant about first aid for overuse injuries. Some crews are good, some crews you have to take by the hand and show them what to do.

The good crews you only advise, with some of the inexperienced crews you not only apply the Band-Aid but also open it up and get the ice packs for them. The crews are very important.

Many of the crews don't come prepared. They expect to be able to pick up sophisticated medical supplies out the back of nowhere. All this needs to be bought well before leaving Sydney, and this also helps on the road because injuries can be dealt with so much earlier, rather than a runner trying to push on, waiting for supplies to arrive.

There are definite stages in this run. The first day you get trouble with things like heat, nausea, excitement, dehydration.

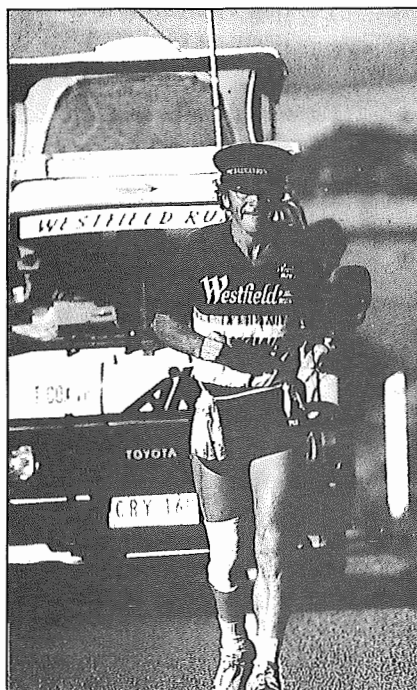
The second day they start to settle down and it is usually pretty quiet.

On day three you get the onset of the overuse problems — tendonitis, runner's knee.

Day four is purely control of those.

On day five many of these injuries start to get out of control, and because one mechanical abnormality upsets the function of the whole leg, you start to get multiple overuse problems - multiple tendonitis.

Patrick Macke was a case. We had his achilles go off, and as we mechanically fixed his achilles he got some shin



Terry Cox, the last runner to withdraw from the run with only 72km to run, suffering from exhaustion.

splints, and then he ended up with another tendonitis in his foot.

Day six you have to call it a day of despair. Overuse problems are out of control, everyone is on maximum treatment and they just have to hang in or drop out.

The runners start to get depressed, grumpy and jumping at everyone.

Late day six or early day seven they get in sight of the finish line, and just overcome all the problems they have.

I had an idea of this daily pattern in 1987 but didn't take any notice of it because it was my first time. But this year I was looking out for it.

Many of these injuries are inevitable, and the good point from the medical side is that they will get really painful and it will eventually stop the runner.

With this sort of event we don't really know. No one has ever trained consistently up to 300 kilometres per week.

Several runners I had minimal contact with on the road, and not surprisingly they were the most successful. Yiannis

Kouros required no medical assistance and the same applied to Dick Tout.

Tout suffered from a major blister problem in the latter stages of the run, but his crew was handling the situation as well as anybody could have.

Dusan Mravlje and Bryan Smith, the third and fourth placegetters, were in a similar situation.

This is a secret of the event. They don't get injured and they are able to keep running.

I didn't learn a lot that was new compared to last year. But I've certainly learnt not to make predictions. There are some people in this race you think are not going to run another step, then they get back up and off they go.

Medically, we found that there are a lot of problems with the tendons that cross the front of the ankle. Many of the runners suffer from it. I think it should be preventable by a muscle training program, by a stretching program and very early intervention, treating it before you get the symptoms.

Many runners are ignorant of the value of stretching. Stretching is still a controversial area. Everybody does it, but there's not a lot of hard data to show it does too much, although it is thought to decrease the risk of injury and the risk of delayed muscle soreness, etc.

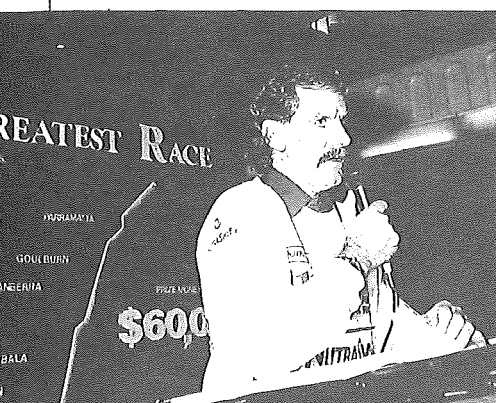
Certainly, I think they should in this sort of event, and I don't really know why more don't do it.

Despite all the problems, there is still some humour out there. We had to use a condom filled with some local anaesthetic gel to help an abrasion problem that one of the runners had. And it seems to have worked, although the runner was forced out of the race with another problem.

The other thing is that you have to improvise a lot. In 1987 we had to cut up a mud flap off a truck to make a heel raise for one of the runners to relieve tendonitis.

Kieran Fallon is medical director of the Westfield Sydney to Melbourne Run.

The Westfield Run is something of a balancing act for me - balancing the needs of the runners with those of the sponsors and the media.



I feel pleased to say that despite the big increase in the size of the field from 1987, the race produced enormous development this year.

The decision to start Yiannis Kouros 12 hours behind the rest of the field was the hardest decision I have had to make as race director. I knew it would not please a number of other runners, but I believe the decision was justified.

For just about all in the field this is a

Despite the millions of dollars invested in technology, Telecom's most valuable resource is its people.

People like Kevin Mansell.

Kevin has overcome personal battles and long struggles with injuries to establish himself as an ultra marathon runner.

He is a fine example of determination and achievement against the odds.

Telecom is proud of Kevin and the others on our staff around Australia who approach their work with the same dedication they apply to their personal goals.

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struggle with yourself, rather than a direct, head to head confrontation with anyone else, and Kouros would have been both out of sight and out of mind for most of the 1015 kilometres.

My aim has been to make this a melting pot of ultra runners - drawing together the best in the world, including both local and international elite athletes, but at the same time keeping the door open for the 'battler' to have his/her chance.

This year it would have been difficult to come up with a better mix. The racers at the front captured the interest of the public right down to Melbourne and the performance of such locals as Bryan Smith, David Standeven and Kevin Mansell meant the previously unclaimed earnt the recognition that was due to them.

The introduction of cut-offs at various towns along the way was a bigger success than I envisaged. I thought the cut-offs at such towns and cities as Goulburn, Canberra and Cooma early and Bairnsdale and Traralgon later, would weed out many of the unprepared.

My reckoning was wrong with only

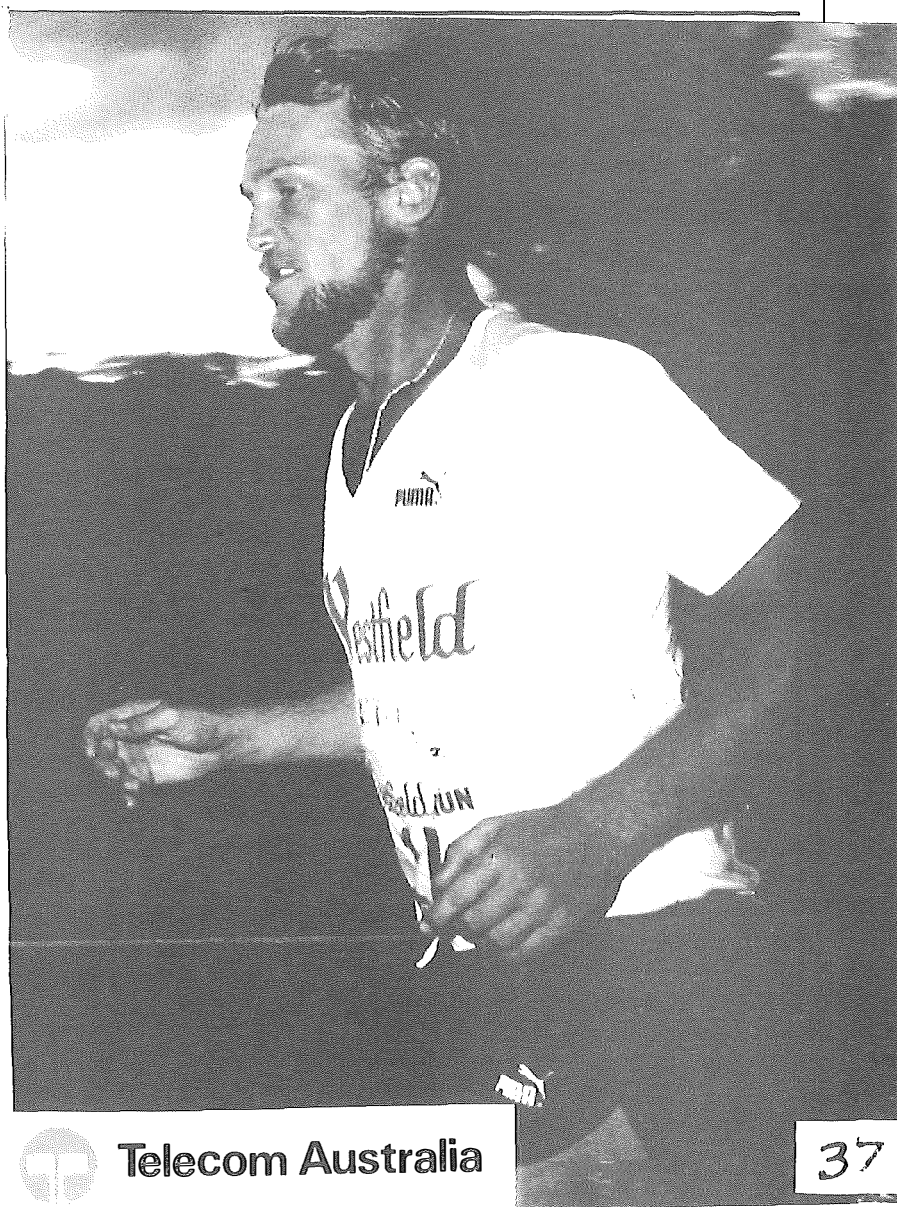
The Director's view

one runner falling victim to the daily cuts.

The cut-off's raised the standard of the event, giving many runners a more immediate, obtainable goal to achieve than setting their sights on distant Melbourne.

Sponsorship of runners plays a key role in this event. I am indebted to Nutrasweet as major sponsor and the many support sponsors who helped make Westfield Run '88 such a success.

I hope the success of this year - made possible by the way sponsors, race officials, the runners and crews, the media and the police worked in together, will ensure an ever better event in 1989.



Telecom Australia

1	Yiannis Kouros	32	(GR)	5:19.14*
2	Dick Tout	40	(NZ)	6:11.18
3	Dusan Mravlje	33	(YUG)	6:14.10
4	Bryan Smith	44	(Vic)	6:15.33
5	David Standeven	35	(SA)	6:18.33
6	Graeme Woods	41	(Qld)	7:02.05
7	Kevin Mansell	37	(NSW)	7:04.55
8	Owen Tolliday	38	(Qld)	7:07.29
9	Marty Sprengelmeyer	41	(USA)	7:08.40
10	Eleanor Adams	40	(UK)	7:10.05
11	Patrick Macke	32	(UK)	7:10.05
12	Ian Javes	45	(Qld)	7:18.05
13	George Audley	52	(WA)	7:21.16
14	Mark Gladwell	40	(NSW)	7:23.18
15	Patrick Farmer	25	(NSW)	7:23.18
16	Michel Careau	47	(CAN)	8:02.30
17	Sandra Barwick	38	(NZ)	8:04.10
18	Ron Hill	47	(Vic)	8:06.15
19	Ross Parker	39	(WA)	8:07.06
20	Rune Larsson	31	(SWE)	8:11.06
21	Graeme Wilkinson	41	(NSW)	8:12.09
22	John Breit	30	(Vic)	8:12.22
23	Graeme Kerruish	48	(NSW)	8:16.00

*[Note: Yiannis Kouros started run 12 hours behind field]

177	Dallas Earsman	60	177 (NSW)	Blisters
168	Tony Rafferty	48	168 (Vic)	Missed Golburn cut off 178 km
202	Brian Bloomer	47	202 (Vic)	Runner's knee
385	Graham Firkin	50	385 (NSW)	Torn upper gastrocnemius
450	Ernie Cattle	38	450 (NSW)	Ankle tendonitis
480	Graham Townsend	30	480 (NSW)	Inflamed knee
564	Rod Martin	45	564 (NSW)	Ankle tendonitis
564	Stuart Currie	40	564 (NSW)	Ankle tendonitis
600	Eduardo Vega	47	600 (NSW)	Exhaustion
640	David Taylor	36	640 (NSW)	Blisters
700	Alan Fairbrother	51	700 (USA)	Tendonitis
735	Maurice Taylor	39	735 (NSW)	Partial tear achilles tendon
743	Gary Collins	27	743 (NSW)	Twisted ankle
752	Barry Brooks	47	752 (Vic)	Stress fracture/tibia
754	Trevor Harris	41	754 (ACT)	Quadriceps muscle tear
793	Joe Record	46	793 (WA)	Urinary track infection
855	Mary Hanudel	28	855 (USA)	Motor accident/ankle
909	Tomoya Takaishi	46	909 (JAP)	Exhaustion
928	Tony Collins	40	928 (NSW)	Shin splints/ stress fracture heel
943	Terry Cox	51	943 (Vic)	Exhaustion

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"Sportsman's" p.18 April issue



Tony Rafferty was one of Westfield State Marketing Manager Fran Morris' tips for the 6th Westfield Ultra Marathon which started at Parramatta, NSW, on March 17 and finished in Melbourne. Unfortunately for Fran, Tony was an early withdrawal from the gruelling event.



● In front ... a weary Kouros last night.

The 'Streak' struggles on *The Sun 21/3*

A DESPERATELY weary Yannis Kouros early today was toughing out the final 100km of the Sydney-Melbourne ultramarathon.

Kouros seemed near collapse soon after taking a 10km lead over New Zealander Dick Tout, but

he carried on after resting near Yarragon, and at last report was making good progress out of Warragul.

"My feet are sore, but I'm okay," Kouros told *The Sun* at 12.30am.

His manager Theo Premetis said the "Greek

Streak" had complained of a sore throat but insisted the Yarragon stop was "just a rest".

He did not know how far in front Kouros was, "and we don't care. We will be first across the line."

Runners slam Kouros handicap

RUNNERS in the 1988 Westfield Sydney-to-Melbourne run yesterday labelled the handicapping of Greek runner Yannis Kouros a "publicity gimmick".

Kouros, who took out the 1985 and 1987 Westfield runs, agreed to a 12-hour handicap after refusing a 24-hour handicap.

The decision was taken more than a week ago, but many of the other 42 competitors said they found out only last Monday.

Victorian runner Brian Bloomer said he would have pulled out of the race if he had found out sooner and had not already organised a back-up team.

The Springvale merchant seaman, 47, claimed two-thirds of

By JO-ANNE HARDING
in Sydney, and AAP

the runners were angry about the handicap, which will allow Kouros a cooler night start than the other runners, who begin tomorrow morning.

"There is a lot of anger," he said. "If I had known a week ago I definitely would have pulled out. It has soured the experience for quite a few of us and is belittling the sport."

Bloomer said the runners had no ill-feeling towards Kouros, but called on the Australian Ultramarathon Runners Association to withdraw approval of the race.

Association vice-president and runner Tony Rafferty, the only competitor to have raced in the six Westfield runs, was fuming at the decision and questioned the organisers' faith in Kouros.

"It's ridiculous and makes a circus of the whole race," he said.

"What's all this business about Kouros automatically winning? He's a human being and we haven't seen the best of some of the other runners yet."

But the man at the centre of the controversy took it all in his stride.

"I am not angry with anybody," he said.

"I will run better. They will run better. I don't care if some of

them don't like me, I love them all."

New Zealander Dick Tout, who finished third last year, asked if the top runners could also start 12 hours later with Kouros.

But race director Charlie Lynn rejected this, citing logistical and safety reasons after Kouros's phenomenal 27-hour victory margin last year.

He said the distance between the first and last runner was up to 500 km, making it a 13-hour drive just to check on each runner.

Tomorrow's race will begin at 11am at Westfield Shoppingtown in Parramatta, with Kouros starting at 11pm.

"SUN"

wed 16-3-88

Noonday sun melts the golden Greek

By JIM SCHEMBRI

Yiannis Kouros, Melbourne's ultra-marathon hero, was not looking heroic as he approached the Traralgon city limits in the noonday sun yesterday.

Doubled over, hands on knees, leaning haggardly against a small tree and dripping with sweat, the golden Greek looked as if he had had enough of this ultra-marathon business.

After a minute's rest in the shade and a modest sponging down by his manager, Theo Premetis, Kouros hit the hot Princes Highway again, moving like a cross between a wounded soldier and a dead one. He kicked his feet a few times in the air and began running again, lightly acknowledging a smattering of applause from some Telecom workers at the roadside.

Having won the Westfield 1050-kilometre Sydney-Melbourne run twice and been lauded by everyone, especially the Greeks, Kouros knew a lot was riding on him. He started this year's marathon 12 hours behind the field and in four days closed the 125-kilometre gap between him and his rivals and took the lead.

Kouros is a hero to the Greek community, as the small turnout at the Count Paul Strzelecki historical marker testified. As he approached and passed the marker (five days, three hours and one minute after starting the race), he got the ubiquitous "Yiasou, Yiannis" from Mr Herodotos Panayiotou, 59, and his wife, Helen, 54, of Traralgon. They had been waiting more than two hours in the hot sun for Kouros.

As Kouros entered the Traralgon city limits, 20 people cheered him on, to the accompaniment of encouraging blasts from passing semitrailers.

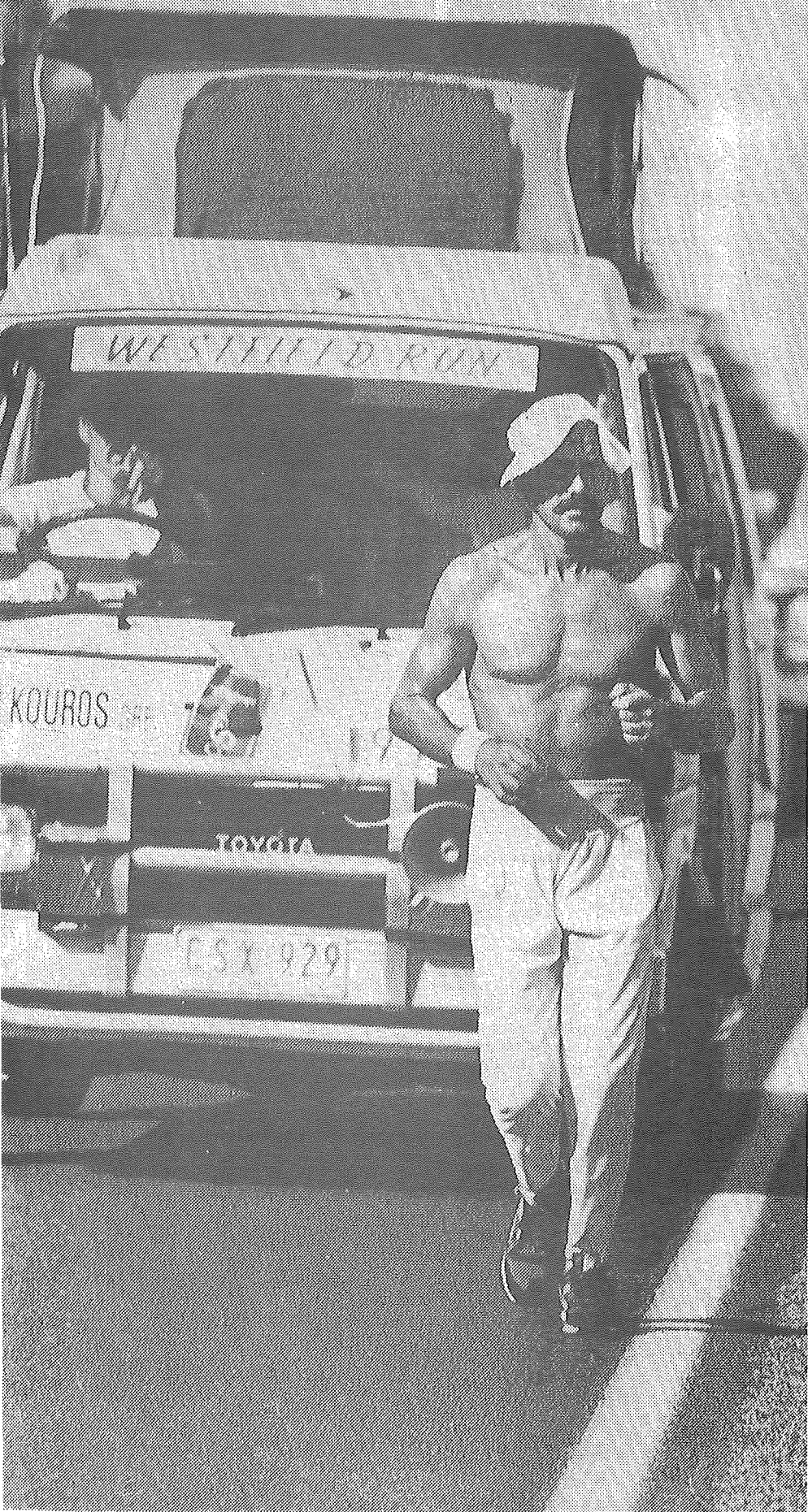
Not that all of his followers are Greek. Also there were Kerrie Ford, 21, and Cheryl Middleton, 21, who said they did not have a drop of Greek blood in them. They had taken time off from their florist shop to drive out.

But the highlight of the day's running came as the Kouros procession filed into the Governor Gipps Motor Inn Homestead. Metaxia Labros was shedding tears of ecstasy when she presented him with an enormous koala and was rewarded with a hug and a kiss.

Last year, she gave him a gold watch on behalf of the local Greek community, but the koala, she said, was from her and her family. "He is a hero. Not many like him," she enthused. "Everybody should be proud of him, not just only Greeks."

Although Kouros was expected to remain at the motel for only 30 minutes, he stayed more than an hour. This allowed word to get around that he was there, and a sizeable crowd gathered, mostly Greeks bearing gifts, food, and loud music.

It was well after 3 pm when Kouros finally emerged from his motel room. The crowd cheered as he ambled down the drive and back on to the highway, followed by a procession of adoring Greeks.



Ultra-marathon hero Yiannis Kouros gets into his stride as he nears Traralgon. He is expected to finish today.

Picture: JASON CHILDS

Ultra-marathon's Greek god ^{The Age} wins — at a walk

By JIM SCHEMBRI

Inside the Westfield shopping centre at Doncaster, 2000 green-and-gold balloons are packed tightly in a net suspended high above a small stage. On the upper and lower levels of the mall surrounding the stage is an anxious, excited crowd of more than 600 people, mostly Greeks bearing Greek flags. It is 3.50 pm and they are waiting, waiting — for Yiannis Kouros.

Outside, lining the path to the finish line of the 1050-kilometre Westfield ultra-marathon, is a crowd of about 1000 people, again most of them Greek. They stand patiently in the hot, mid-afternoon sun as they, too, wait, wait, wait for Yiannis Kouros.

Kouros was expected to hit the finish line about 3.55 pm, but the heat — the sixth straight day of 30 degrees plus — was taking its toll of the golden Greek. He was often slowed to a strained walk.

By 5.04 pm, he was one kilometre out, and the crowd, which had grown by hundreds, roared. At 5.13 pm, he ran down the final stretch, almost made a wrong turn, and ran the final few metres down a gauntlet of fluttering Greek flags and hearty chants of "Kouros, Kouros".

Kouros jumped with joy as he hit the finish line, completing the race in a remarkable five days, 19 hours and 14 minutes — four hours and 52 minutes longer than his winning time last year. For coming first, he won \$25,000. For winning with a 12-hour handicap, he got a bonus of \$5000.

The crowd then squeezed around the stage where Kouros appeared 10 minutes later to a frenzy of flagwaving and more chants of "Kouros, Kouros". At 5.23 pm, the balloons spilled over Kouros as he was presented with the cheque, a trophy, and a colorful wreath which he wore around his neck.

At the news conference later, Kouros said in a hoarse voice that he had had about two hours and 50 minutes sleep during the run and had spent about three weeks preparing. He wasn't sure whether he would compete in the ultra-marathon next year. His manager said that it was too far away to think about just yet.

But whatever his decision, this living legend, this Greek god of the bitumen, has forged his name in the minds of thousands of admirers, both Greek and non-Greek. He is a symbol of endurance and of athletic supremacy that deserves to be cherished.

● Dick Tout, of New Zealand, came second in a time of six days, 11 hours and 18 minutes. Of the 43 starters, 31 were still running late last night.



Feet up at last: Yiannis Kouros with his trophy after winning the ultra-marathon in a time of five days, 19 hours and 14 minutes.

DRUGS IN THE SPORT OF ULTRARUNNING

AURA has received complete lists of prohibited drugs, stimulants and other substances from the Australian Olympic Federation. These lists are in line with current international policies.

AURA intends adopting these lists as their own policy on the use of drugs, stimulants and other substances in the sport of ultrarunning with the following minor modifications: We recognise the need to be reasonably tolerant towards caffeine, alcohol and anti-inflammatories due to the long time factor of ultra running events as compared to any olympic event.

LETTER TO THE EDITOR

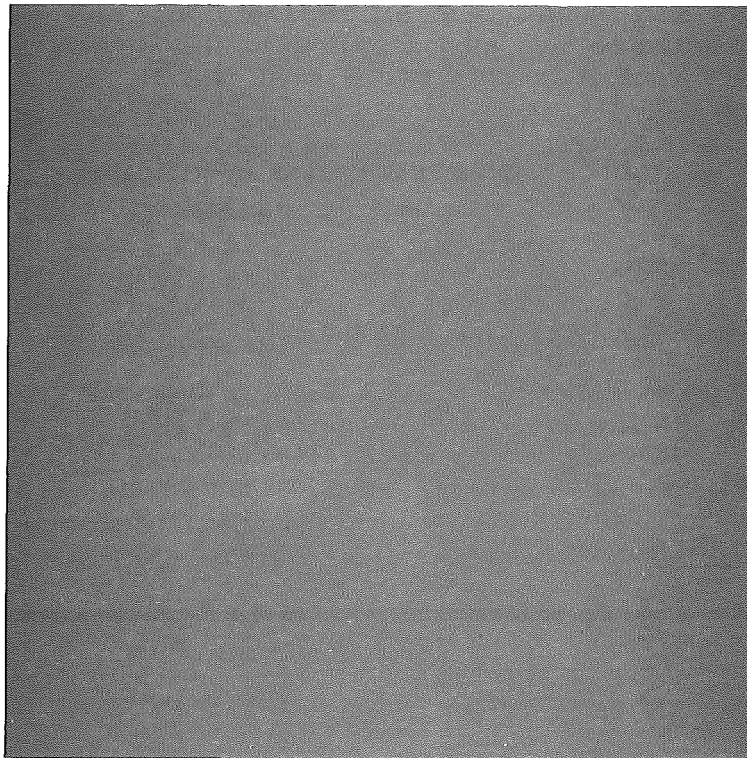
Dear Hookie,

I am most concerned about the fact that Ian Hutchison gives no recognition whatsoever to the female winner of his Six Foot Track Marathon. While Steve Montague, this year's male winner was presented with a great prize and received heaps of accolade, both at the presentations and in the newspaper reports, Ngaire Bruce, winner of the women's race went virtually un-noticed.

Myself and other females in the race were disgusted. It marred what was otherwise a great event. How does this chauvanist get away with it?

Yours sincerely,

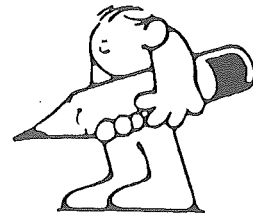
Dot (Germaine Greer) Browne.



The lovely Tony Tripp. in anticipation of a coming ultra event.

ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



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

Please dispatch to the Editor.

PERSONAL COLUMN

New Ultra Distance Running Star Born!

We are pleased to announce the birth of a bouncing, 8½ lb. (3.84 kg), baby boy (Scott) to Lexie and Bob Marden in early May this year. Both mother and son are healthy and doing fine. Dad is doing backflips in training runs.

Bob is one of our better ultra distance runners and is also one of our NSW representatives of AURA.

We hope to see Scott running ultras in the future (when he is old enough of course).

RACE REPORTS

PENINSULA ROAD RUNNERS - FRANKSTON TO PORTSEA RUN

34 MILES

SATURDAY 9TH APRIL 1988

by Kon Butko

At 7am., 8 runners set out from Frankston for the 34 Mile journey to Portsea.

The conditions were ideal although we did get a bit of head wind.

Alan Farley of Frankston led from start to finish with a fourway tussle amongst Peter Armistead, Howard Ross, Philippe Dodin and Kon Butko for 2nd place.

In the absence of Peter Armistead's manager, Ross Shilston, who went home for breakfast for about 2 hours, Peter couldn't hold himself back and took off after Alan, but suffered a little later. Incidentally, Ross is the same manager who fell asleep during the night while managing Peter Armistead and Kon Butko on several other ultra runs. These two will need to take a close look at their manager for future races. Maybe they can reverse roles for the next ultra.

Ken Hough, Reg Williams and Patrick Parsons ran steadily together until the last few miles where Ken took off to break 5 hours.

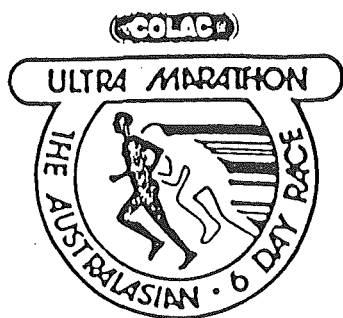
On taking Geoff Hook's advice, certificates were supplied to all finishers together with a block of chocolate. A bottle of champagne was also supplied to the winner. After scheduling the run to suit other ultra races, we only had a small field. It can't be the entry fee, there isn't any.

Now, Geoff Hook, we better see you next year since we have supplied certificates as you suggested!

The date will be about the same time next year.

Alan Farley	4:07:25	Kon Butko	4:18:01
Howard Ross	4:21:41	Philippe Dodin	4:44:20
Peter Armistead	4:47:40	Ken Hough	4:59:50
Reg Williams	5:04:55	Patrick Parsons	5:08:34

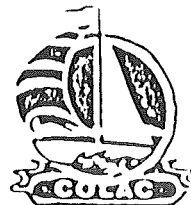
100% FINISH RATE



6 DAY RACE COMMITTEE

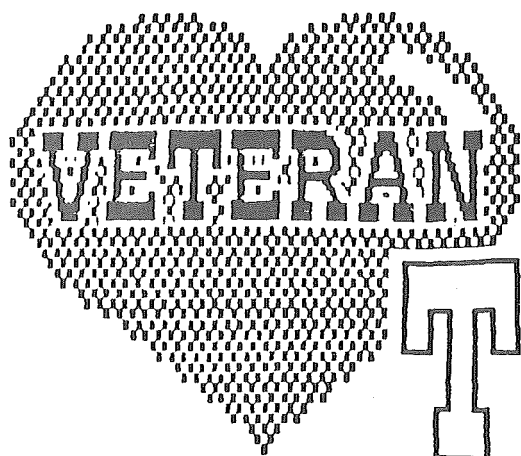
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INCORPORATED

COLAC 6 DAY RACE
NOVEMBER 14-20, 1988



P.O. Box 163
Colac, Victoria
3250.

The Colac 6 Day Race Committee invite applications and enquiries regarding their great race. Although the field is restricted to 15-17 starters each year, and great care and deliberation is used in choosing the field, applications from experienced ultra-runners (stating best performances and results of recent races) would be considered. Contact the 6 Day Race Committee at the above address.



24 HOUR

TRACK RUN

VICTORIAN VETERANS' ATHLETIC CLUB - 24 HOUR TRACK RACE
HELD AT COBURG ON 13TH AND 14TH FEBRUARY, 1988

by Dot Browne, Race Director

In its fifth year of operation, the V.V.A.C.I. 24 Hour Track Race, sponsored by Westfield, is continuing to produce excellent performances from athletes who are prepared to travel from all over Australia in order to compete. There were 14 interstate runners and Sue Andrews from New Zealand.

The event was the Victorian 24 Hour Track Championship and was held at the Harold Stevens Athletic Track in Coburg and the venue proved to be excellent. Coburg Athletic Club members attended to our every need and looked after us marvellously.

Out of 41 starters, 20 ran more than 100 miles, while 37 covered more than 100km. And these excellent results were achieved in a field where 23 of the runners were testing themselves for the first time over 24 hours.

There were also more younger runners in the line-up this year, with one third of the field under the age of 35 years.

The best performed of these younger recruits was undoubtedly Tony Dietachmayer, a talented 24 year old panel-beater from Cranbourne, Vic. As late as the twenty-first hour, he was still amazing everybody by leading the field. He'd hit the front after the 17th hour and was first runner through the 100 mile mark. He looked great, strong and relaxed. Spectators were surprised when he suddenly dropped out with a groin injury. He could have walked it in from there and still won. It took the next placegetter another hour to equal his distance. Let's hope we see Tony back again to finish it off next time.

Nick Read, a 36 year old soldier from Canberra was the athlete who took over the lead when Tony dropped out. For Nick, this was also his first 24 Hour Race, so it was another brilliant performance by a novice. He went on to win the event, and covered 209km, a remarkable achievement for a newcomer to pace himself so well and to win the first 24 Hour event he competes in.

Weather conditions during the race, although not ideal with the solid headwind down the back-straight for many hours and 25°C temperatures, didn't seem to adversely affect the runners too much because 27 of them ran p.b.s.

Col Browne stayed awake right through the night changing the leader-board hourly to give the runners regular updates on their placings.

We tried to help them through the horror hours from midnight to 6am by pinching Steve Cornelius' idea and offering a Graveyard Award to the runner who could cover the most laps during those bleak hours before dawn. The stonemason at the local cemetery looked at me strangely when I put in my order for a 10" high granite headstone with R.I.P. cut in gold letters. "Wanna bury your cat luv?" he enquired. "Not really", I replied, "It's for one of my running mates". "Is he dead or alive?" "He's alive now but he's likely to be half-dead by the time he gets this" "Oh, I see" he stated. He didn't see at all.

Tony Dietachmayer won this prestigious award by covering 127 laps in those six hours. Perhaps he WAS half-dead. He was certainly asleep when the presentations were made. His mates collected it for him.

Eduardo Vega was a colourful personality in our field. He was certainly given every encouragement to do a good one. His numerous Peruvian supporters were enthusiastically vocal for the full 24 hours and his country's music played full blast kept him awake. New cheer-squad members kept arriving to swell the numbers and join the laughing, singing, cheering, flag-waving band. They were delightful.

We were thrilled to have top ultra-runner from New Zealand, Sue Andrews run the race of her life. She came within 6km of winning the race outright, and she re-wrote the record books with her 202.890km and second overall placing. She broke the New Zealand and Australasian Women's 24 Hour, 200km, and 100 mile records, previously held by our own champion, Cynthia Cameron. Ironically, Cynthia and her coach Dave Herbert were Sue's support crew for this race and helped her break Cynthia's records. Dave prides himself on having 'handled' the two best female ultra-runners in the southern hemisphere!

Charlie Lynn, race director of the Westfield Run, had come down from Sydney for the race, checking out prospective starters. At least half a dozen were in there with a chance and will probably make a start in the big one.

As race organiser, I believe that the fantastic team from the Society of Clinical Masseurs, who massaged and bandaged tirelessly throughout the race, was probably the biggest factor contributing to the excellent performances achieved in this race. They were simply marvellous. Runners would stagger in, ready to quit, have a rub, and rejuvenate.

Spiro Moraitis, our race doctor, was also always there, casting a concerned eye over the tired runners and checking their weight loss every two hours. He didn't have to pull anyone out though. The only person who actually collapsed was one of our lapscorers who couldn't cope with the hype and the excitement at the end of the race. I nearly folded myself. It was all too much. The crowds started arriving in droves to yell and scream themselves silly, urging the runners to abandon their ultra shuffle and sprint for the final hour of the race. The Channel 10 helicopter landed in the centre of the oval, swirling dust and lap-score sheets in all directions and deafening everybody with the noise. Camera crews and reporters spilled out under the blades and rushed to the edge of the track, honing in on Cliffy. Always Cliffy. Not that we minded. We happen to love him too.

The finish was fantastic. Ray Callaghan got on the microphone inciting the crowd to riot. The Vega contingent went crazy, flapping the Peruvian flag in the face of their hero as he passed, and shrieking their encouragement. They would have carried him if they could have.

At 12 noon Sunday, the final gun sounded and they slammed their labelled sand-bags on the track and went off to collapse in the arms of their support crews and receive congratulations from everyone, while the officials circled the track with the measuring wheel.

Presentations took place in the clubrooms and the runners sat in a semi-circle in front, facing the rest of the audience. The photographer was back with the array of individual photographs of them all, taken before the start of the race. The faces in the photographs looked decidedly fresher than those which were in front of us now. But then, what else could you expect after they'd run their butts off for 24 hours?

1987 BANKSTOWN 50 MILE TRACK

by Gavin
Beahan

On a beautiful Sydney morning 19-7-87, nine athletes toed the line for this, the second Bankstown Sports Athletic Club N.S.W. 50 Mile Track Race. The air was cool and crisp; the grass track in perfect conditions and the surroundings picturesque.

This was an experienced pack that set off at 6.30am, with 20 x 50 mile races between them. The one female competitor was Georgina McConnell, setting out to win her 2nd title.

From the first lap, Bill Clingan set a blistering pace, taking the lead in the first lap and a 3 minute lead at the 10km. mark. The second group was lead by last year's winner, Anyce Melham. with Robert Osborne, Trevor Harris and Graeme Townsend running well. While Georgina went through 10km in 50 minutes.

The day was still fine and cool with a number of spectators and supporters increasing when Bill Clingan went through the marathon in 2hrs.50min52s. Anyce Melham's marathon time was 2hrs.55min.17s, Trevor Harris 3hrs.01min.39s, Robert Osborne 3hrs.08min.41s, Graeme Townsend 3hrs.15min.41s and Georgina McConnell 3hrs.53min08s.

With only minutes separating Bill Clingan and Anyce Melham, Trevor Harris and Robert Osborne and Graham Townsend were still in contention for third spot, while Georgina O'Connell had a sub-8hours firmly in her sights. The race was holding its excitement to the end.

Bill Clingan never let up to win in 5hrs.44min21s, Anyce Melham came second in 6hrs.28min.01s, Trevor Harris was third with 6hrs.33min.49s, fourth was Robert Osborn 6hrs 51min.49s, Graeme Townsend 5th in 7hrs.38min05s, and first woman, Georgina O'Connell ran 8hrs.19min.21s.

VIC.VETERANS' 24 HOUR TRACK RACE, COBURG, VIC.

13TH & 14TH FEBRUARY 1988

Photographed below is the wild-looking bunch who started in Dot's 24 Hour Race in February at Coburg.



PARRAMATTA DISTRICT AMATEUR ATHLETIC CLUB

The 8th Parramatta Track 50k
6/3/88

by Chris Stephenson

Organized by the Parramatta District Amateur Athletic Club, this 50k is run on a 500 metre grass track and has quite a following of all the old boys of ultra running in NSW.

A 6.00 am start saw 18 runners toe the line at a very drizzly and dark morning. Rod Martin, an Westfield entrant and local runner started the race.

Martin Thompson, an accomplished marathoner of years gone by - took the lead very smartly. Next was a group of three consisting of Paul Every, Bob Marden and Chris Stephenson. One lady was running - Georgina McConnell and she had the Six Foot Track Marathon to do in another 5 days !!

Although the run is classified an ultra event, it is in essence an out and out long marathon on a track - no walking around with your drink bottle - that looks very whimpy !! The smallest walk or head down looking for something, you will lose touch with the group or runner you were battling with.

Two hours into the run and rain falls and makes the grass track wet under foot, everybody just keeps hammering around the course. A great band of lap scorers from the Parramatta Athletic Club give the runners smiles, waves and the most important - how many laps to go !! - it is surprising how fast you come around each time in a 50k track run.

Maestro, George McGarth came to watch the event and was greeted with many hellos and good wishes from all the runners on the track.

At half way, Bob Marden, Paul Every and Chris Stephenson were still all together holding on to second position. Bob picked up the pace as Paul slowed for a pit stop, Chris slowing with a sore foot.

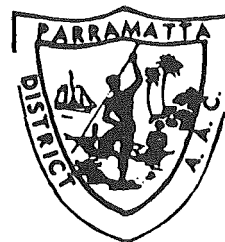
Martin Thompson clipped out a 2.50 marathon and closed in on the finish. As everyone witnessed this milestone, one could sense a collective feeling rising in the runners - a sense of urgency that we all could see the finish and all runners picked up the pace.

Martin slowed near the end but finished in 3.26.35, a good effort considering it was a solo run by him. Paul Every caught and past Bob Marden and both kept the pressure on each other right to the end. In the middle of the run was Ian Hutchison who caught up with Steel Beveridge at the marathon split and ran together to the finish. Hutch was doing his yearly ritual of running the last half of the run barefoot !! He had an extra handicap throughout the race - as he came in to get himself a drink, he had to give his dog Kooma a drink too !!

All runners finished under 5 hours with Georgina (first lady and tailend charlie), receiving a large ovation as she came over the line.

Presentation was well received by all the runners and I urge all runners especially in NSW to run this challenging and unique run next year !!

	<u>Marathon Time</u>	<u>Finish Time 50k</u>
1. Martin Thompson	2.50.08	3.26.35
2. Paul Every	3.02.08	3.34.27
3. Bob Marden	3.01.36	3.35.08
4. Phillip Clarke	3.14.05	3.50.21
5. Chris Stephenson	3.13.05	3.52.52
6. Robert Osborne	3.16.05	3.55.37
7. Alan Staples	3.28.07	4.07.59
8. Peter Manning	3.35.0	4.13.56
9. Ernest Hartley	3.37.47	4.20.0
10. Robert Drew	3.49.20	4.25.39
11. Ian Hutchison	3.49.0	4.28.43
11. Steel Beveridge	3.49.10	4.28.43
13. Ralph Briston	3.53.0	4.33.53
14. John Caccarone	3.51.53	4.37.57
15. Georgina McConnell	4.02.15	4.51.16
1st Female		



The Six Foot Track Marathon

- 12 MARCH 1988 -

The SIX FOOT TRACK MARATHON from Katoomba in the Blue Mountains to the spectacular Jenolan Caves was held again this year for the fifth time. It is certainly a unique event, 46km of tough mountain trail running. And the views are sensational if you can stop to look at them. The 'six foot track' passes down the Blue Mountains cliffs at Nellie's Glen from Katoomba and through the wild country of the Megalong Valley and Cox's River down to a height of 300 metres before it climbs to 1300 metres up the formidable Black Range to top the mountain and then fall away steeply again into the Jenolan Caves Valley.

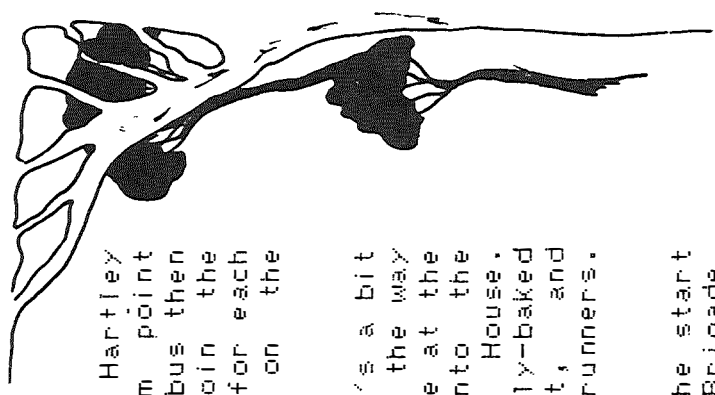
The actual track has been in existence for over 100 years, since 1884. It was originally blazed as a bridle trail for horseriders and walkers, a sort of 46km short-cut from Katoomba to Jenolan Caves. The winding mountain road which joins the two locations is almost double the distance. Big Chris Stephenson and Helen Charters measured the track accurately with the wheel last year, when they were the "sweepers" of the field. There's an eight hour cut-off time for finishing and, each year, the sweepers plan to run just on eight hours and the stragglers must stay in front of them in order to stay in the race. The sweepers get their names engraved on a special "Sweeper's Trophy" to compensate though.

Ian Hutchison has been organising this race since 1984. In that year, he was asked to put on a race to celebrate the centenary of the track. Hutch had been Race Director of the Manly 100 Miler so was known as an ultra-race director. He accepted the challenge and seven runners completed the course in rainy and bleak five degree temperatures. Three of them have been back each year to compete - Ian Hutchison, Big Chris Stephenson and Western States buckle-man, Max Bogenhuber.

The race has come a long way since then. Hutch accepted 143 entries this year and knocked another 50 back. He is fanatical in preserving the unique quality of this event. His attention to detail surprised me. Everything has to be blue (because the event is held in the Blue Mountains of course) - blue lettering on the race singlets and banner and blue photograph on the certificates. Would you believe he sent back the race numbers because the numbers and logo was printed in black instead of blue!

Hutch encourages locals to compete. He has also managed to persuade the Blue Mountains Echo newspaper and the Blue Mountains Tourist Authority to provide the awards and keep the winners coming back to the area with donations of accommodation, food, car rental and entertainment all to be taken within the mountains area.

One innovation this year was the arranging of the 60-seater marathon bus. It collected runners and their families on race-day from Katoomba, dropped the runners at the start,



and gave the spectators a one hour tour of the Hartley Historical Village before rushing them up to the 35km point at Forestry Hut to see the leaders go through. The bus then left for the finish line at Jenolan Caves to join the annual ritualistic cheering, hooting and hollering for each finisher as he/she finished in a blaze of glory on the narrow road outside Caves House.

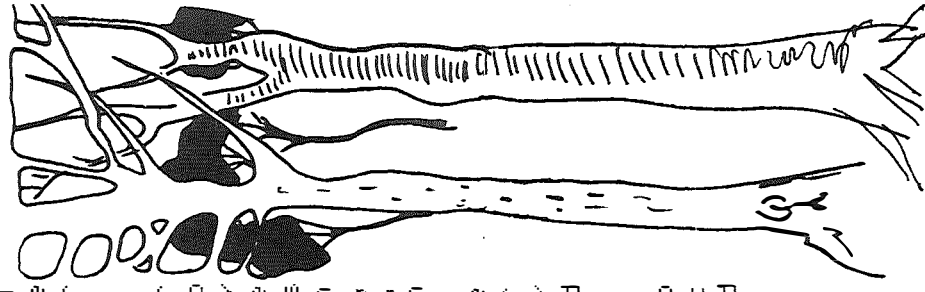
Although it's named the Six Foot Track Marathon, it's a bit of a misnomer. It certainly isn't six foot wide all the way and it's 4km. longer than a marathon. The atmosphere at the start is marvellous though. Everyone gets stuck into the billy tea and damper, hot from the ovens of Caves House. Scrape a bit of butter onto a doorstep of freshly-baked damper and drip some sticky golden syrup over the lot, and you have the makings of a great breakfast for ultra-runners. We certainly needed the sustenance.

Race Director, Ian Hutchison called us together at the start and presented the \$1500 donation to the Bush Fire Brigade. They promised to be stationed about every 5km to save us, and then we were off. Dave Girvan, from Woy Woy, dressed in convict gear, must have had a leave pass for the day. He took off with the rest of us. The first three kilometers were impossible to run. We did our best to scramble down the narrow, rocky creek-bed of Nellie's Glen. The rocks were sharp and slippery and no passing was possible. Hundreds of metres above the ravine where we slipped and slid, massive rocky escarpments jutted out from the cliff face, magnificent in their craggy beauty. But who was looking? We were preoccupied with just staying on our feet.

The next 12km was easier. It was an undulating track which traversed private paddocks, fire trails and narrow rocky paths and there were also a few' up and over' styles to negotiate. This took us to the Coxes River, a beautiful babbling river full of huge smooth grey boulders. We had the choice of rock-hopping the boulders or going in up to our calves.

After this, the fun started. There's a very steep climb for 3km, which most of us tried to walk as fast as we could. No point in wrecking ourselves at this stage. Then a momentary relief over the saddle and a 3km run downhill to Little River before we were on the hills again, but steeper this time, up to the pluviometer. As promised, the welcome Bush Fire Brigade was there to look after us again with drinks, bananas and oranges (supplied by Bob Fickel of Ashcroft), and to record our chest numbers as we passed. They had been marvellous, appearing just when we needed them most, all along the way. They had 13 stations altogether and each one was in radio contact with another via the pluviometer checkpoint, one of the highest points of the course. They came out to meet us, drinks in both hands, as we struggled up the hills.

The next stage was the 9km undulating uphill section out to Forestry Hut, where many runners seemed to hit the wall. It was a dusty four-wheel drive track through open bushland and



the steep hills had taken their toll on tired legs. Survival was the name of the game.

At Forestry Hut, an enthusiastic band of supporters from the bus had gathered near the Bush Fire Brigade truck to help spur us on for the final 11km.

Some of us did our best to keep the rhythm going on the 4km of good bitumen road, but many were walking by this stage. Then it was off into the bush again for another 4km of fire-trail running before the final murderous stretch down to Caves House and the finish line. I had been warned about this, but it was worse than I had imagined. The track was extremely steep and narrow, with rocks so sharp and loose that it was impossible to let your head go and stride out. It was a matter of prop, prop, prop all the way, with quads absolutely screaming out in agony. It was the longest 3km I've ever run. The crowds who had gathered on the roadway outside Caves House could see us coming as we scrambled down the steep track, so that by the time we hit the road, the roaring and hooting and hollering was deafening. What a relief to finish! What a reception! What an event!

The cheering continued until the very last runner, Cliff Spong, from Budgewoi was 'swept' in by the sweepers, Mountain Man (Grahame Kerruish, saving himself for the Westfield) and Ken Ingersole, just under the 8 hour mark.

Exhausted runners got into the cups of tea and cakes and gave the bar a fright while they waited for the presentations. Hutch held them out on the road soon after the last runner came in. It was a fantastic atmosphere. All the various running groups, such as Billy's Bushies, Sydney Striders and the Wyong Warriors gave their members heaps of vocal support and rubbishing as each one came up to be presented with their certificate.

Convict, Dave Girvan presented Hutch with a sensational Six Foot Track cake, baked in the shape of an enormous running shoe, complete with laces and adidas stripes. They tell me that there were some smelly old jock straps and sweat bands baked into the mixture. Not sure about that story.

Most of the runners stayed around for a great communal dinner at Caves House and there were some funny old movers at the Bush Dance that night. Most of us were too stiff and sore to cope, but it was fun anyway.

Thanks Hutch and Big Chris for a great event. Runners will need to get their entry in early next year to get a start!

Det Browne

The Six Foot Track Marathon



The Six Foot Track Marathon

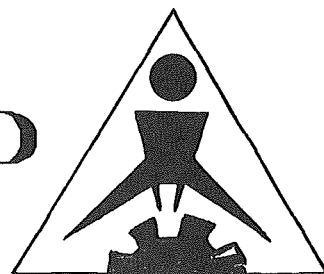
FIFTH ANNUAL BLUE MOUNTAINS SIX FOOT TRACK MARATHON - 12TH MARCH 1988

RESULTS

1. Steve Montague	3.35.42	37. Trevor Hamilton	4.52.21	73. Bob Darby	5.23.25	109. Hilton Beauchamp	5.53.09
2. Greg Love	3.41.45	38. Graham Drever	4.52.41	74. John Shepherd	5.25.05	110. Alan Witt	5.53.27
3. Roger Hardy	3.44.06	39. David McMahon	4.52.52	75. Tony Keevers	5.26.35	111. Robert Emblen	5.54.48
4. John Williams	3.52.20	40. Murray Antony	4.54.01	76. Frank James	5.26.35	112. Evrol Keeys	5.54.49
5. Jon McKenzie	3.54.13	41. Doug Markulin	4.54.41	77. Greg Reid	5.28.46	113. Warren Hardy	5.55.09
6. Max Bogenhuber	3.58.48	42. Cliff Miller	4.54.28	78. Pat Keane	5.28.51	114. Fin Mullins	5.55.11
7. Hugh Moore	4.04.07	43. Barry Tolson	4.55.30	= 79. Clive Wennerbom	5.29.19	115. Lemmy Moore	5.56.14
8. Malcolm Satchell	4.04.37	44. Tom Hill	4.55.39	= 79. Unknown	5.29.19	116. Michael Roods	5.57.28
9. Gary Knight	4.05.31	45. Richard Allen	4.56.52	= 79. Dave Girvan	5.29.19	117. Bruce Robins	5.59.44
10. Creese Syred	4.06.40	46. Tony Krantzcke	4.57.04	82. Harry Perry	5.29.25	118. Karl Kencis	6.03.10
11. Kevin Dean	4.09.25	47. Ngaire Bruce	4.57.47	= 83. Bob Rainbow	5.29.33	119. Bob Rowland	6.06.18
12. Matthew Kaley	4.18.33	48. Lex Gemmel	4.59.20	= 83. Brian Rensford	5.29.33	120. Bill Rannard	6.06.21
13. Andrew Segula	4.18.40	49. Norm Cooper	4.59.40	85. Geraldine Perry	5.29.33	F 121. Thomas Hobbs	6.06.25
14. Peter Malinowski	4.20.53	50. Brian Barker	4.59.43	86. Chris Stephenson	5.29.48	122. Ted Lillis	6.09.39
15. Paul Russell	4.27.24	51. Steve Carruthers	4.59.54	86. Ian Hutchison	5.29.48	= 122. Paul Lillis	6.09.39
16. Warwick Selby	4.28.56	52. Dot Browne	5.01.18	88. Michael Thorpe	5.29.51	124. Wanda Foley	6.10.56
17. John Hart	4.29.38	53. Helen Charters	5.03.10	89. Bruce Paterson	5.30.47	125. Jeff Newey	6.17.35
18. Michael O'Mara	4.31.33	54. Ken Hickson	5.08.11	90. Brian Colwell	5.32.56	126. John Ayliffe	6.20.29
19. Barry Coates	4.32.19	55. Allan Whitham	5.09.47	91. Ray Dean	5.33.42	127. John Fletcher	6.21.02
20. Robert Herd	4.33.36	56. Jack Woodward	5.09.52	92. Robert Drew	5.34.01	128. Ankels Colcombe	6.23.08
21. Chris Guy	4.35.19	57. Les Hunt	5.10.25	93. Jim Sydney	5.34.40	129. Bill Keats	6.31.20
22. Peter Barnes	4.36.07	58. Ashley Warner	5.10.34	94. Gary Auld	5.34.50	130. Angela Deakin	6.33.30
23. Mike Ward	4.38.32	59. Ron Schultz	5.13.39	95. Val Bulmer	5.35.20	F 131. Linda Clayton	6.35.44
24. Vic Thomas	4.39.11	60. Barry Whitton	5.15.43	= 95. Priscilla Coates	5.35.20	F = 131. Ted Clayton	6.35.44
25. Mick Collins	4.40.10	61. Bruce Driscoll	5.16.25	97. Barry West	5.37.53	133. Harry Deakin	6.44.22
26. Bill Lloyd	4.40.16	62. Bruce Hargreaves	5.16.27	98. Alan Murphy	5.37.54	134. Georginna McConnell	6.45.45
27. Paul Kelleher	4.42.20	63. Helen Stanger	5.17.12	99. Geoff McConnell	5.40.46	135. Peter Allen	6.48.19
28. Greg Burton	4.43.34	64. Edward Dobson	5.18.16	100. John McIntosh	5.44.10	= 135. Barbara Allen	6.48.19
29. David Cleland	4.43.37	65. Peter Hudson	5.20.28	101. Keith O'Connell	5.44.48	137. Geoff Hook	6.54.24
30. Phil Mezzino	4.47.24	66. Debbie Gray	5.20.39	102. Kevin Fennell	5.45.06	138. Robi Russell	7.04.44
31. Olly Williams	4.47.59	67. Peter Pike	5.20.41	103. Phillip Couttas	5.45.12	139. Cliff Spong	7.51.41
32. Warwick Williams	4.48.01	68. George Irwin	5.21.09	104. Ian Whitfield	5.45.17	140. Mountain Man	7.51.47
= 33. Bob Fickel	4.49.33	69. Bob Hardy	5.22.19	105. Roy Johnston	5.49.54	= 140. Ken Ingersole	7.51.47
= 33. Paul Allen	4.49.33	70. John Turner	5.22.53	106. Richard Bartlett	5.50.58		
35. Steve Nordish	4.49.38	71. Brent Waters	5.23.18	107. Brian Tydeman	5.51.14		
36. Warren Broadbent	4.49.43	72. Len Wilson	5.23.19	108. Robert Simms	5.51.59		

143 starters, 140 finishers

Peninsula Healthy Lifestyle 12 HOUR RACE, ROSEBUD 7 MAY 1988



by Barry Callanan

"Next time" I thought, "I'll take it just a bit slower in the first four hours, eat smaller amounts earlier, and drink more regularly...."

Hold the phone!! Stop the ferris wheel!! Hold everything!! What "next time"?

After a rather restless night's sleep and some painful strolling down the Sorrento Back Beach, I was, within 12 hours, allowing my miniscule subconscious mind to drift off and contemplate entering the next available 12 hour ultra. The self-inflicted slap marks are still visible on my ample jowls.

As a novice (yea, some would say virgin) entrant in the Second Percy Cerutti Memorial 12 Hour Ultra held at Olympic Park at Rosebud on Saturday 7th May 1988, I had just experienced the 'delights' of this novelty event. With an insatiable appetite to endure and undergo the expected, the other 30 masochists addressed the Start Line to be dispatched by none other than Herb Elliott himself. 8am, fine, cool and a very slight breeze. Anti-clockwise around the accurately -measured 393m. grass track with its slight rise and fall along both straights.

Mid-life crisis and male menopause on a collision course with advanced senility and dementia. Make that 31 starters.

Uneventful oval revolutions until 4 hours 15 minutes. Coincidentally, the marathon mark had just been passed when dissension and lethargy set in. Post race discussions with several other participants confirmed that I was not alone in this particular mental disposition/time zone.

A change of food, change of hat and a very brief misty shower took my train of thought elsewhere and I settled down to listen to the football previews for the next hour or so. (We were going to win. I was curious to hear by how much).

Conditions good, somewhat overcast, mostly fine, dry grass track flattening out nicely. My "Claytons" crew had done a marvellous job so far - Dot Browne heavily seconded into Race Organiser, Col Browne drafted onto Leader Board Actuary, and Geoff Hook delegated to a verbal Seiko position. My beloved child-bride Thelma was lap-scoring and two ankle-biters were slowly moving closer to my vast array of easily digestable goodies. Not looking good.

A massage by Mike Hoare at 5½ hours, coupled with a change of clothes put me in a better frame of mind until the 6 hour reversal of direction. As a novice at this, and accustomed to regularly running anti-clockwise at Victorian Veterans' weekly meetings, the 'unwinding' clockwise movement took a little getting accustomed to. But the undulations on both straights seemed easier this way.

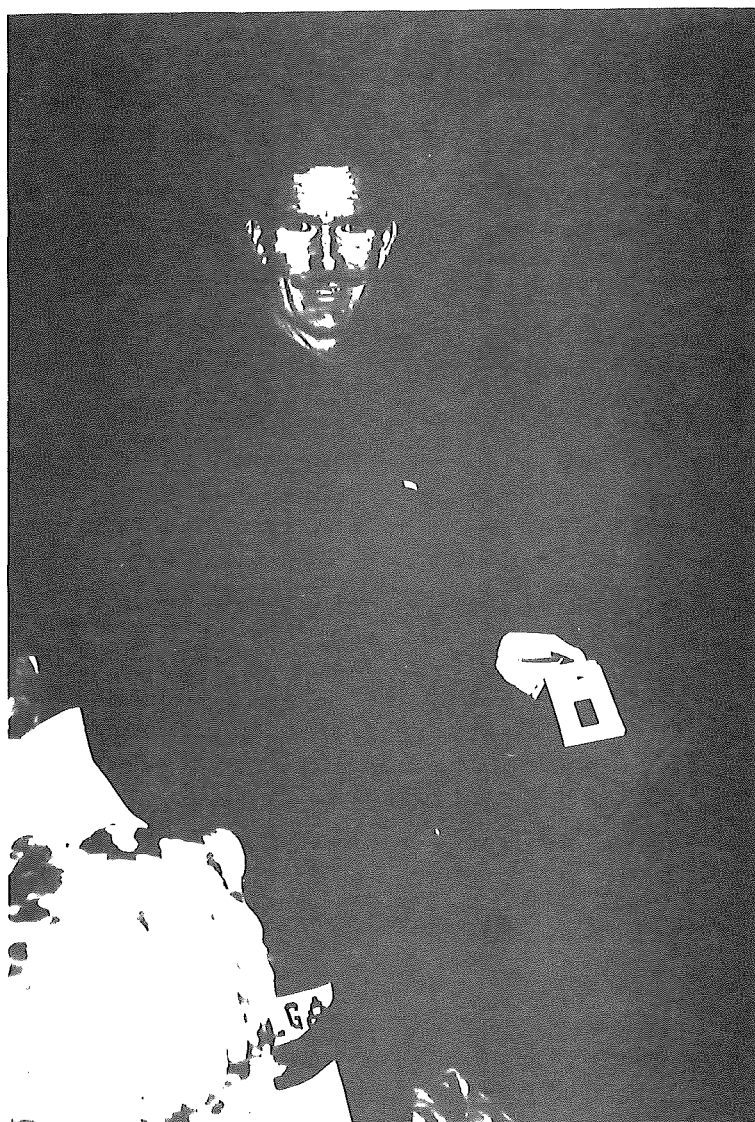
Hallucinations setting in??

Do those other blokes have to keep passing me with such regular monotony? The leader board confirms that I am actually maintaining my position in the field. They must all be deteriorating at the same rate.

At 8 hours, realisation sets in. There is no aggro here, no pressure, lots of encouragement from both on and off the track and, dare I say it, it is an enjoyable atmosphere. My first cup of warm coffee, taken on one of my frequent walk laps, gives me a huge lift. Walking had become a necessity from about 7½ hours, as I had started to experience cramps in my left quad, and quite frankly, didn't know how to handle it. So it was walk 2/3/4 laps until it eased, then go again.

Time, strangely, is passing quickly in the second half of the run.

Passing the 50 mile mark in just over 10 hours (Nothing to worry you there if you're competing on 18th June in the 50 mile championship), I calculate that I am on target to complete my minimum distance objective of 90km. Mild panic. however, as I recall the 7 metres short of 400metres per lap. Fresh calculations



necessary. A free icy-pole from the Cranbourne panel-beater Tony Dietachmayer shot me around 7 laps non-stop, half-way through the 11th hour. George Perdon strolls past and avails himself of our portable W.C.s. Long way off the track aren't they George? And aren't those steps getting higher and higher!!

My "Claytons" crew make a Cameo appearance track-side to combine with fellow Croydon Veterans in offering encouragement. I'm running better now than 7 hours earlier and start to consider how easy I had been on myself. Still, it really is a no-pressure run, and, I'll admit, much easier to approach than a marathon.

Overhead lights are on, getting colder but still fine.

I pass 90km. at 11 hours 48 min. and am silently elated. but can't let up as "The Quiet Achiever", Sandra Kerr is no more than one lap behind. I still have my pride. The old stager Stan Miskin is running a couple in front of me and is looking over his shoulder. He still has his pride too.

12 hours!! 91.199kms.!!

This typewriter could never express accurately the elation, glee, satisfaction, sadness, tiredness nor deflation at the completion of the last 10 second countdown. It's mine to remember and savour and reminisce, and nobody can take it away.

Now, if I pay my \$10 membership to A.U.R.A. now, do I get an early entry discount to the next 12 hour ultra?

What?

Slap!! Slap!!

OFFICIAL RESULTS

PLACING	NAME	DISTANCE COVERED	PLACING	NAME	DISTANCE COVERED
1.	Len LOVELESS	128.120km.	17.	Paul EVERY	98.255km.
2.	Ron HILL	122.711km.	18.	Raymond CARROLL	97.966km.
3.	Michael BRYCE	121.165km.	19.	Philip BARNES	94.092km.
4.	Tony DIETACHMAYER	119.915km.	20.	Stan MISKIN	94.475km.
5.	Peter TUTTY	116.743km.	21.	Greg HILLIER	92.965km.
6.	Max CARSON	116.430km.	22.	Barry CALLANAN	91.199km.
7.	Reg WILLIAMS	113.971km.	23.	Sandra KERR	90.566km.
8.	Klaus SCHNIBBE	112.553km.	24.	Michael MARDEN	86.393km.
9.	Tom DONOVAN	106.912km.	=25.	Merrilyn TAIT	85.512km.
10.	Terry COX (Jnr.)	106.894km.	=25.	Norm JOHNSTON	85.512km.
11.	Bill BEAUCHAMP	106.418km.	27.	Ken MARDEN	79.180km.
12.	Peter GRAY	106.051km.	28.	Terry COX (Snr)	75.057km.
13.	Keith FISHER	104.006km.	29.	Maureen RILEY	61.539km.
14.	Ralph BRISTOW	101.778km.	30.	Ali ZWYNENBURG	56.784km.
15.	Ken HOUGH	101.581km.	31.	Lydia Ann COX	55.550km.
16.	Patrick PARSONS	100.145km.			

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RACE ADVERTISEMENTS

Queensland Marathon & Road Runners Club

24 HOUR ROAD RACE

The Queensland Marathon and Road Runners Club will present a 24 hr Road Run on 25&26 June 1988 at the Queensland University, St Lucia.

Due to the unavailability of a suitable track it has been decided to conduct the 24 hr Run over a 2 km circuit of bitumen road in the Queensland University Grounds. This will enable the maximum number of competitors to be expanded and also allow limited pacing (say no more than 10 minutes in every hour). Runners may be transferred to a 400 metre track near the conclusion of the run to enable easier measurement for this final part of the run. Lapscoreing will be done by computer.

For Entry Form, contact:

Ian Javes, (Race Director)
7 Romanette Street,
Mansfield, Brisbane
Queensland 4122.
Telephone: (07) 3436159

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	Full page	\$ 60.00 per issue

Repeated advertisements over several issues will attract a 20% reduction. If you are in business, associated with runners, or know anyone who is, then either take up this offer or let them know about it.

Clear copy, having good contrast must be supplied by the advertisers. Payment to be forwarded with the advertisement.

RACE ADVERTISEMENTS are FREE!!

Please try and restrict to one page, preferably less.

FREE POSTAGE SERVICE for entry forms for any ultra race in Australia, if sufficient entry forms are sent to us. We'll include them in our next issue. Current circulation is approximately 270.

3rd ANNUAL

BANKSTOWN SPORTS N.S.W. 50 MILE TRACK CHAMPIONSHIP

Saturday 30th July, 1988 at 7a.m.
The Crest Athletic Oval
Mclean St. Bass Hill

Open to all persons aged 18 years and older. Competitors must bring
seconds and lap scorer.

ENTRY FEE. \$10 payable on day from 6.30 a.m. T - Shirt to all entrants.

TROPHIES. 1st, 2nd, and 3rd outright.

CERTIFICATES. All finishers.

CANTEEN IN OPERATION

Name: Age:

Address: Best time:

STATISTICS. Previous 50 milers. Best time:
Where:
Previous Marathons. Best time:
Where:

I hereby declare that I am healthy and consider myself fit enough to complete this race. In the event of any injury, illness or death to myself as a consequence of this race due to either my negligence or that of the organisers no action will be taken against the organisers by myself or executors or heirs.

Signed: Date:

DATE 28th August 1988

TIME 7:00 am.

REPORT IN 6:15 am.

ENTRY FEE \$15.00 Cheques payable to Coburg Ground Management Committee

LOCATION The Harold Stevens Athletic Track, Outlook Road, Coburg
(Rear Basketball Stadium) Melway Map: 18 Ref. A 9

ENTRIES TO Kevin Cassidy, 4 Grandview Road, Preston Vic. 3072

INFORMATION

1. Field limited to 30 runners.
2. 11 hours 30 minutes time limit.
3. Entries close 23 August 1988.
4. Portable toilet trackside.
5. Runners must provide their own handlers and lap scorers.
6. Race numbers to be visible at all times.
7. No pacing.
8. Runners must move to lane 3 when walking / eating.
9. Certificates to all finishers.

Cut off and return

ENTRY FORM

Surname Call Name

Address

Postcode Telephone Male / Female

Previous Experience

.....

.....

DECLARATION

I, the undersigned in consideration of and as a condition of acceptance of my entry in the Trevor Pettigrove 100km Championship of Australia for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event. I will abide by the rules of the run.

The Sri Chinmoy 100km Track Race is an event designed for serious ultra-distance runners who want to realise their maximum potential over this standard distance and for experienced marathoners keen to accept a new challenge in self-transcendence. It is being conducted by the Sri Chinmoy Marathon Team, an experienced organisation who present numerous events throughout Australia, ranging from weekly 2-mile "Runners are Smilers" races to major Triathlons in three states and the Australian Championship 24hr Race in Adelaide each November. This will be their first 100km event and is the first Ultra-marathon to be held on a certified course in the A.C.T. Applications are invited from any runners over 18 years of age. Special consideration will be given to Women and A.C.T. applicants.

1. Superb, International standard all-weather track.
2. Attractive setting amongst native eucalypts.
3. Changing rooms and bathrooms adjacent to track.
4. Lap scorers provided.
5. Large Digital display clock.
6. Prizes for
 - 1st 7 Men & Women under 50
 - 1st 3 Men & Women 50-59
 - 1st 2 Men & Women 60-69
 - 1st Man & Women 70 and over.
7. Food and Drink provided, including post-race dinner.
8. Leaders board on Display, updated every hour.
9. Medical Officer and Masseur on Duty.
10. 12 hr cut-off time.
11. Field limited to 40.

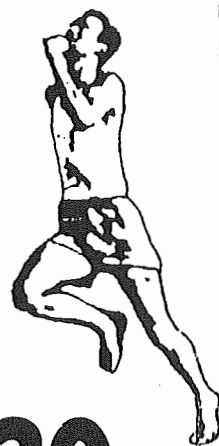
TEAR OFF
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SURNAME										FIRST NAME									
ADDRESS										PH									
P/CODE										(H)									
										(W)									

NO. OF OFFICIAL MARATHONS COMPLETED _____
 BEST MARATHON TIME _____ PLACE & DATE _____
 LONGEST DISTANCE RUN _____ TIME _____
 NO. OF OFFICIAL ULTRAS COMPLETED (50 MILES +) _____
 BEST PERFORMANCE IN AN ULTRA SINCE 1975 _____
 DO YOU WISH TO BE SEEDER? _____
 IF SO, STATE REASONS _____

SRI CHINMOY 24 HOUR TRACK RACE



ADELAIDE, OCTOBER 29-30

AUSTRALIAN CHAMPIONSHIP EVENT

INCORPORATING THE INAUGURAL *24* HOUR -
BICENTENNIAL TEAM RELAY RUN

FOR ENTRY APPLICATIONS -

SEND STAMPED SELF ADDRESSED ENVELOPE TO:-

SRI CHINMOY *24* HOUR RUN

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PHONE : 08 - 267 1463 AH.

NEW WORLD CHAMPIONSHIP RACE DECLARED

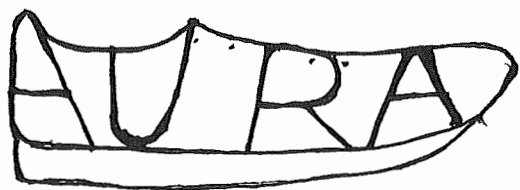
The 2nd world championship event to be endorsed by the International Association of Ultrarunner's (IAU) is the 1,000 mile race at Flushing Meadows, New York, conducted by the Sri Chinmoy Marathon Team.

This race will take place from May 20 to June 7, 1988 and already most of the ultra world's top runners have accepted an invitation. It promises to be a very interesting race.

The 1st event with world championship status, the 100km road race, will be held for the 2nd time at Santander, Spain on October 1, 1988.

LOGO

SUGGESTIONS

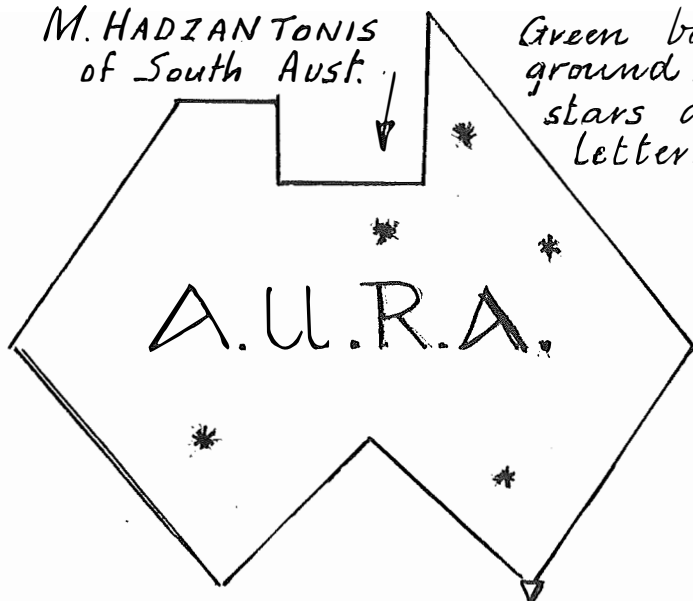


Club Badge (& Logo)
to be shaped as a
running shoe.

GORDON BURROWES.

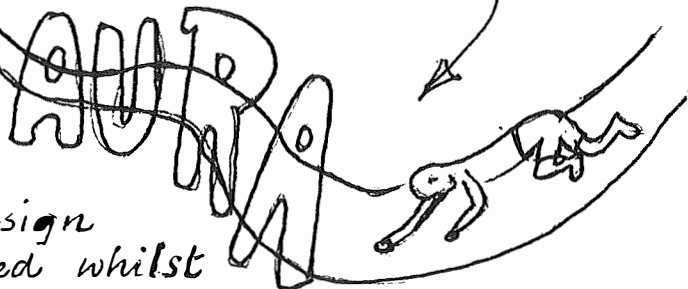
M. HADZANTONIS
of South Aust.

Green back-
ground, gold
stars and
lettering.



MELBOURNE

TONY COLLINS



"This
logo design
occurred whilst
in my hotel room, waiting
for the start of the Westfield."

Extremely neat
design from
JOE GOBEL



LOGO SUGGESTIONS.

by John

KOSTOPOULOS

AN AUSTRALIAN ULTRA
MARATHON RUNNER CROWNED.

Thanks! You lovely people, for your ideas!

MISCELLANEOUS ARTICLES

FROM THE OTHER SIDE OF THE FENCE "OR" LIFE IN THE OUTSIDE LANE

Rosemary Nash.

After reading the Feb. AURA newsletter and in particular the the "Why do we run" article (which I thought was great) by Tony Collins, my fingers were itching to begin my own composition, may be entitled "Why do we wait"?

As I am only a newcomer on the Ultra scene, a veteran of two newsletters it struck me that maybe there were a forgotten few out there in Ultra land, who had never put fingers to typewriters and expressed their own feelings. So here I go.

I have never placed a pair of running shoes on my feet, and doubt I ever will, nor have I ever felt the miles of bitumen, caress my body. I really don't think I want to either.

I am a four times a week competition tennis player and would rather be caressed by plexi or en tout cas. But I am also the wife of an Ultra runner.

Rob, began running fun runs, progressed to marathons, and then to my horror wanted to run Ultra's, a natural progression he explained.

I have never had the slightest interest in any of these activities and we agreed to "do our own thing".

He would creep out of the house in the early hours of Sunday mornings to run the Marathons, get home around lunch time, and chop the weeks fire wood in the afternoon. He could have gone to the moon and back for all I knew,.

But he took all the suggestions of brain damage, frontal lobotomies etc to cure his insanity in his stride.

I started paying subs to AURA, never heard of it and certainly not affiliated with the L.T.A.V.

Then friends who were "that way inclined" starting popping round and before I knew what was happening he was entering his first 24 hr. at Coburg and on Valentine's day as well. Oh well there go the roses.

Crews were organised, a lapscorer, new shoes, the food was our weekly bill again. He really didn't want me to go, and as I had tennis on Saturday that suited me. He left on the Friday to stay the night closer to the track. I missed him and had a gnawing in the pit of my stomach, I was actually worrying about him. I couldn't concentrate at tennis, 2pm he would be 2 hours into it 22 to go. Look at the ball, concentrate,

2½ hours., Was he OK. Were the orthotics working how was his sciatic holding up. What was wrong with me. Oh help love 40 on my serve. 3hours. I might go to Coburg, just for a look. Mum would have the kids, I'd have to take the dog though, Mum hates the dog. I'll pack some clothes, P.J's in case I sleep. So I went on my pilgrimage to Coburg, armed with all my gear to make it more comfortable for me. If I stayed that was. Arrived at 7pm, 7hours (we won at tennis by the way). And so this was my introduction to the world of Ultra running. I stayed, The P.J's never came out of the bag I stayed up all night didn't nod off once. I ran beside him, with food, walked with him in his downers, cried for him in his pain, cheered for him in his ups. Heaved him onto the massage table, checked his lap scores. Abused him, yelled at him, changed endless smelly socks, and had the best time I have had for years. Every one was fantastic, the crew unbelievable in their dedication and support. Friends who just happened to be passing called in to watch (only 60 K's out of their way) and stayed.

And so Tony Collin's keep trying to explain why you do it. I am beginning to understand. I can't feel your pain, but as part of a crew we have our own kind of pain in watching the ones we love suffer, and our understanding of what you are going through grows, My respect for your endeavours and achievements grows too.

And when the midday siren sounded and I looked around at the crew, family, and friends who had "only come to have a quick look" there was not a dry eye to be seen. I don't know if I feel this way because this was his first Ultra, or if the others will be the same, but I know I'm hooked.

As I said before I know for sure now I will never don the shoes and gear and take to the track, but I'll be there in some capacity.

In April 88, I begin my studies for a Certificate of Clinical Massage specialising in Sports Injury, with special interest in Ultra running massage. So I'm in, AURA. You have courted me and won, but I suppose after all you had the advantage. It was Valentines Day.

Audley is Sportsperson of Year

ULTRA-MARATHON runner George Audley is the 1987 Albany Sportsperson of the Year.

The 52-year-old meat worker was presented with his award at a special function held at the Town Council offices last Friday.

Audley was a unanimous winner from the 18 senior sportspeople nominated and judges had little difficulty in making their decision.

The veteran marathon runner, who has been nominated twice before for this prestigious award, caught the attention of the judging panel on three occasions during last year.

Audley's first nomination came after his superb effort in the 1987 Westfield Sydney-to-Melbourne marathon last April.

The lightly built runner surprised many professional athletes with a brilliant performance that saw him complete the event in sixth place.

It was Audley's first attempt at the Sydney-to-Melbourne marathon and the 52-year-old is now tapering off his preparation for an assault on this year's race.

Performance

Audley continued to amaze the sporting arena when he put himself into world class rankings with a superb performance in the Hi-Tech 48-hour race in Perth last October.

He clocked up 335

kilometres to set a new Australian record — but one which has since been broken.

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

Audley once again came to the notice of the judging panel when he finished sixth in the notable Colac six-day event held in Victoria in November 1987.

During the last three days of the event Audley covered distances of 130km, 137km and 147km per day — a remarkable effort considering the problems he was plagued with earlier in the race.

Success

An excited Audley said after the presentation that he had hoped to win the award and believed he had a good chance of success this time judging by this year's efforts.

"But you can never count your chickens until they've hatched and with the excellent standard of competitors nominated this year, I wasn't over confident," Audley said.

"But winning is a great thrill and I'm honoured."

Audley also paid tribute to the organisers of the local cross country events and said that

without their help and encouragement, he may never have taken up competitive running.



GEORGE Audley receives his award from Mayor June Hodgson.

THE ALBANY ADVERTISER, Tuesday, March 1, 1988

THE LONLINESS OF THE LONG DISTANCE RUNNERS WIFE.

In a perfect world he would have married an athlete. A woman who would understand the calling of such an obsession. A person who would eat, sleep, and breath running swimming, cycling and after that, still more running. But alas, love is blind they say. What ever happens to those long romantic nights. Of those walks along the beach, together with those long talks about future plans, of a shared bottle of wine snuggled around a cosy fire. I'm sure that they were there once! Where do they go? And how about those friends who have somehow drifted away into oblivion only to be replaced by running friends, (making life even more lonesome.) As I grow older and less energetic, my husband seems stronger, certainly fitter and looks wonderful, and as I'm aging he seems to have discovered the fountain of youth.

I'm sure that things are very much different since the progression from the 3 to 4 marathons and a couple of fun runs a year stage to the ultra distance phenomena.

I used to have 4 children, now I have 5!! We worry about, "Is my weight dropping enough, Does my foot pronate, get me an appointment for orthotics, These shoes are no longer any good"(although they cost \$160 pr.) "Good news about my right inferior retinaculum but my anterior tibial is playing up " etc. etc.

I suggest an early night, perhaps put the children to bed, a little light music, a shared bottle of wine over a romantic supper and que sera sera. " Great Idea, I'll just have a 3 hour run first, so if you can wait till around mid night I should be back and then we can switch on, but would you mind massaging my feet first".

Sometimes I will wake up at 2am minus my bed partner, but alas, no fear, I look over the side of the bed and sure enough the runners are gone, so, no need to worry, he's out running.

The loneliness can be staggering. Trying to hold together a busy household as well as a business and topping it off with living with an itinerant husband. Surely I'm not as alone as I most often feel, there must be other ultra distance widows living through the same voids. Perhaps we could compare notes.

What prompted me to write this? My husband has just written an article for Aura on "What makes me run", and on reflecting, It seemed that the time had come to air my gripes. Why don't I run, you might ask - especially if it will keep me looking younger and fitter. After 10 years of trying I'm convinced that some of us are cut out for it and some are not. I just don't enjoy running, but I do make a good second.

At the moment my husband is in training for the Westfield Sydney to Melbourne footrace in March 88, I console myself with the thought that he isn't the only one running in fact there are 3 dozen others, the majority with wives and families, who feel the same pangs of frustration. I go out and see. "I'll see you in 3 or 4 days."

I am, however, very very proud of my husband. Not only is he running this race for his own personal reasons, he is spending so much of his spare time raising funds for the Camperdown Childrens Cancer Research Fund, and has managed so far to tie the two successfully together, raising some 10s of thousands of dollars. Are all you long distance runners such special people?

At this very moment I am sitting in my study, ending this letter, looking out over the ocean and watching a beautiful full moon come out over the horizon thinking of those last words he said as he went out the door, " I'm out for a run, I'll see you in 3 or 4 days."

Regards,

Jan Collins,

THE SHEPPARTON NEWS

Editorial note:

Actually, this newspaper article is a bit behind the times. Greg Hillier actually raised \$11,000 in his great run. \$10,000 of it went to the Goulburn Valley Base Hospital, and he donated the other \$1,000 to the Blind Assoc.



Support crew and other keen followers cheered on Mooroopna runner Greg Hillier (middle) yesterday as he approached his home town after a four-day ultra-marathon run around the Goulburn Valley.

Runner jogs ward appeal along

By CHERYL HAMMER

A lion-hearted effort by Mooroopna runner Greg Hillier has raised more than \$7000 for local charities and clocked up his personal best performance over a 340 km distance.

Greg ran into Mooroopna yesterday earlier than the scheduled 5 pm after his four-day ultra-marathon run around the Goulburn Valley to raise money for the children's ward and the Association for the Blind.

The Mooroopna father decided to take up the challenge of a fund-raising run after he was unable to compete in the recent Sydney to Melbourne Marathon because of torn ligaments in his foot.

Greg set off on the run at 6 am on Friday and ran about 13 hours each day before stopping overnight.

He said people along the way supported him well and gave generously to his cause, but he was disappointed at the number of people who were aware of his run.

"My support crew did a marvellous job collecting from people in the towns but I was surprised that more people did not know we were coming," he said.

The marathon team was in Violet Town on Friday night, Seymour on Saturday night and Rushworth on Sunday, then headed home last night.

"I am very happy with my times during the run," Greg said. "I finished ahead of schedule each day and have pulled up fit afterwards."

The winner of the raffle for which tickets were sold during Greg's run will be drawn on May 2 at Dunlop Industrial Sales, and half the proceeds will be presented to the Association for the Blind.

The other half of the money raised will be handed over to the Goulburn Valley Base Hospital children's wing appeal on May 4.

Greg said about \$7000 had been collected so far and possibly more donations would be received during the week.



Greg Hillier shares a celebratory drink with his wife Pat and young son Carl after his successful run.

— Pictures by PAUL TREZISE.

Marathon man slows the pace

By MICHAEL CAVE
Picture: CRAIG ABRAHAM

BOB Bruner talks fast and he talks a lot. Every time he opens his mouth it is like one of his marathons except the deluge of words come at an even more frantic pace than the slow, methodical plod of each step in a Sydney to Melbourne race.

He must have an incredible lung capacity because he can talk for hours without pausing for breath. People say "Bob Bruner can talk under water" and you think they are exaggerating. Bob Bruner can talk under water. This is not exaggeration.

He talks about fitness and nutrition, about the people who come to him to improve their health and about the incredible feats he and his tiny body have achieved, but most of all he talks about Bob Bruner — a man who is, he says immodestly, "the razzamatuzz Billy Graham of fitness".

His office is lined with books about fitness and psychology and photographs of himself running — sometimes smiling, usually shirtless, but always with a headband. He talks about himself in the third person: "Dr Bob Bruner this ..." and "Dr Bob Bruner that ..." and he talks in catchphrases like: "It's hard by the yard but a cinch by the inch" and "If you don't use it you lose it".

By way of introduction, he strode into the office, pointed to one of the huge photographs and said simply: "That is moi." There was a pause allowing his listener time to take that in before he rushed on with: "That is Dr Bob Bruner with the headband and this is Dr Bob Bruner without the headband."

"Sure, you've heard of Bob Bruner, fitness advisor to the rich and famous, but there is more than that. Bob Bruner is not just the fitness freak or the bandanna runner — there is something behind the bandanna," he said.

"He is really an academic coming on to the battlefield to talk to the layman. I see Dr Bob Bruner as a conductor. He has an orchestra in front of him made up of different people, different goals and different lifestyles. I want to make beautiful music."

Bob Bruner is the designer name in Melbourne fitness. For a substantial price he will give you an exhaustive medical, fitness and nutritional evaluation and a motivational profile to determine the best way to help you achieve your maximum potential. Then he will coach you towards that goal.

About 300 people are in the Bob Bruner stable and take part in his classes four or five times a week. These classes are held at 6 am and 9.30 am Monday to Friday and 7.30 am Saturdays and involve aerobic-style exercises mixed with swimming, running, walking and even yoga.

But there is more to Bob Bruner fitness than turning up at an aerobic class on the days you feel capable of getting out of bed on time. If someone doesn't turn up for a couple of days, he starts chasing them.

"I am here to make sure you don't bullshit yourself," he said very matter-of-factly. "I help people maximise their potential. But I'm aware of people's sensitivity — I'm no army sergeant."

"If they are sick I send them a get well card. If they are going away I send them a bon voyage card. But for them to do a slack

one and not show up — that offends me. I'll chase the hell out of them."

"Maybe I'll give them a ring in the morning and get them out of bed to come down and take a class. Maybe I'll send them a note — a little card, a little cartoon or a little quote, but it will let them know I am thinking about them and don't let them forget. After all, 80 per cent of life is in showing up."

Dr Bruner's 300 clients range from ex-Olympians to people who can't swim or have difficulty walking, but, he says, most are affluent professionals.

"The majority of my clients are achievement-oriented and stress-oriented, working 90 to 100 hours per week. They come from affluent areas, are aged 30-plus and are professional people who are becoming aware of fitness and health. Health equates itself with wealth."

"In some respects they are my children and in some they are my brothers and sisters. But Bob Bruner has taken on many roles: guru, guide, confidante and even the Jewish mother. I come across in a very brazen way, but a very loving way."

He said he didn't think keeping fit the Bob Bruner way was expensive. "Compared to fitness centres, yes, I guess it is, but on the other hand, these people have Dr Bob Bruner on hand seven days a week, 24 hours a day."

Bob Bruner arrived in Australia from Canada in December 1972. He has a handful of university degrees including a BA, an MA and a PhD, and a strong background in sport, including professional boxing and an appearance in the Rome Olympics of 1960. "Australia really provided me with an avenue to grow," he said. "It was a country

pretty barren in the fields of physical education and nutrition in those days."

Not too much has changed, he said. "I'm still concerned with the health of this nation. We are living in a society where so many people are so fat and unhealthy: 16-18 per cent of the population has cholesterol or high blood pressure. We take our health for granted: if it's not broken, don't fix it."

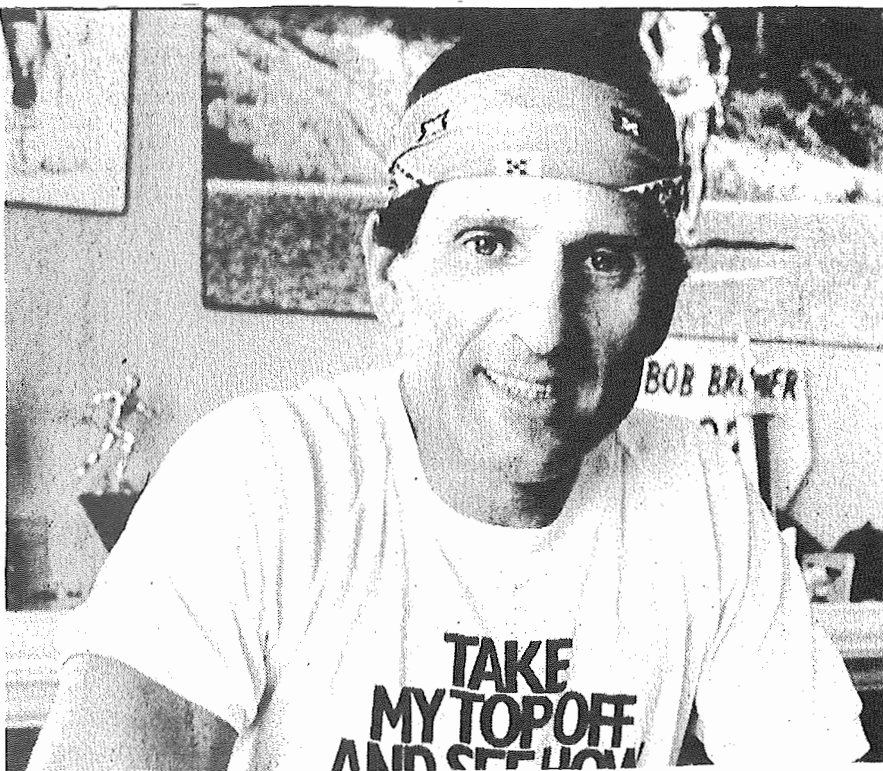
The Bob Bruner lifestyle is a spartan one. He starts his day at 4.15 am with a glass of water flavored with a slice of lemon. For breakfast he has a slice of toast or a banana. In addition to his fruit, vegetable, grain and cereal diet, Bob eats 60 grams of fish three times a week, 50 grams of liver once a week and drinks 12-14 glasses of water a day.

"I eat like a bird, but I eat often," he said. "I learnt a long time ago that you don't eat when you are hungry because then you are more likely to pig out. Sometimes I do have a binge — like an Eskimo Pie or a bag of chips — maybe once a year. And even then I'll say God, why did I do it?"

While Bob understands this spartan lifestyle is not for everyone, it is the secret dream of everyone, he says, to be a fitness fanatic.

"People probably think I'm a god or a demi-god, but I'm not and I'm not the razzamatuzz fitness evangelist I used to be. I've sort of toned it down a bit now. What I am about is beyond fitness — it is a whole philosophy of life. Maybe Bob Bruner is a philosophy."

"The Age" 17/2/88



"The Age"

21/3/88

It's the mind that matters

Athletes often speak of themselves as two discrete entities — a body and a mind — locked together in the struggle for supremacy. But as PETER STEPHENS reports, neither can succeed without help from the other and the athlete can succeed only when the two components compete as one.

"There is no such thing as hitting the wall. All it means is that your mental training has snapped."

— Dave Scott, six-times winner of the Hawaii Ironman Triathlon World Championship.

IN THE lead-up to the summer Olympics, mental preparation will occupy as much attention as physical training. People watching or hearing of the emphasis on mental conditioning might wonder how important it really is. After all, sport is normally associated with brawn, not brains.

But do not doubt it. When you see three athletes standing to receive their medals, you can be pretty certain that the difference had as much to do with mind as with heart, lungs and muscles.

Bruce Jenner, who won the Olympic decathlon in 1976, setting a world record in the process, said that he had expected that "80 per cent of the performance was going to have to be mental and 20 per cent physical".

"I'm in perfect shape", a swimmer might say, "now all I've got to do is get my mind right." Or perhaps it is the other way around: "There is no way my attitude will let me down."

As Roger Bannister, the first man to run under four minutes for the mile, said: "All physiological factors may ultimately be secondary to the capacity for mental excitement — which brings with it the capacity to ignore or overcome the discomfort of pain."

Jack Dempsey, the heavy-weight boxing champion, described the elusive quality of mental strength this way: "A

champion is the guy who gets up when he can't."

However it is defined, some athletes have it and some don't. Some have it one day but not the next. It is a combination of confidence and courage and desire.

All physiological factors may ultimately be secondary to the capacity for mental excitement — which brings with it the capacity to ignore or overcome the discomfort of pain



In his book 'The Inner Athlete' Dr Robert Nideffer argues that "even when an athlete is functioning at his normal level, he is usually functioning at a level far below what he is capable of doing. Though his thoughts and feelings may not be directly antagonistic to performance ... they simply fail to be as consistent or focussed as they might be and thus are not conducive to maximal performance."

Dr Nideffer places great emphasis on the need for the mind and body to be integrated for an athlete to approach his or her potential.

Science has taken sporting equipment to undreamed-of horizons. We now have faster bike wheels, lighter track shoes, blood-testing to monitor a swimmer's training progress, sophisticated weight-training equipment, aerodynamic ski-suits, lighter, stronger and bigger tennis rackets.

Athletes can maximise the external factors (equipment) and use refined scientific techniques to optimise their internal factors (strength and fitness) but the uncharted area, the field which offers most opportunity for development and improvement, is the mind.

Dr Jeff Summers, a sports psychologist at Melbourne University, believes that by training the mind, an athlete can become more consistent and reduce ner-

vousness. A marathon runner himself, he uses a range of devices to create the right attitude in the athletes he advises, combining confidence, relaxation and determination.

In sport at any level, attitude is crucial. It unlocks the physical capabilities and allows the athlete to perform as well as he or she is able. Equally, a bad attitude can imprison those same physical capabilities and confine a great athlete to mediocrity.

In each case the question is the same: do you fight or give in? It is a question that does not allow evasion. It must be answered, instantly and decisively.

Dr James Counsilman, one of the world's most respected swimming coaches, actually graphed the difference between a hard worker and a "comfort swimmer". The hard worker traverses the "hurt zone", enters and passes the "pain zone" and moves into the "agony zone" in which he or she will actually press harder and swim faster.

Some of the more widely used are:

● **Positive affirmation:** This involves an athlete — and coach, if there is one — building confidence. It involves controlling your mind under pressure so that, for example, when you start to hurt at the 300-metre mark of a 400-metres swim time trial, your mind is

saying "relax, you've done it harder than this before and if it's hurting you, it must be killing the guy in the next lane" instead of "I

don't think I can take much more of this".

● **Visualisation:** You may have seen in the winter Olympics slalom skiers awaiting their start, weaving their heads from side to side and bending and straightening their knees. They were visualising the event, running through it in their mind before going down the slope. This technique relaxes the mind, builds a little confidence and has been shown to enhance performance.

● **Relaxation:** Some athletes feed off agitation and pre-race excitement, others are destroyed by it. Relaxation is important before and during an event. This involves focusing the mind and controlling breathing to achieve deep concentration and relaxation.

Robert de Castella said in a recent interview that sometimes, he was a little concerned "because I realise just how hard you can push yourself. I mean, the number of times I've been able to run 4min 40 (per mile) pace for 26 miles and cross the finish line and suddenly you can't even walk ... It still amazes me just how strong one's mental convictions can be".

Stephen Roche, last year's winner of the world cycling championship, the Tour de France and the Giro d'Italia, finished a crucial mountain stage in the Tour so exhausted that he had to be resuscitated with oxygen.

His mind had overcome the weakness of his body and had pushed it far beyond its normal limit of endurance. He had achieved his maximum, his own level of excellence. That is the hallmark of a champion.

The comfort swimmer, in contrast, passes the comfort zone, and occasionally dips into the hurt zone but each time recoils in horror, until the final moments of the training session when he or she moves quickly (and briefly) into the pain zone.

There is a range of techniques available to obtain the right mental approach to competition (and training too, for the wrong attitude in training will almost certainly carry through to a contest).

Every athlete knows when it happens. In a race or competition, there comes a decisive moment. It might be in a bike race when an attack is made and you have to decide whether or not to chase or counterattack.

It might be in a weightlifting competition when your arms are tired and you have to lift a personal record to win. Or it could be in a running race when you are approaching the finish and another runner is pacing you step-for-step at your shoulder.

PROPOSED AUSTRALIAN 6 DAY TRACK RACE IN SYDNEY TO BE CONDUCTED FROM 10AM ON SUNDAY 13TH NOVEMBER UNTIL SATURDAY 19TH NOVEMBER 1988.

TRACK: 600m grass. Venue to be announced.
ENTRY FEE: \$750.00

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For Entry forms, apply to
Race Director, John Shaw,
or phone (046) 266694 for
further details. (by 6th Sept)

@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@@

** Late letter received just
prior to magazine publication.

JOHN SHAW
17 BUVELOT WAY
CLAYMORE NSW 2560
'PHONE : 046-26-6694

MACARTHUR ADVERTISER

6 DAY RACE FOR AUSTRALIAN RUNNERS. PEOPLE LIVING IN AUSTRALIA

Dear Runner,

I am thinking about putting a 6 Day Track Race on for Australian runners only. I feel it's time we tried to do something for the Aussies as cheap as possible with some incentive as regards prize money. A lot of people cannot get a start in a 6 Day Race for two reasons. The COLAC 6 Day is by invitation - if you are not a big name, you don't get in. A Sydney to Melbourne costs around \$6,000 for little return if you don't get in the top 4.

I look at it this way. If you do a 24 hr run it would cost you if you go to Melbourne or Interstate, \$300 or \$400. You get a medal and certificate which is great. My plan is simple - no one else is going to help us so let's help ourselves instead of letting our families suffer because of crippling costs to run in races such as a Sydney to Melbourne where if you're a big name or from overseas you may be sponsored, if you're not proven, the costs are crippling. I feel we can put a 6 Day Race on where you can get sponsorship and give your sponsors 6 days coverage. With signage around the track, wear as many sponsors on your shirt as you like because it's our event which we could have yearly. If 25 up and coming runners put an entry fee of \$750 we could do this - put a race on in Campbelltown.

PRIZE MONEY

1st	\$6,000
2nd	2,000
3rd	1,500
4th	1,000
5th	800
6th	800
7th	800
8th	750
9th	750
10th	750

\$15,150

See : You get money back if you're in the first 10 runners and it's not costing \$6,000.

You are going to spend money no matter where you run so let's do it sensible and look after ourselves instead of putting out and having no chance of getting it back.
This is a great chance.

ULTRA TRACK RACE RECORDS

In order to keep some sort of uniformity in Australian ultra racing, we are encouraging future ultra track race directors to contemplate organising track races which fall within the following standard distances and times. These are the official ones recognised by the A.U.R.A. committee for Australian Records purposes. The committee also presents plaques to these record holders.

They are as follows:

Fixed Time: 12 Hour, 24 Hour, 48 Hour 6 Days.

Fixed Distances: 50km, 100km, 200km, 50 miles, 100 miles.

ROAD RACES: can be officially recognised as Best Performances only, rather than Records. With road races, it is more common for distances and times to vary, but more sympathetic or increased recognition would be given to road races which are held over the above standard distances.

TRAIL RACES: are usually point-to-point races of varying distances over arduous terrain. Officially recognised as Best Performances only.



A shot taken at the 48 Hour Track Race at Aberfeldie in January 1988. Stan Miskin in the foreground.

48 HOUR RACE AT ABERFELDIE, VICTORIA

Stephen Foulkes took the initiative in January 1988 and organised the first 48 Hour Race held in the eastern states. It was well supported by both athletes and spectators at Aberfeldie. Unfortunately, this race looks like folding in 1989 unless someone volunteers to be Race Manager. We need someone to take on the organisation of the race.

Steve is not prepared to be Race Manager next time, but has stated that he would be happy to assist and advise anyone who would take it on. We would be delighted to hear from any A.U.R.A. member who is even vaguely interested in keeping a good ultra track race on the calendar.

Our committee has a check-list of things which would need to be attended to, as well as masters of lap-score sheets. We have also got access to most of the equipment which you would need to run the race.

Anyone interested? Contact Dot Browne 874,25011 or Geoff Hook (2889739)

TIPS TO MAKE YOUR FITNESS TRAINING MORE EFFECTIVE

1. Warm up slowly. Start with very slow jogging. Loosen up your shoulders and upper body.
2. The calisthenics, besides its importance for muscles and joints, are an important part of the warm-up period. Don't do half a job or slow down now.
3. When doing a sit-up, raise your chin to your chest first, then sit up. Otherwise, you increase the pressure on the lower back.
4. When running, don't develop a high speed on your first lap. Because a fast increase in both heart-rate and blood pressure is not favourable in men and women over 30 years of age.
5. Running at a fast speed for 10–15 seconds will exhaust your quick energy source. This means that before you start your intensive activity you are already in a great deficiency of oxygen; you also develop a high rate of inhibiting acid. Both of these factors are greatly slowing you down for the rest of the activity.
6. As you grow older your maximum heart rate decreases. There is no way to increase it. This means that you are able to do only so much. By the way, you are not going to get younger.
7. For middle-aged people, it is not necessary and at times not safe to train at maximal heart rate. Push yourself, but not to death.
8. You will not be a champion any more – as such, you will get a training effect when exercising and training at 85% of your maximum.
9. It is most important to develop our cardiovascular endurance (Aerobic Training). Therefore, it is more important to keep going rather than to push hard in the beginning and then quit 5–10 minutes before the end of the class.
10. Remember, it is the total work that you do that counts and not the rests in between intervals.
11. Warm down is as important as any other part of the class. Don't skip it.
12. Normally, the combination of foods we regularly consume contain all the vitamins and basic dietary elements we need. Also, many vitamins are simply rejected from the body when overtaken. So, refine your diet and eating habits and leave the rest alone.
13. Run with shoulders back and head up. This helps posture and should make running easier.
14. During a slow jog, make sure your heel touches the floor. This stretches the calf muscles and Achilles tendon (prevents tightening). While bending the knee during the swinging step, keep your back straight (not bent over with shoulders hunched). This adds weight for your thighs to lift.
15. Keep your toes wide while bending the leg. This puts more hip and buttock muscles in use to stabilise your leg bones.

16. In the shoulder swing, get your shoulders involved. This strengthens neck and postural muscles.
17. While doing the sit-up, keep your chin down. This brings the head up first and causes less lower back muscle strain.
18. While on your side, tilt your pelvis forward to isolate the lateral thigh muscles and hips and buttocks when raising legs.
19. About cardiovascular running (the time to huff and puff), if you can still talk while you are running, better move faster. By the way, don't run slow to "save yourself" for the floorwork.
20. The "overload principle" states that your muscular "figure" improves (including the heart and lungs) in relation to the amount of effort above and beyond minimal capacity. In other words, when you tell yourself you can't do another sit-up, do two more; when you can't run another lap, run one more.

.....HEALTH AND FITNESS TID-BITS

21. In fitness preparation, don't smoke, drink coffee or alcohol, or eat two hours before the class. All of these things work against the system as they tend to raise the pulse (smoking raises it up to 20 beats per minute).
22. Reducing machines do no good. It takes 15 minutes use of an exercise vibrator every day for one year to lose 1 lb. of body fat.
23. Sensible diets are available that prevent excess calorie intake, yet maintain good nutrition. Use them - starvation kills.
24. Cold weather does not give you a cold - bacterial infection does. Don't worry about the "cool gym" because it won't give you a cold.
25. Expect "results" 50% faster going to exercise 3 times per week rather than twice a week (if you are putting in 100% effort, that is).
26. During pregnancy, there is no reason to avoid exercise classes. As a matter of fact, strong abdominals are a luxury in child delivery. Doctors warn, however, that if you never exercised before pregnancy, then take it slow.
27. Muscle weighs more than fat. Don't let the scale be your only guide of success in exercise, because your clothes size may go down more than the actual pounds. Don't let it bother you.
28. On the subject of muscle, women should be aware that because of their inherent bone structure and musculature, exercise will not promote muscle bulk in the female. The size of a muscle is determined by the number and diameter of each muscle fibre and women simply have less numbers of fibres in each muscle than men.

DEATH VALLEY TO MOUNT WHITNEY

by Eleanor Adams

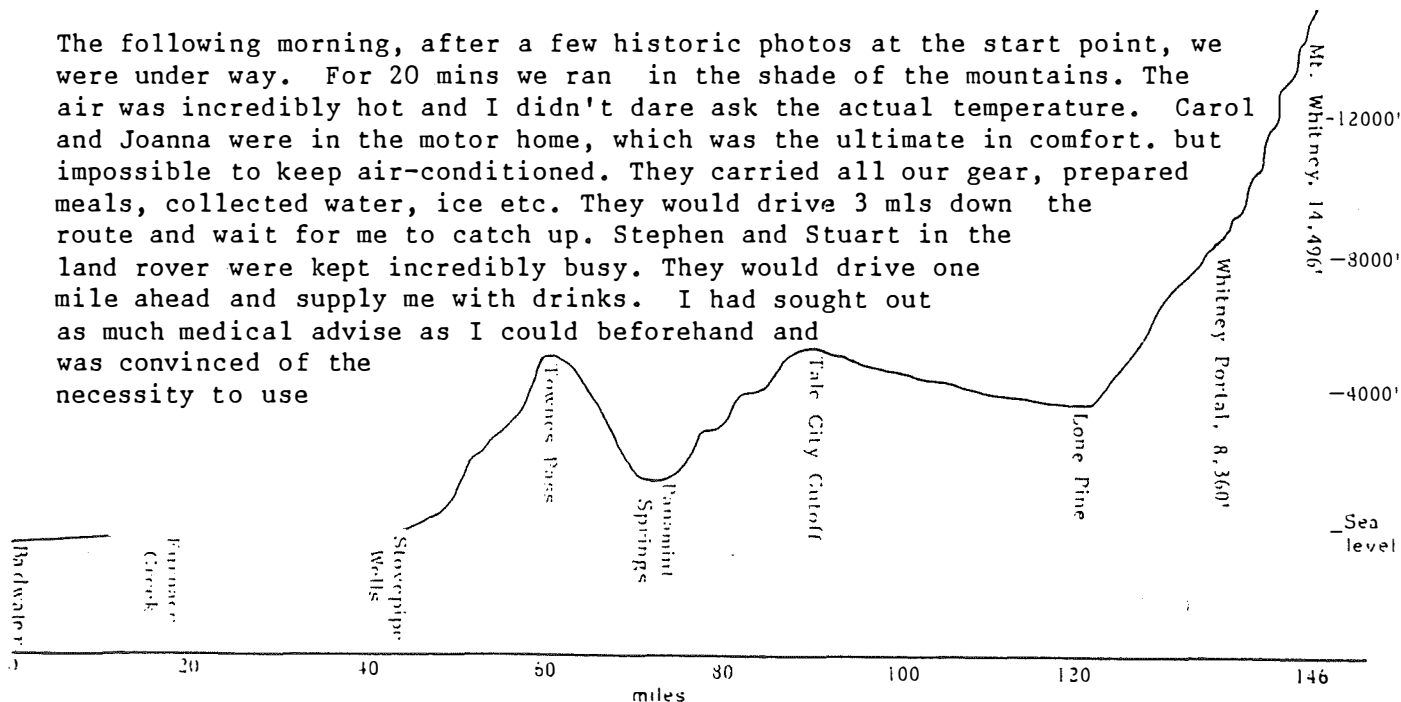
Several weeks after the 1000 mile 'Round Britain' race I had the opportunity to go to California with my children, Stephen and Joanna and take part in a very different event. This was a 146 mile race from Badwater in Death Valley to the top of Mt Whitney. The race would start at the lowest point in the USA, 284 ft below sea level, and end at the highest point, 14,494 ft. I had very little idea just what the course and conditions would be like, but I did know that Death Valley was reputed to be the hottest place on earth. Despite the fact that I disliked running in the heat, I was intrigued with the thought of running through the desert. My impressions of a hot, sandy plain were proved to be very wrong; hot it certainly was, flat never! Joey Birmingham wrote a book about his attempt on this course and he called it 'The Hottest Hell'.

My immediate thoughts, worries and concerns all centred around the temperature likely to be encountered in Death Valley. I knew from experience in Australia and Greece that I didn't react well to the heat; after all, I even suffered from heatstroke in the Solihull 24 hour race one year!

Once in California I learnt more about what I had let myself in for. My partner in this team event against two Americans was Ken Critchlow a British business man who had been living in the USA for 15 years. He was most definitely not a runner but was hoping to prove that even overweight, middle-aged men can get themselves into condition to tackle such a severe test of physical fitness. The Americans were experienced Californian ultra runners, Tom Crawford and Jeanne Eunis. For the run to be officially recorded it has to be undertaken during the hottest months of the year ie. July/August. It was decided that we would start the race at 6.30am on Friday 31st July which would see us heading into the desert just as the sun was rising.

We left our base at Santa Rosa at midnight 29/30th July and began a 16-17 hr journey South. My support team consisted of Stuart and Carol Chappel who owned a motor-home rental business in Santa Rosa, and Stephen and Joanna my two children. Stuart had brought along a 36 ft motor-home and a jeep. A sleepless night in the camper van wasn't the ideal preparation and when we eventually arrived at Furnace Creek, an oasis 18 mls from Badwater, it was unbelievably hot and we were very tired. A strong, hot wind funnelled through the valley and it wasn't difficult to see how Furnace Creek got its name. At 116 F in the 'cool of the evening' I wondered how on earth I was going to survive the following day.

The following morning, after a few historic photos at the start point, we were under way. For 20 mins we ran in the shade of the mountains. The air was incredibly hot and I didn't dare ask the actual temperature. Carol and Joanna were in the motor home, which was the ultimate in comfort. but impossible to keep air-conditioned. They carried all our gear, prepared meals, collected water, ice etc. They would drive 3 mls down the route and wait for me to catch up. Stephen and Stuart in the land rover were kept incredibly busy. They would drive one mile ahead and supply me with drinks. I had sought out as much medical advice as I could beforehand and was convinced of the necessity to use



electrolyte drinks, and the need to carefully monitor my weight loss to spot any onset of dehydration. As such, a record of weight was maintained every 2 mls until the base of the mountain. At each of the 'mile' points I would have a 'hose down' with a garden or hand spray and drink a complete mug of liquid; I used 3 drinks in sequence. On the odd miles I took water and on the even miles alternated Peach drink provided by Leppin Sports and an electrolyte solution. Peach drink is a carbohydrate supplement which I have used in my last few ultras to good effect.

Within 20 mins of the start we were in the full blaze of the sun. We couldn't obtain ice until the store at Furnace Creek opened, and as a result our water got hotter and hotter. As well as a rise in the air temperature, the ground temperatures were getting uncomfortable too, and great care had to be taken not to touch the sides of the vehicle. The desert scenery was spectacular. There were huge arid mountains with deep sided valleys down which the wind eddied; sometimes it was head on, sometimes from the side, but always a battle. The beautifully smooth tarmaced road wound its way around the rock formations and constantly dipped and climbed. The heat haze produced a shimmering, misty atmosphere which meant I could never see very far in front. Very few vehicles passed through the valley but those that did stopped to give me encouragement and support.

By 2pm I had reached Stovepipe Wells - the 43 ml point at the head of the valley. I was well ahead of my schedule and also 1½ hours in front of the Americans who were running the race together. There we took advantage of the motel to book a room. I made use of the shower, had a meal and took an hours break. It was a relief to get away from the heat and into the cool air-conditioned room. This was to be a disastrous mistake. When I went outside after an hour in the air-conditioning I nearly keeled over with the sheer weight of the heat. The hot blast of air seemed to be almost suffocating. Reluctantly, I started on my way. At the end of the next 3 mls I was in a very bad state. I got into the motor-home but it was 30 mins before my pulse had steadied and my temperature dropped. I felt dreadful. Two miles further on the same thing happened. It was difficult to breath, my legs were heavy and I was completely lifeless. A further 2 miles and I knew I was in desperate trouble. Seven miles covered in 3 hours - I could scarcely believe it! The temperature of 122 F, combined with the severe climb out of the valley had shattered me. In fact, at this point I was extremely worried about my health, and began to have serious doubts about whether I would be able to carry on. Rather than struggle on into a strong headwind and up a severe climb, I decided to come off the road and take an hours break. At this stage the American support team caught up with me though I never did see the runners. As I started out again, I knew it wouldn't be too long before the sun went down behind the mountains. When it did the relief was enormous. Also, as I climbed higher and higher it got cooler. In the 'relative' cool of the night I began to feel much better. Once more I had pulled away from the American team and felt completely alone among the mountains and the blackness of the night. Stuart and Stephen were never far away although we wouldn't see each other until I was right on top of them. Together we gazed in amazement at the incredible night sky. Shooting stars were everywhere. It seemed as if a special show was taking place just for us. It was breathtaking and quite unlike anything I'd seen before.

The descent into Panamint Desert was a relief and though the temperature increased as we dropped in height I covered the mile wide strip of desert fairly easily and it was a welcome relief when we found the camp site and motor-home. Even in the early hours of the morning it was possible to have a hot shower, and I crawled gratefully into bed for 2 hrs welcome sleep. At 4 am we hit the road once more tackling the most dangerous stretch of road on the route. Going down the road in the motor-home during the reconnaissance run, my heart had been in my mouth for much of the way; I had deliberately planned to tackle this section just before dawn when it would be light enough to see the way and traffic would be sparse. We decided to leave the motor-home behind so that Carol, Stephen and Joanna could have an extra 3 hours sleep. They would have to take the 13 mile

section without a stop, so we arranged for them to meet us at the top of the Panamint mountain range for breakfast. Much to my relief I felt much better, and managed to walk and jog the 13 mls to the top of the mountain. Looking back, I could see Death Valley in the far distance below. Already the heat build-up in the valley was causing a shimmering haze over the ground, and echoing the words of the first settlers to cross the desert almost 200 years ago, I said a heartfelt "Goodbye Death Valley" and continued on my way.

The next section to Lone Pine township was by far the easiest. It comprised a gentle down hill slope and there was a following breeze; however, it was also the most boring part of the race. All day the temperatures slowly rose as I ran down and along the seemingly endless valley. Unlike the previous day, I could see right into the distance, and it never seemed to come any nearer. As it became hotter I began to feel unwell again, but I knew that as long as I took it easy I should be alright. High above us, the mountain tops glistened with snow. With the air temperature at 118 F it seemed incredible to me that the snow could be there at all. By this time we had been joined by the race doctor, Dan Weinberg, a specialist in Wilderness Medicine. He was able to give us news of the others. Tom and Jeanne were 5-6 hrs behind and Ken and David far far behind them. Dan was a new face to chat to and we spent a very sociable afternoon talking during my rest breaks. With the afternoon heat I was once again down to running 2 mile stretches before having to stop and cool down. Stuart had put in his mountain bike and so Stephen rode on it to keep me company for some of the time. He made several excursions into the desert before coming to grief with a rather painful landing on a giant cactus plant! At last, at long last we made it into Lone Pine. A bustling little town on the main highway, it was the end of the second section of the race. Eventually, we located our hotel, where I had a meal and bath, and fell into bed. Less than a marathon to go to the end, but with 14,000 feet of climbing in between.

My Team Manager had made it very clear to me that on no account would I be able to tackle the mountain in the dark. The first 13 mls from Lone Pine was a tarmaced road up to Whitney Portal, a very popular camp site and the last point support vehicles could get to. From there a rough track wound its way up to the top of Mt Whitney. My experience of mountaineering was restricted to a Mountain Leadership course during my final year at college and although always a keen 'outdoor pursuits' person it had been many years since I had had the opportunity to get in any practice amongst the mountains of England. I was very relieved to know that Dan Weinberg had been enlisted to accompany me up the trail, and I readily agreed to the stipulation that we could only tackle the climb in daylight. However, due to the start time of the race I knew that I would be held up at the base of the mountain waiting for daylight. I took advantage of the enforced rest to get 4 hrs sleep. What a luxury! At 2 am, Stuart, Stephen and I set out from Lone Pine. It was another beautiful, clear night, and only a half marathon climb to Whitney Portal. I ran a good half way before grinding to a halt. A sudden surge of sickness alarmed me. I'd scarcely been able to take any food at all though had had plenty of fluids. I found out later that the sickness had occurred about 8,000 feet and was most likely due to altitude.

At Whitney Portal we had to search round to find Dan who had camped out under the stars. At this point we had no idea where Tom and Jeanne were. I just hoped that they hadn't passed while we were in the motel. I didn't expect them to tackle the mountain in the dark but I discovered later that this in fact had been their plan. Tom had climbed the mountain several times before, and knowing that I wasn't going to attempt it in the dark, he had hoped to go through while I was sleeping. However, he and Jeanne were much too far back to do this. At 5 am Dan and I left Stuart and Stephen who returned to the motel and back to bed. We had to pick our way carefully at first using torches, but it was soon light enough to see the spectacular scenery. The next 7 miles were a delight - waterfalls, lakes, stepping stones to negotiate and breathtaking views - such a difference from the oven we had left far below us. The last section of the climb was entirely different. Mount Whitney is not a beautiful mountain. It's granite crags were tortuous, and by this stage my quadriceps were in agony. The effects

of altitude made every step a tremendous effort and I felt very light headed and faint. I was glad of Dan's presence though as an experienced mountaineer, he couldn't seem to appreciate that my legs were refusing to work.

Much to my amazement there were hundreds of people on the mountain. Most had camped out at various points on the mountain side and all were making the journey to the top. They would take 3 or 4 days to go up and down but then they would be carrying packs with tents, sleeping bags, food etc. Dan and I each had a small pack containing survival gear and water. There was no water available after 11,000 ft so all liquid had to be carried and used sparingly. The last 4 miles to the top of the mountain were deadly. At times I had to scramble on all fours and there were occasions when I lost my footing completely. Fortunately, the weather was good. It was bright and clear, and the cold was a welcome relief. The exertions of the climb meant we were comfortable enough in just T-Shirts. It took 6 hours to make it to the top. Tom and Jeanne hadn't passed us on the way down and a look at the log book confirmed my hopes - I was the first one to arrive.

We took photographs, signed the log book, and asked people to witness our arrival and success. At last the enormity of it all began to sink in. 53 hrs 03 mins. More than 3 hrs faster than the previous World Best held by Mat Telford. I was too weary to feel much elation; that would come later. Even though the race was over, for me the effort wasn't. The only way off the mountain was back the way we had come. No jumping in the support vehicle and being whisked off to the motel. It wasn't over yet! We stayed on the top for 1½ hrs enjoying our success as well as the stunning views, but we couldn't linger too long - we needed to get off the mountain in daylight. I knew from the state of my thighs on the way up that I was going to experience even greater difficulty and discomfort going down. Yet another factor Dan was unable to appreciate, was that my legs had had it; we all know what it feels like negotiating stairs after an ultra effort, and here I was faced with 11 miles of tortuous descent. Dan said to me "I hate going down. I always run to get it over with quickly"! On this occasion he had to suffer the frustration of a very slow descent as it took me a further 6 hrs to get back to Whitney Portal. I didn't really appreciate the beauty of the lower part of the mountain this time. I just wanted to have it all finished with. Four miles from the top we met Tom, Jeanne and Bob, Jeanne's husband. We sat together for a while, talking over our experiences and sharing each others pleasure in our success. Unfortunately for Tom and Jeanne they were committed to staying overnight in the emergency shelter at the top, since they could not make it down in daylight. They finished almost 7 hrs after me, Jeanne thus becoming the first American woman and Tom the first person to make two successful attempts. We all had good reason to be pleased.

Back at Lone Pine all I wanted to do was soak in a hot bath and fall into bed. First, I had to give a blood sample for Dan to take into his Hospital Lab for testing and comparison with the sample I had given before the start of the race. It was the following morning before I really became aware of the implications of my efforts. What a relief not to have to get back on the road again, and to be able to laze in the pool and think back over the last few days. Later that morning the press and TV people caught up with me; also Ken and David arrived to add their congratulations.

Ken Critchliw, was still a long way back. He was with a journalist friend and between them they did the sensible thing and took plenty of time out for sleep and restaurant meals. All credit to Ken's determination, he stuck to his task and eventually finished in 5 days. I am glad I wasn't out on the course that long!



I got immense pleasure and satisfaction from my completion of the run, and to have beaten Mel Telford's World Record time was unbelievable. When I arranged to take part in the event only eight people had previously made successful crossings - all of whom had trained specifically for that one run and who had undergone extensive heat training. I had taken a chance in coming from England to enter in this race; I was not acclimatised to the heat, had never before taken part in a trail race, was not accustomed to mountaineering and had never run at altitude. There was no prize, no trophy, only the complete satisfaction of achievement.

ANY ONE WE KNOW?



THE JOGGERS PRAYER

"Almighty God, as we sail with pure aerobic grace and striped orthotic feet past the blind portals of our fellow citizens, past their chuck-roast lives and their necrotic cardiovascular systems and rusting hips and slipped discs and desiccated lungs, past their implacable inertia and inability to persevere and rise above the fully pensioned world they live in and to push themselves to the limits of their capacity and achieve the White Moment of slipping through the Wall, borne aloft on one's Third Wind, past their Cruisomatic cars and upholstered lawn mowers and their gummy-sweet children already at work like little fat factories producing arterial plaque, the more quickly to join their parents in their joyless bucket-seat landau ride toward the grave — help us dear Lord, we beseech Thee, as we sail past this cold-lard desolation, to be big about it."

Tom Wolfe

AUSTRALIAN RANKINGS

AUSTRALIAN 100MILE TRACK RANKINGS(MAY 1988)

1. George Perdon	45	(V)	12-25-09	Olympic P.	2May1970
2. Martin Thompson	31	(V)	12-42-50	Tipton UK.	24Oct1975
3. David Standeven	34	(SA)	14-02-47	Adelaide 24Hr	1/2Nov1986
4. Peter Schultz		(SA)	14-27-37	Adelaide 24Hr	13/14Nov1982
5. Cliff Young	61	(V)	14-37-54	Manly NSW	2Apr1983
6. Joe Record	40	(WA)	14-40-00	NSW	1981
7. Anyce Melham	22	(NSW)	14-41-30	Llandillo	13Apr1980
8. Brian Bloomer	45	(V)	14-51-07	Box Hill 24 Hr	15/16Feb1986
9. Keith Swift		(NSW)	15-10-52	Manly NSW	21Apr1984
10. Alistair Wallace		(NSW)	15-16-05	Manly	29Mar1986
11. Owen Tolliday		(QLD)	15-17-10	Queensland 24Hr	5/6Sep1987
12. Graeme Woods		(QLD)	15-28-27	Aberfeldie 48Hr	23/25Jan1988
13. Geoff Molloy	42	(V)	15-29-34	Box Hill 24Hr	2/3Feb1985
14. Keith Fisher	22	(V)	15-38-20	Auckland 24Hr	22/23Aug 1987
15. Ashley Parcell	29	(QLD)	15-48-44	Hensley 24Hr	23/24Feb1985
16. Chris Stephenson	28	(NSW)	15-50-45	Manly	21Apr1984
17. Ian Javes	44	(QLD)	16-06-13	Box Hill 24Hr	28Feb1987
18. Dob Keyssecker		(NSW)	16-09-48	NSW	26May1979
19. Bryan Smith	43	(V)	16-16-03	Adelaide 24Hr	3/4Oct1987
20. Barry Brooks	46	(V)	16-20-00	Box Hill 24Hr	28Feb1987
21. Max Bogenhuber	42	(NSW)	16-22-21	Manly	6Apr1985
22. Barry Massingham		(NSW)	16-22-44	Llandillo NSW	13Apr1980
23. Walter McCrorie	52	(NSW)	16-26-40	NSW	2Apr1983
24. Peter Tutty	22		16-32-48	Auckland 24Hr	22/23Aug1987
25. Alistair McManus	25		16-43-30	Perth 24Hr	12/13Oct1985
26. George Audley	51	(WA)	16-45-02	Perth 24Hr	18/19Oct1986
27. Jack McKellar	44	(V)	16-45-48	Box Hill 24Hr	15/16Feb1986
28. Geoff Kirkman	35	(SA)	16-46-14	Adelaide 24Hr	9/10Nov1985
29. Bob Bruner	45	(V)	16-56-15	Adelaide 24Hr	5/6Nov1983
30. Buck Dillon		(NSW)	16-59-00	NSW	26May1979
31. Gerry Riley	56	(V)	17-15-59	Adelaide 24Hr	1/2Nov1986
32. Alan Devine		(WA)	17-19-20	Perth 48Hr	16/18Oct1987
33. Maurice Taylor	39	(NSW)	17-25-56	Adelaide 24Hr	3/4Oct1987
34. Charlie Lynn	40	(V)	17-26-30	Adelaide 24Hr	9/10Nov1985
35. Ernie Elliott		(V)	17-27-01	Llandillo	13Apr1980
36. Alan Croxford	43	(WA)	17-31-28	Perth 24Hr	18/19 Oct1986
37. Alan Peacock		(QLD)	17-31-46	Queensland 24Hr	5/6Sep1987
38. Tony Dietachmayer	24	(V)	17-32-57	Coburg 24Hr	13/14Feb1988
39. Nick Read	36	(NSW)	17-33-50	Coburg 24Hr	13/14Feb1988
40. Bob Marden	31	(NSW)	17-43-00	Manly	21Apr1984
41. Bill Beauchamp	42	(V)	17-48-53	Adelaide 24Hr	3/4Oct1987
42. Howard Ross	41	(V)	17-59-56	Box Hill 24Hr	28Feb1987
43. Geoff Hook	40	(V)	18-12-35	Manly	6Apr1985
44. Allan Fox		(SA)	18-26-20	Adelaide 24Hr	5/6Nov1983
45. Graeme Wilkinson	40	(NSW)	18-28-25	Hensley 24Hr	29/30Nov1986
46. Klaus Schnibbe	42	(V)	18-33-57	Adelaide 24Hr	9/10Nov1985
47. Bruce Cook		(ACT)	18-38-40	Queensland 24Hr	5/6Sep1987
48. Ron Hill	46	(V)	18-42-34	Hensley 24Hr	29/30Nov1986
49. John Bell	41	(V)	18-43-38	Box Hill 24 Hr	15/16Feb1986
50. Michael Whiteoak	38	(V)	18-43-52	Adelaide 24Hr	5/6Nov1983
51. Ross Martin	56	(SA)	18-44-48	Adelaide 24Hr	9/10Nov1985
52. Chilla Namyth		(NSW)	18-45-48	Hensley 24Hr	29/30Nov1986
53. Robert Nash	37	(V)	18-51-00	Coburg 24Hr	13/14Feb1988
54. Doug Markulin		(NSW)	19-01-09	Llandillo	13Apr1980
55. Ross Parker		(WA)	19-10-40	Perth 48Hr	16/18Oct1987
56. Paul Woodhouse	23	(NSW)	19-17-15	Manly	29Mar1986
57. John Champness	44	(V)	19-17-59	Box Hill 24Hr	15/16Feb1986
58. Greg Wishart	47	(V)	19-19-20	Box Hill 24Hr	15/16Feb1986

AUSTRALIAN 100MILE TRACK RANKINGS(cont)

59. John Breit	(V)	19-28-30	Aberfeldie 48Hr	23/25Jan1988
60. Roger Stuart	41 (SA)	19-30-37	Adelaide 24Hr	1/2Nov1986
61. Ian Partington	(WA)	19-31-04	Perth 24Hr	12/13Oct1985
62. Barry Allen	30 (V)	19-36-00	Box Hill 24Hr	28Feb1987
63. Ronald Smith	43 (V)	19-36-13	Coburg 24Hr	13/14Feb1988
64. Gerry Hart	41 (V)	19-47-44	NSW	13Apr1980
65. Mike March	(TAS)	19-47-52	Adelaide 24Hr	3/4Oct1987
66. Terry Cox	49 (V)	19-50-30	Hensley 24Hr	29/30Nov1986
67. Dan Gray	39 (NSW)	19-54-32	Hensley 24Hr	19-20Jul1986
68. Peter Milne	32 (V)	19-59-49	Coburg 24Hr	13/14Feb1988
69. Andrew McCombe	(SA)	20-00-08	Adelaide 24Hr	3/4Nov1984
70. David Yeaman	51 (V)	20-13-33	Coburg 24Hr	13/14Feb1988
71. Gordon McKeown	61 (V)	20-17-25	Adelaide 24Hr	3/4Nov1984
72. Stan Miskin	59 (V)	20-25-22	Adelaide 24Hr	3/4Nov1984
73. Mike Thompson	(WA)	20-30-12	Perth 48Hr	16/18Oct1987
74. Joe Gobel	47 (V)	20-34-03	Manly	5Apr1985
75. Kevin Mansell	(NSW)	20-35-42	Manly	29Mar1986
76. Max Kitto	41 (SA)	20-49-31	Adelaide 24Hr	3/4Oct1987
77. Tony McCool	(SA)	20-49-56	Adelaide 24Hr	9/10Nov1985
78. Peter Logan	36 (V)	20-52-41	Adelaide 24Hr	5/6Nov1983
79. James Sheridan	27 (SA)	20-53-48	Adelaide 24Hr	13/14Nov1982
80. Phil Lear	39 (SA)	20-01-14	Box Hill 24Hr	4/5Feb1984
81. Kevin Cassidy	26 (V)	21-02-52	Adelaide 24Hr	1/2Nov1986
82. Terry Pickard	(QLD)	21-03-36	Queensland 24Hr	5/6Sep1987
83. Trevor Harris	40 (ACT)	21-05-31	Queensland 24Hr	5/6Sep1987
84. Dave Taylor	34 (NSW)	21-07-00	Box Hill 24Hr	15/16Feb1986
85. Kevin Hamilton	(WA)	21-17-26	Perth 24Hr	12/13Oct1985
86. Roy Sutcliffe	(SA)	21-19-59	Adelaide 24Hr	13/14Nov1982
87. Don Spenser	48 (SA)	21-23-25	Adelaide 24Hr	3/4Nov1984
88. Ian Hutchinson	39 (NSW)	21-25-39	Hensley 24Hr	19/20Jul1986
89. Graham Light	35 (V)	21-35-35	Manly	21Apr1984
90. Colin Donald	29 (V)	21-37-40	Box Hill 24Hr	28Feb1987
91. Keith Boiden	(NSW)	21-40-54	Llandillo	13Apr1980
92. Ray Ramelli	40 (V)	21-41-53	Box Hill 24Hr	15/16Feb1986
93. Gary Clark	39 (V)	21-43-41	Perth 24Hr	18/19Oct1986
94. Andrew Docherty	52 (SA)	21-51-21	Manly	21Apr1984
95. Stephen Grant	29 (NSW)	21-54-59	Coburg 24Hr	13/14Feb1988
96. Frank Biviano	42 (V)	21-56-24	Adelaide 24Hr	1/2Nov1986
97. Tony Tripp	41 (WA)	21-58-10	Coburg 24Hr	13/14Feb1988
98. Peter Pfister	45 (V)	21-58-17	Box Hill 24Hr	2/3Feb1985
99. Charlie Spare	47 (WA)	22-10-49	Perth 24Hr	18/19Oct1986
100. Patrick Farmer	25 (NSW)	22-11-10	Queensland 24Hr	5/6Sep1987
101. Alan Staples	37 (NSW)	22-11-54	Manly	17Apr1987
102. Tony Ashwell	50 (SA)	22-12-00	Adelaide 24Hr	1/2Nov1986
103. Guy Schubert	36 (SA)	22-25-45	Adelaide 24Hr	1/2Nov1986
104. Tony Rafferty	45 (V)	22-31-00	Box Hill 24Hr	28Feb1987
105. Bill Gutteridge	53 (SA)	22-38-07	Adelaide 24Hr	5/6Nov1983
106. Grahame Kerruish	47 (NSW)	22-40-27	Manly	17Apr1987
107. Greg Coulter	28 (SA)	22-42-35	Adelaide 24Hr	1/2Nov1986
108. John Sinclair	45 (QLD)	22-42-36	Queensland 24Hr	5/6Sep1987
109. Graham Stenner	43 (SA)	22-43-09	Coburg 24Hr	13/14Feb1988
110. Ray Ellis	57 (V)	22-43-46	Coburg 24Hr	13/14Feb1988
111. Morris Warren	(WA)	22-44-34	Perth 24Hr	12/13Oct1985
112. Keith Marshall	40 (V)	22-49-02	Box Hill 24Hr	15/16Feb1986
113. Reg Williams	34 (V)	22-57-32	Box Hill 24Hr	15/16Feb1986
114. Barry Heppell	20 (WA)	23-01-17	Perth 24Hr	12/13Oct1985
115. Robert Byrth	37 (SA)	23-03-28	Adelaide 24Hr	9/10Nov1985
116. David Waldeck	(SA)	23-14-10	Adelaide 24Hr	3/4Nov1984
117. Bob Little	45 (NSW)	23-18-07	Manly	21Apr1984
118. Bill Taylor	(WA)	23-23-25	Perth 24Hr	18/19Oct1986

AUSTRALIAN 100mile TRACK RANKINGS(cont)

119. Peter Gray	23 (V)	23-27-40	Coburg 24Hr	13/14Feb1988
120. Garry Clark	(WA)	23-29-38	Perth 48Hr	16/18Oct1987
121. Greg Hillier	(SA)	23-29-58	Aberfeldie 48Hr	23/25Jan1988
122. Tony Collins	40 (NSW)	23-31-21	Adelaide 24Hr	3/4Oct1987
123. Mark Gradwell	(NSW)	23-32-35	Manly	29Mar1986
124. Stan McCarthy	39 (SA)	23-33-21	Adelaide 24Hr	3/4Nov1984
125. Peter Vernon	32 (V)	23-34-00	Box Hill 24Hr	28Feb1987
126. John Haynes	(SA)	23-35-16	Adelaide 24Hr	5/6Nov1983
127. Peter King	(WA)	23-41-14	Perth 48Hr	16/18Oct1987
128. Andrew Lucas	22 (SA)	23-45-11	Coburg 24Hr	13/14Feb1988
129. Bruce Donnelly	(QLD)	23-55-14	Queensland 24Hr	5/6Sep1987
130. Eduardo Vega	46 (NSW)	24-07-48	Manly	17Apr1987
131. Dave Scott	(WA)	27-00-50	Perth 48Hr	16/18Oct1987
132. Stephen Dunn	(SA)	29-34-56	Aberfeldie 48Hr	23/25Jan1988
133. James Hume	(V)	33-20-27	. " "	23/25Jan1988

WOMEN.

1. Margaret Smith	48 (V)	16-01-43	Manly	21Apr1984
2. Cynthia Cameron	44 (V)	18-11-37	Adelaide 24Hr	1/2Nov1986
3. Dell Grant	(QLD)	20-10-43	Queensland 24Hr	5/6Sep1987
4. Trish Spain	44 (WA)	21-08-02	Perth 24Hr	18/19Oct1986
5. Geraldine Riley	22 (V)	21-49-34	Box Hill 24Hr	15/16Feb1986
6. Helen O'Connor	35 (SA)	22-17-32	Adelaide 24Hr	1/2Nov1986
7. Kay Haarsma	(SA)	22-25-31	Adelaide 24Hr	13/14Nov1982
8. Sue Worley	39 (SA)	23-17-20	Adelaide 24Hr	1/2Nov1986
9. Wanda Foley	42 (NSW)	23-19-28	Coburg 24Hr	13/14Feb1988
10. Jill Bower	(WA)	23-24-52	Perth 24Hr	12/13Oct1985
11. Bronwyn Salter	38 (WA)	23-30-30	Perth 24Hr	18/19Oct1986
12. Eileen Lush	41 (SA)	31-35-55	Aberfeldie 48Hr	23/25Jan1988

Ages are on the day of the event.

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

SAE is requested if a reply to correspondence is required.

Apologies to Dell Grant for a misplaced ranking, I think I have got it right now.

Thanks to Steve Cornelius and Peter Tutty for the Australasian information.

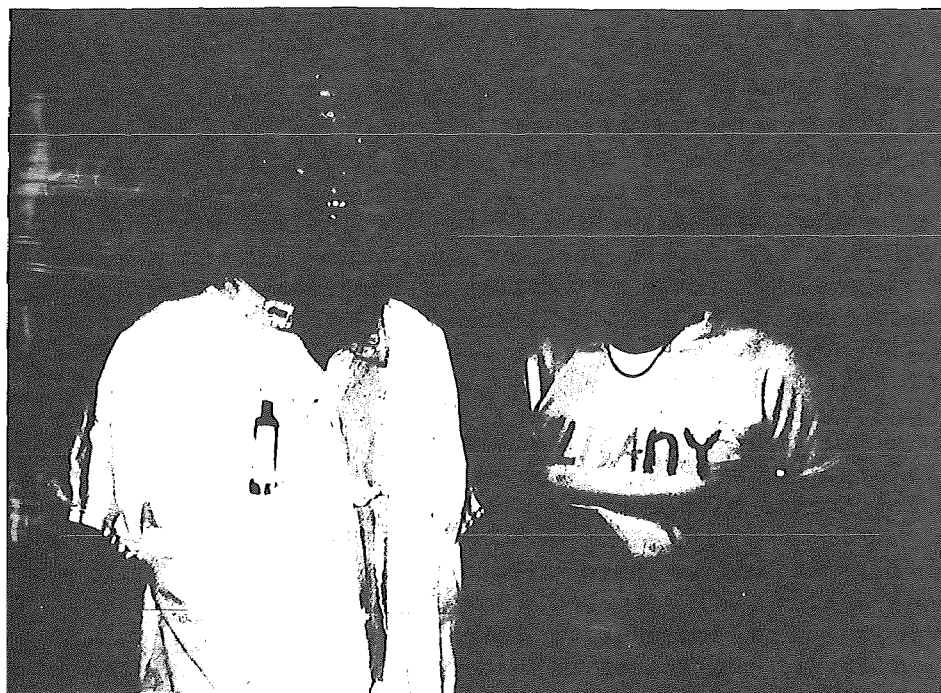


Photo taken in the Alfred Hospital of Mary Hanudel (left) with A.U.R.A. member, Val Case while Mary was recovering from her ankle injury which she received in the 1988 Westfield Run.

ANNUAL GENERAL MEETING of A.U.R.A.

Saturday 18th June 1988
at 6.00pm in the clubrooms
of the Box Hill A.C.,
Hagenauer Reserve, Barwon
Street, Box Hill, Vic.
(after the Box Hill 50
Mile Track Championship.)

I.A.U. NEWS

ULTRAMARATHON REVIEW - 1987

1987 saw the first 100 Km World Championships, world bests at 50 Km and 24 hours, and two stunning multi-day performances. Although these were the highlights of the year, perhaps the underlying developments were even more significant. The continued growth of the International Association of Ultrarunners (IAU), formed four years ago, provided an essential framework of international communication and cooperation. In many countries ultrarunning associations have formed with the consequent recognition of national championships for ultra events. These organisational developments provide the structure that, until recently, has been lacking in ultrarunning.

The IAU endorsed World 100 Km Championships at Torhout was the most representative international ultra race yet, with most of the world's top runners competing. Despite very bad conditions, Spaniard Domingo Catalan dominated the race, winning in 6:19:35, well clear of the all-time great Don Ritchie (UK), now a veteran. The first woman was Agnes Eberle of Switzerland in 8:02:33. Agnes was to confirm her status as World No 1 at 100 Km with a series of top quality performances.

In the 24 hour event, the emphasis has shifted from track to road. Up until the early 1980s the event had been almost exclusively held on the track; gradually over recent years the road version has grown in popularity. In 1987 the road event was to provide all of the top marks. Hilary Walker (UK) set a new women's World best of 230.618 Km, the greatest distance yet covered in a day. This absolute best surpassed that of Eleanor Adams who had covered 227.261 Km indoors in February. Wolfgang Schwerk and Hans-Martin Erdmann (FRG) provided the two top male marks of 1987 - set in the same race! Schwerk claimed the No 2 spot on the road all-time list with 276.209 Km. The best 48 hour performance of 1987 was set by the 50 year old Frenchman Gilbert Mainix at Surgeres with 407.573 Km in May. He followed that with the top 6-Day mark of the year at La Rochelle with 942.800 Km.

However, the top multi-day performances of the year were produced in different events. In the Sydney - Melbourne race in March, Yiannis Kouros of Greece covered the 1060 Km in 5:14:47 (he ran 272 Km in 24 hours, 452 Km in 48 hours and reputedly took just 6 hours sleep); this perhaps his greatest performance to date, is equivalent to 700 miles/1126.5 Km in 6 days. Eleanor Adams (UK) provided the other great multi-day mark - hers was on a 400 metres track. She ran 838.8 Km in the Colac 6 Day in November to set a new female 6 Day best (subject to confirmation) covering 329.2 Km in the first 48 hours.

This final performance completed what was probably Eleanor's greatest ever season. Long regarded as the greatest ever woman ultrarunner, in 1987 she showed her dominance over a vast range of events. In February she set new world indoor bests for every ultra distance from 30 miles to 24 hours at Milton Keynes. In May she became the first woman to run 1000 miles, winning a challenge event, and setting a new female best of 16:22:51. In July she became the second fastest runner ever (male or female) to complete the testing Death Valley - Mount Whitney run in the United States (235 Km). In October, she produced the fastest 100 Km of the year on a certified course - 8:04. All this was a warm up to her best performance of the year at Colac (in a high quality field only three men finished ahead of her). It is a measure of her greatness that her performances overshadow the superb season of another UK athlete, Hilary Walker. Hilary, not only set a new 24 hour road best but also broke Eleanor's long standing Spartathlon record.

Some of the non-standard classic ultras have already been mentioned. To complete the round-up, Peter Sugden (UK) deservedly won the London to Brighton at last, Bruce Fordyce won his 7th consecutive Comrades marathon in South Africa, whilst Rune Larsson (Swe), confirming his successful transition from

100 Km to 24 hour type events, won the Spartathlon (Athens to Sparta - Greece (245 Km)), ahead of Patrick Macke (UK) and James Zarei (Iran).

In the wider world scene, the re-emergence of Japan as an ultrarunning nation was significant (Multi-day ultramarathon stage races were held there in the 1930s). The first 100 Km road race to be held in Japan was won by Kohiji Inoue in a world class time. Another development of note was the running of the Botswanan runners in both the World Championships and the London to Brighton; they distinguished themselves with some solid performances in both races. South African Thompson Magawana ran 2:47:04 for a new world 50 Km road best (subject to confirmation) en route to a win in the Two Oceans race. Such performances by Japanese and African runners reflect the current marathon scene and perhaps forshadow the shape of things to come in ultrarunning.

The growth of the sport world wide is bringing a stream of new names from countries where previously ultrarunning was unknown. New events are being added to the ultra calendar all the time - races across deserts, through jungles, up and down mountains, even on roads and tracks - as runners and walkers use the sport to discover their strengths and their limitations.

"THE AGE"

A DAY IN THE LIFE OF AUSTRALIA

KEITH DUNSTAN



The 'Lion of Athens' conquers Olympics

14 April 1896

EDWIN H. Flack, a handsome young man from Melbourne, is being called 'The Lion of Athens'.

Flack has competed in the modern Olympics, the first Olympic Games staged for 1503 years. There were 311 athletes from 13 nations and most of them went to Athens at their own expense.

King George of Greece opened the games with the firing of guns. Hymns were sung and doves of peace were released into the air. An orchestra played the Olympic Anthem, which was sung with great emotion by a large choir.

Edwin Flack, a former Melbourne Grammar boy and the Australian mile champion, was in London studying accountancy with Price Waterhouse. He heard about Baron de Coubertin's plans to revive the Olympics, so he decided to visit Athens and compete.

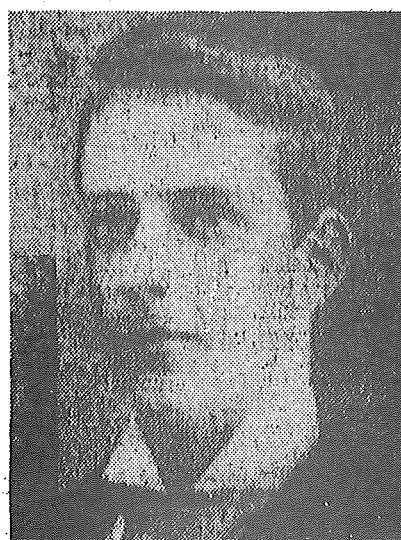
He battled his way there by train. He says "the food was damnable", he was ill on the way, and because of his studies, there had been hardly any training.

Then he was shocked by the Panatheniac Stadium. The track was so rough it was dangerous. It was long and oval with sharp turns. You had to slow down to avoid running into the grandstand. He did not give himself much chance.

Yet he had lost some of his speed. He won his heat of the 800 metres in two minutes 10 seconds, with a time six seconds better than any other competitor.

The next day, he ran in the 1500 metres. The man favored to win was an American named Blake. Blake was alleged to have a brilliant fast finish, so Flack decided to take the lead and dashed to the front after the first 30 yards. The finish was a thriller. They were shoulder-to-shoulder all down the final straight, but Blake ran out of power and Flack won in four minutes 33.2 seconds.

Flack was an instant hero. All the other track events had been won by Americans and this was the first breakthrough. An Australian win was so unexpected the officials did not know what to do. Australia was a mixture of colonies.



Edwin Flack: feted in Athens.

They believed there was an Australian Federation Movement flag, but no such item was to be had in Athens. Ultimately, they did the next-best thing. They flew an Austrian flag.

The winner at the first modern Olympics gets a silver medal, a diploma and a crown of olive branches. Second prize is a bronze medal and a laurel branch. The third man gets nothing.

The next day, Flack won the final of the 800 metres in two minutes 11 seconds. "I had a very easy race," he said. "And I never had to exert myself in the least."

He has been a very busy man. He also ran in the marathon, a race he had never run, and one for which he had done no training. He was out in front when he had to give up at the 37-kilometre mark.

He also competed, unsuccessfully, in the tennis, playing both singles and doubles.

The final ceremonies all take place tomorrow. Meantime, Flack, at only 22, is a hero in Athens. He has been feted all around the city, particularly by King George, who has taken him to the theatre, to the churches and has shown him the sights.

INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

ALL-TIME LISTS
(Updated 1st March 1988)

Compiled by IAU Statistician Andy Milroy

50 KM TRACK - MEN

Jeff Norman (UKO)	2:48:06	Timperley	1980
Don Ritchie (UK)	2:50:30	Timperley	1979
Barney Klecker (USA)	2:52:48	Tucson	1981
Jeff Julian (NZL)	2:54:44	Auckland	1969
Joe Keating (UK)	2:54:54	Uxbridge	1977

50 KM TRACK - WOMEN

Ann Franklin (UK)	3:36:58	Barry	1986
Teri Gerber (USA)	3:40:09	Oxnard	1986
Eleanor Adams (UK)	3:44:08	Bingham	1982
Leslie Watson (UK)	3:48:50	Barnet	1983

50 MILES TRACK - MEN

Don Ritchie (UK)	4:51:49	Barnet	1983
Cavin Woodward (UK)	4:58:53	Tipton	1975
Phil Hampton (UK)	5:01:01	Ewell	1971
Tom O'Reilly (UK)	5:05:30	London	1976
Alan Phillips (UK)	5:12:40	Walton	1966

50 MILES TRACK - WOMEN

Monika Kuno (FRG)	6:17:30*	Vogt	1983
Leslie Watson (UK)	6:20:42	Barnet	1983
Lynn Fitzgerald (UK)	6:34:47	Barnet	1982
Eleanor Adams (UK)	6:41:02	Nottingham	1982

* Time at 50.2 miles - one running watch

100 KM TRACK - MEN

Don Ritchie (UK)	6:10:20	London	1978
Cavin Woodward (UK)	6:25:28	Tipton	1975
Vito Melito (ITA)	6:40:20	Bologna	1982
Tom O'Reilly (UK)	6:43:59	London	1976
Mike Newton (UK)	6:44:42	London	1976

100 KM TRACK - WOMEN

Monika Kuno (FRG)	8:01:01	Vogt	1983
Tamara Merzlikina (USSR)	8:22:44	Valmiera	1986
Angela Mertens (BEL)	8:28:20	Arcueil	1986
Eleanor Adams (UK)	8:38:21	Honefoss	1986
Lynn Fitzgerald (UK)	8:39:10	Gloucester	1982

150 KM TRACK - MEN

Don Ritchie (UK)	10:36:42	London	1977
Cavin Woodward (UK)	10:44:55	Tipton	1975
Yiannis Kouros (GRE)	10:57:22	Montauban	1985
Derek Kay (RSA)	11:07:23	Durban	1972
Tom O'Reilly (UK)	11:07:23	Tipton	1975

150 KM TRACK - WOMEN

Eleanor Adams (UK)	14:20:32	Honefoss	1986
Lynn Fitzgerald (UK)	14:22:03*	Nottingham	1983
Marcy Schwam (USA)	14:30:48	Greenwich	1980
Angela Mertens (BEL)	15:17:55	Izegem	1987
Ros Paul (UK)	15:24:48	Gloucester	1982

100 MILES TRACK - MEN

Don Ritchie (UK)	11:30:51	London	1977
Cavin Woodward (UK)	11:38:54	Tipton	1975
Yiannis Kouros (GRE)	11:52:40	Montauban	1985
Derek Kay (RSA)	11:56:56	Durban	1972
Tom O'Reilly (UK)	12:02:32	Tipton	1975

100 MILES TRACK - WOMEN

Eleanor Adams (UK)	15:25:46	Honefoss	1986
Lynn Fitzgerald (UK)	15:44:21	Nottingham	1986
Margaret Smith (AUS)	16:01:43	Sydney	1984
Yvonne Sumner (RSA)	16:06:56	Durban	1982
Angela Mertens (BEL)	16:22:54	Izegem	1987

200 KM TRACK - MEN

Yiannis Kouros (GRE)	15:11:10*	Montauban	1985
Don Ritchie (UK)	16:32:30	Coatbridge	1983
Mike Newton (UK)	16:40:31	Blackburn	1980
Ron Bentley (UK)	16:53:00	Walton	1973
Jean-Gilles Boussiquet (FRA)	16:54:40	Lausanne	1981

* Time taken on one running watch

200 KM TRACK - WOMEN

Eleanor Adams (UK)	20:09:29	Honefoss	1986
Angela Mertens (BEL)	21:35:00	Izegem	1987
Lynn Fitzgerald (UK)	21:38:40	Nottingham	1983
Ros Paul (UK)	22:03:48	Nottingham	1982
Edith Couhe (FRA)	22:06:56	Chevilly-Larue	1985

24 HOURS TRACK - MEN

Km	m	y			
283.600/176	388		Yiannis Kouros (GRE)	Montauban	15-16.3.85
274.480/170	974		Dave Dowdle (UK)	Gloucester	22-23.5.82
272.624/169	705		Jean-Gilles Boussiquet (FRA)	Lausanne	2-3.5.81
264.108/164	192		Boussiquet - 2 -	Blackburn	11-12.10.80
263.466/163	1249		Mark Pickard (UK)	Barnet	10-11.10.81
262.668/163	377		Kouros - 2 -	New York	2-3.8.84
262.640/163	346		Rune Larsson SWE)	Honefoss	12-13.7.86
261.204/162	537		Park Barner (USA)	Huntingdon Bc	1-2.6.79
260.520/161	1549		Boussiquet - 3 -	Coetquidan	19-20.4.80
259.603/161	545		Ron Bentley (UK)	Walton	3-4.11.73
(10/7)					